

Wife's outdoor activities exclude disabled husband



DEAR ABBY: My husband is in his 40s and permanently disabled from injuries received in a recent automobile accident. He is in pain, on pain medicine 24 hours a day and basically sleeps his days away. His pain and immobility make intimacy impossible.

He doesn't object when I go out with friends or participate in activities he is unable to do, like hiking, biking or kayaking, yet I feel guilty for leaving him

home alone five days a week, and sometimes the entire weekend. His mother thinks I'm a terrible person for doing this, but I can't just sit home with him after I get home from work because he falls asleep watching TV.

We both know this will be the situation for the rest of our lives. This self-care is very important to my physical and mental well-being, as the financial stress is also overwhelming. How do I continue to live an active life and still be the wife he needs? — **SAD FATE IN PENNSYLVANIA**

DEAR SAD FATE: If the situation were reversed, is this the way you would like your hus-

band to treat you? This is an honest discussion you should be having with him. I will be frank. Leaving a disabled spouse five days (nights?) a week or for an entire weekend on a regular basis seems excessive.

You promised to love, honor and cherish this man in sickness and in health. Would it be possible to include him on an occasional outing — if he can handle it — so he can have some fresh air and a change of scenery? If you must go out to preserve your sanity, it would be compassionate to arrange for someone to stay with him so he's not alone in case there is some kind of emergency.

DEAR ABBY: I'm a woman

of 28. I have started falling in love with a girl I met recently. We talked for a while, expressed feelings for each other and decided to start dating. She lives in Minnesota and I'm in Texas. She's also in college. I think she's 18 or 19. I know our age span is a little wide, but we didn't care about that.

Things were going OK, but recently she's gone quiet and hasn't been talking to me as often. She said she just needs some time to herself and that she's having some second thoughts about all of this. I talked with her about it, and she told me she still loves me and wants me to come visit her, which I'm planning to do soon. It feels like she's

got cold feet, and I'm not sure what to do. I love her. I want to make this work between us, but I feel unwanted and unloved. What should I do? — **STARTING TO LOSE FAITH**

DEAR STARTING: What you should do is recognize that you and this young woman are in very different places in your lives. You are ready for a serious commitment to someone. She's a college student who isn't yet out of her teens. If she needs time to herself so she can figure out whether she is ready for the kind of relationship you have in mind, give it to her. Do not force it. If that means postponing your visit, so be it.

COOKIES

Continued from Page B2

chocolate, cut into 1/4- to 1/2-inch pieces
1 1/2 cups coarsely chopped macadamia nuts

1. Position the shelves in the upper and lower thirds of the oven. Preheat the oven to 375 degrees.

2. Place the brown sugar, oats and sugar in the bowl of a food processor fitted with a steel blade and process 2 1/2 to 3 minutes, stopping occasionally to pulse. The oats must be finely ground.

3. In a medium bowl, sift together the flour, baking soda and salt. Set aside.

4. In the bowl of a stand mixer fitted with a paddle attachment, mix the butter and corn syrup together on medium-low speed, mixing until smooth and creamy, about 1 minute. Add the oats-sugar mixture in 3 additions and beat for 2 minutes. Add the egg and vanilla and beat for 1 minute. Scrape down the bowl as needed.

5. Reduce the mixer speed to low, add the dry ingredients one-half at a time, and mix just until blended. Using a large rubber spatula, fold in the white chocolate pieces and macadamia nuts.

6. Drop 1 1/2-inch mounds of dough (about the size of a large walnut) onto cookie sheets, about

3 inches apart. Scrape down the size of the bowl occasionally to ensure even distribution of the chocolate chips and nuts. Bake for 10 to 12 minutes, or until the edges begin to turn golden brown. To ensure even baking, toward the end of the baking time rotate the pans from top to bottom and from front to back. Do not overbake.

7. Cool cookies on baking sheets for 2 minutes. When they are firm enough to handle, transfer to cooling racks.

Per serving: 204 calories; 13g fat; 4g saturated fat; 17mg cholesterol; 3g protein; 21g carbohydrate; 7g sugar; 1g fiber; 50mg sodium; 17mg calcium
 — Recipe from "Great Cookies" by Carole Walter

HAZELNUT CRUNCH BARS

Yield: 24 bars

For caramel (see note)
1 cup water
1 1/4 cups granulated sugar
1/2 cup corn syrup
4 tablespoons (1/2 stick) butter
1 cup heavy cream
2 teaspoons vanilla extract

For the hazelnut crunch
1/2 cup hazelnuts, toasted (60 grams, 2 ounces)
1 cup plus 2 tablespoons

Rice Krispies cereal
9 ounces milk chocolate

For the marshmallow
1 tablespoon plus 1 teaspoon unflavored gelatin
1/4 cup cold water
3 large egg whites
1 teaspoon vanilla extract
1 cup granulated sugar, divided
1/2 cup water
2 tablespoons corn syrup

For the dark satin ganache
1/2 cup heavy cream
1/4 cup light corn syrup
5 tablespoons unsalted butter
10 ounces semisweet chocolate broken into small pieces
Note: The caramel must be made at least one day and up to a week before making the bars.

1. Make the caramel: Place the water, sugar and corn syrup in a 2-quart saucepan. Stir over medium-high heat until the sugar is completely dissolved. Bring to a boil, and wash down the sides of the pan with a natural bristle pastry brush dipped in water. Boil without stirring until the mixture becomes a medium golden color.

2. Take it off the heat and immediately add the butter; stir until it is melted. Pour in the cream all at once and stir. Don't worry if some of the cream forms lumps. If possible, clip a candy or frying thermometer onto the side of the pan.

3. Return the heat to medium-high and bring to a hard boil. Cook to 242 degrees. Pour into a container. Do not stir at this point. Allow to cool to room temperature. Set aside for at least one day.

4. Make the hazelnut crunch: Line a 9-by-13-inch pan with parchment paper. Spray the paper and sides of the pan with a nonstick spray. Set aside.

5. Add the cooled, toasted hazelnuts to the bowl of a processor and process until fairly finely ground. Do not overprocess or you will make a paste. Remove to a large bowl and add the Rice Krispies cereal. Mix well and set aside.

6. Spray the back of a large spoon with nonstick spray, and set aside.

7. Melt the chocolate in a double boiler or in the microwave at half power. Pour it over the hazelnut/cereal mix and quickly mix all of it together with a large spoon or a gloved hand. Pour into the prepared pan and immediately smooth it with the back of the sprayed spoon or a gloved hand. If it sets up too quickly, place it in the oven on the lowest setting for a few minutes to loosen.

8. Add the caramel: Microwave the caramel or heat over a double boiler until spreadable. Do not stir any more than necessary. Pour it over the hazelnut crunch layer and spread evenly. Set aside.

9. Make the marshmallow:

Sprinkle the gelatin over the 1/4 cup cold water. Stir to moisten all of it; set aside.

10. Place the egg whites and vanilla in the bowl of a mixer. Using the whisk attachment, beat to soft peaks on medium speed. Slowly add 1/4 cup of the sugar and beat to stiff peaks.

11. As soon as you begin beating the egg whites, combine the 1/2 cup of water, the remaining 3/4 cup of sugar and the corn syrup in a small saucepan. Bring to a boil, washing down the sides of the pan with a brush dipped in cold water. Boil to a temperature of 240 degrees.

12. If the egg whites are stiff before the sugar syrup comes to temperature, lower the speed of the mixer as low as possible and keep mixing the whites. Do not turn off the mixer.

13. As soon as the sugar syrup comes to temperature, slowly pour it into the mixer bowl. Try to pour the syrup between the bowl and the whisk so it goes directly into the whisk or bowl. Liquefy the gelatin in the microwave for a few seconds and pour it over the egg white mixture. Beat until cool and stiff.

14. If the caramel has hardened, heat the top of the caramel layer with a blow dryer so the marshmallow can adhere to it. Immediately pour the marshmallow over the caramel and smooth it out.

Cool completely.

15. Make the ganache: Heat the cream, corn syrup and butter in a small saucepan until steaming hot but not boiling. Submerge the chocolate in the hot cream and let sit for a few minutes. Gently whisk until smooth; do not whisk too enthusiastically or you will have air bubbles in the ganache. Pour the ganache over the marshmallow and smooth it out. Refrigerate for several hours or overnight

16. To serve: Loosen the edges with a small flexible spatula and turn out onto a cake board. Turn right side up and cut 6 rows across and 4 rows down with a hot knife. The knife must be dipped into very hot water and quickly dried with a paper towel between each cut. Let the knife melt through the ganache, which will be cold and firm, and then cut straight down.

17. To store, keep in a closed container at a cool room temperature for a day or two. For longer storage, refrigerate.

Per serving: 314 calories; 15g fat; 9g saturated fat; 22mg cholesterol; 3g protein; 44g carbohydrate; 41g sugar; 1g fiber; 36mg sodium; 32mg calcium
 — Recipe from "Craving Cookies" by Helen S. Fletcher

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weather

	TONIGHT	WED	THU	FRI	SAT
	Partly cloudy and colder	A little afternoon snow	A bit of morning snow	Cloudy and chilly	A bit of ice in the a.m.
Baker City	10	27 22	32 17	30 20	30 15
La Grande	14	30 29	39 24	33 25	34 28
Enterprise	8	30 23	36 15	33 18	38 29
Comfort Index™	1	0	2	1	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	47°	44°	40°
Low Sunday	25°	31°	34°
PRECIPITATION (inches)			
Sunday	Trace	0.10	0.64
Month to date	0.08	0.32	2.02
Normal month to date	0.34	0.80	1.57
Year to date	5.09	10.30	24.06
Normal year to date	8.55	16.32	23.75

SUNDAY EXTREMES

NATION (for the 48 contiguous states)
 High: 88° Plant City, Fla.
 Low: -15° Crested Butte, Colo.
 Wettest: 2.47" Blue Canyon, Calif.
OREGON
 High: 54° Ontario
 Low: 23° Crater Lake
 Wettest: 1.30" Eugene

WEATHER HISTORY

Snowfall on Dec. 14, 1967, set records in Heber Ranger Station, Ariz., for greatest 24-hour snowfall in state's history (38 inches) and single-storm total (67 inches).

SUN & MOON

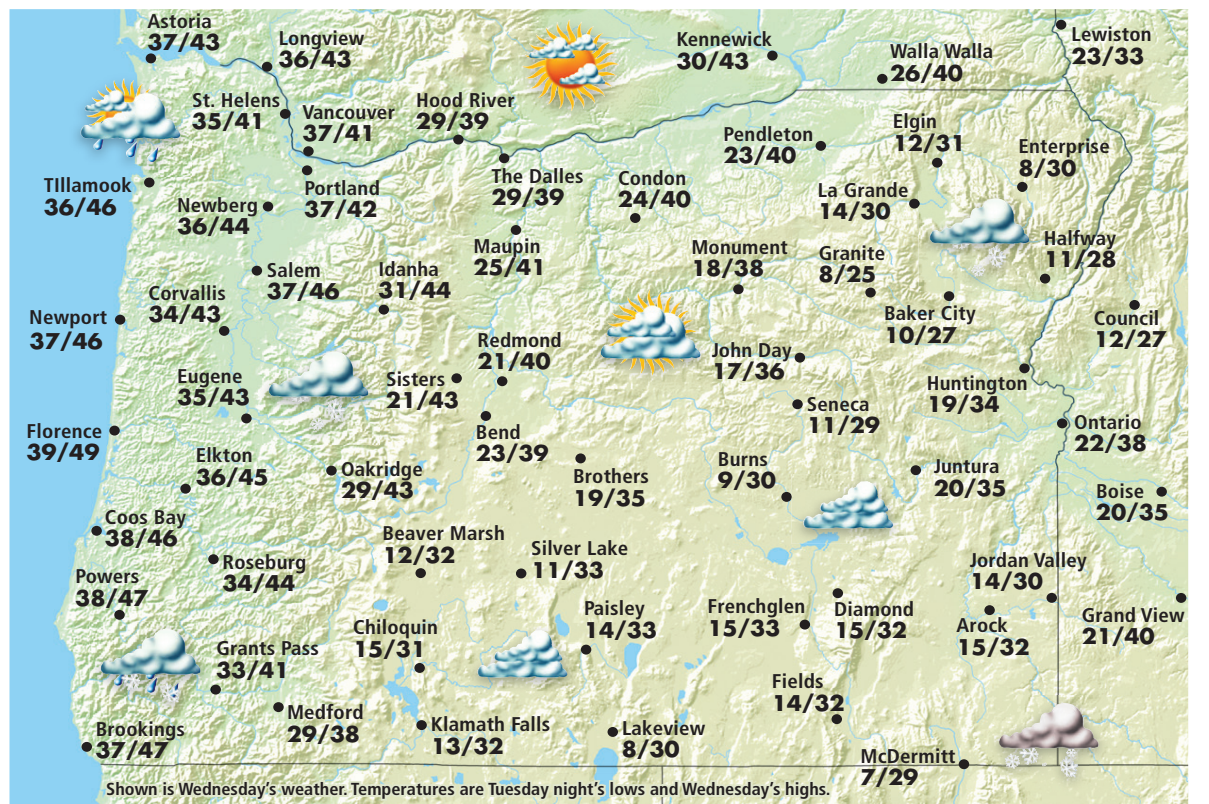
	TUE.	WED.
Sunrise	7:24 a.m.	7:25 a.m.
Sunset	4:10 p.m.	4:10 p.m.
Moonrise	1:50 p.m.	2:12 p.m.
Moonset	2:58 a.m.	4:02 a.m.

MOON PHASES

Full	Last	New	First
Dec 18	Dec 26	Jan 2	Jan 9

AROUND OREGON AND THE REGION

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REGIONAL CITIES

City	WED.	THU.	City	WED.	THU.
	Hi/Lo/W	Hi/Lo/W		Hi/Lo/W	Hi/Lo/W
Astoria	43/38/sh	47/37/pc	Lewiston	33/30/c	38/28/sn
Bend	39/32/c	41/24/c	Longview	43/38/sn	46/34/pc
Boise	35/28/pc	38/24/sn	Meacham	32/29/sn	38/24/sn
Brookings	47/40/r	50/36/sh	Medford	38/35/r	40/31/c
Burns	30/21/sn	36/15/sn	Newport	46/41/sh	49/38/sh
Coos Bay	46/44/r	52/37/c	Olympia	41/35/sn	42/34/pc
Corvallis	43/38/c	48/33/c	Ontario	38/32/c	41/22/c
Council	27/25/sn	35/18/sn	Pasco	41/31/c	41/26/c
Elgin	43/39/sn	39/27/sn	Pendleton	40/32/pc	41/32/sn
Eugene	43/39/r	49/37/c	Portland	42/41/sn	46/38/c
Hermiston	43/32/c	44/30/sn	Powers	47/42/r	47/36/sh
Hood River	39/34/sn	44/36/sh	Redmond	40/28/c	44/24/c
Imnaha	34/28/c	39/22/sn	Roseburg	44/38/r	47/36/sh
John Day	36/36/sn	39/31/sn	Salem	46/42/r	50/38/sh
Joseph	27/23/sn	34/14/sn	Spokane	32/26/c	32/18/sn
Kennewick	43/33/c	43/27/c	The Dalles	39/33/sn	44/35/sn
Klamath Falls	32/24/sn	37/17/sf	Ukiah	33/29/sn	38/20/sn
Lakeview	30/21/sn	36/11/sn	Walla Walla	40/31/c	39/29/sn

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	WED.	THU.
	Hi/Lo/W	Hi/Lo/W
ANTHONY LAKES A bit of p.m. snow	14 14	14 14
MT. EMILY REC. A little p.m. snow	23 21	23 21
EAGLE GAP WILD. Snow, up to 1"	15 15	15 15
WALLOWA LAKE A little p.m. snow	27 23	27 23
THIEF VALLEY RES. A little p.m. snow	27 22	27 22
PHILLIPS LAKE Afternoon snow	27 21	27 21
BROWNLEE RES. A little p.m. snow	31 24	31 24
EMIGRANT ST. PARK A little p.m. snow	29 26	29 26
MCKAY RESERVOIR Afternoon flurries	39 34	39 34
RED BRIDGE ST. PARK A little p.m. snow	30 29	30 29

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