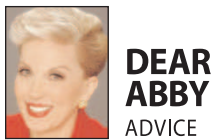


Diabetic's monitor is more than an office annoyance



DEAR ABBY
ADVICE

Dear Abby: “Disturbed in Texas” (June 5) was annoyed by the sound of a diabetic co-worker’s “beeper” going off frequently. “Disturbed” may not fully understand this situation. The “beeper” is a continuous glucose monitor (CGM), which alerts insulin-dependent diabetics to any blood sugar levels that are out of range. Swift action may be required to correct these blood sugars, and it’s

vital that the diabetic receive these alerts. Yes, if possible, the CGM should be put on vibrate in public settings so as not to disturb others. But in some situations, it’s not possible or wise. Neuropathy can dull sensations, and an active environment may make the vibrations undetectable. I wonder about the frequency of these beeps as well. In my experience, alarms go off an average of two to five times in a 24-hour period — just a few short beeps that can be canceled when the diabetic is made aware of the need to treat their glucose. In my opinion, this is no more annoying than many office inter-

ruptions — watercooler gossip, phones ringing in the next cubicle, someone next door with an active cold, etc. Insulin-dependent diabetes is an unrelenting disease. There are no breaks. (I know this firsthand. I care for a Type 1 diabetic child who is not yet old enough to appropriately respond to alarms.) One should not use their diabetes as an excuse to annoy others but, on the other hand, people with diabetes — and other chronic diseases — need a little understanding, too. Life can get very hard. Sometimes the best way to achieve understanding is to educate, which I’m hoping to

do with this submission. Thanks, Abby. — **Sensitive in South Dakota**
Dear Sensitive: No, dear reader, thank you for taking the time to explain this to me and my readers. I now have a better understanding about how complicated a process managing diabetes can be. And I agree that sometimes it’s important to cut a little slack for others.
Dear Abby: Every year I have a garage sale. I have a good friend who without fail not only doesn’t help but expects to place her stuff in the sale. I am then responsible for keeping track of her items and paying her at the end. Sometimes

she has put big-ticket items, like a boat, in the sale and I have to call her whenever there’s a lower offer. How do I tell her to have her own garage sale without causing hurt feelings? — **Unloading in Michigan**
Dear Unloading: Your friend has a lot of nerve. Tell her that unless she’s willing to help you with the yard sale and keep track of her own items, she should hold one of her own. Alternatively, suggest you will take a percentage of the money her items bring in — to compensate you for your work, which is significant. Do not worry about hurting her feelings. She has a thick hide.

TOMATOES

Continued from Page B1

SIZZLING BROILED TOMATOES WITH HERBS

Yield: 8 servings
4 medium to large almost-ripe tomatoes, cut in

- half horizontally
 - 1 teaspoon salt
 - 1/2 teaspoon white pepper
 - 1/2 cup vinaigrette, such as basil vinaigrette (recipe follows)
 - 4 tablespoons (1/2 stick) butter
 - 1 cup Italian-seasoned bread crumbs
 - 4 or 5 sprigs fresh basil, for garnish
1. Preheat the broiler.
 2. Arrange the tomato halves cut side up on a baking sheet.

Sprinkle with salt and white pepper. Spoon 1 tablespoon vinaigrette over each half.
3. Melt the butter in a small saucepan over medium heat, and add the bread crumbs. Stir to coat and remove from the heat; do not brown. Divide the crumbs over the tomato halves.
4. Broil 4 to 5 inches from the heat for several minutes to heat through and brown the crumbs. Serve hot, at room temperature or cold. Garnish with the fresh basil.

Per serving: 241 calories; 21 g fat; 6 g saturated fat; 16 mg cholesterol; 2 g protein; 12 g carbohydrate; 3 g sugar; 1 g fiber; 689 mg sodium; 33 mg calcium
Adapted from “Cookwise” by Shirley O. Corriher

BASIL VINAIGRETTE

Yield: A little more than 1 cup, about 12 servings for salad
1 clove garlic
2 small shallots
1 teaspoon salt
1 teaspoon sugar
1/4 teaspoon white pepper
2 teaspoons Dijon or honey mustard
2 tablespoons balsamic vinegar
3/4 cup mild olive oil
10 fresh basil leaves or 1/2 teaspoon dried
Mince the garlic and shallots



Colter Peterson/St. Louis Post-Dispatch/TNS

Fresh Tomato Sauce on warm pasta.

by turning on a food processor and dropping them down the feed tube. Add the salt, sugar and white pepper. Scrape the sides of the bowl with a spatula and process to blend. Add the

mustard and vinegar. Turn the processor on and slowly drizzle in the oil with the processor running. Add the basil leaves and process with two or three quick on/off pulses.

Per serving: 129 calories; 14 g fat; 2 g saturated fat; no cholesterol; no protein; 1 g carbohydrate; 1 g sugar; Recipe from “Cookwise” by Shirley O. Corriher



Colter Peterson/St. Louis Post-Dispatch/TNS

A Tomato sandwich.

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weather

	TONIGHT	WED	THU	FRI	SAT
Partly cloudy	Partly sunny and warm	Mostly cloudy and cooler	Partly sunny and pleasant	A p.m. t-storm possible	
Baker City	54	96 56	83 51	78 49	78 46
Comfort Index™	4	4	10	10	10
La Grande	64	95 61	78 57	77 54	76 51
Comfort Index™	4	4	10	10	10
Enterprise	62	95 62	77 56	72 53	73 50
Comfort Index™	4	3	9	10	10

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

TEMPERATURES	Baker City	La Grande	Elgin
High Sunday	79°	79°	84°
Low Sunday	63°	66°	66°
PRECIPITATION (inches)			
Sunday	0.34	0.12	0.12
Month to date	0.34	0.12	0.12
Normal month to date	0.01	0.02	0.02
Year to date	2.80	6.24	15.49
Normal year to date	6.00	10.68	15.25

SUNDAY EXTREMES

NATION (for the 48 contiguous states)	High: 115°	Death Valley, Calif.
Low: 37° <td>Dakota Hill, Colo. <td></td> </td>	Dakota Hill, Colo. <td></td>	
Wettest: 4.11" <td>Decatur, Texas <td></td> </td>	Decatur, Texas <td></td>	
OREGON	High: 104° <td>Medford</td>	Medford
Low: 48° <td>Lakeview</td> <td></td>	Lakeview	
Wettest: 1.04" <td>Ontario</td> <td></td>	Ontario	

AGRICULTURAL INFO.

HAY INFORMATION WEDNESDAY	
Lowest relative humidity	20%
Afternoon wind	S at 6 to 12 mph
Hours of sunshine	10.8
Evapotranspiration	0.29
RESERVOIR STORAGE (through midnight Monday)	
Phillips Reservoir	4% of capacity
Unity Reservoir	42% of capacity
Owyhee Reservoir	26% of capacity
McKay Reservoir	57% of capacity
Wallowa Lake	11% of capacity
Thief Valley Reservoir	13% of capacity
STREAM FLOWS (through midnight Sunday)	
Grande Ronde at Troy	496 cfs
Thief Valley Reservoir near North Powder	101 cfs
Burnt River near Unity	134 cfs
Umatilla River near Gibbon	44 cfs
Minam River at Minam	146 cfs
Powder River near Richland	26 cfs

WEATHER HISTORY

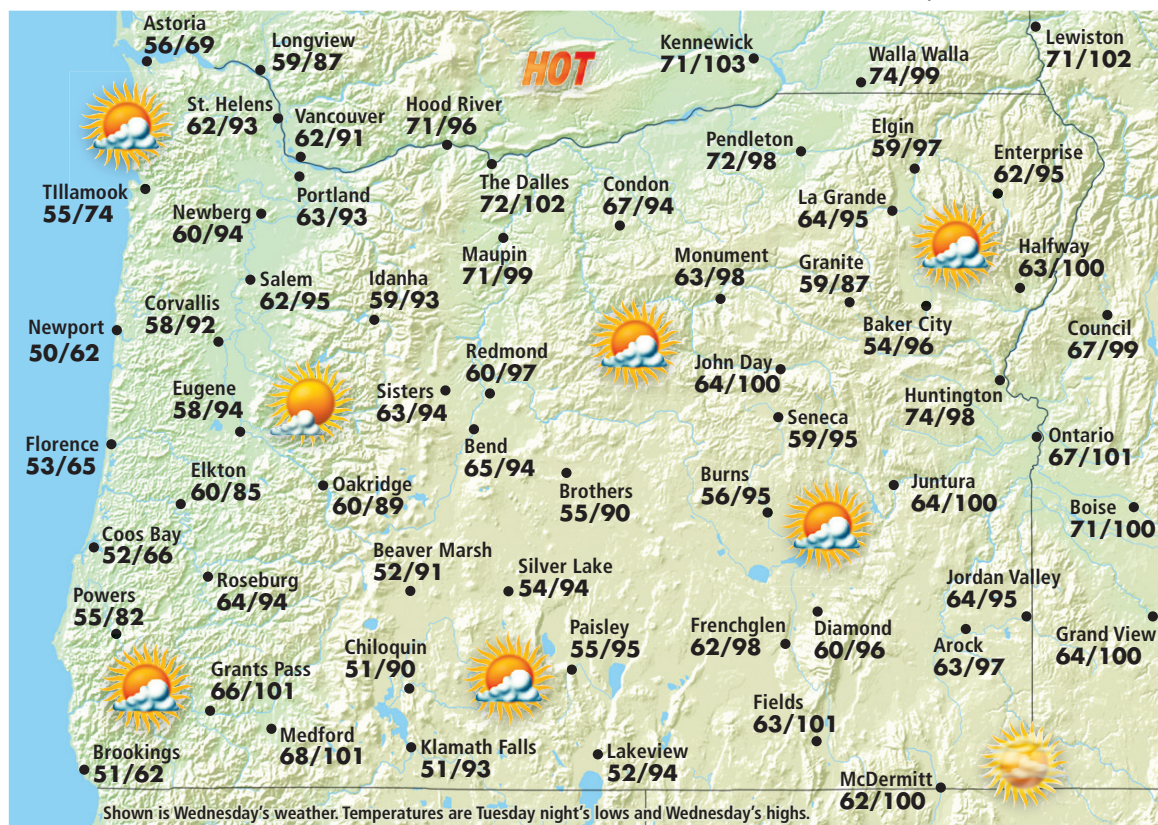
The South was in the midst of a record heat wave Aug. 3, 1980. Dallas, Texas, had its 42nd consecutive day with temperatures at or above 100 degrees. Norfolk, Va., sweltered in record-breaking 101-degree heat.

SUN & MOON

	TUE.	WED.
Sunrise	5:39 a.m.	5:40 a.m.
Sunset	8:17 p.m.	8:16 p.m.
Moonrise	1:05 a.m.	1:42 a.m.
Moonset	5:00 p.m.	5:59 p.m.
MOON PHASES		
New	Aug 8	Aug 15
First	Aug 15	Aug 22
Full	Aug 22	Aug 29
Last	Aug 29	

AROUND OREGON AND THE REGION

Forecasts and graphics provided by AccuWeather, Inc. ©2021



REGIONAL CITIES

City	WED. Hi/Lo/W	THU. Hi/Lo/W	City	WED. Hi/Lo/W	THU. Hi/Lo/W
Astoria	69/58/c	66/59/r	Lewiston	102/71/pc	86/66/t
Bend	94/62/s	72/54/pc	Longview	87/59/s	74/65/c
Boise	100/70/s	93/62/pc	Meacham	96/61/pc	81/58/t
Brookings	62/51/pc	65/53/pc	Medford	101/63/s	85/62/s
Burns	95/55/pc	85/51/pc	Newport	62/52/pc	62/54/c
Coos Bay	66/55/pc	68/57/pc	Olympia	90/56/s	74/61/c
Corvallis	92/58/s	79/62/s	Ontario	101/67/s	95/64/t
Council	99/63/s	85/58/t	Pasco	102/68/pc	94/68/pc
Elgin	97/62/pc	79/59/t	Pendleton	98/69/pc	85/65/pc
Eugene	94/58/s	81/62/pc	Portland	93/64/s	79/67/pc
Hermiston	101/70/pc	89/67/pc	Powers	82/58/pc	75/60/c
Hood River	96/70/pc	77/68/pc	Redmond	97/60/s	79/54/pc
Imnaha	102/66/pc	91/61/t	Roseburg	94/62/s	84/62/pc
John Day	100/61/pc	86/58/t	Salem	95/60/s	81/63/pc
Joseph	96/63/pc	77/55/t	Spokane	97/69/pc	88/69/c
Kennewick	103/67/pc	92/69/pc	The Dalles	102/71/pc	82/69/pc
Klamath Falls	93/49/s	77/46/s	Ukiah	90/57/pc	78/51/t
Lakeview	94/53/s	81/47/t	Walla Walla	99/69/pc	87/66/pc

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

RECREATION FORECAST WEDNESDAY

City	WED. Hi/Lo/W	THU. Hi/Lo/W	City	WED. Hi/Lo/W	THU. Hi/Lo/W
ANTHONY LAKES	Partly sunny	69 55	PHILLIPS LAKE	Partly sunny	89 56
MT. EMILY REC.	Partly sunny	82 63	BROWNLEE RES.	Partly sunny; warm	101 65
EAGLE CAP WILD.	Partly sunny	78 53	EMIGRANT ST. PARK	Partly sunny; warm	89 52
WALLOWA LAKE	Hot	96 63	MCKAY RESERVOIR	Partly sunny; hot	97 68
THIEF VALLEY RES.	Partly sunny; warm	96 56	RED BRIDGE ST. PARK	Partly sunny; warm	95 61

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