

DEAR ABBY

Adult daughter still has to check in with parents

Dear Abby: I am a 30-year-old married woman. My job requires a lot of domestic travel, which I love. My parents continue to ask that I "check in" whenever I fly, and often text or call asking me where I am, even though I provide them my schedule.

I feel this indicates a lack of confidence that I can take care of myself. They frame it as "they love me" or "they care," but, to me, it feels like a constant putdown. I know it doesn't take long to respond, but every time I do I feel like a child. It's not as though they are in a position to help me if something did go awry. I would be forced to handle it myself, regardless.

I have tried reasoning with them, but it hasn't worked. Can you please help me explain to them what a normal adult-child relationship looks like, so we can stop arguing and I can

feel like the capable woman I am? — Capable Adult in Pennsylvania

Dear Capable Adult: Your parents appear to be having trouble letting go of their parental role. If you are providing them with your schedule and itinerary, you are doing enough. One way to win an "argument" is simply not to argue. If you do not wish to check in, don't do it.

Dear Abby: A relative has recently, through no fault of his own, lost a significant amount of money. I would like to help him out with a gift of money, with no expectation that he would repay the money. However, he's very proud, and I'm afraid he would be insulted if I offer him the money. It could also damage our relationship, which has always

been very good.

Can you offer any words that could persuade him to accept this gift? You often have a tactful approach that can help to maintain a positive relationship but still allow a person to accomplish their desired goal. — Proud in New York

Dear Proud: If it were my relative, this is the approach I would take: "Uncle Charlie, you have been wonderfully supportive of me over the years. (Be specific about a couple of instances; they do not have to have anything to do with money — in fact, it's better if they don't.) You would be doing me a great favor if you would please accept this because this past year has been so difficult for so many people, and I have been concerned about you." Then

I'd cross my fingers.

Dear Abby: I am an RN with a bachelor's degree in nursing. My question is, when is it appropriate to put BSN, RN behind my name? For example, I have only my name on my checks. When I sign for things at work I always add RN to the end of my signature. The rest of the time I do not, which brings me to my next question: When should I put the BSN part in there? I tend to never use it. It is on my name tag for work, but when sending faxes to doctors or clinics, I have been leaving it off. — Nurse Needs To Know

Dear Nurse: Because you have earned both degrees, you should use them. In the world of academia, the college degree is used first. However, since you are not in that environment, whichever one you prefer to use first will be all right.



JEANNE PHILLIPS ADVICE

DAYS GONE BY

From the East Oregonian

100 Years Ago June 12, 1921

Pendleton's big new motion picture theatre, now under construction, will be known as "The Rivoli," according to the decision of Greulich & Matlock, owners. The names comes from the famous Paris thoroughfare which dates back to the days of Louis the Fourteenth, and which is known to all tourists who visit the gay French capital. September 1 is the date upon which the theatre will probably open, although this date is tentative. The structure is well under way and the furnishings will arrive soon. A feature will be a \$15,000 pipe organ.

50 Years Ago June 12, 1971

A broken axle turned James Nelson on to soil and water conservation. It happened years ago when he pulled a plow across an eroded ditch in a hillside field on his ranch 13 miles west of Pilot Rock. So he build a diversion ditch to stop the erosion. That first job took half a day. But he hasn't stopped since. "I haven't

broken any more axles, either," he said, as he conducted a tour of his farm. Nelson is Umatilla County's conservation man of the year. Along with winners in other wheat counties, he now competes for the state title.

25 Years Ago June 12, 1996

Angela Pilmer's graduation gown hangs from the back of her bedroom door, its soft folds a shimmering green. The gown is the same color as the money that will be flowing to the 18-year-old Pendleton High School senior once she walks down the aisle this evening. Unlike many students who face a summer of working and worrying about how they'll pay their college tuition, Pilmer can take it easy. Last month she was awarded a \$20,000 scholarship from the National Elks Association as the national first place winner in the fraternal organization's Most Valuable Student Program. Add to that another \$7,000 from state, regional and local Elks clubs and several smaller scholarships in the \$500 to \$2,000 range. All are building Pilmer's bank account before she ever sets foot on campus.

THIS DAY IN HISTORY

On June 12, 1987, President Ronald Reagan, during a visit to the divided German city of Berlin, exhorted Soviet leader Mikhail S. Gorbachev to "tear down this wall."

In 1630, Englishman John Winthrop, leading a fleet carrying Puritan refugees, arrived at the Massachusetts Bay Colony, where he became its governor.

In 1939, the National Baseball Hall of Fame and Museum was dedicated in Cooperstown, New York.

In 1942, Anne Frank, a German-born Jewish girl living in Amsterdam, received a diary for her 13th birthday, less than a month before she and her family went into hiding from the Nazis.

In 1963, civil rights leader Medgar Evers, 37, was shot and killed outside his home in Jackson, Mississippi. (In 1994, Byron De La Beckwith was convicted of murdering

Evers and sentenced to life in prison; he died in 2001.)

In 1964, South African Black nationalist Nelson Mandela was sentenced to life in prison along with seven other people, including Walter Sisulu, for committing sabotage against the apartheid regime (all were eventually released, Mandela in 1990).

In 1967, the U.S. Supreme Court, in Loving v. Virginia, unanimously struck down state laws prohibiting interracial marriages.

In 1971, Tricia Nixon and Edward F. Cox were married in the White House Rose Garden.

In 1981, major league baseball players began a 49-day strike over the issue of free-agent compensation. (The season did not resume until Aug. 10.)

In 1991, Russians went to the polls to elect Boris N. Yeltsin president of their

republic.

In 1994, Nicole Brown Simpson and Ronald Goldman were slashed to death outside her Los Angeles home. (O.J. Simpson was later acquitted of the killings in a criminal trial but was eventually held liable in a civil action.)

In 2004, former President Ronald Reagan's body was sealed inside a tomb at his presidential library in Simi Valley, California, following a week of mourning and remembrance by world leaders and regular Americans.

In 2015, Joyce Mitchell, a worker at the maximum-security Clinton Correctional Facility in Dannemora, New York, was arrested on charges of helping two convicted killers escape; Mitchell later pleaded guilty to promoting prison contraband and was sentenced to 2½ to seven years in prison.

Today's Birthdays: Actor

Sonia Manzano is 71. Rock musician Bun E. Carlos (Cheap Trick) is 70. Country singer-musician Junior Brown is 69. Singer-songwriter Rocky Burnette is 68. Actor Timothy Busfield is 64. Singer Meredith Brooks is 63. Actor Jenilee Harrison is 63. Rock musician John Linnell (They Might Be Giants) is 62. Actor John Enos is 59. Rapper Grandmaster Dee (Whodini) is 59. Actor Eamonn Walker is 59. Actor Paula Marshall is 57. Actor Frances O'Connor is 54. Actor Rick Hoffman is 51. Actor-comedian Finesse Mitchell is 49. Actor Mel Rodriguez is 48. Actor Jason Mewes is 47. Actor Michael Muhney is 46. Blues musician Kenny Wayne Shepherd is 44. Actor Timothy Simons is 43. Actor Wil Horneff is 42. Singer Robyn is 42. Rock singer-musician John Gourley (Portugal. The Man) is 40.

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.

Table with 2 columns: CLUES and SOLUTIONS. Clues include 'Neil Armstrong's 1969 stroll (8)', 'gossipy source of info (9)', 'singer Vanessa (7)', etc.

Grid of letters for the 7 Little Words puzzle. Letters include RL, RIN, TON, RO, PEV, etc.

Today's Answers: 1. MOONWALK 2. GRAPPEVINE 3. CARLTON 4. FLOSSING 5. WOMM 6. SPRINKLER 7. ROBOT

WORD Roundup

by David L. Hoyt & Jeff Knurek

Find and Circle...

- Four units of length [ ] [ ] [ ] [ ]
Four six-letter mammals [ ] [ ] [ ] [ ] [ ] [ ]
Three U.S. coins [ ] [ ] [ ]
Two Florida cities [ ] [ ]
Two sports ending with Y [ ] [ ]

Answers to Saturday's puzzle: MILE INCH YARD FOOT BARB NOOD MIAMI / HOCKEY GERBIL JAGUAR / QUARTER PENNY DIME / ORLANDO MIAMI / HOCKEY RUGBY

Word search grid with a diagonal line through it. Letters include M, G, M, I, A, M, I, M, L, M, L, O, etc.

Large advertisement for Church Directory Community Worship. Features 'Featured this Week: FIRST PRESBYTERIAN CHURCH' with details on services and contact info.

Our Lady of Angels Catholic Church. 565 W. HERMISTON AVE. MASS SCHEDULES: Monday-Friday, Tuesday-Friday, SATURDAY, SUNDAY.

Iglesia Católica Nuestra Señora de los Angeles. 565 W. HERMISTON AVE. HORARIOS DE MISAS: Lunes a Viernes, Martes a Viernes, SABADO, DOMINGO.

St. Johns Episcopal Church. Join Us On Our Journey With Jesus. Join us on ZOOM 9:00 AM Sunday. Email: chuckb@eotnet.net for link.

PENDLETON LIGHTHOUSE CHURCH. Sunday Service: 9am & 6pm. Tuesday Kingdom Seekers: 7pm. Wednesday Bible Study: 7pm.

The Salvation Army. Center for Worship & Service. Sunday Worship Service: 9:30 - Sunday School, 10:30 - Worship Service. Wednesday Bible Study: 5:30 Family Fellowship Meal - 6:00 Bible Study.

A PLACE TO BELONG. PENDLETON FIRST. Sunday Mornings: 1st Service: 8:30am, 2nd Service: 10:30am. Sunday Evenings: Celebrate Recovery: 6:00, Wednesday Evenings: Family Night: 6:00 pm.

Pendleton Faith Center. 108 S. Main St. Pendleton. Sunday at 10:30am. PendletonFaithCenter.com. "A Come as You are Church"

FIRST PRESBYTERIAN CHURCH. 201 SW Dorion Ave. PendletonPresbyterian.com. Worship Services On Facebook 10:00am Sundays. Facebook.com/PendletonPresbyterian

GRACE AND MERCY LUTHERAN CHURCH, ELCA. OPEN HEARTS - OPEN DOOR. Sunday Worship 8:45 a.m. Sunday School 10:00 a.m. Fellowship, Refreshments & Sunday School. Website for More Information. 541-289-4535. Pastor Weston Walker.

Community Presbyterian Church. 14 Martin Drive, Umatilla, OR 9722-3250. Worship: 10 AM. Sunday School at 11:30.

FIRST CHRISTIAN CHURCH (DISCIPLES OF CHRIST). 215 N Main • Pendleton. In Person Worship Sundays at 10am - Begins June 6. Office Ph: 276-5358. M-Th, 8:30a-12:30p. WWW.FCCPENDLETON.ORG

To advertise in the Church Directory, please contact Audra Workman 541-564-4538 or email aworkman@eastoregonian.com