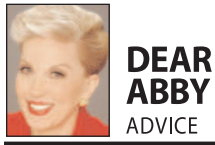


'Amazing' connection with married man destined to fizzle out



DEAR ABBY
ADVICE

DEAR ABBY: Right before the COVID pandemic began, I was working in D.C. and met a man who lives there. We had amazing chemistry, but soon afterward I was no longer able to travel. We stayed in touch for a bit, but out of the blue he stopped communicating. I didn't think much of it because I was stuck back in the Midwest, so there was nowhere for the relationship to go. Two years later, out of the blue, he

contacted me. By this time I knew he was married with four older children (all but one over 18). We started out just talking, then realized we could talk to each other about anything. We not only knew we had good physical chemistry, but suddenly found we had formed an intellectual and emotional connection unlike anything either of us had experienced before. I did feel guilty but, at the same time, I don't subscribe to societal norms regarding monogamy, and neither does he. He wants to keep his family intact while the two youngest finish school. Also, he and his wife don't have a typical love relationship — it was an arranged marriage. We have the most

amazing conversations and have fallen hard for each other. I suspect, however, that at the end of the day, I may be hung up on a fairytale that will never happen and there will always be a reason for him not to leave his marriage. Any advice is appreciated. — **STRUCK BY LOVE**
DEAR STRUCK: I'm glad to offer it: run while you still can. The odds of this working out the way you dream of are low. If you follow my advice, I won't be reading a letter from you in the next 10 years or so bemoaning the end of a relationship that was destined from the beginning to go nowhere.
DEAR ABBY: My wife of 15 years is a cat lover. When we were first married,

she begged me to allow the cat she had at her mother's house to live with us. I reluctantly agreed on the condition that the litter box was tended to and the cat would not be allowed on the kitchen counters. We are now living in a house instead of a trailer home. I'm surrounded by more than 12 cats, and my wife does a terrible job of cleaning the litter boxes. Our house and everything we own smells terrible. I have asked her repeatedly to find homes for some of the cats, and every time it becomes a fight. I love my wife, but I can no longer tolerate the nasty smell and constantly having my life affected by these cats. I don't know what to do. — **OVER IT IN MINNESOTA**

DEAR OVER IT: Tell your cat-loving wife that this isn't what you signed on for. She has reneged on your agreement. Explain, as calmly as possible, that although you love her, you are no longer willing to live in a dirty, urine-soaked house and it's you or the cats — and be prepared to leave. Nothing will change unless you draw the line. If she agrees, it may take a forensic cleaning crew to get the house back in shape. You have my sympathy.
■ *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.*

NEWS OF THE WEIRD

Gross or great? Fancy butter boards soar as shortage looms

BY LEANNE ITALIE
The Associated Press
NEW YORK — Legit gross or crazy delicious? Butter boards, the polarizing stepchild of charcuterie, have taken TikTok to new food-craze heights as some horrified safety and nutrition experts look on. And now, heading into the holidays, the boards are landing on tables as quick, inexpensive alternatives to the meat- and fancy cheese-laden OG despite a winter butter shortage projected for the U.S. that could drive up prices and make it more difficult to find in supermarkets.
"I wish they'd just go away. The idea of smearing something on a wood board with other food, sharing that with other people and having them all dip into it. It's a bacteria heaven," said Laura Cipullo, a registered dietitian in New York City.
Justine Doiron, who creates food content as @justine-snacks on TikTok and Instagram, got the butter board party started on Sept. 15. She is credited with coining the term in a video that has her spreading it with abandon on a cutting board and topping it with, among many other things, edible flowers.
She got the idea — jazzed up butter on wood — from chef Joshua McCadden's 2017 cookbook with Martha Holmberg, "Six Seasons: A New Way

with Vegetables."
"I think the draw is that it's super customizable," Doiron told The Associated Press. "You can be so creative with it, and people are always looking for something they've never seen before. It's a low effort way to have some fun with food."
Side note: She has a plant named Butter.
Doiron went viral with her busy butter board and hand swipes with thick, crusty slices of bread. Copycat videos under the #butterboard hashtag have since racked up more than 240 million views on TikTok. Searches related to the topic have reached 10 billion on the platform, with decorated mountains of butter also going strong on Instagram.
And the boards themselves have spawned sweet sister versions, vegan cousins and ice cream aunts and uncles. Magnolia Bakery posted a video of buttercream frosting being spread artfully on a cake stand with pieces of cookie, brownies, rainbow sprinkles and other goodies for swiping.
Private chefs are fielding lots of requests from clients now looking for spreadables on boards. Kevin Hart's Los Angeles chef, Kai Chase, said she created several of the boards for him as



Valerie Allen/Contributed Photo
Butter boards, the polarizing stepchild of charcuterie, have taken TikTok to new food-craze heights.

a splurge. While some eateries have been smearing butter on boards for years, Magnolia, for one, has no plans to sell boards of its own. As for the notion of promoting sugar overload, Magnolia's CEO and chief baking officer, Bobbie Lloyd, said: "We believe that moderation is the key to a sweet, balanced life."
Doiron has some butter board regrets, food handling wise, though she's reluctant to put the "yuck in anybody's yum."
"I prefer a knife. The big mistake in

my video was swiping it because I only had 28 seconds. But I think just like a charcuterie board, serve it with a knife, let people serve themselves. But it's really up to personal preference," she said.
Suzie Cornell in Boca Raton, Florida, brought along a lox and cream cheese board to break the Yom Kippur fast in early October when her family got together with a small group of friends. Assembling food on a board (in her case, stone) appeals for a simple reason: "I don't cook. I mean, literally, I don't cook."
Cornell tossed out the communal swipe situation and went for cutlery because the hand-swiping grosses her out.
In Salina, Ohio, Emily Westerfield has a small catering company that specializes in boards and bites. Boards smeared with spreads and toppings are on the tongues of many clients these days.
"I'm getting requests like crazy. A friend who's hosting her book club asked for a cream cheese board since they meet in the morning," she said.
Darin Detwiler, an assistant teaching professor of food policy at Northeastern University and an expert on food industry regulation, sees the potential for pathogens everywhere when it comes to butter boards. Wood boards crack and those cracks can't adequately be cleaned, he said.

Detwiler went into his field after losing his 16-month-old son in the 1993 E.coli outbreak tied to contaminated beef at Jack in the Box restaurants. More than 700 people fell ill in four states and three other children died as well.
"Personally, I would use a plastic board, something that can be sanitized in a dishwasher," he said. "The second hidden danger is the idea of so many hands in a butter board. People think big. People don't think about doing small butter boards. They're thinking about doing these big beautiful displays. If any of those hands aren't washed, you're just inviting opportunity."
Paul Zahn, an entertaining expert in Los Angeles, has a workaround for that: "jarcuterie."
"Make individual jars or boards for guests," he said. "That way people keep their germs to themselves and you're giving them portion control."
Some decry the fatty nature of butter in general and the almighty devil, bad cholesterol. Moderation would help there, too. Less fraught spreadables are also being used, including hummus.
"It's kind of a silly trend in a way," said Lori Shemek, a nutritionist in Dallas. "I saw one comedian who said, 'Oh, butter boards. That's like butter on bread.'"

AccuWeather | Go to AccuWeather.com

weather

	TONIGHT	SUN	MON	TUE	WED
	Partly cloudy	Rather cloudy	Times of clouds and sun	Showers around; cooler	Clouds and sun; chilly
Baker City	26	57 33	56 35	45 25	44 19
Comfort Index™	9	5	5	0	0
La Grande	35	59 41	58 39	47 28	44 24
Comfort Index™	10	8	8	0	0
Enterprise	35	57 40	59 38	46 26	42 24
Comfort Index™	9	8	9	0	1

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.

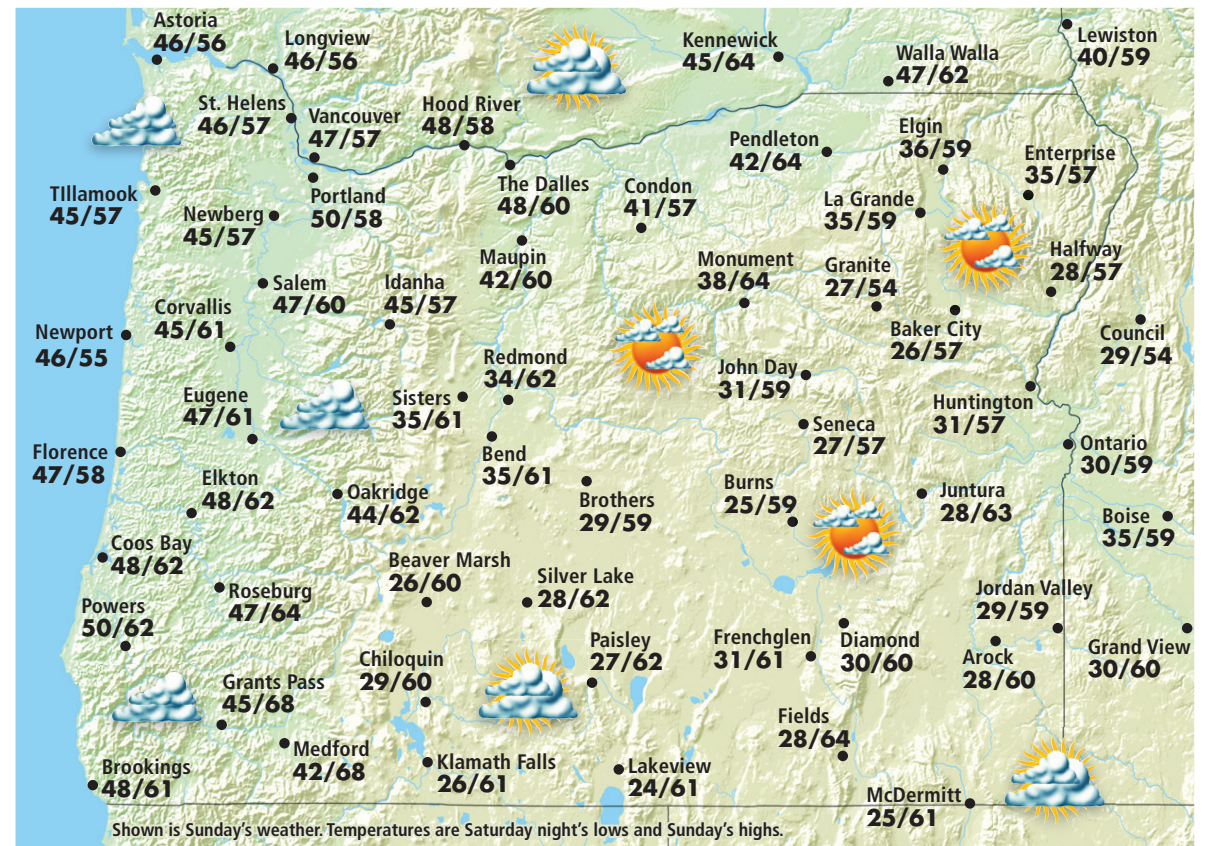
ALMANAC				THURSDAY EXTREMES			
TEMPERATURES				NATION (for the 48 contiguous states)			
High Thursday	Baker City 50°	La Grande 51°	Elgin 53°	High: 90°	Plant City, Fla.		
Low Thursday	18°	27°	31°	Low: 1°	Daniel, Wyo.		
PRECIPITATION (inches)				Wettest: 0.60"			
Thursday	0.00	0.00	0.10	OREGON			
Month to date	0.33	1.30	1.84	High: 65°	Hermiston		
Normal month to date	0.53	1.30	1.75	Low: 11°	Burns		
Year to date	5.71	10.93	20.35	Wettest: 0.01"	Seaside		
Normal year to date	7.39	13.30	18.62				

AGRICULTURAL INFO.			
HAY INFORMATION SUNDAY			
Lowest relative humidity	35%		
Afternoon wind	SSW at 4 to 8 mph		
Hours of sunshine	2.9		
Evapotranspiration	0.06		
RESERVOIR STORAGE (through midnight Friday)			
Phillips Reservoir	1% of capacity		
Unity Reservoir	24% of capacity		
Owyhee Reservoir	8% of capacity		
McKay Reservoir	34% of capacity		
Wallowa Lake	5% of capacity		
Thief Valley Reservoir	1% of capacity		
STREAM FLOWS (through midnight Thursday)			
Grande Ronde at Troy	770 cfs		
Thief Valley Reservoir near North Powder	1 cfs		
Burnt River near Unity	12 cfs		
Umatilla River near Gibbon	56 cfs		
Minam River at Minam	72 cfs		
Powder River near Richland	9 cfs		

WEATHER HISTORY			
On Oct. 29, 1991, a storm dumped up to a foot of snow in Utah. Another storm dropped nearly 5 inches of rain on Little Rock, Ark. A third storm sank boats along the Massachusetts coast.			
SUN & MOON			
Sunrise	7:27 a.m.	SAT.	SUN.
Sunset	5:44 p.m.		5:43 p.m.
Moonrise	12:44 p.m.		1:44 p.m.
Moonset	8:49 p.m.		9:59 p.m.
MOON PHASES			
First	Full	Last	New
Oct 31	Nov 8	Nov 16	Nov 23

AROUND OREGON AND THE REGION

Forecasts and graphics provided by AccuWeather, Inc. ©2022



REGIONAL CITIES				RECREATION FORECAST SUNDAY			
City	SUN. Hi/Lo/W	MON. Hi/Lo/W	City	SUN. Hi/Lo/W	MON. Hi/Lo/W	ANTHONY LAKES	PHILLIPS LAKE
Astoria	56/51/r	56/41/sh	Lewiston	59/49/c	62/45/c	Mostly cloudy	Mostly cloudy
Bend	61/39/c	56/33/c	Longview	56/52/r	57/42/r	43 29	54 32
Boise	59/38/pc	65/42/c	Meacham	57/40/c	55/36/c	MT. EMILY REC.	BROWNLEE RES.
Brookings	61/48/c	57/45/c	Medford	68/40/pc	62/45/c	Mostly cloudy	Mostly cloudy
Burns	59/27/pc	62/33/c	Newport	55/51/c	56/43/r	50 37	58 37
Coos Bay	62/49/c	58/45/r	Olympia	55/49/r	53/38/sh	EAGLE CAP WILD.	EMIGRANT ST. PARK
Corvallis	61/48/c	58/41/r	Ontario	59/33/pc	61/41/pc	Mostly cloudy	Mostly cloudy
Council	54/33/pc	58/38/c	Pasco	64/50/c	66/43/pc	45 29	55 37
Elgin	59/42/c	58/40/c	Pendleton	64/45/c	64/44/pc	WALLOWA LAKE	MCKAY RESERVOIR
Eugene	61/45/c	55/42/r	Portland	58/50/r	59/43/r	Partly sunny	Mostly cloudy
Hermiston	62/45/c	64/43/pc	Powers	62/49/c	59/43/r	55 38	64 46
Hood River	58/48/c	59/43/sh	Redmond	62/36/c	58/34/c	THIEF VALLEY RES.	RED BRIDGE ST. PARK
Imnaha	61/47/c	62/43/pc	Roseburg	64/44/c	59/44/r	Rather cloudy	Rather cloudy
John Day	59/33/pc	60/36/pc	Salem	60/49/c	59/45/r	57 33	59 41
Joseph	55/38/pc	58/37/c	Spokane	52/46/c	57/38/c		
Kennewick	64/49/c	66/43/c	The Dalles	60/48/c	59/44/c		
Klamath Falls	61/29/c	62/33/c	Ukiah	57/37/c	56/34/pc		
Lakeview	61/25/pc	64/33/c	Walla Walla	62/50/c	62/43/pc		

LAST CHANCE!
FOR DISCOUNTED SEASON PASSES
PRICES INCREASE AFTER OCTOBER 31!

PURCHASE:
ONLINE AT ANTHONYLAKES.COM
IN LA GRANDE AT THE MOUNTAIN WORKS
IN BAKER CITY AT THE TRAILHEAD OR KICKS SPORTSWEAR

AnthonyLakes.com