

DEAR ABBY

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



Dear Abby: My patients, like most Americans, believe memory loss is a normal part of aging. But memory loss is never normal. In fact, it can be a symptom of mild cognitive impairment (MCI), a precursor to Alzheimer's disease. Nearly 1 in 7 people age 65-plus have MCI, but there is no treatment — yet.

I'm proud to lead the NIH-funded MIND (Memory Improvement Through Nicotine Dosing) Study, which is testing whether memory and functioning can be improved in people with mild memory loss using an unexpected, low-cost and naturally occurring ingredient — nicotine.

I realize that because of its association with smoking, nicotine gets a bad rap. But the tar and thousands of other chemicals in cigarettes are what cause cancer, heart disease or respiratory illness — not nicotine. If we could push Alzheimer's back, by even a few years, it would make so much difference for millions of American families.

The MIND Study is enrolling healthy nonsmokers over the age of 55 with mild memory loss. I hope your readers who are interested will call (toll-free) 1-866-MIND-150 or visit MINDStudy.org to receive more information.

— Paul Newhouse, M.D., Project Director, Vanderbilt University School of Medicine

Dear Dr. Newhouse: I hope so, too, and that they will be intrigued enough to join your study. I know that your study is valid and wish you — and the readers who choose to participate — the best of luck.

Dear Abby: I had several rough years in my marriage.

We finally hit a good patch and had sex again. I told my husband to keep our sex life between ourselves and not discuss it with his family. Well, three days later, my daughter overheard him on the phone with a family member, explicitly discussing the intimate details of our encounter.

Unfortunately, she was unable to get to the door to close it and heard things that shocked her. Although she's in her 20s, what he was saying about our relationship should not have been heard. She told me what was said, but not all of the details, thank goodness. When I confronted my husband, he denied it! I approached him twice more, and he pretended he didn't know what I was talking about. Then he mumbled, "Don't worry about it."

He never admits he is wrong and thinks he should be able to discuss our sex life openly despite my strong disapproval. Our kids still live at home at 24 and 26. I am disgusted, hurt beyond forgiveness and strongly contemplating leaving him. Should I?

— Old-Fashioned Wife

Dear Wife: Your husband had no right to invite his family into your marriage bed. Talking about your sex lives with the "children" (adult or not) is inappropriate unless they are as "liberated" as he is. He seems not only to lack boundaries but also to have a problem telling the truth. Because you are rightly embarrassed, draw the line. Tell him that unless he consents to accompany you to couples counseling, you are packing your bags. Do not say this, however, unless you mean it.

U.S. OLYMPIC TRACK & FIELD TRIALS

Ducks duo Hocker, Teare ready to take the stage

BY CHRIS HANSEN

The (Eugene) Register-Guard

There wasn't a stage too big or competition too tough for Cole Hocker and Cooper Teare during the 2021 NCAA track and field season.

The Oregon distance runners both won multiple national titles, both set records and both handled their business with aplomb as the expectations and spotlight intensified.

It won't get any easier for them this week as they contend for a spot in the Summer Games during the U.S. Olympic Track & Field Trials at Hayward Field.

"You're going up against guys who have competed on the world stage, have been on Olympic teams, or world championship teams, but I feel like those guys have handled every moment," Oregon associate head coach Ben Thomas said. "The NCAA was such a competitive level this year with everyone running so fast. I think the recent NCAA championships is not the same, but close enough that they believe now, they see it."

Both got going Thursday, as Teare is entered in the 5,000-meter semifinal and Hocker is entered in the 1,500 prelims and the 5,000, though the 5,000 is simply a safety net in case something goes wrong in his 1,500 qualifier.

When Teare hits the starting line Thursday, he'll be almost two weeks out from wrapping up his senior season with a win in the 5,000 during the NCAA Outdoor Championships at Hayward Field. He ran 13:12.27 in that race to take down Bill McChesney Jr's 39-year-old school record and become the third-fastest performer in collegiate history. It's also the fourth-fastest time by an American this season, making Teare a contender at the Olympic Trials.

"Everything after that NCAA title is kind of icing on the cake," Teare said early last week. "Feeling good, feeling healthy, and really just two more weeks. Going to keep that momentum and take what I learned from that NCAA championships and give myself the best shot of making that team."

The 5,000 field will include the three men who qualified for Tokyo in the 10,000 on June 18 — Woody Kincaid,



Chris Pietsch/The Register-Guard

Oregon's Cooper Teare celebrates after winning the men's 5,000 meters at the NCAA Outdoor Track and Field Championships in Eugene on June 11.

Grant Fisher and Joe Klecker. Fisher has the fastest time by an American this season at 13:02.53, and Kincaid has the

show me that, yeah, I am supposed to be there."

There's no reason for Hocker to feel any differently.

"Feeling good, feeling healthy. Going to keep that momentum and take what I learned from that NCAA championships and give myself the best shot of making that team."

— Cooper Teare, Oregon distance runner

top time during the qualifying window at 12:58.10.

Also entered is 2016 Olympic silver medalist Paul Chelimo, 2016 Olympian Hassan Mead of Eugene-based Oregon Track Club Elite, and Olympian Lopez Lomong, who has run 12:58.78 and was expected to contend in the 10,000 but pulled out midway through the final with a tight hamstring.

Kincaid, Fisher and Lomong are members of the Portland-based Bowerman Track Club.

"I talked to my coach before nationals and what we talked about was 'Be the guy out there that wants to have the most fun and wants to be there the most,'" said Teare, who also won a NCAA indoor title in the distance medley relay in March and set the collegiate indoor mile record at 3:50.39 in February.

"That's sort of been my mindset. Know you have the crowd behind you, know you have the training behind you, know you're supposed to be there, really. Coming off that win at NCAAs, I think that did

The freshman won titles at the NCAA indoor meet in the mile and 3,000 and then followed with a thrilling victory in the 1,500 for the NCAA outdoor title.

His personal best of 3:35.35 is seventh-fastest by an American this season. He'll have the difficult task of contending with a 1,500 field that includes reigning Olympic champion and former Duck Matthew Centrowitz (3:32.81), collegiate record-holder Yared Nuguse (3:34.68) and high school phenom Hobbs Kessler

(3:34.36).

Hocker lost to Nuguse during the Oregon Twilight meet this spring, but kicked past the Notre Dame senior to win the NCAA title.

"He's definitely mature for his age and he handled NCAAs so well," Thomas said. "I think the way they both see it is, 'Yes, we're young, so if we make an Olympic team, outstanding, fantastic. If we give it our all and come up short, it's disappointing, but hey, I'm gonna have another shot and the world championships are gonna be here next year."

"We've talked a lot about enjoying the moment. Half the battle is just getting to that line and not being scared to be there."

Hocker and Centrowitz are just two of the six Ducks entered in the 1,500, along with John Gregorek (3:35.32), Sam Praker (3:35.66), Colby Alexander (3:35.81) and Jack Yearian (3:37.24).

OTC Elite also has a couple entries in 2016 Olympian Ben Blankenship (3:36.22) and Vincent Ciattei (3:34.57).

Teare is confident Hocker's up to the task this week.

"I've literally worked out with him every day since we got back in the fall, and really all of last year as well," he said. "And to see his progression has been really inspiring for me. ... As much as he's beaten me in some races I might have wanted to win, he's made me a 100% better athlete. So having him around has been really a blessing. ... I know I can't sandbag it, I gotta give my everything every time he's on the track with me."

Teare will go into his race having already secured an Olympic qualifying time, which is 13:13.50. Hocker doesn't have the standard of 3:35.0, but he is No. 41 in the World Athletics rankings, which is high enough to secure a spot if he finishes top three in his race.

Being able to run with one purpose in mind this week is a relief, Thomas said.

"I know that was a thing that hurt Cooper in some races (this season), 'Are we running to race, are running to win, or are we running to get a time?'" Thomas said. "When you're running to get time, sometimes you forget about the competition and that costs you. This time for Cooper we know it's all about winning the race, and for Cole as well."

With Hayward Field occupied, the duo has spent the last two weeks training at South Eugene High School, but they're ready to get back onto their home track one last time this year.

"You can definitely tell being a Duck in that stadium in a big-time race," Teare said. "It's a surreal experience and will even be elevated at the Trials. I'm honored to be here, honored to be a Duck and it's always a good time to be in Track Town USA."

YOUR HOROSCOPE By Georgia Nicols

Stars show the kind of day you'll have

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

MOON ALERT: Avoid shopping or making important decisions after 7 p.m. PDT today. The Moon is in Sagittarius.

HAPPY BIRTHDAY FOR WEDNESDAY, JUNE 23, 2021: You're a generous person. You are also dynamic, talkative and very astute. You're a good listener and can often mimic others. Some might consider you eccentric. You are curious about people and enjoy interacting with them. This year is a year of learning and teaching for you. Study as much as possible. Soak it all up.

ARIES (March 21-April 19)

★★★★ This is a fabulous day to entertain at home. It's also a great day to have a group congregate where you live. Be open to real-estate deals or ways to improve or expand your home. You might even find better digs! Tonight: Clarify travel plans.

TAURUS (April 20-May 20)

★★★★ Today you're in a positive frame of mind. This is wonderful, because the mind creates its own ease or difficulty depending on how it approaches things. So, if you are in a positive frame of mind, you'll be happier in whatever you're doing. (Everything begins in the mind.) Tonight: Double-check finances.

GEMINI (May 21-June 20)

★★★★ This is a great money day! Look for ways to boost your income or perhaps to get a better paying job. You also might see ways to make money on the side. If shopping, you won't be afraid to consider big-ticket items. Tonight: Communicate clearly.

CANCER (June 21-July 22)

★★★★ Today the Sun is in your sign dancing with lucky Jupiter, which is great news because it gives you feelings of peace and harmony when dealing with others. You're enthusiastic, optimistic and up for anything! Tonight: Double-check your work.

LEO (July 23-Aug. 22)

★★★★ It's easy for you to have a warm feeling in your tummy today. Of course, nothing is perfect, because it never is. Nevertheless, things are falling into place. Today you are more inclined to see your life as a whole and take stock of what you're doing. Tonight: Be vigilant about your kids.

VIRGO (Aug. 23-Sept. 22)

★★★★ You will get along with others today, especially in clubs and organizations, because you're in an upbeat, enthusiastic frame of mind. Be open to new activities, especially with groups, because you might learn something that is edifying. (Like the meaning of that word.) Tonight: Family discussions might be confusing.

LIBRA (Sept. 23-Oct. 22)

★★★★ You look fabulous in the eyes of others today because a particular planetary aspect makes you look successful and affluent (even if you don't do anything special). Knowing this, you might as well milk it for all it's worth. Tonight: Daydreams and fantasies.

SCORPIO (Oct. 23-Nov. 21)

★★★★ Many of you are excited about big travel plans. Others are just as excited about opportunities to get further education or to explore new avenues in the media, publishing, the law or medicine. Today is full of many possibilities! Tonight: Protect your money and assets.

SAGITTARIUS (Nov. 22-Dec. 21)

★★★★ This is an excellent day to do financial transactions with others or to decide how to share something like an inheritance. Whatever happens, you will likely come out smelling like a rose. You also will feel generous to others, which is a good thing, because what goes around comes around. Tonight: Don't trust wishful thinking.

CAPRICORN (Dec. 22-Jan. 19)

★★★★ Relations with partners and close friends are warm and rewarding today, which is why this is a great day to schmooze with others. It's also an excellent day to mend broken fences or to ask for a favor, because doors will open for you. (Expect a warm hug from someone.) Tonight: Be careful who you trust.

AQUARIUS (Jan. 20-Feb. 18)

★★★★ Work-related travel is likely today. Regarding your job, any activity with a group or a professional association will be mutually beneficial. Furthermore, today your mind is eager to learn something new! You will benefit from talking to people from other cultures. Tonight: Don't believe everything you hear.

PISCES (Feb. 19-March 20)

★★★★ This is a party day! Enjoy schmoozing with others. Take a long lunch. Enjoy sports events. You will definitely enjoy the arts and playful activities with kids. Treat the world with a smile on your face! (Romance blossoms.) Tonight: Double-check with parents and bosses.

Mehra

Continued from A5

"It's not everything I ever wanted, but I'm still proud to have been in there and make it as far as I did."

Temperatures reached 95 degrees in Eugene on Monday, and an NBC thermometer on the track showed the mercury approaching 120, according to the Associated Press.

Mehra said that she and other runners were dunking water on their heads and wearing ice vests to stay cool before and after the race — their third in four days.

A Stanford graduate who trains with the Littlewing Athletic team in Bend, Mehra is also entered in the 800, which starts on Thursday with preliminary heats. If she makes it through the first round and the semifinals to reach Sunday's finals, that would make for six races in 10 days.

Late Monday night Mehra said it was "likely" she would race in the 800, but she was not 100% certain. She said she would make her final decision on Wednesday. A lingering Achilles injury has been an issue for months, she noted.

"I do want some redemption



Paul Merca for TrackTown USA

Bend's Rebecca Mehra is introduced before the women's 1,500-meter final on Monday at the U.S. Olympic Track & Field Trials at Eugene's Hayward Field.

for that (1,500) final," Mehra said. "I'm gonna wait and see that (the Achilles) is all OK and I feel truly emotionally and mentally ready for more rounds. Because it's wonderful and exciting, but it's also draining. A potential six races in 10 days is a lot. I think I'll probably do it as long as everything

is OK physically."

Two of Mehra's teammates from Bend are also entered in the 800: Sadi Henderson and Angel Piccirillo.

Mehra said competing at the new Hayward Field has been "so different and yet so similar at the same time to the Hayward I raced at in the past." As

"There's a weight behind the Olympic trials that I haven't experienced before. To see how far I've come in five years and to be a part of this spectacular event is very cool."

— Rebecca Mehra

a gift, each Olympic trials athlete received a photo holder made from the wood from the old stadium.

"That was a really nice touch," Mehra said.

At 50% capacity for the trials due to the pandemic, Hayward has not provided the same crowd roar as before, but it has maintained a level of intimacy, according to Mehra.

"My team and my family's cheering section has been so loud and amazing," she said. "It isn't the same roar that you get. But I can hear my mom and I can hear my boyfriend cheering for me, which is pretty special."

Reporter: 541-383-0318, mmorical@bendbulletin.com

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