

Former drug user looks for way out of toxic relationship



Dear Abby: I'm a 39-year-old woman in a toxic relationship with my boyfriend of almost seven years. We had a child together but lost custody due to drug use during my pregnancy. Even though we don't have our son, and he treats me badly, I feel I have to stay with him because we have gone through so much together.

A couple of years ago, I got dentures because I ruined my teeth when I was using, and now I'm afraid no one will want to be with me because of them. So I'm

stuck in a relationship that isn't good for me. It's embarrassing to have dentures at such a young age, and I don't know how I will be able to meet someone who can see past them and my drug history so I can be in a healthy relationship that I deserve. I feel like my only choices are to stay stuck in this toxic relationship forever or end up alone. How do I move past my insecurities so I can be happy for once? — **Embarrassed in Arizona**

Dear Embarrassed: You have successfully battled drug addiction, so you are clearly not unused to "challenges." I applaud you for what you have accomplished, and others should respect you for it, too.

Please do not allow your fear of being alone to prevent you

from taking another important step in reclaiming your life. You and I both know your abuser is not healthy for you. You have already invested too much time in him. If you rely on him for financial support, find a job. Make arrangements with friends or family so you can eventually save enough to live independently.

After you have left him, being alone does not necessarily have to be a bad thing. In your case it could be therapeutic. And once you are financially stable, consult a dentist or a school of dentistry about what options you might have besides dentures. The only thing holding you back at this point is yourself.

Dear Abby: I am a 37-year-old mother of three, ages

13, 5 and 3. I'm married and own my home. I am a new stay-at-home mom after having worked for 16 years at my last job. My kids are happy and healthy.

Any time I go to my parents' house or they drop in on me for a quick visit, they have to "point out" that it is a mess or that my oldest is wearing jeans with holes in them. There's always a negative comment, never a positive one. My oldest has started to notice. It makes it hard to spend time with my parents since the visit is never a happy one without nitpicking. I'm wondering if I can say anything, and what to say.

I can't even cut or color my hair without ridicule. My oldest got her nails done and there was a negative comment about that as

well. A few years ago, there was a blowout between my mom and me over my son's haircut. I'm at the point where I no longer want to go to their house, but I don't want to keep my kids from them.

— **Annoyed in Idaho**

Dear Annoyed: Say something like this to your parents: "I have noticed, and the children have started noticing, that when you visit you usually have something negative to say about me, my home and even them. It is hurtful and I want it stopped, because if it persists you won't be invited." And if it does continue, please remember it is your right as your children's mother to buffer them from comments from their grandparents that make them self-conscious about their appearance.

TRUMBO

Continued from Page B1

elevate decoys can easily be constructed at home with PVC, pipe or rebar. A few decoys sitting side-by-side mimics doves perching on a powerline, which typically attracts others. If hunting your own land or an area where you can set up something semi-permanent, the T-bar or wire span can be left and used year after year. Options with more mobility, like telescopic T-bars for easy packing into public land, can be found online.

Another option is to make an actual tree perch that can be cut and pruned to an ideal structure for decoy attachment, and placed near food, water, and even gravel sources. Doves will also use them naturally, which may provide an advantage.

When placing decoys on the ground, set them 20 to 30 feet from the elevated decoys and pair them up with a few feet between pairs, generally facing into the wind.

Dove pairs often travel together, and pairing decoys on the ground gives the spread a more natural appearance. This does not mean placing each pair perfectly side-by-side, but set in relative proximity to one another to give the decoys the look of feeding together.

Nonmobile (static) decoys work well on their own, but another option is to include a spinning-wing decoy to animate your spread. Doves approach an animated, spinning-wing decoy head-on most often, which can aid in setting up that textbook crossing shot.



Brad Trumbo/Contributed Photo
A static dove decoy perched visibly on a tree branch placed for good visibility.

Later in the season as doves become wary, the additional movement of the spinning-wing decoy is more convincing to the cynical eye of our most frequently hunted bird species.

When you get right down to it, mourning doves offer one of the most versatile wingshooting opportunities of all upland birds, and decoying doves can be done simply, with minimal gear. If you have never used decoys, doves offer an easy, affordable opportunity to get started.

Static decoys are easy to find and can lure birds even without being elevated. Whether trying something new or simply honing your decoying skills this fall, setting decoys for doves can enhance your wingshooting experience.

Brad Trumbo is a fish and wildlife biologist and outdoor writer in Waitsburg, Washington. For tips and tales of outdoor pursuits and conservation, visit www.bradtrumbo.com.

NEWS OF THE WEIRD

Woman comes face-to-face with snake in Australia supermarket

By **ROD MCGUIRK**
The Associated Press

CANBERRA, Australia — Helaina Alati was browsing the spice aisle of an Australian supermarket when she came face-to-face with a huge snake.

The head of the 10-foot-long nonvenomous diamond python emerged through a space in a shelf above the spice jars in the Sydney store.

"I was in the spice aisle just looking for something to put on my chicken that night so I didn't initially see it because it was curled up way back behind the little jars of spices," Alati said. "I kind of turned to my right and it poked its head out."

Alati, who coincidentally is a trained snake catcher, said the snake's head came to within 8 inches of her own.

"Thankfully, I have a background in snakes so I was pretty calm about it. It definitely shocked me a little bit because I wasn't expecting it," she added.

Supermarket chain Woolworths confirmed in a statement that a "slippery and rare customer was spotted in the spice aisle" on Monday, Aug. 16, at its store in the suburb of Glenorie on Sydney's north-west outskirts.

"Once it was sighted, our team members reacted quickly and calmly to



Helaina Alati via The Associated Press
In this image made from video provided by Helaina Alati, a snake protrudes from grocery store shelf, Monday, Aug. 16 2021, in Sydney, Australia. Alati was browsing the spice aisle of an Australian supermarket when she came face-to-face with a snake. The head of the 10-foot-long nonvenomous diamond python emerged through a space in a shelf above the spice jars in the Sydney store.

cordon off the area for the safety of customers," the statement said.

Alati said she used her phone to video the snake as it extended its body from the shelf into the aisle before reporting the intruder to supermarket staff.

"I said: 'I'll go get my snake bag.' I think they thought I was a bit crazy to be honest. I don't think they knew what to say when I said there's a 10-foot python in your aisle," Alati said.

She retrieved the snake-catching bag from her

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weather

	TONIGHT	SUN	MON	TUE	WED
	Clear and moonlit	Mostly sunny and warmer	Sunny and pleasant	Sun mixing with clouds	Partly sunny
Baker City	40	81 41	77 37	81 42	81 44
La Grande	48	81 46	73 40	78 47	79 50
Enterprise	43	78 42	71 41	75 50	77 49
Comfort Index™	7	9	10	9	9

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 Thursday	79°	82°	75°
Low Thursday	44°	43°	45°
PRECIPITATION (inches)			
Thursday	0.00	0.00	0.00
Month to date	0.47	0.21	0.30
Normal month to date	0.26	0.42	0.39
Year to date	2.93	6.33	15.67
Normal year to date	6.25	11.08	15.62

AGRICULTURAL INFO.

HAY INFORMATION SUNDAY

Lowest relative humidity	25%
Afternoon wind	WSW at 4 to 8 mph
Hours of sunshine	5.8
Evapotranspiration	0.21

RESERVOIR STORAGE

(through midnight Friday)	
Phillips Reservoir	0% of capacity
Unity Reservoir	29% of capacity
Owyhee Reservoir	20% of capacity
Mckay Reservoir	48% of capacity
Wallowa Lake	1% of capacity
Thief Valley Reservoir	0% of capacity

STREAM FLOWS

(through midnight Thursday)	
Grande Ronde at Troy	455 cfs
Thief Valley Reservoir near North Powder	1 cfs
Burnt River near Unity	93 cfs
Umatilla River near Gibbon	41 cfs
Minam River at Minam	73 cfs
Powder River near Richland	6 cfs

THURSDAY EXTREMES

NATION (for the 48 contiguous states)	
High: 107°	Zapata, Texas
Low: 25°	Bridport, Calif.
Wettest: 4.86"	Holyoke, Colo.
OREGON	
High: 89°	Medford
Low: 31°	McNary Dam
Wettest: 0.03"	Astoria

WEATHER HISTORY

By Aug. 21, 1888, a massive lightning-induced fire that consumed six billion board feet of lumber in the northern Rockies was finally contained. By then, the fire had claimed 851 lives.

SUN & MOON

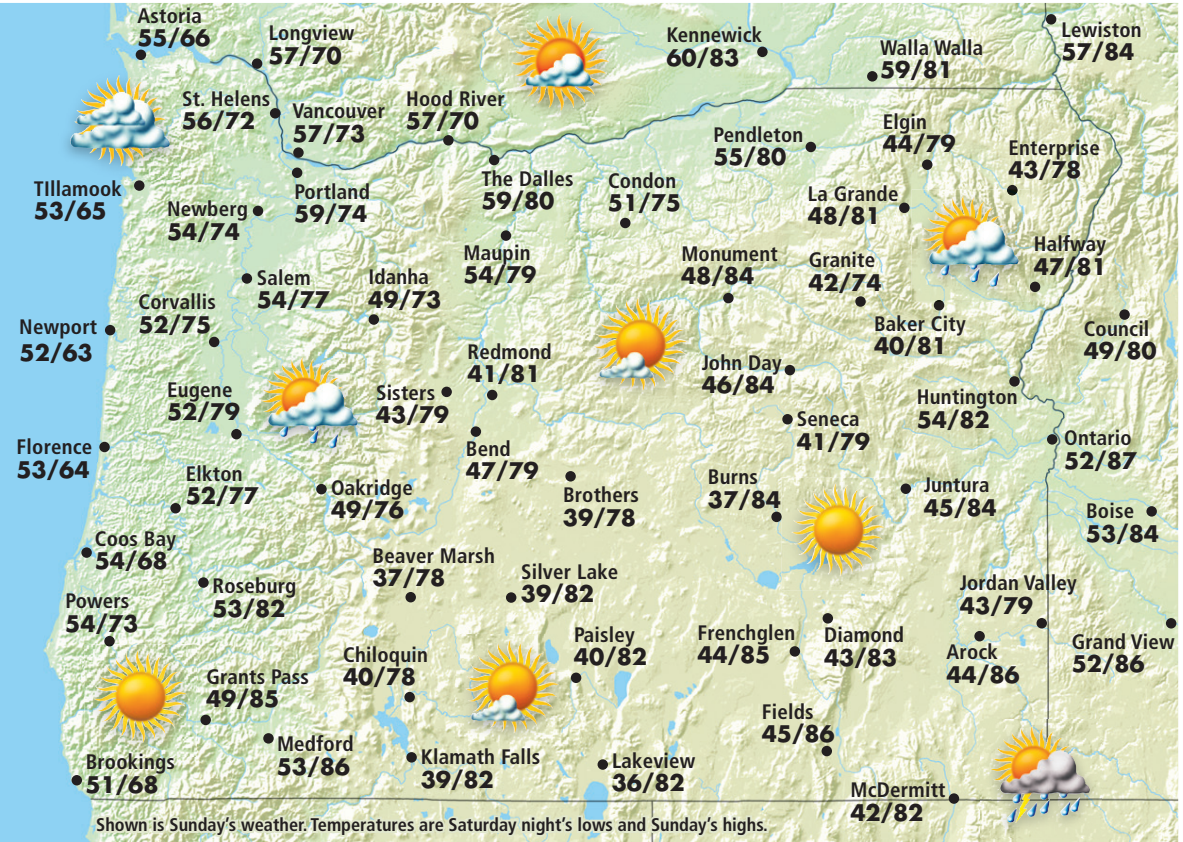
	SAT.	SUN.
Sunrise	6:01 a.m.	6:02 a.m.
Sunset	7:49 p.m.	7:48 p.m.
Moonrise	8:00 p.m.	8:28 p.m.
Moonset	4:39 a.m.	5:54 a.m.

MOON PHASES

Full	Last	New	First
Aug 22	Aug 29	Sep 6	Sep 13

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	66/52/s	67/51/s	Lewiston	84/54/s	78/52/s
Bend	79/44/s	77/46/s	Longview	70/50/pc	73/49/pc
Boise	84/57/s	85/53/s	Meacham	80/40/s	72/37/s
Brookings	68/50/s	69/51/s	Medford	86/54/s	87/54/s
Burns	84/43/s	83/41/s	Newport	63/47/pc	62/47/c
Coos Bay	68/49/pc	69/50/s	Olympia	70/47/s	73/47/pc
Corvallis	75/47/pc	79/49/s	Ontario	87/55/s	88/52/s
Council	80/48/s	81/48/s	Pasco	85/48/s	80/46/s
Elgin	79/42/s	72/41/s	Pendleton	80/49/s	75/47/s
Eugene	79/47/s	80/48/s	Portland	74/51/s	75/53/pc
Hermiston	82/53/s	79/46/s	Powers	73/47/pc	75/48/s
Hood River	70/51/s	79/53/s	Redmond	81/41/s	79/41/s
Imnaha	83/47/s	77/44/s	Roseburg	82/51/s	82/52/s
John Day	84/46/s	79/43/s	Salem	77/48/s	78/51/s
Joseph	76/44/s	70/42/s	Spokane	74/48/s	72/48/s
Kennewick	83/51/s	79/46/s	The Dalles	80/53/s	82/53/s
Klamath Falls	82/43/pc	83/45/s	Ukiah	77/38/s	71/35/s
Lakeview	82/41/s	83/43/s	Walla Walla	81/54/s	76/52/s

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 Mostly sunny	54 39	PHILLIPS LAKE Warmer	75 41
MT. EMILY REC. Warmer	66 42	BROWNLEE RES. Mostly sunny; nice	82 50
EAGLE CAP WLD. Mostly sunny	60 38	EMIGRANT ST. PARK Sunny and warmer	73 31
WALLOWA LAKE Warmer	76 44	MCKAY RESERVOIR Sunny and nice	81 49
THIEF VALLEY RES. Warmer	81 41	RED BRIDGE ST. PARK Warmer	81 46