

# Weight loss frees woman from mind-numbing drugs

**DEAR ABBY:** I had weight-loss surgery a year ago. I'm now off all medications (high blood pressure, antidepressants, etc.) and take only one multivitamin daily. I feel like I'm 25 again. However, I have also changed mentally. After many years of being a zombie on antidepressants, I feel like I have finally "awakened." I come from a dysfunctional, abusive childhood. My father abused my mother. I was diagnosed with dysthymia years ago, and I feel the diagnosis was correct. I now feel my dysthymia has turned more into anxiety than depression. I'm no longer afraid of speaking up and, after 20



**DEAR ABBY**

years, I actually have opinions of my own. Needless to say, my family (husband, grown children and in-laws) are not used to this side of me. I find myself feeling resentful, anxious and envious of certain immediate family and in-law family dynamics now. I don't want to upset my family by being so vocal and opinionated, but I don't want to get back on mind-altering prescriptions either. I also have little faith that counseling will do much good. I'm afraid I'll be pushed into taking meds again. I feel like I'm between a rock and a hard place right now. Any advice?  
— A TOUGH SPOT

**DEAR TOUGH SPOT:** Keeping in mind that no one can force you back on medications if you don't want them, I do think you could benefit from talking with a licensed mental health professional about this. You have made major changes in your life, and are no longer the person you were when you were prescribed the medications that made you feel like a zombie. A mental health professional can help you to sort out whether you have a problem or whether your family members do in dealing with the new you. **DEAR ABBY:** In the future when I am able, I would like to travel with a mix of single and married ladies. I'm in a committed relationship, and when I

discussed this with my partner, we had a difference of opinion. She believes that happy individuals in committed relationships do not travel with other people. She believes happy couples should travel together and not independently. Is that controlling? I have traveled independently in prior committed relationships, and this has never been an issue. Should I honor her request or deny it? She is pushing me to respect this rule and says it applies to her as well because she believes "females" let loose when they are away from their significant others. I get the distinct feeling that if I travel independently, there will be an emotional price to pay, or she will do something in my absence that

will change the dynamics of our relationship.  
— LOVE OR CONTROL  
**DEAR LOVE:** There are already issues that will change the dynamics of your relationship — your partner's insecurity and need to control, and your need for some freedom. Unless you are laying down "rules" for her to follow as she is trying to do to you, step back and take a second look at this relationship. Healthy people who love each other want their partner to be happy and fulfilled whether they are together or apart. This takes trust, self-confidence and courage. Rather than the wind beneath your wings, it appears your partner may be more of an anchor.

## LIVESTOCK

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determined the death a "possible/unknown." When biologists responded to yet another report of a dead calf on Telephone Ridge they found enough evidence to determine the death of a 3-month-old calf was wolf-caused. The livestock producer reported seeing one wolf near his cows on May 11 near the location the calf was later found. The location, size of bite scrapes, and severity of the injuries are similar to those observed in other calves attacked by wolves. ODFW attributed the death to wolves from the Mount Emily Pack. No reports have been filed in nearly a week and managers are expecting that increased human presence will keep the wolves at bay. Producers and tribal staff have hazed wolves away from cattle repeatedly. "One producer has hazed wolves away from his herd five or six times,"

Rimbach said. Spring is a good time to get collars on wolves, and Rimbach said a wolf in the North Emily Pack near Highway 204 was collared a few weeks ago. Tracking information indicates OR-47 is in the Ruckel Ridge area, but livestock won't be turned out in that area until June 1. Rimbach said cooperation with tribal staff and the ranchers has been "spectacular" and anticipates the conflict between wolves and livestock on Telephone Ridge will subside. Communicating collar information is part of the defense strategy. "My assistant and I provide collar information every single day with livestock producers," Rimbach said. They also notify Scheeler or his staff when a collared wolf is located on a tribal allotment, mobilizing wildlife and range staff to respond quickly to the site. "It's important to have presence out there to locate the depredation in a timely fashion," Scheeler said.

Monitoring wolf activity is also part of the tribe's daily routine while cattle are on the allotments. "We have our regular staff doing patrols and talking to operators on a daily basis," Scheeler said. The tribe has also hired an additional range rider to supplement the riders hired by ranchers, Scheeler said, and to dissuade scavenging. He said the remnants of the dead livestock are removed from the pasture after an investigation is completed. Anticipating that the reservation would be the center of wolf activity as they naturally recolonized in Oregon from wolves dispensing from Idaho and Washington, the tribe developed its own wolf management plan. While Scheeler said the tribe supports the use of non-lethal measures, its plan reflects the state's plan which allows a producer on a tribal allotment to shoot a wolf caught in the act of biting, chasing or harassing livestock.

## SERVICES

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The fiber optic cable will provide lightning-fast internet service, Miller said. He said it is generally at least 10 times faster than the DSL internet service Zippy Fiber customers in La Grande now receive. The fiber optic cable also can provide phone and television streaming services. Fiber optic systems use small, flexible strands of glass encased in a protective sleeve, known as a fiber cable, to connect to the internet. Eastern Oregon Net Inc. in La Grande already provides fiber optic options. About five years ago, businesses on Adams Avenue began receiving fiber optic from EONI, and businesses on Washington and Jefferson avenues started getting it about a year ago. The company in July 2019 offered fiber optic cable to businesses on Cove Avenue from Cherry Street to Interstate 84, said EONI owner Jeff Crews. EONI installed fiber

optic internet for households from Alder Street to Fourth Street and from Palmer Avenue to Adams Avenue in late 2019. Eastern Oregon Net will continue installing fiber optic cable in more residential areas in the future, Crews said. He added the company now is installing fiber optic cable in Elgin. Zippy Fiber, in addition to its fiber optic upgrades, will continue providing the services its customers previously received from Frontier Communications, including DSL internet and copper landline telephone services. Miller said many people want to keep their landlines in today's digital age because these phones often continue operating during power outages. Zippy Fiber purchased Frontier Communications' Northwest region for \$1.35 billion, according to Miller. The closing of the sale means that the 500,000 residential and business internet, phone and television subscribers that Frontier Communications had served are now Zippy Fiber subscribers.

Miller said the former Frontier Communications subscribers were notified multiple times of the changeover. Zippy is investing \$500 million on upgrading the internet services to its customers in the four-state Northwest region. Much of this is going to projects in La Grande and the other 12 cities: Coquille, Coos Bay, and North Bend; the Idaho cities of Coeur d'Alene, Kellogg and Moscow; the Washington cities of Anacortes, Kennewick, Pullman, Richland and Snohomish; and the Montana city of Libby. Zippy Fiber will be making upgrades in hundreds of other cities throughout the Pacific Northwest. Miller said La Grande was one of the first cities for upgrades because it is a place where installations could be made in short order. In La Grande, he said, much of the cable Zippy will need access to is not below ground, which means less digging. "We wanted to start in areas where we can make a difference quickly," Miller said.

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# weather

	TONIGHT	FRI	SAT	SUN	MON
	Mostly clear	Warm with clouds and sun	A p.m. thunderstorm	Variable clouds; cooler	Mostly cloudy
<b>Baker City</b>	54	88 58	89 53	72 48	73 47
Comfort Index™	6	4	6	10	10
<b>La Grande</b>	56	86 59	88 50	68 49	69 50
Comfort Index™	6	6	4	10	10
<b>Enterprise</b>	54	83 55	87 50	65 45	66 50
Comfort Index™	6	6	6	10	10

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 Tuesday	74°	72°	77°
Low Tuesday	52°	52°	52°
PRECIPITATION (inches)			
Tuesday	0.00	0.00	0.08
Month to date	1.03	4.07	2.87
Normal month to date	1.21	1.65	1.85
Year to date	2.02	10.66	22.60
Normal year to date	4.28	7.50	11.62

### TUESDAY EXTREMES

NATION (for the 48 contiguous states)
High: 113° Death Valley, Calif.
Low: 18° Climax, Colo.
Wettest: 7.40" Miami, Fla.
OREGON
High: 87° Medford
Low: 32° Crater Lake
Wettest: Trace Brookings

### AGRICULTURAL INFO.

HAY INFORMATION FRIDAY	
Lowest relative humidity	40%
Afternoon wind	ENE at 4 to 8 mph
Hours of sunshine	10.7
Evapotranspiration	0.20
RESERVOIR STORAGE (through midnight Wednesday)	
Phillips Reservoir	49% of capacity
Unity Reservoir	99% of capacity
Owyhee Reservoir	81% of capacity
McKay Reservoir	100% of capacity
Wallowa Lake	80% of capacity
Thief Valley Reservoir	106% of capacity
STREAM FLOWS (through midnight Tuesday)	
Grande Ronde at Troy	9780 cfs
Thief Valley Reservoir near North Powder	558 cfs
Burnt River near Unity	187 cfs
Umatilla River near Gibbon	584 cfs
Minam River at Minam	1660 cfs
Powder River near Richland	698 cfs

### WEATHER HISTORY

A tornado 100-yards wide caused \$100,000 damage at Allentown, Pa., on May 28, 1896. The same system had ripped through St. Louis, Mo., a day earlier, killing 306 people and producing \$13 million in damage.

### SUN & MOON

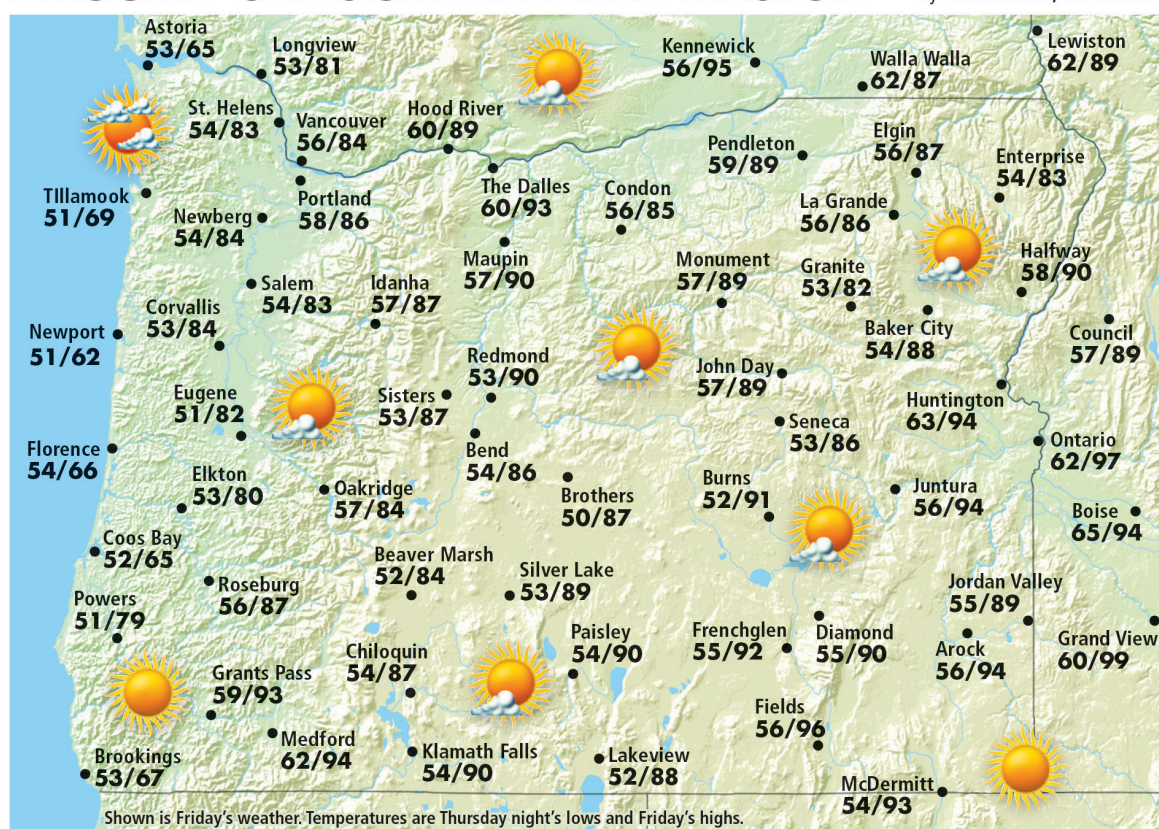
	THU.	FRI.
Sunrise	5:10 a.m.	5:09 a.m.
Sunset	8:30 p.m.	8:31 p.m.
Moonrise	10:40 a.m.	11:53 a.m.
Moonset	1:05 a.m.	1:39 a.m.

### MOON PHASES

First	Full	Last	New
May 29	Jun 5	Jun 12	Jun 20

## AROUND OREGON AND THE REGION

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### REGIONAL CITIES

City	FRI. Hi/Lo/W	SAT. Hi/Lo/W	City	FRI. Hi/Lo/W	SAT. Hi/Lo/W
Astoria	65/53/pc	59/50/r	Lewiston	89/66/c	91/60/pc
Bend	86/59/pc	74/43/t	Longview	81/54/pc	62/50/r
Boise	94/67/pc	96/59/pc	Meacham	84/58/pc	86/49/t
Brookings	67/49/pc	57/50/r	Medford	94/61/pc	67/53/sh
Burns	91/59/pc	82/45/pc	Newport	62/51/pc	55/48/r
Coos Bay	65/53/c	56/49/r	Olympia	82/53/pc	64/48/sh
Corvallis	84/55/c	62/49/r	Ontario	97/64/pc	98/61/pc
Council	89/59/pc	94/53/pc	Pasco	94/66/pc	92/56/t
Elgin	87/59/pc	89/52/t	Pendleton	89/64/pc	86/53/r
Eugene	82/54/c	63/49/r	Portland	86/60/c	64/53/r
Hermiston	95/65/pc	92/55/t	Powers	79/54/pc	57/48/r
Hood River	89/62/pc	73/52/sh	Redmond	90/59/pc	76/45/t
Imnaha	87/63/pc	95/55/pc	Roseburg	87/58/pc	61/52/r
John Day	89/60/pc	86/50/pc	Salem	83/56/c	62/50/r
Joseph	83/54/pc	86/48/pc	Spokane	84/61/pc	87/52/pc
Kennewick	95/65/pc	94/55/t	The Dalles	93/65/pc	78/54/c
Klamath Falls	90/54/pc	65/43/c	Ukiah	84/56/pc	83/47/t
Lakeview	88/55/pc	67/42/pc	Walla Walla	87/66/pc	84/55/t

### RECREATION FORECAST FRIDAY

City	FRI. Hi/Lo/W	SAT. Hi/Lo/W	City	FRI. Hi/Lo/W	SAT. Hi/Lo/W
ANTHONY LAKES	65 51	Partly sunny	PHILLIPS LAKE	84 57	Partly sunny
MT. EMILY REC.	73 59	Warm with some sun	BROWNLEE RES.	91 61	Clouds and sun
EAGLE CAP WILD.	72 45	Sun and clouds	EMIGRANT ST. PARK	80 55	Partly sunny
WALLOWA LAKE	83 54	Clouds and sun	MCKAY RESERVOIR	87 64	Variable clouds
THIEF VALLEY RES.	88 58	Partly sunny	RED BRIDGE ST. PARK	86 59	Clouds and sun

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