

## 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:** My husband and I suffered a miscarriage five months ago, in the 12th week. I'm still not doing well. I have put on a facade to get by, but I'm just starting to realize how deeply this is affecting my life.

I used to be a happy, friendly person. Always a smile on my face and laughter to be shared and hugs for my loved ones. Since the miscarriage, I put on a fake smile and try to be who I once was, but I can't keep doing it. Every day there is a moment from that day or the aftermath that floods my mind. I'm angry, bitter, mad at the unfairness, and I no longer have compassion or sympathy for others.

This isn't me. I don't want to be this way. My happiness has been replaced with tears and sadness. The hopefulness is replaced by emptiness. I'm very lost, and I don't know how to get out of this funk.

I no longer want to try to get pregnant again because the fear of the physical and emotional pain of another miscarriage has me paralyzed. Any advice you might give would be greatly appreciated.

— Broken in Missouri

**Dear Broken:** Please accept my sympathy for the loss of your child. Your depression and the fear you have about another pregnancy are not unusual after a tragedy like the one you have experienced. You are grieving, and the emotions you are feeling are to be expected.

Please schedule an appointment with your OB/GYN and tell your doctor

about all of these feelings, because the doctor can refer you to someone who can help you work through this. It will take time, but I assure you it is doable.

**Dear Abby:** My boyfriend and I have been together for close to a year now. In the beginning, we were crazy about each other and everything was great.

Our hometowns are two hours apart so, to make it work, he bought us a house right in between. It was an hour each way to our parents' houses. I thought it was the perfect compromise. But now he's telling me he isn't happy here in our new town, and he needs to sell the house and move back home.

He says he still wants to be with me and that we are going to make it work, but I can't help but be scared that this is gonna be the end of our relationship. Should I tough it out and see if we can actually make it work? Or do I call it quits and let go because maybe it is just not meant to be?

— Mixed Up in Massachusetts

**Dear Mixed Up:** You left out one important fact in your letter to me. WHY does your boyfriend need to sell the house you share and move back home? Is he so closely tied to his parents that being an hour away is too far? Is it work-related? Is he dissatisfied with your relationship? Ask him these questions because the answers will tell you what you can expect. My advice is to let things play out a bit more before making any decision other than to put the house on the market.

## Shiffrin

## Continued from A5

Shiffrin, you see, has had the same exact focus for medal races since her very first big event — the 2013 worlds in Schladming, Austria. Or, to be more precise, since halfway through the slalom at those worlds, when she won the world title at age 17 for her first medal.

Shiffrin recently thought back to that race, acknowledging that she was “freaking out” between runs.

After the first leg, Shiffrin sat third behind Scandinavian veterans Frida Hansdotter and Tanja Poutiainen, and had Maria Höfl-Riesch and Tina Maze — two of the greatest skiers of their generation — breathing down her neck in fourth and fifth position, respectively.

Shiffrin was listening to music on her headphones but having a tough time taming her nerves inside the hospital area when U.S. teammate Steven Nyman walked in and asked her mom and coach, Eileen, what the problem was.

“He said, ‘Alright, alright, alright. Tell her to take her headphones off, we have to have a discussion,’” Shiffrin said. “And we did. And he said, ‘World championships there is one goal. You’re not trying to protect your lead in the overall title or the season titles or anything. You’re not protecting anything. You go for gold, that’s it. ... You have everything to gain and nothing to lose. So go for it.’”

“And I was like, ‘Huh. That’s really interesting. OK,’” Shiffrin added. “And it didn’t, like, take away my nerves of whether I could ski faster, make up the time difference, or all those different pieces. But it got me psyched up just to do my best. And every world championships since then, whether I’m nervous or I’m feeling great — it doesn’t matter — I have



Giovanni Auletta/AP

**United States’ Mikaela Shiffrin speeds down the course during a women’s giant slalom, at the alpine ski World Championships, in Cortina d’Ampezzo, Italy, on Thursday.**

always remembered what Steven said.”

Nyman, a 39-year-old downhill who has won three World Cup downhills but never a medal at a worlds or Olympics, recalled how he “found it kind of funny that she was so nervous even though she had already had so much success.”

“But that’s what makes her unique,” Nyman said via email. “(Marcel) Hirscher had the same attitude. He never felt like he was so good he could cruise. He always played mind games with himself making him believe people were right on his tail.”

Hirscher, the recently retired Austrian who won a record eight straight overall World Cup titles, also once discussed how he so consistently employed his go-for-broke strategy.

As Nyman suggested, Hirscher imagined that he was always being chased.

“If you’re standing in front of a big, big, huge wall, and you have no opportunity to climb

up there, and then behind you, there are a hundred crazy dogs who want to eat you up, then you have to go for your life,” Hirscher said in 2013 when asked to explain his approach.

It’s the same attacking mentality that Shiffrin employed when she won gold in combined, silver in giant slalom and bronze in super-G and slalom over the last two weeks in Cortina.

The four medals matched the biggest haul ever by a woman at worlds, with Marielle Goitschel (in 1966), Rosi Mittermaier (1976), Hanni Wenzel (1980) and Anja Pärson (2007) also having won four medals in a single edition.

Shiffrin’s achievement was all the more remarkable considering that she didn’t race for 10 months last year following the sudden death of her father, Jeff Shiffrin. Her comeback was then slowed by the coronavirus pandemic and a back injury.

Without much training, Shiffrin had raced only sparingly entering the worlds.

“She doesn’t have the dominance this year as years past so it had to be hard for her find that belief to win,” said Nyman, who has known Shiffrin since she was a child. “She is facing new mental arenas currently and it has been fun to watch her navigate them.”

That’s because, whether she has trained or not, Shiffrin is always the skier to beat — which makes her one of the biggest medal threats for next year’s Beijing Olympics.

“I know that I have the capabilities to ski really fast. And if I do, I know it has the capability to win,” Shiffrin said. “But it just boils down to whether I do that well enough, and really what the other girls do. And I can’t control what they do. So all I can really do is go out there and try my best and see what happens.”

“So in a way there’s less pressure at world champs than even World Cup races, because you’re not protecting something. But at the same time you know it’s a big event, it’s the one chance to go for gold.”

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. 23, 2021:** Realistic, analytical and convincing, at heart you are a problem-solver. This year, by preparing and being certain about details, you succeed tremendously with a cutting edge project. More money comes in as well. If single, you need to relax and have fun, but you become more devoted to finding your mate this year. If attached, it must be romantic. This year, you and your partner travel. CAPRICORN ensures your bliss.

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

★★★★ Today accents your home and family. Discussions revolve around home improvements and decisions about your residence. Visitors suggest interesting ideas and offer valuable insights during casual conversation. Tonight: Prepare a house blessing and do a sage smudge with a family member.

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

★★★★ The pace is fast and somewhat hectic today and promises an interesting schedule punctuated by numerous messages and outings. The secret to juggling several ongoing projects successfully is organization. Tonight: Stay informed. Different news will provide valuable perspectives and insights.

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

★★★ Prepare for a financial roller coaster ride. Family members will require help and extra assistance. Look for ways to reduce expenses related to housing. Don’t overextend yourself financially. Set funds aside to cover an unexpected expense. Tonight: A financial brainstorming session.

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

★★★★ This is a great day to plan a journey, either for business or for pleasure. Career prospects are brighter. Heed suggestions offered by others. Communication with loved ones is pleasant and easy. You’re the center of attention now. Tonight: All eyes are on you.

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

★★★★ You will relish peace and privacy today. Examine the past if you would know the future. During meditation you might be inspired to pursue charitable work and a volunteer opportunity. Satisfaction comes from helping those in need. Tonight: An early night’s sleep.

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

★★★★ Today brings supportive friendships your way. Seek a mentor to help you select worthwhile goals. You are seeking guidance for practical help in resolving problems. You receive an invitation to join a prestigious club or organization. Tonight: Discuss with old colleagues.

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

★★★★ Today brings pleasant opportunities to combine business with pleasure. Ask co-workers for ideas and assistance. Others have plans in mind that involve you. Maintain goodwill by cooperating and consulting. Tonight: Your source of income goes through a shift. Be adaptable and economize.

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

★★★★ Today turns your attention toward distant shores and imported items. You’ll tire of all that has become comfortable and familiar. A blockage that has hampered your progress melts away. A goal is about to materialize. Tonight: Catch up with friends far away.

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

★★★★ Today emphasizes your casual friendships and career prospects. Deep roots related to old times are stirring. Make the best of the situation and enjoy the moment. Postpone taking on new projects, as they could overwhelm you. Tonight: Intimacy in a relationship — pleasure or business — deepens.

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

★★★★ Teamwork, compromise and flexibility are important today. Partners have strong feelings concerning plans and ideas they wish to discuss with you. You make an important commitment. A sense of completion and freedom surrounds you. Tonight: Listen to some of your very favorite music.

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

★★★★ Listen carefully. Casual conversations or broadcasts about health overheard coincidentally offer useful information. Keep up with regular medical checkups. Make an appointment today if there is something overdue. Tonight: Decisions might fall on you. Let others run the show.

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

★★★★ Today emphasizes a nurturing and meaningful relationship. Share time outdoors with the one you covet. This promises twists and turns for the better in your relationship. Sudden meetings and partings also play a part in today’s drama. Tonight: A relaxing soak in an herbal bath.

## Mariners

## Continued from A5

Mather issued an apology late Sunday for his comments, which were made Feb. 5 to the Bellevue, Washington, Breakfast Rotary Club and were posted online over the weekend.

The video posted by the Rotary group was 46 minutes long and touched on areas of the Mariners’ organizational situation going into the 2021 season — many of which Seattle’s front office would rather not be made public.

“We have a lot of work to do to make amends, and that work is already underway,” Stanton said.

Mather’s departure seemed inevitable as the firestorm grew over his statements, including comments on the manipulation of service time for some top prospects — Jarred Kelenic and Logan Gilbert — and insensitive comments about international players’ under-

standing of English.

Mather said Kelenic and Gilbert would not start the season with the Mariners so the club could have longer control before the promising young stars reached free agency. He said another top prospect, Julio Rodriguez, didn’t have “tremendous” English and he complained about the cost associated with having an interpreter for Japanese pitcher Hisashi Iwakuma.

“Wonderful human being — his English was terrible. He wanted to get back into the game, he came to us, we quite frankly want him as our Asian scout/interpreter, what’s going on with the Japanese league. He’s coming to spring training,” Mather said. “And I’m going to say, I’m tired of paying his interpreter. When he was a player, we’d pay Iwakuma \$X, but we’d also have to pay \$75,000 a year to have an interpreter with him. His English suddenly got better. His English got better when we told

him that.”

The Major League Baseball Players Association released a statement Monday expressing concern with the video.

“The club’s video presentation is a highly disturbing yet critically important window into how players are genuinely viewed by management. Not just because of what was said, but also because it represents an unfiltered look into club thinking,” the statement read. “It is offensive, and it is not surprising that fans and others around the game are offended as well. Players remain committed to confronting these issues at the bargaining table and elsewhere.”

The video was another transgression during Mather’s tenure with the club, which began in 1996. Mather was promoted to CEO and team president in 2017, but a year later was trying to explain allegations of harassment made by two former female employees — the former executive assis-

tants to Mather and then-Executive Vice President Bob Aylward

The allegations were revealed in a 2018 report by The Seattle Times. The team said it had “made amends” with those employees. The claims dated back to the late 2000s.

At the time, the club issued statements saying an outside expert conducted an investigation and “we imposed appropriate discipline, management and sensitivity training, and other corrective actions.”

The newspaper also reported that there was another settlement with a third woman, who said she felt pressured to kiss then-team President Chuck Armstrong.

Mather said it was a humbling experience for him to “confront some unpleasant realities” about himself. He took responsibility for his actions and apologized for behavior that he described as intimidating, mean and inappropriate in the workplace.

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