

# Family meals repeatedly cause digestion issues



**DEAR ABBY**  
ADVICE

**Dear Abby:** My husband was instructed by his doctor to avoid dairy due to a chronic condition that negatively impacts his daily life. Around the same time, his father and his girlfriend began implementing the keto diet into their lifestyle. We are often invited to their home for game night. She takes pride in preparing a home-cooked meal for everyone. We've been open about my husband's dietary restrictions, but dairy remains a

heavily used ingredient in these dishes, and it is often hidden or disguised by a different name depending on its preparation.

She seems to think that because my husband isn't "allergic" to dairy, it's OK for him to consume it. However, because we've both changed our diets to exclude dairy, these visits often end in stomach pains and, for him, other discomforts that may last for days. We enjoy the game nights, but fear a more direct approach will hurt our newfound relationship with his father's soon-to-be bride. What would you suggest? — **Restricted In Arizona**

**Dear Restricted:** I sug-

gest you be VERY direct (and descriptive) with your father-in-law and his soon-to-be fiancée about the effect that dairy products have on your husband! Pain for days? That's terrible. And if your husband's dietary restrictions can't be accommodated, either eat beforehand or bring your own food to the gathering.

**Dear Abby:** I am 55 and have waited for the right man. The only regret I have is that I didn't find him earlier because I went into early menopause at 33. I wish my values weren't so strict, but I have met someone who seems to respect my desire to wait until marriage.

The problem is our relation-

ship has many negatives. We live two hours apart. He loves to gamble. I am educated, and he has a learning disability. Most of the time, I feel like I am in fourth place in his life behind his family, his friends and his gambling. I don't feel he really wants to be with me. I sometimes wonder if it's because of the sex thing. However, I don't want a relationship based on sex. I want him to want to spend his time with me, and I want us to become one and I don't see it happening. I also don't believe he can budget for anything more than paying his bills and gambling the rest of his money.

It doesn't seem like he would

choose to be with me rather than with his friends and family. Am I wanting too much? I'm afraid what he is after is security, not a loving relationship where you become one in life. — **Waiting For Mr. Right**

**Dear Waiting:** I don't think you want too much. What you are searching for is what most people want — a life partner who is considerate, loving and whose values are close to their own. Because you suspect this person is after financial security, please listen to your gut. If you really believe you are four notches down on his list of priorities, do not settle. End this "romance" now.

# Major oil spill off Southern California fouls beaches

The Associated Press

**HUNTINGTON BEACH, Calif.** — One of the largest oil spills in recent Southern California history fouled popular beaches and killed wildlife while crews scrambled Sunday, Oct. 3, to contain the crude before it spread further into protected wetlands.

At least 126,000 gallons of oil spilled into the waters off Orange County, according to a statement from the city of Huntington Beach.

"The spill has significantly affected Huntington Beach, with substantial ecological impacts occurring at the beach and at the Huntington Beach Wetlands," the statement said.

The oil created a miles-wide sheen in the ocean and washed ashore in sticky, black globules along with dead birds and fish. Crews led by the U.S. Coast Guard deployed skimmers and floating barriers known as booms to try to stop further incursion into the wetlands and the Bolsa Chica Ecological Reserve.

The closure stretched from the Huntington Beach Pier nearly



Ringo H.W. Chiu/The Associated Press

**A woman takes a picture of oil washed up on Huntington Beach, California, on Sunday, Oct. 3, 2021. A major oil spill off the coast of Southern California fouled popular beaches and killed wildlife while crews scrambled to contain the crude before it spread further into protected wetlands.**

4 miles south to the Santa Ana River jetty amid summerlike weather that would have brought beachgoers to the wide strand for volleyball, swimming and surfing.

Officials canceled the final

day of the annual Pacific Air Show that typically draws thousands of spectators to Huntington Beach, a city of about 199,000 residents about 30 miles south of downtown Los Angeles. The show featured flyovers by

the U.S. Navy Blue Angels and the U.S. Air Force Thunderbirds.

The oil slick originated from a broken pipeline connected to an offshore oil platform known as Elly, Orange County Supervisor Katrina Foley said on Twitter.

Foley said Newport Beach Mayor Brad Avery told her that he encountered the oil slick while in a boat traveling back to the mainland from Santa Catalina Island.

"He saw dolphins swimming thru the oil," Foley tweeted.

The Huntington Beach statement early Sunday said "while the leak has not been completely stopped, preliminary patching has been completed to repair the oil spill site," with additional repairs planned.

The spill comes three decades after a massive oil leak hit the same stretch of Orange County coast. On Feb. 7, 1990, the oil tanker American Trader ran over its anchor off Huntington Beach, spilling nearly 417,000 gallons of crude. Fish and about 3,400 birds were killed. In 2015, a ruptured pipeline north of Santa Barbara sent 143,000 gallons of crude oil gushing onto Refugio State Beach.

At a news conference Oct. 2, Orange County officials expressed concern about the environmental impacts of the spill and hoped crews could stop the oil before it flowed into sensitive wetlands.

"We've been working with our federal, state and county partners to mitigate the impact that could be a potential ecological disaster," Huntington Beach Mayor Kim Carr said.

Huntington State Beach is home to a number of species of birds, including gulls, willet, long-billed fletcher, elegant teens and reddish egret, which area rarity on the west coast, according to Ben Smith, a biologist and environmental consultant for Orange County.

Smith drove to the beach Oct. 3 to observe wildlife ahead of a construction project planned at the mouth of the Santa Ana River, which flows into the ocean at the border of Huntington State Beach and Newport Beach.

"There's tar everywhere," he told the Los Angeles Times. "You think by now we would have figured out how to keep this kind of thing from happening, but I guess not."

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# weather

	TONIGHT	WED	THU	FRI	SAT
Considerable cloudiness	Partly sunny	Times of sun and clouds	Partly sunny	Partly sunny	Partly sunny
Baker City	39	59 28	59 31	63 28	62 31
Comfort Index™	10	4	5	8	5
La Grande	39	51 26	57 30	61 31	61 36
Comfort Index™	10	1	5	8	8
Enterprise	37	56 28	55 31	59 32	58 36
Comfort Index™	10	3	5	7	7

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	80°	81°	82°
Low Sunday	30°	35°	35°
PRECIPITATION (inches)			
Sunday	0.00	0.00	0.00
Month to date	0.00	Trace	0.00
Normal month to date	0.05	0.09	0.13
Year to date	3.58	7.38	16.41
Normal year to date	6.91	12.09	17.00

## SUNDAY EXTREMES

NATION (for the 48 contiguous states)	High: 103°	Death Valley, Calif.
Low: 17°		Bodie State Park, Calif.
Wettest: 2.89"		Morehead, Ky.
OREGON		
High: 83°		Medford
Low: 27°		Lakeview
Wettest: 0.11"		Astoria

## AGRICULTURAL INFO.

### HAY INFORMATION WEDNESDAY

Lowest relative humidity	60%
Afternoon wind	NW at 4 to 8 mph
Hours of sunshine	6.8
Evapotranspiration	0.06

### RESERVOIR STORAGE (through midnight Monday)

Phillips Reservoir	N.A.
Unity Reservoir	9% of capacity
Owyhee Reservoir	10% of capacity
McKay Reservoir	26% of capacity
Wallowa Lake	1% of capacity
Thief Valley Reservoir	0% of capacity

### STREAM FLOWS (through midnight Sunday)

Grande Ronde at Troy	524 cfs
Thief Valley Reservoir near North Powder	0 cfs
Burnt River near Unity	16 cfs
Umatilla River near Gibbon	44 cfs
Minam River at Minam	54 cfs
Powder River near Richland	N.A.

## WEATHER HISTORY

Philadelphia experienced the last of a series of 25 consecutive dry days on Oct. 5, 1968. Chronic drought also plagued the mid-Atlantic states from 1961 to 1965.

## SUN & MOON

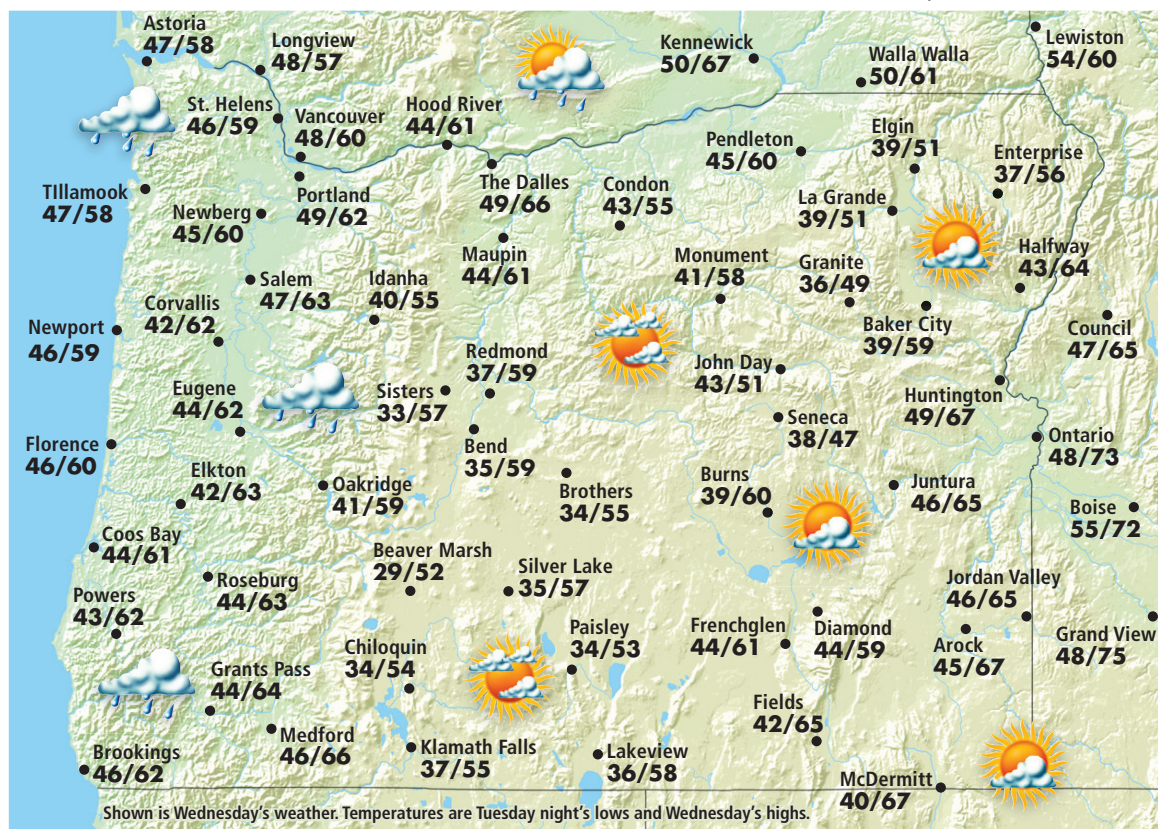
	TUE.	WED.
Sunrise	6:56 a.m.	6:57 a.m.
Sunset	6:25 p.m.	6:23 p.m.
Moonrise	5:44 a.m.	7:02 a.m.
Moonset	6:29 p.m.	6:52 p.m.

## MOON PHASES

	New	First	Full	Last
	Oct 6	Oct 12	Oct 20	Oct 28

## AROUND OREGON AND THE REGION

Forecasts and graphics provided by AccuWeather, Inc. ©2021



## REGIONAL CITIES

City	WED. HI/LO/W	THU. HI/LO/W	City	WED. HI/LO/W	THU. HI/LO/W
Astoria	58/43/sh	60/42/s	Lewiston	60/42/pc	64/41/pc
Bend	59/31/c	60/36/pc	Longview	57/39/sh	59/40/pc
Boise	72/47/c	62/48/c	Meacham	50/26/pc	58/31/pc
Brookings	62/46/c	64/45/s	Medford	66/40/c	67/40/pc
Burns	60/33/pc	61/28/c	Newport	59/43/sh	57/42/s
Coos Bay	61/43/pc	62/42/s	Olympia	57/41/sh	58/38/pc
Corvallis	62/39/pc	63/37/s	Ontario	73/47/pc	66/42/c
Council	65/43/pc	60/41/c	Pasco	68/37/c	64/36/pc
Elgin	51/28/pc	59/32/pc	Pendleton	60/33/pc	59/35/pc
Eugene	62/41/c	63/40/pc	Portland	62/43/sh	63/43/pc
Hermiston	64/36/c	65/38/pc	Powers	62/45/c	64/40/s
Hood River	61/43/pc	62/41/s	Redmond	59/27/c	59/31/pc
Imnaha	60/41/pc	57/37/c	Roseburg	63/40/c	65/39/pc
John Day	51/34/pc	60/36/pc	Salem	63/42/sh	64/40/s
Joseph	55/29/pc	52/33/c	Spokane	56/37/pc	57/35/c
Kennewick	67/37/c	64/36/pc	The Dalles	66/39/pc	67/40/s
Klamath Falls	55/32/c	61/30/pc	Ukiah	51/25/pc	56/32/pc
Lakeview	58/33/c	59/26/c	Walla Walla	61/42/pc	60/41/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

<b>ANTHONY LAKES</b> Clouds and sun	36 19	<b>PHILLIPS LAKE</b> Cooler	53 26
<b>MT. EMILY REC.</b> Much colder	41 24	<b>BROWNLEE RES.</b> Cooler	64 40
<b>EAGLE CAP WILD.</b> Cooler	46 25	<b>EMIGRANT ST. PARK</b> Clouds and sun	47 21
<b>WALLOWA LAKE</b> Cooler	55 29	<b>MCKAY RESERVOIR</b> Some sun; cooler	57 32
<b>THIEF VALLEY RES.</b> Some sun; cooler	59 28	<b>RED BRIDGE ST. PARK</b> Partly sunny	51 26

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