

## DEAR ABBY

Write to Dear Abby online at [dearabby.com](http://dearabby.com) or by mail at P.O. Box 69440, Los Angeles, CA 90069



**Dear Abby:** I am a first-time mommy of a beautiful 2½-month-old little boy. I should also mention that I'm 40 years old. My husband is constantly asking for sex. I mean, every day. I honestly do not feel like having it. I'm so worn out by the day-to-day chores of being a wife and motherhood that when the baby goes to sleep, I go to sleep immediately.

My husband refuses to understand how exhausted I am, and his constantly asking for sex makes me want it even less. I try to reassure him that it's not him, because he thinks he has done something wrong or that I'm not attracted to him anymore. But he also doesn't help me out much around here. So, basically, I'm asking what can I do?

— *Touchy Subject in West Virginia*

**Dear Touchy:** You and your husband are overdue for a frank talk. Sit him down and explain EXACTLY what you need from him. Tell him you need his help so the entire burden of taking care of his home and his baby isn't entirely on your shoulders. After you have finished doing that, point out that if he contributes to the household tasks and baby duties, it will take the pressure off you and make it more likely that you can relax and get in the mood for something more pleasant.

**Dear Abby:** My son is in an abusive marriage. He is verbally, mentally and emotionally abused by his wife constantly. She does everything she can to force him to leave. She tells him it is her house and she wants him to go. They bought the house together, and they both work and pay the bills. He won't leave because he doesn't want to leave his kids. Is there any

kind of support for abused men?

— *Concerned Dad in N. Carolina*

**Dear Dad:** There certainly is, and I hope you will tell your son to reach out for it. No one should be harassed the way your son is being, because the effects can be not only devastating, but also long-lasting. The National Domestic Violence Hotline ([thehotline.org](http://thehotline.org); 1-800-799-7233) and Stop Abuse for Everyone ([stopabuseforeveryone.org](http://stopabuseforeveryone.org)) serve male victims of abuse as well as female. Urge him to contact one or both of them.

**Dear Abby:** I have married into a family that celebrates birthdays of members who have died. They are not observing the passing, but doing full-fledged birthday events. This is a practice I have never before experienced, and most of these people I have never met. I don't want to be disrespectful, but it seems really odd, especially since many of those people died years ago. It's becoming difficult to do more than express my sympathy for their loss. Is this done by other families?

— *Bewildered in Florida*

**Dear Bewildered:** If there is anything I have learned in the course of writing this column, as well as my own journey through life, it is that individuals, families and cultures do not have identical ways of grieving or honoring their deceased loved ones. While it may seem unusual to you, this is the way they remember their loved ones.

Because this is your spouse's family, talk with him about how to navigate this issue without causing hurt feelings. If you are uncomfortable participating in these celebrations, continue to be respectful, but attend fewer of them.

## GARDENING

## Attracting pollinators

## Perennial plant of the year has long-lasting blooms

BY LIZ DOUVILLE

For The Bulletin

February is a good month to dedicate a small spiral note pad, one that fits in your purse or your pocket, to start a plant shopping list. You know my favorite saying: good memory but short.

The Perennial Plant Association announced the 2021 Perennial Plant of the Year. It is *calamintha nepeta* subsp. *nepeta*, or the common name of calamint, lesser calamint.

Calamint has two important qualities that appeal to gardeners: bees and other pollinators work the long-lasting bloom period, plus the aromatic foliage is deer-resistant. One fact sheet described the foliage as being mint-scented, oregano-like foliage.

Calamint is rated as hardy. It is probably less well-known in our area due to its plant hardiness rating of Zone 5. Preference in plant selection for Central Oregon is usually for up to a Zone 4.

The blooms differ from the blue tones of the more common walkers low catmint.

Calamint blooms with plumes of tiny, tubular lilac to white flowers. The perennial needs full sun and soil that has good drainage. The low mounding or bushy habit is ideal for the front of a border or in rock gardens according to the Perennial Plant Association.

The National Garden Bureau has declared 2021 to be The Year of the Monarda. Monarda has a history of being used as a medicinal herb.

The Oswego Indian tribe used the plant to make an herbal tea. They taught American settlers how to make it, which came in handy following the Boston Tea Party in 1773. The settlers revolted against the British tax on tea so the settlers thumbed their noses at the tax and drank monarda tea instead.

The native plant was named for Nicholas Monardes, a physician from Seville. Monardes conducted trade between Seville and American, part of which included receiving medicinal plants. Monardes wrote about his findings in the publication "Joyful Newse out of the Newe found World in 1577." The plant was thought to soothe stings and bites from various insects resulting in the common name of bee balm.

Monarda is cold hardy in plant hardiness Zones 3 to 9, plant in full sun with moderate

moisture. Monarda is considered a pollinator magnet. Each one of the flower heads is a cluster of long tubular, nectar-filled blooms. The shape of the bloom makes it easy for butterflies and hummingbirds to take a drink. Magenta or red varieties draw in the most pollinators to the garden. Bloom time is from mid-summer to fall.

Monarda is a member of the mint family but it won't take over the garden. The foliage is minty scented and unappealing to deer and rabbits. Some monarda varieties are more susceptible to powdery mildew than others. Jacob Cline, also spelled Kline, variety shows excellent resistance to mildew. Wide spacing between plants is advised to promote good air circulation to prevent powdery mildew.

Most monarda are listed as a growth height of 3 to 4 feet tall and 2 to 3 feet wide. The height and width of this size make them valuable as the back of a garden bed. Newer cultivars grow 8 to 12 inches tall and 12 to 24 inches wide. Make sure when you are shopping you are aware of the mature size of the variety.

Companion plants could include oxeye daisy, blanket flower and the native white yarrow.

If you are a trendsetter, you



File photo

**Monarda is a member of the mint family but it won't take over the garden. The foliage is minty scented and unappealing to deer and rabbits.**

will be interested in the latest announcement from Pantone for the 2021 Colors of the Year.

The colors are Pantone 17-5104 Ultimate Gray plus Pantone 13-0647 Illuminating (a vivid yellow). The color combination is intended to send the message of strength and hopefulness that is both enduring and uplifting.

The bright yellow flower selections would be easy to choose. The gray plant pallet for us would be more limiting. Dusty Miller, artemisia varieties and Tanacetum come to mind.

Pantone's Color of the Year has influenced product development in multiple industries from home furnishings, fashion and landscaping.

Keep your notepad handy, we have lots to talk about in the coming months.

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## DeRuyter

Continued from A5

"I think defense is an evolution," DeRuyter said. "First of all, I was blessed to be at Cal the last four years. I'm very thankful to Coach Wilcox, the staff, the student-athletes we had there. We ran the Cal defense and it was obviously a combination of what coach Wilcox wanted to run and what I believed in. I put my flavor on it, but ultimately it was the Cal defense.

"We're going to run the Oregon defense here. We are going to figure out who our best 11 football players are, we're going to attempt to put them in a simple system that they can execute as fast as they can."

What was clear from DeRuyter in why this opportunity was the one to entice him was the people, both in terms of the volumes of talent he'll get to work with, arguably the best of his career, as well as UO's coaching staff. DeRuyter worked with Oregon running backs coach Jim Mastro and inside linebackers coach Ken Wilson at Nevada and between his familiarity with them and what they said about working for Cristobal, made Oregon the next stop in his journey.

"How they spoke about Coach Cristobal, the type of program that he demands from everybody that works for him, the players that we're going to coach, the temperature that he sets for everybody, I knew that this place was a little bit different," DeRuyter said. "Obviously being in college football, Oregon's one of those brands that is known across the country. When you make calls to coaches or recruits, they're going to pick that phone up. They want to be a part of something that's so special. With this community that supports it so well, the administration that supports it so well, our boosters that support it so well. You put all that together with the familiarity that I had with those guys, it was too big of an opportunity that I had to pass up."

DeRuyter touched on what Oregon's defense will look like schematically and some tenets of his philosophy. Schematically he'll do some of the same things from his days at Texas A&M, where he coached Von Miller during an All-America season, and employ both three- and four-down fronts to generate pressure.

Playing fast and aggressive are also clearly things DeRuyter is keen on. He made repeated references to a simple system as far as communication and putting players in position to "pin their ears back" and attack.

Winter workouts are underway. National signing day is Wednesday. Then comes spring practice, when DeRuyter's installation and evaluation

"We are going to figure out who our best 11 football players are, we're going to attempt to put them in a simple system that they can execute as fast as they can."

— **Tim DeRuyter, Oregon Ducks defensive coordinator**

process begins.

He believes in Cristobal's approach of the first-teamers practicing against each other regularly and emphasized tackling and creating turnovers, two areas Oregon struggled with mightily last season.

"When you're practicing and

you're just running tag-off, you never miss a tackle," DeRuyter said. "When you got to get a guy on the ground, that's when it becomes real. I think we need to do that this spring. We've got to make a great emphasis on teaching our guys how to tackle safely and effectively.

"We've got to do a better job I think this year of teaching our guys how to attack the football and take the football away. There's no more critical factor in football than turnover margin and our job as a defense is not to wait for a turnover, it's to take the damn ball away. We're going to stress and emphasize that, and it's going to be part of our mentality every day in the spring and every day in the fall and it's got to be a part of what the Oregon defense is going to be."

YOUR HOROSCOPE *By Madalyn Aslan*

Stars show the kind of day you'll have

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

**HAPPY BIRTHDAY FOR WEDNESDAY, FEB. 3, 2021:** Aesthetic, detailed and a perfectionist, you're brilliant at what you do. With your fine sense of timing, this year you hang in there and pounce when the reality is right. Your project is extremely successful and profitable, and it's best to hire a money manager. If single, you're known to be commitment phobic, and this year you find an unconventional and satisfying situation. If attached, you're together like glue. VIRGO adores you.

**ARIES (March 21-April 19)**

★★★★★ You can enjoy a bit of escapism today. Metaphysical literature and studies intrigue you. You also could be drawn to romantic adventures or espionage thrillers. You will feel power and strength through being a bit discreet. Tonight: Keep your mystery.

**TAURUS (April 20-May 20)**

★★★ Today brings a series of charming but eccentric people your way. Verify information you're given. There is an illusional quality to your perceptions of others. Good or bad, they might not be accurate. Tonight: You become aware of how important relationships are to you.

**GEMINI (May 21-June 20)**

★★★★★ Get organized; an orderly schedule and neatness enhance your well-being and productivity. It is also an ideal time to implement new health habits. You will feel an urge to be productive. Your job and projects bring deep satisfaction. Tonight: Your horizons are widening.

**CANCER (June 21-July 22)**

★★★★★ Today allows you to relax and enjoy simple pleasures. A new friend is affectionate and caring. The fine arts brighten leisure hours. Attend an online concert, play or an art show. A youthful and whimsical mood surrounds you. Tonight: Let the good times roll on.

**LEO (July 23-Aug. 22)**

★★★★★ You will be very generous with loved ones and lavish with purchases for the home. A sense of humor makes all the difference if a social situation is delicate. In-laws may voice surprising new ideas. Tonight: You attract love and attention from family members.

**VIRGO (Aug. 23-Sept. 22)**

★★★★★ Alert and alive, your mind relishes a challenge today. You'd enjoy solving a riddle, playing a word game or learning something new. Some associates will carry you forward with their warmth and enthusiasm. Tonight: If you sense aggression, though, back away.

**LIBRA (Sept. 23-Oct. 22)**

★★★★★ Your financial situation is about to brighten considerably. Debts or other drains on your resources diminish. You would be well paid if you seek extra work. You will be able to make a fresh start financially. Tonight: Look at repeating cycles where money is concerned.

**SCORPIO (Oct. 23-Nov. 21)**

★★★★★ You feel the healing of old wounds and the opening of opportunities. Today favors an attitude of largesse. Elevate your standards and expectations. This is the start of a whole new cycle of great growth. Tonight: Clothing selected now will be beautiful and serviceable.

**SAGITTARIUS (Nov. 22-Dec. 21)**

★★★★★ There is an accent on psychology and mental health today. You develop inner mental and emotional strength through being sensitive to your own deepest drives. Dreams and psychic hunches are plentiful. Tonight: Service to one who really needs it will be very satisfying.

**CAPRICORN (Dec. 22-Jan. 19)**

★★★★★ Your social life is bright and active today. You'll be eager to get to know an acquaintance better. A friendship propels you toward new awareness and artistic expression. Accept and issue invitations. Tonight: Make or buy gifts that suggest humor and a personal message.

**AQUARIUS (Jan. 20-Feb. 18)**

★★★★★ New love warms the cold days. The arts provide pleasure, especially dance. It's an ideal time to select personal emblems and insignia. You'll give much consideration to your image and reputation. Today concludes with a joyful euphoria. Tonight: Your manners carry you a long way.

**PISCES (Feb. 19-March 20)**

★★★★★ You will try to share alternative ideas and knowledge to uplift others. Forecast foods, customs and music delight you. You will find TV and radio broadcasts informative and enjoyable. Take time to read seasonal literature too. Tonight: You solve any transportation problems.

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