

DEAR ABBY

Man's controlling behavior still dominates ex's life

Dear Abby: I was married for almost 20 years to a jealous, controlling man. "Pete" was emotionally abusive, which I didn't really notice because I'm not confrontational. I would just try to make him happy and ignore his controlling behavior. Toward the end of our marriage, I realized how isolated I had become. I had pushed most of my friends and family away. They didn't want to visit because of Pete's negative attitude.

Our daughter developed an illness in her teens that requires 24-hour care. Her illness didn't necessarily upset him; what did upset him is the attention she would require in the future. He would say things like, "She's ruining our retirement. I was looking forward to having you to myself and not having to deal with anyone." This was when I realized how controlling he was. It felt like I had been

wearing a blindfold and then I could finally see. I immediately filed for divorce.

A year afterward, I started seeing an old friend I'll call "Darren," someone my husband had often accused me of cheating with. (He did that with any man I knew.) I really like Darren and can see a future with him. He treats my daughter great and doesn't mind that when we go out she has to tag along.

Pete is now saying that if I date Darren, it's proof that I cheated on him. I don't want my ex to think for a minute that our marriage ended because I cheated, because it's not true. So I broke up with Darren because I refuse to accept him being labeled as the person who broke up my marriage. What

would you do? — Keeping The Story Straight

Dear Keeping: What would I do? I would, once and for all, quit allowing my ex to control me! I'd call Darren and talk with him about why I ended the relationship and ask if he would consider resuming where the two of us left off. If he is willing, I would move forward. However, if he isn't, I'd find a licensed psychotherapist who could give me the tools to avoid my ex's manipulations in the future.

Dear Abby: My partner and I have a wonderful relationship, but there is one area of contention we don't know how to solve. I like a firm mattress. She likes a soft mattress. We bought an adjustable bed, so each of us could fine-



JEANNE PHILLIPS ADVICE

tune the settings to our desired comfort level.

It has been a month now, and I hate the new mattress. I just cannot get comfortable. It's so bad I find myself sleeping in another room just to catch a good night's rest. As you can imagine, sleeping apart causes anxiety between us, and it has been confusing and stressful for our animals. How do you propose we solve this in a way that restores peace in our relationship? — Yawning In Arizona

Dear Yawning: Pay a visit to the store from which you purchased that adjustable bed and find out if you need a lesson or two on how to operate the mattress correctly. (You won't be the first, trust me on that.) If your discomfort persists, sell the bed and replace it with two twin- or queen-sized mattresses so you and your partner can at least share the same room.

DAYS GONE BY

100 years ago in the East Oregonian

The members of the American Legion, assisted by the Auxiliary, gave a very pretty party Tuesday evening in the Watts Auditorium in honor of three of their members who have recently become benedicts and their brides, who have recently come to reside here. The honored guests were Mr. and Mrs. Orville Phelps, Mr. and Mrs. Elmer Parsell, and Mr. and Mrs. James P. Murphy. The hall was artistically decorated with asparagus and golden glow. Dancing and card playing was indulged in. Hrs. Harry Coleman of Tacoma, gave several vocal selections in her usual pleasing manner. Refreshments were served.

50 years ago in the East Oregonian

Registration of new students at Hermiston High School and confirmation of the Oregon Total Information Service (OTIS) spring registration for other students will be done at the high

school office today through Thursday.

If there are any questions, parents are encouraged to confer with counselors at registration time regarding courses for students and the senior high school program.

25 years ago in the East Oregonian

A Morrow County warrant led to the arrest of a La Grande man Friday and a \$36,000 drug bust.

During a traffic stop in LaGrande, local police found John Lee McLaughlin, 20, was wanted on a Morrow County warrant for failure to appear in court on a charge of driving while suspended.

Police obtained a search warrant and seized seven pounds of marijuana, three ounces of methamphetamines and \$1,100 worth of cash from McLaughlin's car. According to police, the marijuana had a street value of \$26,000, while the methamphetamine had a street value of \$8,400.

THIS DAY IN HISTORY

In 1521, Spanish conqueror Hernando Cortez captured Tenochtitlan, present-day Mexico City, from the Aztecs.

In 1792, French revolutionaries imprisoned the royal family.

In 1846, the American flag was raised in Los Angeles for the first time.

In 1889, William Gray of Hartford, Connecticut, received a patent for a coin-operated telephone.

In 1910, Florence Nightingale, the founder of modern nursing, died in London at age 90.

In 1932, Adolf Hitler rejected the post of vice chancellor of Germany, saying he was prepared to hold out "for all or nothing."

In 1960, the first two-way telephone conversation by satellite took place with the help of Echo 1.

In 1961, East Germany sealed off the border between Berlin's eastern and western sectors before building a wall that would divide the city for the next 28 years.

In 1995, Baseball Hall of Famer Mickey Mantle died at a Dallas hospital of rapidly spreading liver cancer; he was 63.

In 2003, Iraq began pump-

ing crude oil from its northern oil fields for the first time since the start of the war. Libya agreed to set up a \$2.7 billion fund for families of the 270 people killed in the 1988 Pan Am bombing.

In 2004, TV chef Julia Child died in Montecito, California, two days short of her 92nd birthday.

In 2011, seven people were killed when a stage collapsed at the Indiana State Fair during a powerful storm just before a concert was to begin. In eastern Pakistan, al-Qaida gunmen kidnapped an American development expert, Warren Weinstein. (Weinstein was killed in a U.S. drone strike in Jan. 2015.)

In 2020, in an interview on Fox Business Network, President Donald Trump acknowledged that he was starving the U.S. Postal Service of money in order to make it harder to process an expected surge of mail-in ballots. Israel and the United Arab Emirates announced that they were establishing full diplomatic relations in a deal brokered by the U.S.; it required Israel to halt its plan to annex occupied West Bank land sought by the Palestinians.

Ten years ago: A routine

serving of an eviction notice to a man living near the Texas A&M University campus turned deadly when the resident opened fire, leading to the death of a law enforcement officer and another man before the gunman was killed. Helen Gurley Brown, 90, the long-time editor of Cosmopolitan magazine, died in New York.

Five years ago: In a statement, the White House said President Donald Trump "very strongly" condemned individual hate groups such as "white supremacists, KKK and neo-Nazis;" the statement followed criticism of Trump for blaming the previous day's deadly violence at a white supremacist rally in Charlottesville, Virginia, on "many sides." Protesters decrying hatred and racism converged around the country, saying they felt compelled to respond to the white supremacist rally in Virginia. Actor, director and writer Joe Bologna died at the age of 82.

One year ago: The Taliban completed their sweep of Afghanistan's south, taking four more provincial capitals in a lightning offensive that brought them closer to Kabul, just weeks before the U.S. was set to officially

end its two-decade war. U.S. weather officials said the average global temperature in July made it the hottest month ever recorded. Grammy-winning folk singer-songwriter Nanci Griffith died at 68.

Today's Birthdays: Former U.S. Surgeon General Joycelyn Elders is 89. Actor Kevin Tighe is 78. U.S. Treasury Secretary Janet Yellen is 76. Opera singer Kathleen Battle is 74. High wire aerialist Philippe Petit is 73. Hockey Hall of Famer Bobby Clarke is 73. Golf Hall of Famer Betsy King is 67. Movie director Paul Greengrass is 67. Actor Danny Bonaduce is 63. TV weatherman Sam Champion is 61. Actor Dawnn Lewis is 61. Actor John Slattery is 60. Actor Debi Mazar is 58. Actor Quinn Cummings is 55. Actor Seana Kofoid is 52. Country singer Andy Griggs is 49. Actor Gregory Fitoussi is 46. Country musician Mike Melancon (Emerson Drive) is 44. Actor Kathryn Fiore is 43. Former White House press secretary Sarah Huckabee Sanders is 40. Actor Sebastian Stan is 40. Actor Eme Ikwuakor is 38. Pop-rock singer James Morrison is 38. Actor Lennon Stella is 23.

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 '1 is adjacent to (7)', '2 starting points (10)', etc.

Word search grid with letters DS, SW, EY, TE, RE, SH, ES, ES, IDG, NES, DE, TH, LI, BOR, DS, ES, RS, BR, OL, OR.

Today's Answers: 1. BORDERS 2. THRESHOLDS 3. EYES 4. BRIDGES 5. LINES 6. SWORDS 7. TEES

WORD★Roundup™

Word Roundup puzzle instructions: Find and Circle... Five types of teeth, Four units of volume, BLT: __, __ and __, Two European cities, __ Kiev.

Word search grid for Word Roundup with letters B, C, A, N, I, N, E, N, D, R, T, E, Q, A, M, B, A, C, O, N, O, Q, C, N, M, S, B, N, V, L, M, S, N, U, E, O, O, I, Q, Y, L, O, I, O, T, K, R, T, L, R, V, A, D, C, B, T, C, E, R, A, A, A, G, S, N, S, E, I, T, A, V, M, R, P, I, I, L, H, I, U, R, Q, O, J, W, K, L, P, C, L, Q, P, I, N, T.

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