

Relationship with boyfriend is now a dangerous nightmare



DEAR ABBY
ADVICE

DEAR ABBY: I am in a relationship I can't get out of. I was told by my "boyfriend" that what he's doing is normal. He says it's what people who love each other do, and he loves me more than anyone has ever loved me. I have told him repeatedly that I don't love him.

He drives by my house and follows me to work. He has also watched to make sure I'm going where I said, like to the gym and the store. He tells me that every man wants to have sex with me, and that I dress too sexy (I mostly

wear leggings and tank tops). He has monitored Zoom meetings that I go to.

All of the watching and following is without my permission or knowledge. He usually tells me about it later, saying he only does it "out of love." This has been going on for a few years. Why do I put up with it? I have tried to break up. It started after a few months together. But he guilted me into staying, saying he'd be all alone. Or he'd kill himself. Then I found out he filmed us having sex a few times, and he's threatening that if I don't stay, people will see it.

Please tell me what to do. I have no self-esteem left, and yes, I feel like the slut that I am made out to be. I'm not

sure what you can do to help me. I have no one to talk to. — **ANONYMOUS PRISONER**

DEAR PRISONER: This person doesn't "love" you. Your boyfriend is an abuser, a stalker and an extortionist. You are right that you need someone to talk to. Actually, I can think of more than one. Pick up the phone and call 800-799-7233. It's the toll-free number of the National Domestic Violence Hotline. A counselor there will be happy to offer suggestions on how to deal with your abuser. During the conversation, ask whether his threat to make the sex tape public should be reported to the police. (I think it should be.)

P.S. And please stop feeling guilty. If

you are worried that he might kill himself if you end the relationship, don't be. He has no intention of following through.

DEAR ABBY: Our son died suddenly a month ago. It was a terrible shock. That same day, his mother (my wife) announced, "We are done!" as a couple. We've been married 41 years, but our relationship has always been rocky. She hasn't spoken to me since then. I have two areas of deep grief and no one to talk with to share the agony of losing a son and a marriage simultaneously. Family members and close friends have been sympathetic, but most don't know what to say. Any advice would be welcomed. — **MOURNING IN TENNESSEE**

DEAR MOURNING: Please accept my deepest sympathy for the death of your son. Because you have no one to confide in, it's important you start talking with a grief counselor about the double loss you have experienced. It will take time to work through the sadness you are feeling in the aftermath of your son's passing. While no one can blame you for your anger at your wife for her poor timing, once your sadness lessens, you may realize how fortunate you are to finally be freed from a 41-year unhappy marriage.

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.

Turkey

Continued from B1

TURKEY QUESADILLA

Recipe by Linda Gassenheimer

- 2 8-inch light whole wheat flour tortillas
- 3/4 cup shredded low-fat pepper jack cheese
- 10 ounces cooked turkey breast (cut into thin strips) (about 2 cups)
- 1/4 cup sliced pimento
- 1 tablespoon seeded, sliced jalapeno pepper



cheese to the tortillas, covering half of each one. Add the turkey over the cheese and then the pimento and jalapeno peppers. Fold each tortilla over. Heat a large skillet over medium heat. Add the folded tortillas and cover the skillet with a lid. Turn the heat down

to low and cook 2 minutes. Turn the folded tortillas over with a wide spatula. Cover the skillet with the lid and cook another 2 minutes. Watch to make sure the tortillas don't burn. Place each tortilla on a dinner plate and serve with the coleslaw.



Yield 2 servings.
Per serving: 411 calories
(33% from fat), 15.2 g fat (7 g

« Coleslaw and salsa verde combine to make a spicy side dish for your turkey quesadilla.

123RF

saturated, 3.9 g monounsaturated), 117 mg cholesterol, 55.7 g protein, 17.7 g carbohydrates, 6.5 g fiber, 711 mg sodium.

COLESLAW WITH SALSA VERDE

Recipe by Linda Gassenheimer

1 1/2 cups deli coleslaw

2 tablespoons salsa verde
Drain coleslaw. Mix salsa verde into the coleslaw. Divide between two dinner plates.

Yield 2 servings.
Per serving: 243 calories (62% from fat), 16.8 g fat (3 g saturated, no monounsaturated), 15 mg cholesterol, 1.8 g protein, 23.5 g carbohydrates, 3.3 g fiber, 495 mg sodium.

Linda Gassenheimer is the author of over 30 cookbooks, including her newest, "The 12-Week Diabetes Cookbook." Listen to Linda on www.WDNA.org and all major podcast sites. Email her at Linda@DinnerInMinutes.com.

Place the two tortillas on a countertop. Divide all the ingredients in half. Add the

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weather

	TONIGHT	WED	THU	FRI	SAT
	An evening shower or two	Variably cloudy; milder	Partly sunny	Sun through high clouds	Morning snow showers
Baker City	25	45 20	45 25	44 28	45 26
Comfort Index™	0	3	3	2	2
La Grande	30	47 29	47 33	45 34	46 31
Comfort Index™	0	5	3	2	0
Enterprise	31	43 31	52 34	47 35	44 30
Comfort Index™	1	3	8	5	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		SUNDAY EXTREMES		
TEMPERATURES	Baker City La Grande Elgin	NATION (for the 48 contiguous states)		
High Sunday	38° 39° 41°	High: 82°	Anaheim, Calif.	
Low Sunday	5° 22° 11°	Low: -16°	Yellowstone N.P., Wyo.	
PRECIPITATION (inches)		Wettest: 4.70"	Opa Locka, Fla.	
Sunday	0.00 0.00 0.00	OREGON		
Month to date	0.55 2.74 5.13	High: 60°	Brookings	
Normal month to date	0.48 1.28 1.96	Low: -8°	Lakeview	
Year to date	6.26 13.67 25.52	Wettest: none		
Normal year to date	7.96 14.86 20.99			

AGRICULTURAL INFO.

HAY INFORMATION WEDNESDAY

Lowest relative humidity	45%
Afternoon wind	S at 4 to 8 mph
Hours of sunshine	0.3
Evapotranspiration	0.05

RESERVOIR STORAGE (through midnight Monday)

Phillips Reservoir	1% of capacity
Unity Reservoir	28% of capacity
Owyhee Reservoir	10% of capacity
McKay Reservoir	27% of capacity
Wallowa Lake	9% of capacity
Thief Valley Reservoir	9% of capacity

STREAM FLOWS (through midnight Sunday)

Grande Ronde at Troy	70 cfs
Thief Valley Reservoir near North Powder	0 cfs
Burnt River near Unity	8 cfs
Umatilla River near Gibbon	61 cfs
Minam River at Minam	N.A.
Powder River near Richland	19 cfs

SUN & MOON

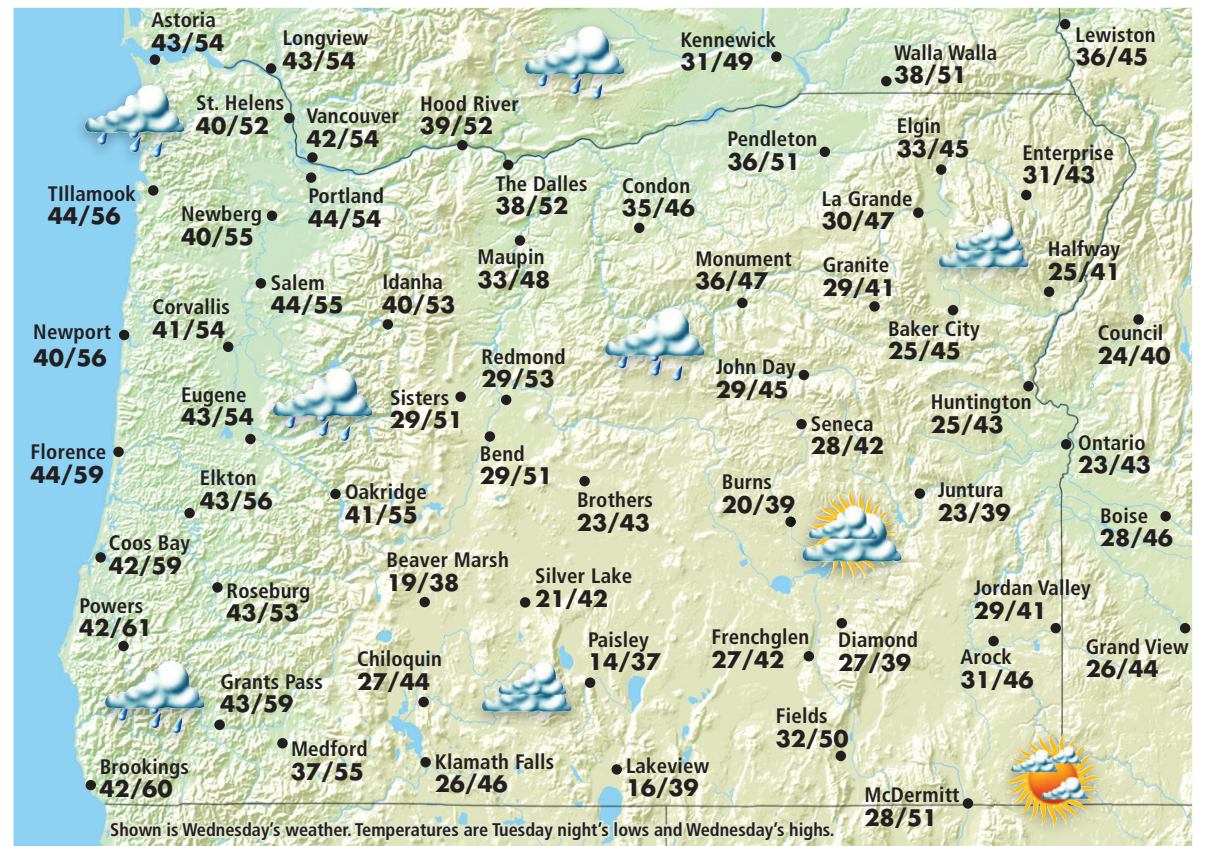
	TUE.	WED.
Sunrise	7:00 a.m.	7:01 a.m.
Sunset	4:16 p.m.	4:16 p.m.
Moonrise	5:27 a.m.	6:48 a.m.
Moonset	3:29 p.m.	4:00 p.m.

MOON PHASES

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

AROUND OREGON AND THE REGION

Forecasts and graphics provided by AccuWeather, Inc. ©2022



REGIONAL CITIES

City	WED. Hi/Lo/W	THU. Hi/Lo/W	City	WED. Hi/Lo/W	THU. Hi/Lo/W
Astoria	54/38/c	56/45/pc	Lewiston	45/33/c	51/34/s
Bend	51/33/c	59/41/s	Longview	54/37/sh	54/40/pc
Boise	46/25/c	44/30/pc	Meacham	43/28/c	49/36/s
Brookings	60/45/c	60/45/pc	Medford	55/35/c	56/37/s
Burns	39/13/pc	47/20/s	Newport	56/40/c	60/43/pc
Coos Bay	59/36/c	59/42/pc	Olympia	53/33/sh	56/37/pc
Corvallis	54/36/sh	56/36/pc	Ontario	43/27/c	43/25/pc
Council	40/21/c	43/24/pc	Pasco	49/27/c	42/27/s
Elgin	45/29/c	48/35/s	Pendleton	51/30/c	46/33/s
Eugene	54/35/sh	57/38/pc	Portland	54/39/sh	54/38/pc
Hermiston	51/30/c	42/29/s	Powers	61/39/c	62/44/s
Hood River	52/36/c	49/34/pc	Redmond	53/31/c	56/37/s
Imnaha	45/27/c	49/41/s	Roseburg	53/37/sh	58/41/s
John Day	45/31/c	54/32/s	Salem	55/36/sh	57/39/pc
Joseph	41/31/c	53/35/s	Spokane	36/28/c	43/33/pc
Kennewick	49/27/c	39/27/s	The Dalles	52/36/c	49/33/s
Klamath Falls	46/21/c	52/26/s	Ukiah	44/29/c	53/37/s
Lakeview	39/15/pc	48/18/s	Walla Walla	51/30/c	40/32/s

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	Forecast	High	Low
ANTHONY LAKES	Variable clouds	33	20
PHILLIPS LAKE	Variable clouds	42	24
MT. EMILY REC.	Mostly cloudy	39	30
BROWNLEE RES.	Variable clouds	45	26
EAGLE CAP WILD.	Mostly cloudy	34	17
EMIGRANT ST. PARK	Variable clouds	41	27
WALLOWA LAKE	Variable clouds	41	31
MCKAY RESERVOIR	Mostly cloudy	48	33
THIEF VALLEY RES.	Not as cold	45	20
RED BRIDGE ST. PARK	Milder	47	29

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