

DEAR ABBY

Overwhelmed new parents struggle to eat healthy food

Dear Abby: I have a close friend who recently had a baby with serious health problems. Unfortunately, we live on opposite sides of the country, and I can't afford to fly out there. I want to help, but short of calls and texts to let her know I'm thinking of her, I'm out of ideas.

She's mentioned several times that with all the work of being a new parent plus the extra work involved with a child with special needs, she often doesn't have time to prepare healthy meals and reverts to junk food that she can grab easily. Ordinarily, I'd bring over a few meals to help out, but that's impossible to do when she's so far away.

Restaurant gift cards would be an option, but unfortunately she and her husband don't have the time to go to one. I'm hoping you might have other ideas on how I can help out from afar. — Puzzled About Helping

Dear Puzzled: Go online and research food delivery services in the city or town where your friend lives. Some businesses deliver prepared meals on a weekly basis. Other companies ship boxes of wonderful fruits every month. But before doing anything, ask your overwhelmed friend what she and her husband think might be helpful rather than try to second-guess.

Dear Abby: I'd like to know if there is a nice way of asking my niece and her boyfriend, who are in their mid- to late-20s, not to bring their phones to the dinner table? I have spent days preparing for and cooking holiday meals. The evening was less than enjoyable for me because they were only partly there, and spent most of their time texting

and presumably on Facebook.

It's awkward to ask an adult to practice good manners. Any words of wisdom will be much appreciated. — Well-Mannered Lady in the West

Dear Lady: Explain to your niece that you spend a lot of time, money and effort on presenting these meals, and that you were hurt and offended at their apparent lack of appreciation. It's the truth. Do not preoccupy yourself with trying to be nice or you will weaken the message. Some families solve this problem by insisting their guests place their cellphones in a basket before dinner and reclaim them as they depart. (Just a thought!)

Dear Abby: My friend from church casually mentioned that he and his wife

recently helped themselves to several buckets of sand from a national park. I'm beside myself trying to understand how they can justify pillaging a natural resource so they can pretend they are at the beach. It's beyond selfish and just plain wrong. What can I say to convince them to return it? Can you help me navigate this conversation while still maintaining the friendship? — Shocked in Hawaii

Dear Shocked: Start by pointing out to your friends that there are serious penalties for doing what he and his wife did. I ran your letter by my former personal assistant, Winni, who lives in Hawaii. She informed me that, according to the Department of Land and Natural Resources, stealing sand from the beaches is not only against the law, but also punishable with fines of upward of \$100,000.



JEANNE PHILLIPS ADVICE

DAYS GONE BY

100 Years Ago From the East Oregonian Jan. 30, 1921

A county court hearing has been on today for the purpose of determining the county circulations of the Morning Tribune and the Freewater Times. The case was brought by the Freewater Times with the intent of showing that it rather than the Tribune is entitled to be named as county official paper along with the East Oregonian. The law requires that the two newspapers having the largest circulations in the county be designated as the county's official newspapers. H. L. Kuck, publisher of the Morning Tribune, while on the witness stand admitted that the Tribune has been padding its circulation statements. Among the chief points in controversy however were whether the Freewater Times should be allowed credit for 204 subscribers secured "for the occasion." The court at the conclusion of the hearing ruled that the Freewater Times' special subscriptions could not be counted and the decision was announced in favor of the Morning Tribune. The value to a newspaper in being designated as an official county paper is chiefly sentimental and the big feature of the contest was the fight for truthful circulation claims.

50 Years Ago From the East Oregonian Jan. 30, 1971

Graduate student Celia Currin, of Pendleton, thinks she's "maybe going to make it" at Harvard Business School, since she wasn't asked to leave during the first three weeks.

Celia wrote that she has six hours of classes and six hours of study preparation, so this doesn't leave her much time for extra-curricular activity. She and another girl share a two-room suite in the dorm, and Celia got the room with a fireplace. She ended her note with a Celiaism. "College hasn't changed me a bit. I am now in love with 4,765 male students, 14 professors, three janitors and a Dachshund named Bruce." (Reported by Bernice Riley, E-O Women's Editor.)

25 Years Ago From the East Oregonian Jan. 30, 1996

In Umatilla County, the home of GOP Senate candidate Gordon Smith, the news of Smith's defeat to Ron Wyden was clearly a disappointment. "I think it's a great loss for Eastern Oregonians," said Tim O'Hanlon, chairman of the Umatilla County Republican Central Committee. Smith supporters agree he ran a solid campaign but was hurt by negative advertising by Wyden supporters, particularly surrounding environmental questions at Smith's vegetable processing plant in Weston. However, Mike Breeden, O'Hanlon's counterpart in the county Democratic Party, contented Wyden's decision three weeks ago to abandon negative campaigning made a significant impact on a politically disillusioned electorate. Joe Burns of Hermiston, a staunch Republican, said, "You've got to give Wyden credit. He put on a tremendous campaign." O'Hanlon echoed Burns' appraisal of Wyden as a campaigner. "For a guy who flunked the bar exam three times, he really knows how to campaign."

THIS DAY IN HISTORY

On Jan. 30, 1948, Indian political and spiritual leader Mohandas K. Gandhi, 78, was shot and killed in New Delhi by Nathuram Godse, a Hindu extremist. (Godse and a co-conspirator were later executed.)

In 1649, England's King Charles I was executed for high treason.

In 1862, the ironclad USS Monitor was launched from the Continental Iron Works in Greenpoint, New York, during the Civil War.

In 1933, Adolf Hitler became chancellor of Germany.

In 1948, aviation pioneer Orville Wright, 76, died in Dayton, Ohio.

In 1968, the Tet Offensive began during the Vietnam War as Communist forces launched surprise attacks against South Vietnamese towns and cities; although the Communists were beaten back, the offensive was seen as a major setback for the U.S. and its allies.

In 1972, 13 Roman Catholic civil rights marchers were shot to death by British soldiers in Northern Ireland on what became known as "Bloody Sunday."

In 1974, President Richard Nixon delivered what would be his last State of the Union address; Nixon pledged to rein in rising prices without the "harsh medicine of recession" and establish a national health care plan that every American could afford.

In 1981, an estimated 2 million New Yorkers turned out for a ticker-tape parade honoring the American hostages freed from Iran.

In 2005, Iraqis voted in their country's first free election in a half-century; President George W. Bush called

the balloting a resounding success.

In 2006, Coretta Scott King, widow of the Rev. Martin Luther King Jr., died in Rosarito Beach, Mexico, at age 78.

Today's Birthdays: Actor Gene Hackman is 91. Country singer Norma Jean is 83. Singer Phil Collins is 70. Actor Ann Dowd is 65. The King of Jordan, Abdullah II, is 59. The King of Spain, Felipe VI, is 53. Actor Christian Bale is 47. Rock musician Carl Broemel (My Morning Jacket) is 47. Actor Olivia Colman is 47.

7 LITTLE WORDS

Find the 7 words to match the 7 clues. The numbers in parentheses represent the number of letters in each solution. Each letter combination can be used only once, but all letter combinations will be necessary to complete the puzzle.

Table with 2 columns: CLUES and SOLUTIONS. Clues include '1 female descendant (8)', '2 Liam Hemsworth, to Chris (7)', etc.

Word search grid with letters: ILD, TER, SIN, DCH, DAU, COU, GRA, GH, HER, GR, ER, OT, NDM, BRO, AN, UNC, TH, HER, FAT, LE

Today's Answers: 1. DAUGHTER 2. BROTHER 3. COUSIN 4. GRANDCHILD 5. GRANDMOTHER 6. UNCLE 7. FATHER

WORD Roundup

Find and Circle... Four four-letter fish, Four stringed instruments, Two two-syllable rodents, Elements H and He, Carolina

Answers to Saturday's puzzle: TUNA SOLE CARP RICE / GUJAR VIOLEN CELLO BIANO / SQUIRREL BEAVER / HYDROGEN HELIUM / NORTH SOUTH

Word search grid with letters: T P L R R N C A R P L H, E U G U I T A R X E T N, K M N L W M D S R R H R, I U O A H Y D R O G E N, P I J L M J I N N L D C, V L N S O U T H M B E N, C E A K Q L B E A V E R, L H B S T R M C E L L O

Church Directory Community Worship. Featured this Week: FIRST PRESBYTERIAN CHURCH - Presbyterian Church (USA) - 201 SW Dorion Ave. Pendleton. Service of Worship - 10:00 am, Children's Sunday School - 10:20 am, Fellowship - 11:00 am, www.pendletonpresbyterian.com, Open Hearted... Open Minded.