

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.

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

	TONIGHT	SAT	SUN	MON	TUE
	Mainly clear	Hazy sun and cooler	Sunny and pleasant	Hazy sun	Warm with clouds and sun
Baker City	58	92 45	87 43	90 49	94 50
Comfort Index™	1	6	8	6	4
La Grande	61	86 49	83 44	88 47	91 52
Comfort Index™	1	9	8	6	5
Enterprise	59	86 47	82 46	87 49	89 52
Comfort Index™	1	5	7	6	5

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

TEMPERATURES	Baker City	La Grande	Elgin
High Thursday	108°	108°	109°
Low Thursday	50°	54°	55°
PRECIPITATION (inches)			
Thursday	0.00	0.00	0.00
Month to date	0.00	0.00	0.00
Normal month to date	0.18	0.21	0.17
Year to date	4.75	10.30	20.78
Normal year to date	6.54	10.23	14.54

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

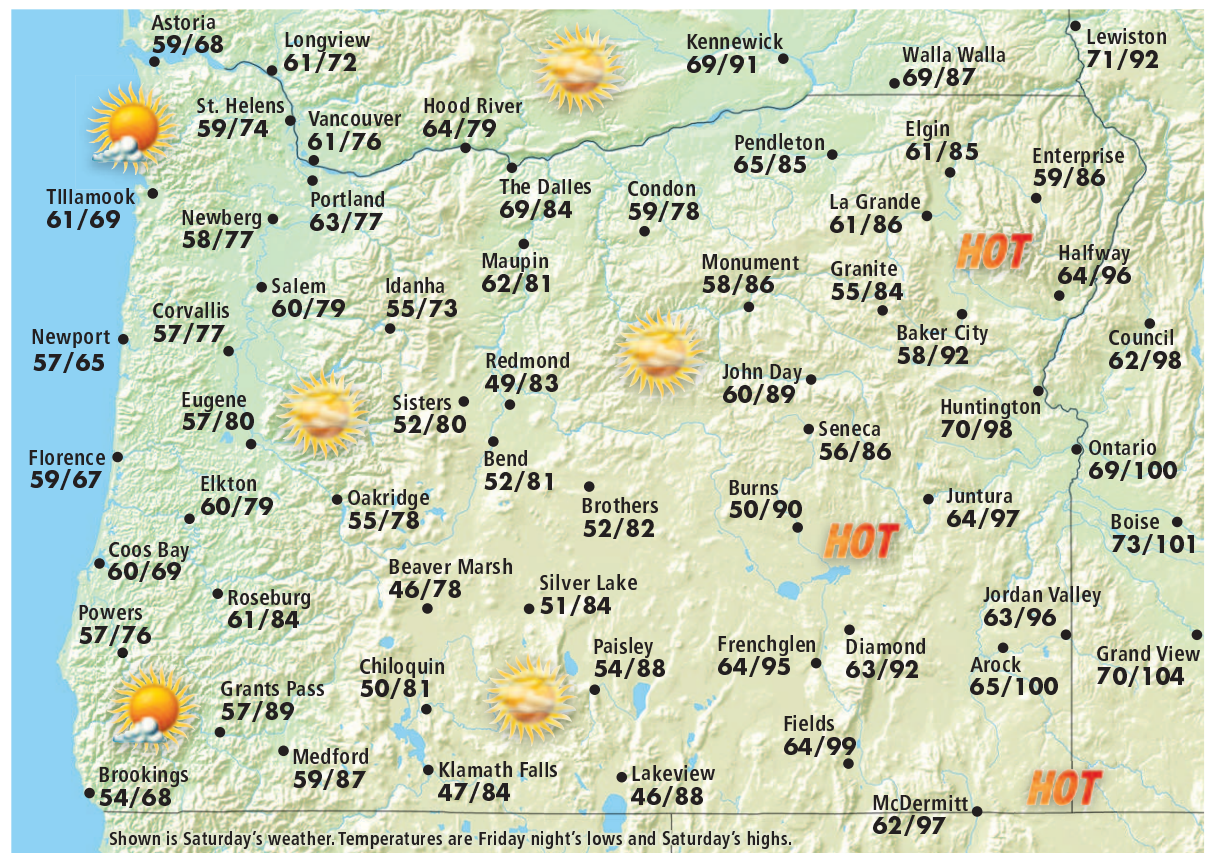
	FRI.	SAT.
Sunrise	5:47 a.m.	5:48 a.m.
Sunset	8:08 p.m.	8:06 p.m.
Moonrise	4:43 a.m.	5:59 a.m.
Moonset	7:53 p.m.	8:36 p.m.

MOON PHASES



AROUND OREGON AND THE REGION

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REGIONAL CITIES

City	SAT. HI/LO/W	SUN. HI/LO/W	City	SAT. HI/LO/W	SUN. HI/LO/W
Astoria	68/57/sh	70/56/s	Lewiston	92/60/s	88/58/s
Bend	81/44/pc	84/47/s	Longview	72/56/sh	79/54/s
Boise	101/63/pc	91/61/pc	Meacham	82/46/pc	80/42/s
Brookings	68/54/pc	71/52/s	Medford	87/56/s	92/60/s
Burns	90/40/pc	86/42/s	Newport	65/55/c	65/52/pc
Coos Bay	69/57/c	68/55/s	Olympia	71/56/t	78/51/s
Corvallis	77/53/c	84/55/pc	Ontario	100/61/pc	92/59/s
Council	98/55/pc	89/53/s	Pasco	90/55/s	87/53/s
Elgin	85/50/s	83/47/s	Pendleton	85/56/s	85/55/s
Eugene	80/53/pc	85/54/pc	Portland	77/59/sh	82/59/s
Hermiston	88/57/pc	88/52/s	Powers	76/54/pc	79/55/s
Hood River	79/59/pc	86/60/pc	Redmond	83/41/pc	86/45/s
Imnaha	94/55/pc	87/56/s	Roseburg	84/58/pc	88/59/s
John Day	89/51/pc	85/50/s	Salem	79/56/c	84/58/s
Joseph	89/47/pc	82/43/s	Spokane	86/54/pc	79/55/s
Kennewick	91/57/pc	88/55/s	The Dalles	84/59/pc	89/61/s
Klamath Falls	84/42/pc	87/46/s	Ukiah	82/45/s	79/44/s
Lakeview	88/40/pc	88/41/pc	Walla Walla	87/61/s	85/60/s

RECREATION FORECAST SATURDAY

ANTHONY LAKES Warm with hazy sun	78 52	HOT
MT. EMILY REC. Hazy sun and smoky	92 55	HOT
EAGLE CAP WILD. Hazy; warm, smoky	89 50	HOT
WALLOWA LAKE Hazy and very hot	103 59	HOT
THIEF VALLEY RES. Very hot	107 58	HOT
PHILLIPS LAKE Hazy sun; very hot	100 55	HOT
BROWNLEE RES. Hazy sun; very hot	108 66	HOT
EMIGRANT ST. PARK Hazy and smoky	97 50	HOT
MCKAY RESERVOIR Hazy sun and smoky	103 63	HOT
RED BRIDGE ST. PARK Hazy sun; very hot	104 61	HOT



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