

Imprisoned man worries his girlfriend is missing out



DEAR ABBY
ADVICE

DEAR ABBY: I am a 26-year-old man, and I'm currently incarcerated. My girlfriend, "Diana," and I have been together for four years. She has a 6-year-old daughter, and I have a 7-year-old son. Our kids are very close, and I am also very close to her daughter.

I may be locked up for some time. I have given Diana the option of moving on without me, but she says she doesn't want to do that. She is going to stay with me

no matter what. That's great, but everyone around her is pregnant and having babies, and Diana tells me how much she wants another baby. Is it selfish of me to allow her to stick it out with me, knowing I can't give her what she wants? — **INSIDE IN CALIFORNIA**

DEAR INSIDE: Diana is a grown woman and capable of making this decision for herself. Just because "everyone around her" is having babies doesn't mean she has to. If she wants to wait for your release, she can have a child with you at that time, and this is what I am advising.

DEAR ABBY: I need some help trying to save my marriage.

I don't talk a lot in a relationship or with other people. I am aware that communication is important in a relationship, but I never realized how important it was until my wife told me I don't communicate enough and we started talking about divorce.

We have a 4-year-old, who I think is the glue to our marriage. I would like our marriage to last, but I'm afraid ours is so far gone it can't be fixed. Could you please help me try to save our marriage? — **HANGING IN THERE OUT WEST**

DEAR HANGING: Tell your wife you love her and are willing to work on your communica-

tion skills with her help, if she is willing. If her response is affirmative, the two of you should seek a referral to a licensed clinical social worker or a licensed marriage and family therapist to help you learn to communicate with each other more effectively.

DEAR ABBY: I love trains. I can imitate a train whistle, and I like doing it. I learned how to do it about 10 years ago by listening to trains whistle for many years. I'm in my 30s now. I know there are places I shouldn't do it. Some people I know like to hear me do it anywhere. Others say I should do it only outside. Still others say don't do it at all.

When I see and hear a train, I will sometimes automatically whistle. It's not the best thing to do, I suppose, but it's not the worst either. I don't drink, smoke or do drugs, and I'm fairly healthy. What do you think of my imitating a train whistle? Have you ever heard of anyone doing this? — **WHISTLING IN WISCONSIN**

DEAR WHISTLING: Congratulations. Your letter is a first. I have never heard of someone imitating a train whistle who was over the age of 8. I see no harm in doing it as long as it doesn't annoy the people around you by startling them or putting their hearing at risk.

FDA OKs another Pfizer, Moderna COVID booster for 50 and up

By LAURAN NEERGAARD and MATTHEW PERRONE

The Associated Press

ATLANTA — U.S. regulators on Tuesday, March 29, authorized another COVID-19 booster for people age 50 and older, a step to offer extra protection for the most vulnerable in case the coronavirus rebounds.

The Food and Drug Administration's decision opens a fourth dose of the Pfizer or Moderna vaccines to that age group at least four months after their previous booster.

Until now, the FDA had cleared fourth doses only for people 12 and older who have severely weakened immune systems. The agency said this especially fragile group also can get an additional booster, a fifth shot.

The latest expansion, regardless of people's health, allows an extra shot to millions more Americans — and the question is whether everyone who's eligible should rush out and get it. The Centers for Disease Control and Prevention is expected to weigh in.

Everyone eligible for a first booster who hasn't gotten one yet needs to, FDA vaccine chief Dr. Peter Marks said. But the second booster is only for these higher-risk groups because "current evidence suggests some waning of protection" for them.

The move comes at a time of great uncertainty. COVID-19 cases have dropped to low levels after the winter surge of the super-contagious omicron variant. Two vaccine doses plus a booster still provide strong protection against severe disease and death,



Denise Cathey/The Brownsville Herald, File

Packages of the Moderna COVID-19 vaccine sit in cold storage Aug. 13, 2021, in the Cameron County Public Health's pharmacy in San Benito, Texas. The Food and Drug Administration has authorized another booster dose of the Pfizer or Moderna COVID-19 vaccine for people age 50 and up, Tuesday, March 29, 2022.

CDC data show.

But an omicron sibling is causing a worrisome jump in infections in Europe — and spreading in the U.S. — even as vaccination has stalled. About two-thirds of Americans are fully vaccinated, and half of those eligible for a first booster haven't gotten one.

Pfizer had asked the FDA to clear a fourth shot for people 65 and older, while Moderna requested another dose for all adults "to provide flexibility" for the government to decide who really needs one. The FDA set age 50 as the threshold for both companies. As for the

immune-compromised, only the Pfizer vaccine can be used in those as young as 12; Moderna's is for adults.

There's limited evidence to tell how much benefit another booster could offer right now. FDA made the decision without input from its independent panel of experts that has wrestled with how much data is required to expand shots.

"There might be a reason to top off the tanks a little bit" for older people and those with other health conditions, said University of Pennsylvania immunologist E. John Wherry, who wasn't involved in the government's decision.

But while he encourages older friends and relatives to follow the advice, the 50-year-old Wherry — who is healthy, vaccinated and boosted — doesn't plan on getting a fourth shot right away. With protection against severe illness still strong, "I'm going to wait until it seems like there's a need."

None of the COVID-19 vaccines are as strong against the omicron mutant as they were against earlier versions of the virus. Also, protection against milder infections naturally wanes over time. But the immune system builds multiple layers of defense

and the type that prevents severe illness and death is holding up.

During the U.S. omicron wave, two doses were nearly 80% effective against needing a ventilator or death — and a booster pushed that protection to 94%, the CDC recently reported. Vaccine effectiveness was lowest — 74% — in immune-compromised people, the vast majority of whom hadn't gotten a third dose.

U.S. health officials also looked to Israel, which during the omicron surge opened a fourth dose to people 60 and older at least four months after their last

shot. The FDA said no new safety concerns emerged in a review of 700,000 fourth doses administered.

Preliminary data posted online last week suggested some benefit: Israeli researchers counted 92 deaths among more than 328,000 people who got the extra shot, compared to 232 deaths among 234,000 people who skipped the fourth dose.

What's far from clear is how long any extra benefit from another booster would last, and thus when to get it.

"The 'when' is a really difficult part. Ideally we would time booster doses right before surges but we don't always know when that's going to be," said Dr. William Moss, a vaccine expert at the Johns Hopkins Bloomberg School of Public Health.

Plus, a longer interval between shots helps the immune system mount a stronger, more cross-reactive defense.

"If you get a booster too close together, it's not doing any harm — you're just not going to get much benefit from it," said Wherry.

The newest booster expansion may not be the last: Next week, the government will hold a public meeting to debate if everyone eventually needs a fourth dose, possibly in the fall, of the original vaccine or an updated shot.

As for updating vaccines, studies in people — of omicron-targeted shots alone or in combination with the original vaccine — are underway. The National Institutes of Health recently tested monkeys and found "no significant advantage" to using a booster that targets just omicron.

AccuWeather | Go to AccuWeather.com weather

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|---------------------------------------|--------------------------------------|----------------------------|-----------------------------|---------------------------------|
| | | | | |
| TONIGHT Partly cloudy | FRI Clouds and sun; milder | SAT Partly sunny | SUN Mostly cloudy | MON Cloudy and cooler |
| Baker City Comfort Index™ 3 | 58 35 9 | 57 28 5 | 58 34 8 | 54 32 3 |
| La Grande Comfort Index™ 3 | 58 35 10 | 55 28 5 | 60 37 8 | 53 37 3 |
| Enterprise Comfort Index™ 2 | 56 31 10 | 50 28 5 | 57 32 9 | 52 37 4 |

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.

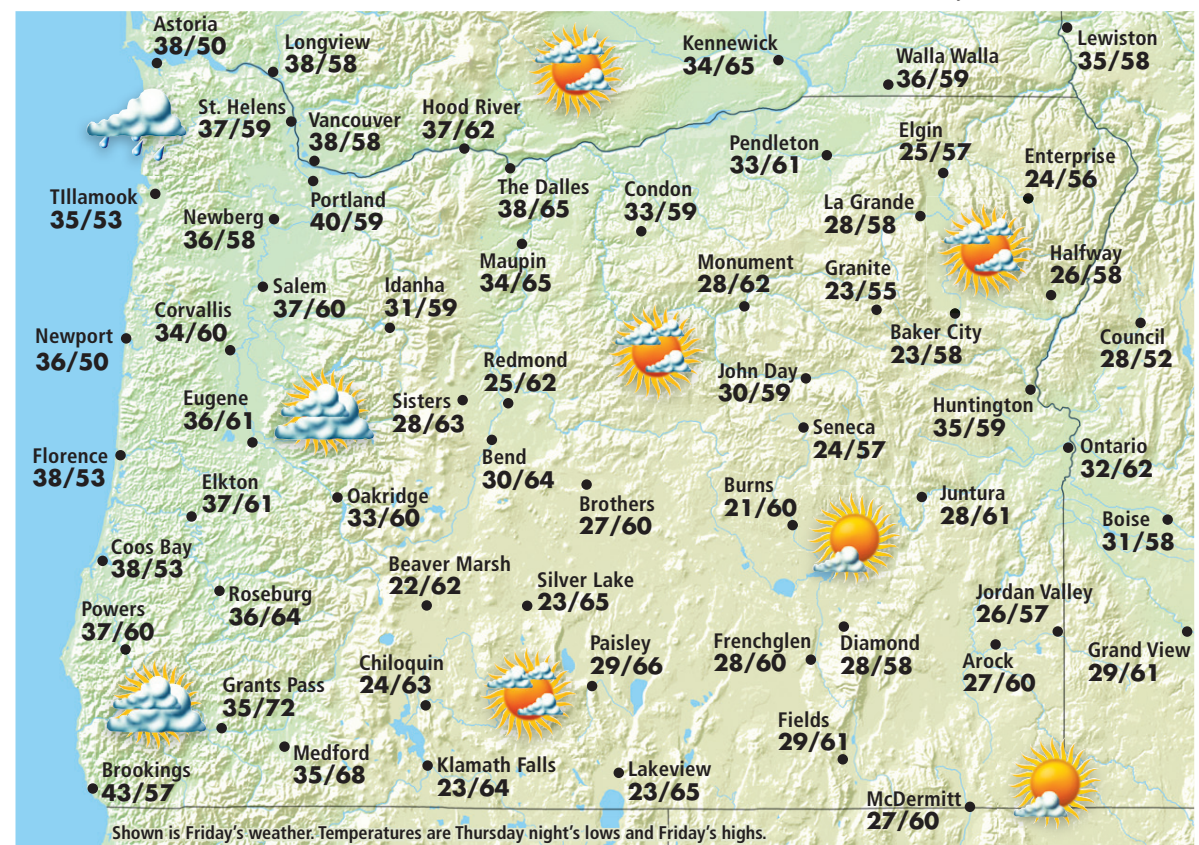
| | | |
|---|---|--|
| ALMANAC | TEMPERATURES | TUESDAY EXTREMES |
| High Tuesday: 61° Low Tuesday: 36° Precipitation (inches): 0.00 | Baker City 61° 36° 0.00 | NATION (for the 48 contiguous states) High: 97° Low: -8° Wettest: 1.68" |
| Month to date: 0.28 Normal month to date: 0.71 Year to date: 0.67 | La Grande 62° 39° 0.00 | OREGON High: 72° Low: 27° Wettest: Trace |
| Normal year to date: 2.00 | Elgin 63° 41° 0.04 | WEATHER HISTORY On March 31, 1954, the mercury soared to 108 degrees in Rio Grande City, Texas. That represents the highest reading ever recorded in the United States in March. |

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|----------------------------------|-----------------------|
| AGRICULTURAL INFO. | SUN & MOON |
| HAY INFORMATION FRIDAY | THU. |
| Lowest relative humidity: 30% | Sunrise: 6:35 a.m. |
| Afternoon wind: 5 at 6 to 12 mph | Sunset: 7:19 p.m. |
| Hours of sunshine: 5.3 | Moonrise: 6:44 a.m. |
| Evapotranspiration: 0.11 | Moonset: 6:55 p.m. |

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|---|--------------------|
| RESERVOIR STORAGE (through midnight Wednesday) | MOON PHASES |
| Phillips Reservoir: 9% of capacity | New |
| Unity Reservoir: 60% of capacity | First |
| Owyhee Reservoir: 38% of capacity | Full |
| McKay Reservoir: 70% of capacity | Last |
| Wallowa Lake: 36% of capacity | |
| Thief Valley Reservoir: 90% of capacity | |
| STREAM FLOWS (through midnight Tuesday) | |
| Grande Ronde at Troy: 5510 cfs | |
| Thief Valley Reservoir near North Powder: 1 cfs | |
| Burnt River near Unity: 6 cfs | |
| Umatilla River near Gibbon: 633 cfs | |
| Minam River at Minam: 534 cfs | |
| Powder River near Richland: 113 cfs | |

AROUND OREGON AND THE REGION

Forecasts and graphics provided by AccuWeather, Inc. ©2022



REGIONAL CITIES

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|---|--|--|---|
| FRI. | SAT. | FRI. | SAT. |
| City Astoria: 50/41/c Bend: 64/34/pc Boise: 58/40/s Brookings: 57/44/pc Burns: 60/31/pc Coos Bay: 53/45/c Corvallis: 60/43/pc Council: 52/33/pc Elgin: 57/33/pc Eugene: 61/44/pc Hermiston: 66/45/s Hood River: 62/46/pc Imnaha: 58/40/pc John Day: 59/36/pc Joseph: 55/34/pc Kennewick: 65/44/pc Klamath Falls: 64/28/s Lakeview: 65/29/s | City Longview: 38/58 Vancouver: 38/58 Portland: 40/59 Salem: 37/60 Idanha: 31/59 Maupin: 34/65 Sisters: 28/63 Oakridge: 33/60 Beaver Marsh: 22/62 Chiloquin: 24/63 Medford: 35/68 Klamath Falls: 23/64 Lakeview: 23/65 | City Lewiston: 58/42/pc Longview: 58/44/r Meacham: 58/34/pc Medford: 68/41/pc Newport: 50/41/c Olympia: 55/40/c Ontario: 62/39/pc Pasco: 64/44/pc Pendleton: 61/42/pc Portland: 59/45/pc Powers: 60/42/c Redmond: 62/30/pc Roseburg: 64/43/pc Salem: 60/42/pc Spokane: 53/36/pc The Dalles: 65/47/pc Ukiah: 57/31/c Walla Walla: 59/41/pc | City Walla Walla: 36/59 Elgin: 25/57 Enterprise: 24/56 La Grande: 28/58 Granite: 23/55 Baker City: 23/58 Huntington: 35/59 Ontario: 32/62 Boise: 31/58 Jordan Valley: 26/57 Arocl: 27/60 Grand View: 29/61 McDermitt: 27/60 |

RECREATION FORECAST FRIDAY

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|--|--------------|--|--------------------------------------|--------------|--|
| ANTHONY LAKES Not as cold | 36 23 | | PHILLIPS LAKE Not as cool | 56 35 | |
| MT. EMILY REC. Variable clouds | 45 29 | | BROWNLEE RES. Partly sunny | 59 37 | |
| EAGLE CAP WILD. Mostly cloudy | 41 26 | | EMIGRANT ST. PARK Milder | 53 28 | |
| WALLOWA LAKE Not as cool | 55 34 | | MCKAY RESERVOIR Milder | 60 41 | |
| THIEF VALLEY RES. Partly sunny | 58 35 | | RED BRIDGE ST. PARK Milder | 58 35 | |

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