

DEAR ABBY

Write to Dear Abby online at dearabby.com or by mail at P.O. Box 69440, Los Angeles, CA 90069



Dear Abby: I'm a gay man who has been in an on-again/off-again relationship for three years. My partner still lives at home with his mother. He has never left the home, aside from a four-month period when he and his mom weren't getting along.

My issue is, aside from never fully committing, my partner, "Damien," seems to always find a way to abandon me when I hit a rough patch. I lose my job and I'm low on money? He yells at me and leaves. And he manages to not return until I'm "back on my feet."

When the coronavirus hit and I had all my bills paid but nothing to eat, I finally had to say, "Hey, can you get me something?" We go to a burger place, the line's long and he complains nonstop about the wait. We leave and go to my place to hang out. Then he leaves and calls me and talks about what he's going to eat. I hang up.

Before, when I was homeless, even though he doesn't have a place of his own, he never offered any help. If I say, "I know you're really guarded with your money," he becomes enraged. And when he hears about my difficulties, he talks down to me and mocks the situation I am in. He attributes his never leaving home to his family helping him and caring about him. The fact that I'm not in a situation like his implies my family doesn't care. Can you help?

— *A Lot Wrong in Texas*

Dear A Lot Wrong: I'll try. It's time you recognized that Damien is NOT your "part-

ner." Partners HELP each other when they are in trouble. The sooner you lose this person, the sooner you will start to feel better. Damien is all about Damien. His character is fully formed. You can't change him, and neither can I. Leaving Damien may help you become more independent — and that's a good thing. Trust me on that.

Dear Abby: I love my wife dearly. We've been married for 21 years. I'm frustrated with how she dresses for work and when we go out. Her idea of fashion is wearing clothes that are too large in size for her. I don't like going out in public with her when she dresses that way. Granted, she put on some weight after our third child, but she still has a nice, shapely figure. I have seen women with similar body shapes who wear closer-fitting clothes, and they look great. How can I convey that her style is unflattering without upsetting her?

— *Frustrated With Frumpy*

Dear Frustrated: Your wife may dress the way she does because she's self-conscious about her weight or simply because she thinks loose-fitting clothes are more comfortable. Because you feel they don't flatter her, start by asking why she's dressing the way she does. Tell her you think she is beautiful and that the items she is choosing don't do justice to her "nice, shapely figure." You might even volunteer to go with her to help her choose some things, if she's interested. But if she isn't, let the subject drop because, ultimately, she's going to wear whatever she wants.

TRACK AND FIELD**Runner says tainted burrito led to test for banned substance**

Associated Press

Shelby Houlihan, the American record holder in the 1,500 and 5,000 meters, was banned for four years after failing to prove that tainted pork caused her positive test for an anabolic steroid, sport's highest court said Tuesday.

Houlihan blamed a pork burrito bought at a Mexican street food truck when she revealed her doping case in an announcement on her Instagram account Monday.

A case that went ahead in secret for five months was published days before the start of U.S. Olympic track and field trials in Eugene, where the top three in each event earn a spot to the postponed Tokyo Games. Houlihan finished 11th at the 2016 Rio de Janeiro Olympics in the 5,000 meters.

The Court of Arbitration for Sport confirmed Tuesday its panel of judges "unanimously determined that Shelby Houlihan had failed" to prove how the anabolic steroid nandrolone got into her system.

The case was fast-tracked with the consent of all parties to be heard on June 4 by video link with the court in Lausanne, Switzerland. The verdict was announced without a detailed verdict.

It stayed confidential until Houlihan's own announcement of the positive doping test and ban that runs to January 2025. It also rules her out of the 2024 Paris Olympics and the first track worlds to be held in the United States, next year in Eugene.

The 28-year-old Houlihan said she received an email from the Athletics Integrity Unit (AIU) on Jan. 14, notifying her that a drug testing sample returned a finding for nandrolone.

She said she's since learned it has "long been understood by WADA (World Anti-Doping Agency) that eating pork can lead to a false positive for nandrolone, since certain types of pigs produce it naturally in high amounts. Pig organ meat (offal) has the highest levels of nandrolone."

Houlihan made a list of all the food she ate leading up to a Dec. 15 test that detected the anabolic steroid.

"We concluded that the most likely explanation was a burrito purchased and consumed approximately 10 hours before that drug test from an authentic Mexican food truck that serves pig offal near my house in Beaverton," Houlihan wrote. "I notified the AIU that I believed this was the source."

An email and text were left with her agent.



Charlie Neibergall/AP file

Shelby Houlihan crosses the finish line as she wins the women's 5,000-meter run at the U.S. Championships athletics meet, in Des Moines, Iowa, in 2019. Houlihan, the American record holder in the 1,500 and 5,000 meters, posted on social media that she's been banned for four years following a positive test for what she concluded was a tainted pork burrito.

Houlihan added that "although my levels were consistent with those of subjects in studies who were tested 10 hours after eating this source and WADA technical guidelines require the lab to consider it when analyzing nandrolone, the lab never accounted for this possibility. They could have reported this as an atypical finding and followed up with further testing. The anti-doping experts I have reached out to say they should have. I did everything I could to prove my innocence."

She said she passed a polygraph and had a hair sample analyzed by toxicologists.

"WADA agreed that test proved that there was no build up of this substance in my body, which there would have been if I were taking it regularly," Houlihan wrote. "Nothing moved the lab from their initial snap decision. Instead, they simply concluded that I was a cheater and that a steroid was ingested orally, but not regularly. I believe my explanation fits the facts much better — because it's true. I also believe it was dismissed without proper due process."

Houlihan said she was informed last Friday that CAS "did not accept my explanation of what had occurred and has subsequently banned me from the sport for four years."

The court said in a statement its judges decided by a 2-1 majority the athlete had not proven her claim that her case and sample were improperly managed.

"I feel completely devastated, lost, broken, angry, confused and betrayed by the very sport that I've loved and poured myself into just to see how good I was," Houlihan wrote.

She set the American 1,500-meter record of 3 minutes, 54.99 seconds at the world championships in Doha, Qatar, on Oct. 5, 2019.

Last July, Houlihan broke the U.S. 5,000-meter mark with her time of 14:23.92 in Portland.

"I want to be very clear. I have never taken any performance enhancing substances," Houlihan wrote. "I'm not interested in cheating. I don't do this for the accolades, money, or for people to know my name. I do this because I love it."

YOUR HOROSCOPE *By Georgia Nicols*

Stars show the kind of day you'll have

★★★★★ DYNAMIC | ★★★★★ POSITIVE | ★★★★★ AVERAGE | ★★★★★ SO-SO | ★ DIFFICULT

MOON ALERT: There are no restrictions to shopping or important decisions today. The Moon is in Virgo.

HAPPY BIRTHDAY FOR WEDNESDAY, JUNE 16, 2021: You are forever youthful. You are also persuasive! You are a visionary with high ideals who can be restless at times. You have a sharp, critical, incisive mind and you're witty. This is the time to let go of whatever is no longer relevant in your world. This is not a time of loss. It's a time of lightening up.

ARIES (March 21-April 19)

★★★★ Today you're energetic and full of ideas! Go ahead and share your thoughts with others because you're an initiator and you might start something rolling. You also might take a short trip. You will certainly learn something new and possibly meet new faces. Tonight: Surprise with a pet.

TAURUS (April 20-May 20)

★★★★ As the financial wizard of the zodiac, of course you're focused on money, earnings and moneymaking ideas. This is a good day to take stock of your assets so you know what you own and what you owe. When it comes to money, information is power. Tonight: Watch your kids.

GEMINI (May 21-June 20)

★★★★ You're vibrant, energetic and enthusiastic! Enjoy schmoozing with others because good things will tend to come your way today — this includes people and favorable circumstances. Take a moment today to alphabetize your blessings, because appreciation is a powerful thing. Tonight: Unexpected company.

CANCER (June 21-July 22)

★★★★ With Venus in your sign, you feel friendly and sociable to others; nevertheless, you're happy to take a backseat, hide or work alone because you feel comfortable being behind the scenes. Like your symbol the Crab, sometimes you're happy to hide in your shell. Tonight: Unexpected short trip?

LEO (July 23-Aug. 22)

★★★★ Enjoy interacting with others and meeting friends and members of groups today because you feel friendly and sociable! In particular, you will enjoy the company of younger people, either in person or online. Why not share your dreams for the future with someone to get their feedback? Tonight: Guard your possessions.

VIRGO (Aug. 23-Sept. 22)

★★★★ Take advantage of the fact that others are impressed with you now, especially bosses, parents, teachers and VIPs. (It's smoke and mirrors.) Since this is the case, now is obviously the time for you to make your pitch and go after what you want. Tonight: You're restless!

LIBRA (Sept. 23-Oct. 22)

★★★★ You want to feel a sense of excitement and adventure today. You want to shake things up a little! You also will enjoy learning something new that is unusual and fascinating. How can you do this? For starters, do something different! Tonight: Secrets are revealed.

SCORPIO (Oct. 23-Nov. 21)

★★★★ Lately, you've been feeling intense. This means you have been more reactive to others, especially in discussions related to shared property, inheritances, taxes and debt. Suddenly, everything matters! Everything is black and white! This will fade soon. Tonight: A surprising counter.

SAGITTARIUS (Nov. 22-Dec. 21)

★★★★ Today you probably will have more objectivity regarding your closest relationships, including partnerships and spouses. This will give you an excellent chance to get a better idea of your style of relating to those who are closest to you. Tonight: Freedom matters.

CAPRICORN (Dec. 22-Jan. 19)

★★★★ Get as much done as possible today, because not only do you have the energy to work hard, you also have the desire to get better organized. This is a great combo, which will lead to wonderful productivity in whatever you're doing, especially if it's work-related. Tonight: Travel changes.

AQUARIUS (Jan. 20-Feb. 18)

★★★★ Because you are in a playful, lighthearted mood, find opportunities to enjoy yourself today, as well as to enjoy the company of others, especially children. Sports events, social outings, online meetings, whatever works for you will be a rewarding experience. Tonight: Check your assets.

PISCES (Feb. 19-March 20)

★★★★ If you can take care of some home repairs today, this will please you. Others might have an important family conversation, especially if it involves making plans for the family or your home. Possibly, you want to cocoon at home and hide. (However, with Venus in the picture, you want to entertain.) Tonight: Someone close will surprise you.

Hayward

Continued from A5

Delayed for a year when the 2020 Tokyo Games were postponed due to the pandemic, the Olympic Trials still will adhere to certain COVID-19 safety protocols, including limiting capacity at 12,650-seat Hayward Field to under 9,000 and the elimination of the free community festival, which was held on the field adjacent to the stadium during previous Olympic Trials.

That's just the new-world reality, though the usual high expectations for meet organizers haven't changed.

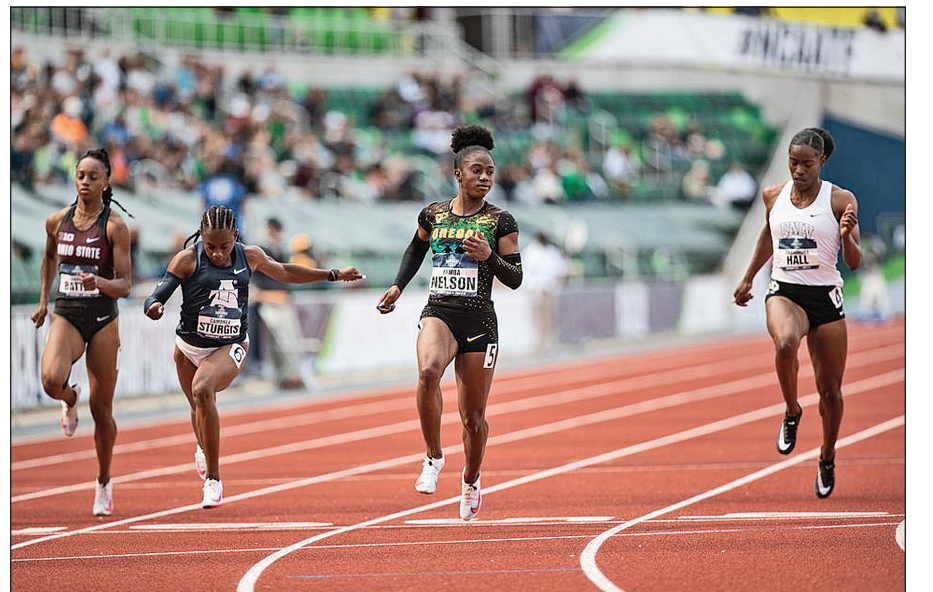
"Our mission is to create a world-class experience for the athletes, our fans and the community," Reilly said. "We're not deviating from that in the least, and it's the framework from which we try to make all of our key decisions in hosting the event. There are some things that must be implemented in order to conduct this large event safely."

"It's not going to be the same that it was in 2016; it doesn't mean it's not going to be a world-class experience, it just means that the way we deliver that is going to be different."

However it happens, the athletes are ready, said Will Claye, a two-time Olympic silver medalist in the triple jump and 2016 bronze medalist in the long jump, who is entered in both events at the Olympic Trials.

"I feel like it's going to be a one-of-a-kind Olympic Trials because for one, we haven't been around that many people for I don't know how long," Claye said. "I can't even fathom the feeling it's going to be in there, but I'm just excited to be able to get out there and compete in front of all those fans. We get our best turnout in Hayward and those people there are very knowledgeable of the sport and so you start a clap in that stadium, you get it rocking. I'm just looking forward to doing that and putting on a show for those people."

The fluid nature of the pandemic's severity and the often abrupt changes to COVID-19 restrictions and protocols have made it a challenging year for athletes and meet organizers alike.



Howard Lao/For The Oregonian

Oregon's Kember Nelson wins her heat of the 100 meters on Day 2 of the NCAA Outdoor Track & Field Championships on Thursday at Hayward Field in Eugene. The 10-day U.S. Olympic Track & Field Trials begin at Hayward on Friday.

It's hard to prepare for uncertainty, said Donovan Brazier, the American record-holder and reigning world champion in the 800 who lives and trains in Portland. Brazier was an 18-year-old college freshman when he competed at the last Olympic Trials and failed to make the U.S. team for Rio de Janeiro.

"The closer (the Olympic Trials) get the more surreal it feels because even three months ago we didn't know if Tokyo 2020 was going to happen," he said. "But now the Trials are here and it's been five years since 2016, and me personally, I have some things to redeem."

Reilly said preparations for the meet began with a plan built around the idea that everything was back to normal and there were no COVID-19 restrictions.

Once they had that in place, they created plans for several alternative scenarios.

"What does it look like if there's no spectators? What does it look like if there's 20% spectators? What does it look like if there's 50% spectators?" Reilly said. "What we've been doing since January is trying to anticipate what's the reality going to be in June

on the ground."

Three weeks ago, he assumed they were set with capacity at between 600 to 2,000 each day. Then the number of people who are vaccinated in Lane County rose, the risk levels dropped and, suddenly, the Olympic Trials was given the green light for thousands more spectators.

"That's a fundamentally different operation that had to be implemented in a very short time," said Reilly, pointing to the need for bus companies to handle the spectator shuttles, additional security staff, additional security screening infrastructure, etc. "You gotta move really quickly to do that and that's the sprint we've been in for three weeks."

Just when he was starting to feel the drag of planning for months, he witnessed the scene at Hayward Field for the NCAA meet.

"I'm getting a second and third wind here," he said. "It's a lot of work and a lot of sleepless nights to deliver the Olympic Trials for the 600 spectators. I think we would all rather have those sleepless nights for having a full stadium and creating that energy."

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