

Guilt after friend's death calls for self-forgiveness



DEAR ABBY
ADVICE

Dear Abby: My dearest friend passed away five years ago. He was a severe alcoholic, and his death resulted from it. I was aware of how bad things had gotten and I was trying to talk him into getting help. I live across the country but visited and spoke with him often. I was considering telling his parents how bad things were since they were mainly supporting him, but I was torn because he was an adult, and I didn't know if it

would be appropriate. Well, while I was considering it, he passed away, and I haven't been able to get over the guilt. I feel like I should've done more. I have a strong urge to tell his parents I knew how he was doing and was contemplating telling them and how sorry I am that I didn't. Would it be selfish, like rubbing salt in their wounds, just so I can find some kind of peace? I have been going back and forth with this since his death. I have such regret that I didn't do something more. I don't know if their forgiveness would help me, or if I'd just be hurting them more. Your opinion on this would be helpful. — **Full of Regrets**

Dear Full: Please forgive yourself and stop second-guessing. You are guilty of nothing more than being a caring friend. The deceased was responsible for his own alcohol-related death. If his parents were supporting him financially, they were already aware their son had a serious problem. Because after five years you cannot stop flogging yourself, you have two options: Discuss this with your religious adviser, or ask your doctor or your insurance provider to refer you for some sessions with a licensed psychotherapist with whom you can work through this. **Dear Abby:** I have had a girl-

friend for about three years, but I have recently begun to feel indifferent about our relationship. We have to travel at least 45 minutes to see each other and don't always see each other on weekends. I have been trying to convince her to move into my town-home, but something new arises each time I bring it up. Recently, a younger woman (she's 21, I'm 32) showed an interest in me during one of my sports games. I have talked to her and won't let any relationship develop outside of being friends. She's religious and I'm not, and that's a deal-breaker for me. I'm torn between continuing to try to build my current relationship,

trying to pursue the new one, or taking a step back from relationships to focus on my personal goals. Any thoughts, Abby? — **Pondering in Pennsylvania**
Dear Pondering: It doesn't appear that you OR your girlfriend of three years is really ready to take things to the next level. If you were, you wouldn't be debating whether to trade her in for a newer model. As to the younger one, you just stated clearly that her religiosity is a deal-breaker for you. Your third option makes the most sense. Concentrate on your personal goals for a while, and with time, your love life will work itself out.

TUNA

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long-fermented sourdough or pain au levain — think Tartine-recipe, high-hydration bread with a caramelized crust and tons of flavor.

WAYNE JOHNSON of FareStart

The tuna salad sandwich has been a part of our family since I can remember. My mom would do mayo, pickles (or relish) and chopped-up onions, and it was on white bread (I think Wonder Bread!). As we have become more conscious of where our food is coming from and how it is produced, the tuna salad sandwich has changed slightly.

The tuna salad: sustainably caught, slow-cooked wild yellowfin steaks with diced red onions, chopped pickles (very important), celery and Best Foods mayo, plus a shake of celery salt. The bread: Crust and Crumbs multigrain from our favorite food co-op, Skagit Valley Food Co-op in Mount Vernon. When we want to

get fancy, it's tuna salad between slices of Gouda on Crust & Crumb bread grilled with lightly salted butter (all things grilled in my book).

I guess the one thing that is the same is calling it a tuna salad sandwich.

DAVID GUREWITZ of La Dive

I grew up eating a lot of tuna salad. My dad would always make it, and his version is still my favorite. I don't know his exact recipe, but there was hard-boiled egg in it, plus carrots and a lot of chopped pickle. Curiously, he hates mayo. (Like, he is legitimately repulsed by it. Loves tuna salad, though. He's a strange guy.) Hence, mayo is the keystone of the whole operation. You've got to use enough so it won't be dry, but a smidge too much and the whole thing is sunk. His rationale is a mess, but I find I agree with the results, and I employ the same strategy whenever I make tuna salad. (I apologize for a tuna salad recipe that is measured predominantly in grams. It seems so extra.)

- Two 5-ounce cans tuna, drained very well of liquid
- 1 fillet anchovy (optional)
- 1 clove garlic
- 5 g capers
- 65 g celery, small dice
- 10 g (about 1) scallion, thinly sliced
- 10 g whole grain or Creole mustard
- 75 g mayo
- Salt and black pepper, to taste
- Sliced pickles and hard-boiled eggs (optional)
- Potato chips

Finely chop the garlic with the anchovy and the capers (or crush together in a mortar with a pestle) — try to make a paste. Flake the tuna into a bowl with a fork or your hands until whatever texture satisfies you. Add the garlic/anchovy paste and the remaining ingredients, and mix well. The tuna salad tastes best if refrigerated for an hour or so before eating. Adding slices of pickle and hard-boiled egg is highly recommended (or, if you prefer, just chop some up and mix 'em right in). Super bonus points if you put potato chips in the sandwich, but anyhow, it seems incomplete if there aren't at least some on the side.

Cool, creamy salad with sweet scallops

By LINDA GASSENHEIMER
Tribune News Service

This fresh summer salad is topped with seared sweet scallops. It's perfect for a hot summer night. Scallops, which need very little cooking, should be prepared so the inside remains creamy. Prolonged cooking will shrink and toughen them.

The secret to searing the scallops is to make sure your skillet is very hot. The scallops will need only 3 minutes to cook this way. If your scallops seem very large, check for doneness by slicing into one. If the meat is opaque, they are done; if translucent, cook them another 30 seconds.

Helpful Hints

- When buying scallops, ask for dry (not wet) scallops. The wet ones have been treated with a solution that helps keep them moist. They will be difficult to sear and brown.
- You can add any fresh vegetables to the salad.

Countdown

- Prepare ingredients.
- Mix salad greens, tomatoes and cucumber and dressing and place on plates.
- Sear scallops and complete recipe.

Shopping List

- To buy: 3/4 pound fresh scallops, 1 bag washed, ready-to-eat salad greens, 1

container cherry tomatoes, 1 cucumber, 1 bunch chives, 1 bottle reduced-fat oil and vinegar dressing and 1 whole wheat baguette.

- Staples: olive oil, salt and black peppercorns.

SEARED SCALLOPS SALAD

Recipe by Linda Gassenheimer

- 4 cups washed ready-to-eat salad greens
- 2 cups cherry tomatoes
- 1 cup sliced cucumber
- 4 tablespoons reduced-fat oil and vinegar dressing
- 1 tablespoon olive oil
- 3/4 pound fresh scallops
- Salt and freshly ground black pepper
- 2 tablespoons chopped chives
- 1/2 whole wheat baguette

Add the salad greens, tomatoes and cucumber to a large bowl. Add the salad dressing and toss well. Divide the salad between two dinner plates. Pat scallops dry with a paper towel. Heat oil in a skillet over-high heat. When smoking, add scallops and sauté on high 2 minutes, turn scallops over and sear 1 minute. Add salt and pepper to taste. Place the scallops on top of the salad, dividing them evenly. Sprinkle the chives on top. Serve with the baguette.

Yield 2 servings.
Per serving: 439 calories (25% from fat), 12.2 g fat (1.6 g saturated, 4.6 g monounsaturated), 56 mg cholesterol, 36.9 g protein, 45.9 g carbohydrates, 6.7 g fiber, 573 mg sodium.

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weather

	TONIGHT	WED	THU	FRI	SAT
	Mainly clear	A morning shower in spots	Mostly sunny and warmer	Partly sunny and pleasant	Nice with clouds and sun
Baker City	45	67 41	80 46	82 47	76 42
Comfort Index™	9	0	10	9	10
La Grande	51	64 46	79 52	78 50	77 47
Comfort Index™	9	6	9	9	10
Enterprise	46	58 45	75 50	76 47	71 49
Comfort Index™	10	4	10	9	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 Sunday	98°	101°	105°
Low Sunday	49°	55°	53°
PRECIPITATION (inches)			
Sunday	0.00	0.00	0.00
Month to date	0.47	0.21	0.30
Normal month to date	0.21	0.32	0.31
Year to date	2.93	6.33	15.67
Normal year to date	6.20	10.98	15.54

SUNDAY EXTREMES

NATION (for the 48 contiguous states)	OREGON
High: 122° Death Valley, Calif.	High: 105° The Dalles
Low: 38° Walden, Colo.	Low: 49° Baker City
Wettest: 4.08" Charleston, S.C.	Wettest: Trace Brookings

AGRICULTURAL INFO.

HAY INFORMATION WEDNESDAY	
Lowest relative humidity	40%
Afternoon wind	NNW at 7 to 14 mph
Hours of sunshine	9.2
Evapotranspiration	0.17

RESERVOIR STORAGE (through midnight Monday)

Phillips Reservoir	1% of capacity
Unity Reservoir	32% of capacity
Owyhee Reservoir	21% of capacity
McKay Reservoir	50% of capacity
Wallowa Lake	4% of capacity
Thief Valley Reservoir	0% of capacity

STREAM FLOWS (through midnight Sunday)

Grande Ronde at Troy	455 cfs
Thief Valley Reservoir near North Powder	2 cfs
Burnt River near Unity	96 cfs
Umatilla River near Gibbon	40 cfs
Minam River at Minam	72 cfs
Powder River near Richland	8 cfs

WEATHER HISTORY

Hurricane Camille roared across Mississippi on Aug. 17, 1969, after coming ashore at Main Pass Block, La. The storm had 172-mph winds and a low barometer reading of 25.73 inches.

SUN & MOON

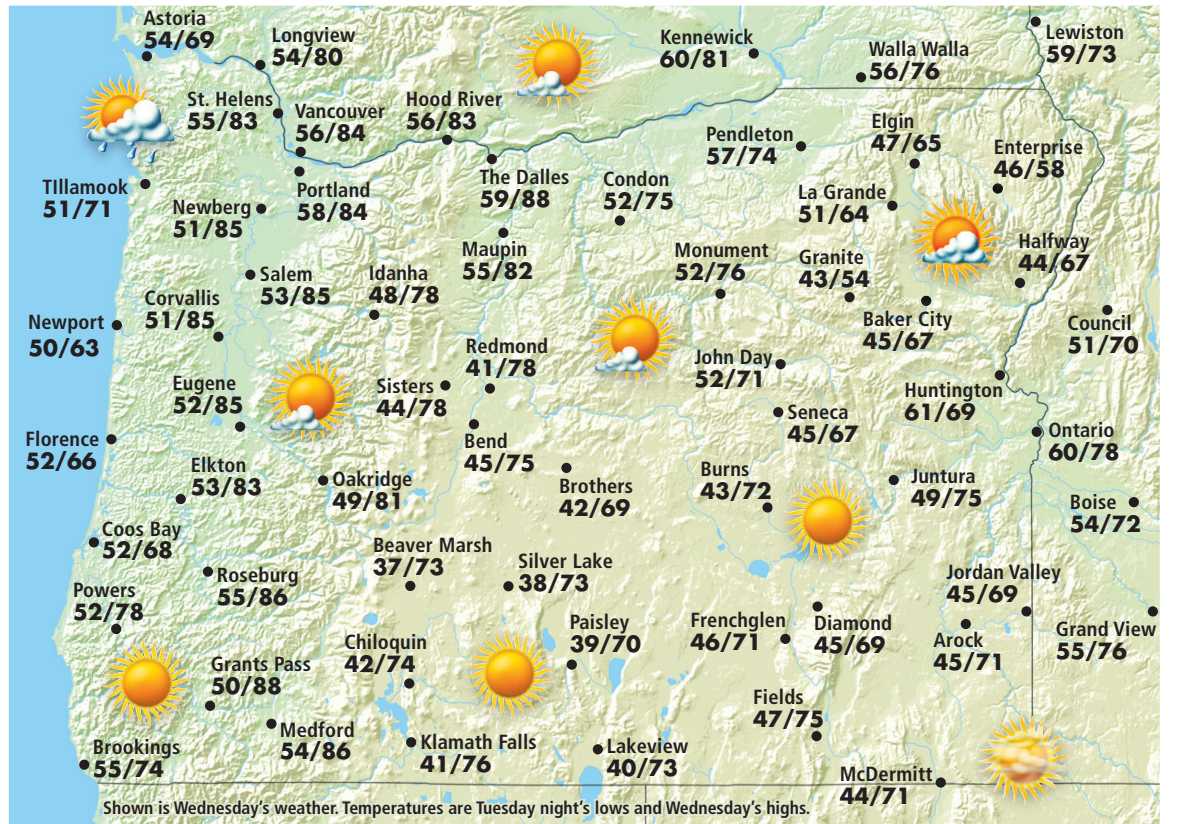
	TUE.	WED.
Sunrise	5:56 a.m.	5:57 a.m.
Sunset	7:56 p.m.	7:54 p.m.
Moonrise	4:42 p.m.	5:48 p.m.
Moonset	12:24 a.m.	1:13 a.m.

MOON PHASES



AROUND OREGON AND THE REGION

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REGIONAL CITIES

City	WED. Hi/Lo/W	THU. Hi/Lo/W	City	WED. Hi/Lo/W	THU. Hi/Lo/W
Astoria	69/56/s	68/55/c	Lewiston	73/57/sh	84/62/pc
Bend	75/49/s	82/50/s	Longview	80/56/s	73/58/pc
Boise	72/52/s	80/56/pc	Meacham	65/42/sh	79/46/s
Brookings	74/55/s	71/53/s	Medford	86/58/s	90/60/s
Burns	72/43/pc	82/46/s	Newport	63/50/s	62/51/c
Coos Bay	68/52/s	67/55/pc	Olympia	81/53/s	78/54/s
Corvallis	85/53/s	81/56/s	Ontario	78/56/s	84/57/s
Council	70/45/s	83/52/pc	Pasco	82/54/s	89/60/s
Elgin	65/45/r	79/47/s	Pendleton	74/57/pc	85/58/s
Eugene	85/54/s	85/56/s	Portland	84/60/s	83/61/s
Hermiston	81/55/pc	89/63/s	Powers	78/53/s	75/58/s
Hood River	83/59/s	82/63/s	Redmond	78/44/pc	86/49/s
Imnaha	69/51/sh	79/53/pc	Roseburg	86/57/s	86/59/s
John Day	71/49/pc	82/48/s	Salem	85/56/s	83/58/s
Joseph	55/45/t	73/51/pc	Spokane	72/53/s	80/57/pc
Kennewick	81/52/s	88/61/s	The Dalles	88/62/s	87/63/s
Klamath Falls	76/46/s	83/47/s	Ukiah	64/41/pc	77/41/s
Lakeview	73/41/s	80/47/s	Walla Walla	76/56/s	85/61/s

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

RECREATION FORECAST WEDNESDAY

ANTHONY LAKES A shower or two	39 36	PHILLIPS LAKE Showers around	57 43
MT. EMILY REC. A morning shower	52 45	BROWNLEE RES. Mostly sunny; cool	71 48
EAGLE CAP WILD. A morning shower	44 35	EMIGRANT ST. PARK Partly sunny; cool	60 37
WALLOWA LAKE A p.m. t-shower	55 45	MCKAY RESERVOIR Partly sunny; cool	71 55
THIEF VALLEY RES. Showers around	67 41	RED BRIDGE ST. PARK A morning shower	64 46

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