

Woman's judgmental nature unleashed on close friend



DEAR ABBY
ADVICE

DEAR ABBY: I had a close friend, "Kayleigh," for about 10 years. She helped me through tough times and was always there for me. Now I feel like she has turned into someone else. For the last six months, she has been putting down everyone I love, even in front of my daughter. She sees no problem with it, nor does she have any remorse.

Kayleigh doesn't have a healthy relationship with her family or in her love life. I believe I'm her only

friend. When she does this, I feel like she's disrespecting me. I have talked to her about it, but she never apologizes. She gets defensive and says it's "just her opinion, it shouldn't matter and I shouldn't stay mad."

I have told Kayleigh things in confidence, but she's thrown them in my face, which made me feel insecure and small. I no longer talk to her about these issues because sometimes she brings it up with a jab. I can't be friends with someone who acts this way. I have stopped talking to her, but now I'm having a hard time not feeling guilty. Advice? — **FRIENDLESS IN MISSOURI**

DEAR FRIENDLESS: Why would you continue to confide in some-

one who might use the information to make you feel bad? Backing away from a relationship like that is healthy. I have said before that not all friendships last forever, and this appears to be one of them. Kayleigh's refusal to apologize if you tell her she has made you feel disrespected indicates she doesn't care about the effect her comment had on you. Quit flogging yourself and get on with your life.

DEAR ABBY: Some friends of ours agreed to housesit for my wife and me recently while we were on a weeklong cruise. They live in a small condo. We have a large house in a golf course community, so they welcomed the opportunity. To show our appreciation, we gave them a \$200

gift card to use at the golf course (they are golfers).

When we returned, we learned they had invited four of their family members to spend several nights at our house, and used our bedroom and my office as sleeping quarters. It was apparent the guests had departed shortly before our return because there were piles of wet towels in the laundry room, and our beds still had their slept-in linens.

My wife and I feel betrayed and hurt by what our friends did, and we told them how we felt. Their reaction was that they thought they didn't "have" to wash their dirty linens. Were we at fault for not doing a better job explaining our expectations

when we asked them to housesit? — **INVADED IN WASHINGTON**

DEAR INVADED: This couple may be friends, but their manners are atrocious. They should not have invited anyone to spend the night in your home without first receiving permission. That you returned to find dirty linens on your beds and soiled towels is disgusting. None of what transpired is your fault. You should not have had to leave a list of rules for these presumptuous people. Find other housesitters and don't invite them again.

■ *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.*

On Nutrition: Feeding kids with Type 1 diabetes

BY BARBARA INTERMILL
Tribune News Service

I met her at a function for young children at our church. Unlike the other parents who dropped off their kids and came back later to pick them up, this young mom stayed and waited. "My son has Type 1 diabetes," she explained. "I like to monitor his blood sugars when the snack is served so I can give him insulin if he needs it."

She showed me the smartwatch on her wrist. Her son wears a continuous glucose monitor (CGM) that records his blood sugar every five minutes and sends the information to

his mom's device. And because he also wears an insulin pump, he can discretely get the insulin he needs without the poke of a needle.

We've come a long way. In the early 1990s, a friend of mine whose young son had Type 1 diabetes described how she'd chase her toddler around the house trying to give him the multiple shots of insulin he needed each day to survive. And because every blood sugar reading required a prick to his finger, she was often unaware if his blood sugar levels were too high or too low.

Type 1 diabetes is the most

common type of diabetes in young people. It happens when — for reasons not yet fully understood — the body turns on itself and destroys the cells that produce the hormone insulin.

Without insulin, the body is unable to deliver energy into cells. To sustain their lives, people with Type 1 diabetes depend on multiple doses of insulin every day.

Feeding kids with Type 1 diabetes is tricky. They are still growing. And their appetites and habits change from day to day.

Experts tell us that no one "diet" is best for children with

Type 1 diabetes. While these kids must carefully match their insulin doses to the amount of sugars and starches (carbohydrates) they eat, they still need the same nutrients and experiences with food as other children. That's why the technology of CGMs (no finger sticks!) and insulin pumps that deliver insulin with the touch of a button are so great for kids.

The biggest fear for those with Type 1 diabetes is hypogly-

cemia (low blood sugar). This can occur if too much insulin is given for the amount of food one eats. And it's also a concern when a child is more active than usual without proper adjustments to his diet and insulin dose. In other words, it's complicated.

Again, thanks to modern technology, a child who wears a CGM gets an audible alarm whenever his blood sugar is on the down slope. Parents and

kids sleep much better at night with this feature.

Stay tuned for more about diabetes. In the meantime, check out the Juvenile Diabetes Research Foundation at <https://www.jdrf.org/t1d-resources>.

■ *Barbara Intermill is a registered dietitian nutritionist and syndicated columnist. She is the author of "Quinn-Essential Nutrition: The Uncomplicated Science of Eating." Email her at barbara@quinessentialnutrition.com.*

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weather

TONIGHT	WED	THU	FRI	SAT
Clear and cold	Partly sunny	Partly sunny and chilly	Mostly sunny and cold	Partly sunny and chilly
Baker City 9	40 11	36 13	35 16	36 12
Comfort Index™ 1	1	2	1	0
La Grande 20	41 22	38 18	34 19	37 18
Comfort Index™ 2	2	1	1	0
Enterprise 21	40 23	36 16	33 16	36 18
Comfort Index™ 3	3	2	2	3

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 43° 43° 45°
Afternoon wind 17° 26° 18°
Low Sunday 17° 26° 18°

PRECIPITATION (inches)
Sunday 0.00 0.00 0.00
Month to date 0.55 2.74 5.13
Normal month to date 0.30 0.81 1.15
Year to date 6.26 13.67 25.52
Normal year to date 7.78 14.39 20.18

AGRICULTURAL INFO.
HAY INFORMATION WEDNESDAY
Lowest relative humidity 40%
Afternoon wind S at 4 to 8 mph
Hours of sunshine 7.6
Evapotranspiration 0.04

RESERVOIR STORAGE (through midnight Monday)
Phillips Reservoir 1% of capacity
Unity Reservoir 27% of capacity
Owyhee Reservoir 9% of capacity
McKay Reservoir 28% of capacity
Wallowa Lake 8% of capacity
Thief Valley Reservoir 6% of capacity

STREAM FLOWS (through midnight Sunday)
Grande Ronde at Troy 1000 cfs
Thief Valley Reservoir near North Powder 5 cfs
Burnt River near Unity 8 cfs
Umatilla River near Gibbon 81 cfs
Minam River at Minam 89 cfs
Powder River near Richland 11 cfs

SUNDAY EXTREMES
NATION (for the 48 contiguous states)
High: 88° Miami, Fla.
Low: -16° Yellowstone N.P., Wyo.
Wettest: 1.14" Cocoa, Fla.

OREGON
High: 56° North Bend
Low: 4° Lakeview
Wettest: Trace Medford

WEATHER HISTORY
A devastating tornado cut an 18.5-mile-long path through Huntsville, Ala., on Nov. 15, 1989. Twenty-one people died, and 463 were injured. Over 500 buildings were damaged at a cost of \$100 million.

SUN & MOON

	TUE.	WED.
Sunrise	6:51 a.m.	6:52 a.m.
Sunset	4:23 p.m.	4:22 p.m.
Moonrise	10:26 p.m.	11:32 p.m.
Moonset	1:04 p.m.	1:28 p.m.

MOON PHASES

Last	New	First	Full
Nov 16	Nov 23	Nov 30	Dec 7

AROUND OREGON AND THE REGION

Forecasts and graphics provided by AccuWeather, Inc. ©2022

Shown is Wednesday's weather. Temperatures are Tuesday night's lows and Wednesday's highs.

REGIONAL CITIES

City	WED. HI/Lo/W	THU. HI/Lo/W	City	WED. HI/Lo/W	THU. HI/Lo/W
Astoria	56/36/s	54/35/s	Lewiston	38/27/pc	41/22/s
Bend	45/15/s	32/14/c	Longview	52/32/s	51/26/s
Boise	39/18/s	38/20/pc	Meacham	39/19/pc	36/15/s
Brookings	61/43/s	54/42/pc	Medford	57/30/s	53/31/s
Burns	39/9/s	38/10/pc	Newport	54/38/s	51/38/s
Coos Bay	60/37/s	56/36/pc	Olympia	49/27/pc	48/24/s
Corvallis	49/29/s	48/27/pc	Ontario	38/19/s	38/17/pc
Council	34/14/pc	36/12/s	Pasco	38/21/pc	40/16/s
Elgin	43/23/pc	38/18/s	Pendleton	35/21/pc	36/22/pc
Eugene	48/30/s	47/26/pc	Portland	50/32/s	49/33/pc
Hermiston	38/22/pc	39/18/pc	Powers	63/40/s	60/37/pc
Hood River	40/28/pc	45/26/pc	Redmond	46/12/s	34/14/c
Imnaha	43/24/pc	39/19/s	Roseburg	55/34/s	54/32/pc
John Day	45/16/s	39/16/pc	Salem	50/27/s	49/29/pc
Joseph	40/19/pc	35/15/s	Spokane	34/21/pc	35/14/s
Kennewick	37/22/pc	40/16/s	The Dalles	39/28/s	44/23/pc
Klamath Falls	44/14/s	44/18/pc	Ukiah	42/19/s	34/16/pc
Lakeview	45/12/s	45/13/s	Walla Walla	34/25/pc	37/23/pc

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

ANTHONY LAKES	PHILLIPS LAKE
Partly sunny	Mostly sunny
32 13	38 11
MT. EMILY REC.	BROWNLEE RES.
Partly sunny	Partly sunny
38 21	42 18
EAGLE CAP WILD.	EMIGRANT ST. PARK
Partly sunny	Mostly sunny
31 9	39 17
WALLOWA LAKE	MCKAY RESERVOIR
Partly sunny	Mostly sunny; cold
40 19	36 21
THIEF VALLEY RES.	RED BRIDGE ST. PARK
Partly sunny	Partly sunny
40 11	41 22

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