

Sunny personality turns dark in the wake of a miscarriage

DEAR ABBY: I had a miscarriage five months ago, in the 12th week. I'm still not doing well. I have put on a facade to get by, but I'm just starting to realize how deeply this is affecting my life.



DEAR ABBY

I used to be a happy, friendly person, with a smile on my face and laughter to be shared and hugs for my loved ones. Since the miscarriage, I put on a fake smile and try to be who I once was, but I can't keep doing it. Every day there is a moment from that day or the aftermath that floods my mind. I'm angry,

bitter, mad at the unfairness, and I no longer have compassion or sympathy for others.

This isn't me. I don't want to be this way. My happiness has been replaced with tears and sadness. The hopefulness is replaced by emptiness. I'm lost, and I don't know how to get out of this funk.

I no longer want to try to get pregnant again because the fear of another miscarriage has me paralyzed. Any advice you might give would be appreciated.

— BROKEN IN MISSOURI

DEAR BROKEN: Please accept my sympathy for the loss of your child. Your depression and the fear you have about another pregnancy are not unusual after a tragedy like the one you have experienced. You are grieving, and the emotions you are feeling are to be expected.

Please schedule an appointment with your OB/GYN and tell your doctor about all of these feelings, because the doctor can refer you to someone who can help you work through this. It will take time, but I assure you it is doable.

DEAR ABBY: My boyfriend and I have been together for close to a year now. In the beginning,

we were crazy about each other and everything was great.

Our hometowns are two hours apart so, to make it work, he bought us a house right in between. It was an hour each way to our parents' houses. I thought it was the perfect compromise. But now he's telling me he isn't happy here in our new town, and he needs to sell the house and move back home.

He says he still wants to be with me and that we are going to make it work, but I can't help but be scared that this is gonna be the end of our relationship. Should I tough it out and see if we can actually make it work? Or do I

call it quits and let go because maybe it is just not meant to be?

— MIXED UP

DEAR MIXED UP: You left out one important fact in your letter to me. WHY does your boyfriend need to sell the house you share and move back home? Is he so closely tied to his parents that being an hour away is too far? Is it work-related? Is he dissatisfied with your relationship?

Ask him these questions because the answers will tell you what you can expect.

My advice is to let things play out a bit more before making any decision other than to put the house on the market.

NEWS OF THE WEIRD

Alaska woman using outhouse attacked by bear, from below

ANCHORAGE, Alaska — An Alaska woman had the scare of a lifetime when using an outhouse in the backcountry and she was attacked by a bear, from below.

"I got out there and sat down on the toilet and immediately something bit my butt right as I sat down," Shannon Stevens told The Associated Press on Thursday, Feb. 18. "I jumped up and I screamed when it happened."

Stevens, her brother Erik and his girlfriend had taken snowmobiles into the wilderness Feb. 13 to stay at his yurt, about 20 miles



Erik Stevens via AP

This Feb. 13, 2021, photo shows a bear track in the Alaska backcountry near where a bear attacked resident Shannon Stevens.

northwest of Haines, in southeast Alaska.

Her brother heard the screaming and went out to the outhouse, about 150 feet

away from the yurt. There, he found Shannon tending to her wound. They at first thought she had been bitten by a squirrel or a mink.

Erik had brought his headlamp with him to see what it was.

"I opened the toilet seat and there's just a bear face just right there at the level of the toilet seat, just looking right back up through the hole, right at me," he said. "I just shut the lid as fast as I could. I said, 'There's a bear down there, we got to get out of here now.' And we ran back to the yurt as fast as we could."

Once safely inside, they treated Shannon with a first aid kit. They determined it

wasn't that serious.

"It was bleeding, but it wasn't super bad," Shannon said.

The next morning, they found bear tracks, but the bear had left. They figure the bear got in the outhouse through an opening at the bottom of the back door.

"I expect it's probably not that bad of a little den in the winter," Shannon said.

Alaska Department of Fish and Game Wildlife Management Biologist Carl Koch said he suspects it was a black bear based

upon photos of the tracks he saw and the fact a neighbor living about a half-mile away sent him a photo of a black bear on her property two days later.

Even though it's winter, Koch said they get calls year round about bears.

And 2020 was a record year for general bear problems in the Haines area. Reasons for that, he said, could include the fact it was a poor salmon run year combined with a mediocre berry crop.

— The Associated Press

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weather

	TONIGHT	WED	THU	FRI	SAT
	A little evening snow	Clouds and sun; chilly	A bit of snow and rain	Chance for snow showers	Partly sunny and chilly
Baker City	23	37 14	39 27	37 23	39 17
Comfort Index™	1	1	0	1	1
La Grande	24	38 19	39 29	37 25	38 23
Comfort Index™	0	1	0	0	1
Enterprise	21	33 12	32 28	32 20	30 22
Comfort Index™	0	3	0	0	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		SUNDAY EXTREMES	
TEMPERATURES	Baker City 37° La Grande 39° Elgin 39°	NATION (for the 48 contiguous states)	High: 85° Kingsville, Texas Low: -13° Clayton Lake, Maine Wettest: 2.18" Quillayute, Wash.
PRECIPITATION (inches)	Sunday: Trace Month to date: 0.53 Normal month to date: 0.43 Year to date: 0.90 Normal year to date: 1.23	OREGON	High: 54° The Dalles Low: 13° Lakeview Wettest: 0.65" Newport

AGRICULTURAL INFO.	
HAY INFORMATION WEDNESDAY	
Lowest relative humidity	50%
Afternoon wind	NNW at 6 to 12 mph
Hours of sunshine	2.5
Evapotranspiration	0.05

RESERVOIR STORAGE (through midnight Monday)	
Phillips Reservoir	10% of capacity
Unity Reservoir	51% of capacity
Owyhee Reservoir	51% of capacity
McKay Reservoir	47% of capacity
Wallowa Lake	40% of capacity
Thief Valley Reservoir	97% of capacity

STREAM FLOWS (through midnight Sunday)	
Grande Ronde at Troy	1470 cfs
Thief Valley Reservoir near North Powder	59 cfs
Burnt River near Unity	25 cfs
Umatilla River near Gibbon	110 cfs
Minam River at Minam	126 cfs
Powder River near Richland	78 cfs



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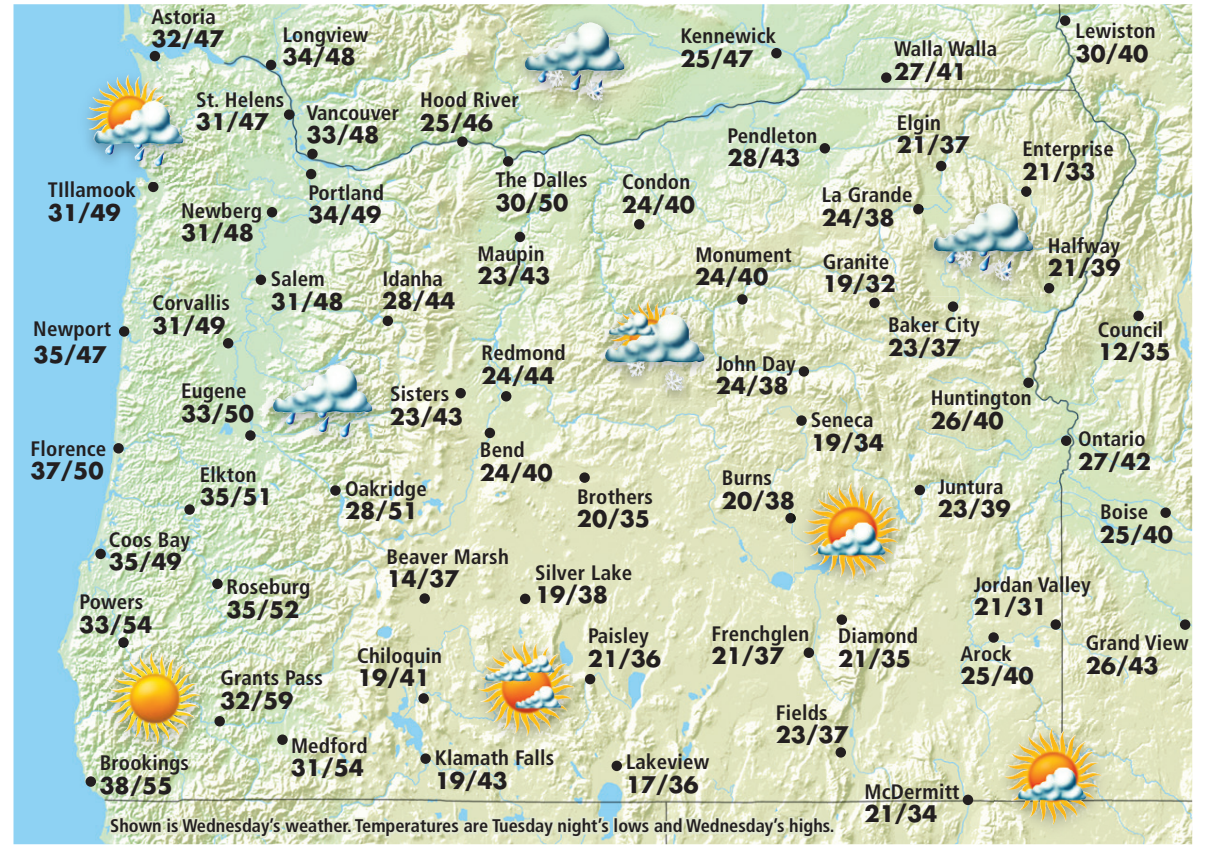
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AROUND OREGON AND THE REGION

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REGIONAL CITIES

City	WED. HI/Lo/W	THU. HI/Lo/W
Astoria	47/38/c	47/42/r
Bend	40/27/s	45/29/c
Boise	40/21/s	41/29/pc
Brookings	55/38/s	51/39/sh
Burns	38/16/s	37/20/sf
Coos Bay	49/35/s	47/41/r
Corvallis	49/33/pc	46/39/r
Council	35/6/s	33/17/sn
Elgin	37/16/pc	36/32/sn
Eugene	50/34/pc	49/41/r
Hermiston	48/31/pc	45/27/c
Hood River	46/28/c	43/38/sh
Imnaha	38/18/c	38/39/r
John Day	38/21/s	39/23/c
Joseph	31/13/pc	30/25/c
Kennewick	47/29/pc	48/30/c
Klamath Falls	43/17/s	46/25/pc
Lakeview	36/14/s	42/22/pc

RECREATION FORECAST WEDNESDAY

City	WED. HI/Lo/W	THU. HI/Lo/W
Lewiston	40/26/pc	44/33/c
Longview	48/37/pc	45/42/c
Meacham	37/16/pc	35/24/sn
Medford	54/28/s	50/33/sh
Newport	47/38/pc	47/42/r
Olympia	47/36/pc	47/39/r
Ontario	42/20/s	44/26/r
Pasco	48/30/pc	48/29/c
Pendleton	43/26/s	45/29/c
Portland	49/37/pc	48/41/r
Powers	54/32/s	47/37/r
Redmond	44/26/s	43/23/c
Roseburg	52/33/pc	49/38/r
Salem	48/36/pc	47/39/r
Spokane	39/26/pc	39/26/sn
The Dalles	50/32/c	49/39/sh
Ukiah	35/17/pc	36/27/sn
Walla Walla	41/29/s	44/33/c

RECREATION FORECAST WEDNESDAY

City	WED. HI/Lo/W	THU. HI/Lo/W
Anthony Lakes	16 10	16 10
MT. EMILY REC.	26 17	26 17
EAGLE CAP WILD.	20 1	20 1
WALLOWA LAKE	31 13	31 13
THIEF VALLEY RES.	37 14	37 14
Phillips Lake	34 14	34 14
Brownlee Res.	40 13	40 13
Emigrant St. Park	31 16	31 16
McKay Reservoir	41 27	41 27
Red Bridge St. Park	38 19	38 19