

Husband seeks right words for wife who constantly 'hates' herself



DEAR ABBY ADVICE

Dear Abby: After 28 years of marriage, is it strange that I would like my wife to initiate sex? I would like to know that she is interested, not just me. When I brought it up three weeks ago, her response again was, "We can whenever you want to," which wasn't true because I have been turned down before. Any suggestions? She stays home all day and wants for nothing. Do you think she's getting it somewhere else? — Frustrated in the Bedroom

Dear Frustrated: I hope your wife is intelligent enough to recognize a red flag when it's waved in front of her. I have a strong hunch that she isn't "getting it somewhere else." It's more likely she no longer has a strong sex drive at this point in her life, or she may never have. Also, she may not know HOW to initiate and need coaching. If you can't teach her, enlist the aid of a sex therapist. (Your doctor

may be able to refer you to one.) If you do, it may not only spice up but save your marriage.

Dear Abby: I live on the opposite coast from my family. During the pandemic, my youngest brother and his wife bought a new, very large house. He told me they had plenty of room and, the next time we come for a visit, they want us to stay with them. Well, that visit will be in November, but no invitation to stay has been extended. Should I remind my brother about his invitation, or should we just book a hotel? My gut instinct is to book the hotel, but my brother is very sensitive to how the family treats him, and I don't want to hurt his feelings. What should I do? — Big Sis in California

Dear Big Sis: Ask your brother if his offer still stands, since it has been some time since he extended his "generous invitation." Listen carefully to his reaction. If you sense that he may have forgotten or the situation has changed because of COVID, tell him it would not be a problem for you to book accommodations at a hotel if it's more convenient.

Doing this should not cause hurt feelings.

Dear Abby: My wife and I have been married 32 years. We are still in love and consider each other our best friend. We survived some rough patches and learned how to make things right. I have one concern at this point in our journey. My wife constantly says, "I hate myself." The more she says it out loud, the more I see the impact on her emotionally. What can a partner do to help? I'm 100% supportive of all she does and totally attracted to her, yet I can't see this being healthy. Please help and thanks. — Dirty Words in Connecticut

Dear Dirty Words:

The next time your wife tells you she hates herself, ask her why she is being so hard on herself and ask her to be specific about what it is she hates. Explain that you love her exactly as she is and worry that what she's doing isn't emotionally healthy. (I agree, by the way.) If she persists after that, suggest she make an appointment with a licensed mental health professional to discuss it.

INTERNET

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In the past 17-1/2 months, the company has provided or announced its intention to add fiber optic internet service to 52 towns in Oregon, Washington, Idaho and Montana.

The fiber optic cable Zply is installing provides lightning-fast internet service, Miller said. He said it is generally at least 10 times faster than a DSL connection. 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.

Miller said Zply, which has its headquarters in Kirkland, Washington, is investing in fiber optic because it may never be surpassed by another technology.

"Fiber optic runs at the speed of light. Nothing is faster," he said. "It is future-proof."

Zply Fiber is not alone on the fiber optic internet front in Union and Wallowa counties. Eastern Oregon Net Inc. in La Grande, according to its website, provides fiber optic internet service to portions of La Grande, Elgin, Enterprise, Imbler, North Powder, Summerville and Baker City.

FOOD

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— a spending rate of \$232,305 per minute. Aid programs, funded by relief packages, included the USDA Farmers to Families Food Box Program.

The good news, however, is that food insecurity has trended downward since the peak of the pandemic.

Food insecurity nation-

wide fell nearly 30% between spring 2020 and spring 2021, according to data from the Urban Institute, a think tank.

The institute, based on its survey, attributed the drop in food insecurity to an improved employment rate, a temporary 15% increase in the maximum benefit for the Supplemental Nutrition Assistance Program, the introduction of new food donation programs,

larger unemployment benefits and government relief payouts.

But food insecurity levels are still higher than pre-pandemic levels, studies show. A recent survey by Feeding America, a non-profit, found that while 2021 hunger levels are lower than 2020's levels, more than half of food banks reported increasing or steady demand this summer.

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weather

	TONIGHT	FRI	SAT	SUN	MON
Forecast	Becoming partly cloudy	Mostly cloudy	A little rain	Cloudy, showers around	A shower in the morning
Baker City	31 / 8	79 / 46	66 / 41	56 / 37	57 / 33
La Grande	41 / 8	76 / 51	57 / 48	55 / 42	57 / 39
Enterprise	41 / 9	77 / 51	59 / 46	54 / 39	54 / 38

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	79°	80°	84°
Low Tuesday	30°	33°	33°

TUESDAY EXTREMES

NATION (for the 48 contiguous states)
High: 112° Death Valley, Calif.
Low: 22° Stanley, Idaho
Wettest: 5.94" Oakdale, La.

OREGON
High: 92° Medford
Low: 28° Meacham
Wettest: none

WEATHER HISTORY

A low temperature of 27 degrees on Sept. 16, 1964, at Concord, N.H., ended the shortest growing season of any summer last century. Temperatures had stayed above freezing for only 100 days.

SUN & MOON

	THU.	FRI.
Sunrise	6:32 a.m.	6:33 a.m.
Sunset	7:01 p.m.	6:59 p.m.
Moonrise	5:26 p.m.	6:01 p.m.
Moonset	1:11 a.m.	2:24 a.m.

MOON PHASES

	Full	New	First
Phase	Full	New	First
Date	Sep 20	Sep 28	Oct 6

AGRICULTURAL INFO.

HAY INFORMATION FRIDAY

Lowest relative humidity	20%
Afternoon wind	SW at 6 to 12 mph
Hours of sunshine	11.2
Evapotranspiration	0.14

RESERVOIR STORAGE (through midnight Wednesday)

Phillips Reservoir	N.A.
Unity Reservoir	14% of capacity
Owyhee Reservoir	12% of capacity
McKay Reservoir	34% of capacity
Wallowa Lake	0% of capacity
Thief Valley Reservoir	0% of capacity

STREAM FLOWS (through midnight Tuesday)

Grande Ronde at Troy	449 cfs
Thief Valley Reservoir near North Powder	0 cfs
Burnt River near Unity	62 cfs
Umatilla River near Gibbon	43 cfs
Minam River at Minam	52 cfs
Powder River near Richland	2 cfs

AROUND OREGON AND THE REGION

Forecasts and graphics provided by AccuWeather, Inc. ©2021

Shows is Friday's weather. Temperatures are Thursday night's lows and Friday's highs.

REGIONAL CITIES

City	FRI. HI/Lo/W	SAT. HI/Lo/W
Astoria	64/53/r	62/51/r
Bend	77/52/pc	55/46/sh
Boise	83/58/s	83/52/c
Brookings	66/53/pc	59/51/r
Burns	82/44/pc	68/42/c
Coos Bay	70/56/c	66/54/sh
Corvallis	74/57/r	67/52/sh
Council	78/49/pc	81/49/c
Elgin	77/50/c	57/47/r
Eugene	79/58/c	68/53/sh
Hermiston	74/56/pc	64/50/sh
Hood River	72/58/sh	63/54/sh
Imnaha	78/60/c	64/49/c
John Day	81/58/pc	64/46/c
Joseph	76/53/pc	61/45/r
Kennewick	75/56/pc	63/52/sh
Klamath Falls	79/45/sh	67/48/sh
Lakeview	78/42/s	70/43/c
Lewiston	73/58/c	62/52/sh
Longview	69/55/r	65/53/sh
Meacham	77/51/c	77/51/c
Medford	84/56/s	71/56/sh
Newport	61/52/r	60/50/sh
Olympia	63/51/r	62/49/r
Ontario	81/51/pc	82/51/pc
Pasco	74/59/pc	68/53/sh
Pendleton	73/55/c	62/51/sh
Portland	74/58/r	67/57/sh
Portland	74/60/pc	66/54/r
Redmond	80/54/pc	62/45/sh
Roseburg	80/59/c	69/56/r
Salem	77/58/r	68/55/sh
Spokane	63/52/r	57/48/sh
The Dalles	77/59/c	69/55/sh
Ukiah	72/46/c	56/39/r
Walla Walla	71/56/pc	61/53/sh

RECREATION FORECAST FRIDAY

Location	Forecast	High	Low
ANTHONY LAKES	Mostly cloudy	54	34
MT. EMILY REC.	Warmer	63	41
EAGLE CAP WILD.	Partly sunny	59	41
WALLOWA LAKE	Warmer	76	53
THIEF VALLEY RES.	Warmer	79	46
PHILLIPS LAKE	Clouds and sun	75	44
BROWNLEE RES.	Some sun; pleasant	79	56
EMIGRANT ST. PARK	Warmer	71	41
MCKAY RESERVOIR	Mostly cloudy	76	52
RED BRIDGE ST. PARK	Mostly cloudy	76	51

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