

Woman constantly revisits past decisions in her mind



DEAR ABBY
ADVICE

DEAR ABBY: I'm a divorced woman, soon to be 60, who is often haunted by vivid memories of the past. I constantly recall times in my life that I regret or cringe about, and things I wish I would have handled better. They range from being embarrassed at my 7th birthday party to being bullied from the 5th through 8th grades to awkward moments in high school to parenting decisions I wish I'd made differently.

These memories play over and over like videos in my mind, causing me to feel the emo-

tions again and again. I've been through therapy three times in three cities over the past 24 years. One therapist even used eye movement desensitization and reprocessing (EMDR), all to no avail. I know I can't go back and change any poor choices or bad decisions, but how can I stop torturing myself over them? Also, would you say it's normal for people my age to have such vivid memories of what others might have let go of decades ago? — **PRISONER OF THE PAST**

DEAR PRISONER: People of every age have been known to revisit the past. Some have "conversations" with deceased parents, divorced husbands, old loves, etc. A technique that might help you would be to get up and

move from wherever you are when those flashbacks happen to a new location. Take a 30-minute walk in the sunshine and smell the roses. Count your blessings. And say ALOUD to yourself, "That was THEN. This is NOW." It is not possible to think of two things at once. Please try it. It's cheaper than yet another therapist, and it works.

P.S. You are not a "prisoner" of your unhappy past; you **CONQUERED** it. Congratulations.

DEAR ABBY: I recently married a younger lady and want to know the best way to get her to put her phone down, because she's texting about 10 hours a day. She works from home now, and if she isn't working, she's texting. I feel like I can't compete,

and I'm not sure what to do about it. Please help. — **FIGHTING ABOUT THE PHONE**

DEAR FIGHTING: Tell your wife you feel like you are in competition with her cell-phone, and you don't like coming out second best. Many people become so caught up in their electronic devices that their relationships suffer, which is why apps have been created that make the addicted more aware of how much time is spent on them. Using the "focus" and "do not disturb" features can also be helpful. I suggest that your wife start using one of them before your marriage deteriorates further.

DEAR ABBY: While driving our car to a babysitting gig, our

teenage daughter was asked by the parents to stop at a pizza place and pick up lunch for their child. While pulling into the restaurant's parking garage, she hit a post, which caused significant damage to the bumper. Should she tell the parents with any expectation that they should offer to pay for some of the repair or is this all on her? — **WORK-RELATED IN THE WEST**

DEAR WORK-RELATED: I'm sorry, but your daughter should not expect the parents to pay for her fender bender. She can certainly tell them what happened — if she hasn't already — but with no expectation that they will help her pay to have her bumper repaired.

NEWS OF THE WEIRD

329 years later, last Salem 'witch' who wasn't is pardoned

By **WILLIAM J. KOLE**
The Associated Press

BOSTON — It took more than three centuries, but the last Salem "witch" who wasn't has been officially pardoned.

Massachusetts lawmakers on Thursday formally exonerated Elizabeth Johnson Jr., clearing her name 329 years after she was convicted of witchcraft in 1693 and sentenced to death at the height of the Salem Witch Trials.

Johnson was never executed, but neither was she officially pardoned like others wrongly accused of witchcraft.

Lawmakers agreed to reconsider her case last year after a curious eighth-grade civics class at North Andover Middle School took up her cause and researched the legislative steps needed to clear her name.

Subsequent legislation introduced by state Sen. Diana DiZoglio, a Democrat from Methuen, was tacked onto a budget bill and approved.

"We will never be able to change what happened to victims like Elizabeth but at the very least can set the record straight," DiZoglio said.

In a statement, North Andover teacher Carrie LaPierre — whose students championed the legislation — praised the youngsters for taking on "the long-overlooked issue of justice for this wrongly convicted woman."

"Passing this legislation will be incredibly



Karla Hailer, a fifth-grade teacher from Scituate, Mass., takes a video on July 19, 2017, where a memorial stands at the site in Salem, Mass., where five women were hanged as witches more than three centuries years earlier. Massachusetts lawmakers on Thursday, May 26, 2022, formally exonerated Elizabeth Johnson Jr., clearing her name 329 years after she was convicted of witchcraft in 1693 at the height of the Salem Witch Trials.

Stephan Savoia/The Associated Press, File

impactful on their understanding of how important it is to stand up for people who cannot advocate for themselves and how strong

of a voice they actually have," she said. Johnson is the last accused witch to be cleared, according to

Witches of Massachusetts Bay, a group devoted to the history and lore of the 17th-century witch hunts. "For 300 years, Eliz-

abeth Johnson Jr. was without a voice, her story lost to the passages of time," said state Sen. Joan Lovely, of Salem,

Twenty people from Salem and neighboring towns were killed and hundreds of others accused during a frenzy of Puritan injustice that began in 1692, stoked by superstition, fear of disease and strangers, scapegoating and petty jealousies. Nineteen were hanged, and one man was crushed to death by rocks.

Johnson was 22 when she was caught up in the hysteria of the witch trials and sentenced to hang. That never happened: Then-Gov. William Phips threw out her punishment as the magnitude of the gross miscarriages of justice in Salem sank in.

In the more than three centuries that have ensued, dozens of suspects officially were cleared, including Johnson's own mother, the daughter of a minister whose conviction eventually was reversed.

But for some reason, Johnson's name wasn't included in various legislative attempts to set the record straight. Because she wasn't among those whose convictions were formally set aside, hers still technically stood. Unlike others wrongly accused, Johnson never had children and thus had no descendants to act on her behalf.

"Elizabeth's story and struggle continue to greatly resonate today," DiZoglio said. "While we've come a long way since the horrors of the witch trials, women today still all too often find their rights challenged and concerns dismissed."

weather

TONIGHT	SUN	MON	TUE	WED
A thunderstorm or two	Colder with a few showers	A shower in the morning	Clouds and sun; warmer	Turning cloudy
Baker City 42 Comfort Index™ 3	47 38 0	53 37 1	67 41 10	73 45 10
La Grande 45 Comfort Index™ 3	49 39 0	54 44 0	68 46 10	76 51 10
Enterprise 40 Comfort Index™ 5	45 39 0	51 40 2	65 42 10	71 49 10

Comfort Index takes into account how the weather will feel based on a combination of factors. A rating of 10 feels very comfortable while a rating of 0 feels very uncomfortable.

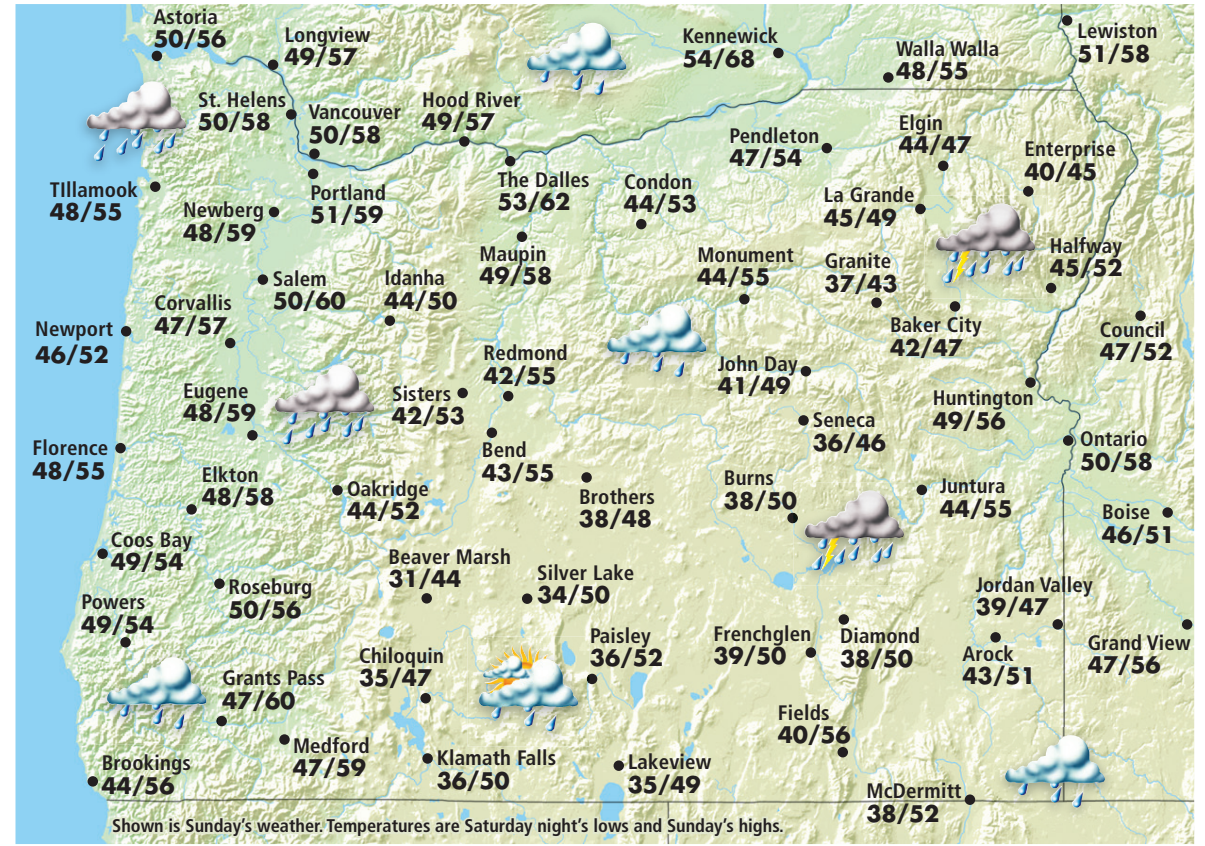
ALMANAC			
TEMPERATURES	Baker City	La Grande	Elgin
High Thursday	84°	76°	81°
Low Thursday	38°	44°	45°
PRECIPITATION (inches)			
Thursday	0.03	0.10	0.00
Month to date	0.67	1.54	3.24
Normal month to date	1.20	1.86	2.01
Year to date	2.60	5.32	13.11
Normal year to date	4.08	8.31	12.30

AGRICULTURAL INFO.			
HAY INFORMATION SUNDAY			
Lowest relative humidity		70%	
Afternoon wind	WNW	at 10 to 20 mph	
Hours of sunshine		0.6	
Evapotranspiration		0.07	

RESERVOIR STORAGE (through midnight Friday)			
Phillips Reservoir	13% of capacity		
Unity Reservoir	99% of capacity		
Owyhee Reservoir	44% of capacity		
McKay Reservoir	100% of capacity		
Wallowa Lake	45% of capacity		
Thief Valley Reservoir	99% of capacity		
STREAM FLOWS (through midnight Thursday)			
Grande Ronde at Troy	6010 cfs		
Thief Valley Reservoir near North Powder	93 cfs		
Burnt River near Unity	81 cfs		
Umattilla River near Gibbon	325 cfs		
Minam River at Minam	1830 cfs		
Powder River near Richland	25 cfs		

WEATHER HISTORY			
A tornado 100-yards wide caused \$100,000 damage at Allentown, Pa., on May 28, 1896. The same system had ripped through St. Louis, Mo., a day earlier, killing 306 people and producing \$13 million in damage.			
SUN & MOON			
Sunrise	5:10 a.m.	5:10 a.m.	
Sunset	8:29 p.m.	8:30 p.m.	
Moonrise	4:14 a.m.	4:38 a.m.	
Moonsset	7:03 p.m.	8:10 p.m.	
MOON PHASES			
New	First	Full	Last
May 30	Jun 7	Jun 14	Jun 20

AROUND OREGON AND THE REGION



REGIONAL CITIES					
City	SUN. HI/Lo/W	MON. HI/Lo/W	City	SUN. HI/Lo/W	MON. HI/Lo/W
Astoria	56/49/sh	59/46/c	Lewiston	58/49/sh	63/49/c
Bend	55/39/c	57/37/c	Longview	57/48/sh	62/43/c
Boise	51/43/sh	58/45/c	Meacham	47/39/sh	55/42/c
Brookings	56/45/c	62/46/s	Newport	59/46/sh	65/43/c
Burns	50/35/c	52/35/r	Medford	52/46/sh	55/43/sh
Coos Bay	54/49/sh	59/44/pc	Olympia	58/45/c	62/44/r
Corvallis	57/45/c	62/43/sh	Ontario	58/45/sh	65/47/c
Council	52/44/sh	61/43/c	Pasco	67/50/c	70/52/c
Elgin	47/41/sh	56/42/sh	Pendleton	54/44/sh	61/45/c
Eugene	59/47/sh	63/44/c	Portland	59/50/sh	64/51/c
Hermiston	62/49/c	66/48/c	Powers	54/47/sh	61/44/sh
Hood River	57/48/c	59/44/c	Redmond	55/40/c	60/39/c
Imnaha	51/47/sh	56/48/c	Roseburg	56/49/c	65/45/c
John Day	49/40/sh	50/39/sh	Salem	60/49/sh	63/49/c
Joseph	47/38/pc	49/40/c	Spokane	59/45/c	61/46/c
Kennewick	68/51/c	70/52/c	The Dalles	62/50/c	69/50/pc
Klamath Falls	50/31/c	60/33/pc	Ukiah	45/38/sh	51/38/c
Lakeview	49/30/r	55/36/c	Walla Walla	55/45/sh	62/48/c

Weather(W): s-sunny, pc-partly cloudy, c-cloudy, sh-showers, t-thunderstorms, r-rain, sf-snow flurries, sn-snow, i-ice