COFFEE BREAK









BEETLE BAILEY BY MORT WALKER GREG +MORT AH! THAT SHOWER DON'T GET DRESSED. WAS INVIGORATING THERE'S A -VIGORATE ME! Ω

GARFIELD	_	BY JIM DAVIS
INSTEAD OF READING THE NEWS TODAY	I WOULD LIKE TO	NYAH, { ACTUALLY, I } NYAH { PREFER THIS }
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DEAR ABBY Son is consumed by regret over treatment of his father

Dear Abby: I brought my 68-year-old immigrant father to live with me permanently with the intention of caring for him. He was completely dependent. Halfway through the year, I got angry, told him to move back and vowed to myself I would never ever care for him again. It wasn't that he did anything wrong; I don't know

why I got so angry.

He wound up living alone, being helped by his friends. I visited him, but I became disconnected. I knew he was suffering, but I couldn't bring myself to bring him back to live with me. I was extraordinarily cruel, and it hurt him deeply. I let his green card lapse. He passed away two years later.

Since then, I have been over-

whelmed with guilt. As a son, I should have cared for my father. I am depressed over my actions. I am a horrible son. I have been crying and asking for forgiveness. Please tell me how I can move forward. - Guilt-Ridden in the West

Dear Guilt-Ridden: Performing the role of caregiver is an enormous undertaking. While it can be rewarding, it can also be exhausting, unrelenting and stressful. Caregivers have been known to lose their tempers because of the pressure, but because you had bitten off more than you could chew, your reaction was extreme.

If you are religious, talk about this with your clergyperson. If you aren't, please consider scheduling some appointments with a licensed mental health professional who can help you more fully understand what happened between you and your father and help you cope with your guilt. And in the future — once you are able — consider atoning by volunteering for a charity that serves the elderly.

Dear Abby: I have been married to a functioning alcoholic for more than 30 years. He was once funny and nice and a good dad. But over the years he has become unbearable to live with. He doesn't shower or brush his

teeth. He was always mainly a beer drinker, but now he is drinking hard liquor and stays drunk most of the time he is awake.

I told him I thought he was depressed and a severe alcoholic, and he should talk to his doctor, but he refuses. He walks around cursing under his breath, and nobody wants to be around him. I keep him off the road when he has been drinking, but I'm terrified he will hurt someone. I am pretty sure he is drinking on the

job, and I'm scared he will hurt himself. I am ready to leave him, but afraid that if I do, he will be completely lost. Please guide me. -Lost in the South

Dear Lost: You don't need me to tell you that your husband is in bad shape. I don't know what his job involves, but if he's interacting with others, I am surprised he can get away with having such poor hygiene and being stoned on alcohol.

Because he refuses to talk to his doctor about this, you should. I hope you are beginning to realize that, on the path he is on, you cannot "save" him. I have mentioned Al-Anon many times in my column. The organization is an offshoot of Alcoholics Anonymous and was started to help families and friends of individuals who are unable to control their drinking. You will gain insight about what to do next if you attend some of their meetings. Find one by going to al-anon.org/info.

DAYS GONE BY

100 Years Ago From the East Oregonian March 9, 1921

The D.W. Griffith picture "Way Down East" which is causing such a sensation wherever it is shown will be brought to Pendleton according to an announcement made this morning by Guy Matlock of the Alta and Arcade motion picture houses. This picture has heretofore been shown only in opera houses of the larger cities and Pendleton is the first city where the picture has been permitted to show in a motion picture house. It will be given with the same elaborate presentation as "The Birth of a Nation," and carries its own symphony orchestra. There will be only one show an evening, which will start at 8:15 at the Alta.

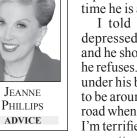
50 Years Ago From the East Oregonian March 9, 1971

Celia Currin of Pendleton, first year student in Harvard School of Business, has been appointed editor of the school's weekly

school and university years. She was a fouryear recipient of the East Oregonian's tuition scholarship given to a graduate of Pendleton High School who majors in journalism at University of Oregon. She is the daughter of Robert Currin, Pendleton

25 Years Ago From the East Oregonian March 9, 1996

Before Sidney Jones won the state hoop shoot, he told his mom it was for his family and friends, but most of all for Michael Jordan, who was turning 32 that day. Jones, age 10, of Mission, continued a string of winning performances to take the state championship title in free throw shooting in his 10- to 11-year-old category. He beat 100 competitors at the local level and won the sponsorship of the Pendleton Elks Lodge. Jones made 22 of 25 shots in the state competition and 21 of 25 at the district level. He follows in the footsteps of his father, Brooker Jones, who won the state competition 20 years ago at the same age as Sidney and went on to will the regionals and placed sixth in the nationals. Jones listens to tips from his dad, but the lessons are regularly reinforced through the coaching of his mother, Julie Taylor. "He's more consistent than some of the Blazers,' said Doug Harder, co-chairman of the Elks' hoop shoot. (Actually, a lot more consistent, since the Blazers make less than 70 percent of their foul shots.)





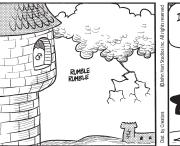
DILBERT

BLONDIE



THE WIZARD OF ID





BY BRANT PARKER AND JOHNNY HART I REALLY NEED TO BULK UP

BY GREG EVANS

BY DEAN YOUNG AND STAN DRAKE

BY SCOTT ADAMS

newspaper. She is the first woman editor in the history of the paper, The Harbus. Miss Currin is a graduate of Pendleton schools and University of Oregon, where she finished in June 1970. She studied her junior university year in England. She began work on the East Oregonian as a reporter of school news as a junior high school student and worked on the paper through the summers of her high

TODAY IN HISTORY

On March 9, 1841, the U.S. Supreme Court, in United States v. The Amistad, ruled 7-1 in favor of a group of illegally enslaved Africans who were captured off the U.S. coast after seizing control of a Spanish schooner, La Amistad; the justices ruled that the Africans should be set free.

In 1916, more than 400 Mexican raiders led by Pancho Villa attacked Columbus, New Mexico, killing 18 Americans. During the First World War, Germany declared war on Portugal.

In 1933, Congress, called into special session by President Franklin D. Roosevelt, began its "hundred days" of enacting New Deal legislation.

In 1945, during World War II, U.S. B-29 bombers began launching incendiary bomb attacks against Tokyo, resulting in an estimated 100,000 deaths.

In 1954, CBS newsman Edward R. Murrow critically reviewed Wisconsin Sen. Joseph R. McCarthy's anti-communism campaign on "See It Now."

In 1959, Mattel's Barbie doll, created by Ruth Handler, made its public debut at the American International Toy Fair in New York.

In 1964, the U.S. Supreme Court, in New York Times Co. v. Sullivan, raised the standard for public officials to prove they'd been libeled in their official capacity by news organizations.

Today's Birthdays: Singer-musician John Cale (The Velvet Underground) is 79. Singer Mark Lindsay (Paul Revere and the Raiders) is 79. Former ABC anchorman Charles Gibson is 78. Rock musician Robin Trower is 76. Singer Jeffrey Osborne is 73. Country musician Jimmie Fadden (The Nitty Gritty Dirt Band) is 73.

LUANN







PHOEBE AND HER UNICORN

BY DANA SIMPSON Sparkleface and I ALWAYS hang out whe they are in the are low com That kinda puts it in I suppose Only 700 700 YEARS?! net them then? year or so fhe blink of an eye you ta to ny texts

> FL 28

ZITS





BY JERRY SCOTT AND JIM BORGMAN



BIG NATE



BY LINCOLN PEIRCE

