

Sunny personality turns dark in the wake of a miscarriage

DEAR ABBY: I had a miscarriage five months ago, in the 12th week. I'm still not doing well. I have put on a facade to get by, but I'm just starting to realize how deeply this is affecting my life.



I used to be a happy, friendly person, with a smile on my face and laughter to be shared and hugs for my loved ones. Since the miscarriage, I put on a fake smile and try to be who I once was, but I can't keep doing it. Every day there is a moment from that day or the aftermath that floods my mind. I'm angry,

bitter, mad at the unfairness, and I no longer have compassion or sympathy for others.

This isn't me. I don't want to be this way. My happiness has been replaced with tears and sadness. The hopefulness is replaced by emptiness. I'm lost, and I don't know how to get out of this funk.

I no longer want to try to get pregnant again because the fear of another miscarriage has me paralyzed. Any advice you might give would be appreciated.

— BROKEN IN MISSOURI

DEAR BROKEN: Please accept my sympathy for the loss of your child. Your depression and the fear you have about another pregnancy are not unusual after a tragedy like the one you have experienced. You are grieving, and the emotions you are feeling are to be expected.

Please schedule an appointment with your OB/GYN and tell your doctor about all of these feelings, because the doctor can refer you to someone who can help you work through this. It will take time, but I assure you it is doable.

DEAR ABBY: My boyfriend and I have been together for close to a year now. In the beginning,

we were crazy about each other and everything was great.

Our hometowns are two hours apart so, to make it work, he bought us a house right in between. It was an hour each way to our parents' houses. I thought it was the perfect compromise. But now he's telling me he isn't happy here in our new town, and he needs to sell the house and move back home.

He says he still wants to be with me and that we are going to make it work, but I can't help but be scared that this is gonna be the end of our relationship. Should I tough it out and see if we can actually make it work? Or do I

call it quits and let go because maybe it is just not meant to be?

— MIXED UP

DEAR MIXED UP: You left out one important fact in your letter to me. WHY does your boyfriend need to sell the house you share and move back home? Is he so closely tied to his parents that being an hour away is too far? Is it work-related? Is he dissatisfied with your relationship?

Ask him these questions because the answers will tell you what you can expect.

My advice is to let things play out a bit more before making any decision other than to put the house on the market.

NEWS OF THE WEIRD

Alaska woman using outhouse attacked by bear, from below

ANCHORAGE, Alaska — An Alaska woman had the scare of a lifetime when using an outhouse in the backcountry and she was attacked by a bear, from below.

"I got out there and sat down on the toilet and immediately something bit my butt right as I sat down," Shannon Stevens told The Associated Press on Thursday, Feb. 18. "I jumped up and I screamed when it happened."

Stevens, her brother Erik and his girlfriend had taken snowmobiles into the wilderness Feb. 13 to stay at his yurt, about 20 miles



Erik Stevens via AP

This Feb. 13, 2021, photo shows a bear track in the Alaska backcountry near where a bear attacked resident Shannon Stevens.

northwest of Haines, in southeast Alaska.

Her brother heard the screaming and went out to the outhouse, about 150 feet

away from the yurt. There, he found Shannon tending to her wound. They at first thought she had been bitten by a squirrel or a mink.

Erik had brought his headlamp with him to see what it was.

"I opened the toilet seat and there's just a bear face just right there at the level of the toilet seat, just looking right back up through the hole, right at me," he said. "I just shut the lid as fast as I could. I said, 'There's a bear down there, we got to get out of here now.' And we ran back to the yurt as fast as we could."

Once safely inside, they treated Shannon with a first aid kit. They determined it

wasn't that serious.

"It was bleeding, but it wasn't super bad," Shannon said.

The next morning, they found bear tracks, but the bear had left. They figure the bear got in the outhouse through an opening at the bottom of the back door.

"I expect it's probably not that bad of a little den in the winter," Shannon said.

Alaska Department of Fish and Game Wildlife Management Biologist Carl Koch said he suspects it was a black bear based

upon photos of the tracks he saw and the fact a neighbor living about a half-mile away sent him a photo of a black bear on her property two days later.

Even though it's winter, Koch said they get calls year round about bears.

And 2020 was a record year for general bear problems in the Haines area. Reasons for that, he said, could include the fact it was a poor salmon run year combined with a mediocre berry crop.

— The Associated Press

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weather

TONIGHT
A little evening snow
Baker City **23**
Comfort Index™ 1

WED
Clouds and sun; chilly
Baker City **37 14**
Comfort Index™ 1

THU
A bit of snow and rain
Baker City **39 27**
Comfort Index™ 0

FRI
Chance for snow showers
Baker City **37 23**
Comfort Index™ 1

SAT
Partly sunny and chilly
Baker City **39 17**
Comfort Index™ 1

La Grande **24 38 19**
Comfort Index™ 0

Enterprise **21 33 12**
Comfort Index™ 0

Elgin **39 27**
Comfort Index™ 0

Portland **34 49**
Comfort Index™ 0

Corvallis **31 49**
Comfort Index™ 0

Eugene **33 50**
Comfort Index™ 0

Brookings **38 55**
Comfort Index™ 0

Enterprise **21 33**
Comfort Index™ 0

Halfway **21 39**
Comfort Index™ 0

Huntington **26 40**
Comfort Index™ 0

Ontario **27 42**
Comfort Index™ 0

Boise **25 40**
Comfort Index™ 0

Grand View **26 43**
Comfort Index™ 0

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 Sunday 37° 39° 39°
Low Sunday 16° 30° 34°

PRECIPITATION (inches)
Sunday Trace 0.03 0.12
Month to date 0.53 2.96 4.72
Normal month to date 0.43 0.84 1.74
Year to date 0.90 4.00 9.03
Normal year to date 1.23 2.47 4.91

SUNDAY EXTREMES

NATION (for the 48 contiguous states)
High: 85° Kingsville, Texas
Low: -13° Clayton Lake, Maine
Wettest: 2.18" Quillayute, Wash.

OREGON
High: 54° The Dalles
Low: 13° Lakeview
Wettest: 0.65" Newport

AGRICULTURAL INFO.

HAY INFORMATION WEDNESDAY

Lowest relative humidity 50%
Afternoon wind NNW at 6 to 12 mph
Hours of sunshine 2.5
Evapotranspiration 0.05

RESERVOIR STORAGE (through midnight Monday)

Phillips Reservoir 10% of capacity
Unity Reservoir 51% of capacity
Owyhee Reservoir 51% of capacity
McKay Reservoir 47% of capacity
Wallowa Lake 40% of capacity
Thief Valley Reservoir 97% of capacity

STREAM FLOWS (through midnight Sunday)

Grande Ronde at Troy 1470 cfs
Thief Valley Reservoir near North Powder 59 cfs
Burnt River near Unity 25 cfs
Umatilla River near Gibbon 110 cfs
Minam River at Minam 126 cfs
Powder River near Richland 78 cfs

AROUND OREGON AND THE REGION

Forecasts and graphics provided by AccuWeather, Inc. ©2021

Shows is Wednesday's weather. Temperatures are Tuesday night's lows and Wednesday's highs.

REGIONAL CITIES

City	WED.		THU.		
	Hi/Lo/W	Hi/Lo/W	Hi/Lo/W	Hi/Lo/W	
Astoria	47/38/c	47/42/r	Lewiston	40/26/pc	44/33/c
Bend	40/27/s	45/29/c	Longview	48/37/pc	45/42/c
Boise	40/21/s	41/29/pc	Meacham	37/16/pc	35/24/sn
Brookings	55/38/s	51/39/sh	Medford	54/28/s	50/33/sh
Burns	38/16/s	37/20/sf	Newport	47/38/pc	47/42/r
Coos Bay	49/35/s	47/41/r	Olympia	47/36/pc	47/39/r
Corvallis	49/33/pc	46/39/r	Ontario	42/20/s	44/26/r
Council	35/6/s	33/17/sn	Pasco	48/30/pc	48/29/c
Elgin	37/16/pc	36/32/sn	Pendleton	43/26/s	45/29/c
Eugene	50/34/pc	49/41/r	Portland	49/37/pc	48/41/r
Hermiston	48/31/pc	45/27/c	Powers	54/32/s	47/37/r
Hood River	46/28/c	43/38/sh	Redmond	44/26/s	43/23/c
Imnaha	38/18/c	38/39/r	Roseburg	52/33/pc	49/38/r
John Day	38/21/s	39/23/c	Salem	48/36/pc	47/39/r
Joseph	31/13/pc	30/25/c	Spokane	39/26/pc	39/26/sn
Kennewick	47/29/pc	48/30/c	The Dalles	50/32/c	49/39/sh
Klamath Falls	43/17/s	46/25/pc	Ukiah	35/17/pc	36/27/sn
Lakeview	36/14/s	42/22/pc	Walla Walla	41/29/s	44/33/c

Weather(W): s-sunny, pc-partly cloudy, c-cloudy, sh-showers, t-thunderstorms, r-rain, sf-snow flurries, sn-snow, i-ice

RECREATION FORECAST WEDNESDAY

Location	Forecast	High	Low
ANTHONY LAKES	Partly sunny; cold	16	10
MT. EMILY REC.	Cold	26	17
EAGLE CAP WILD.	Partly sunny; cold	20	1
WALLOWA LAKE	Partly sunny; cold	31	13
THIEF VALLEY RES.	Partly sunny	37	14
PHILLIPS LAKE	Partly sunny	34	14
BROWNLEE RES.	Partly sunny	40	13
EMIGRANT ST. PARK	Periods of sun	31	16
MCKAY RESERVOIR	Mostly sunny	41	27
RED BRIDGE ST. PARK	Periods of sun	38	19

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