

Man's controlling behavior still dominates ex's life



DEAR ABBY
ADVICE

DEAR ABBY: I was married for almost 20 years to a jealous, controlling man. "Pete" was emotionally abusive, which I didn't really notice because I'm not confrontational. I would just try to make him happy and ignore his controlling behavior. Toward the end of our marriage, I realized how isolated I had become. I had pushed most of my friends and family away. They didn't want to visit because of Pete's negative attitude.

Our daughter developed an

illness in her teens that requires 24-hour care. Her illness didn't necessarily upset him; what did upset him is the attention she would require in the future. He would say things like, "She's ruining our retirement. I was looking forward to having you to myself and not having to deal with anyone." This was when I realized how controlling he was. It felt like I had been wearing a blindfold and then I could finally see. I immediately filed for divorce.

A year afterward, I started seeing an old friend I'll call "Darren," someone my husband had often accused me of cheating with. (He did that with any man I knew.) I really like Darren and can see a future with him. He

treats my daughter great and doesn't mind that when we go out she has to tag along.

Pete is now saying that if I date Darren, it's proof that I cheated on him. I don't want my ex to think for a minute that our marriage ended because I cheated, because it's not true. So I broke up with Darren because I refuse to accept him being labeled as the person who broke up my marriage. What would you do? — **KEEPING THE STORY STRAIGHT**

DEAR KEEPING: What would I do? I would, once and for all, quit allowing my ex to control me! I'd call Darren and talk with him about why I ended the relationship and ask if he would consider resuming where the two of us left off. If he is willing, I would

move forward. However, if he isn't, I'd find a licensed psychotherapist who could give me the tools to avoid my ex's manipulations in the future.

DEAR ABBY: My partner and I have a wonderful relationship, but there is one area of contention we don't know how to solve. I like a firm mattress. She likes a soft mattress. We bought an adjustable bed, so each of us could fine-tune the settings to our desired comfort level.

It has been a month now, and I hate the new mattress. I just cannot get comfortable. It's so bad I find myself sleeping in another room just to catch a good night's rest. As you can imagine, sleeping apart causes anxiety between us, and it has been confusing and

stressful for our animals. How do you propose we solve this in a way that restores peace in our relationship? — **YAWNING IN ARIZONA**

DEAR YAWNING: Pay a visit to the store from which you purchased that adjustable bed and find out if you need a lesson or two on how to operate the mattress correctly. (You won't be the first, trust me on that.) If your discomfort persists, sell the bed and replace it with two twin- or queen-sized mattresses so you and your partner can at least share the same room.

■ *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.*

SNAKE

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"I was scrambling up the cliff," she said, "shooting with the camera back over my shoulder. I wanted to get a good angle for the pictures."

That's my girl.

I try to avoid snakes and, for the most part, they try to avoid me. A week before the rattlesnake incident, we had a brush with a puff adder on a red dirt two-track in South Africa. That snake, when provoked, bit my photographer's GoPro and venom slid down the lens. But the puff adder was so far from any village it was no threat. We took its picture and shooed it back into the brush.

Usually, when I encounter a rattlesnake it's with a fishing rod in my hand. I hear a rattle and I jump. One time I jumped over a snake in the tall grass along the river. I leapt so high in my waders, I think I might have caught the eye of an NBA scout if one had been there instead of my loutish companions who got more comedic value out of the incident. I tried to point out to them how much hang time I had at the top of the leap, but they were too busy laughing.

Skirmishes with snakes tend to be brief, adrenalized and punctuated by profanity. Often the snake goes the other way and there is no need to shoot. But if the snake is aggressive, it may take one shot to slow it down and another to finish it.

Often the snake is in a trail and the first rattle goes unheard. Or they don't rattle at all.

Once we packed into a roadless area on a hunt in Baker County. Bringing up the rear was my friend Ken,



who didn't have a bear tag that year. He brought along a Ruger Single-Six.

"In case we see a snake," he said.

When we started up the trail, I noticed it was not on his hip, and asked him about it.

"It's in the backpack. I'll load it if we see one," he said.

"If you need it," I said,

"you'll want to have it loaded, on your hip."

He laughed.

A day later we were in camp, making dinner. Ken was sitting on a campstool tending to his backpack stove and a can of soup. We spotted the rattler when it was between his feet.

The usual things happened. Leaping. Profanity. Flailing. Which contributed

to spilled soup and a small grass fire when the stove tipped over.

By the time the fire was stomped out, the snake had made a quick exit between boulders. Ken unzipped his backpack, unwrapped his revolver and loaded the gun with shaky fingers.

■ *Gary Lewis is the author of Fishing Central Oregon and Oregon Lake Maps and Fishing Guide and other titles. To contact Gary, visit www.garylewisoutdoors.com.*



ABOVE: A pretty little rainbow that fell for a dry fly. **RIGHT:** Before a morning's dry fly action, Jennifer Lewis catches up on her adventure reading — "Into the Wild" by Jon Krakauer.

Gary Lewis/Contributed Photo

weather

	TONIGHT	SUN	MON	TUE	WED
	Clear	Sunshine and pleasant	Sunny and hot	Sunny and very hot	Partly sunny and very hot
Baker City	45	89 46	90 49	95 52	97 56
Comfort Index™	8	8	7	5	5
La Grande	50	88 51	92 55	97 59	100 63
Comfort Index™	8	8	6	4	2
Enterprise	48	87 54	89 56	96 61	98 60
Comfort Index™	9	7	5	3	3

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		THURSDAY EXTREMES		
TEMPERATURES	Baker City	La Grande	Elgin	NATION (for the 48 contiguous states)
High Thursday	95°	91°	94°	High: 115° Death Valley, Calif.
Low Thursday	54°	62°	59°	Low: 29° Bodie State Park, Calif.
PRECIPITATION (inches)				Wettest: 4.59" Pensacola, Fla.
Thursday	0.00	0.12	0.00	OREGON
Month to date	0.10	0.16	0.07	High: 97° Ontario
Normal month to date	0.15	0.23	0.22	Low: 34° Lakeview
Year to date	4.57	9.14	17.83	Wettest: 0.35" Meacham
Normal year to date	6.14	10.89	15.45	

AGRICULTURAL INFO.	
HAY INFORMATION SUNDAY	
Lowest relative humidity	20%
Afternoon wind	NNW at 6 to 12 mph
Hours of sunshine	12.9
Evapotranspiration	0.27

RESERVOIR STORAGE (through midnight Friday)	
Phillips Reservoir	9% of capacity
Unity Reservoir	54% of capacity
Owyhee Reservoir	23% of capacity
McKay Reservoir	79% of capacity
Wallowa Lake	3% of capacity
Thief Valley Reservoir	42% of capacity

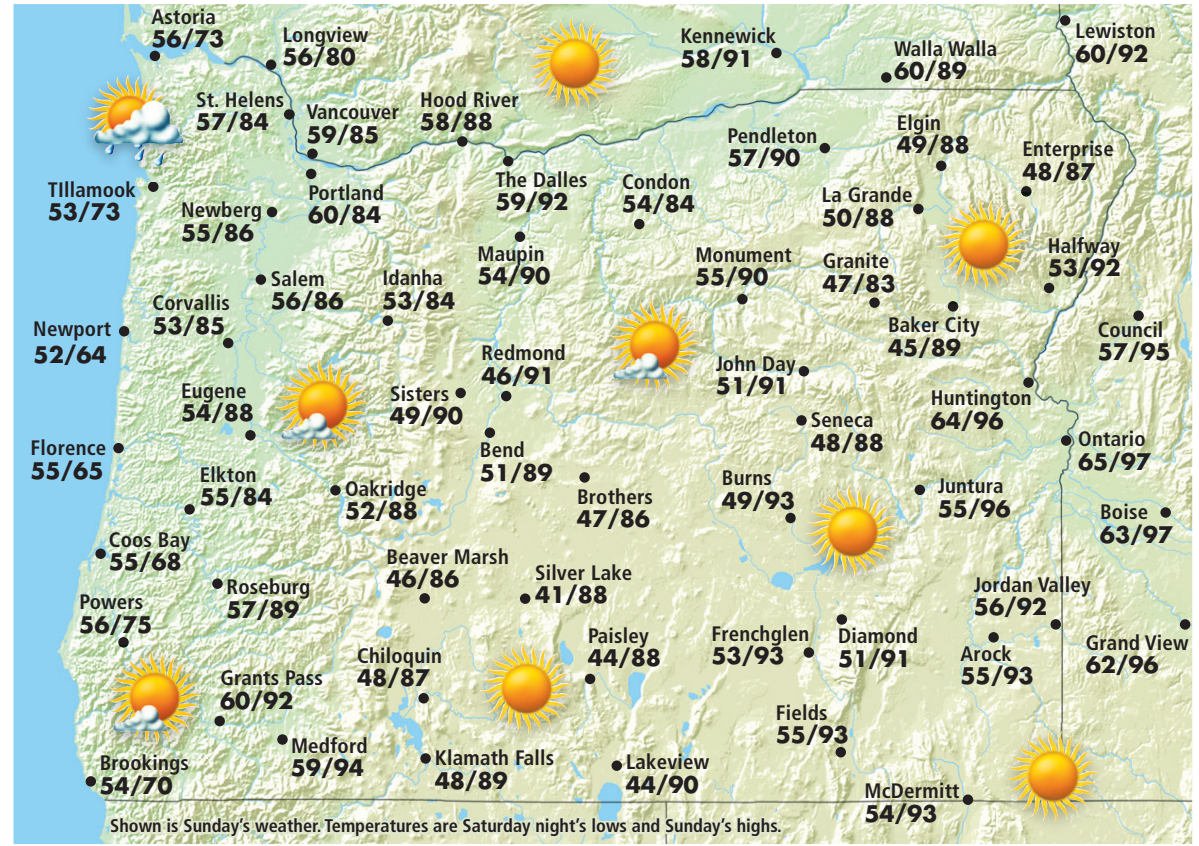
STREAM FLOWS (through midnight Thursday)	
Grande Ronde at Troy	694 cfs
Thief Valley Reservoir near North Powder	83 cfs
Burnt River near Unity	137 cfs
Umatilla River near Gibbon	49 cfs
Minam River at Minam	150 cfs
Powder River near Richland	35 cfs

WEATHER HISTORY	
Hurricane Connie dumped up to 9.85 inches of rain on eastern Pennsylvania and New Jersey on Aug. 13, 1955. Hurricane Diane followed six days later with 10.75 inches of rain.	

SUN & MOON	
Sunrise	5:51 a.m.
Sunset	8:03 p.m.
Moonrise	9:25 p.m.
Moonset	7:37 a.m.

MOON PHASES	
Last	New
First	Full

AROUND OREGON AND THE REGION



REGIONAL CITIES		RECREATION FORECAST SUNDAY	
City	SUN. HI/Lo/W	City	SUN. HI/Lo/W
Astoria	73/56/s	Lewiston	92/61/s
Bend	89/53/s	Longview	80/58/pc
Boise	97/66/s	Meacham	85/48/s
Brookings	70/57/pc	Medford	94/60/s
Burns	93/53/s	Newport	64/53/s
Coos Bay	68/54/s	Olympia	82/54/pc
Corvallis	85/56/s	Ontario	97/65/s
Council	95/58/s	Pasco	92/57/s
Elgin	88/52/s	Pendleton	90/59/s
Eugene	88/54/s	Portland	84/60/pc
Hermiston	91/58/s	Powers	75/57/s
Hood River	88/64/s	Redmond	91/49/s
Imnaha	90/60/s	Roseburg	89/59/s
John Day	91/56/s	Salem	86/57/s
Joseph	87/55/s	Spokane	88/59/s
Kennewick	91/59/s	The Dalles	92/62/s
Klamath Falls	89/49/s	Ukiah	83/46/s
Lakeview	90/45/s	Walla Walla	89/63/s

ANTHONY LAKES		PHILLIPS LAKE	
Sunny	67 44	Sunshine and warm	86 49

MT. EMILY REC.		BROWNLEE RES.	
Sunny and pleasant	76 50	Plenty of sunshine	92 57

EAGLE CAP WILD.		EMIGRANT ST. PARK	
Sunshine and nice	74 43	Sunny and pleasant	80 41

WALLOWA LAKE		MCKAY RESERVOIR	
Plenty of sunshine	87 55	Sunny and pleasant	89 59

THIEF VALLEY RES.		RED BRIDGE ST. PARK	
Sunny and pleasant	89 46	Nice with sunshine	88 51

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