

DEAR ABBY

Write to Dear Abby online at dearabby.com or by mail at P.O. Box 69440, Los Angeles, CA 90069



Dear Abby: I am 20-something years old, and my father still hits my behind sometimes. I feel it is inappropriate, but the last time I complained about it, several years ago, it didn't go over well. It also didn't stop his behavior.

What else can I do?

Right now all I can do is try not to place myself in a position where my behind is exposed. I no longer walk in front of him or wear leggings, and I wear oversized jackets to cover it. I'm a modest dresser. I'm not provocative. Did people back in the day normally "playfully" hit their adult daughters' behinds?

—*Inappropriate in Idaho*

Dear Inappropriate: No, they did not. Your daddy is acting like a dirty old man. His behavior may seem "playful" to him, but to persist after you asked him not to is not only inappropriate but also somewhat creepy.

You are an adult. No one has a right to hit, swat or put his hands on you regardless of how he claims it's intended.

Tell him again that you don't like it and it makes you uncomfortable, and if he persists, he will see far less of his daughter.

Dear Abby: My husband and I grew up in very conservative households. Since college (where we met) and moving to a large city, we have become more liberal. We have friends of other races with whom we are very close, but both of our families frequently post inflammatory and offensive, racially biased comments on social media. Do we have a duty because of our beliefs and our friends to publicly object to their posts? We have

previously discussed our differences with these family members, and we don't see eye to eye.

—*Different Now in Texas*

Dear Different: Because you have already discussed your differences privately with these relatives, feel free to post your reaction to the offensive posts. They won't like you for it, and the rest of the tribe may gang up on you, but you and your husband will be able to look at yourselves in the mirror knowing you spoke aloud your truth.

Dear Abby: My wife of nine years has been faking a disability for seven of them. Yes, she was injured. However, I and many others are not convinced she's in chronic pain. She doesn't take her medication, and she functions like she did before her injury.

This has had a detrimental effect on my life as well as our sons' because we have to live with her lies. When confronted, she denies it, and so does her family.

—*Stuck in the Lie*

Dear Stuck: Your wife should be examined by a pain management specialist. Whether she's in physical pain, psychological pain or faking can be determined by a medical doctor and possibly a licensed therapist who understands PTSD, depending upon how she was injured. For your sake, your sons' and hers, you owe it to yourselves to find out what the cause is.

Of course, this suggestion depends on your wife agreeing to the examination. If you are correct in your suspicions, you may want to rethink whether this is how you want to live the rest of your life.

NFL COMMENTARY | SEATTLE SEAHAWKS

Russell Wilson correct about improvements needed from the O line, and from himself

BY MATT CALKINS

The Seattle Times

You're not going to find a complaint about Russell Wilson's candor in this space. That's an all-too-common form of media hypocrisy — grumble about someone spouting too many clichés, then grumble more when they're a little too honest.

The truth is, as Wilson recently implied, the Seahawks' offensive line has been a subpar pass-blocking unit for most of his time in Seattle. But I want to focus on another truth he uttered last week.

"I've got to find ways to get better, too."

Lackluster as the offensive line has been over the past couple years, Wilson has fallen short of superstardom. The man who signed the (then) richest deal in the NFL two Aprils ago has been a hash mark or two shy of expectations.

Sure, the starts he had to the 2019 and 2020 seasons were Herculean, as he vaulted his way to the top of the MVP discussion in the first halves of each year. But then came the second halves, when RW went from all world to just all right.

It isn't atypical for offenses to slow down a touch in the latter part of the season, but Wilson's drop-offs have been rather pronounced. Take the end of the regular season in 2019, for example.

Locked in a divisional battle with the 49ers, the Seahawks



Jae C. Hong/AP Photo

Seattle Seahawks quarterback Russell Wilson (3) is sacked by Los Angeles Rams linebacker Leonard Floyd on Nov. 15 in Inglewood, California.

lost three of their final four games — including the season finale to San Francisco. Wilson's passer ratings in those losses? 69.8, 78.6 and 95.1

The passer-rating baseline for a star quarterback in a given week should be at least 100. But as Wilson underperformed, the Seahawks lost the division. The result was them surrendering a first-round bye and colliding with the Packers in Green Bay in the second round of the playoffs. They lost 28-23.

And then there was the latter part of 2020. After again garnering early MVP consideration, Wilson threw seven interceptions in a four-game span from Week 7 to Week 10, resulting in three losses. This led to a change in Seattle's offensive approach, which demanded a greater pass-run balance.

Wilson played more efficiently in the first couple games after the adjustment, but failed to post a passer rating over 100 in four of the last five regular-season games, as Seattle's offense became notoriously sluggish. The culmination of such stagnation? A first-round playoff loss to the Rams, when Wilson completed just 11 of 27 passes for 174 yards.

Russell might seem like a robot sometimes when he's fielding questions from the press, but rest assured he feels human emotions. And my guess is part of the reason he was so forthright about his lack of pass protection was to distract from his own shortcomings.

The Seahawks' most successful years came when they were defined by their defense and their running game. But

since they unofficially became Wilson's team, they've failed to reach the conference title game, and once missed the postseason altogether.

This doesn't mean that Wilson isn't still one of the best quarterbacks in the league. It doesn't mean that his gripping last week was invalid, either.

The 394 sacks he has taken in his nine seasons is more than anyone else in the NFL over that span — and 146 of those have come in the past three years. Yes, a lot of those are due to his inimitable ability to extend plays, but Wilson has never had an offensive line that ranked in the top half of Pro Football Focus' pass-blocking grades — and it ranked either 30th or 32nd in five of his seasons.

It would be amazing for any quarterback to miss just two meaningful snaps in their nine-year career, as Wilson has done. It's downright miraculous for him to have done so given the carnage he has endured. But that doesn't change the fact that he was below the top quarterback tier last year, or that he has suffered noticeable drop-offs in each of the past two seasons.

All that said, Wilson isn't going anywhere. He is too valuable to the Seahawks, and isn't the type of player who will squawk his way into a trade.

The line needs to be better if Seattle wants to go all the way. But make no mistake — Russell has to as well.

Tennis

Continued from A5

Asked how long it's been since she felt she owned those sorts of lengthy, pivotal points, Williams crossed her legs, folded her hands and cracked herself up with a joke.

"It's definitely been a minute. It's been a long minute. I think 1926 — the summer of 1926, I think — was the last time I felt that," Williams said, before turning more serious.

"I'm good at rallying and I have to embrace the things I'm good at. I'm good at playing power. I'm good at hitting 100 balls," said the 39-year-old American, whose most recent major championship came at the Australian Open in 2017. "And that's one thing that's unique about me, that I just need to kind of accept and embrace and just be good at both."

Halep, a two-time major champion who beat Williams in the 2019 Wimbledon final, certainly noticed a change.

She said Williams is "running more," and described two aspects that matter about a renewed ability to get where she wants to go as quickly as she wants to get there.

One is that it makes it "tougher for the opponents to finish the point," Halep explained, and the other is that it's "much easier" for Williams to properly calibrate offensive shots when she is in the right spot at the right time.

That patience within points is helpful, even if not always second nature for players with the sort of quick-strike power that Williams possesses. But by bidding her time, tracking down opponents' shots and letting it all develop, Williams can let the other players' mistakes help her as much as her own winners do.

"When you're not (having) a good day, you need a Plan B. ... If you can't move well, there is no Plan B; the only plan is attack," said Williams' coach, Patrick Mouratoglou. "I think it cost her a few important matches. So we have decided to find a way to bring back the footwork that she used to have in the past."

That could come in handy Thursday in the semifinals, when Williams takes on three-time major champion Naomi Osaka, who won their memorable 2018 U.S. Open final. The semifinalists on the other half of the draw will be No. 25 Karolina Muchova, who upset No. 1 Ash Barty 1-6, 6-3, 6-2, and American No. 22 Jennifer Brady, who came back to defeat unseeded compatriot Jessica Pegula 4-6,

6-2, 6-1 on Wednesday.

In each of her previous two rounds at Melbourne Park, there were drawn-out points in which Williams sprinted this way and that, somehow getting the ball back over the net, before eventually producing a desperation defensive lob.

And each time, Williams was rewarded when her opponent put an overhead into the net.

"Movement has always been one of my strengths, and so it's actually more natural for me to move, than for me not (to). So it was just kind of, like, 'Oh, that's how I used to move!' So

it's pretty good," Williams said. "I'm happy that I'm doing that again and that I put it back into my game. I think I was more focused on other things and not focused on something that is actually a strength of mine — has always been a strength of mine."

YOUR HOROSCOPE *By Madalyn Aslan*

Stars show the kind of day you'll have

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

HAPPY BIRTHDAY FOR WEDNESDAY, FEB. 17, 2021: Sensitive, realistic and hard-shelled, you go to bat for yourself, others and what you believe in. This year, preservation of your individuality while doing good for others is vital to your happiness, and you make a fortune. If single, you meet your soul mate in June, surprisingly and unexpectedly. If attached, you like your partner to awaken and inspire you. This year, greater trust grows. GEMINI is the most fun.

ARIES (March 21-April 19)

★★★★ Money can come from another source. There is something unpredictable about old financial patterns. Your values and priorities regarding finances are shifting. Learn by listening carefully to conversations. Tonight: The keyword now is "effort." You must keep trying. Rewards will manifest.

TAURUS (April 20-May 20)

★★★★ Today makes you the center of attention. Others seek your counsel and guidance. You'll be very aware of companions' limitations. Allow for the differences that generation and background make in their capabilities. Tonight: Faith is a factor in the quest for the best quality of life.

GEMINI (May 21-June 20)

★★★★ You'll cherish your privacy today. Revel in solitude and begin a dream journal. Answers brought by dreams and self-reflection are preferable to the guidance offered by others. This brings a new sense of identity. Tonight: You are embarking on an odyssey of personal discovery.

CANCER (June 21-July 22)

★★★★ Today shows some intensifying of involvement with groups and organizations. Ambitious people become worthwhile role models. Your social and romantic prospects will blossom. It's a perfect time to purchase new finery or pursue creative work. Tonight: Release all you've outgrown.

LEO (July 23-Aug. 22)

★★★★ Making contacts with helpful and powerful individuals, displaying your talents and abilities, and striving to climb a bit higher on the ladder of success will absorb you. Consider adding some feng shui cures to your workspace. Tonight: Take the night off.

VIRGO (Aug. 23-Sept. 22)

★★★★ Today shows wider mental horizons developing. You grow bored with old concepts and long to learn something new. You develop deeper insight into your own nature. The pursuit of a new study is favored. Tonight: A new vision concerning the direction of your life.

LIBRA (Sept. 23-Oct. 22)

★★★★ The veil to the other world grows thinner, and a meaningful message from a spirit guide is due. You'll experience a sense of deeper peace. Dreams and fantasy abound. Seek a wholesome creative outlet and don't jump to conclusions. Tonight: Keep stress under control.

SCORPIO (Oct. 23-Nov. 21)

★★★★ Cooperation is a must. Others will have plans and projects that involve you. A legal matter might need your attention. You can make a decision about a partnership. The prospect of a more settled and committed situation can have appeal. Tonight: Dinner with a loved one.

SAGITTARIUS (Nov. 22-Dec. 21)

★★★ Take time to understand precisely what is going on with your body. If appropriate, give a gentle alternative treatment enough time to work. You're inclined to leap into aggressive procedures. This might not be wise at present. Tonight: You feel a wonderful healing influence.

CAPRICORN (Dec. 22-Jan. 19)

★★★★ Love and romance are highlighted favorably today. Attend social functions online and develop promising relationships by taking the initiative. Opportunities for love will abound. Get involved in sports and exercise functions. Tonight: Delightful invitations and at least one admirer.

AQUARIUS (Jan. 20-Feb. 18)

★★★★ Living arrangements are about to improve. Real estate transactions can be more profitable than you think. For those with bittersweet memories of early home and family life, it's time to process them for release. Tonight: A new sense of peace and acceptance develops.

PISCES (Feb. 19-March 20)

★★★★ Today brings a solution to transportation dilemmas. Select projects that can be completed sooner rather than later. A bond with a neighbor or sibling strengthens. Your happier thoughts act as a magnet to draw support from others. Tonight: Answer emails and calls promptly.

PROUDLY PROVIDING ENT CARE FOR OUR COMMUNITY SINCE 1970

We are Central Oregon's premier providers for ear, nose, and throat and hearing care .

SAME-DAY APPOINTMENTS AVAILABLE FOR:

- Ear/sinus issues
- Vertigo episodes
- Earwax removal
- Abscesses
- Nosebleeds
- Hearing test
- Allergy consultation
- Telehealth appointments

541.526.1479

NO REFERRALS NEEDED!*



Central Oregon Ear, Nose & Throat is excited to announce same-day appointments available!

Myra Baker, PA | *Physician's Assistant*

central oregon
EAR | NOSE | THROAT

Bend | 2450 NE Mary Rose Pl, Ste 120
Redmond | 1020 SW Indian Ave, Ste 102

COENT.com | *Call for details