

DEAR ABBY

Joy over finding love can't diminish pain of twin's loss

Dear Abby: I have had a serious boyfriend for six months. He's wonderful, a dream come true. But I find myself more depressed and suicidal than ever. Mom tells me I don't have any reason to be depressed since I have a boyfriend. It's like she thinks I have no right to still be despondent over my twin's death because I now have a significant other.



JEANNE PHILLIPS
ADVICE

My eating disorder and self-harm have gotten worse, too. I feel like I'm holding in so much sadness I'm not allowed to show that I'm turning it all inward in self-destructive

ways. Although I love my boyfriend, I almost feel like breaking up just so everyone won't expect me to be Pollyanna anymore. The third anniversary of my twin's suicide is coming, which is making everything more unbearable. I just don't know what to do. I just want to disappear. — **Things Aren't OK**

Dear Things: If your mother truly believes a death in the family (particularly a twin!) is something that can be "fixed" by having a boyfriend, she is deluding herself. You need professional help and right away. There are

support groups for survivors of a family member's suicide, and you are three years overdue for finding one. I urge you to contact the American Foundation for Suicide Prevention. Someone there can help you to locate a support group for the survivors of a loved one's suicide. To find them, go online to afsp.org.

If you are feeling suicidal, call the National Suicide Prevention Lifeline and tell a counselor about what's going on. If you do, you can be directed to a licensed therapist in your community who can help. The toll-free number to call is 800-273-8255. Please do not put it off.

DAYS GONE BY

100 Years Ago
From the East Oregonian
March 21, 1920

Through action taken yesterday the Christian church organization of Pendleton plans to buy the T. B. Simonton property at 104 Jackson Street, and use it for a parsonage, while the lot owned by the church on Riverside Drive will be utilized as a site for a gymnasium and club room. It is the purpose to use the entire lot for the building which will be a two story structure. Plans for baseball teams were also formulated yesterday. There will be both a boys' team and a men's team to compete in a twilight league or a county church league. Pastor R. L. Bussabarger, himself a baseball player and fan, will be active in this work.

50 Years Ago
From the East Oregonian
March 21, 1970

A western theme has been chosen by the Pencor committee for downtown Pendleton, the Pencor executive director, Bob Russell, told a Pendleton Chamber of Commerce meeting Friday. Pencor is a plan to renovate Pendleton's business

core area by improving the exteriors of the buildings in the eight blocks of the city center. Russell also said the committee had voted for covered sidewalks. He said the next step would be to pick a project director to help with engineering and color schemes. Russell said the committee hoped to have Pencor in operation by September.

25 Years Ago
From the East Oregonian
March 21, 1995

After an extensive search, Hermiston has named Mardra police Chief Alan "Andy" Anderson to the same position in Umatilla County's second largest city. Anderson, 55, was chosen from an initial field of 88 candidates, which was narrowed to seven finalists. Hermiston City Manager Ed Brookshier praised Anderson's credentials, which include more than 24 years in the Navy, 15 in military police and anti-terrorist operations. He also served for 22 months in Vietnam. "I am looking forward to working with the community here," Anderson said. "Illegal activities, regardless of who is perpetrating them, is my first priority."

THIS DAY IN HISTORY

On March 21, 1685, composer Johann Sebastian Bach was born in Eisenach, Germany.

In 1871, journalist Henry M. Stanley began his famous expedition in Africa to locate the missing Scottish missionary David Livingstone.

In 1918, during World War I, Germany launched its Spring Offensive on the Western Front, hoping to break through the Allied

lines before American reinforcements could arrive. (Although successful at first, the Spring Offensive ultimately failed.)

In 1945, during World War II, Allied bombers began four days of raids over Germany.

In 1963, the Alcatraz federal prison island in San Francisco Bay was emptied of its last inmates and closed at the order of Attorney General Robert F. Kennedy.

In 1981, Michael Donald, a black teenager in Mobile, Alabama, was abducted, tortured and killed by members of the Ku Klux Klan. (A lawsuit brought by Donald's mother, Beulah Mae Donald, later resulted in a landmark judgment that bankrupted one Klan organization.)

In 1990, Namibia became an independent nation as the former colony

marked the end of 75 years of South African rule.

In 2006, the social media website Twitter was established with the sending of the first "tweet" by co-founder Jack Dorsey, who wrote: "just setting up my twttr."

Thought for Today: "Is it worse to be scared than to be bored, that is the question?" — Gertrude Stein, American writer (1874-1946).

7 LITTLE WORDS

Find the 7 words to match the 7 clues. The numbers in parentheses represent the number of letters in each solution. Each letter combination can be used only once, but all letter combinations will be necessary to complete the puzzle.

CLUES

- 1 restrict the efficiency of (9)
- 2 childish act (5)
- 3 snackable cheese type (6)
- 4 ad for a movie (7)
- 5 kids' party drink (5)
- 6 a baby one will fall out (5)
- 7 unexpected swap (10)

SOLUTIONS

NG	CH	PRA	MS	STR
ER	ING	TRI	PU	IT
TRA	SW	NK	NCH	IL
ER	OTH	OO	HA	TO

Today's Answers: 1. HAMSTRING 2. FRANK 3. STRING 4. TRAILER 5. PUNCH 6. TOOTH 7. SWITCHEROO

WORD★Roundup™

by David L. Hoyt & Jeff Knurek

Find and Circle...

- Ten words related to baseball
- Two words with AIR in the middle
- Two five-letter relatives
- Luke or Matthew
- Severe; intense

Answers to Saturday's puzzle: UNIFORM INNING STRIKE CATCH FIELD PITCH BASE TEAM BARK / HAIRY DAIRY / NICE UNCLE / PERRY / ACUTE

T	A	U	N	I	F	O	R	M	K	T	N
B	E	C	N	I	E	C	E	L	L	D	M
G	A	A	U	V	Y	H	A	H	L	H	S
N	D	S	M	T	C	B	C	E	C	A	T
I	A	K	E	T	E	A	I	T	J	I	R
N	I	L	A	T	O	F	I	Y	L	R	I
N	R	C	H	C	Y	P	E	R	R	Y	K
I	Y	K	U	N	C	L	E	B	R	C	E

UNIVERSAL Sudoku Puzzle

Complete the grid so that every row, column and 3x3 box contains every digit from 1 to 9 inclusively.

						1		
			2	3	9	6	8	
			6			3	2	
	7		6	3		8		
8			5					3
		3	9	2		4		
2	3		4					
9	8	4	3	1				
		6						

DIFFICULTY RATING: ★★★★★

Universal Crossword

Edited by David Steinberg March 21, 2020

- ACROSS**
- 1 Roofing goo
 - 4 Teenage feeling
 - 9 Grime
 - 14 "We ___ the World"
 - 15 2012-18 Mexican president
 - 16 Off-white shade
 - 17 Got off the ground?
 - 19 Not handwritten
 - 20 *Harsh critics (hint: each started answer continues through a black square!)
 - 21 Predators with many teeth, informally
 - 23 Metaphorical thing to lend
 - 24 "By Jove!"
 - 26 Has a goal of
 - 28 Hubbub
 - 31 Set of fine dishes
 - 33 *Plastic-coating process
 - 34 South Korea or South Sudan
 - 36 Baba au ___
 - 40 Astound
 - 42 Mesozoic, for one
 - 43 Filched
 - 44 Abominable Snowman
 - 45 *Tears and others
 - 47 Switch positions
 - 48 Meaningless sound
 - 50 Rays that travel through water
 - 52 Insult
 - 55 Jeer
 - 56 Male turkey
 - 57 *People in power
 - 60 Often-patterned garments
 - 64 Fossilized resin
 - 66 Kansas City baseball enthusiast
 - 68 First lady before Michelle
 - 69 Make ecstatic
 - 70 Indian title of respect
 - 71 "Head, shoulders, ___ and toes"
 - 72 Affirmative responses
 - 73 Province abbr. within "Toronto"
 - DOWN**
 - 1 World's softest mineral
 - 2 Region
 - 3 Guns, like an engine
 - 4 *Daughter of Oedipus
 - 5 Great falls?
 - 6 Barely pass, academically
 - 7 Editor's "let it stand"
 - 8 "It's on my ___ list"
 - 9 Meshes with a group
 - 10 It clings to a wall
 - 11 Runs at an easy gait
 - 12 Halloween hope
 - 13 Prefix for "electric"
 - 18 *Listing individually
 - 22 What may be mixed with snow
 - 25 All used up
 - 27 *Strict disciplinarians
 - 28 Modeling material
 - 29 Shiny fabric
 - 30 Amo, amas, ___
 - 31 She turned Odysseus' crew into pigs
 - 32 Frost
 - 35 Pegs for LPGA players
 - 37 Owl call
 - 38 It's about the length of a radius
 - 39 Big job for an organizer
 - 41 Pizzazz
 - 43 *Motionless sculptures
 - 45 In ___ (as found)
 - 46 Abu Dhabi, for one
 - 49 "Gone With the Wind" family
 - 51 Butterfly catchers
 - 52 Broccoli stem
 - 53 "Death of a Salesman" surname
 - 54 Permeate
 - 55 Paintings such as "The Clothed Maja"
 - 58 "South Park" co-creator Parker
 - 59 A groundhog may peek out of one
 - 61 In that case
 - 62 Deserve
 - 63 Agitated state
 - 65 Before, to a poet
 - 67 ___ Schwab

Black Eye by Cheryl Phair

1	2	3		4	5	6	7	8		9	10	11	12	13
14				15						16				
17				18						19				
20					21				22			23		
				24	25				26		27			
28	29	30					31	32						
33				34		35					36	37	38	39
40				41			42				43			
44						45				46			47	
				48	49					50		51		
52	53	54						55						
56					57		58	59			60	61	62	63
64				65			66				67			
68							69						70	
71							72							73

KENKEN

THE LOGIC PUZZLE THAT MAKES YOU SMARTER.

1-	3-		24x		5
		10+		10+	2-
2-	2-				
		5	6x		
3	5-		2-	20x	
10+				6	

RULES

- 1 Each row and each column must contain the numbers 1 through 6 without repeating.
- 2 The numbers within the heavily outlined boxes, called cages, must combine using the given operation (in any order) to produce the target numbers in the top-left corners.
- 3 Freebies: Fill in single-box cages with the number in the top-left corner.

I	N	O	S	E	S	E	S	E	S	E	N	K
I	R	S	E	T	V	A	T	E	V	A	R	A
N	V	J	S	T	V	A	O	R	V	A	R	M
S	E	I	L	R	O	H	L	I	V	W	O	L
S	V	L	A	N	V	A	S	E	S	I	O	N
S	N	O	S	E	T	C	E	S	I	T	E	L
E	T	O	S	T	E	V	R	E	Z	V	A	M
W	H	R	N	O	I	T	A	N	M	W	A	T
O	T	S	M	A	V	A	D	E	G	A	D	
R	V	E	S	R	O	T	A	V	G	I	S	A
D	E	F	E	A	I	O	E	I	N	E	R	V
A	R	O	A	I	O	E	I	N	E	R	V	
H	L	T	I	E	L	S	G	N	V	A	R	A