

Avoiding workplace friendship/romance, gossiping about it

Dear Annie: I never thought I'd write to you, but I have no one else to ask. I work part time as a customer service representative. Like me, all of my co-workers are mostly retired women except for one man who is our age, "John." He's been in our department for about two years. A year ago, he began having a friendship, for lack of a better word, with the only 30-something woman in our department. He divorced his wife of 40-plus years and moved in with "Mary" and her husband. The relationship between Mary and this older man has become more intimate and secretive. We've all just kept our distance.

Last summer, Mary and her husband maxed out their credit cards to build a basement apartment in their home for John. Mary's husband used to visit her at work often and bring her coffee, but he stopped doing that months ago. According to Mary, all he does is work long hours and then come home and sleep. I have known Mary and her husband since they were kids, and this doesn't sound like him.

Yesterday at work I noticed John on a webpage of a bank account (on a shared computer!), and I realized it was Mary's account. He spent hours surfing around her bank account, minimizing it during lunch or when helping customers. I eventually asked him what he was doing, and he said he was paying bills online. I don't know if he was paying Mary's bills or his own out of her account, but I was horrified.

What do I do, if anything? This 60-something man has wedged himself between a young married couple and is taking over their lives. I don't care what Mary does, but I'm concerned about her husband. Suggestions? — *Co-Worker Conundrum*

Dear Co-Worker Conundrum: Your concern is understandable. It's also misplaced. Whatever bizarre love triangle

these three have going, it's between them.

Now, that being said, you mentioned that you've known Mary's husband since he was a kid. You might reach out to him as a friend, just to see how he's doing. Don't ask him about the situation with his wife and John. Keep the conversation general and light.

Lastly, should you feel the (understandable) urge to gossip with others about all this, bite your tongue until the feeling passes.

Dear Annie: When I read Mary W.'s letter about her having trouble holding a knife and fork because of rheumatoid arthritis, I wondered if she had ever been treated by a rheumatologist. There are now so many wonderful medicines for rheumatoid arthritis that not only reduce or eliminate the pain but also slow or stop the progression of the damage caused by it.

At age 53, I was in severe pain and could barely move because of rheumatoid arthritis. I was referred to a rheumatologist who had me virtually pain-free in a very short time. I am now 74 and have, with continuous treatment, been able to enjoy the last 21 years with very little or no pain from rheumatoid arthritis and with no restriction of movement. While not everyone will have the same results that I did, I urge them to see a rheumatologist for the best care available. — *William B.*

Dear William B.: It's wonderful to hear of people managing their rheumatoid arthritis, which can be such a painful inflammatory disorder. I wholeheartedly second your advice to seek out a rheumatologist. Additionally, it might be helpful for people to investigate dietary triggers that exacerbate symptoms. I've heard from some folks who have greatly reduced their RA symptoms after adding more fruits, vegetables and whole grains into their diets and reducing dairy consumption.

Indigenous-rights advocate, oldest member of Takelma tribe dies

By GILLIAN FLACCUS
Associated Press

PORTLAND — Agnes Baker Pilgrim, the oldest member of Oregon's Takelma tribe and a vocal advocate for clean water and Native American rights, has died. She was 95.

Pilgrim, who was better known as "Grandma Aggie," died Wednesday in Grants Pass as doctors tried to repair a brain aneurysm, her alma mater, Southern Oregon University, said. The university awarded Pilgrim a presidential medal — its highest honor — in August for her extensive work to preserve and protect Native American culture and clean water around the world.

Pilgrim, the granddaughter of a tribal chief, traveled the world well into her 80s advocating for environmental, animal and indigenous rights, including a trip to Rome to lobby Pope Benedict XVI to repeal a centuries-old Roman Catholic edict that many Native Americans say provided the legal justification for European encroachment on Native American land in what is now the United States. She also met with the Dalai Lama.

Pilgrim also fought to bring forgotten tribal rituals back to her home com-



Motoya Nakamura/The Oregonian
Agnes Baker Pilgrim, far left, says a prayer during the 'His Holiness the Dalai Lama Environmental Summit' at the University of Portland in 2013.

munity, including a sacred salmon ceremony that is now performed each year on the Applegate River in southern Oregon. She referred to her work as being a "voice for the voiceless."

Pilgrim, a mother of six, said in an online essay that at age 45 she began to feel restless. Until then, she had varied careers, including as a race car driver, a boxer and a log truck driver, she said in a 2010 speech at the Earth and Spirit Council.

"This sensation was not only present in my waking hours but also in the dream

time. There was a force pulling me toward a spiritual path. I was told to cleanse my inner-self. Ultimately, I did what I call a 'dying to self,'" she wrote in the essay, posted on the website of the Confederated Tribes of the Siletz. "But first I fought this inner-calling, thinking I wasn't worthy to do it. Looking back, however, I can see where I began to change."

Pilgrim enrolled at Southern Oregon University in 1985 and graduated at age 61 with a bachelor's degree in psychology and a minor in Native American studies.

She co-founded the university's Konaway Nika Tillicum Native American Youth Academy, an eight-day residential program for Native American middle and high school students, and in 2004, co-founded the International Council of Thirteen Indigenous Grandmothers, a global alliance of female elders who promote protection of the Earth and awareness of indigenous culture.

"Never did I think when I retired way back then that I would get to his point in my life. ... Being this 'international grandma' is not an easy job. I put in 10, 14, 17 hours a day — and try that when you're nearly 86 years old," she said to applause in a 2010 speech. "But I'm very concerned about our water all over the world and you should be too. Water is a precious commodity. Without water, all life dies."

Pilgrim was the granddaughter of Jack Harney, the first elected chief of the Confederated Tribes of the Siletz, and was recognized as a "living treasure" by the Confederated Tribes of the Siletz. Her likeness is featured in a statue in downtown Ashland.

Married three times, Pilgrim had six children, 18 grandchildren, 27 great-grandchildren, and a great-great-granddaughter.

Winter: 'Snowboarding ... continues to grow'

Continued from Page B1

technological advances in the last 25 years but still, Old Man Winter exacts his toll. Apparently, the upwards of \$300 million payday is enough to keep those fishers in the most dangerous profession in America.

'The Father of American Skiing'

According to the United States Ski and Snowboard Association, the first documented ski user in the U.S. was John "Snowshoe" Thompson, a Norwegian immigrant who used skis to deliver mail from Placerville, California, to Virginia City, Nevada, and the surrounding territory beginning in 1850.

Despite his 20 years slogging through the snowpack of the Sierras, Thompson never got frozen stiff, but he got "stiffed." Thompson never received a dime from the government for his endeavors. The stories of his forti-

tude and fearlessness never abated and he has come to be known as the "Father of American Skiing."

Snow sports today

Since Thompson's times, it's fair to say that winter sports have come a long way. By the 1880s, steam trains began carrying mail and skiers in the Sierras and the Cascades. Mechanically assisted skiing did not take hold in America until 1934 in Woodstock, Vermont. Ski tows quickly became popular culture — within five years, over 100 ski tows were operating in the U.S.

Ski parks formed in the Northwest in the early 1930s and ski clubs formed in the early 1920s, but until the advent of ski tows, skiers still had to climb. Fit skiers climbed to the top of the runs with moleskin coverings on their skis and then skied down. Ski tows were established at Snoqualmie Pass in Washington state and Mul-torpor on Mt. Hood in the

late '30s. The tows encouraged out-of-shape people to ski without the bother of having to climb the hill.

The sport exploded.

The ski industry has grown steadily ever since. Currently the ski industry in America brings in around \$20 billion annually.

Skis vs. boards

While snowboarding has become very popular in the last 20 years, the number of snowboarders has never overtaken the popularity of skis on the slopes, averaging less than half of the total ski revenues. Still, that's a lot of snowboarders. According to Leigh Capozzi, Director of Brand and Communications for Mt. Bachelor ski resort near Bend, the snowboard segment is still growing.

"Snowboarding is a segment that continues to grow and makes up an ever-increasing share of our pass-holders. What is most fun is that snowboarding was once thought of strictly as

a younger sport. Now it is common to see multiple generations of snowboarders enjoying Mt. Bachelor together as a family."

Types of skiing include alpine, cross-country, freestyle and extreme, which I can't even think about without getting dizzy. Among the most respected is the back-country skier. These rugged individuals use a combination of skiing and mountaineering techniques to traverse the unbeaten paths in the mountains. Often, they make up the bulk of mountain rescue teams.

No matter your choice of winter activities, Old Man Winter affects everyone in the Northwest. You can acknowledge your weakness in his shadow like an ant or ignore him, like the elk. This year I plan to participate in my favorite winter sport: "extreme lounging."

Ron Baldwin is a musician, photographer and writer living in Chinook, Washington.

WATERFRONT BRIDGES REPLACEMENT PROJECT

ALTERNATE ROUTES TO WATERFRONT BUSINESSES

ANTIQUES & COLLECTIBLES
Treasure Alley—11th St. Access

BAKERY & ESPRESSO
The Naked Lemon—11th St. Access

Thank You for your patience & patronage while we renovate our waterfront bridges to be sturdy, safe & secure

FOOD • BEER • COCKTAILS
Buoy Beer Co.—7th St. Access
Inferno Lounge—11th St. Access
Pier 11 Pizza—11th St. Access
Smoked Bones BBQ—11th St. Access

GOONIES GEAR
Treasure Alley — 11th St. Access

WINE BAR
Wine Kraft—11th St. Access

PROFESSIONAL OFFICES & SERVICES
Astoria's Best Computers — 11 St. Access

PIER 11
USE 11TH ST. ACCESS

NO ACCESS TO 6TH STREET PIER

TO HWY 101

Marine Dr.

5th St.

6th St.

7th St.

8th St.

9th St.

10th St.

11th St.

12th St.

Commercial St.

TO HWY 30

PARKING ON MARINE DR. RECOMMENDED

NO THRU ACCESS CLOSED FOR CONSTRUCTION

OPEN TO PEDESTRIANS ONLY

OPEN TO TRAFFIC

RIVERWALK DETOUR

PIER 11* thru access during normal business hours only.

PIER 12

Map courtesy of Astoria-Warrenton Area Chamber of Commerce