

Sexual abuse continues to haunt family members



DEAR ABBY
ADVICE

DEAR ABBY: Fifteen years ago, my husband's sister told him their brother "Brad" had molested her when she was young. She had repressed it until revealing it to a therapist. Brad admitted doing it, but said it was because a parish priest showed him pornography. Brad gave her money to pay for her therapy.

My husband has pretty much dismissed it and remains very close to Brad. I have never been able to look at Brad in the same way, and I prefer to not be around

him. My husband wants me to pretend it's in the past and let it go, but I'm having trouble doing that. My aversion to Brad has grown more intense over the years. His sister still has issues, and I believe they stem from his abuse. I don't know what to do. Help, please. — **COMPLICATED IN ILLINOIS**

DEAR COMPLICATED: It is probable that the priest who showed Brad the pornography sexually abused him, too. Brad has tried to make amends by paying for his sister's therapy. (I wonder if he had any himself.) I think you should talk to your sister-in-law about this, and take your cues from her.

DEAR ABBY: I have a close friend who was diagnosed with

skin cancer. She had surgery a few days ago, and she will know within the next two weeks if it is gone. I am devastated. I don't know what to do, to say or how to act.

I check in several times a day with her to ask what I can do. We usually talk about everything, but now she's talking about death and dying. My heart is broken and I tear up when I think about it. I'd like to tell her what I'm feeling and how much I think of her but I don't know how. — **LOST IN THE EAST**

DEAR LOST: If you feel you can't get out what you need to communicate to your friend without breaking down, put it in a letter to her. Take your time writing it, and when you're done,

put it aside for a day or two, and then reread it before sending or giving it to her. It couldn't do any harm to let her know how much you love and value her, the things you most admire about her and how important she is (not was) in your life. If she lives decades more, which I sincerely hope, that love letter will be a treasured keepsake.

DEAR ABBY: I am in my late 60s. When I am approached by people who know me, I can't remember them. It's embarrassing to ask them who they are. I may have worked with them or met them somehow, but although they look familiar, I draw a blank. I have spoken to several friends who have the same problem.

I sometimes recognize people I haven't seen for a while and have to remind them who I am. What would be the polite way to ask, "Who are you?" — **DON'T KNOW IN PENNSYLVANIA**

DEAR DON'T KNOW: A polite way to manage it would be to be honest. Simply say, "Forgive me, but I think I'm having a 'senior moment.' Where do we know each other from?" It's effective, and as you stated, you are not the only one. It also happens to people who are younger than you.

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.

PETS

Continued from Page B1

Here's how to keep your animal companions cool in the heat and how to spot signs of heatstroke, according to local veterinarians.

1. Never leave your pet alone in a parked vehicle.

On hot days, experts recommend that you leave your dogs — or any pet — at home.

Veterinarians say that in the event that you have to bring your pet along with you, you shouldn't leave them alone inside a vehicle under any circumstances. Leaving the air conditioner running, cracking windows or only being away for a few minutes aren't sufficient protections as temperatures can rapidly rise to dangerous levels inside a vehicle.

"It's just not worth the risk to their health and safety," Hawkins says. "It can only take a few moments with mild weather outside for the car to reach unbearable temperatures, much less the heat that we're experiencing right now."

2. Limit exercise and outdoor activity.

There's a reason that many humans opt to exercise in the morning when it's cooler outside or in the evenings when the sun is setting. This ideology should be applied to your pets as well.

Experts say you should limit exercise and outdoor activities, such as walks and playing at the dog park, to the coolest times of the day. This is particularly important for dog owners because asphalt can quickly heat up. If a dog walks onto a hot surface, it can severely burn their paw pads.

"That can be very painful for them because now they're walking around basically with large blisters on their paws," said Dr. Julio López, a board-certified specialist in veterinary internal medicine and owner of Encino Veterinary Center. "So I think it's one of those things that we as people don't really think about because we wear shoes."

A common tip that veterinarians tell pet parents is to test the ground before taking them outside. You can do this by placing the back of your hand on the ground for about five seconds. If it feels too hot for you, then it's definitely too hot for your pet. If your dog, for example, has a history of getting burns on their paw pads, you might want to consider purchasing them dog booties to use during walks.

It's also critical to adjust the intensity and duration of exer-

cise on hot days. "Stop frequently to give them a rest because they'll try to keep up with you," says Pitts. "They're very loyal [and] they love us even though they're overheating."

3. Provide ample water for your pet at all times.

It's always important to have fresh water readily accessible for your pet, but it's especially vital on hot days. Experts suggest having multiple spill-proof bowls for your pets and making sure they're placed in shady areas.

And if you're taking your pet outdoors, it's wise to bring more water than you think you need and to make sure they get a drink before you head out the door. Pet parents can also consider purchasing collapsible travel bowls, which often have a clip, making them convenient to carry.

4. Keep your dogs in cool, shaded areas indoors or outdoors.

Whether your pet is inside or outside — for a limited amount of time — at your home, many veterinarians say it's best to keep them in cool, shaded areas. Owners of rabbits, guinea pigs and other animals that are typically kept in cages should also avoid placing cages in direct sunlight. Also, hot air rises so it's best to place cages on a low surface.

Placing a cold or frozen water bottle in the cage can help keep pets cool. If you don't have an air conditioning unit in your home, you can use fans to keep air flowing.

There's an array of products, like cooling mats and vests, that pet owners can purchase to provide comfort for their pets, but many experts say they aren't mandatory.

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weather

TONIGHT	WED	THU	FRI	SAT
Mainly clear	Sunshine and very hot	Sunshine and very hot	Very hot with sunshine	Mostly sunny and warm
Baker City 50 Comfort Index™ 4	97 50 4	93 49 5	97 54 4	90 49 8
La Grande 56 Comfort Index™ 3	99 54 3	96 52 4	99 57 3	89 54 8
Enterprise 57 Comfort Index™ 3	96 53 3	92 55 4	96 57 3	89 52 6

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 80° 81° 88°
Low Sunday 42° 43° 41°

PRECIPITATION (inches)
Sunday 0.00 0.00 0.00
Month to date 0.26 0.24 0.45
Normal month to date 0.39 0.61 0.60
Year to date 4.73 9.22 18.21
Normal year to date 6.38 11.27 15.83

SUNDAY EXTREMES
NATION (for the 48 contiguous states)
High: 117° Death Valley, Calif.
Low: 29° Bodie State Park, Calif.
Wettest: 3.52" Atlantic City, N.J.

OREGON
High: 92° Medford
Low: 36° Meacham
Wettest: none

AROUND OREGON AND THE REGION

Forecasts and graphics provided by AccuWeather, Inc. ©2022

Shown is Wednesday's weather. Temperatures are Tuesday night's lows and Wednesday's highs.

AGRICULTURAL INFO.

HAY INFORMATION WEDNESDAY

Lowest relative humidity	15%
Afternoon wind	SW at 6 to 12 mph
Hours of sunshine	12.1
Evapotranspiration	0.28

RESERVOIR STORAGE (through midnight Monday)

Phillips Reservoir	4% of capacity
Jinity Reservoir	39% of capacity
Owyhee Reservoir	17% of capacity
VicKey Reservoir	69% of capacity
Mallowa Lake	3% of capacity
Thief Valley Reservoir	14% of capacity

STREAM FLOWS (through midnight Sunday)

Grande Ronde at Troy	591 cfs
Thief Valley Reservoir near North Powder	68 cfs
Jurnt River near Unity	103 cfs
Jmatilla River near Gibbon	45 cfs
Vinam River at Minam	100 cfs
Powder River near Richland	25 cfs

REGIONAL CITIES

City	WED. Hi/Lo/W	THU. Hi/Lo/W
Astoria	70/56/c	71/57/pc
Bend	94/56/s	95/60/s
Boise	102/68/s	99/67/s
Brookings	62/52/c	64/53/c
Burns	99/51/s	96/53/s
Coos Bay	69/56/c	70/57/pc
Corvallis	90/53/s	90/56/s
Council	100/60/s	98/56/s
Elgin	99/54/s	94/55/s
Eugene	93/54/s	93/56/s
Hermiston	102/65/s	100/59/s
Hood River	95/67/s	98/67/s
Imnaha	102/65/s	98/66/s
John Day	97/59/s	97/61/s
Joseph	95/56/pc	91/60/s
Kennewick	101/65/s	99/58/s
Klamath Falls	91/48/s	93/50/s
Lakeview	93/46/s	94/52/s
Lewiston	102/68/s	98/64/s
Longview	86/59/s	87/59/s
Meacham	98/50/s	92/48/s
Medford	100/62/s	102/64/s
Newport	64/54/c	63/54/c
Olympia	88/54/s	88/55/s
Ontario	102/68/s	100/61/s
Pasco	101/63/s	99/58/s
Pendleton	98/66/s	97/62/s
Portland	91/61/s	91/63/s
Powers	78/58/pc	80/56/pc
Redmond	96/52/s	97/54/s
Roseburg	97/58/s	94/59/s
Salem	91/56/s	92/57/s
Spokane	98/64/s	94/62/s
The Dalles	101/66/s	102/65/s
Ukiah	94/51/s	91/53/s
Walla Walla	98/70/s	97/66/s

RECREATION FORECAST WEDNESDAY

ANTHONY LAKES Sunny and warm 78 49	PHILLIPS LAKE Sunshine and hot 92 52
MT. EMILY REC. Sunny and warm 88 52	BROWNLEE RES. Sunny and very hot 102 59 HOT
EAGLE CAP WILD. Warm with sunshine 84 46	EMIGRANT ST. PARK Hot with sunshine 92 48
WALLOWA LAKE Partly sunny; hot 95 56	MCKAY RESERVOIR Sunny and hot 97 67
THIEF VALLEY RES. Very hot 97 50 HOT	RED BRIDGE ST. PARK Sunlit; very hot 99 54 HOT

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

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