

Sisters planning Europe trip plot to leave husband behind

DEAR ABBY: My son just got a job in Europe and has invited me to visit when he and his family are settled. I have never traveled out of the country, and I'm excited to go. I suggested staying at least a month, and he and his wife agreed.

When I told my sister, she excitedly told me she'd like to come along. We would be very happy to have this time together because she lives across the country, and we don't see each other often.

We are in good health, but her husband has many health issues. He falls a lot and has had concussions while using his walker. He coughs almost constantly, uses CPAP at night, takes multiple medications throughout the day and needs to stop often to rest and catch his breath.

We are all around 70, and Sis and I want to go while we are still in good health. She has not told Hubby about the monthlong trip to Europe because she knows he will want to come. He would not be alone at home. Their two adult children and four grandchildren live in their large home and can assist him with food, doctor appointments, etc. We also have a brother who takes him out once a week.

I'm thinking the best way of letting him know the trip is out for him would be to have his doctor explain why it's not advisable. Any other suggestions would be most appreciated.

— EUROPE-BOUND

DEAR EUROPE-BOUND: If your sister truly plans to take a monthlong trip to Europe while her husband has one foot on a banana peel, then she should be the one to break the news to him. If she needs backup, I'm sure the doctor can explain to him why it would be too risky for him to tag along.

My questions would be, how do your son and his wife feel about you bringing along an extra guest (guests?) for a month, and if something terrible should happen to your sister's husband in her absence, could she live with the guilt?

DEAR ABBY: Years ago, when I was trying to get into a professional school, I took some classes to prepare for the entrance exam. It cost my dad money to put me through the training. A few of my classmates/friends asked me to share the training material with them. Because it was expensive and I was

preparing for a competitive exam, which they were also taking, I refused.

Long story short, none of us passed the exam. We moved on and have all become successful in life, but that incident haunts me all these years (decades) later. I was living outside of the U.S. for a long time, so I didn't try to get in touch with them or discuss why I behaved the way I did. I am likely to meet them in the near future, and I don't know how to handle this if it comes up. What do you think I should do?

— REMEMBERING THE EARLY DAYS

DEAR REMEMBERING: It is entirely possible that these individuals will not remember the incident. If they raise the subject, apologize and explain to them the reasons you were reluctant to share the material. If they don't mention it, then let it lie.

DEAR ABBY: As a child, I suffered a lot of abuse from my parents until I finally, at 13, opened up to a teacher. I was removed from my house and spent the remainder of my youth in various foster homes. I never felt like I had a home or family until I was an adult and made my own.

I have cut all ties with my biological family, as I am happier and more sane without them. They have never shown remorse for their abuse, and I feel my children's safety would be jeopardized if I were to rekindle a relationship with them.

The problem is, co-workers and sometimes even strangers at my retail job ask me about my children's grandparents. When I explain that we have a "strained" relationship, they often tell me I need to get over it, learn to forgive or that I'll regret not mending things. Am I wrong for wanting to maintain a distance? How can I assert my position firmly without giving too much detail?

— CUT OFF BY CHOICE IN KENTUCKY

DEAR CUT OFF: You are not obligated to give a detailed response to these individuals, who may only be trying to make conversation when they ask. All you need to say is that "the grandparents are not involved." There could be many reasons for it, but you don't have to share them. If you are questioned further say, "I'd rather not discuss it."



DEAR ABBY

HEAT WAVE

Forecast prompts housing checks

By Corey Williams
The Associated Press

CHICAGO — Public housing officials in Chicago were planning wellbeing checks on residents as the heat and humidity are expected to mount to dangerous levels as part of a wave of sweltering weather covering a substantial portion of the U.S.

Routine checks also will be done to make sure the temperature in housing units are at safe levels. Window air conditioners are available for emergency situations, Chicago's Housing Authority said Thursday.

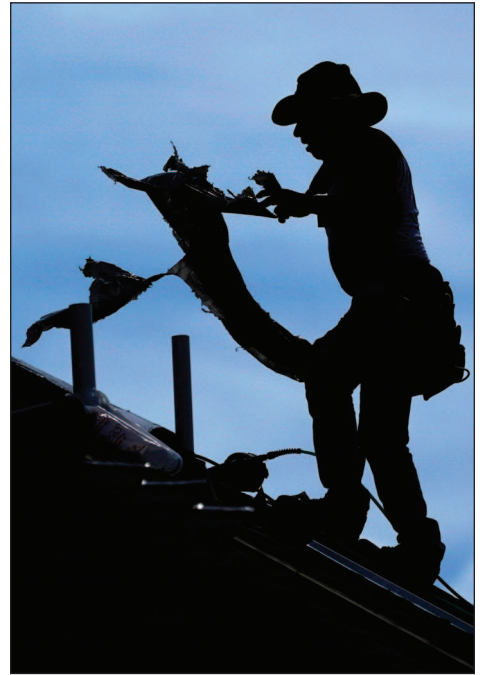
Excessive heat warnings were posted Thursday by the National Weather Service from central Nebraska and Missouri into western Ohio and parts of West Virginia. An excessive heat watch was put in place for the Cleveland area, part of New York State and parts of the East Coast.

Temperatures topping 100 degrees were expected for the southern and central High Plains.

Detroit was expected to reach 90 degrees Fahrenheit Thursday, according to the National Weather Service. A high of 91 degrees Fahrenheit was forecast for Chicago and the Baltimore, Maryland, and Washington D.C. areas. Cleveland was to see 92 degrees Fahrenheit, while a high of 96 degrees Fahrenheit was expected in Louisville, Kentucky, and St. Louis, Missouri.

Ambulances in Oklahoma's two largest metropolitan areas of Oklahoma City and Tulsa have responded to more than 40 heat-related calls since Tuesday, most in the late afternoon as the temperature peaks.

"We've had people who have been walking," said Emergency Medical Services Authority spokesman Adam Paluka in Tulsa. "We've had people who have been



The Associated Press

A roofer works on a new home under construction Thursday in Houston. A heat wave is expected to send temperatures soaring close to 100 degrees through the weekend across much of the country. The National Weather Service estimates that more than 100 heat records will fall on Saturday.

gardening. It doesn't matter how much you're doing or how little you're doing, the heat can still affect you."

At Cook County Health in Chicago, staff has been placed on-call and operational meetings are being held with emergency room leaders, said Dr. Trevor Lewis, interim chair of the health system's Emergency Medicine department.

"We have a lot of festivals in the city over the weekend. We make appropriate plans for that," said Lewis, adding that informing people how to take precautions during extreme heat is the best precaution.

Some intravenous fluids that normally are kept at room temperature at Detroit's Receiving Hospital are being cooled down and fans are being taken out of storage to be more readily available, said Rob Klever, emergency department medical director.

Heat exhaustion and heat stroke are the primary health issues emergency rooms could see Thursday through Saturday. Both can occur after temperatures hit 80 degrees or the humidity rises above 75 percent, according to Eskenazi Health in Indianapolis.

AccuWeather weather

	TONIGHT	SAT	SUN	MON	TUE
Weather	Clear and chilly	Sunny and beautiful	Sunny and warmer	Partly sunny and warm	Sun and clouds; very warm
Baker City	37	83 46	96 55	94 56	93 56
Comfort Index™	10	8	4	4	5
La Grande	44	82 48	92 57	93 59	94 59
Comfort Index™	10	8	5	4	5
Enterprise	39	78 48	90 58	91 58	91 56
Comfort Index™	10	9	5	3	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		WED. EXTREMES	
TEMPERATURES			
Baker City	86°	La Grande	83°
High Wednesday	86°	Elgin	82°
Low Wednesday	47°		51°
PRECIPITATION (inches)			
Wednesday	0.00	0.00	0.00
Month to date	Trace	0.09	0.19
Normal month to date	0.40	0.44	0.45
Year to date	6.08	10.81	20.21
Normal year to date	6.11	9.78	14.12

AGRICULTURAL INFO.	
HAY INFORMATION SATURDAY	
Lowest relative humidity	20%
Afternoon wind	NE at 4 to 8 mph
Hours of sunshine	13.1
Evapotranspiration	0.25

RESERVOIR STORAGE (through midnight Thursday)	
Phillips Reservoir	61% of capacity
Unity Reservoir	74% of capacity
Owyhee Reservoir	91% of capacity
McKay Reservoir	81% of capacity
Wallowa Lake	75% of capacity
Thief Valley Reservoir	77% of capacity

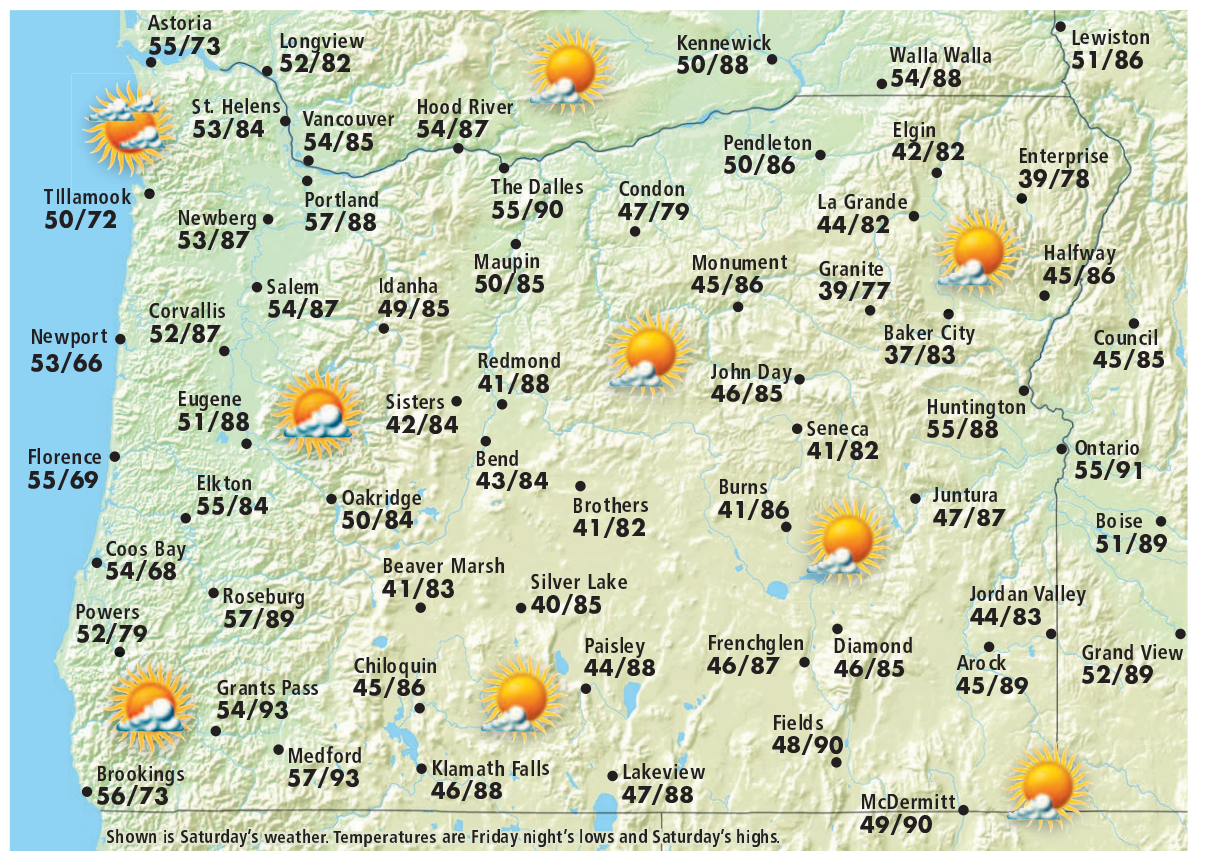
STREAM FLOWS (through midnight Wednesday)	
Grande Ronde at Troy	1450 cfs
Thief Valley Reservoir near North Powder	58 cfs
Burnt River near Unity	90 cfs
Umatilla River near Gibbon	37 cfs
Minam River at Minam	423 cfs
Powder River near Richland	18 cfs

SUN & MOON	
FRI.	
Sunrise	5:22 a.m.
Sunset	8:35 p.m.
Moonrise	10:28 p.m.
Moonset	7:58 a.m.
SAT.	
Sunrise	5:23 a.m.
Sunset	8:34 p.m.
Moonrise	10:53 p.m.
Moonset	8:59 a.m.

MOON PHASES			
Last	New	First	Full
Jul 24	Jul 31	Aug 7	Aug 15

AROUND OREGON AND THE REGION

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REGIONAL CITIES

City	SAT.		SUN.		City	SAT.		SUN.	
	Hi/Low	W	Hi/Low	W		Hi/Low	W	Hi/Low	W
Astoria	73/57	s	71/57	pc	Lewiston	86/56	s	95/65	s
Bend	84/49	s	89/54	s	Longview	82/54	s	83/55	s
Boise	89/60	s	100/68	s	Meacham	79/46	s	90/54	s
Brookings	73/55	s	70/53	s	Medford	93/61	s	95/63	s
Burns	86/51	s	96/54	s	Newport	66/54	s	65/54	pc
Coos Bay	68/54	s	67/56	pc	Olympia	81/51	s	83/53	s
Corvallis	87/54	s	86/55	s	Ontario	91/58	s	100/67	s
Council	85/51	s	96/61	s	Pasco	90/55	s	96/63	s
Elgin	82/48	s	92/58	s	Pendleton	86/55	s	94/62	s
Eugene	88/54	s	89/55	s	Portland	88/62	s	87/61	s
Hermiston	91/54	s	98/63	s	Powers	79/55	s	78/56	pc
Hood River	87/57	s	92/65	s	Redmond	88/49	s	93/52	s
Imnaha	83/53	s	95/61	s	Roseburg	89/59	s	89/59	pc
John Day	85/52	s	96/62	s	Salem	87/57	s	87/57	s
Joseph	79/49	s	90/57	s	Spokane	80/53	s	88/62	s
Kennewick	88/54	s	96/62	s	The Dalles	90/58	s	94/67	s
Klamath Falls	88/50	s	92/52	s	Ukiah	79/45	s	88/52	s
Lakeview	88/51	s	92/52	s	Walla Walla	88/60	s	95/67	s

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

RECREATION FORECAST SATURDAY

ANTHONY LAKES Plenty of sun	57 42		PHILLIPS LAKE Sunny and pleasant	79 46	
MT. EMILY REC. Plenty of sun	69 49		BROWNLEE RES. Sunny and pleasant	86 54	
EAGLE CAP WILD. Plenty of sun	65 42		EMIGRANT ST. PARK Sunny and pleasant	76 40	
WALLOWA LAKE Sunny and pleasant	79 49		MCKAY RESERVOIR Sunny and pleasant	85 54	
THIEF VALLEY RES. Sunny and nice	83 46		RED BRIDGE ST. PARK Sunny and nice	82 48	

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Coming July 19th!

Every Friday in Baker City Herald & La Grande Observer