

Wife grows anxious as man grows closer to her sister

DEAR ABBY: I've been married to my husband for 21 years. We've had our ups and downs, but our relationship is solid.

For the last year, I have watched as my husband has become closer to my sister. It started with phone calls every once in a while to check on how she's doing. (She lives in our second home in a different state.) Then it turned into hours-long conversations a few times a week. When I told him it made me very uncomfortable, he said they are just "very, very good friends."

About six months ago, he started calling me by her name at inappropriate times. I told him he has been murmuring her name in my ear while we're in bed. He said he was sorry, and he would make some changes to the relationship with my sister. The changes he made were to talk to her every night for hours at a time. Then he needed to go to our other house "to get it ready for winter." He was alone with her for two weeks and then extended his stay by another week because she is "having health issues."

I told him I think he's having an emotional affair with my sister, but he disagreed. I'm in constant panic mode and don't know what to do. Any advice?

— SUSPICIOUS IN THE NORTHWEST

DEAR SUSPICIOUS: I don't blame you for being as upset as you are because, to say the least, what your husband has been doing is inappropriate. Have you talked to your sister about this? If you haven't, you should.

I am surprised that you didn't go with him when he went to visit "Sissy" and help her with her "health issues." That he extended his stay with her makes me wonder if there may be more going on than an emotional affair.

You need more support than a newspaper column can provide. Make an appointment with a licensed marriage and family therapist, if only to calm your panic and gain an ally. If you can convince your husband to go, it might allay your fears. But if he isn't interested — go alone.

DEAR ABBY: I have a dream job and enjoy every part of it, except for the lunch hour. The time for my break isn't debatable, nor is the

area. We have a specific area for eating, and we aren't supposed to bring food to our work station.

During lunch time, seven to 10 people talk politics every day. It doesn't help that we are on opposite sides of the fence, but even if we weren't, I'm tired of all the nastiness on both sides.

I have politely asked them to discuss topics other than politics. I even talked to my boss about it, but he said it's not up to him what people talk about on their down time. Sometimes he joins us in the lunchroom and contributes to the topic. One of my co-workers is eight months pregnant, and she gets so worked up, I worry she'll go into premature labor. What should my next step, short of quitting, be?

— LOSING MY APPETITE

DEAR LOSING: Unless there is a rule specifying that you must eat your lunch inside the office, consider taking your lunch break outside. When the weather is mild, it could be a nice, quiet break. If it's too cold to eat outside, you could do it in your car and listen to music. However, if that's not possible, the solution to your problem might be as simple as noise-canceling headphones.

DEAR ABBY: In my work, the department I'm responsible for has employees working in various locations throughout the U.S. I want to have an annual picnic at my home to show appreciation to my team. The problem is, I do not have the budget to pay for travel for employees who work in remote offices. Should I not invite these remote employees? Should I invite them but inform them that their travel won't be reimbursed, or just not have the picnic at all?

— NOT ENOUGH IN PENNSYLVANIA

DEAR NOT ENOUGH: Rather than invite workers from all over the country to a celebration you know they won't be able to attend, consider having a small gathering at your home for the locals. Send gift cards for the favorite restaurants of the employees in distant locations. It would be thoughtful and generous and would cost far less than subsidizing travel expenses.

AccuWeather

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weather

TONIGHT	FRI	SAT	SUN	MON
Clear	Times of clouds and sun	A couple of showers	Mostly sunny and chilly	Showers of rain and snow
Baker City 26 Comfort Index™ 8	55 29 7	47 25 1	45 23 2	47 28 2
La Grande 33 Comfort Index™ 8	52 31 5	44 27 0	42 25 1	43 36 0
Enterprise 32 Comfort Index™ 9	52 29 7	42 22 2	38 22 2	41 30 0

Comfort Index takes into account how the weather will feel based on a combination of factors. A rating of 10 feels very comfortable while a rating of 0 feels very uncomfortable.

ALMANAC	Baker City	La Grande	Elgin
TEMPERATURES			
High Tuesday	49°	47°	50°
Low Tuesday	20°	19°	23°
PRECIPITATION (inches)			
Tuesday	0.00	0.00	0.01
Month to date	0.33	2.97	8.43
Normal month to date	0.52	1.01	2.08
Year to date	0.61	4.52	17.02
Normal year to date	1.32	2.64	5.25

AGRICULTURAL INFO.	
HAY INFORMATION FRIDAY	
Lowest relative humidity	40%
Afternoon wind	SSE at 8 to 16 mph
Hours of sunshine	7.7
Evapotranspiration	0.09

RESERVOIR STORAGE	(through midnight Wednesday)
Phillips Reservoir	26% of capacity
Unity Reservoir	58% of capacity
Owyhee Reservoir	75% of capacity
McKay Reservoir	75% of capacity
Wallowa Lake	54% of capacity
Thief Valley Reservoir	102% of capacity

STREAM FLOWS	(through midnight Tuesday)
Grande Ronde at Troy	2090 cfs
Thief Valley Reservoir near North Powder	93 cfs
Burnt River near Unity	26 cfs
Umatilla River near Gibbon	139 cfs
Minam River at Minam	159 cfs
Powder River near Richland	214 cfs

TUESDAY EXTREMES

NATION (for the 48 contiguous states)	
High: 93°	Falfurrias, Texas
Low: -20°	West Yellowstone, Mont.
Wettest: 2.12"	Tallahassee, Fla.
OREGON	
High: 63°	Redmond
Low: 12°	Meacham
Wettest: Trace	Astoria

WEATHER HISTORY

On Feb. 27, 1717, the first in a series of storms to hit New England struck Boston. The city was snowbound for three weeks with a total of 36 inches from the great snow.

SUN & MOON

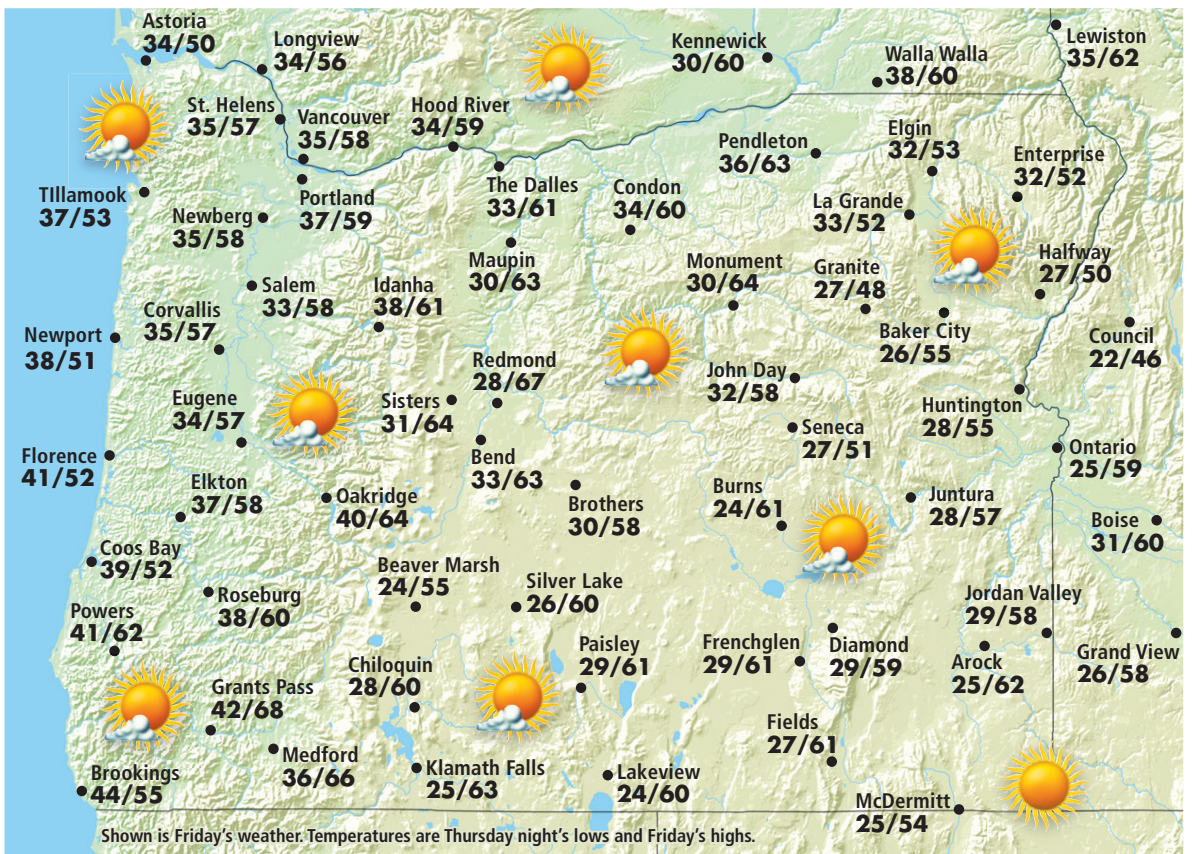
	THU.	FRI.
Sunrise	6:35 a.m.	6:34 a.m.
Sunset	5:36 p.m.	5:37 p.m.
Moonrise	8:39 a.m.	9:00 a.m.
Moonset	9:45 p.m.	10:47 p.m.

MOON PHASES

First	Full	Last	New
			
Mar 2	Mar 9	Mar 16	Mar 24

AROUND OREGON AND THE REGION

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REGIONAL CITIES

City	FRI. HI/LO/W	SAT. HI/LO/W	City	FRI. HI/LO/W	SAT. HI/LO/W
Astoria	50/37/r	47/35/sh	Lewiston	62/39/pc	51/32/pc
Bend	63/28/pc	42/22/pc	Longview	56/38/c	48/34/sh
Boise	60/37/s	50/30/c	Meacham	52/30/pc	42/25/c
Brookings	55/41/pc	51/37/c	Medford	66/37/pc	51/32/sh
Burns	61/30/pc	43/23/sh	Newport	51/38/r	47/35/c
Coos Bay	52/38/r	48/34/sh	Olympia	54/37/r	47/31/sh
Corvallis	57/38/r	49/32/c	Ontario	59/34/pc	54/31/pc
Council	46/30/s	42/22/pc	Pasco	61/39/pc	56/30/pc
Elgin	53/32/pc	44/26/c	Pendleton	63/37/pc	50/30/pc
Eugene	57/38/c	48/33/sh	Portland	59/39/pc	50/34/sh
Hermiston	61/39/pc	55/33/pc	Powers	62/39/r	46/34/sh
Hood River	59/38/c	48/34/sh	Redmond	67/31/pc	45/23/c
Imnaha	54/32/s	45/24/pc	Roseburg	60/41/pc	48/35/sh
John Day	58/30/pc	40/24/c	Salem	58/38/r	48/32/pc
Joseph	50/27/pc	40/21/c	Spokane	55/34/pc	45/27/pc
Kennewick	60/40/pc	55/31/pc	The Dalles	61/41/c	52/34/sh
Klamath Falls	63/26/pc	44/21/c	Ukiah	55/27/pc	40/21/c
Lakeview	60/28/pc	43/21/pc	Walla Walla	60/38/pc	50/32/sh

Weather(W): s-sunny, pc-partly cloudy, c-cloudy, sh-showers, t-thunderstorms, r-rain, sf-snow flurries, sn-snow, i-ice

RECREATION FORECAST FRIDAY

ANTHONY LAKES	Periods of sun	PHILLIPS LAKE	Periods of sun
38 14		48 25	
MT. EMILY REC.	Partly sunny	BROWNLEE RES.	Partly sunny
45 25		53 31	
EAGLE CAP WILD.	Partly sunny	EMIGRANT ST. PARK	Clouds and sun
38 15		50 27	
WALLOWA LAKE	Partly sunny	MCKAY RESERVOIR	Partly sunny
50 27		63 37	
THIEF VALLEY RES.	Partly sunny	RED BRIDGE ST. PARK	Partly sunny
55 29		52 31	

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