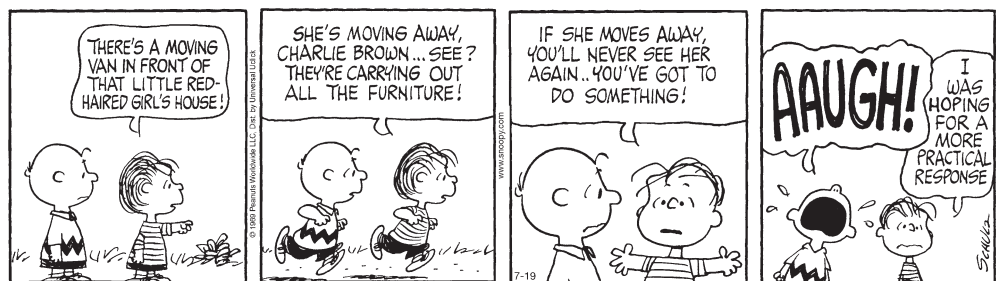


PEANUTS

BY CHARLES M. SCHULZ



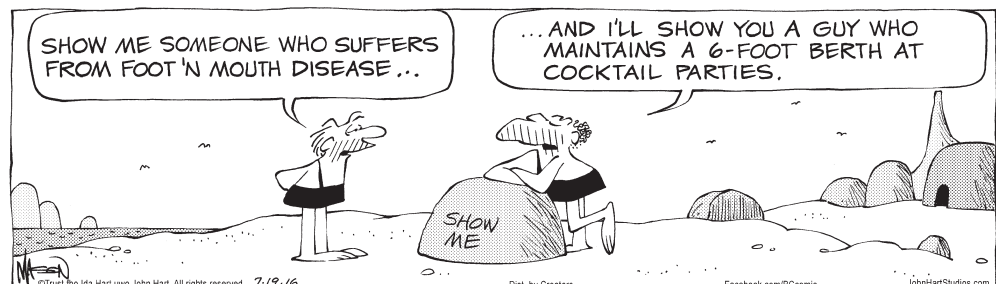
FOR BETTER OR WORSE

BY LYNN JOHNSTON



B.C.

BY JOHNNY HART



PICKLES

BY BRIAN CRANE



BEETLE BAILEY

BY MORT WALKER



GARFIELD

BY JIM DAVIS



BLONDIE

BY DEAN YOUNG AND STAN DRAKE



DILBERT

BY SCOTT ADAMS



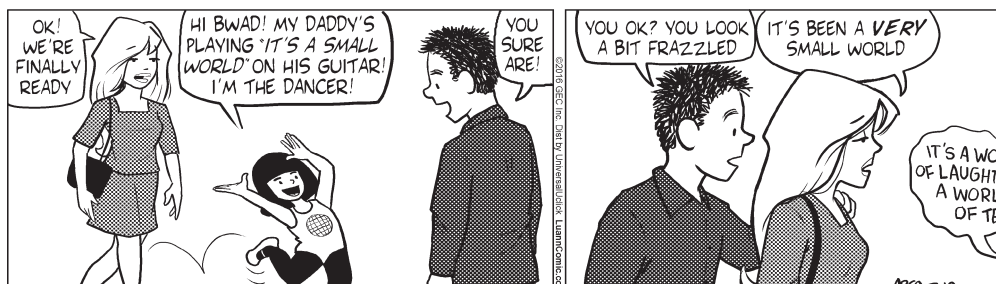
THE WIZARD OF ID

BY BRANT PARKER AND JOHNNY HART



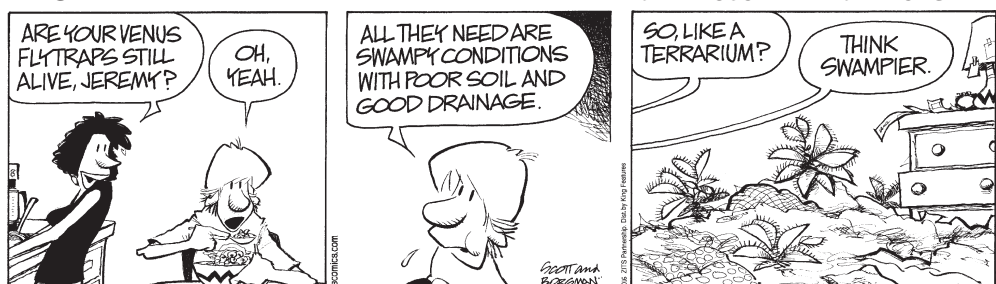
LUANN

BY GREG EVANS



ZITS

BY JERRY SCOTT AND JIM BORGMAN



DEAR ABBY

Story of son's abuse taints wife's memories of husband



JEANNE PHILLIPS Advice

Dear Abby: I am in shock. My grown son, "Ryan," recently told me he was molested by his late father when he was a young boy. I had no idea, but I believe him. Ryan is an only child and has recently started seeing a counselor.

I loved my husband very much and I believed he loved me, but I no longer know what to think or how to feel. If he were still alive, I would most likely leave him. But what do I do with more than 40 years of mostly good memories? When I think about my late husband now, I just feel numb. Please help. — Not A Clue In Indiana

Dear Not A Clue: That your son didn't tell you sooner, while you could have intervened, is regrettable. And that he is now seeing a counselor about it is laudable — you should give him all the love and support you can. I don't blame you for having mixed emotions, but at this point it is too late for you to change anything. Hang onto the good memories and let them comfort you, because you can't change history.

Dear Abby: I saw myself in the Jan. 15 letter from "Diana in San Diego," the lifelong compulsive nail biter who wants to stop. I was diagnosed with trichotillomania (hair pulling and skin picking) three years ago, and it is closely related to nail biting. The trichotillomania learning center website, www.trich.org, is worth checking out for treatment options such as medications, behavioral therapy and support groups. — Erica In Massachusetts

Dear Erica: Thank you for the information. I received a deluge of helpful, caring responses to Diana's letter, and several readers mentioned trichotillomania in the more severe

cases. Some had taken my advice to keep an emery board and cuticle scissors nearby a step further, by learning to do a full manicure and suggested she paint her nails a dark or bright color to help her stop biting.

Buffing was mentioned as a way to smooth imperfections that could be "triggers." A reader in Virginia added decorations to her nails — decals, stencils and rhinestones — that served as an impediment and cured her of the habit.

Other readers have used artificial (acrylic) nails as a way to allow their natural fingernails to grow out. James in Delaware helped his ashamed then-fiancée hide her bitten-off, stubby nails when showing off her engagement ring by suggesting she put on artificial ones. While she proudly showed off the ring to everyone, her own nails grew out beautifully and she never chewed them again.

Additional growing-out tips mentioned by readers were: coating the nails with a hardening solution, keeping the cuticles moist with petroleum jelly, cuticle cream — even lip balm. A reader reassured Diana that there are indeed "bad-tasting" products that successfully work as a deterrent.

Keeping the hands busy has helped many readers. Breaking off a corner of one of her front teeth stopped Pat in Texas. Others found addressing a vitamin deficiency did the trick for them. Wearing a tight rubber band around the wrist to snap when the urge hits can give a nail-biter the incentive to stop. And from Sandi in San Francisco: "A teacher showed me an enlarged picture taken from a microscope of what was under fingernails. Now I don't even think about biting!"

DAYS GONE BY

100 Years Ago From the East Oregonian July 18-19, 1916

Theodore R. "Teddy" Roosevelt, former president of the United States and one of the leading national figures, is contemplating a trip to Pendleton to visit the 1916 Round-Up. Colonel Roosevelt has recently expressed a desire to see the Round-Up and when last in Oregon inquired with characteristic display of interest about the big show.

50 Years Ago From the East Oregonian July 18-19, 1966

Emigrant Hill is a killer. But not, truck drivers say, if you don't let the seven-mile downgrade get the drop on you. Almost to a man, drivers of the big, over-the-road rigs questioned Monday at a truck stop said driver error is largely responsible for the deaths and injuries on Emigrant Hill. However, persons associated with truck drivers, their friends and employers, say three or four pull-outs on the long grade could save lives. The latest truck driver death on Emigrant Hill occurred

Sunday when Gene Milligan, Southgate, Calif., was crushed. The brakes on his van apparently failed and the tractor jack-knifed. A few hours later, another rig, laden with cheese, lost its brakes too on the downgrade. Driver Lewis Troy, Arkansas, Kan., tipped the trailer. He escaped with his life but the highway was blocked for hours.

25 Years Ago From the East Oregonian July 18-19, 1991

An 18-year veteran of the Klamath County Fire District has been hired as the first fire chief on the Umatilla Indian Reservation. Ken Gray, 43, said he was attracted to the job by the challenge to put together a fire department. Gray arrives as construction continues on the first Tribal fire station, a \$151,000 concrete block building scheduled for completion mid-August. Gray, who is currently recruiting volunteer firefighters, has set ambitious goals for the fire department, which will provide structural fire protection primarily for a five- to seven-mile radius around Mission.

THIS DAY IN HISTORY

Today is the 201st day of 2016. There are 165 days left in the year.

Today's Highlight in History:

On July 19, 1941, Britain launched its "V for Victory" campaign during World War II with Prime Minister Winston Churchill calling the V-sign hand gesture "the symbol of the unconquerable will of the people of the occupied territories and a portent of the fate awaiting the Nazi tyranny."

On this date: In 1553, King Henry VIII's daughter Mary was proclaimed Queen of England after pretender Lady Jane Grey was deposed.

In 1848, a pioneering women's rights convention convened in Seneca Falls, New York.

In 1903, the first Tour de France was won by Maurice Garin.

In 1944, the Democratic national convention convened in Chicago with the nomination of President Franklin D. Roosevelt considered a certainty.

In 1961, TWA became the first airline to begin showing regularly scheduled in-flight movies as it presented "By Love Possessed" to first-class passengers on a flight from New York to Los Angeles.

In 1979, the Nicaraguan capital of Managua fell to Sandinista guerrillas, two days after President Anastasio Somoza fled the country.

In 1980, the Moscow Summer Olympics began, minus dozens of nations that were boycotting the games because of the Soviet military intervention in Afghanistan.

In 1986, Caroline Kennedy, daughter of President John F. Kennedy, married Edwin A. Schlossberg in Centerville, Massachusetts.

In 1989, 111 people were killed when United Air Lines Flight 232, a DC-10 which suffered the uncontained failure of its tail engine and the loss of hydraulic systems, crashed while making an emergency landing at Sioux City, Iowa; 185 other people survived.

Today's Birthdays:

Actress Helen Gallagher is 90. Country singer Sue Thompson is 90. Singer Vikki Carr is 76. Blues singer-musician Little Freddie King is 76. Country singer-musician Commander Cody is 72. Actor George Dzundza is 71. Rock singer-musician Alan Gorrie (Average White Band) is 70. International Tennis Hall of Famer Ilie Nastase is 70. Rock musician Brian May is 69. Rock musician Bernie Leadon is 69. Actress Beverly Archer is 68. Movie director Abel Ferrara is 65. Actor Peter Barton is 60. Rock musician Kevin Haskins (Love and Rockets; Bauhaus) is 56. Movie director Atom Egoyan is 56. Actor Campbell Scott is 55. Actor Anthony Edwards is 54. Country singer Kelly Shiver is 53. Rock musician Jason McGerr (Death Cab for Cutie) is 42. Actor Benedict Cumberbatch is 40.

Thought for Today: "Where there is unity, there is always victory." — Publilius Syrus, Latin writer during the first century B.C.

PHOEBE AND HER UNICORN

BY DANA SIMPSON



BIG NATE

BY LINCOLN PEIRCE

