

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 have been on and off with a man for two years. In all this time, he has never spent a holiday or Valentine's Day with me, or introduced me to his family or friends. He told me to stay in the bathroom at his office when his friends showed up unexpectedly. When I objected, he said, "It's only for 20 minutes." I was horrified.

He accuses me of picking fights and says I will never be happy with anyone when I try to talk with him about it. He breaks up with me at holiday time, never calls when he's on vacation and our dates are always last minute. I realize he is using me for sex, but he insists I am wrong and he is a decent man.

Two birthdays passed, and he didn't even wish me a happy birthday, yet he buys presents and cards for every occasion for his friends and family. He blocks my number if I don't "behave properly." He calls me "Miss" in public, but calls waitresses "Sweetie" the few times we have gone out.

Narcissistic and emotionally abusive? Am I wrong? He tells me no one will stay with me once they know the type of woman I am. I'm not always at fault like he wants me to believe. He buys me nothing to drink or eat when we're together. I pay my own way. I regret the day he entered my life. How can I make him see what he does is wrong?

— *Almost Done in New York*

Dear Almost Done: This shameless man may never view what he's been doing as wrong, so don't try to "make" him see anything. End this sorry excuse for a relationship now, because it is degrading, a waste of your time, and it's very likely that he is married and cheating on his wife.

Dear Abby: I am 62, very healthy and youthful, and work full time as an R.N. I recently started dating a 67-year-old man I met on a dating site. We go out, do various things together, laugh and seem to be compatible. My concern is, he has significant heart disease.

He's had stents put in and is on multiple meds. He also has moderate kidney failure. I'm realizing he's very preoccupied with the state of his health because he talks about it often, and he sees physicians as well as a naturopath and myofascial release specialist.

We were taking my dogs for a walk recently and he said he didn't feel well. He fell, and his defibrillator went off. Another time we were on a trip and he couldn't walk far before saying he needed water, and he also wanted to be sure there was a bathroom close by. Another time we were attempting to have some intimacy and his defibrillator went off, which put a damper on the mood.

Should I stay with this guy when his general health is so poor? It's affecting me — and us. I don't want to be a caretaker, although I do have compassion for him.

— *Heartstrings Pulled*

Dear Heartstrings: What a sad situation. It shouldn't take a medical background to see what the future holds, at least for him.

This is a new relationship. Not once in your letter did you mention the depth of his feelings for you or yours for him. He does — and probably will continue to — need looking after. Because you stated you are not prepared to do that, tell him NOW while he's well enough to find someone who would be.

GARDENING

Gardening can be therapy for what ails ya

BY LIZ DOUVILLE

For The Bulletin

The onset of the 2020 COVID Pandemic has seen more and more people turn to gardening as an escape. Gyms have closed or are on a limited capacity and the long-term working at-home has brought gardening back in favor as a centering point for mental health as well as physical health. There are many individual reasons to use gardening as a new tool for some at-home therapy. The National Garden Bureau credits author Janis Kiefl for compiling a list of "10 Reasons to Garden." I have added some of my own thoughts.

1. Garden for safe, healthy food: Reports of food-borne illnesses and contamination regularly appear in the news. There are growing concerns over the use of pesticides, which has led to an increased interest in growing or at least purchasing organic produce. There is also the issue of preservatives and additives in our food. As a test, or maybe boredom, I bought a loaf of a popular white bread to see how long it would keep in the refrigerator (not freezer) before it started getting unusable. After 2 months, I got tired of moving it around, and I put it in the freezer to use as French toast. At that point, it was still usable, only slightly dried out.

At present, I am most concerned with the fresh food supply as affected by the weather. An alarming report out of Texas regarding the fresh greens crop that was just about ready for harvest when the bad weather hit, declared it was a total loss. That would include many of the salad greens, plus fields of cilantro. Central Oregon probably isn't on the distribution route of Texas greens



Jacob Ammentorp Lund

Gardening can be a joy and a good stress reliever.

but it brings to mind that perhaps we should be more self-sufficient. Who knows when our fresh food chain may be disrupted?

2. Garden for exercise: Gardening is as good an exercise as a trip to the gym, which may not even be open. Gardening activities provide both cardio and aerobic exercise. Studies show that an hour of moderate gardening can burn up to 300 calories for women, almost 400 calories for men. For older people, especially women, gardening can help reduce osteoporosis.

The weather will start changing soon, at least to the point that Central Oregon gardeners can be doing some prep work. Maybe build a new raised bed or start amending existing beds. Any chore that will get you outside to stretch and bend is helpful.

3. Garden to add beauty:

Think of the garden as another room to be enjoyed whether you are inside or outside the house. When the time is right for us, looking at a colorful container near the front door or on a patio can lower blood pressure. Think of adding shrubs and trees for color and for shelter for birds.

4. Garden to learn: How many times have you looked at a leaf or an insect and thought "I wonder"? Now is a good time to make finding the answers a priority. Learning more about insects might even be the encouragement you need to discontinue use of pesticides.

5. Garden to meet people: Gardening is a great way to expand your social circle. It's also a great conversation starter. The Bend community gardens, Discovery Park Community Garden and Hollinshead Community Garden offer garden

plots at a reasonable rental fee. The plots are awarded through a lottery registration process. Registration for both gardens is open now and can be made by sending an email to gocomga@gmail.com. Designate which garden you are interested in on the subject line. Applicants are asked to include their full name, preferred email address and a telephone number where they can be reached. Registration is open until April 2. One entry per household is allowed.

Also included in the listing of top 10 reasons were: Garden to make money, garden to be creative — try something new, garden for emotional needs and spiritual connections and garden for lasting memories. Lastly, you probably have your own reasons. List them in your garden journal and review them occasionally to be sure you are still on track. ■ Reporter: douville@bendbroadband.com

YOUR HOROSCOPE By Madalyn Aslan

Stars show the kind of day you'll have

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

HAPPY BIRTHDAY FOR WEDNESDAY, MARCH 3, 2021:

Directed, conceptual and well-prepared, you have both the imagination and practicality that allow you to put your ideas into practice. This year, you succeed tremendously in a project that is tightly supervised. If single, you have a private life, and either you lose yourself in someone or don't let them in. In 2022, you meet Mr. or Ms. Right. If attached, you're finally with the perfect partner. LIBRA thinks you're funny.

ARIES (March 21-April 19)

★★★★ Today finds you solving mysteries or engaged in research work. The security needs and decisions of others intertwine with your own finances. Comforting and meaningful messages arrive from the afterworld. Tonight: Relaxation exercises enhance your health and energy.

TAURUS (April 20-May 20)

★★★★ You can be transformed by love. An encounter with a past partner is likely. A turning point for the better comes to those seeking a meaningful relationship. Profound healing is possible at this time. Go for it. Tonight: Wait and watch.

GEMINI (May 21-June 20)

★★★★ It's a time when you'll reap what has been sown regarding your health. You're aware of the effects of past health-related decisions. A favorable aspect promises that healing and enhanced fitness will be the reward of the efforts you make to develop good habits. Tonight: Relax.

CANCER (June 21-July 22)

★★★★ Relieve the daily grind by working in a new location or taking more breaks. Add variety to your job by working on several projects at once. A younger person brings joy. Your past efforts are appreciated. You're happy with yourself. Tonight: A sigh of relief.

LEO (July 23-Aug. 22)

★★★★ Purchase needed household supplies and arrange for home repairs. A feng shui treatment would be a good idea. Avoid confrontations or financial risk today. All that is familiar and tried and true has a special magic now. Tonight: Catch up with family members.

VIRGO (Aug. 23-Sept. 22)

★★★★ Today places you in the role of peacemaker. A neighbor or sibling seeks your advice. Help others, but pull away from those who are too needy. Learning a new subject or catching up on reading is favored. Tonight: A casual conversation offers valuable information.

LIBRA (Sept. 23-Oct. 22)

★★★★ Today promises to have an impact on your finances. Adjustments to accommodate changes in the status quo are a must. Don't risk your security; gamble only with funds you can afford to lose. Be flexible and patient. A financial dream just might come true. Tonight: Pray.

SCORPIO (Oct. 23-Nov. 21)

★★★★ Today brings improved self-awareness. Be your own best friend by making changes. A progressive mood develops. Others challenge you. Look at how patterns impact your closest relationships. It's tempting to be lackadaisical about health care. Tonight: Cultivate kind and upbeat associates.

SAGITTARIUS (Nov. 22-Dec. 21)

★★★★ Today makes your sense of hearing especially keen. Avoid loud noises, but listen to the wind, waves or early morning call of birds. Finances and friendship combine gracefully. Keep patience in check. Tonight: If you're feeling stressed, seek relaxation.

CAPRICORN (Dec. 22-Jan. 19)

★★★★ Beauty in all forms provides a spiritual experience. Friendships become warmer and more intimate. The potential for happy romance is present. Accept opportunities to follow your heart's desire regarding your career and finances. Tonight: You feel your life becoming more stable.

AQUARIUS (Jan. 20-Feb. 18)

★★★★ Today emphasizes complex situations at work and is also excellent for intuitive flashes. Divine with runes or tarot. Focus on essentials, don't get sidetracked, and all will be well. You'll be able to employ your promotional skills effectively. Tonight: Networking online.

PISCES (Feb. 19-March 20)

★★★★ A great burst of energy propels you into today. It's an excellent cycle for study. Put your ideals into action. Tolerance and good manners are essential if dealing with difficult co-workers. Expect a power shift. Tonight: A matter of reputation and credibility.

MLB

Continued from A5

They were not only happy to be playing again, but thrilled by the return of fans to the spring training ballparks.

Turns out crowds matter in sports, even if it took a pandemic for players to fully appreciate them.

"We made reference to it a couple times, how nice is it having people in the stands," Yankees manager Aaron Boone said.

"I saw a highlight before we walked out of BP. A kid chasing a ball going over the fence and those kind of things. It's been too long."

Way too long, even though last year's shortened season ended earlier than usual with the Dodgers breaking a 32-year drought by winning the World Series. There were some fans in attendance in Texas to watch, but for the most part the 2020 season will be remembered for empty seats, cardboard cutouts and fake noise meant to cover up the whole joylessness of it all.

Now there's optimism in the air, not just for sports but for the world as we know it. Every team still has a chance to make the World Series, and every player and fan knows they eventually will be able to get a vaccine shot.

Hope may always spring eternal, but this spring we've got a lot more to hope for.

The role that fans play in spring training this year will surely be more noticed, if not more important. Without them, there's no smell of hot dogs, no cheers and no one rushing to chase a foul ball.

Without them, the grass doesn't seem nearly as green. By this time next month when the real season starts,



Charlie Riedel/AP

San Diego Padres' Tommy Pham bats during a spring training game against the Chicago Cubs on Monday in Peoria, Arizona.

"I hit a ground ball but just hearing the fans kind of spark up. You hear that instant crowd reaction. Kind of had little butterflies getting back to your first at-bat."

— Aaron Judge, New York Yankees slugger

there will be even more of them watching. Barring a spike in infection rates, ballparks in all MLB cities will welcome them on opening day, and capacity limits figure to eventually be loosened, if not entirely abandoned.

That means baseball more or less as usual, though it's not time to discard that mask just yet.

Wear one to go catch one of those six- or seven-inning games that will be the norm this spring, assuming you can get a seat. With capacity limits in place, tickets are already at

a premium and being resold at inflated prices for fans starved for real baseball.

Wear one to get a glimpse of Pham on a San Diego team that is suddenly loaded with talent.

Wear one to see Mancini play on a Baltimore team that will struggle to stay out of the American League East basement.

The 25% capacity crowd on hand in Florida did just that Sunday and got more than just a ragged spring training opener. Mancini hadn't played in the year since finding out he

had Stage 3 colon cancer two weeks shy of his 28th birthday, and he got a standing ovation from both dugouts, as well as the crowd, when he went up for his first at-bat.

"It was amazing," Mancini said. "I almost teared up a little bit, I'm not going to lie ... it meant the world to me. It was a really, really cool moment and one of my favorite moments of my baseball career."

A cool moment for everyone, really, which is what made having fans on hand even better. The Orioles' best — and most popular player — singled in his first at-bat in a year, and if he was nearly in tears, so were most of the people in the ballpark.

It was the best kind of start for a season already shaping up to be the best ever.

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