

Couple fights to repair broken marriage after man's infidelity

DEAR ABBY: My husband and I have been married 23 years. A month ago, he slept with my daughter's best friend.

As soon as it happened, he told me what he'd done. He said he felt like I didn't love him anymore and admitted he made a mistake. I can tell he truly feels ashamed. Nonetheless I am hurting, confused, angry, and I can't stop having visions of the two of them together.

We are trying to make our marriage work. I love him, and I can't picture my life without him, but I can't stop torturing myself. I have to let this go if our marriage is going to work. Do you have any suggestions to help me with this?

TORTURING MYSELF IN ALABAMA

DEAR TORTURING YOURSELF: Yes, I do have one. But before I offer it, let me point out that all of the emotions you are feeling are normal under the circumstances. Because you want to make your marriage work, with the help of a licensed marriage and family counselor, you and your husband should analyze what led to his infidelity. Your doctor should be able to refer you at the same time he or she gives you both the results of your STD examinations.

DEAR ABBY: We are good friends with a couple who have taken two very nice vacations a year for the last several years. We are all in our late 60s.

When they book their trips, they intentionally fail to include ground transportation to and from the airport. They rely on having friends take them. The airport is about 45 minutes from where we live. They never offer to cover gas or parking for the trips. I feel it's inconsiderate and poor manners. The wife is a very good friend. Her husband books the vacations, and she has to do the "begging."

My husband and I take a limo to the airport. None of us lack the money for vacations. We now just make excuses to not accommodate them. I would appreciate your opinion. Should we just tell them the truth?

AGGRAVATED IN ATLANTA

DEAR AGGRAVATED: By all means tell your close friend the truth. And when you

do, pass along the name and number of the limo company you use.

DEAR ABBY: My wife passed away six years ago. I have finally reached a point where I'm ready to not be alone anymore. The problem is I'm interested in one of her sisters. I love and care for the whole family, and it would devastate me to lose them by revealing it. Am I way off base to even think of pursuing it? Should I drop it or talk with her to find out her thoughts? Maybe I shouldn't try because it's not "normal," but I am interested in the possibility.

FORBIDDEN LOVE IN TEXAS

DEAR FORBIDDEN LOVE: This situation isn't as unusual as you may think. In biblical times, when a woman lost her husband, it was expected that his brother would marry her. If your late wife's sister is single, tell her how you feel. You have known her long enough that those feelings may or may not be mutual -- but no law says you can't find out.

DEAR ABBY: Years ago I was sexually assaulted by a friend of a friend. I'll call the man Pete and the friend Katie. I immediately told Katie about it, and we didn't hang out with Pete much after that. Life went on, and I forgot about it.

I recently learned that Katie is engaged to Pete now. They are living in another state, and she asked for my address so she can send me an invitation to their wedding. I'm not planning on attending, but how should I tell her I'm not coming? We haven't been close in years, but she was a bridesmaid in my wedding. Should I just send the RSVP card back with a "no," or should I let her know upfront?

CAUGHT OFF GUARD IN VIRGINIA

DEAR CAUGHT: I assume that after Katie marries the "friend" who sexually assaulted you, your relationship will be over. While you may have repressed the memory until now, I find it hard to believe that all three of you had an attack of amnesia. There's no need to contact her at this point to remind her of what her fiance is capable of. Just say no. If she contacts you to ask why, explain it to her then.



DEAR ABBY

Organ donors take message to Hood to Coast relay

By Brenna Visser
The Daily Astorian

SEASIDE — A decade ago, the idea of being an organ donor never crossed Nicole Andergard's mind.

"I mean, before this, I was the kid running from needles at the blood drive," she laughed.

But then she got a call about her best friend, Anna, being admitted to the hospital for kidney issues related to her autoimmune disease. The two had met in kindergarten at Warrenton Grade School, with most of their childhood memories defined by each other. Suddenly, the fear of needles didn't seem so daunting.

While talking to Anna's parents in the lobby of the hospital, Andergard decided on the spot she was going to be her best friend's kidney donor. Otherwise, her friend could have been put on a long waiting list.

"To a certain extent, it was selfish," Andergard said. "I needed my best friend with me in my life."

In honor of her friend, Andergard competed in the Portland to Coast leg of the Hood to Coast Relay with the team "Transplant Trotters" to raise awareness about the need for organ donors.

The team, started through the organ transplant nonprofit Donate Life Northwest 21 years ago, was one of 400 walking teams to participate in the 37th annual Hood to Coast Relay over the weekend. The team has hosted a revolving door of participants from around the Pacific Northwest, welcoming organ donors, recipients and their family members.

Andergard has made participating an 11-year tradition since the surgery, often competing side by side with her friend's family members.

According to Donate Life Northwest, 87 percent of all transplants needed in Oregon are kidneys, and the waiting list for transplants can span years. Part of this, Andergard believes, is due to the perception that giving an organ means giving away the possibility of a normal, healthy life.

Andergard, a Warrenton local who now lives in Portland, decided to start competing in the relay to show how the perception is wrong.

"The only thing that has changed in my life is I can't take Advil. I take Tylenol instead. And no contact sports, like football or bull riding, which luckily I never was interested in doing anyway," she said, though she admitted she did make sure to ride a mechanical bull at least once before her surgery.

Walking in the race is especially important to Tracy Hoyle, who over the course of two decades has received two heart transplants and a kidney transplant.

At 29, when she first was told a virus had impacted her heart's ability to function, her life was filled with uncertainty.

"I thought I'd never have a child. I didn't know what to expect," she said. "I have a weird outlook on life that's like 'everything's going to be OK,' so I wouldn't say I was panicked at any point. But I just never knew I'd be healthy enough to do something like this."

There are some aspects of

the race for the Transplant Trotters that aren't realities for other teams.

Everyone chuckles on the registration form when it comes to the question about medications.

"Too many to list," Hoyle laughed.

The team is also less likely to have a "suck it up, buttercup" mentality when it comes to pain, said Andergard, who is always ready with a backup for someone who may be having a bad day.

But otherwise? "If you saw any of us walking down the street, you wouldn't think that we had transplants," Hoyle said. "We are the face of organ recipients, and we look a lot like you."

In fact, this year, the power walking team finished about an hour earlier than they expected.

"We're pretty proud of that," team captain Lee Golden Jr. said.

For the past five years, Josh Long — an Olney resident and the cousin of Andergard's friend — has set up his house as a rest stop for the team as they arrive in the middle of the night from the first legs of the race. Offering a comfortable place to sleep is an easy thing to do make the relay easier, Long said, and a way to say "thank you."

"Nicole's always been considered family, even before the transplant," Long said. "It's not surprising Nicole would do this. By the time I was worried about Anna being sick it was like she already had it under control. But it's just an amazing gift, that my cousin got to live another 11 years more."

weather

Weather forecast for tonight, Thu, Fri, Sat, Sun with temperature and comfort index data for Baker City, La Grande, and Enterprise.

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 table with columns for Baker City, La Grande, Elgin and rows for High Tuesday, Low Tuesday, Precipitation, etc.

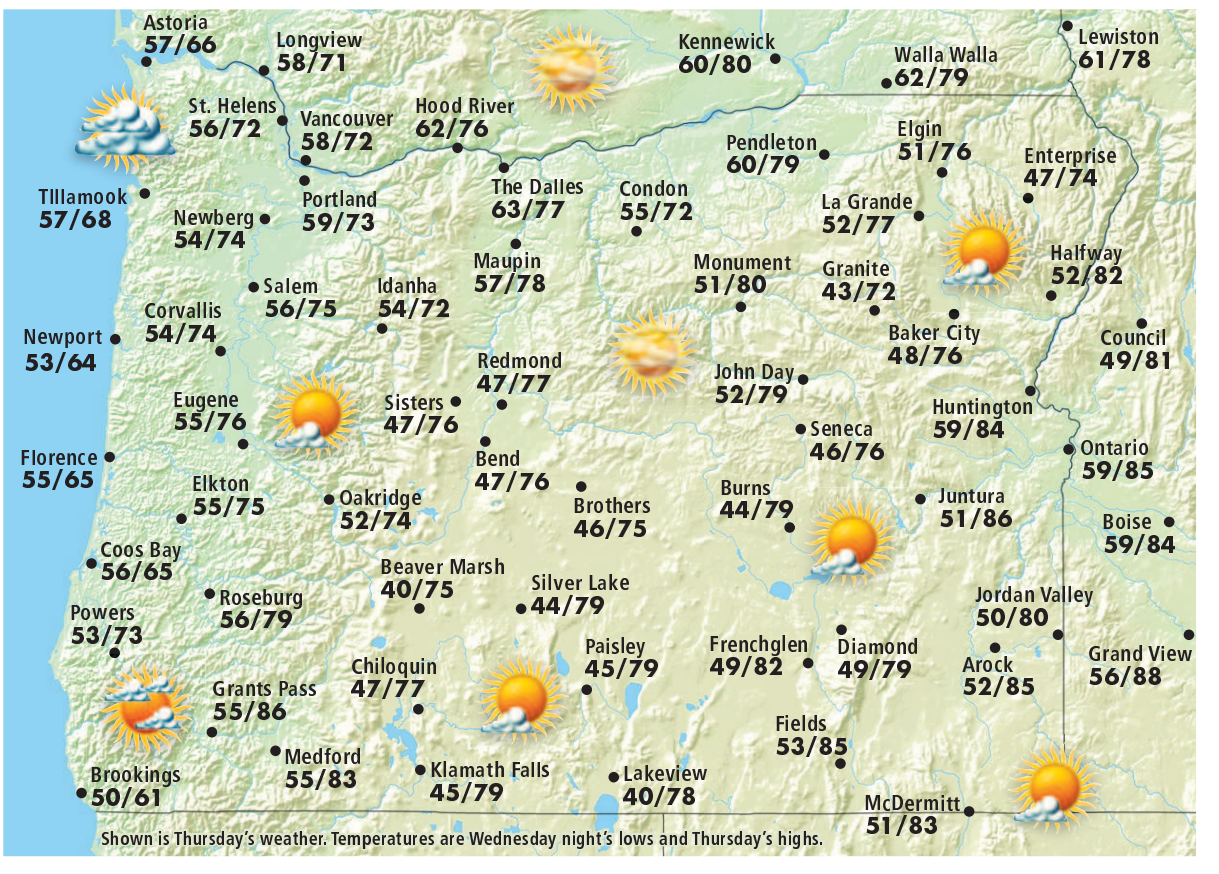
TUESDAY EXTREMES table with columns for Nation and Oregon, rows for High, Low, Wettest.

WEATHER HISTORY table with columns for Sun & Moon, rows for Sunrise, Sunset, Moonrise, Moonset.

RESERVOIR STORAGE table with columns for Reservoir, Capacity, and Storage Percentage.

STREAM FLOWS table with columns for Reservoir, Flow Rate, and Date.

AROUND OREGON AND THE REGION



REGIONAL CITIES and RECREATION FORECAST THURSDAY tables with columns for City, Forecast, and Temperature.

GO NORTH EAST OREGON advertisement for a mobile app, featuring a map of NE Oregon and download instructions for the App Store and Google Play.