

One-way friendship ends, but guilt remains

DEAR ABBY: My "friend" from childhood, "Camille," has never had my back. I have done the heavy lifting in our friendship our whole lives.

While I was on vacation two years ago, she was diagnosed with cancer. I came home immediately and drove to the hospital at 1 a.m. to be by her side. I've always been by Camille's side for everything, even though she hasn't been there for me. I told her that several times, to no avail.

I went to EVERY chemo and doctor appointment, and was there every day to rub her feet to make her feel better. I threw her a party for 100 people to "kick cancer's butt," took her on a vacation -- it goes on and on.

I ended the one-sided friendship last year. My problem is, I feel guilty for doing it. I feel I left her with cancer. But I also feel that because someone is sick doesn't give them the right to be abusive or inconsiderate. Camille hasn't tried to contact me, either. In fact, she has told others that she will never speak to me again.

I bent over backward for her, but if some other person sent a card, she would make a big deal out of it. I'm deeply hurt and don't know how to move on. Help!

— WOUNDED ON THE EAST COAST

DEAR WOUNDED: One way to stop feeling guilty and get on with your life would be to acknowledge in your head AND your heart that the relationship with Camille was not a healthy one for YOU. In fact, from the way you have described it, it was more like a bad habit.

Bad habits can be difficult to break, but many people have been able to accomplish it by replacing a bad habit with a good one. Example: Instead of feeling guilty for not rubbing Camille's feet, consider getting a pedicure for yourself. Although it might seem expensive, it would be cheaper than talking to a therapist.

DEAR ABBY: My siblings and I, all born in the '50s in a small town, have fond memories of our childhood. After our mother died in 1989, our father married "Sylvia," a new arrival in town. They lived together in our childhood home until his death in 2016.

We "kids" wanted to honor our parents and our fond childhood memories. We endowed a plaque for the town park dedicated

to their memory and noting they had raised a family in that community. Sylvia is now grievously offended and furious that she was not included.

Abby, Sylvia came on the scene long after we were raised and gone. She's not our parent and played no part in the memories we wanted to honor. Although Sylvia was a good wife to our dad, she did her best to erase all traces of our mother from Dad's memory and from his home. Were we wrong? She has rebuffed our attempts to explain our benign motivations.

— CONFUSED IN PENNSYLVANIA

DEAR CONFUSED: You weren't wrong, but it would have been better had you discussed your plans for the plaque with Sylvia before donating it. That way, you would have been able to explain to her the reason why she wouldn't be on it. She may still be grieving the loss of your father, so try to understand her feelings.

And by the way, it is not unusual — or out of line — for a second wife to make her husband's home "her own," so don't hold it against her.

DEAR ABBY: My mother-in-law owns the building my husband and I live in. I moved in with him about a year ago, before we were married. Because she owns the building, she doesn't charge her son rent to live there but asks that he help manage the building, which takes about three hours a month. (He has a full-time job outside of managing the building.)

When I moved in, his mom asked that I pay rent. I guess in the back of my mind I thought it would change after we got married. Do you think I'm a brat for thinking I shouldn't have to pay rent? The amount she's charging me is about what I would pay if we lived in another building and split the rent between us.

I don't know how to approach this, or if I'd be stepping out of line to request living somewhere rent-free. Please help.

— RENT-FREE IN CALIFORNIA

DEAR RENT-FREE: You are being treated like a tenant, not a daughter-in-law. As a member of the family, you should be treated the same as her son. By all means discuss this with him, and while you're at it, suggest he split your share of the rent 50/50 because you are all family now.



DEAR ABBY

Hazy California deals with smoky smell

By Kathleen Ronayne
The Associated Press

For two weeks a dull haze and the faint smell of smoke from distant blazes have blanketed many California cities, forcing summer campers to stay inside, obscuring normally bright skylines and leaving cars covered with ash.

Smoky air from blowing winds is nothing new in California, but air quality experts say it's rare for the dirty air to linger for so long, a reality of ever-larger fires that take longer to extinguish.

The haze stretches from the foothills of the Sierra Nevada mountain range to the Sacramento and San Francisco Bay areas, and nearly every major population center in between has suffered air quality that's considered dangerous for children, the elderly and people with asthma or other respiratory conditions.

Kaela Baylis used to take her nearly 2-year-old son to a park twice a day, but has only gone in the morning the last 10 days.

"He asks to go outside a lot in the afternoon," she said Wednesday.

There are two major wildfires — one called the Mendocino Complex Fire that is the largest in California history — burning more than 100 miles (160 kilometers) north of Sacramento and another huge fire near Yosemite National Park a little farther to the southeast. Firefighters made significant progress against the Mendocino Complex for the first time Wednesday but said the blazes will likely continue through September.

The fires have combined

to produce unhealthy air that has drifted as far east as Salt Lake City, 450 miles (725 kilometers) away.

The skies there were so murky that residents there couldn't even see the nearby mountain range that hovers over the valley earlier this week. Utah air quality officials warned children and seniors to limit time outside.

The skies cleared a bit on Wednesday in Utah's capital city, but more smoke is expected to blow in over the weekend, National Weather Service meteorologist Steve Rogowski said.

Wednesday marked the Sacramento region's 13th straight "Spare the Air" day, when people are encouraged not to drive and add further pollutants to the air — the longest stretch since at least 2001. A similar warning is effect in the San Francisco Bay Area, and air quality experts in California's Central Valley and areas southeast of Los Angeles are warning residents to limit outdoor exposure because of wildfires there.

On Wednesday morning, John and Rosalie Gonzales strolled through a Sacramento park with their toddler granddaughter they were visiting. For the last few days at their home in the San Francisco Bay Area community of Albany they have awakened to ash on their cars from the Mendocino Complex Fire.

That was a rarity until a few years ago, before California began experiencing more unusually large wildfires, they said. "It doesn't seem like it's sustainable to have this happening year after year after year," she said.

A day earlier, dozens of

summer campers sat inside watching a movie at a Sacramento YMCA.

"Normally that doesn't happen on a regular day at camp," said Jay Lowden, president of the YMCA for a nine-county region that serves more than 700 kids weekly at 13 summer camps. His counselors monitor the air quality on a daily basis, and Lowden said he may cancel a planned family camp this weekend in the foothills because of the smoke.

Sac United, a competitive youth soccer club, has cancelled four practices in the past two weeks because of poor air quality. High school sports teams are being similarly conscious of dangerous air as practices get underway.

Sacramento residents have taken to Twitter to share photos of a dark grey sky hanging over the Capitol in mid-afternoon and a city skyline difficult to make out. The smell of smoke has even slipped into downtown office buildings.

"It was horrible; I've never seen anything like it before," Mayor Darrell Steinberg said of Monday's afternoon haze.

Lori Kobza, spokeswoman for the Sacramento Air Quality Management District, said it's hard to predict when things will improve because of the unpredictability of the fires and the winds.

Because the city is located in a valley, it's easier for smoky air to get trapped here when high pressure systems blow in, making Sacramento like a smoke-filled bowl that's had a lid placed tightly on top.

"We're all trapped in it," Kobza said.

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Weather forecast table with columns for TONIGHT, SAT, SUN, MON, TUE and rows for Baker City, La Grande, Enterprise with temperature and comfort index.

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

Almanac table with columns for Baker City, La Grande, Elgin and rows for Temperatures (High/Low) and Precipitation.

THURSDAY EXTREMES

NATION (for the 48 contiguous states) High: 122° Death Valley, Calif. Low: 31° Fraser, Colo. Wettest: 3.73" Arkadelphia, Ark.

OREGON

High: 108° La Grande Low: 46° Lakeview Wettest: 0.01" Newport

AGRICULTURAL INFO.

HAY INFORMATION SATURDAY

Lowest relative humidity 25% Afternoon wind NW at 7 to 14 mph Hours of sunshine 9.3 Evapotranspiration 0.26

RESERVOIR STORAGE (through midnight Thursday)

Phillips Reservoir 27% of capacity Unity Reservoir 40% of capacity Owyhee Reservoir 47% of capacity McKay Reservoir 50% of capacity Wallowa Lake 19% of capacity Thief Valley Reservoir 30% of capacity

STREAM FLOWS (through midnight Thursday)

Grande Ronde at Troy 455 cfs Thief Valley Reservoir near North Powder 111 cfs Burnt River near Unity 99 cfs Umatilla River near Gibbon 35 cfs Minam River at Minam 80 cfs Powder River near Richland 48 cfs

WEATHER HISTORY

After moving inland at the Texas coast the day before, Hurricane Allen weakened to a tropical depression on Aug. 11, 1980. It left a half a million people homeless and caused over \$1 billion in damage.

SUN & MOON

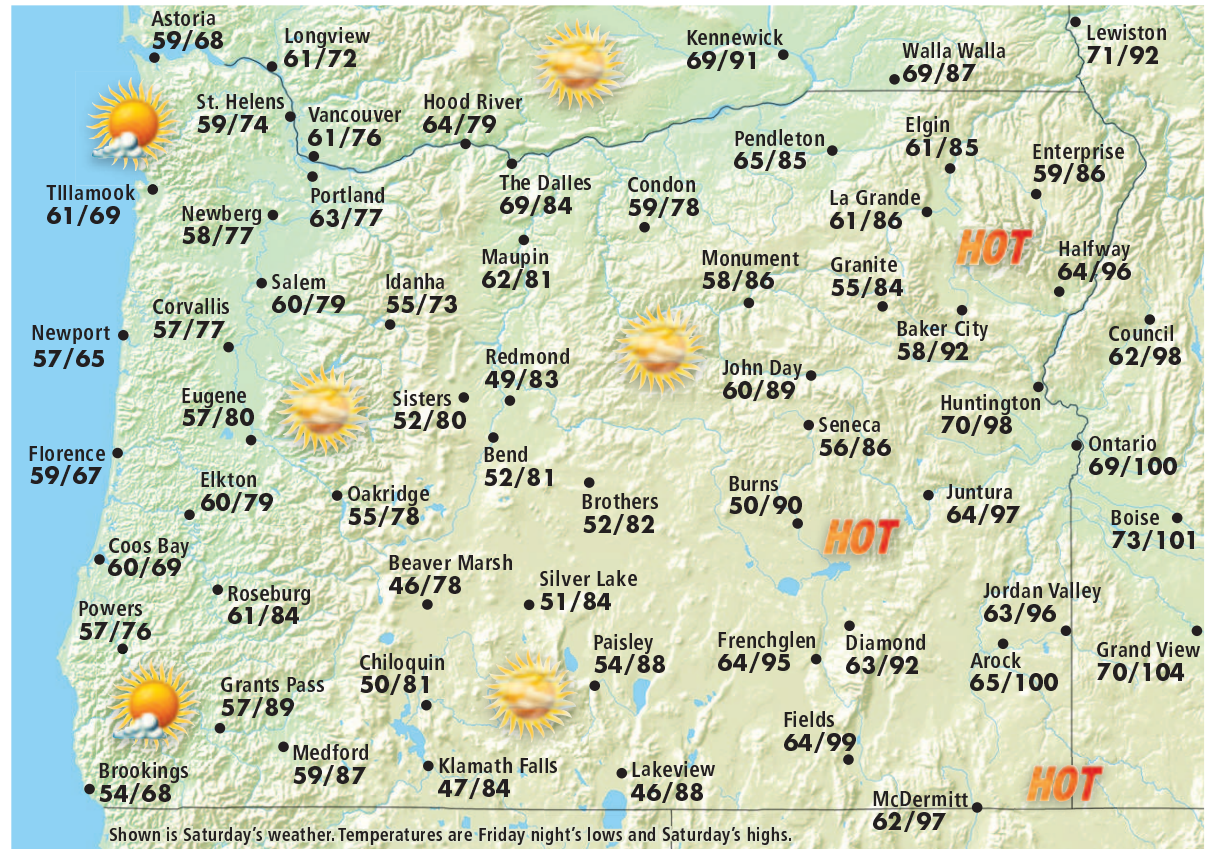
Sunrise 5:47 a.m. 5:48 a.m. Sunset 8:08 p.m. 8:06 p.m. Moonrise 4:43 a.m. 5:59 a.m. Moonset 7:53 p.m. 8:36 p.m.

MOON PHASES

New Aug 11 First Aug 18 Full Aug 26 Last Sep 2

AROUND OREGON AND THE REGION

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REGIONAL CITIES

Table of regional cities with columns for City, SAT, SUN, and weather icons.

RECREATION FORECAST SATURDAY

Table of recreation forecasts for various lakes and reservoirs with temperature ranges and weather icons.



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