

PEANUTS

BY CHARLES M. SCHULZ



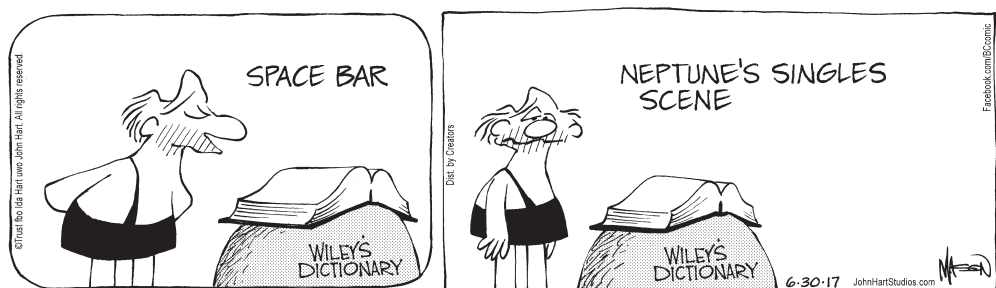
FOR BETTER OR WORSE

BY LYNN JOHNSTON



B.C.

BY JOHNNY HART



PICKLES

BY BRIAN CRANE



BEETLE BAILEY

BY MORT WALKER



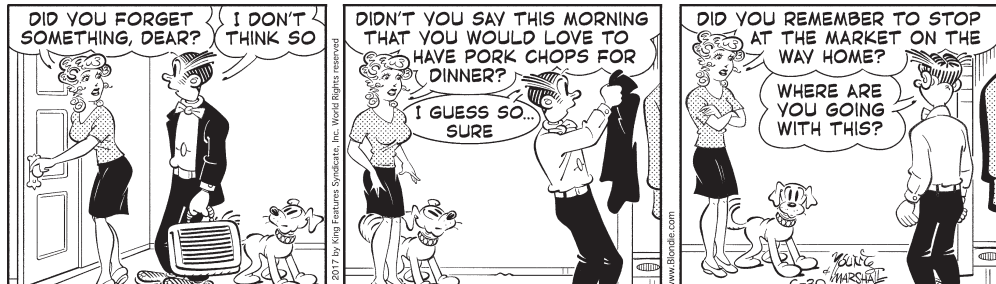
GARFIELD

BY JIM DAVIS



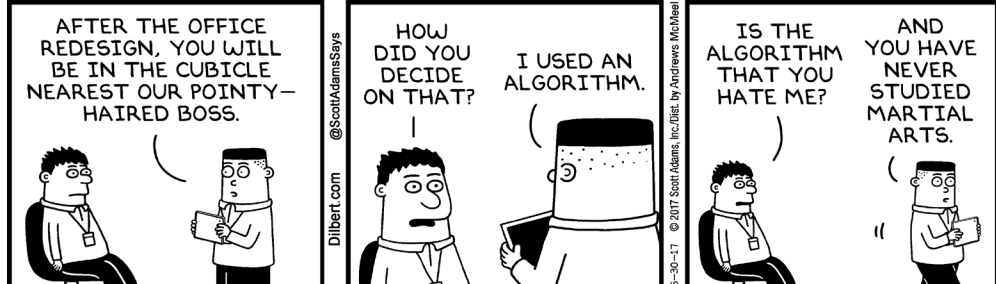
BLONDIE

BY DEAN YOUNG AND STAN DRAKE



DILBERT

BY SCOTT ADAMS



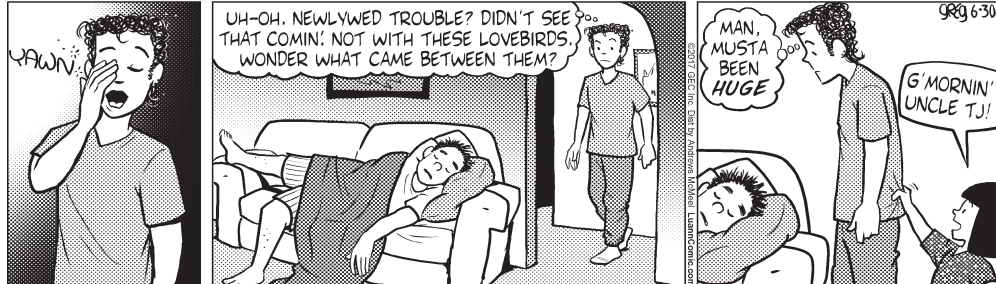
THE WIZARD OF ID

BY BRANT PARKER AND JOHNNY HART



LUANN

BY GREG EVANS



ZITS

BY JERRY SCOTT AND JIM BORGMAN



DEAR ABBY

Suicide rate among older men is overlooked tragedy

**Dear Abby:** My elderly father's dearest friend committed suicide yesterday. He shot himself in the head. The family wasn't even aware that he was depressed. Dad has lost three wonderful friends this way in recent years. He's heartbroken thinking that his buddies were secretly suffering.



JEANNE PHILLIPS Advice

According to the Centers for Disease Control, the rate of suicide for men 70 and older in the U.S. is more than double the overall suicide rate. Yet, with all of our suicide prevention efforts, this high-risk group seems to be ignored.

How can we help prevent these tragedies? What are the signs of depression in older men? And what can families do if they suspect depression in "Dad," "Gramps" or "Uncle John"? Thank you for any help you can provide. — **Van In Massachusetts**

**Dear Van:** Please convey to your father how sorry I am for his loss. I think the first thing people have to remember is that men in general do not manifest depression the way women do because women are more open about sharing their feelings. Men, particularly older men, were not raised to do that because they were taught that expressing emotion was "weak," so they stay silent. And men who were once breadwinners, active and vital, can become depressed when they retire.

Among the **RISK FACTORS** are:

- Having lost a wife or significant other;
- Being alone and isolated;
- Concern about being a burden;
- Substance abuse (alcohol or prescription drugs);

- Firearms in the house.

**SIGNS TO LOOK FOR** include:

- Lack of energy;
- Lack of motivation;
- Less interest in eating or getting out of the house;
- Loss of interest in activities the person once enjoyed.

A common mistake people make is thinking these things are happening because a person is old. If you observe a change in someone's behavior, it is all right to ask the person what's going on. Keep in mind that people who feel connected are less likely to harm themselves. Isolation is the enemy. Visit them, or take them out so they won't feel alone.

It's also important to help seniors meet others they can relate to, particularly if their friends are dying off. A senior center can provide a place to socialize and meet new people. Exercise is important, too, and many senior centers provide exercise facilities.

Equally important is volunteering. Older men are valuable assets to the community and should be encouraged to regard themselves that way. They have a lifetime of experience to offer, which should not be wasted. By helping these men get and stay connected, you could actually be saving a life.

A final thought: As people age, they often have physical problems that are associated with depression. (Heart disease is one.) If you need advice about how to approach someone about your worries, an excellent resource is the National Suicide Prevention Lifeline. The toll-free number is 800-273-8255.

DAYS GONE BY

100 Years Ago  
From the East Oregonian  
June 30, 1917

Dr. H. H. Hattery, well known Pendleton physician and city health officer, yesterday received a telegram from Washington, D.C., asking him if he would accept a call at once for service in the big Red Cross hospital in France. The position carries no compensation other than expenses and at this time Dr. Hattery cannot see his way clear to accept.

50 Years Ago  
From the East Oregonian  
June 30, 1967

It was her first solo. And it was so outstanding that, combined with beauty and personality, Chris Beach was selected to represent Umatilla County at the Miss Oregon Pageant, July 5-9 at Seaside. "Chris had all the ideas," said Rod Esselstyn, who has been working with her. "She's combining 'Wouldn't It Be Lovely' and 'On the Street Where You Live.' We feel it's a good selection because it gives her an opportunity to show off her cockney accent and the quality of her voice, too." Although

the pageant performance was her first solo appearance, Chris has taken lessons from the Ted Roy Studio and belonged to a quartet of girls, the Tea Slippers. They filled several local singing engagements during the two years they performed together.

25 Years Ago  
From the East Oregonian  
June 30, 1992

Large amounts of hazardous chlorine were released over Hermiston early this morning after a fire started in a chlorine storage building at the Hermiston High School swimming pool. No injuries were reported, but the fire and ensuing chlorine-contaminated cloud caused some anxious moments when it wafted over the northeast area of town about 5 a.m., Fire Marshal Pat Ward said. Police used sirens and public address systems to caution area residents the contaminated cloud can cause respiratory problems. Police and the local radio station first advised area residents to evacuate their homes, then recommend residents stay inside with their windows closed and air conditioners turned off.

THIS DAY IN HISTORY

Today is the 181st day of 2017. There are 184 days left in the year.

Today's Highlight in History:

**On June 30, 1997**, the Union Jack was lowered for the last time over Government House in Hong Kong as Britain prepared to hand the colony back to China at midnight after ruling it for 156 years.

**On this date:**  
**In 1859**, French acrobat Charles Blondin walked back and forth on a tightrope above the gorge of Niagara Falls as thousands of spectators watched.

**In 1865**, eight people, including Mary Surratt and Dr. Samuel Mudd, were convicted by a military commission of conspiring with John Wilkes Booth, the assassin of President Abraham Lincoln. (Four defendants, including Surratt, were executed; Mudd was sentenced to life in prison, but was pardoned by President Andrew Johnson in 1869.)

**In 1892**, small frogs rained

down on Moseley, England, south of Birmingham. (According to an account quoted in the U.S. Agriculture Department's Monthly Weather Review for May 1917, the frogs, described as "almost white in color," were found "scattered about several gardens" and had "evidently been absorbed in a small waterspout" during a storm.)

**In 1908**, the Tunguska Event took place in Russia as an asteroid exploded above Siberia, leaving 800 square miles of scorched or blown-down trees.

**In 1917**, singer, actress and activist Lena Horne was born in Brooklyn, New York.

**In 1936**, the Civil War novel "Gone with the Wind" by Margaret Mitchell was first published by The Macmillan Co. in New York.

**In 1977**, President Jimmy Carter announced he had decided against production of the Rockwell B-1 bomber, saying it was too costly. (However, the B-1 was later revived by President Ronald Reagan.)

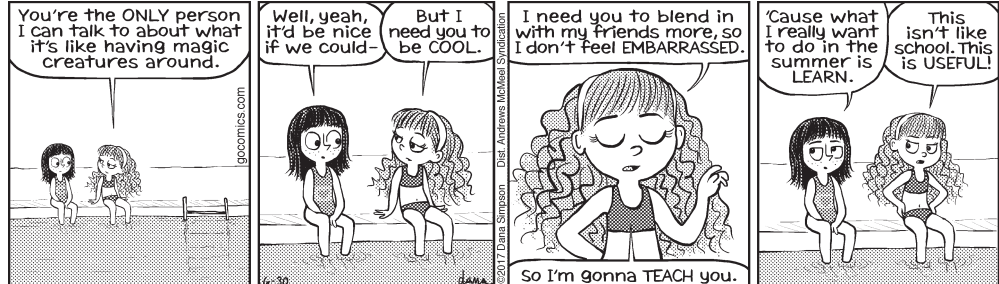
Today's Birthdays:

Actress Lea Massari is 84. Actress Nancy Dussault is 81. Songwriter Tony Hatch is 78. Singer Glenn Shorrock is 73. Actor Leonard Whiting is 67. Jazz musician Stanley Clarke is 66. Actor David Garrison is 65. Rock musician Hal Lindes (Dire Straits) is 64. Actor-comedian David Alan Grier is 61. Actor Vincent D'Onofrio is 58. Actress Deirdre Lovejoy is 55. Actor Rupert Graves is 54. Boxer Mike Tyson is 51. Actor Peter Outerbridge is 51. Rock musician Tom Drummond (Better Than Ezra) is 48. Actor Brian Bloom is 47. Actress Monica Potter is 46. Actress Molly Parker is 45. Actor Rick Gonzalez is 38. Rhythm-and-blues singer Fantasia is 33. Olympic gold medal swimmer Michael Phelps is 32.

**Thought for Today:** "I believe the future is only the past again, entered through another gate." — *Sir Arthur Wing Pinero, English dramatist (1855-1934).*

PHOEBE AND HER UNICORN

BY DANA SIMPSON



BIG NATE

BY LINCOLN PEIRCE

