

DEAR ABBY

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



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 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. I really like Darren and can see a future with him.

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.

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-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 stressful for our animals. How do you propose we solve this in a way that restores peace?

— *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. 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.

YOUR HOROSCOPE

By Georgia Nicols

Stars show the kind of day you’ll have
★★★★★DYNAMIC | ★★★★★POSITIVE | ★★★AVERAGE | ★★SO-SO | ★DIFFICULT

MOON ALERT: There are no restrictions to shopping or important decisions today. The Moon is in Pisces.

HAPPY BIRTHDAY FOR SATURDAY, AUG. 13, 2022: You have a classy style. You are clever, charming and generous. Partnerships are important to you. You are focused and hardworking. This is the last year of a nine-year cycle for you, which means it’s time to assess where you have been and let go of people, places and things that might be holding you back.

ARIES (March 21-April 19)
★★ Ideas about how to use something that you own, perhaps a new application or even a new purchase, could be exciting today. Not everyone will approve of your ideas, especially somebody at work. Oh well, you can’t please everyone. Sometimes you just have to please yourself. Tonight: Solitude.

TAURUS (April 20-May 20)
★★★★ Today you’re eager for some social excitement. Get out and meet new people, especially in a group situation, because you want to be stimulated. Avoid arguments with kids or with friends about how to socialize or spend your time. Go with the flow. Tonight: Friendship.

GEMINI (May 21-June 20)
★★ You are high-viz today, which means people notice you. In fact, for some reason, they even know personal details about your private life. Make a point of keeping the peace with a family member. (Something unusual will call attention to you.) Tonight: Take a bow.

CANCER (June 21-July 22)
★★★★ Travel plans are unstable today. However, you might get an unexpected chance to travel that pleases you. Or, vice versa: Travel plans might be delayed or canceled. Avoid controversial arguments about politics and religion, because why ruin your weekend? Easy does it. Tonight: Explore!

LEO (July 23-Aug. 22)
★★★★ Money disputes or arguments about something you own might occur today; however, they don’t have to. It’s probably your choice. (Don’t take the bait.) Be aware of banking situations and anything to do with inheritances, insurance matters and shared property to avoid a surprise. Stay tuned. Tonight: Check paperwork.

VIRGO (Aug. 23-Sept. 22)
★★ Today Mercury in your sign is at odds with the Moon, which means you might have communication challenges with partners and close friends. But this is temporary. What is more likely is someone will surprise you, possibly by introducing you to someone very different. Tonight: Cooperate.

LIBRA (Sept. 23-Oct. 22)
★★ Your work routine might very well be interrupted today. Likewise, if you own a pet, something unusual might occur, so keep your eyes open. In the morning, disputes about your health or your job might occur. You can avoid this by instead focusing on friends, especially creative contacts. Tonight: Work.

SCORPIO (Oct. 23-Nov. 21)
★★★★ Do what you can to keep the peace with your kids today. (The secret is to be patient, because patience is the antidote to anger.) Nevertheless, keep your eyes open, because this could be an accident-prone day for your kids. Meanwhile, social occasions might suddenly change. Perhaps a surprising invite. Tonight: Play!

SAGITTARIUS (Nov. 22-Dec. 21)
★★ Be patient with family members today, especially female relatives. Something unusual might change your home routine. Small appliances might break down or a minor breakage could occur. Do what you can to keep the peace, because family harmony is important. Tonight: Cocoon.

CAPRICORN (Dec. 22-Jan. 19)
★★★★ Pay attention to everything you say and do, because this is potentially an accident-prone day for you — physically or verbally. Therefore, think before you speak or act. On the upside, you might have brilliant, genius-like ideas. New activities with new people will excite you. Tonight: Learn something.

AQUARIUS (Jan. 20-Feb. 18)
★★ Keep an eye on your possessions and your money today to avoid loss or theft. Money squabbles with someone might occur, especially about shared property, jointly held items or financial matters. Meanwhile, an impulsive purchase might please home and family. Tonight: Maintain your possessions.

PISCES (Feb. 19-March 20)
★★★★ It’s easy to fall into a dispute with those who are closest to you today, because Mercury is opposite the Moon in your sign. However, the Moon is also dancing with unpredictable Uranus, which makes you feel impulsive, restless and up for something new. You want to do something exciting and different or go someplace you’ve never been before. Tonight: You’re in charge.

TODAY
IN HISTORY

By The Associated Press

It’s Saturday, Aug. 13, the 225th day of 2022. There are 140 days left in the year.

Today’s Highlight in History:
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 **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 **1995**, Baseball Hall of Famer Mickey Mantle died at a Dallas hospital of rapidly spreading liver cancer; he was 63.

In **2003**, Iraq began pumping 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 longtime 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 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 Ernie Ikoku is 38. Pop-rock singer James Morrison is 38. Actor Lennon Stella is 23.

Sleep

Continued from A5

Their gambit paid off: Casper raked in \$1 million in its first month of business and more than \$100 million in its first full year, The Post reported.

But Casper’s founders quickly realized they’d underestimated how much people valued the physical experience of mattress shopping. When they first opened for business, a would-be customer came to the company’s office at the time, a one-bedroom apartment in New York City. “On day one, we had someone knock on our door and say, ‘I’m here to try out the mattress,’” Krim said. “That’s when we realized, by accident, just how important the physical experience was going to be.”

In 2015, the company opened several pop-up stores, with Chief Creative Officer Luke Sherwin, a co-founder, telling The Washington Post at the time that “one of our biggest challenges is educating

ing consumers that an amazing mattress can be bought online.” While employees offered coffee and waffles to lure people into the pop-up in the Georgetown area of Washington, D.C., Sherwin told The Post that “D.C. has a large community of Casper fans already.”

“Millennials are definitely sharing their love of Casper online,” he added. “They post the most YouTube unboxing videos and Instagram photos, but our customers are all ages.”

More than seven years later, Casper is trying to make inroads on TikTok, Gen Z’s social media platform of choice. It’s working, at least with Trost. In her video application, she said she had just woken up to a notification about the job posting. Before getting out of bed, she fired up her camera and rubbed some sleep out of her eyes — all evidence that “it already looks like I’m doing a good job,” she said. Trost could not be immediately reached for an interview early Tuesday, presumably because she was sleeping.

Other would-be Casper Sleepers also made their cases. CJ wrapped herself up in a blanket in her application video.

Ashley included photos and videos of herself sleeping through multiple scenarios: as a baby, on a floor, while snuggling a dog, while leaning against a desk with a backpack on — all set to the song “Coastline” by Hollow Coves. Erick said his friends and family had taken photos of him sleeping at different times and places, which flashed across the screen as he made an additional pitch.

“Yesterday, I slept on the bus, I usually sleep on trains, and I can sleep like that — snap — on planes,” he said, adding, “What can I say, transit time is sleep time.”

For those interested in getting paid to sleep, Casper’s accepting applications through Thursdays.

Perks aside from sleeping: a part-time schedule, free company merch and one of the most relaxed workplace dress codes around — pajamas.

Inflation

Continued from A5

Biden himself, in speaking of the legislation’s effect on inflation, has cautiously referred to potentially lower prices in individual categories rather than to lower inflation as a whole.

This week, the president said the bill would “bring down the cost of prescription drugs, health insurance premiums and energy costs.”

At the same time, the White House has trumpeted a letter signed by more than 120 economists, including several Nobel Prize winners and former Treasury secretaries, that asserts that the bill’s reduction in the government’s budget deficit — by an estimated \$300 billion over the next decade, according to the CBO — would put “downward pressure on inflation.” The legislation would spend \$70 billion over a decade to extend tax credits to help 13 million

Americans pay for health insurance under the Affordable Care Act.

Those subsidies would free up money for recipients to spend elsewhere, potentially increasing inflation, although the effect would likely be very small.

While the bill could have the benefit of increasing the savings of millions of households on pharmaceutical and energy costs, it’s unlikely to have much effect on overall inflation. Prescription drugs account for only 1% of the spending in the U.S. consumer price index; spending on electricity and natural gas makes up just 3.6%.

Starting in 2025, the act will cap the amount Medicare recipients would pay for their prescription drugs at \$2,000 a year.

It will authorize Medicare to negotiate the cost of some high-priced pharmaceuticals — a long-sought goal that President Donald Trump had

also floated. It would also limit Medicare recipients’ out-of-pocket costs for insulin at \$35 a month. Insulin prescriptions averaged \$54 in 2020, according to the Kaiser Family Foundation.

“This is a historic change,” said Leigh Purvis, director of health care costs at the AARP Public Policy Institute. “This is allowing Medicare to protect beneficiaries from high drug prices in a way that was not there before.”

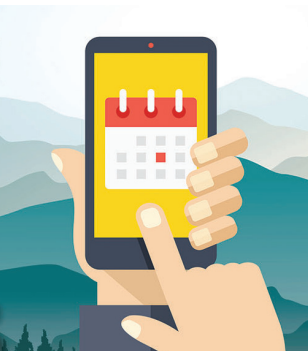
A study by Kaiser found that in 2019, 1.2 million Medicare recipients spent an average of \$3,216 on drug prescriptions. Purvis said recipients who use the most expensive drugs can spend as much as \$10,000 or \$15,000 a year.

The bill will provide a \$7,500 tax credit for new purchases of electric vehicles, though most EVs won’t qualify because the legislation requires them to include batteries with U.S. materials.



Matthew Brown/AP photo

U.S. officials have launched a review of climate damage from coal mining on public lands as the Biden administration expands scrutiny of government fossil fuel sales that contribute to greenhouse gas emissions.



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