

Child of recovering addict still harbors raw resentment



DEAR ABBY
ADVICE

Dear Abby: I'm the mother of a 36-year-old daughter. She claims I treat her younger brothers better than I treat her. I am a recovering addict — clean for 20-plus years. I was in active addiction for nine years when she was a teenager, and she has never let that go. She constantly tells me how "unfair" I am, that I never make time for her and that I don't validate her feelings.

I have apologized many times and tried to show her I don't treat her siblings differently. I schedule "us" time, but this is an ongoing battle, and I'm at a loss about how to fix it. How do I show her there's no difference in the way I treat any of them? How do I reassure her that her feelings are validated? This has caused me many tearful nights. — **Wanting Serenity Back**

Dear Wanting: Your daughter's sense of deprivation has probably caused her many tearful nights as well. Your years of active addiction kept her from having the mother she needed as

a teen. I'm sorry to say that it may have created an emptiness in her you may not be able to fill. You can't "fix" her anger and feelings of deprivation, but that doesn't mean she can't do it herself. It may involve her joining a 12-step program, or seeking emotional counseling — if she's willing — but until she finds a way to stop trying to punish you, she will remain stuck in her anger and jealousy.

Dear Abby: How do I tell my sister I no longer wish to be included in family gatherings (birthdays, holidays, etc.)? What happened on my brother's birthday was the last straw.

I have since distanced myself for several reasons. 1) I won't waste my breath trying to explain to my parents; they won't believe a word I say. Also, my parents are the most judgmental people I know. 2) I have no tolerance for other people's jealousy or envy because I don't envy or get jealous. 3) I don't want to be surrounded by negative energy and emotional pain.

My sister is trying to get the family together again in spite of everything. I need her to respect my boundaries and my decision to stay away. I don't want to have to discuss this when I have a conver-

sation with her. I no longer wish to attend gatherings because they always end up in disruption of some kind, and then I have to take that energy home with me. Please help. — **Seeking Peace In Illinois**

Dear Seeking Peace: Your sister is not a mind reader. Because you don't want her to "bring this up" when she has a conversation with you, take the bull by the horns, explain that you won't be attending family get-togethers and state your reasons. And when you do, tell her your mind is made up and you do not want to discuss it further. Good luck.

NEWS OF THE WEIRD

For sleepy Hong Kong residents, 5-hour bus tour is a snooze

The Associated Press

HONG KONG — Travel-starved, sleep-deprived residents might find a new Hong Kong bus tour to be a snooze.

The 47-mile, five-hour ride on a regular double-decker bus around the territory is meant to appeal to people who are easily lulled asleep by long rides. It was inspired by the tendency of tired commuters to fall asleep on public transit.

"When we were brainstorming new tours, I saw a social media post from my friend saying that he was stressed out by his work, he couldn't sleep at night," said Kenneth Kong, the marketing and business development manager of ulu travel, the organizer of the bus tours.

"But when he was traveling on the bus, he was able to sleep well. His post inspired us to create this tour that lets passengers just sleep on the bus."

Tickets cost between \$13 to \$51 per person, depending on whether they



Kin Cheung/The Associated Press

Passengers sleep on the upper deck of a double-decker bus in Hong Kong, Saturday, Oct. 16, 2021. Travel-starved, sleep-deprived residents might find a new Hong Kong bus tour to be a snooze. The 47-mile, five-hour ride on a double-decker bus around the territory is meant to appeal to people who are easily lulled asleep by long rides.

choose seats on the upper or lower deck. A goodie bag for passengers includes an eye-mask and ear plugs.

The first "Sleeping Bus Tour" on Saturday, Oct. 16, sold out. Some passengers came prepared, bringing their own blankets and

changing their shoes to slippers, while others brought travel pillows.

"I have been suffering from insomnia so I am here to try and get some sleep," said 25-year-old Anson Kong, one of the passengers on the first bus tour.

He said that the tour was a good idea and "more interesting" than he expected.

On the Oct. 16 tour, the bus stopped so passengers could take photos at scenic spots on the city's Lantau Island. One stop was the

aircraft maintenance area near Hong Kong's airport, where passengers can snag selfies with aircraft in the background.

The tendency to fall sleep on public transport is a type of conditioning, according to Dr. Shirley Li, the principal investigator of the Sleep Research Clinic and Laboratory at the University of Hong Kong.

"People in Hong Kong don't have enough time to sleep," Li said. "That's why we have to kind of use other times to sleep, which is our daily commute, especially when we are traveling on public transport."

"For some people, they may tend to associate public transport with their sleep. And that's why they found it easier to fall asleep on the bus," she said.

Ed Sheeran has COVID, will do performances from home

NEW YORK — British pop star Ed Sheeran said Sunday he has tested positive for COVID-19 and

will do interviews and performances from his house while he self-isolates.

Sheeran, 30, broke the news on social media days before his new album is due out.

"Quick note to tell you that I've sadly tested positive for COVID, so I'm now self-isolating and following government guidelines," Sheeran wrote on Instagram. "It means that I'm now unable to plough ahead with any in person commitments for now, so I'll be doing as many of my planned interviews/performance I can from my house. Apologies to anyone I've let down."

Sheeran had just been announced as the musical guest on NBC's "Saturday Night Live" on Nov. 6.

Representatives did not say which performances he is canceling and which he will carry out from home.

Sheeran's website lists no performances before April. The four-time Grammy winner's new studio album is called "=", which is pronounced "Equals."

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weather

	TONIGHT	WED	THU	FRI	SAT
	A couple of showers	Mostly cloudy, a shower	Clouds and sun; warmer	Turning cloudy	Variable cloudiness
Baker City	38	55 36	59 41	58 35	53 32
Comfort Index™	2	5	7	5	3
La Grande	45	54 43	66 47	60 35	53 38
Comfort Index™	2	4	10	8	5
Enterprise	42	49 38	63 46	61 38	52 38
Comfort Index™	2	3	10	10	6

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	52°	54°	56°
Low Sunday	43°	47°	37°
PRECIPITATION (inches)			
Sunday	0.11	0.08	0.02
Month to date	0.74	0.77	0.88
Normal month to date	0.46	1.10	1.47
Year to date	4.32	8.15	17.29
Normal year to date	7.32	13.10	18.34

SUNDAY EXTREMES

NATION (for the 48 contiguous states)
High: 99° Zapata, Texas
Low: 16° Hibbing, Minn.
Wettest: 10.30" Emigrant Gap, Calif.

OREGON

High: 64° Hermiston
Low: 31° Crater Lake
Wettest: 0.62" Klamath Falls

WEATHER HISTORY

Days after a raging fire hit the Oakland, Calif., area, the first rainstorm of the season drenched the region on Oct. 26, 1991. The fire scene received 2 inches of rain.

SUN & MOON

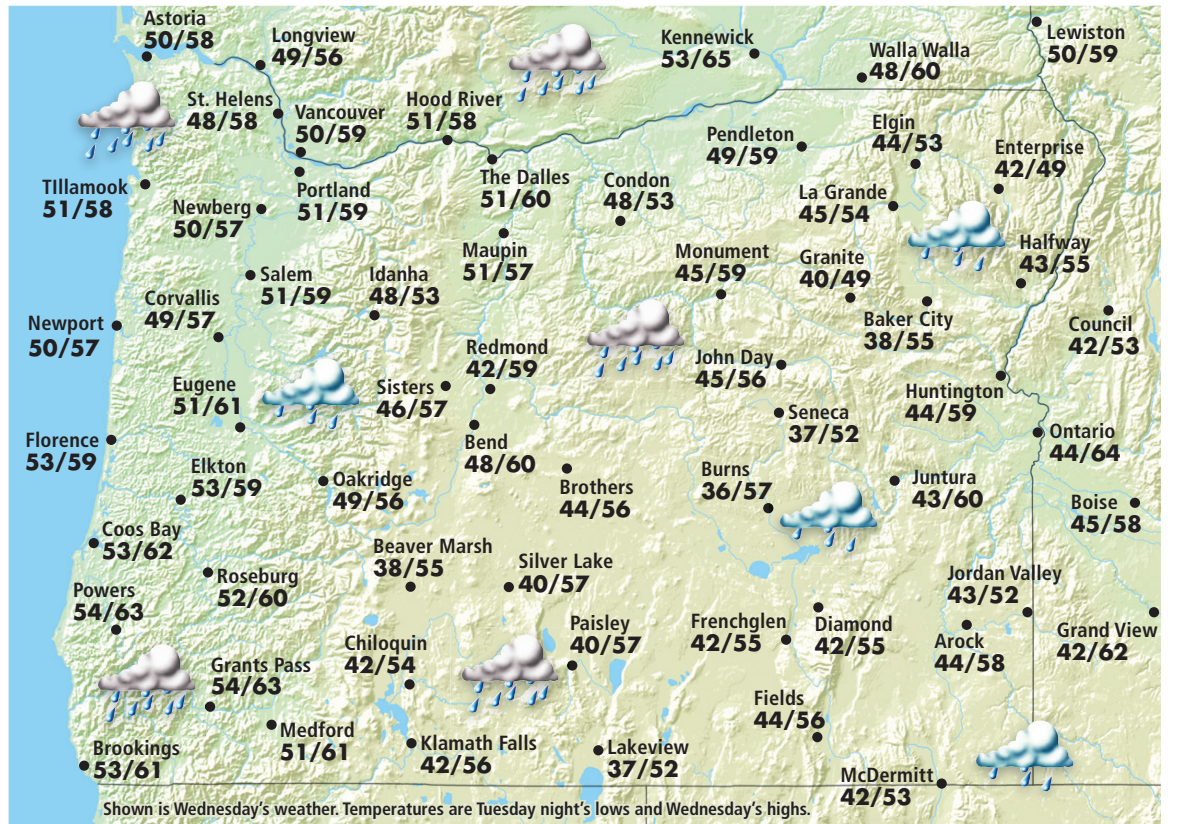
	TUE.	WED.
Sunrise	7:23 a.m.	7:25 a.m.
Sunset	5:49 p.m.	5:47 p.m.
Moonrise	9:40 p.m.	10:39 p.m.
Moonset	1:21 p.m.	2:07 p.m.

MOON PHASES



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	58/50/r	60/48/r	Lewiston	59/48/pc	66/49/c
Bend	60/48/c	70/47/pc	Longview	56/48/r	63/53/r
Boise	58/44/pc	64/50/pc	Meacham	53/43/c	65/48/c
Brookings	61/53/c	65/51/pc	Medford	61/47/c	69/48/pc
Burns	57/32/pc	64/36/pc	Newport	57/51/c	61/51/c
Coos Bay	62/55/c	67/52/pc	Olympia	56/48/r	58/49/r
Corvallis	57/52/c	64/49/c	Ontario	64/40/pc	67/44/pc
Council	53/35/pc	58/38/c	Pasco	64/49/pc	69/53/pc
Elgin	53/42/c	66/47/c	Pendleton	59/48/pc	76/51/pc
Eugene	61/53/c	66/51/c	Portland	59/52/c	64/54/c
Hermiston	63/49/pc	77/56/pc	Powers	63/57/c	71/51/pc
Hood River	58/50/r	64/56/pc	Redmond	59/46/c	70/45/pc
Imnaha	55/44/c	64/52/pc	Roseburg	60/52/c	70/52/c
John Day	56/43/pc	67/49/pc	Salem	59/54/r	65/53/c
Joseph	50/38/c	61/44/pc	Spokane	52/42/pc	58/45/c
Kennecook	65/51/pc	72/55/c	The Dalles	60/48/c	63/52/c
Klamath Falls	56/36/c	63/38/pc	Ukiah	52/43/c	67/47/c
Lakeview	52/30/c	63/34/s	Walla Walla	60/48/pc	67/50/c

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

RECREATION FORECAST WEDNESDAY

Location	Forecast	High	Low
ANTHONY LAKES	A.M. snow showers	32	28
PHILLIPS LAKE	Mostly cloudy	51	37
MT. EMILY REC.	A shower	42	39
BROWNLEE RES.	Showers around	56	38
EAGLE CAP WILD.	A.M. snow showers	36	29
EMIGRANT ST. PARK	A p.m. shower	48	39
WALLOWA LAKE	A morning shower	50	38
MCKAY RESERVOIR	Breezy in the a.m.	58	46
THIEF VALLEY RES.	Rather cloudy	55	36
RED BRIDGE ST. PARK	A stray shower	54	43

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