

Closed door, open heart

Dear Annie: One of my cousins lives about two hours away. Her parents are deceased, and she is estranged from her siblings. She has been in the hospital several times for mental health care. I believe she is bipolar but don't know that for sure. Because she lives alone now, we invite her to family gatherings for the holidays.

About once a month, I will receive a burst of text messages from her, sometimes 20 or more at a time, telling me about something that is going on in her life. Recently, in one of those bursts, she said she wants to move and might like to rent a room from a relative. I reminded her that she has a comfortable home in a place where she already knows people and that it can be hard to establish a new network of friends and support in a new place. She said she knows all of that but wants to move anyway.

I am worried that she is hinting that she would like to move in with my spouse and me. We have a large, comfortable home with spare bedrooms now that our children are on their own. But we enjoy our home as it is and don't want anyone else living here with us. I know that is selfish, but I just don't see how it could work to have my cousin live with us. If she asks directly if she can move in, I plan to tell her no. Am I wrong? — *Caring Cousin*

Dear Caring Cousin: There is nothing wrong with enjoying a quiet home with you and your husband. You

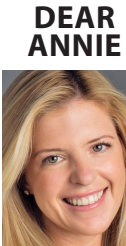
are very kind to invite your cousin over for the holidays and family gatherings. Setting boundaries with family members is the right thing to do. It is your house, and you have a right to keep it as is.

It sounds like she might be experiencing a manic episode. Sometimes during a manic episode, people can experience risk-taking behaviors, hyperactivity or impulsive decisions. Check-in with her and ask her how she is feeling, how life is going and if she is getting treatment for her mental health. Really listen, too. It has to be difficult for her to be completely estranged from her siblings. Maybe this could be an opportunity for her to seek some real help.

In no way, shape or form are you responsible for her. Be kind and loving to her while protecting your personal space. Everyone will be better off for it in the long run.

Dear Annie: "Daughter of a Narcissist," please write a book! Your letter was the best article I've ever read about narcissism. I am going to repeat the "phrases" until they are etched in my mind. — *Wife of a Narcissist*

Dear Wife of a Narcissist: I am printing your letter in hopes that "Daughter of a Narcissist" sees it and takes you up on your suggestion. Knowing that there are other people out there who understand exactly what it is like to live with a narcissist could be comforting for others.



ANNIE LANE
Creators
Syndicate Inc.

New study shows large role diet plays in whale size

By MALCOLM RITTER
Associated Press

NEW YORK — Whales are big, but why aren't they bigger? A new study says it's basically about how many calories they can take in.

That's the conclusion of researchers who used small boats to chase down 300 whales of various species around the world. They reached out with a long pole to attach sensors to the creatures with suction cups, allowing them to record what the animals were doing on their dives for food.

The results suggest body size is controlled by how whales capture prey and how much food is available, researchers reported Thursday in the journal *Science*.

The study included 90 blue whales, the biggest animal ever to live. Size estimates vary, but the American Cetacean Society says blue whales can grow about 100 feet long and weigh more than 100 tons. The study also included the biggest whale with teeth, the sperm whale, which can stretch about 60 feet long, the group says.

When toothed whales hunt, they capture one prey at a time, seeking them out in the murky

depths with a sonar-like detection. The study found that as body size increases in such whales, they become progressively less efficient as they hunt — they recover fewer calories from their meals per calorie burned in each dive. That results from limits on availability of prey.

"It looks like you cannot be much bigger than a sperm whale" when hunting the way it does, said Nicholas Pyenson of the Smithsonian's National Museum of Natural History, who was part of the research.

The blue whale can be bigger because it feeds in a much different and highly efficient way, the study says. It opens its mouth wide and engulfs an immense volume of water, even bigger than its body size, as it swims along. Then it closes its mouth and strains the water out through a sieve-like filter, which traps huge amounts of tiny shrimp-like creatures called krill.

That "allows them to exploit a very large prey resource that's very rich in a small amount of time," said Jeremy Goldbogen of Stanford University, another researcher. "They get a huge bang for the buck."

So why aren't they even bigger than they are? Maybe blue whales are limited by the seasonal nature of the most nutritious krill patches, which grow gigantic and dense in the summer, Goldbogen said. And calculations indicate that to sustain a blue whale that's 115 feet long, "you'd need a density of prey that is just not seen anywhere in the world," Pyenson said.

But maybe there's also some kind of limiting factor in how their bodies function, Goldbogen said. He noted a recent study that found a blue whale's heart beats up to 37 times a second after deep dives, and that appears to be about as fast as the organ can pump.

Another limiting factor could be a whale's ability to process the food it takes in, said Terrie Williams of the University of California, Santa Cruz, who did not participate in the research.

The study provided a comprehensive look across big whale species, and the success in collecting the data "boggles the mind," she said.

"You try to go out and put a tiny tag on the back of the biggest animal in the world," she said.

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Today's Cryptoquip Clue: O equals B

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"AQIIS LQSV" VOCXYK QXC
YD NAY QMNQSV NQBCTL CY
MOZT BTQDUS KQDVAS DOZTD
YPCMTCV: VXYCC UQSY
P.

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651 Help Wanted

NAMI Oregon is seeking a leader to become Program Director for the newly forming Beacon Clubhouse in Astoria. The Program Director will work closely with the NAMI Clatsop County Affiliate Steering Committee to get the Clubhouse off the ground following the Clubhouse International model. This is an opportunity for an entrepreneurial candidate who enjoys the rewards and challenges of launching a new venture in a collaborative environment. The Beacon Clubhouse is being started as a program of NAMI Oregon/ NAMI Clatsop County to help individuals living with mental health disorders in Clatsop County. The Program Director will be responsible for promoting the mission of the Beacon Clubhouse in the greater Clatsop County area. For more information and to apply: www.namior.org/about/opportunities

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