

Grandma raising boy is eager to live her life



DEAR ABBY
ADVICE

DEAR ABBY: I have been raising my daughter's first child. "Joey" is 10, and he has been living with my husband and me full time for four years. I love him very much and enjoy being his "mom," but I'm not good at helping him with homework. My daughter doesn't have time for him. She has two other kids with a different dad. The stepdad has no desire to be a dad to Joey.

I am Joey's everything. My life re-

volves around him. But, Abby, at 52, I feel I have earned the right to do as I want at this time in my life. I feel I would be punishing Joey if I gave him back to his mom to raise. His biological father is not in his life, although the paternal grandparents are in contact with him. Your thoughts on this situation? — **LIKE A MOM IN SOUTH CAROLINA**

DEAR LIKE A MOM: Gladly. When Joey is 18, you will be 60. That is not over the hill. Please do not give up on your grandson at this point. As you stated, you are "everything" to him, and in this case, it is literally true. Joey's paternal grandparents did a terrible job raising their irresponsible son.

Would you really consider turning Joey over to them to mess up? Stay the course.

DEAR ABBY: My husband has cerebral palsy. He can talk, but his speech is slightly slurred. He can walk, but he's unsteady on his feet. We love to go out and have a few drinks, but the issue is that people think he is intoxicated. We have been thrown out of places. We were almost thrown out of a ride-share service until I told the driver he has a disability. We were at a concert going up the steps (I was holding beers), and everyone stared at him thinking he was drunk. Do you have any advice (short of putting up a sign that he is disabled)? — **SOCIAL SPOUSE**

DEAR SPOUSE: Your husband should not have to display a sign. When you go to a bar or a restaurant, inform the manager or the bartender as soon as you enter that your husband has a disability that affects his balance. While it won't work in large crowds such as at a concert, it should save you and your husband from any misunderstandings in smaller venues.

DEAR ABBY: One of the last times we hung out, a friend made a comment about my size. She said, "I shouldn't complain about my weight gain. I'm smaller than YOU." It was really rude. I thought about that comment and how to approach it for a week, and when I saw her next, I asked

her to not bring up my size when she complains about hers.

Instead of apologizing, she spent 15 minutes justifying what she said. But there was no real justification. Since then, I have avoided her. She keeps reaching out and asking to spend time with me, but at this point, I don't feel I should. What would you do? — **OFFENDED IN HAWAII**

DEAR OFFENDED: I would tell her no, and I would tell her in no uncertain terms exactly why.

■ Dear Abby is written by Abigail Van Buren, also known as Jeanne Phillips, and was founded by her mother, Pauline Phillips. Contact Dear Abby at www.DearAbby.com or P.O. Box 69440, Los Angeles, CA 90069.

Peak

Continued from B1
and sitting in on classes — she even had her own yoga mat.

"She was just my total emotional support, that you don't really realize you have until it's gone," McIntosh said.

Kona passed suddenly in February 2020, and her presence is still missed — by McIntosh, her family and Peak's members alike. Julie Dick, a longtime member and former colleague of McIntosh's, remembers Kona's welcoming and friendly demeanor, from her "wise eyes" to her comforting presence.

"When I heard that she had lost her, it just broke my heart, because she was a really special dog," Dick said.

So when McIntosh began brainstorming names for the studio's new coffee and protein shop, honoring Kona felt like a perfect fit.

Ascending to Peak

A La Grande native, McIntosh didn't expect to live in her hometown again after moving to Colorado for veterinary school. But when a family member fell ill, she and her husband returned once more to Eastern Oregon.

Upon returning to La Grande she poured herself into work, taking on jobs in Idaho, Eastern Oregon and even San Diego. She spent many of her weeks commuting by plane.

"I wasn't enjoying it because I wasn't doing anything," she said. "I wasn't putting myself into the community and I wasn't trying to get to know people."

McIntosh's sister gave her a push, asserting that she needed to reconnect with the La Grande community. With several years of part-time fitness instruction under her belt, McIntosh turned to a source of connection she knew well — fitness and movement.

She kept her eye out for a space in town for almost a year, finally nabbing the 1118 Adams



Peak Lifestyle Studio, 1118 Adams Ave., La Grande, in 2020 during the pandemic announces virtual classes in its front window. With its fitness spaces, upstairs salon and massage therapy studio, the business in 2022 added Kona's Cafe, contributing to the space's mission of creating and fueling community.

Avenue location in 2018. She admitted the building's initial state needed quite a bit of work, but she and her husband got started immediately on revamping the space.

"We put up a few walls and we just made the space fit us," she said.

In just over three years, the studio has garnered almost 200 members ranging in age from college students and new moms to recent empty nesters and longtime La Grande residents.

Turbulent beginnings

At the start of the COVID-19 pandemic, just a few months after the studio opened, McIntosh said the team had to think quickly to accommodate for changing safety regulations. They purchased recording equipment and were hosting classes online by the end of March. McIntosh started building up a library of recorded classes for people to access whenever they wanted to.

During warmer months, the

studio hosted classes in parks. Although member and instructor numbers dropped during the pandemic, the team worked to provide quality services for those who stuck around. McIntosh and her husband also worked through other setbacks in the studio — the building's awning falling off, heating and cooling

issues and plumbing issues.

"Life slowed down a little bit," she said. "But for us, we just sped up to make it work."

Continued connection

Despite the challenges along the way, the studio continues to grow. The all-female instructor team teaches a slew of weekly



Colleen McIntosh/Contributed Photo

Colleen McIntosh's dog, Kona, was her confidante and supporter throughout the process of opening Peak Lifestyle Studio. Kona passed suddenly in 2020. The studio's new coffee and protein shake cafe is now named in her honor.

and daily classes, such as indoor cycling, HIIT sessions, kickboxing and yoga.

"I feel like the more we can put ourselves out there to get more people to move, that's what matters," McIntosh said.

Eventually, McIntosh hopes to have another studio space, so that one can be designated for high-intensity fitness and the other for yoga and meditation wellness practice. She hopes more people will continue to find connection and movement through Peak Lifestyle Studio.

"It's a very positive, uplifting atmosphere," Dick said. "It's really apparent that they want you to love yourself and they want you to take care of your body."

Kona's Corner is one of the many ways McIntosh is striving to connect with and provide for the community.

"I thrive on people coming into class, greeting them, seeing how they're doing and checking them in and giving them their coffee and saying goodbye," she said. "Peak is my reprieve from all the chaos."

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	TONIGHT	FRI	SAT	SUN	MON
	Snow showers late	Rain and drizzle; chilly	Mainly cloudy and chilly	Afternoon showers; windy	Clouds, a shower; chilly
Baker City	22	39 35	42 22	40 25	40 22
Comfort Index™	0	0	0	0	1
La Grande	28	43 40	47 27	42 29	43 26
Comfort Index™	3	0	2	0	0
Enterprise	26	41 39	44 27	42 29	42 26
Comfort Index™	2	0	0	0	1

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 Tuesday	52°	45°	47°
Low Tuesday	33°	33°	34°
PRECIPITATION (inches)			
Tuesday	0.10	0.25	0.18
Month to date	0.10	0.25	0.18
Normal month to date	0.02	0.06	0.08
Year to date	5.81	11.18	20.57
Normal year to date	7.50	13.64	19.11

TUESDAY EXTREMES

NATION (for the 48 contiguous states)	
High: 93°	Plant City, Fla.
Low: 28°	Gothic, Colo.
Wettest: 3.86"	Alice, Texas
OREGON	
High: 65°	Rome
Low: 28°	Burns
Wettest: 0.89"	Pendleton

WEATHER HISTORY

A hurricane reached New York City on Nov. 3, 1861. Flooding from torrential rain lasting for 20 hours brought out thousands of rats. Residents of the city chased the rodents with their hunting dogs.

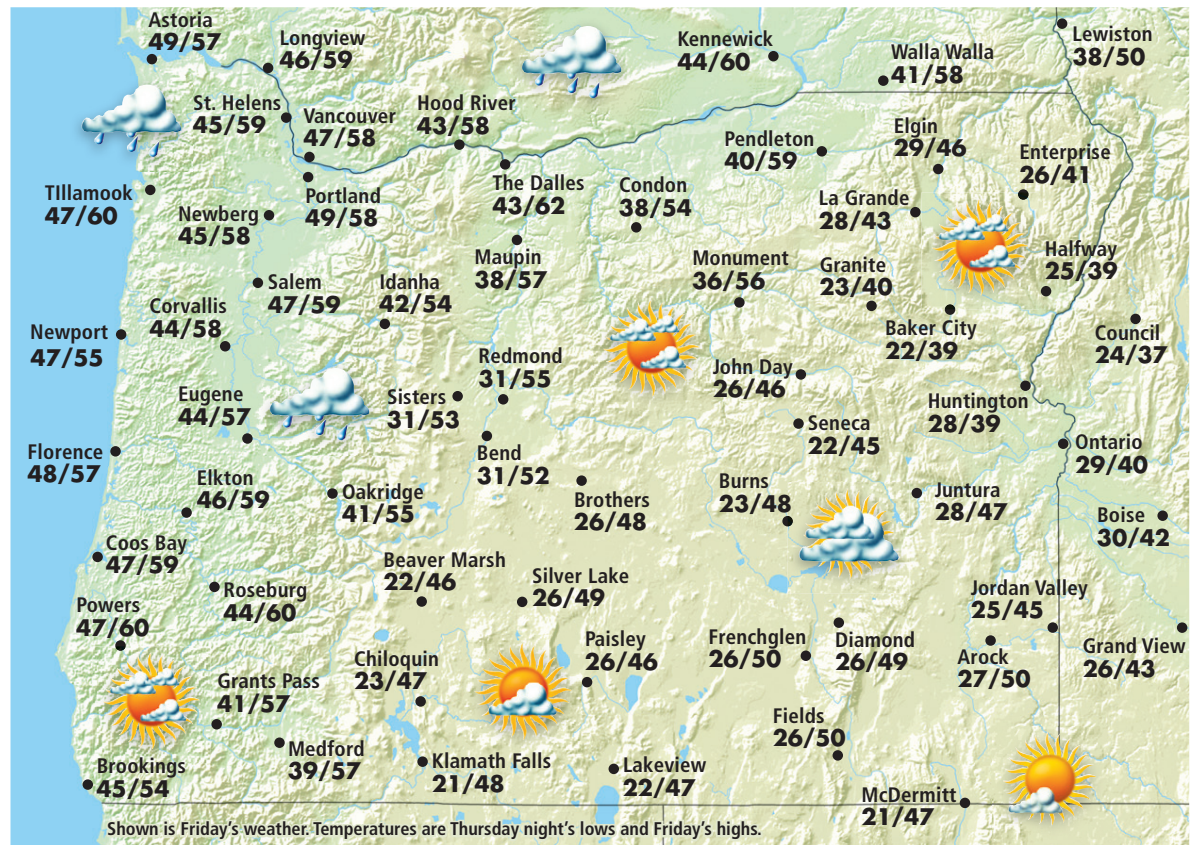
SUN & MOON

	THU.	FRI.
Sunrise	7:34 a.m.	7:35 a.m.
Sunset	5:37 p.m.	5:36 p.m.
Moonrise	3:55 p.m.	4:15 p.m.
Moonset	1:53 a.m.	3:09 a.m.

MOON PHASES			
Full	Last	New	First
Nov 8	Nov 16	Nov 23	Nov 30

AROUND OREGON AND THE REGION

Forecasts and graphics provided by AccuWeather, Inc. ©2022



REGIONAL CITIES

City	FRI. HI/Lo/W	SAT. HI/Lo/W	City	FRI. HI/Lo/W	SAT. HI/Lo/W
Astoria	57/47/r	51/41/p	Lewiston	50/45/r	55/34/c
Bend	52/41/sh	44/26/sh	Longview	59/43/r	50/41/sh
Boise	42/41/r	51/32/sh	Meacham	43/38/r	42/23/sh
Brookings	54/50/r	56/44/sh	Medford	57/48/c	54/37/sh
Burns	48/42/c	47/21/r	Newport	55/49/r	52/43/c
Coos Bay	59/51/r	55/44/sh	Olympia	58/42/r	48/36/p
Corvallis	58/46/r	53/40/c	Ontario	40/40/sn	53/31/r
Council Bluffs	37/35/r	46/22/sh	Pasco	60/49/c	58/36/p
Elgin	46/41/r	46/28/sh	Pendleton	59/46/c	51/34/r
Eugene	57/50/r	53/40/c	Portland	58/48/r	52/42/c
Hermiston	60/51/c	56/34/p	Powers	60/53/r	56/42/sh
Hood River	58/49/r	52/37/p	Redmond	55/40/c	45/26/sh
Imnaha	48/44/r	52/28/sh	Roseburg	60/49/c	54/41/r
John Day	46/41/r	46/25/sh	Salem	59/48/r	53/42/c
Joseph	41/36/sn	42/25/sh	Spokane	45/35/c	46/27/s
Kennecook	60/47/c	56/36/p	The Dalles	62/50/sh	54/36/p
Klamath Falls	48/37/sh	47/26/sh	Ukiah	45/38/sh	42/28/sh
Lakeview	47/37/c	43/24/sh	Walla Walla	58/46/c	53/36/sh

RECREATION FORECAST FRIDAY

Location	Forecast	High	Low
ANTHONY LAKES	A little p.m. rain	34	27
PHILLIPS LAKE	Rain and drizzle	39	36
MT. EMILY REC.	Chilly with rain	41	34
BROWNLEE RES.	Cold; p.m. rain	42	39
EAGLE CAP WILD.	Snow, 3-6"; chilly	32	29
EMIGRANT ST. PARK	Showers around	43	37
WALLOWA LAKE	A bit of p.m. snow	41	36
MCKAY RESERVOIR	Cloudy and windy	57	46
THIEF VALLEY RES.	Rain and drizzle	39	35
RED BRIDGE ST. PARK	Rain and drizzle	43	40