

Elderly mom struggles to adjust to senior living



DEAR ABBY
ADVICE

Although she looks like a frail old lady, she's in denial. She also has bouts of crying and irrational concerns and demands.

Abby, my mother has a roof over her head she can afford, food, access to health care and family nearby. She's just used to the constant go-go-go of her former country club life (which she never paid for). I'm recently retired, and her manipulations and the effect she could have on my marriage have me stressed-out. Please advise. — **STUCK IN THE MUCK**

DEAR STUCK: You are a caring, if frustrated, son. You mentioned that your mother has spent her entire adult life

indulging herself and living the "country club life." Change at any age can be difficult, but as people age, they can become less resilient, which is more of a challenge. I can understand why your mother might sometimes shed tears over her changed status and even be in denial about it. You didn't mention how much freedom she has now, but she may have too much idle time on her hands.

If she can't find things in common with her neighbors, perhaps she could make friends volunteering for some of the charities or activities in the community. You would be doing her a favor to suggest it. However, if her crying spells increase, she might benefit

from being screened for depression by a medical professional.

DEAR ABBY: I have been in a mostly online relationship with a man for years. He is a musician, and we met after one of his shows. We live a thousand miles apart and, since COVID shut the world down, we have seen each other only twice. We love each other very much and have developed our relationship via texting constantly.

My problem is I'm not a wealthy woman, but I have been sending him more than \$1,000 a month all this time so he can post his music on various websites. I'm not entirely comfortable with this. I have a strong aversion to being used, which is what it sometimes

feels like. What do you think I should do? — **OUT OF TUNE IN DELAWARE**

DEAR OUT OF TUNE: Listen to your intuition. Tell the musician you love him very much, but you will have to stop sending him money because you can no longer afford it. It happens to be the truth. How he behaves in the months that follow your announcement will show if he is on the level or if you have been used.

■ *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.*

How the climate deal would help farmers aid the environment

By **MICHAEL PHILLIPS**
The Associated Press

ST. LOUIS — The climate deal reached last week by Senate Democrats could reduce the amount of greenhouse gases that American farmers produce by expanding programs that help accumulate carbon in soil, fund climate-focused research and lower the abundant methane emissions that come from cows.

The bill includes more than \$20 billion to improve the agriculture sector's impact on the environment, mostly by expanding existing U.S. Department of Agriculture programs that help farmers change to better practices. Farmers would be paid to improve the health of their soil, withstand extreme weather and protect their land if the bill is enacted.

The roughly \$370 billion climate and energy spending deal would bring the country closer to cutting greenhouse gas emissions in half by 2030, according to new analyses. That is something many scientists say is important, and that President Joe Biden promised. Sen. Joe Manchin, D-W. Va., a long-time holdout on climate legislation, endorsed measures that would benefit electric vehicles, renewable energy and climate-friendly farming. Agriculture is responsible for 11% of the country's climate-warming emissions.

The funding would expand programs favored by both environmental groups and the agricultural sector, said Ben Thomas, who focuses on agriculture at the Environmental Defense Fund.



Charlie Riedel/The Associated Press, File

A cow grazes in a pasture as wind turbines rise in the distance, April 27, 2020, near Reading, Kan. The climate deal reached by Senate Democrats could reduce the amount of greenhouse gases that American farmers produce by expanding programs that help sequester carbon in soil, fund climate-focused research and lower the abundant methane emissions that come from cows.

"They are voluntary, they are incentive-based, they get results in terms of implementing conservation practices on working lands," said Thomas. "It's great to see."

Thomas said historically, the agricultural sector has not aggressively tackled its contribution to climate change, but that hesitation has shifted in recent years and more money will accelerate progress. There's a lot of potential, he said.

"It is worth taking very, very seriously," Thomas said. Cows belch an enormous amount of methane and agriculture is responsible for more than one-third of human-caused methane emissions, according to the U.S. Environmental Protection Agency. This is a way that people's diets — if they are high in meat or dairy — contribute to greenhouse gas buildup. The bill directs

funds toward altering what cows eat to reduce those emissions.

On farms, soil can hold or sequester carbon if it is left undisturbed and covered by a crop. Money from the bill will expand programs that help farmers turn their

soil less, implement climate-friendly crop rotation practices and plant cover crops that aren't for harvest but improve soil health.

"The historic funding validates the fact that these practices are important," said Ranjani Prabhakar, an agri-

culture and climate policy specialist at the environmental group Earthjustice.

Cover crops, for example, are only used by a fraction of farmers. If their use were to triple — from around 5% of cropland to 15% — it could remove the equivalent of 14 megatons of carbon dioxide per year, roughly the total annual emissions of New Hampshire, according to Kevin Karl, a flood food and climate researcher at Columbia University.

"The adoption rate is so low," Karl said. "There's a lot of potential improvement."

Federal officials already offer farmers help with a variety of environmentally focused issues including irrigation and fertilizer use. One program helps fund conservation easements for agricultural land.

Dan Sheaffer works on nitrogen research with the Illinois Fertilizer and Chemical Association and operates a 20-acre farm. He plants cover crops and keeps soil

disturbance to a minimum — practices that benefit soil health and reduce soil erosion. But he said cover crops also have drawbacks, requiring farmers who want an environmental benefit to change their practices.

"There's just more time involved with doing cover crops," he said.

The bill also includes money for research. While it is clear that managing soil properly can capture carbon, more needs to be known about important questions like how long sequestered carbon stays in soil.

Kaiyu Guan, a professor focused on climate and agriculture at the University of Illinois at Urbana-Champaign, said some people believe farmers don't pay enough attention to climate change.

"I think farmers shouldn't be blamed, they actually should be incentivized," Guan said. "Not only are they doing this to be part of the solution to help the climate, they are doing this to help their land."

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weather

TONIGHT	FRI	SAT	SUN	MON
Partly cloudy	Partly sunny and pleasant	Plenty of sunshine	Sunny and hot	Mostly sunny and very hot
Baker City 46 Comfort Index™ 8	83 45 9	85 43 8	94 50 7	97 54 4
La Grande 50 Comfort Index™ 8	85 46 8	89 48 7	95 56 5	99 59 2
Enterprise 47 Comfort Index™ 7	82 46 9	87 51 7	92 59 5	99 59 2

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 Tuesday	91°	93°	93°
Low Tuesday	60°	60°	59°
PRECIPITATION (inches)			
Tuesday	0.00	0.00	Trace
Month to date	Trace	0.00	Trace
Normal month to date	0.03	0.04	0.04
Year to date	4.47	8.98	17.76
Normal year to date	6.02	10.70	15.27

TUESDAY EXTREMES

NATION (for the 48 contiguous states)
High: 115° Death Valley, Calif.
Low: 41° Gothic, Colo.
Wettest: 2.75" Effingham, Ill.

OREGON
High: 98° Medford
Low: 52° Meacham
Wettest: 0.18" Lakeview

AGRICULTURAL INFO.

HAY INFORMATION FRIDAY

Lowest relative humidity	20%
Afternoon wind	N at 6 to 12 mph
Hours of sunshine	9.8
Evapotranspiration	0.25

RESERVOIR STORAGE (through midnight Wednesday)

Phillips Reservoir	13% of capacity
John Day Reservoir	63% of capacity
Jaycee Reservoir	27% of capacity
Vickay Reservoir	84% of capacity
Mallowa Lake	3% of capacity
Chief Valley Reservoir	55% of capacity

STREAM FLOWS (through midnight Friday)

Grande Ronde at Troy	797 cfs
Chief Valley Reservoir near North Powder	95 cfs
Burnt River near Unity	143 cfs
Jmatilla River near Gibbon	53 cfs
Vinam River at Minam	197 cfs
Powder River near Richland	26 cfs

WEATHER HISTORY
Flooding struck Erie, Pa., on Aug. 4, 1915, killing 75 people, destroying bridges and inundating streets. Such sudden local floods are major hazards in the summer.

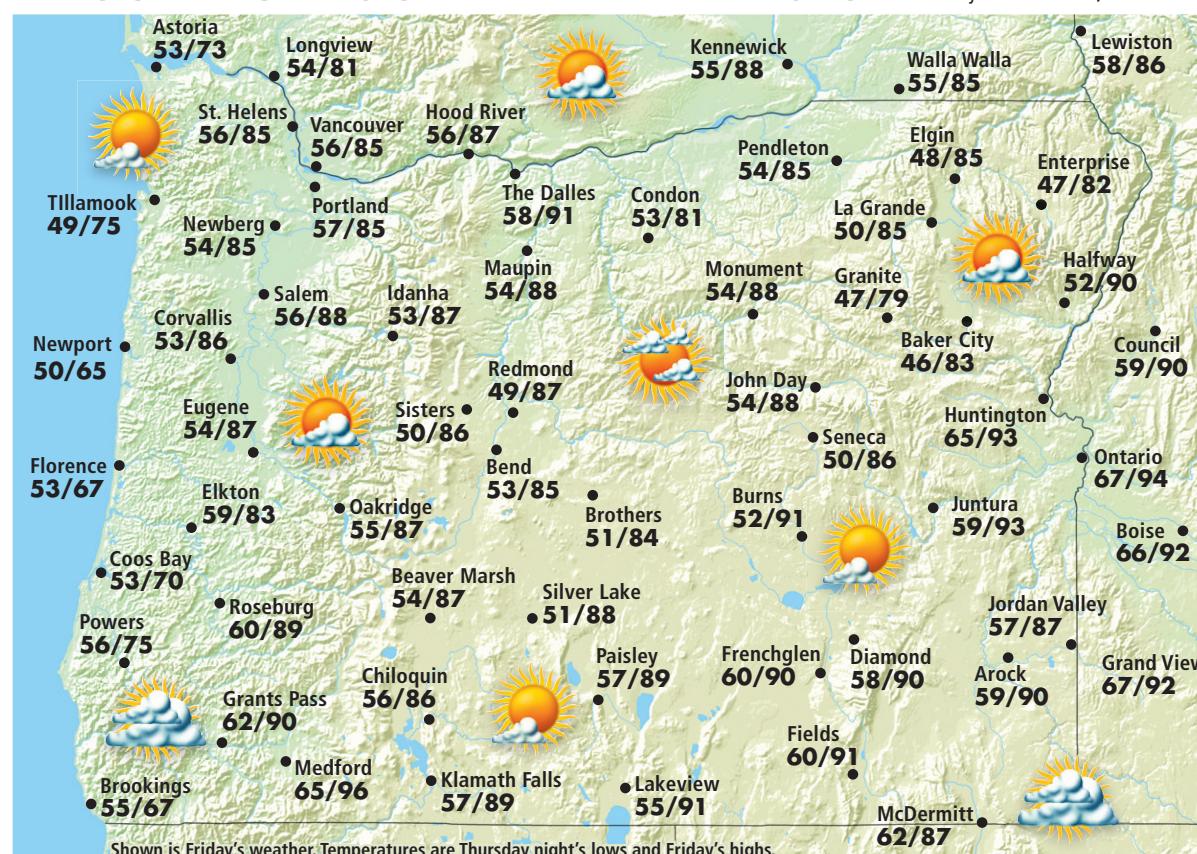
SUN & MOON

	THU.	FRI.
Sunrise	5:40 a.m.	5:41 a.m.
Sunset	8:16 p.m.	8:15 p.m.
Moonrise	12:59 p.m.	2:14 p.m.
Moonset	11:29 p.m.	11:56 p.m.

MOON PHASES

Phase	Aug 5	Aug 11	Aug 18	Aug 27
First				
Full				
Last				
New				

AROUND OREGON AND THE REGION



REGIONAL CITIES

City	FRI. Hi/La/W	SAT. Hi/La/W	City	FRI. Hi/La/W	SAT. Hi/La/W
Astoria	73/55/s	80/56/s	Lewiston	86/59/pc	92/61/s
Bend	85/52/pc	89/58/s	Longview	81/55/s	90/60/s
Boise	92/67/pc	92/64/t	Meacham	81/41/s	86/45/s
Brookings	67/55/pc	63/54/pc	Medford	96/66/s	99/69/s
Burns	91/54/s	90/54/t	Newport	65/50/s	67/51/s
Coos Bay	70/53/s	74/54/s	Olympia	79/50/s	89/53/s
Corvallis	86/55/pc	94/60/s	Ontario	94/68/s	93/62/t
Council	90/54/pc	89/56/t	Pasco	88/53/s	94/54/s
Elgin	85/48/pc	89/53/s	Pendleton	85/54/pc	93/59/s
Eugene	87/54/pc	96/58/s	Portland	85/60/s	96/64/s
Hermiston	87/51/s	94/55/s	Powers	75/56/s	80/58/s
Hood River	87/63/s	95/66/s	Redmond	87/50/s	91/53/s
Imnaha	87/59/s	87/56/s	Roseburg	89/61/s	95/66/s
John Day	88/53/pc	86/56/s	Salem	88/57/s	95/63/s
Joseph	82/48/pc	85/53/s	Spokane	81/56/s	86/58/s
Kennewick	88/54/s	92/55/s	The Dalles	91/62/s	97/64/s
Klamath Falls	89/55/s	91/57/s	Ukiah	78/40/pc	85/44/s
Lakeview	91/54/s	89/55/s	Walla Walla	85/58/s	89/64/s

RECREATION FORECAST FRIDAY

ANTHONY LAKES Partly sunny	66 42		PHILLIPS LAKE Partly sunny	82 46	
MT. EMILY REC. Mostly sunny	73 44		BROWNLEE RES. Partly sunny	89 54	
EAGLE CAP WILD. Partly sunny	72 37		EMIGRANT ST. PARK Partly sunny	74 37	
WALLOWA LAKE Partly sunny	82 48		MCKAY RESERVOIR Partly sunny; nice	83 53	
THIEF VALLEY RES. Partly sunny	83 45		RED BRIDGE ST. PARK Partly sunny; nice	85 46	

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