

Young mother careening through stressful life



DEAR ABBY
ADVICE

DEAR ABBY: My step-daughter, “Crystal,” has a toxic relationship with her mother. Both have battled alcoholism. The mother did some extreme damage that has ended the possibility of Crystal regaining custody of her 6-year-old son. My husband and I hired a lawyer to help her fight for her rights, and we have brought her to our home twice. The last time was right out of the hospital after she nearly killed herself with alcohol poisoning.

Fast-forward: Crystal is trying

to mend her relationship with her mother, and now we have become second fiddle. What used to be a daily phone conversation happens now only when I call. When we try to visit them, they make excuses, and they have visited us only twice in the last six months. Her latest plan is to stay overnight with us and spend the following day with her mom.

We are swallowing our pride so we can see our 6-month-old granddaughter, but our feelings are so hurt. Please help me take the high road. Do we talk to her or just feel crushed? — **WOUNDED IN MICHIGAN**

DEAR WOUNDED: Your troubled stepdaughter is trying to mend fences with her mother. Try

not to take personally that she has tunnel vision right now. I do not think you should address this with her at this time. Let more time elapse, and if her distancing continues, talk to her about it then.

DEAR ABBY: My husband and I live in southern Florida. My problem is our children, grandchildren and their spouses. When they come to visit, they only eat certain foods and need “healthy this” and “healthy that.” I feel like we’re being used as a hotel and restaurant. I want to see them, but it is becoming exhausting.

What should I do? — **ROLLING BACK THE WELCOME MAT**
DEAR ROLLING: Roll back that welcome mat. Talk to your children, grandchildren and their

spouses. They may not realize the extent to which they have been imposing on you. Tell them that if they have special dietary requirements, they should buy their own foods, and you will make room in the refrigerator to accommodate them. If their presence in your home is becoming too taxing, provide a list of affordable hotels or rentals in the area they might consider.

DEAR ABBY: I am a 91-year-old, 4-foot-8 woman who still drives and goes alone to shop and conduct business. My problem is I am frequently approached by strangers who want to “help” me. This frightens me because I cannot defend myself. While someone holding a

door open for me is appreciated, I have no way to identify a purse snatcher who may intend to knock me down. How can I communicate that I’m capable of caring for myself without offending the person? — **GREAT-GRANDMOTHER IN THE MIDWEST**
DEAR GREAT-GRANDMOTHER: You are not the only senior who has expressed these feelings. Look the person in the eye and say firmly, “I know you mean well and thank you, but no thank you. I prefer to do this myself.”

■ *Dear Abby is written by Abigail Van Buren, also known as Jeanne Phillips, and was founded by her mother, Pauline Phillips. Contact Dear Abby at www.DearAbby.com or P.O. Box 69440, Los Angeles, CA 90069.*

FUNGI

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The following week took us to my territory: the Blue Mountains east of Dayton, Washington. A good strategy when hunting unknown territory is to do so with friends. We typically scatter in different directions and communicate via handheld walkie-talkies. Which begs the question: how many morels do you harvest before you turn on your radio or yell and invite a share in the bounty? One, two, a dozen, or after you have filled a grocery sack? Let your conscience be your guide.

After a slow start we ended the day with a basketful of morels and several pounds of corals. More than once, a cry of “I found one!” caused the other two searchers to backtrack and circle around the source like turkey vultures after a roadkill.

But today’s hunt will be solo. A chance to connect with nature all on my own. After all, I know these forested slopes well enough that someone doesn’t need to point me to a mushroom. As a friend once said, “I’ve eaten enough dog food from other bowls to know I don’t have to

wait for more to slop over.”

A review of past journal notes indicates peak harvest in the Blues occurs two weeks before the summer solstice. However, there’s snow in the shade and the bloom of arrowleaf balsamroot is delayed. A snowshoe hare that runs across the road, fur patched white and brown, also appears confused by delayed phenology. Regardless of these signs, I weave past rock slides that threaten to block Summit Road and park near a favorite spot.

The first found morel always amuses. “Ha,” I say to the local wood gnome. It helps when they are bigger than your thumb and in plain sight. Working the edge of old growth fir and huckleberry bushes yields several morels and dozen more where dark soil humps up alongside a downed log. A heavy basket reminds of childhood Easter egg hunts.

Driving down the road to flat terrain where sunlight filters through tall fir yields a trio of fresh corals followed by several oversized morels in a damp swale; what I call a “vein” of favorable moisture, temperature, soil type, and vegetative cover. This same vein never fails to produce a find. Don’t ask me to share its location.

My final stop is along a steep east-facing slope. I follow deer tracks to three plump morels that find their way into my canvas bag. Then, working downgradient through scattered huckleberry bushes, I pick up another dozen. The largest weighs 3.7 ounces at the Alpine Outpost in Tollgate.

I don’t need a GPS to tell me where I am or where I’ve been. My search begins a stone’s throw from an old toilet seat left by elk hunters. I slow my pace where deadfalls lay crosswise across rotten stumps and stop to look around where conifer duff accumulates. The edge of stands of old growth fir and ponderosa pine, where wild strawberries and wood violets thrive, is favored, as are worn animal trails. A long slow walk through uncharted territory can also lead to reward.

Did guilt creep in for not inviting friends to share in my bountiful harvest? I can honestly say, never at the point of each find. Elation trumps self-reproach when it comes to hunting the elusive morel.

■ *Dennis Dauble is author of five books about fishing including his latest, “Chasing Ghost Trout.” Contact him on his website DennisDaubleBooks.com.*



Dennis Dauble/Contributed Photo

Nancy Dauble prepares morels for later consumption and storage by slicing them lengthwise, cleaning the hollow stem, and letting them air dry.



An aerial view from a drone, about 90 feet above the water, shows lingering ice on Van Patten Lake on June 26.

Jayson Jacoby/Baker City Herald

VAN PATTEN

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Our kids, Max and Olivia, waded in the frigid water. I knelt on a granitic boulder and splashed a couple palmfuls of water on my forehead. My hands went numb almost immediately.

Lisa and I reminisced about our previous, infested, hikes to Van Patten. We agreed that although today was ideal, it almost certainly would be quite a different experience in a week or two.

We had no doubt that even in that sylvan setting, among the contorted whitebark pines and slender subalpine firs and the little rock gardens that landscapers strive to mimic, the bugs lurked, languid in the moisture trickling from the drifts.

Waiting to be roused from their long dormancy beneath the snow, ready to wreak havoc in their insatiable pursuit of blood.

■ *Jayson Jacoby is editor of the Baker City Herald.*

weather

	TONIGHT	SUN	MON	TUE	WED
	Mostly cloudy	A thunderstorm around	Showers early in the a.m.	Mostly cloudy	Partly sunny and warmer
Baker City	52	77 49	73 47	77 48	83 50
Comfort Index™	7	10	9	10	8
La Grande	57	76 54	73 50	77 51	85 56
Comfort Index™	7	10	9	10	6
Enterprise	53	75 52	71 47	74 50	80 57
Comfort Index™	6	10	9	10	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	83°	85°	91°
Low Thursday	39°	41°	42°
PRECIPITATION (inches)			
Thursday	0.00	0.00	0.00
Month to date	0.48	2.40	3.27
Normal month to date	1.10	1.37	1.84
Year to date	4.46	8.76	17.44
Normal year to date	5.44	10.06	14.52

THURSDAY EXTREMES

NATION (for the 48 contiguous states)	Death Valley, Calif.
High: 118°	Low: 24°
Wettest: 3.33"	Biloxi, Miss.

OREGON	Ontario
High: 94°	Low: 36°
Wettest: Trace	Brookings

WEATHER HISTORY

Violent thunderstorms developed at the northern rim of a hot air mass on July 2, 1980, dumping hail the size of hens’ eggs on Louisville, Ky., and causing wind damage from Missouri through Illinois.

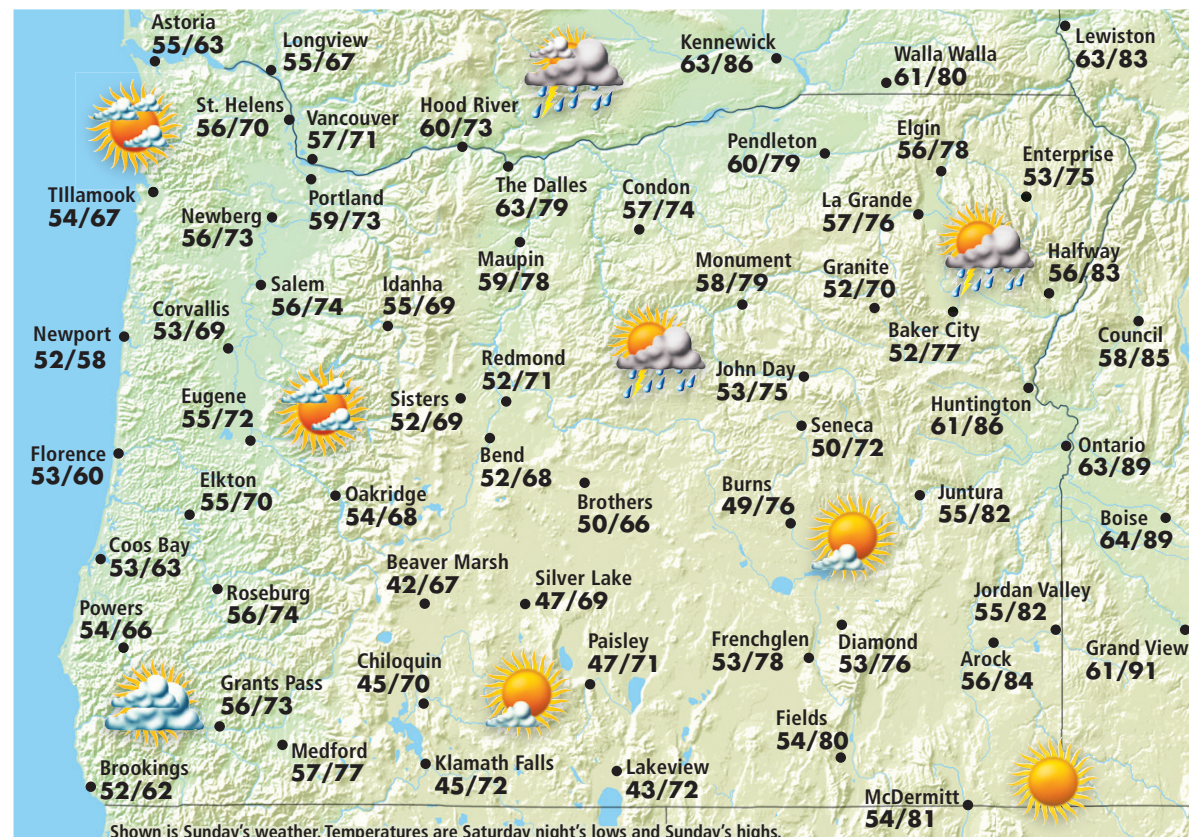
SUN & MOON

	SAT.	SUN.
Sunrise	5:09 a.m.	5:09 a.m.
Sunset	8:44 p.m.	8:44 p.m.
Moonrise	8:18 a.m.	9:24 a.m.
Moonset	11:24 p.m.	11:46 p.m.

MOON PHASES	First	Full	Last	New
	Jul 6	Jul 13	Jul 20	Jul 28

AROUND OREGON AND THE REGION

Forecasts and graphics provided by AccuWeather, Inc. ©2022



REGIONAL CITIES

City	SUN. HI/Lo/W	MON. HI/Lo/W	City	SUN. HI/Lo/W	MON. HI/Lo/W
Astoria	63/53/c	66/52/pc	Lewiston	83/62/t	78/58/sh
Bend	68/48/t	71/49/pc	Longview	67/53/c	70/49/pc
Boise	89/62/s	82/58/s	Meacham	74/53/t	70/50/sh
Brookings	62/49/c	63/53/pc	Medford	77/53/c	79/55/pc
Burns	76/45/c	73/43/pc	Newport	58/50/pc	60/49/pc
Coos Bay	69/50/c	63/49/pc	Olympia	68/52/sh	67/49/pc
Corvallis	69/50/c	73/52/pc	Ontario	89/62/pc	84/56/pc
Council Bluffs	85/58/pc	78/52/t	Pasco	88/61/pc	83/56/pc
Elgin	78/55/t	78/52/t	Pendleton	79/58/t	74/53/sh
Eugene	72/52/c	75/43/pc	Portland	73/57/c	75/55/pc
Hermiston	85/61/c	80/57/sh	Powers	66/50/c	71/52/pc
Hood River	73/60/c	75/56/pc	Redmond	71/47/t	74/50/pc
Imnaha	81/59/t	74/55/t	Roseburg	74/52/c	77/54/pc
John Day	75/49/t	73/44/pc	Salem	74/54/c	75/54/pc
Joseph	75/52/t	70/46/sh	Spokane	77/58/t	70/54/sh
Kennewick	86/60/c	81/56/pc	The Dalles	79/60/c	80/56/pc
Klamath Falls	72/43/t	70/46/pc	Ukiah	72/50/t	70/45/sh
Lakeview	72/40/c	72/44/pc	Walla Walla	80/58/t	77/56/sh

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

RECREATION FORECAST SUNDAY

ANTHONY LAKES	PHILLIPS LAKE
A stray t-storm	A thunderstorm
57 41	74 49
MT. EMILY REC.	BROWNLEE RES.
A t-storm around	Periods of sun
63 47	85 58
EAGLE CAP WILD.	EMIGRANT ST. PARK
A shower	A t-storm around
64 45	68 48
WALLOWA LAKE	MCKAY RESERVOIR
A t-storm around	A t-storm around
75 52	77 57
THIEF VALLEY RES.	RED BRIDGE ST. PARK
Becoming cloudy	A t-storm around
77 49	76 54