

Overwhelmed new parents struggle to eat healthy food

DEAR ABBY: I have a close friend who recently had a baby with serious health problems. Unfortunately, we live on opposite sides of the country, and I can't afford to fly out there. I want to help, but short of calls and texts to let her know I'm thinking of her, I'm out of ideas.



DEAR ABBY

Unfortunately she and her husband don't have the time to go to one. I'm hoping you might have other ideas on how I can help out from afar.

— PUZZLED

DEAR PUZZLED: Go online and research food delivery services in the city or town where your friend lives. Some businesses deliver prepared meals on a weekly basis. Other companies ship boxes of wonderful fruits every month. But before doing anything, ASK your overwhelmed friend what she and her husband think might be helpful rather than try to second-guess.

DEAR ABBY: I'd like to know if there is a nice way of asking my niece and her boyfriend, who are in their mid- to late-20s, not to bring their phones to

the dinner table? I have spent days preparing for and cooking holiday meals. The evening was less than enjoyable for me because they were only partly there, and spent most of their time texting and on Facebook.

It's awkward to ask an adult to practice good manners. Any words of wisdom will be much appreciated.

— WELL-MANNERED LADY IN THE WEST

DEAR LADY: Explain to your niece that you spend a lot of time, money and effort on presenting these meals, and that you were hurt and offended at their apparent lack of appreciation. It's the truth. Do not preoccupy yourself with trying to be nice or you will weaken the message. Some families solve this problem by insisting their guests place their cellphones in a basket before dinner and reclaim them as they depart. (Just a thought!)

DEAR ABBY: My friend from church casually mentioned that he and his wife recently helped themselves to several buckets of sand from a national park. I'm beside myself trying to understand how they can justify pillaging a natural resource so they can pretend they are at the beach. It's beyond selfish and just

plain wrong. What can I say to convince them to return it? Can you help me navigate this conversation while still maintaining the friendship?

— SHOCKED IN HAWAII

DEAR SHOCKED: Start by pointing out to your friends that there are serious penalties for doing

what he and his wife did. I ran your letter by my former personal assistant, Winni, who lives in Hawaii. She informed me that, according to the Department of Land and Natural Resources, stealing sand from the beaches is not only against the law, but also punishable with fines of

NEWS OF THE WEIRD

Bernie Sanders' mittens, memes help raise \$1.8 million for charity

WASHINGTON — About those woolly mittens that U.S. Sen. Bernie Sanders wore to the presidential inauguration sparking endless quirky memes across social media? They've helped to raise at least \$1.8 million or charitable organizations in Sanders' home state of Vermont, the independent senator announced Wednesday, Jan. 27.



Saul Loeb/Pool Photo via AP

Vermont U.S. Sen. Bernie Sanders arrives Wednesday, Jan. 20, 2021, at the U.S. Capitol in Washington for the inauguration of President-elect Joe Biden. Images of Sanders and the mittens he wore have helped raise more than \$1.8 million for charities in Vermont.

is no substitute for action by Congress, and I will be doing everything I can in Washington to make sure working people in Vermont and across the country get the relief they need in the middle of the worst crisis we've faced since the Great Depression."

Sanders' mittens were made by Jen Ellis, a Vermont elementary school teacher who has a side business making mittens out of recycled wool. His inauguration look, also featuring the winter jacket made by Burton Snowboards, sparked countless memes from the photo taken by Agence France-Presse: The former presidential candidate could be found on social media timelines taking a seat on

the subway, the moon and the couch with the cast of "Friends," among other creative locales.

Ellis said on social media over the weekend that Sanders called to tell her that "the mitten frenzy" had raised an enormous amount of money for Vermont charities although she was not authorized to disclose the amount, yet.

"But it's BIG and it's amazing! Thank you!! Generosity brings joy," she tweeted.

She also said she made three more pairs of mittens and donated them for fundraising to Passion 4 Paws Vermont, Outright Vermont, and would be auctioning off a pair on eBay for her daughter's college fund.

— Associated Press



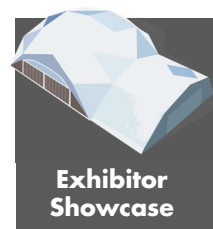
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weather

	TONIGHT	SUN	MON	TUE	WED
	A shower; breezy late	A snow squall in the a.m.	Cloudy	Rain in the morning	Rather cloudy
Baker City	35	41 37	42 36	44 28	40 23
La Grande	39	41 40	45 39	43 31	41 30
Enterprise	37	44 38	46 39	41 28	36 31

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		THURSDAY EXTREMES		
TEMPERATURES	Baker City	La Grande	Elgin	
High Thursday	42°	42°	43°	
Low Thursday	35°	38°	31°	
PRECIPITATION (inches)				
Thursday	Trace	Trace	Trace	
Month to date	0.37	1.04	4.27	
Normal month to date	0.73	1.50	2.91	
Year to date	0.37	1.04	4.27	
Normal year to date	0.73	1.50	2.91	

AGRICULTURAL INFO.

HAY INFORMATION SUNDAY

Lowest relative humidity	50%
Afternoon wind	SSE at 10 to 20 mph
Hours of sunshine	0.9
Evapotranspiration	0.08
RESERVOIR STORAGE (through midnight Friday)	
Phillips Reservoir	9% of capacity
Unity Reservoir	44% of capacity
Owyhee Reservoir	48% of capacity
McKay Reservoir	42% of capacity
Wallowa Lake	34% of capacity
Thief Valley Reservoir	92% of capacity
STREAM FLOWS (through midnight Thursday)	
Grand Ronde at Troy	1350 cfs
Thief Valley Reservoir near North Powder	10 cfs
Burnt River near Unity	16 cfs
Umatilla River near Gibbon	129 cfs
Minam River at Minam	N.A.
Powder River near Richland	22 cfs

WEATHER HISTORY

The temperature at La Junta, Colo., rose from 5 degrees on the morning of Jan. 30, 1991, to a high of 50 degrees in the afternoon. Pueblo, Colo., began the day at 2 degrees but rose to 58 degrees.

SUN & MOON

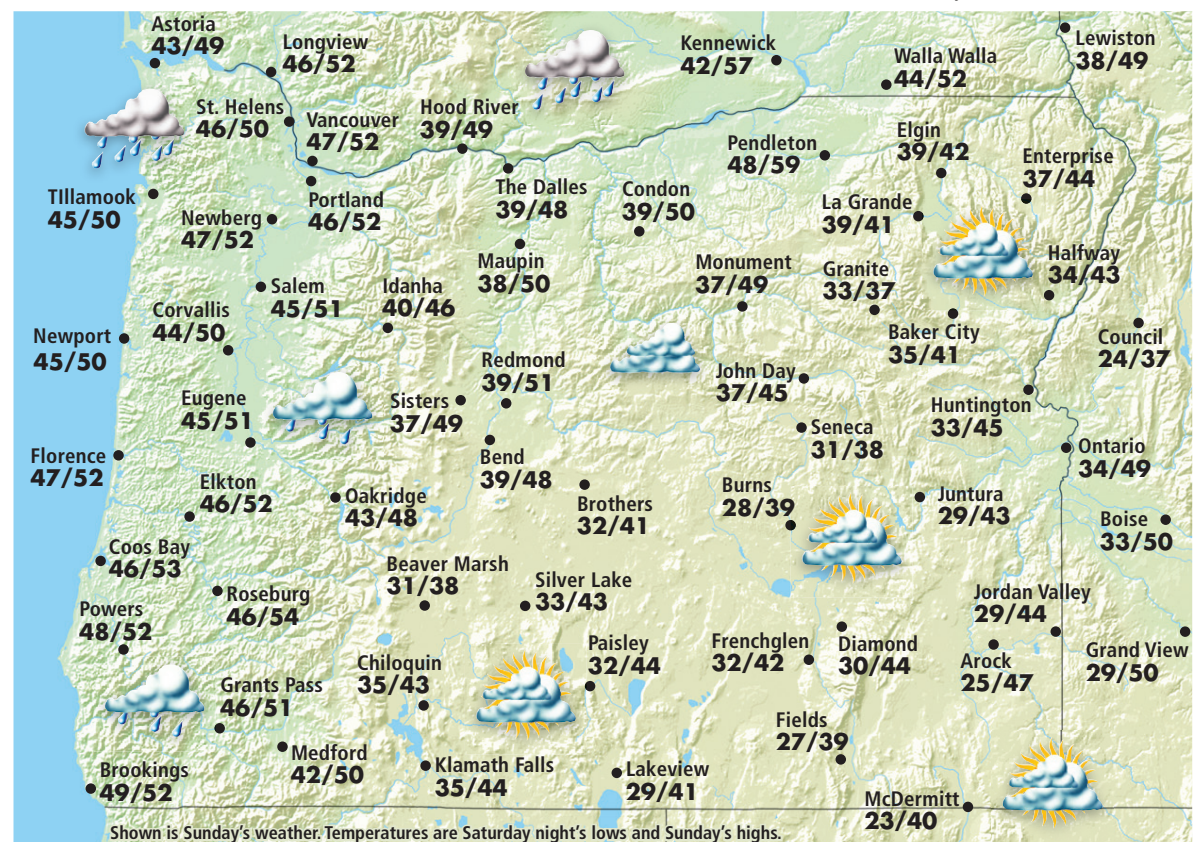
	SAT.	SUN.
Sunrise	7:15 a.m.	7:14 a.m.
Sunset	4:57 p.m.	4:58 p.m.
Moonrise	7:20 p.m.	8:35 p.m.
Moonsset	8:46 a.m.	9:12 a.m.

MOON PHASES



AROUND OREGON AND THE REGION

Forecasts and graphics provided by AccuWeather, Inc. ©2021



REGIONAL CITIES

City	SUN. HI/Lo/W	MON. HI/Lo/W	City	SUN. HI/Lo/W	MON. HI/Lo/W
Astoria	49/43/r	49/38/sh	Lewiston	49/43/c	51/40/c
Bend	48/42/r	46/31/sn	Longview	52/47/r	51/39/r
Boise	50/36/c	51/41/cf	Meacham	41/41/sf	45/38/c
Brookings	52/47/r	50/42/r	Medford	50/42/r	47/38/r
Burns	39/34/c	50/31/sn	Newport	50/43/r	49/39/r
Coos Bay	53/43/r	42/39/cf	Olympia	48/42/r	47/29/sh
Corvallis	50/43/r	49/37/r	Ontario	49/37/pc	49/41/c
Council	37/30/pc	39/35/c	Pasco	54/45/r	55/37/c
Elgin	42/41/sf	45/38/r	Pendleton	59/49/c	54/41/c
Eugene	51/45/r	49/39/r	Portland	52/46/r	51/42/r
Hermiston	61/52/r	57/41/c	Powers	52/42/r	48/38/r
Hood River	49/38/r	50/36/sh	Redmond	51/41/r	47/29/sn
Imnaha	46/39/c	48/37/r	Roseburg	54/45/r	50/40/r
John Day	45/38/sn	45/32/c	Salem	51/44/r	48/38/r
Joseph	41/37/sf	44/38/sn	Spokane	42/39/sn	44/33/sn
Kennewick	57/49/r	58/38/c	The Dalles	48/41/r	49/36/sh
Klamath Falls	44/35/r	42/30/sf	Ukiah	44/41/sn	46/34/c
Lakeview	41/31/c	41/28/sn	Walla Walla	52/46/c	52/41/c

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

RECREATION FORECAST SUNDAY

ANTHONY LAKES	A.M. snow showers	26	26	PHILLIPS LAKE	A snow shower	40	34
MT. EMILY REC.	A.M. snow showers	35	35	BROWNLEE RES.	Rather cloudy	42	32
EAGLE CAP WILD.	A.M. snow showers	28	27	EMIGRANT ST. PARK	A.M. snow showers	38	36
WALLOWA LAKE	A snow shower	41	37	MCKAY RESERVOIR	Showers around	56	49
THIEF VALLEY RES.	A snow squall	41	37	RED BRIDGE ST. PARK	A snow squall	41	40