

Woman overhears co-workers rude conversation about her



DEAR ABBY
ADVICE

DEAR ABBY: More than a year ago, I heard my co-worker, whom I consider a friend, talking to another co-worker (who is a gossip) about my belly. I am 30 pounds overweight, and although I work out regularly, I still have this pouch from having had three kids. I am hurt that she would have said anything, but she doesn't know I heard her. Occasionally, I see her glance at my stomach and I'm reminded of what happened. It is bizarre. Why is she looking at my stomach or discussing it with someone

else? I always admired her and felt she was a friend to me. Should I bring it up next time she looks at my stomach? I'm having a hard time overcoming the hurt and wonder if I've made a mistake by considering her a friend. What do you think? — **SOFT IN THE MIDDLE**
DEAR SOFT: You caught your co-worker in mid-gossip. Shame on her. What I think is that this woman isn't as good a friend to you as you have been to her. If you wish to tell her you heard what she said and are very hurt by it, you are within your rights. Go for it, because she owes you an apology.
DEAR ABBY: I am a senior in high school. A lot of my friends are going to four-year colleges,

while I'm starting at a community college. Many of them are going far away. They know their majors, and they're all very confident in their future plans. I can't help but feel left out, even though my community college plan will save money and allow me to experiment before choosing my major. I'm confident in my plan; I just feel so out of the loop with my friends' college discussions. Is it OK to feel awkward during this transitional period? And is it OK to be unsure of what I want to do? — **WONDERING ABOUT THE FUTURE**
DEAR WONDERING: Please stop being so hard on yourself. You are far from the only young adult who is unsure of what steps they should take as they approach adult-

hood. Some high school seniors take a gap year off and get a job for this very reason. Community college seems like a practical solution for you. Bear in mind that your friends' confidence in their future plans doesn't guarantee they will end up in the careers they are aiming for now. Many times "life" intervenes and takes folks on a very different path.
DEAR ABBY: My spouse "cancels" me, and I am no longer willing to accept feeling devalued. There has been a serious communication breakdown. Mid-sentence of almost any topic of conversation I begin, he interrupts me with, "I know already," "You take too long" or, "I'm busy." Another response is typically, "I've got work to do," when, in fact, he is

reading the newspaper or just getting a cup of coffee. How do I convince my spouse this is detrimental to our relationship, or is getting through to him even possible? — **WOMAN WHO DOES NOT MATTER**
DEAR WOMAN: What one does in a situation like this is tell the spouse the current situation is not tolerable, and suggest counseling to save your marriage. If your spouse then refuses, you must decide whether to move on, because your assessment of your relationship is correct.
■ *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.*

Joseph clinic now open on Saturdays

By **BILL BRADSHAW**
Wallowa County Chieftain

JOSEPH — Responding to customer surveys, the Wallowa Memorial Medical Clinic in Joseph began in June to keep office hours on Saturdays, according to a hospital spokeswoman. "We listened to the people and wanted to give them what they asked for," said Brooke Pace, communications and public relations director for Wallowa Memorial Hospital. The clinic now has Saturday hours — from 9 a.m. to 4 p.m. in addition to its Monday through Friday schedule. The clinic, which opened April 2, 2021 after five years of planning, began as a basic primary care facility. Staff surveyed local residents who came to the new facility on tours to determine what they desired in their new clinic. "We started for a number of reasons," Pace said of the reasons for opening on Saturdays. "Access is incredibly important to us at Wallowa Memorial," she said. "When building the clinic, we conducted tours of the facility and asked the community about hours and what they wanted to see. There was a strong desire for Saturday hours, as many people can't get away from work or other responsibilities during the week. People can schedule a visit ahead of time or make a same-day appointment by calling. ... We are also hoping that by having hours on Saturday, both locals and tourists won't end up in the emergency department for nonemergent medical needs."



Photos by Bill Bradshaw/Wallowa County Chieftain
Brooke Pace, communications and public relations director for Wallowa Memorial Hospital, straightens a pillow in one of the examination rooms at the hospital's Joseph clinic Thursday, June 30, 2022. The clinic started having Saturday hours in June.

available for annual examinations, general surgery, obstetrics and gynecological care, vaccines, health coaching and group classes, programs for diabetes and chronic pain, and services from visiting nurses for the homebound. In addition to the hospital in Enterprise, Wallowa Memorial Medical has four clinics: one each in Joseph, Enterprise, downtown Enterprise and Wallowa. They all are under the umbrella of the Wallowa Health Care District, Pace said. She said the new Saturday hours will not just be for the summer tourist season and will continue all year long. "It will continue past the summer months," she said. The clinic has a history of serving the county's health care needs since 2015 when Wallowa Mountain Medical — formed in 1991 by Dr. Deeve Boyd — joined the Wallowa County Health Care District.



The Wallowa Memorial Medical Clinic in Joseph is now open Saturdays in response to the desires expressed by local residents. The Saturday hours began in June.

WALLOWA MEMORIAL MEDICAL CLINIC — JOSEPH
What: Primary care clinic
Where: 800 N. Main St, Joseph
When: Monday-Friday, 8 a.m.-5 p.m.; Saturday 9 a.m.-4 p.m.
Phone: 541-426-7900; hospital 541-426-3111
Online appointments: wallowamemorialmedical-clinics.org.

MULES

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"Farming with mules is not tidy," he said. "I wouldn't farm if I couldn't farm with mules." He said the number of farmers who farm using mules is not large. Many that use mules or horses to farm are faith-based, such as the Amish, and are often located in other parts of the country. There is a farm in Walla Walla, Washington, called the Hayshaker Farm, which uses mules and is not Amish. "They are young folks about our age that learned how to drive a team from the same mentor as us, John Erskine, who lives in Sequim, Washington, on the Olympic Peninsula," Bass said. "We have collaborated with Hayshaker Farm a couple of times for plowing. We went to their plowing bee last year and they came and helped us plow this year. We plan to continue to help each other out in order to keep the tradition alive," said Bass. Another draft-powered, non-Amish farm, the Hedgerose Farm, is located at Halfway. McGrath grew up on the front range of Colorado and has been a skier all his life. He moved to Western Oregon at 18. From there he moved to the Olympic Peninsula in his early 20s. He learned to work with horses and drive a team more than a decade ago and has been farming with horses for about seven years. He met Bass when they worked together at the River Run Farm on the Olympic Peninsula. Bass, a born-and-raised, self-proclaimed city kid from Minneapolis, learned to drive a team in her mid-20's when she worked at a dude ranch in Colorado. She continued to hone her skills, and learned to farm, while working at the River Run Farm after moving to the Olympic Peninsula. McGrath and Bass bought their first team, Charlie and Mae, a pair of Belgian mules about three years ago. "We chose to start a farm because we are passionate about the work. We both love making ecological observations, watching plants grow and caring for livestock," she said. Of farming with mules, McGrath sums it up this way: "It's just a choice we made, and we really like it."

weather

TONIGHT	FRI	SAT	SUN	MON
Mainly clear	Mostly sunny and pleasant	Partly sunny and pleasant	Sunny and nice	Sunny and pleasant
Baker City Comfort Index™ 7	52 82 50	81 47 9	82 48 9	86 53 8
La Grande Comfort Index™ 8	56 81 54	82 52 9	81 53 9	89 58 7
Enterprise Comfort Index™ 7	53 78 53	79 50 9	81 52 9	84 56 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 Tuesday	83°	78°	87°	
Low Tuesday	42°	48°	50°	
PRECIPITATION (inches)	Tuesday	0.00	Trace	Trace
Month to date	0.01	0.16	0.32	
Normal month to date	0.11	0.14	0.15	
Year to date	4.47	8.92	17.76	
Normal year to date	5.55	10.20	14.67	

TUESDAY EXTREMES

NATION (for the 48 contiguous states)
High: 110° Death Valley, Calif.
Low: 29° Bodie State Park, Calif.
Wettest: 5.01" Luverne, Minn.

OREGON
High: 92° Ontario
Low: 39° Crater Lake
Wettest: 0.78" Sexton Summit

AGRICULTURAL INFO.

HAY INFORMATION FRIDAY

Lowest relative humidity	40%
Afternoon wind	NNW at 7 to 14 mph
Hours of sunshine	10.3
Evapotranspiration	0.25

RESERVOIR STORAGE (through midnight Wednesday)

Phillips Reservoir	24% of capacity
Unity Reservoir	88% of capacity
Owyhee Reservoir	38% of capacity
McKay Reservoir	99% of capacity
Wallowa Lake	27% of capacity
Thief Valley Reservoir	96% of capacity

STREAM FLOWS (through midnight Tuesday)

Grande Ronde at Troy	5060 cfs
Thief Valley Reservoir near North Powder	125 cfs
Burnt River near Unity	88 cfs
Umatilla River near Gibbon	107 cfs
Minam River at Minam	1510 cfs
Powder River near Richland	30 cfs

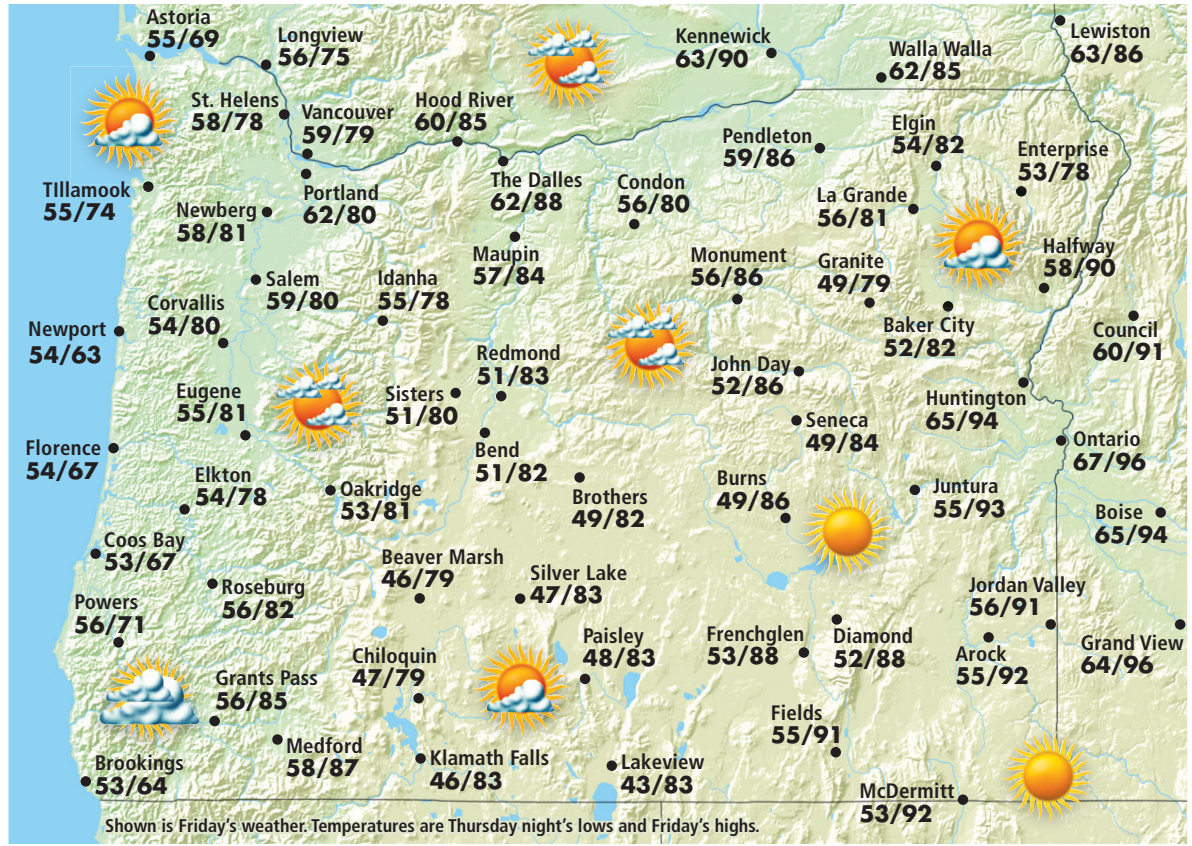
SUN & MOON

	THU.	FRI.
Sunrise	5:12 a.m.	5:13 a.m.
Sunset	8:42 p.m.	8:42 p.m.
Moonrise	1:58 p.m.	3:13 p.m.
Moonset	12:43 a.m.	1:03 a.m.

MOON PHASES

Full	Last	New	First
Jul 13	Jul 20	Jul 28	Aug 5

AROUND OREGON AND THE REGION



REGIONAL CITIES		RECREATION FORECAST FRIDAY			
City	FRI. HI/Lo/W	SAT. HI/Lo/W	City	FRI. HI/Lo/W	SAT. HI/Lo/W
Astoria	69/55/c	69/57/pc	Lewiston	86/62/pc	87/61/s
Bend	82/52/pc	82/51/s	Longview	75/53/pc	75/54/pc
Boise	94/62/s	92/62/s	Meacham	79/50/pc	78/48/s
Brookings	64/54/pc	68/56/pc	Medford	87/59/s	88/57/s
Burns	86/50/s	86/50/s	Newport	63/52/pc	65/51/c
Coos Bay	67/54/pc	68/53/s	Olympia	75/51/c	74/52/c
Corvallis	80/53/pc	80/52/c	Ontario	96/65/s	95/66/s
Council	91/59/s	88/56/s	Pasco	92/60/s	93/59/s
Elgin	82/53/s	82/52/s	Pendleton	86/59/pc	87/59/s
Eugene	81/55/pc	81/55/pc	Portland	80/61/pc	81/59/pc
Hermiston	89/64/s	91/59/s	Powers	71/55/s	73/53/s
Hood River	85/60/pc	83/60/s	Redmond	83/51/pc	84/49/s
Imnaha	87/61/t	86/58/t	Roseburg	82/56/pc	84/56/pc
John Day	86/52/pc	85/52/s	Salem	80/58/pc	81/56/pc
Joseph	80/52/t	78/49/pc	Spokane	82/58/s	80/58/s
Kennewick	90/61/s	92/61/s	The Dalles	88/61/s	87/62/s
Klamath Falls	83/46/s	82/47/s	Ukiah	78/46/pc	79/47/s
Lakeview	83/43/s	85/47/s	Walla Walla	85/60/pc	86/61/s

ANTHONY LAKES A shower	64 44	PHILLIPS LAKE Nice with sunshine	81 48
MT. EMILY REC. Partly sunny; nice	70 50	BROWNLEE RES. Mostly sunny	91 58
EAGLE CAP WILD. Mostly sunny	71 42	EMIGRANT ST. PARK Partly sunny	75 45
WALLOWA LAKE A stray t-storm	80 52	MCKAY RESERVOIR Partly sunny	84 57
THIEF VALLEY RES. Breezy in the p.m.	82 50	RED BRIDGE ST. PARK Nice with sunshine	81 54

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