

## DEAR ABBY

Write to Dear Abby online at [dearabby.com](http://dearabby.com) or by mail at P.O. Box 69440, Los Angeles, CA 90069



**Dear Abby:** Because my fiancé and I had bad experiences in the past, we settled on just living together for the last 17 years. He has been like a husband to me and faithful all these years. Recently, however, I caught him in an online affair.

I checked his phone one day out of the blue — something I have never done before because we respect each other's privacy. The emails were daily, back and forth, with only one mentioning a sexual encounter at the beginning.

He confessed that he had made a big mistake once and refused to see her again in person but had kept up the correspondence. He begged me to forgive him and I agreed, since we were together for so long.

The problem is, now we argue about his phone. He still expects the same privacy with it. I don't feel comfortable with that now. Does he still deserve the same privacy?

— Hung Up in Ohio  
**Dear Hung Up:** No, he does not. What he deserves is the chance to rebuild your trust, and that involves accountability on his part, which includes allowing you access to his phone if you feel insecure.

After 17 years together, both of you have a large emotional investment in this relationship. Because of that, it might be beneficial to schedule some sessions with a licensed relationship counselor to figure out where it went off the rails.

**Dear Abby:** I read your column every day. I know

sometimes you suggest people see a doctor, either medical or psychological. What do you do if you are terrified of doctors?

I have asthma and consult my doctor via a computer, but some doctors (like dentists) can't do that. I have horrible panic attacks and anxiety. Then my asthma kicks in, I can't breathe, and I cry uncontrollably. I don't want to take medications because they make me sleepy.

Because I'm so doped up, someone has to come with me to the doctor to drive me home and watch me be an uncontrollable mess. Also, missing a whole day of work for a one-hour doctor appointment is, in my opinion, ridiculous. I think I'd rather be sick than go to the doctor.

My family insists it's all in my head and I should just get over it, but because of many horrible experiences at doctors' offices, which I believe caused my fear, I just can't. The current situation with the worldwide COVID epidemic has made my anxiety worse. Your thoughts?

— Terrified to Go There  
**Dear Terrified:** My thought is that you need to ask your doctor or your insurance company for a referral to a licensed psychologist who specializes in phobias and panic attacks. Many of them consult with their patients online these days. Once you finally get a handle on that problem, the rest will be easier. While few people relish the idea of going to the doctor or dentist, NOT doing what is necessary to protect your health can be dangerous.

## OSAA

## Continued from A5

Those who cannot: Volleyball and football are still waiting for more state guidelines to fully return.

Due to the state's current indoor restrictions, the start of the volleyball season could start on time, or some teams could elect to move their seasons to later in the year when their respective counties could move below the extreme-risk level.

As of now, with new county risk levels set to be released this week, roughly 50 schools have the option of starting on time due to being in a lower-, moderate- or high-risk county. Those in extreme-risk counties may have to play later in the spring. The board approved "change-of-season request forms" for volleyball.

Football teams began official non-contact practices Monday, but it is still uncertain if tackle football will be allowed in the next couple of weeks.

Contact sports — football, basketball and wrestling — have been prohibited, thus making it impossible to play under the current guidelines.

*"None of (kids I've talked to) are interested in doing 7-on-7 or flag. I'm not trying to win a 7-on-7 state championship or a flag football state championship."*

— Bo DeForest, La Pine football coach

During Monday's meeting, the OSAA made it clear that the OHA would be releasing new, more lenient guidelines that could give contact sports a chance at returning.

"They can't prohibit (the contact sports) any more (than they already are)," Weber said.

Football cannot be moved to a different season like volleyball and played past May 1 because that is too close to the start of the 2021 fall season. And given the uncertainty of the upcoming OHA guidelines, there is the possibility that parts of the state play non-contact 7-on-7 football while others play tackle, Weber said.

The OSAA has been providing information to the OHA showing how other states who did not play football in the fall — such as Illinois, New York and New Mexico — are approaching their plan to restart football safely. Still, the decision

is left in the hands of the OHA and the Governor's office.

"I think this is better than not having any football at all," said Curt Shelley, the 4A representative on the executive board and superintendent of the Tillamook School District.

The mantra in football circles the past several months has been "we will take what we can get" in regards to the sports' return. But at La Pine High School, the possible transition to 7-on-7 football is not a popular one.

"None of (kids I've talked to) are interested in doing 7-on-7 or flag," said La Pine football coach Bo DeForest. "I'm not trying to win a 7-on-7 state championship or a flag football state championship."

The non-contact version of football, 7-on-7 passing leagues have continued to grow in popularity as an off-season alternative to tackle football.

But for programs who rely on running the football, like many of the schools in lower classifications that do not always have a deep quarterback pool, 7-on-7 is not enticing.

"It is just not something that benefits us," said DeForest. "Our nuts and bolts are old school. That is the way we played and that's the way we will coach."

The OSAA approved virtual linemen challenges and a virtual combine, which Central Oregon teams participated in during the fall, because linemen do not play in 7-on-7 football.

Yet, during those contents, teams were separated, and while the 7-on-7 games were played under the lights, the linemen had their challenges in the dark. Over time, the linemen challenges petered out.

"Kids want to play together, they want to work together, they don't want to be separated," DeForest said. "They can't cheer on each other. That is the number one problem, the social dynamic. Kids are losing that."

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## Bucs

## Continued from A5

"Hopefully we can keep the band together, have an off-season and actually know what we're doing (entering next season)," Arians said. "I think the sky's the limit for this group."

Brady, who won his fifth Super Bowl MVP award, was asked Sunday night and again Monday where his first title with Tampa Bay ranks with the six he won with the Patriots. He said every season is different and poses different challenges, though he finally conceded there was something special about what the Bucs were able to accomplish playing through a pandemic.

"It's great. That's where I rank it. It's been a great year, incredibly fun. I think in a unique way it was kind of like, with the coronavirus situation and all the protocols, it really was like football for junkies. There was not really a lot of other things to do other than show up to work and play football," Brady said.

"If you love football this was the year to be a player in the NFL because that's all it was," Brady added. "It was football camp with all your buddies year round. I really enjoyed that part."

Arians, 68, came out of retirement two years ago, inheriting a team that hadn't made the



Gregory Bull/AP

Kansas City Chiefs quarterback Patrick Mahomes, center, is tackled by Tampa Bay Buccaneers inside linebacker Devin White (45) and outside linebacker Jason Pierre-Paul, right, during Super Bowl 55 on Sunday.

playoffs in more than a decade. The Bucs went 7-9 in his first season, then hit the jackpot in free agency when Brady decided to leave New England.

Life hasn't been the same since.

"This was a very talented football team last year, but we really didn't know how to win. And when you bring a winner in, and he's running the ship, it makes a total difference in your locker room and every time we

step on the field," Arians said.

"I think the leadership that Tom brings and his attitude of let's go play, it's never over till it's over and we're going to win this thing somehow, some way, it permeated the locker room," the coach added. "His belief that we're going to do this, and knowing he had been there and done it, our guys believed it. It changed our entire football team."

Brady said Arians, who also

has two Super Bowl rings as an assistant coach, deserves credit, too.

"B.A. had confidence in us from the moment we got started. And even when we hit a rough patch, he never lost his poise, he never doubted what we could accomplish. He just kept believing we could do it," the quarterback said.

"When the coach believes it," Brady added, "the players believe it, too."

## Venus

## Continued from A5

"I'm trying to get better every day. I think that, no matter what happens to you in life, you always hold your head up high. You give a hundred, million percent," Williams said after compiling 10 break points and facing merely one against Flipkens. "That's what I do every single day. That's something that I can be proud of."

Williams went out on court with wide strips of beige athletic tape on her left knee, protection that looked something like an asterisk.

Asked about it by a TV reporter afterward, Williams deflected the query with a joke about "decoration" and a smile. She looked just fine in the match, those long strides carrying her along the baseline, just as they have against so many opponents over so many years.

"I feel like whenever I see her, it's really amazing just to watch, like, how much she loves tennis. I see her smiling so much nowadays, so it's really nice to see. She just has this aura of loving the sport and this infectious energy," three-time Grand Slam champion Naomi Osaka said. "I hope that I can learn a lot from her."

Truth be told, anyone could. About perspective. About perseverance. About grace.

Williams is someone who owns seven Grand Slam titles in singles — five at Wimbledon, two at the U.S. Open — and another 14 in doubles with her sister Serena.

She's someone who reached nine other major singles finals

that she lost (seven of those against Serena, part of the most remarkable sibling rivalry in sports history).

Someone who has won four Olympic gold medals. Someone who has been ranked No. 1 (and currently is No. 81).

And so on and so forth. Plus, someone who years ago needed to learn to live with an energy-sapping autoimmune disease.

"She's such an inspiration, because she never gets frustrated about her situation,

health-wise. She's always looking on the bright side," Serena said after her own lopsided first-round win at Melbourne Park on Monday.

"Then she works so hard. Yeah, she's been great. We were hitting partners for the first two weeks, 2½ weeks, since we were here in Australia. It was so good to train with her. It was so good every day," Serena added. "It's also very inspiring because she still pushes me on a level that no one's able to push me, so it was incredibly

helpful."

When the older Williams met with the media, the second question she received was about whether her age is "front of mind" for her while competing these days.

Williams volleyed right back, creating this exchange: "Would it be front of mind for you, if you were playing a professional tennis match?"

"Not necessarily."  
"There you go."  
Another well-played riposte from Williams.

YOUR HOROSCOPE *By Madalyn Aslan*

## Stars show the kind of day you'll have

★★★★★ DYNAMIC | ★★★ POSITIVE | ★★ AVERAGE | ★ SO-SO | ★ DIFFICULT

**HAPPY BIRTHDAY FOR TUESDAY, FEB. 9, 2021:** Exciting, colorful and productive, you serve many people of all directions. Enthusiastically, you initiate new projects, always ready to add a different perspective. This year, you do much reflection, and later in the year, you present life-changing ideas. If single, it is a year of introspection and love possibilities. If attached, love will go well and you will find a deepening in your communication. VIRGO cheers you up.

**ARIES (March 21-April 19)**

★★★ It's a good day for public work, career and your Dharma. Later in the day, community organizations will call your attention. It is an excellent day for starting a healing path for yourself. Tonight: You have excellent community and career opportunities.

**TAURUS (April 20-May 20)**

★★★★ The morning finds you in deep spiritual reflection and considering a sacred journey. The afternoon will be the time to work on your career. Connect with colleagues from your work and other friends. Hopes and wishes flourish. Tonight: Special plans for spiritual retreat.

**GEMINI (May 21-June 20)**

★★★★ In the morning you will feel the connection to the ancestors, as well as deep reflection within. Work on your heart, mind and soul in the afternoon, for you'll be spiritually inclined. You will also have a good time with the mystery. Tonight: Spiritual reflection.

**CANCER (June 21-July 22)**

★★★★ There are deep discussions with loved ones in the morning. Hopeful and loving times. There will be a time to reflect on ancestors and people who have gone on. It will be an inward time as well. Tonight: Sweet, loving time with your favorite ancestor.

**LEO (July 23-Aug. 22)**

★★★ Go to the gym, dance or take a long walk. Improve your health by adding a daily supplement or healthy herbs. Also, it's a good time for working with your employees and working at your job. Tonight: A loving time with your partner and loved ones.

**VIRGO (Aug. 23-Sept. 22)**

★★★★ Your morning is spent on your creative path. Romance is brewing. Let your inner child play! The afternoon will be the best time to go to the gym or take a good walk. Tonight: Perfect for light healthy food and contemplating your work situation.

**LIBRA (Sept. 23-Oct. 22)**

★★★ The day begins with a focus on projects in your home and or sitting in self-reflection. The afternoon is for utilizing crafting energies, as well as for enjoying family. Tonight: A good time to spend time with art, children or romance.

**SCORPIO (Oct. 23-Nov. 21)**

★★★★ It's a good day to say what you've been meaning to say. The truth is revealed. The afternoon is a very pleasant time at home and you can get some domestic things done. Cook something good. Tonight: Sweet, with delicious neighbor time.

**SAGITTARIUS (Nov. 22-Dec. 21)**

★★★★ This is an excellent time to work on finances and all things that support you. You will receive great information, connection and communication from out of town. Tonight: Adventurous, take a little trip across town for an exotic dinner and socially distanced conversation.

**CAPRICORN (Dec. 22-Jan. 19)**

★★★★ After some in-depth reflection, it's time to come out and be yourself and have the best of times. The afternoon will be a good time to work with your finances. Tonight: Go out for dinner or get take-out and make a list of your financial priorities.

**AQUARIUS (Jan. 20-Feb. 18)**

★★★ Journal your insightful dreams from last night. Meditate and pray this deep, receptive morning. New ideas come on strong. The afternoon is a fun time to do something good for yourself, like paint a room or buy an outfit. Tonight: Get organized for the next day.

**PISCES (Feb. 19-March 20)**

★★★★ Your morning time is superior for community work, friends and emphasizing your hopes and wishes. In the afternoon, spend time with yourself in spiritual reflection and write your own mission statement. There will be true psychic insights and pathfinders. Tonight: Intense daydreams.

■ Looking for local events or want to add your own? Go to [bendbulletin.com/events](http://bendbulletin.com/events)

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