

DEAR ABBY

Write to Dear Abby online at dearabby.com or by mail at P.O. Box 69440, Los Angeles, CA 90069



Dear Abby: My best friend (since we were babies) and I are having a disagreement. She had two kids when she was 16 and 17 who are now in their early 20s. One of them still lives rent-free under her roof.

My friend struggled her whole life but got a college degree, bought a house five years ago and owns two cars all on her own. She has recently started having friends over on the weekends and drinking. While I don't do that, I understand she had kids early and wants to have a little fun now in her 40s. She's very responsible and pays her bills.

The other day I walked in and her daughter started screaming at me that I need to tell her mom to stop and saying that she was moving out. I was shocked that she spoke to me that way.

My friend started crying because she loves her daughter and doesn't want her to move.

I say, let her go. She needs to learn to respect her elders, and she'll soon realize living on her own isn't easy. My friend didn't agree and hasn't said anything to her daughter about how she spoke to both of us. I want to help my friend because she comes to me for advice, but I don't know how.

— *Disapproving Friend*

Dear Friend: People often say things in the heat of anger. You walked in on a fight between your friend and her daughter. You have no idea what started it, and you shouldn't have inserted yourself. When you tried to "help," your input was rejected.

You have already said enough. Now, resist the impulse to stir the pot and step back so your friend can handle this herself.

Dear Abby: I come from a family with incest and physical and psychological abuse. I need to talk with my little sister about it. How do I get through it without breaking down before I can help her? My little brother died by suicide six months ago. I have been having nightmares over it. How do I go about getting through to her about it all?

— *Bad History in Idaho*

Dear Bad History: Before attempting to do that, it's important that you talk with a licensed therapist about what happened to you in that unhealthy environment. Once that is done, ask if you can bring your little sister to some sessions.

It is tragic that your brother was so damaged by the abuse he received that he could not go on, and I respect you for wanting to prevent something similar from happening to your sister. Groups such as the American Foundation for Suicide Prevention (afsp.org) offer counseling referrals after a family member takes his own life. You may be able to find a qualified referral there.

Dear Abby: I usually send special occasion flowers to my wife at work. I was wondering if it could make some co-workers who do not receive flowers from their partner or husband feel neglected, and worse, cause friction between them and my wife. If you feel this could be a potential problem, I can have the flowers delivered to our home.

— *Excluded in Florida*

Dear Excluded: If receiving flowers at her job has caused any tension in the past, you probably would have heard about it. However, you should ask your wife what she would prefer because she may enjoy the public gesture of husbandly love.

SPORTS COMMENTARY

Don't count on A-Rod to bring back the Sonics

BY MATT CALKINS

The Seattle Times

We'll start with the fun part: The Fantasy.

Multiple outlets have reported that a group involving former Mariner Alex Rodriguez is finalizing a deal to purchase the NBA's Minnesota Timberwolves for \$1.5 billion. Anytime an NBA franchise sale takes place, the reaction in Seattle is, "Does this mean the Sonics might come back?"

It's an irresistible reaction for a fan base still smarting from the team relocating to Oklahoma City in 2008, and one that was likely amplified by this quote from ESPN's Adrian Wojnarowski: "Rodriguez's ties to Seattle and that city's desire for a return of an NBA franchise could become an issue in the long term."

Intrigued yet?

If you're looking for the ultimate redemption story in the Emerald City, this would be it. Upon spurning the Mariners after his first five full seasons and taking a deal with the Rangers, A-Rod unofficially became Seattle's most-hated athlete — a title that stuck over the next two decades. He was an automatic, enthusiastic boo whenever he came to T-Mobile Park.

But what if, in an instant, he joined the likes of Ken Griffey Jr. and Edgar Martinez as one of the town's most beloved figures? Bringing the Sonics back would do just that.

On the villain-makes-good front, only LeBron James returning to the Cavs and bringing Cleveland a championship would top it. Rodriguez would go from loathed to loved and



AP file

A group involving former Seattle Mariner Alex Rodriguez is finalizing a deal to purchase the NBA's Minnesota Timberwolves for \$1.5 billion.

would receive an ovation in any venue around in the Puget Sound area. A-Rod would be A-god.

Which brings us to the not-so-fun part: The Reality.

Most of the time Wojnarowski writes a sentence or tweet, it's considered gospel in the sports world. His reputation among journalists is practically peerless.

But his line about Rodriguez's Seattle ties potentially prompting him to return a team to a jilted fan base seems purely speculative. Yes, he does have ties here, but Bill Buckner also has ties to Boston. It's not as though his relationship with Seattle is warm and fuzzy, and it's no sure thing he has any desire to renovate his Emerald City reputation.

More significantly, Timberwolves team owner Glen Taylor told the Star Tribune that

fans have nothing to worry about after the sale — the team is staying put.

"They will keep the team here, yes. We will put it in the agreement," Taylor told the paper he owns. "At this point, we have a letter of intent, but when we make up the contract we'll put that in there. That's no problem. That won't be a problem."

Granted, former Sonics owner Howard Schultz expressed similar confidence that the Sonics would stay in Seattle upon selling the team to Clay Bennett. Putting it in writing, however, is a different matter.

And though it's true that legal experts told the Star-Tribune that a "no move" clause "would be tricky to enforce," do you see the NBA allowing an ownership group to break the hearts of T-wolves fans the way Schultz and Bennett did

the Sonics? Probably not.

The best case for a Sonics return is still expansion. And if there's a silver lining to the pandemic from a Seattle sports perspective, it's that the NBA is taking a closer look at expanding to make up for billions in lost revenue.

Said NBA commissioner Adam Silver a few months back: "I think I've always said that it's sort of the manifest destiny of the league that you expand at some point. I'd say (the pandemic has) caused us to maybe dust off some of the analyses on the economic and competitive impacts of expansion. We've been putting a little bit more time into it than we were pre-pandemic, but certainly not to the point that expansion is on the front burner."

In other words, the NBA is closer to expanding than it was a year ago, but it's a long way from a sure thing.

Estimates are that, if the league does expand, it would add two teams — each coming with a \$2.5 billion expansion fee that would be distributed evenly among the other 30 owners. Seattle could potentially land a franchise in this scenario, but so could other hopefuls such as Mexico City, Las Vegas or Kansas City.

It's a waiting/guessing game that has been ongoing since the Sonics left 13 years ago, and one that may continue for years to come.

In the meantime, it's fun to fantasize about what someone such as A-Rod might do down the road. But if Seattle sports fans learned anything two decades ago, it's probably best not to count on him.

Running

Continued from A5

A pharmacy tech, Montoya was helping with paperwork for customers who were receiving COVID-19 vaccinations, when she heard a loud noise. At first, she couldn't place it.

A dropped jar in an aisle? Fireworks?

Her manager instantly recognized the sound of gunfire and yelled, "Active shooter!"

Everyone scattered. Montoya and four others ran into the consultation room that was right off the pharmacy, with a door that locked to the customer side.

"There was so much gunfire," she recalled. "I just thought, 'I don't know how many shooters there are.' We were just waiting for the moment that they were going to hop the counter in the pharmacy and be able to get into the room with us."

She called mom and dad. She then handed her phone to her boss, who texted her husband.

As they waited, Montoya messaged her running coach, Dr. Richard Hansen, who was working nearby and provided constant updates as he watched a live broadcast.

That pharmacy phone outside their door, though. It wouldn't stop ringing.

About 20 times, Montoya estimated. Each ring made their hearts skip faster, fearing that could be the sound to alert the gunman to their presence.

One of them held a chair, just in case. It was their only defense.

Over the store's loudspeaker, Montoya said she heard an announcement to the shooter to surrender. She said the gunman screamed his response with a closeness that startled them. It sounded like he was right outside their door.

Just before the SWAT team entered the grocery store, Hansen alerted her.



David Zalubowski/AP

Olympic hopeful Maggie Montoya is shown as she ties her shoes to train with fellow runners at a park on the east side of Boulder, Colorado, on Friday.

The warning helped.

"Because it was super loud and very shocking," she said. "If I wouldn't have known, that would have been just really horrible to hear without knowing that it was actually the people coming to get us."

She heard people conducting a sweep of the area, then hop the pharmacy counter and later a knock on the door — the SWAT team.

Montoya and her group — reunited with colleagues and customers — were led outside the store. On the way, Montoya spotted what was believed to be the gunman's bloody footprints near their room.

Waiting for Montoya outside the store was her boyfriend, Jordan Carpenter. They embraced.

Hansen felt a wave of immense relief, too. He and Montoya exchanged 60 or so text messages during the ordeal.

Later, a thought hit Hansen hard: "That at any point, those

messages could've stopped and what that would've meant," he said. "It's a pretty haunting realization."

The following day, Montoya's father arrived and they drove home to northwest Arkansas. Just to get away and out of her apartment, which is near the store.

While there, she went on training runs she used to take in high school. She was accompanied by her boyfriend, too, so she didn't have to reflect on that day.

"I needed that time, to be at home and to be with my family," said Montoya, who's not sure if she will work again at the store. "To be somewhere that's familiar and just think of good memories."

She returned to Boulder earlier this month to reunite her teammates with the Roots Running Project and continue training for the trials. A decorated runner at Baylor, Montoya has found another gear

over the last two seasons. She will be in the running to earn one of the three U.S. spots in the 10,000 meters in the Tokyo Games.

"What I hope from her moving forward, is that she's able to find some peace with her running," Hansen said.

She recently took part in "Run 4 Boulder Strong" — a 10-kilometer tribute event to honor the 10 who died. The bib numbers were all the same: 80305 — the Boulder zip code of the store — and featured the names of the victims.

With Montoya in the lead group, the runners ran to the top of a path with a view of the city. There, they wrote notes to the families of the victims and first responders before heading down.

On Montoya's way back, the pack of runners coming up the road greeted her with, "Go, Maggie!"

"It was nice to hear," Montoya said. "It meant a lot."

YOUR HOROSCOPE By Madalyn Aslan

Stars show the kind of day you'll have

★★★★★ DYNAMIC | ★★★★★ POSITIVE | ★★★ AVERAGE | ★★ SO-SO | ★ DIFFICULT

HAPPY BIRTHDAY FOR WEDNESDAY, APRIL 14, 2021:

Animated, pioneering and fearless, show the world what sets you apart. This year, you use your unique abilities to advance your professional goals. Volunteer those talents for a meaningful cause, and you'll see the world through eyes other than your own. Don't take financial risks. Make long-term investments and watch them grow. If single, be yourself and you'll attract the right person. If attached, renew your vows. AQUARIUS keeps you guessing.

ARIES (March 21-April 19)

★★★★ A high-tech gadget could be worth a small splurge. You'll want to bring the most cutting-edge device with you on warmer weather adventures. Thank a friend for a favor. Pick up the tab for lunch or dinner. Tonight: Be playful.

TAURUS (April 20-May 20)

★★★★ Do things that make this day all about you. Change something about the way you look that makes people take notice and comment favorably. Someone with a carefree, fun attitude will win you over. Tonight: Confide in a close friend.

GEMINI (May 21-June 20)

★★★ Seek out quiet time and put inspirational thoughts to paper. That could include a journal entry, composing a poem or writing a song. You can keep it to yourself or show it to someone you trust. Tonight: Zoom call with relatives.

CANCER (June 21-July 22)

★★★★ Dive into a group activity and show off your skills. Being part of a team lets you do things that have far more impact than when working solo. Avoid mixing work and romance. Tonight: Meet with former co-workers.

LEO (July 23-Aug. 22)

★★★★ Let people show you their appreciation. You've been doing a stellar job, and those around you want to offer their thanks and shower you with compliments. This will most certainly make you smile. Tonight: Plan your next major project.

VIRGO (Aug. 23-Sept. 22)

★★★ Your studious mood will lead you to learning something meaningful. A friend from another part of the world might be ready to plan a visit. Be sympathetic and offer to help someone who needs an advocate. Tonight: Relax and read.

LIBRA (Sept. 23-Oct. 22)

★★★★ Your intuition could tell you not to trust a co-worker. Watch what you say in casual conversations and keep it professional. While it is disappointing, always trust your instincts. You can never go wrong. Tonight: Envision your summer activities.

SCORPIO (Oct. 23-Nov. 21)

★★★★ Ask for feedback from a practical person you truly respect. It's always good to find out what other people see, just in case you've missed something. Set aside one-on-one time with someone you love. Tonight: Start a challenging word game.

SAGITTARIUS (Nov. 22-Dec. 21)

★★★ Put one foot in front of the next and do one activity at a time. Focus makes the most annoying and complicated tasks go by much faster. Go for a walk or run to vent frustration. Tonight: Work up a sweat.

CAPRICORN (Dec. 22-Jan. 19)

★★★★ Let your inner child loose and have some fun. Telling jokes could become a team-building tool to encourage cooperation. If you are struggling with a task, take a deep breath and your ideas will flow. Tonight: Sweet-smelling candles and incense.

AQUARIUS (Jan. 20-Feb. 18)

★★★★ Make your living space clean but cozy. Organize files, rearrange furniture and fluff up the couch pillows. An emotional text from family will touch your heart. Return the thought with a call or Zoom. Tonight: Add oldies to your playlist.

PISCES (Feb. 19-March 20)

★★★ A spontaneous road trip sounds appealing. Make plans for a quick overnight with a friend or sibling. You do not have to travel far to get out of a rut. Be an explorer. Tonight: Call someone for a special occasion.

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