

Wife discovers digital trail left by man having affair

DEAR ABBY: My husband went to his 45th class reunion a state away and hooked up with a classmate. Then it went from talking and texting to her sending him nude pictures.

I found her emails professing her love to him. When I asked him, he swore nothing happened between them. After further investigation, I have discovered they had more than 30 hours of phone conversations, exchanged 4,000-plus texts and who knows the number of emails. He also bought another phone so I could no longer see the interactions on our cell account.

He admitted they did have a sexual encounter. He has agreed to end all contact with her and work on our marriage. He has apologized. I'm struggling to believe him. He never told her to stop or blocked her.

Is it time to cut my losses, or should I see if he does this again? Why do people think having affairs is a good thing?

— CONFUSED IN MONTANA

DEAR CONFUSED: People who think an affair is a good thing are deluding themselves. An affair only adds to the problems the couple was trying to ignore.

It's time for you and your husband to make an appointment with a licensed marriage and family therapist. Marriages can survive infidelity, but it takes time, full disclosure and hard work to rebuild trust. It will happen more quickly with professional help. If it doesn't work, THEN may be the time to "cut your losses." Only you can decide whether your marriage has been irretrievably broken.

DEAR ABBY: I was diagnosed with cancer two years ago. I had surgery and radiation treatment, and although my recovery was slow, I am doing well now.

About a year ago, a co-worker was diagnosed with breast cancer. Our other co-workers raised a large sum of money for her to be used at a spa. They have also offered her emotional support via phone calls, texts, visits and cards. While I don't begrudge her the gifts and support, I'm

very hurt that all I received was a handful of cards, an occasional phone call or text and one visit from one person. Only one of my co-workers stuck by me through everything.

I see these people all the time, and I'm having a hard time with my hurt feelings. Any thoughts on how I can move on? As a sidebar, these people are always the first ones to ask me for help and support at work.

— HURT IN THE EAST

DEAR HURT: There is nothing to be gained by nursing this disappointment. You and this woman are different people and likely have different relationships with these co-workers. If you don't want to help the people you feel gave you short shrift by comparison, you are free not to. But if you intend to continue working at the place you now do, recognize that it is time to put this behind you.

DEAR ABBY: My husband is more interested in hanging out with his friends than caring about our 11-year-old daughter who has Asperger's syndrome. She's a great kid and smart, but she has challenges and needs help. It falls to me to do everything with and for her.

I need him to participate more, but he loses patience with her and with me. He resents having to pay for therapy and music lessons for her, but he had no hesitation about buying himself a sports car. He's going away for a weekend with his buddies!

I've thought about marriage counseling, but he isn't interested. I feel overwhelmed and very alone. Please help.

— LIKE A SINGLE MOM

DEAR LIKE A SINGLE MOM: I'll try. Forgive my sarcasm, but it appears you married a real "winner" — selfish and lacking the compassion and maturity to deal with the challenges your family is facing. Because your husband is unwilling to go with you for marriage counseling, you would benefit from talking to a licensed therapist on your own. When you do, it may give you a broader perspective on what your options are.

Iowa flooding presents campaign challenge for some 2020 Dems

By Alexandra Jaffe
The Associated Press

HAMBURG, IOWA — Washington Gov. Jay Inslee toured this waterlogged town near the Missouri River, blasting President Donald Trump as complicit in the flooding that has plagued Iowa.

"We have a president who says that climate change is a hoax," said Inslee, who has centered his 2020 Democratic presidential campaign around the consequences of a warming planet.

Although there are more than a dozen declared candidates in the race for the White House, only Inslee and Minnesota Sen. Amy Klobuchar have visited the flooded sections of Iowa.

Most of the other contenders make passing mention of the flooding at campaign events, expressing their condolences to victims and emphasizing the need to combat climate change or invest in infrastructure. But the silence from other candidates highlights the bind many of them are in as local issues and presidential politics collide in the nation's leadoff caucus state.

Several candidates who are also senators voted against legislation recently that would have directed some disaster relief to Iowa. They have argued the measure didn't provide enough money for Puerto Rico, which is still recovering from Hurricane Maria.

As additional flooding is expected in the coming weeks, Republicans have

seized on the Democratic opposition to paint the 2020 contenders as disingenuous.

There's "plenty of time for politics when 2020 comes around," Vice President Mike Pence told an audience in Pacific Junction last week. "Iowa needs disaster assistance. And it's time for Congress to act."

Gillibrand along with Sens. Cory Booker, Elizabeth Warren and Bernie Sanders — all presidential candidates — voted against the bill but have noted the flooding at campaign events.

The White House hopefuls would rather talk about another Iowa issue: wind energy. Trump's recent erroneous claim that noise from wind turbines causes cancer amounted to something of a political gift for Democratic candidates.

In a state where wind made up 37% of the state's energy in 2017, there is broad, bipartisan agreement that the president's comments were misinformed. He received a rebuke from the state's two Republican senators, with Sen. Chuck Grassley calling the comments "idiotic."

For some 2020 candidates, like former Texas Rep. Beto O'Rourke, who's been criticized for a lack of policy detail, Trump presented an opportunity to showcase their policy bona fides. He frequently touts the 37% figure at campaign events and quipped, "I don't think that wind turbines cause cancer ...

in fact, I think they cause jobs," at a recent campaign event.

At a town hall in Poweshiek, Iowa, earlier this month, Sanders joked that "we were a little bit nervous about coming back to Iowa 'cause you've got all these wind turbines all over the place!"

The decision to avoid flood-stricken areas may ultimately come down to politics. Many of the most severely flooded counties, including the two that Klobuchar and Inslee visited, voted Republican in the last presidential election and may not be home to many Democratic caucusgoers compared to more urban regions such as Des Moines and Sioux Falls.

In Hamburg, a town of fewer than 1,100 people, some of the residents weren't impressed by Inslee's visit — or his message. Ronald Wayne Perry, the 69-year-old owner of an auto repair shop the governor visited when he toured the town, blames the flooding on the Army Corps of Engineers for not managing the floodwaters properly — "and so does everybody in this town," he said.

"Climate change didn't have anything to do with this," he added. "It snows here a lot every time."

And nothing Inslee can say or do would win his vote.

"If he's a Democrat, I don't care who he is, if he's my best friend, I won't vote for him," Perry said.

weather

AccuWeather DOWNLOAD THE FREE APP

TONIGHT	THU	FRI	SAT	SUN
Partly cloudy	Times of clouds and sun	Cooler with a few showers	A blend of sun and clouds	Partly sunny
Baker City 36 Comfort Index™ 10	72 46 10	72 38 10	59 34 8	65 36 10
La Grande 39 Comfort Index™ 9	73 47 10	63 37 5	58 32 8	63 36 9
Enterprise 36 Comfort Index™ 9	70 44 10	61 33 10	54 29 8	60 33 10

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 Monday 51° 55° 56°
 Low Monday 33° 32° 33°

PRECIPITATION (inches)
 Monday 0.07 0.10 0.01
 Month to date 0.76 1.84 4.47
 Normal month to date 0.38 0.73 0.99
 Year to date 4.39 6.75 16.19
 Normal year to date 2.58 4.96 8.69

MONDAY EXTREMES

NATION (for the 48 contiguous states)
 High: 95° Death Valley, Calif.
 Low: 8° Baraga, Mich.
 Wettest: 1.69" St. Johnsburg, Vt.

OREGON
 High: 64° Hermiston
 Low: 21° Crater Lake
 Wettest: 0.28" Sexton Summit

AGRICULTURAL INFO.

HAY INFORMATION THURSDAY

Lowest relative humidity 35%
 Afternoon wind 5 at 6 to 12 mph
 Hours of sunshine 3.6
 Evapotranspiration 0.15

RESERVOIR STORAGE (through midnight Tuesday)

Phillips Reservoir 35% of capacity
 Unity Reservoir 88% of capacity
 Owyhee Reservoir 76% of capacity
 McKay Reservoir 99% of capacity
 Wallowa Lake 88% of capacity
 Thief Valley Reservoir N.A.

STREAM FLOWS (through midnight Monday)

Grande Ronde at Troy 14300 cfs
 Thief Valley Reservoir near North Powder N.A.
 Burnt River near Unity 491 cfs
 Umatilla River near Gibbon 944 cfs
 Minam River at Minam 769 cfs
 Powder River near Richland 874 cfs

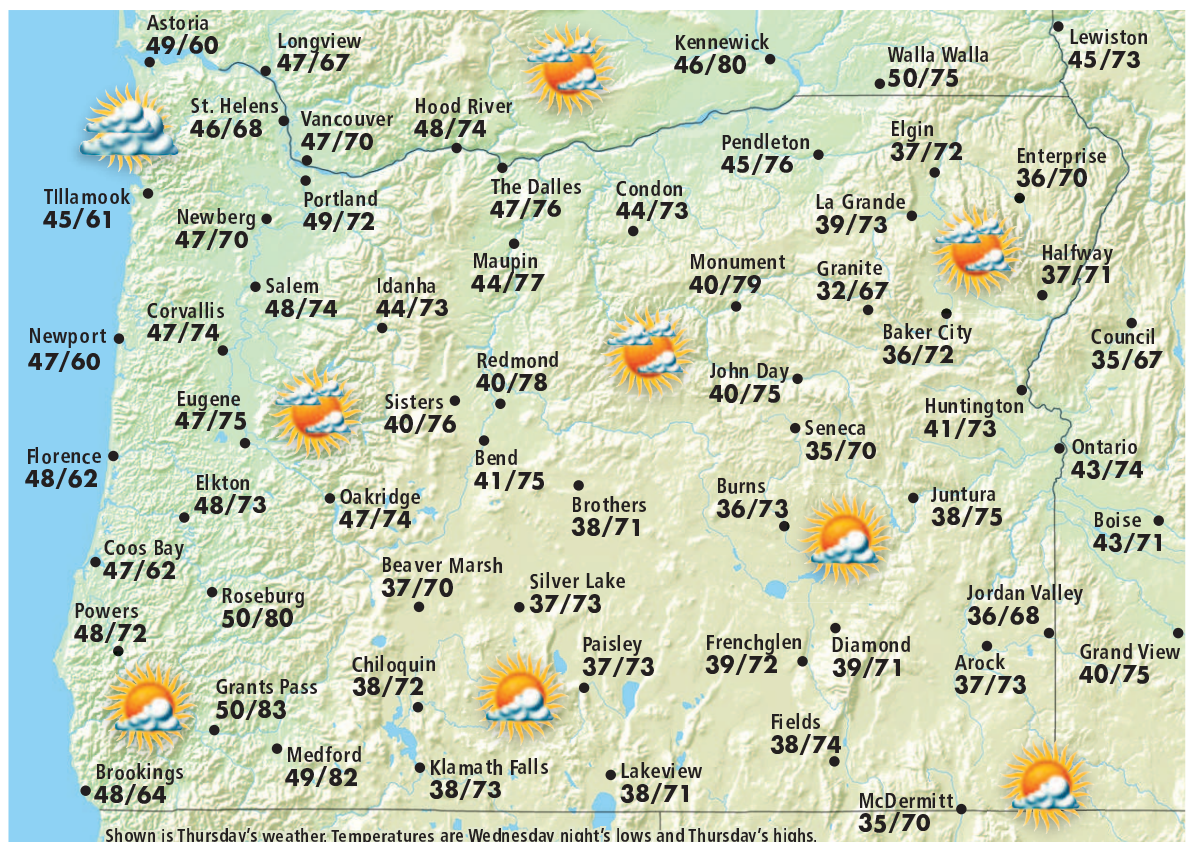
SUN & MOON

WED. **THU.**
 Sunrise 6:04 a.m. 6:03 a.m.
 Sunset 7:40 p.m. 7:42 p.m.
 Moonrise 5:44 p.m. 7:00 p.m.
 Moonset 5:37 a.m. 6:06 a.m.

MOON PHASES

Full Last New First
 Apr 19 Apr 26 May 4 May 11

AROUND OREGON AND THE REGION



REGIONAL CITIES

City	THU. HI/Lo/W	FRI. HI/Lo/W	City	THU. HI/Lo/W	FRI. HI/Lo/W
Astoria	60/50/c	56/43/r	Lewiston	73/55/pc	68/44/sh
Bend	75/47/pc	60/31/sh	Longview	67/52/c	59/40/r
Boise	71/52/pc	78/47/pc	Meacham	71/46/pc	60/35/sh
Brookings	64/50/s	59/47/sh	Medford	82/54/s	67/44/sh
Burns	73/46/s	70/37/pc	Newport	60/49/pc	54/43/sh
Coos Bay	62/51/pc	55/44/sh	Olympia	64/49/r	59/38/r
Corvallis	74/52/pc	59/40/sh	Ontario	74/49/pc	78/47/pc
Council	67/41/pc	68/38/pc	Pasco	80/57/pc	71/43/c
Elgin	72/47/pc	62/36/sh	Pendleton	76/52/pc	62/41/sh
Eugene	75/52/pc	60/41/sh	Portland	72/53/c	61/44/sh
Hermiston	79/55/pc	68/43/c	Powers	72/50/pc	58/40/sh
Hood River	74/55/c	61/43/sh	Redmond	78/47/pc	65/34/sh
Imnaha	75/47/pc	69/40/pc	Roseburg	80/52/pc	63/45/sh
John Day	75/45/pc	65/36/sh	Salem	74/52/pc	60/41/sh
Joseph	69/44/pc	62/33/pc	Spokane	65/53/pc	60/39/c
Kennewick	80/57/pc	70/41/c	The Dalles	76/54/c	63/44/sh
Klamath Falls	73/43/s	67/36/pc	Ukiah	72/43/pc	58/31/sh
Lakeview	71/42/s	67/37/pc	Wall a Walla	75/57/pc	66/45/sh

Weather (W): s-sunny, pc-partly cloudy, c-cloudy, sh-showers, t-thunderstorms, r-rain, sf-snow flurries, sn-snow-f ice

RECREATION FORECAST THURSDAY

City	THU. HI/Lo/W	FRI. HI/Lo/W
ANTHONY LAKES Milder	48 34	68 41
MT. EMILY REC. Partly sunny	60 44	74 44
EAGLE CAP WILD. Partly sunny	54 35	67 41
WALLOWA LAKE Partly sunny; nice	69 44	76 50
THIEF VALLEY RES. Partly sunny	72 46	73 47

Download & Explore Everything in NE Oregon

it's free and available at

Download on the App Store

GET IT ON Google play