

Falling-out with friend group puts wife in awkward position

DEAR ABBY: I'm married to the most patient, loving and wonderful husband in the world. Recently, I had a falling-out with his friend group. I admit I was not a good friend due to mental illness, and I know I may never earn their forgiveness. I'm taking responsibility for my actions and seeking help. Now I want to move on and



DEAR ABBY

forget I ever knew them. The problem is, my husband still hangs out with them. He defended me when they talked negatively about me, and continues to support me in all my struggles, but they're still buddy-buddy as if nothing ever happened. I can't help but think how awkward it is that he hangs out with a bunch of people who hate me.

The last thing I want is to break up a friendship, and I know it's petty to be angry that my husband still hangs with them, but it still leaves a sour taste in my mouth. How can I learn to let go knowing they will be a constant presence in my life and a reminder of how horrible I was?

— KEEPING DISTANCE

DEAR KEEPING: You have a mental illness and you acted out. Your illness caused it, and it does not

make you a bad person. You cannot wave a magic wand and expect this to go away. You have already taken an important first step by admitting to yourself that you have a mental illness. If you are now in treat-

ment, you have also taken the second step. When you are strong enough, apologize to his friend group for any pain, embarrassment or disruption you caused during an "episode" and assure them you are working to get better.

You should not expect your husband to drop his friends because you messed up. They probably WILL be present in your lives for the foreseeable future, but that doesn't mean you will always be at odds.

NEWS OF THE WEIRD

Pythons, iguanas: Florida restricts some exotic reptiles



J. Pat Carter/Associated Press, File

ST. PETERSBURG, Fla. — Pythons, iguanas, monitor lizards, oh my! Florida is moving to restrict 16 invasive reptile species that have wreaked havoc in the Everglades and across the state.

Burmese pythons, in particular, have been especially destructive to native wildlife.

"Breeding invasive species in Florida is like playing with matches in a tinder box," said Julie Wraithmell, vice president and executive director of Audubon Florida.

The Florida Fish and Wildlife Conservation Commission voted Feb. 25 to move these animals to a prohibited list. That means they can only be brought to Florida for exhibition, such as a zoo, or at a research facility.

"These animals are creating enormous issues for our state," said Rodney Barreto, chair of the commission. "The environment trumps the livelihood on this one, unfortunately."

Many people involved in the reptile trade and pet owners have weighed in

on the issue. The rules do not require anyone to relinquish their pets and permits are free. "I'm very sensitive to the people in the pet trade and enthusiasts," said Robert Spottswood, a member of the Florida commission. "But this action is a result of the invasive species that continue to get in the wild. These animals are doing lots of damage and we are incumbent to do something."

According to the wildlife commission, there are

more than 500 non-native species in Florida. Most have been brought in through the live animal trade and then escape or are released into the wild.

The animals under new restrictions include a variety of pythons, green iguanas, tegu lizards, Nile monitors and others. Some kill native Florida wildlife as well as pets, while others dig burrows and become a threat to human constructions such as manmade fountains and gardens.

— Associated Press

March is Colorectal Cancer AWARENESS MONTH



Did you know... colorectal cancer is the third most commonly diagnosed cancer in the U.S.?

In its earliest stages, colon cancer may not produce any symptoms. It's important to have routine screenings in order to prevent colon cancer or find it early, when treatment is most effective. Most physicians recommend screening for people aged 50 or over, or earlier if there is a family history of colorectal cancer and for those with inflammatory bowel disease. There is a range of screening tests available and most are covered by insurance, often without a deductible or co-pay.

If you are 50 or older, or have a family history of colorectal cancer, ask your doctor about screening options.



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For more information, call 541.304.2264 or visit PendletonCancer.com.

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weather

	TONIGHT	SUN	MON	TUE	WED
	Mostly cloudy	A couple of showers	Mostly cloudy and chilly	Some sun with a shower	Mostly sunny
Baker City	29	49 28	48 25	50 27	51 26
Comfort Index™	1	2	4	5	4
La Grande	33	46 24	46 26	45 30	47 29
Comfort Index™	0	1	5	3	5
Enterprise	28	43 23	42 25	42 24	42 29
Comfort Index™	1	3	3	2	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	59°	55°	56°
Low Thursday	23°	22°	23°
PRECIPITATION (inches)			
Thursday	0.00	0.00	0.00
Month to date	0.00	0.00	0.00
Normal month to date	0.10	0.18	0.34
Year to date	0.95	5.03	11.93
Normal year to date	1.48	2.95	5.84

THURSDAY EXTREMES

NATION (for the 48 contiguous states)
 High: 88° Fort Stockton, Texas
 Low: -8° Afton, Wyo.
 Wettest: 0.96" Hoquiam, Wash.

OREGON
 High: 68° Pendleton
 Low: 20° Klamath Falls
 Wettest: 0.24" Newport

WEATHER HISTORY

A storm that had caused floods on the West Coast hit farther east on March 6, 1983. A tornado at Monroe, N.C., derailed a train. Winnipeg, Canada, was encased in ice, which closed the airport for three days.

SUN & MOON

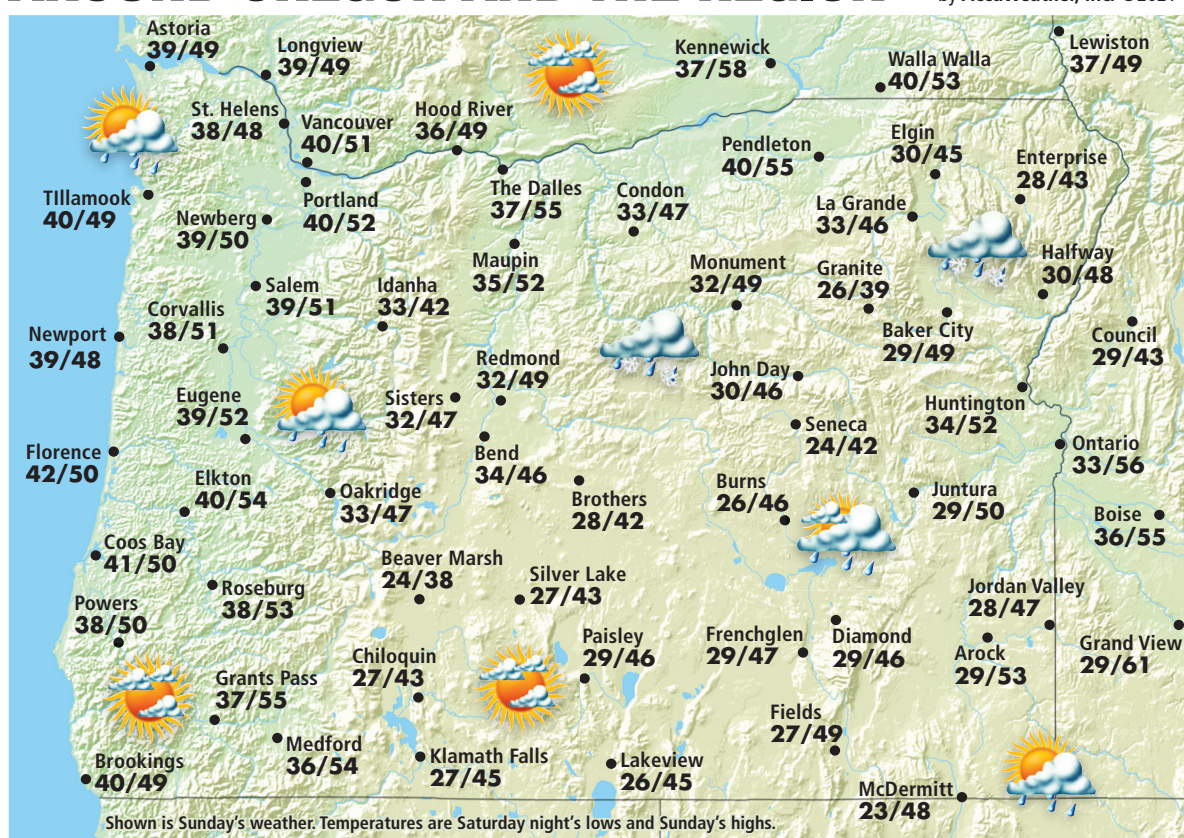
	SAT.	SUN.
Sunrise	6:21 a.m.	6:20 a.m.
Sunset	5:46 p.m.	5:48 p.m.
Moonrise	2:00 a.m.	3:07 a.m.
Moonset	10:46 a.m.	11:39 a.m.

MOON PHASES

New	First	Full	Last
Mar 13	Mar 21	Mar 28	Apr 4

AROUND OREGON AND THE REGION

Forecasts and graphics provided by AccuWeather, Inc. ©2021



REGIONAL CITIES

City	SUN. Hi/Lo/W	MON. Hi/Lo/W	City	SUN. Hi/Lo/W	MON. Hi/Lo/W
Astoria	49/35/sh	51/36/pc	Lewiston	49/36/c	51/36/c
Bend	46/24/c	48/28/c	Longview	49/31/sh	53/34/c
Boise	55/34/pc	54/33/pc	Meacham	44/23/sh	45/29/c
Brookings	49/36/c	48/38/sh	Medford	54/31/c	55/32/c
Burns	46/24/pc	46/23/c	Newport	48/36/c	48/37/c
Coos Bay	50/33/c	50/35/c	Olympia	48/28/sh	53/30/c
Corvallis	51/29/c	52/33/c	Ontario	56/34/pc	54/33/c
Council	43/28/pc	44/25/c	Pasco	58/32/c	56/29/c
Elgin	45/24/sh	46/28/sn	Pendleton	55/31/c	56/31/c
Eugene	52/32/c	53/36/c	Portland	52/34/sh	56/36/c
Hermiston	58/32/c	58/31/c	Powers	50/31/c	50/36/c
Hood River	49/26/c	45/23/c	Redmond	49/24/c	49/28/c
Imnaha	47/32/r	44/25/c	Roseburg	53/33/c	54/35/c
John Day	46/29/c	44/27/sn	Salem	51/30/c	52/34/c
Joseph	42/22/sn	41/25/c	Spokane	46/27/c	47/28/c
Kennewick	58/32/c	58/29/c	The Dalles	55/32/sh	55/32/c
Klamath Falls	45/23/pc	45/24/c	Ukiah	45/19/c	46/24/sf
Lakeview	45/24/pc	44/23/c	Walla Walla	53/34/r	51/35/c

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

RECREATION FORECAST SUNDAY

ANTHONY LAKES	PHILLIPS LAKE
A little snow	Rain/snow showers
22 12	44 23
MT. EMILY REC.	BROWNLEE RES.
A little p.m. snow	Rain and drizzle
34 19	49 30
EAGLE CAP WILD.	EMIGRANT ST. PARK
1-3 inches of snow	A morning shower
31 14	40 19
WALLOWA LAKE	MCKAY RESERVOIR
A little snow	A passing shower
42 22	53 29
THIEF VALLEY RES.	RED BRIDGE ST. PARK
A morning shower	Spotty showers
49 28	46 24

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