

Man is stunned by delayed grief over loss of his wife

DEAR ABBY: *My wife died recently. We were very happy. We had six beautiful children and were married for 58 wonderful years.*

It has been a month since her funeral, and I have been able to cope somewhat with her loss. But suddenly, a couple of days ago, I experienced a tremendous wave of grief and thought I would go crazy with not being able to see her again. I began to be afraid I'd have to be hospitalized, perhaps in a psychiatric ward and medicated. But my son told me this condition (everything "hitting" you in a delayed reaction) has been documented in a majority of cases. Is this true?



DEAR ABBY

— **GRIEVING TEXAN**

DEAR GRIEVING TEXAN: Please accept my deepest sympathy for the loss of your wife. I am sure you feel her loss profoundly.

Not everyone grieves in the same way. Some feel numb and can't understand why they can't feel anything after a loved one dies. Others feel the loss immediately and can't sleep, eat or stop crying.

Your son is absolutely right. What happened to you is not unusual. However, if feelings of being out of control persist, you should discuss them with your doctor.

DEAR ABBY: *One of our in-laws recently confessed about a long-term affair. The details are widely known. The closest family members, and especially the couple's adult children, are shocked, devastated and angry. No one wants to even talk to the cheater.*

The aggrieved spouse wants to keep the marriage together. It is hard to imagine that time will heal these wounds. How can my wife and I support the aggrieved spouse and the devastated children? Should we try to re-establish ties with the cheater? If so, do we just talk about the weather, or do we acknowledge the elephant in the room?

— **TRYING TO DO WHAT'S RIGHT**

DEAR TRYING: If you truly want to support the spouse and adult children, let them know you are there for them if they want to talk. If you socialize with the husband and wife as a couple, continue to behave as you always have with them and discuss the topics you always did. Couples can get past turbulence in their marriage more easily

without unsolicited interference.

DEAR ABBY: *I was paying bills and saw that my husband sent his mother flowers for Mother's Day. It stung because I received nothing from him. ZIP. In the past, he has stated that I am not his mom, suggesting there's no reason to celebrate the mother of HIS child who birthed HIS child on Mother's Day 10 years ago. Should I be annoyed?*

— **UNSURE IN OREGON**

DEAR UNSURE: Most husbands have more brains than the cheap, insensitive man you married. I am tempted to suggest that you "forget" him on Father's Day and when he asks why, tell him he's not your father. You are a mother because he helped you become one, and he shouldn't forget that fact.

DEAR ABBY: *My father has a problem with food. He has no portion control. He rarely eats fruits or vegetables, never exercises, and is addicted to cigarettes. He admits he could do better but makes no effort to improve his health. To be honest, Dad is lazy and gluttonous.*

I'm worried he will have cardiovascular health issues in the future. My siblings and mother share my concern. I am a recent college graduate with a paying job, and I'm living at home temporarily to save money. I'm willing to exercise with him and can commit to encouraging him daily. How do I intervene without seeming disrespectful (considering I'm still under his roof)?

— **WORRIED ABOUT DAD**

DEAR WORRIED: How about putting it this way: "Dad, I love you so much. I want to have you around for a long time. But I'm worried sick that you're so sedentary, your diet isn't healthy and you smoke. If you don't start doing something about these things, they are going to bite you in the butt. Please let me help you to become more active. I'd love to exercise with you, if you're willing. I know it would make you feel better if you do."

If your father is so addicted to nicotine that he can't quit on his own, suggest he talk to his doctor about a smoking cessation plan. If you say these things with love, it should not be regarded as disrespectful.

Strong job market hampers FEMA hiring in flood-hit states

By Grant Schulte
The Associated Press

LINCOLN, Nebraska — The Federal Emergency Management Agency is facing an unexpected challenge in meeting the needs of the many people affected by this spring's widespread flooding and violent storms: a strong economy.

Tasked with responding to natural disasters that seem ever more frequent and destructive, the agency finds itself further challenged by the robust job market and an inability to match what the private sector can offer, in many cases. FEMA officials are turning for help to retirees, recent college graduates and those who lost their jobs to the disasters, though they're finding few available workers in many of the rural communities that are in some of the hardest-hit areas.

In no place is that clearer than Nebraska and Iowa, which were ravaged by floods and have some of the nation's lowest unemployment rates. Iowa's had the third-lowest unemployment rate in April, at 2.4 percent, while Nebraska's was the ninth-lowest, at 2.9 percent.

"The low unemployment rate certainly makes it a little more of an uphill battle, as it is for everyone in the state trying to attract workers," said Herb Doering, a FEMA human resources manager who runs the hiring program in Nebraska.

FEMA has gone to job fairs and sent emails to about 20 local colleges, with a focus on students who might be interested in an

emergency management career, Doering said. He said the agency tries to focus on hiring students, retirees, veterans and those who lost their jobs or homes in the natural disasters. The agency also is working with the Nebraska Department of Labor to recruit employees. "We're trying to get the word out to attract as many applicants as we can, whether it's students, retired folks or veterans," he said. "It's a continuous effort."

FEMA officials are dealing with the same problem nationally, though they say it hasn't hindered their ability to respond to disasters.

"With record low unemployment and rising wages, it can be difficult to recruit and retain talented workers — particularly in the leadership positions requiring technical, supervisory and

programmatically experience — for intermittent positions," said FEMA spokesman Michael Hart.

The agency maintains a large workforce to respond to disasters, but it is constantly looking to hire new employees, Hart said. It has increased its national incident management workforce by 25 percent since Hurricane Harvey in 2017 and has hired more than 1,000 local, temporary workers to help respond to disasters in their communities, he said.

FEMA provides a variety of assistance after disasters, including money for home repairs, temporary housing and home replacement in cases where owners are uninsured. Additionally, the agency helps to rebuild and repair public infrastructure, such as roads, bridges, sewer lines and public buildings.

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JULY 5, 6 & 7

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AccuWeather weather

TONIGHT	TUE	WED	THU	FRI
Partly cloudy	Mostly sunny and warm	Some sun with a t-storm	Warm with clouds and sun	Plenty of sunshine
Baker City 47	86 52	89 56	86 52	84 47
Comfort Index™ 6	6	4	6	6
La Grande 52	84 52	87 58	85 54	82 49
Comfort Index™ 6	6	3	6	6
Enterprise 48	80 49	85 53	82 51	79 47
Comfort Index™ 8	8	3	6	8

ALMANAC	Baker City	La Grande	Elgin
TEMPERATURES			
High Saturday	64°	64°	70°
Low Saturday	38°	41°	42°
PRECIPITATION (inches)			
Saturday	0.00	Trace	0.01
Month to date	0.14	0.21	0.04
Normal month to date	0.38	0.49	0.56
Year to date	5.51	10.10	19.57
Normal year to date	4.91	8.29	12.48

SATURDAY EXTREMES			
NATION (for the 48 contiguous states)			
High: 111°	Zapata, Texas		
Low: 23°	Stanley, Idaho		
Wettest: 4.27"	Peachtree City, Ga.		

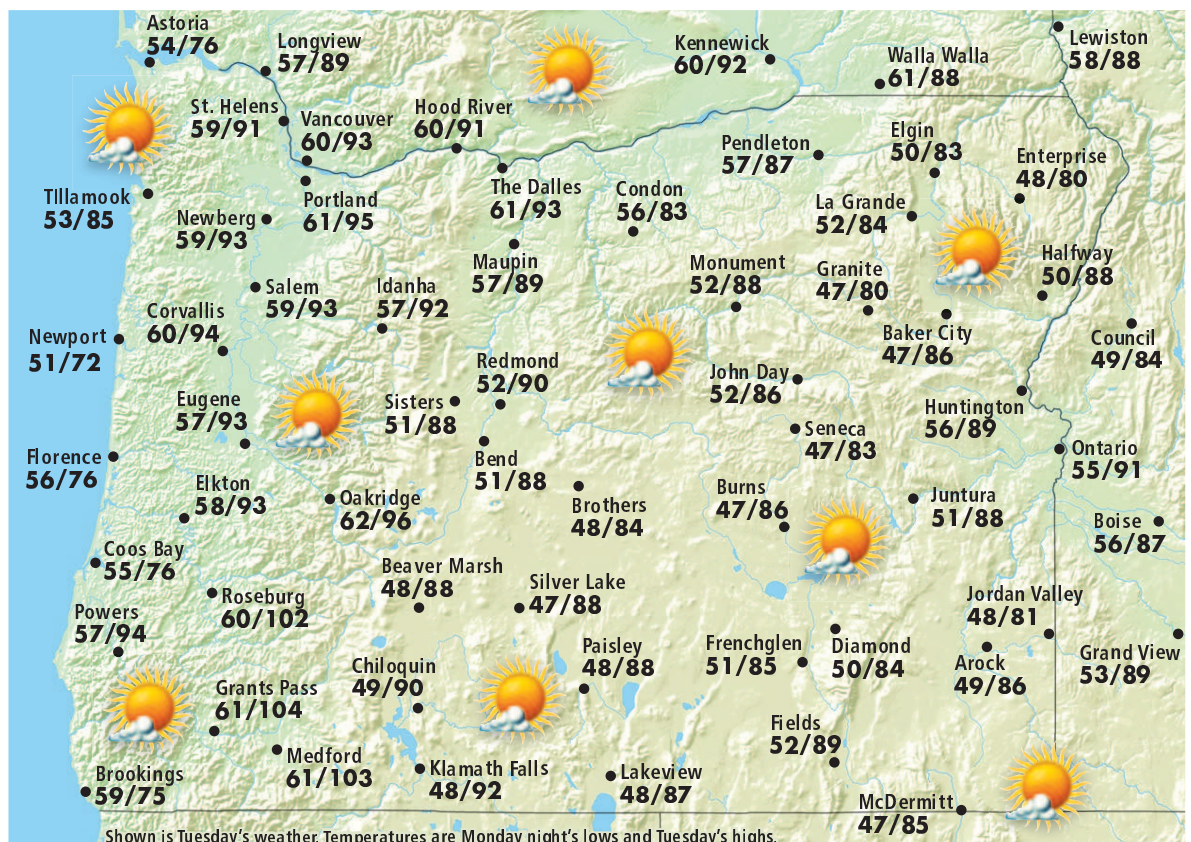
OREGON			
High: 77°			
Low: 23°			
Wettest: 0.10"			
	Medford	Crater Lake	
	Seaside		

WEATHER HISTORY		
A woman was sucked through a window in her home in El Dorado, Kan., by a powerful tornado on June 10, 1958, and carried 60 feet. A broken record found next to her was entitled "Stormy Weather."		

SUN & MOON			
	MON.	TUE.	
Sunrise	5:04 a.m.	5:04 a.m.	
Sunset	8:39 p.m.	8:40 p.m.	
Moonrise	1:14 p.m.	2:27 p.m.	
Moonsset	1:44 a.m.	2:12 a.m.	
MOON PHASES			
Full	Last	New	First
Jun 17	Jun 25	Jul 2	Jul 9

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AROUND OREGON AND THE REGION



REGIONAL CITIES	
CITY	HI/LO/W
Astoria	76/59/s
Bend	88/55/s
Boise	87/59/s
Brookings	75/58/s
Burns	86/54/s
Coos Bay	76/57/s
Corvallis	94/64/s
Council	84/52/s
Elgin	83/52/s
Eugene	93/63/s
Hermiston	94/60/s
Hood River	91/62/s
Imnaha	85/58/s
John Day	86/54/s
Joseph	81/49/s
Kennewick	92/60/s
Klamath Falls	92/54/s
Lakeview	87/52/s

RECREATION FORECAST TUESDAY	
CITY	HI/LO/W
ANTHONY LAKES	59 43
MT. EMILY REC.	70 51
EAGLE CAP WILD.	66 41
WALLOWA LAKE	81 49
THIEF VALLEY RES.	86 52

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