

Grown child wants mom to move past divorce



DEAR ABBY
ADVICE

DEAR ABBY: When my sibling and I were 6 and 10, our parents sat us down and told us they were getting a divorce because Dad had an affair. Mom was, to say the least, incredibly hurt. Her hurt and resentment haven't subsided to this day. Dad has never apologized to her, but he has supported her financially ever since.

Mom has tried therapy, but the minute a therapist upsets her, she stops going. My parents both now live near my sister to help care for her twins. Mom is constantly upset with things Dad does or that he's not friendly enough

with her. She says he is nicer to strangers than he is with her.

I don't want to seem insensitive, but they have now been divorced longer than they were married. It's exhausting, and it is starting to feel like we are enabling her. I hate that what happened has defined the last two decades of her life. Is there something I can say to communicate that it's way past time to be over this, but in a nicer way that may be helpful, and maybe won't leave her too much room to tell me I'm victim blaming? — **WHAT'S PAST HAS PASSED**

DEAR WHAT'S PAST: I, too, am sorry about what happened to your parents' marriage. That your mother has been unable to move beyond the divorce and quits therapy the minute a therapist says something she doesn't want to hear is very sad — for her. What you need to understand is that some people cling to their "victimhood" for comfort. It buffers them from having to recognize their own contribution to their failure.

Because you have tried in the past without success to help your mother let go of her bitterness, I'm advising you to stop trying. For your own sake, when she starts complaining about your father, change the subject, end the conversation or tune out. Enabling her isn't helping either of you.

DEAR ABBY: My husband and I have a business and work together. He takes care of sales, and I keep the books. I have raised his children, scheduled all

appointments and taken care of everyone's needs, including the pets. I also do all the cooking, cleaning, laundry, shopping, etc.

I tend to suffer from depression and need at least eight hours of sleep each night. Because of this, I work at the office only four to five hours a day. My husband cannot understand why I don't work eight to 10 hours a day. I get done what needs to be done. Of the many other businesses we've known, the wives are expected to do this. How do I make him understand? — **WORKING ENOUGH IN CALIFORNIA**

DEAR WORKING ENOUGH: From your description of your weekly activities, you are not only living up to normal expectations, but exceeding them. Explain to your husband that

people are individuals. Human bodies don't all function alike. If he can't get that through his head, have your doctor explain it to him.

Has he considered what it would cost him to hire someone else to do all the jobs you are doing? Perhaps he should consider that before criticizing and flogging you to do more. Tell him you'll spend an extra hour or so at the office if he agrees to take up some of the slack at home.

P.S. I can understand why you "tend to suffer from depression." You are married to a slave driver.

Dear Abby is written by Abigail Van Buren, also known as Jeanne Phillips, and was founded by her mother, Pauline Phillips. Contact Dear Abby at www.DearAbby.com or P.O. Box 69440, Los Angeles, CA 90069.

Campground hosts needed at Jubilee, Olive, Bull Prairie lakes

EO Media Group

PENDLETON — The Umatilla National Forest is looking for volunteers to spend the summer as campground hosts at three mountain lakes — Jubilee, Olive and Bull Prairie.

A campground host greets campers, provides information on the surrounding area, and generally makes campers feel at home. Hosts will visit with campers and day-use visitors, clean and maintain restrooms, restock supplies, occasionally clean up after campers and carry out minor maintenance as needed. They keep an eye on things and set a good example for others in the campground.

Individuals or couples can apply to be hosts. Retirees often apply to the campground host program. Hosts need to be friendly, flexible and responsible. Host applicants may be subject to a criminal background check.

Those who apply will need to supply their own trailer, camper or motor home. Campground hosts will be provided a camp-



Jubilee Lake is about 12 miles northeast of Tollgate on the Umatilla National Forest.

Umatilla National Forest/Contributed Photo

site, usually near the main entryway to the campground. Though the host program is a volunteer program, a food allowance and propane is offered, and personal vehicle mileage associated with hosting duties is reimbursed.

Jubilee Lake

The campground is 12 miles northeast of Tollgate and is the largest developed campground on the Umatilla National Forest with 53 campsites, four picnic areas and a 2.8-mile accessible hiking

trail around the 92-acre lake. This campground is very popular for overnight camping as well as day-use activities. Campground hosts are typically on-site from early July through mid September, with potential to work

as late as mid October depending on fall weather. For more information on becoming a Forest Service volunteer campground host at Jubilee Lake campground, contact Kiyoshi Fujishin at the Walla Walla Ranger District

509-520-1410 or Kiyoshi.fujishin@usda.gov.

Olive Lake

The campground is 12 miles southwest of Granite on the east shore of the 90-acre lake. The campground has 28 campsites, a 2-mile accessible hiking trail, boat ramp and two docks. The campground usually has a host from early June through Labor Day. For more information on becoming a Forest Service volunteer campground host at Olive Lake campground, contact Roy Vega at john.vega@usda.gov.

Bull Prairie Lake

The campground is 36 miles south of Heppner and has 30 tent/trailer sites, 12 picnic areas and four floating fishing docks on the 28-acre lake. There is also a 1.5-mile paved trail. The campground usually has a host through mid-October, also a shorter duration is possible. For more information on becoming a Forest Service volunteer campground host at Bull Prairie Lake campground, contact Roy Vega at john.vega@usda.gov.

CATBIRD

Continued from Page B1

Their plumage boasts a tinge of stormy blue with a coal-black cap and tailfeather tips punctuating their otherwise modest appearance.

My difficulty in pinning down the bird for a few photos educated me to their elusiveness being partially owed to their dark coloring and propensity to inhabit the

densest, shadiest parts of the riparian. Catbirds prefer shrubby trees like dogwood, hawthorn, cherry, elderberry, and viny plants like honeysuckle and blackberry for nesting. Their summer food sources consist of insects, fruits and berries, and I assume the increase in chokecherry and blackberry on the homestead have been the main draw to the catbird in recent years.

According to the Cornell Lab of Ornithology, females build open-cup nests made of twigs, straw, bark, and mud which have a

finely woven inner lining of grass, hair, rootlets, and pine needles. Clutch sizes range from one to six and females can have two to three clutches per year. Eggs are turquoise in color and occasionally have red spots (which I have unfortunately never seen). Males aggressively defend their territory, even in winter, which is unusual among songbirds.

Next time you find yourself up a brushy Blue Mountain draw, keep an eye peeled for a flash of gray and an ear out for a raspy "mew." Aside from being unassumingly

stunning, the catbird's photography challenge is worth pursuing as they move from tree to tree and branch to branch. If you stick with them, you just might nab a passable photo and hear their complex song long enough to realize you've been had by a master of mimicry.

Brad Trumbo is a fish and wildlife biologist and outdoor writer in Waitsburg, Washington. For tips and tales of outdoor pursuits and conservation, visit www.bradtrumbo.com.

weather

	TONIGHT	SUN	MON	TUE	WED
	Becoming cloudy	A shower in the afternoon	Warmer	Clouds and sun; warmer	Delightful with sunshine
Baker City	40	59	40	68	42
Comfort Index™	4	1	10	10	9
La Grande	46	60	46	73	46
Comfort Index™	3	3	9	10	7
Enterprise	40	55	41	69	47
Comfort Index™	2	0	10	10	10

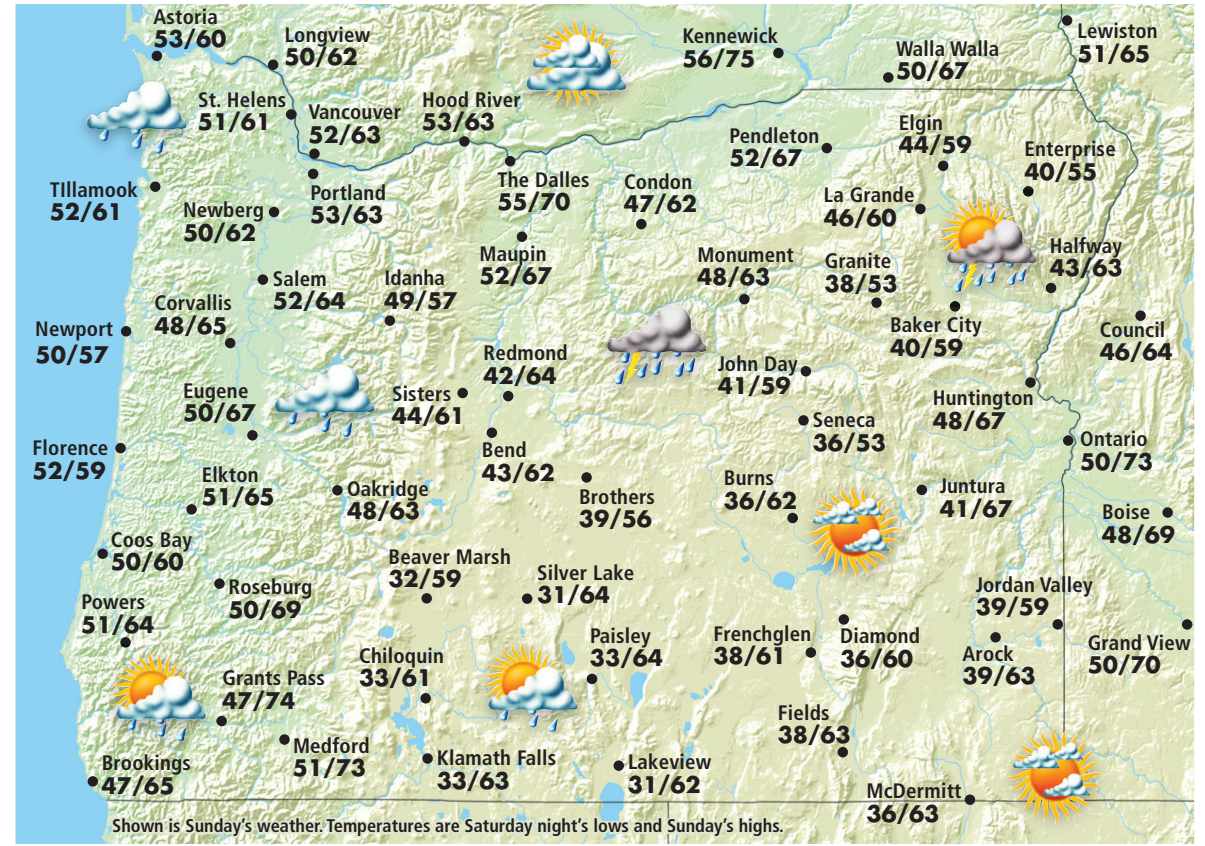
Comfort Index takes into account how the weather will feel based on a combination of factors. A rating of 10 feels very comfortable while a rating of 0 feels very uncomfortable.

ALMANAC			
TEMPERATURES	Baker City	La Grande	Elgin
High Thursday	78°	75°	79°
Low Thursday	42°	48°	46°
PRECIPITATION (inches)			
Thursday	0.00	0.00	0.00
Month to date	0.46	2.32	3.21
Normal month to date	0.67	0.85	1.10
Year to date	4.44	8.68	17.38
Normal year to date	5.01	9.54	13.78

THURSDAY EXTREMES			
NATION (for the 48 contiguous states)			
High: 117°	Death Valley, Calif.		
Low: 21°	Afton, Wyo.		
Wettest: 3.14"	Rockingham, N.C.		
OREGON			
High: 91°	Rome		
Low: 32°	Howard Prairie		
Wettest: 0.07"	Astoria		

WEATHER HISTORY			
On the morning of June 18, 1992, a severe thunderstorm in Indianapolis, Ind., caused one-inch hailstones and a 62-mph wind gust. A tornado was spotted northwest of the airport.			
SUN & MOON			
Sunrise	5:04 a.m.	5:04 a.m.	
Sunset	8:43 p.m.	8:44 p.m.	
Moonrise	12:11 a.m.	12:39 a.m.	
Moonset	9:52 a.m.	11:10 a.m.	
MOON PHASES			
Last	New	First	Full
Jun 20	Jun 28	Jul 6	Jul 13

AROUND OREGON AND THE REGION



REGIONAL CITIES			
City	SUN. HI/Lo/W	MON. HI/Lo/W	City
Astoria	60/51/sh	63/54/c	Lewiston
Bend	62/42/c	72/45/s	Longview
Boise	69/48/c	71/51/pc	Meacham
Brookings	65/50/s	71/52/pc	Newport
Burns	62/36/pc	69/41/pc	Olympia
Coos Bay	60/50/c	65/49/pc	Ontario
Corvallis	65/48/sh	69/48/c	Pasco
Council	64/43/c	70/47/c	Pendleton
Elgin	59/45/c	68/45/pc	Portland
Eugene	67/50/c	71/48/pc	Powers
Hermiston	73/56/pc	78/54/s	Redmond
Hood River	63/52/c	71/52/pc	Roseburg
Imnaha	62/49/r	69/49/sh	Salem
John Day	59/45/c	69/41/pc	Spokane
Joseph	56/40/r	61/43/pc	The Dalles
Kennecook	75/56/pc	79/58/s	Ukiah
Klamath Falls	63/34/pc	73/40/s	Walla Walla
Lakeview	62/33/pc	70/39/s	

RECREATION FORECAST SUNDAY			
ANTHONY LAKES	A p.m. shower	37	31
MT. EMILY REC.	A shower or two	47	39
EAGLE CAP WILD.	Rain and snow	42	30
WALLOWA LAKE	Rain and drizzle	56	40
THIEF VALLEY RES.	Clouds and breezy	59	40
PHILLIPS LAKE	A shower or two	56	37
BROWNLEE RES.	Cloudy, a shower	64	45
EMIGRANT ST. PARK	Cloudy, a shower	55	38
MCKAY RESERVOIR	Cloudy and cool	66	52
RED BRIDGE ST. PARK	A p.m. shower	60	46

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