

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 married for 40 years. My beloved mother-in-law passed away two years ago. She had always been my “buffer” against the rest of my husband’s family — two brothers and their families and his stepfather, none of whom care for me. When we would visit from out of state, I could be sure that, by my MIL’s side, I would be comfortable and loved, while my husband hung out with his brothers and nieces.

After she passed, some things happened that hurt me, and I must now decide whether to accompany my husband when he goes to visit. I know if I do, I’ll be left alone and isolated on a couch while the rest of them socialize elsewhere, and I dread the thought. My husband doesn’t seem to understand how much I am fearing this. Please advise.

— *Missing My Mother-in-Law*

Dear Missing: Unless your husband is an ostrich with his head in the ground, surely he must have noticed how his siblings and their families have treated you for the last 40 years. If it has escaped him, give him chapter and verse! No law says you “must” accompany him on these visits, and frankly, I see no reason why you shouldn’t plan some pleasant activities for yourself in his absence. Try it. You may find you like it.

Dear Abby: Several years ago, when my daughter and her hubby were a young family with two boys, they gave me a large wall clock with sound, lighting and a wooded background with

deer. It was a well-thought-out gift, as I was a bow deer hunter. I loved it and I’m sure they didn’t need to be spending money for a Christmas present for me.

My problem is we have since retired and moved. I no longer have a place to hang the clock, and it no longer goes with my decor. I don’t want to hurt her feelings, and it hurts me to think about getting rid of it. Would it be tacky to ask her if she would like it back, explaining my reasoning? An alternative would be to offer it to her sister who also lives in Florida now. If I were to do this, should I tell my gift-giving daughter?

— *Grateful Mom in Florida*

Dear Mom: When your daughter comes to visit, she will notice the clock is missing. Talk to her. Explain that since you have relocated, you no longer have room for the beautiful clock she gave you, and ask what she would like you to do with it — including offering it to her sister who might enjoy it as you did. There will be less guilt for you and fewer hurt feelings for your daughter if you keep everything open and aboveboard.

Dear Readers: I want to wish a Happy Father’s Day to fathers everywhere — birth fathers, stepfathers, adoptive and foster fathers, grandfathers and all of those caring men who mentor children and fill the role of absent dads.

P.S. And a big shout-out to dual-role moms. I applaud you all, today and every day.

— *Love, Abby*

CENTRAL OREGON GARDENING

Reign of purple vegetables is here

BY LIZ DOUVILLE
For The Bulletin

Have you noticed that purple has become the new vegetable “green”? And all this time you have been under the assumption that the purpose of the purple carrot was to con our young ones into eating their veggies.

I started thinking of purple vegetables as I was transplanting the purple-colored seedlings of midnight Roma, the new purple Roma tomato from Oregon State University tomato breeder Jim Meyers, Ph.D.

Released in 2021, midnight Roma is a cross between Oregon star, a fleshy tomato good for slicing or paste, and indigo rose, a dark purple tomato rich in anthocyanins, a healthy antioxidant. Indigo rose was also developed at Oregon State by Meyers. Indigo rose was released in 2011.

Purple vegetables aren’t a culinary fad. The colorful vegetables are being recognized as providing numerous health benefits from their deep color and amount of anthocyanins. Among the many benefits are reduced blood pressure and improved heart health, reduced cholesterol and reduced risk of colorectal cancer. It is also being studied as a boost to cognitive functions.

I have a frozen coleslaw recipe that I make every fall. Af-



Submitted photo

Midnight Roma tomatoes are a new variety from Oregon State University.

ter reading that purple (red) cabbage contains up to eight times more vitamin C than green cabbage, I will change to purple this fall. Granted, it may take a little getting used to eating purple coleslaw.

Purple beans have been available for many years. It is always a surprise to a new cook to discover the purple bean reverts to green when cooked. The anthocyanins are pH sensitive. The cooking process ruptures the bean cells, which causes the acid around the anthocyanins to be diluted. The most nutritional value of the purple bean would be uncooked in a salad.

Purple cauliflower, purple potatoes, purple leaf lettuce varieties (and don’t forget the

purple carrot) are available for us to try in the garden and at the table. Back to the purple carrot. Some fact finding from the World Carrot Museum stated the first cultivated carrots originated in Afghanistan before the 900’s and were shown to have purple or yellow roots. Genetic improvements in Europe in the early 1600’s resulted in the white and orange varieties.

The market availability of red, purple or blue fruits and vegetables, which also contain high levels of anthocyanins, increases every week. Looking for something new? Try eggplant.

In addition to eating the berries in season, pop a few containers in the freezer for

Mark your calendar

On Sunday, June 27, join in the fun at the WaterWise Landscape Field Day at Hollinshead Park Barn on Jones Road in Bend from 10 a.m. to 1 p.m. The event is a collaborative effort organized by the city of Bend WaterWise Program, OSU Extension and the Central Oregon Master Gardeners Association.

Events include an open conversation featuring local landscape designers, and the regional extension horticulturist focused on sustainability and the urban landscape of the future. This will be an indoor session and will require wearing face masks. This indoor event has limited space. Request attendance by emailing conservation@bendoregon.gov.

Outdoor demonstration and display booths will feature plant information, plant choices, native pollinators, resource conservation, local guidelines and irrigation technology. Hollinshead Demonstration Garden tours will also be available.

winter. Its summer salad time, and what could be better than an addition of chopped red or purple grapes. I’m looking forward to my first big bowl of Oregon cherries to snack on.

YOUR HOROSCOPE By Georgia Nicols

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

MOON ALERT: Avoid shopping or making important decisions from 6:30 a.m. to 8:15 a.m. EDT today (3:30 a.m. to 5:15 a.m. PDT). After that, the Moon moves from Libra into Scorpio.

HAPPY BIRTHDAY FOR SUNDAY, JUNE 20, 2021: You are warm, charming and emotionally generous. You’re intuitive when dealing with others and you enjoy their company. You are confident, courageous and loyal to your loved ones. This year you want to set your life in order. This is why you will plan, do and build. You might literally build physical structures, or you will restructure the framework of your life.

ARIES (March 21-April 19)
★★★★ Be friendly with others today, because people will be generous to you. Keep your pockets open, because gifts, goodies and favors from others will come your way. This is a good day to explore loans, mortgages or to borrow something. Tonight: Focus on family.

TAURUS (April 20-May 20)
★★★★ People are friendly today, especially people from other lands and different cultures. In turn, you feel friendly to them, which makes this a big mutual appreciation society. You’ll be successful when dealing with everyone. Tonight: You have something to say.

GEMINI (May 21-June 20)
★★★★ Work-related travel might be a factor for some of you. Many of you will converse or be involved with people from different cultures and other countries. Whatever effort you put out today will come back to you multiplied. Tonight: Organize possessions.

CANCER (June 21-July 22)
★★★★ This is a fun-loving day! Enjoy good times with others, especially children. Sports activities, social outings, the arts and playful times will appeal to you because you want to enjoy yourself. You also want others to be happy. Tonight: It’s all about you.

LEO (July 23-Aug. 22)
★★★★ Family discussions will go well today. In fact, they will be mutually supportive, which is why this is a feel-good day for any family get-together. However, you also might choose to enjoy your own solitude at home. Tonight: Take a breather.

VIRGO (Aug. 23-Sept. 22)
★★★★ Today, you’re in a positive frame of mind, which is why all your relations with others are warm and friendly. You will notice that you get from others exactly what you give, especially in terms of warmth and affection. You are concerned for someone’s welfare. Tonight: Enjoy friends.

LIBRA (Sept. 23-Oct. 22)
★★★★ This is a good day for moneymaking ideas! You might see ways to boost your income. You might earn more money today. You also might buy something for yourself that makes you feel richer. Tonight: Make a good impression.

SCORPIO (Oct. 23-Nov. 21)
★★★★ Today, you have a genuine concern for the welfare of others, even the welfare of strangers. It’s important to you to feel that you are helping someone who needs your help. This makes you feel more worthwhile and edified by your actions. Tonight: Explore!

SAGITTARIUS (Nov. 22-Dec. 21)
★★★★ Solitude in beautiful surroundings will delight you today because you feel the need for some peace and quiet to restore your equilibrium. We all need to do something to restore and replenish ourselves. Tonight: Do your fair share.

CAPRICORN (Dec. 22-Jan. 19)
★★★★ All your dealings with others, especially in groups and clubs, will be positive and upbeat today. Others will welcome your physical and emotional support while you cheer them on! Tonight: Enjoy time with loved ones.

AQUARIUS (Jan. 20-Feb. 18)
★★★★ You make an excellent impression on others today, especially people in authority — bosses, teachers and the police. Regardless of what you do for a living, you will look successful and affluent. Tonight: Focus on your health.

PISCES (Feb. 19-March 20)
★★★★ Travel opportunities abound! If you can’t travel today, you might make travel plans for the future. Likewise, you might explore opportunities in publishing, the media, medicine, the law and higher education. Tonight: Have fun!

HOBBY LOBBY

FIND A LOCATION NEAR YOU OR SHOP ONLINE AT HOBBYLOBBY.COM
STORE HOURS: 9 A.M. - 8 P.M. • CLOSED SUNDAY
PRICES GOOD IN STORES MONDAY, JUNE 21 - SATURDAY, JUNE 26, 2021.
PRICES GOOD ONLINE SUNDAY, JUNE 20 - SATURDAY, JUNE 26, 2021.
SOME ADVERTISED ITEMS NOT AVAILABLE ONLINE. SALES SUBJECT TO SUPPLY IN STOCK. AD DOES NOT APPLY TO PRE-REDUCED ITEMS.

RELAX

HOME DECOR 50% OFF

FEATURING TABLE DECOR

Categories Listed

Does not include Seasonal Department, Photo Frames or Items labeled Wall Decor and Gifts

Glass Decor

Glass Department and craft glass containers
Does not include craft stained glass

Ceramic, Resin & Pottery Decor

Does not include "Your Price" items

Wicker Department

Decorative storage, boxes, trays, metal & cloth

Decorative Table Clocks, Spheres & Globes

Metal Table Decor

Enamel & galvanized decor
Includes Crafts Department

Lamps

Floral Containers & Vases

Ceramic, glass, pottery, resin, wood & metal
Does not include "Your Price" items

Wooden Table Decor & Plaques

July 4th items are not included in Home Decor sale.

REWARD POINTS ARE DELAYED AND INCONVENIENT DISCOUNTS. WE HAVE THOUSANDS OF PRESENT-TIME DISCOUNTS EVERY WEEK.

SUMMER TOYS

50% OFF

Includes Little Wishes®

Select Group of FURNITURE

NOW MARKED 50% OFF

Selection will vary by store

JULY 4TH

40% OFF

Home & Party Decor, Crafts, Fabric and More

Items Labeled THE SPRING SHOP®

50% OFF

Fashion Items in Tableware, Garden, Wall Decor, Home Decor, Storage and More

WEDDING 50% OFF

Categories Listed

All Items Labeled Studio His & Hers®
Invitations, toasting glasses, ring pillows, bouquets and more

Ribbon & Trims by the Roll

Ribbon, bows, tulle & deco mesh in our Wedding, Floral and Fabric Departments

ALL YARN

Every skein, brand, color and size

30% OFF

Does not include thread and floss

WEARABLE ART

Gildan® Youth and Adult Short-Sleeve T-Shirts \$4.27

30% OFF

Always 30% off the marked price*
Includes Youth and Adult Short-Sleeve T-Shirts, Baseball & Long-Sleeve T-Shirts, Sweatshirts, Infant & Toddler T-Shirts and Creepers
Does not include Cricut® branded apparel

BEST-SELLING BOOKS

Bibles, Devotionals, Gift Books and Children's Books

40% - 50% OFF

ALWAYS THE MARKED PRICE*

PARTY

Streamers 200' Roll 99¢
Solid Color Tissue Paper 8 count 99¢
All Paper Napkins, Cups & Plates Solids & Prints 50% OFF

1.99

Candy Waters 12 oz bag Regular 2.99
24 oz Fondant 5.99 and up
White Fondant 5 lb Vanilla 15.99

CANDLES & CANDLE HOLDERS 50% OFF

Candles, Candle Holders, Scones, LED Candles, Potpourri, Diffusers, Oils, Room Sprays, Fragrance Cubes & Warmers

Priced \$2.99 & Up

Does not include "Your Price" items

CRAFTS 30% OFF

Categories Listed

DecoArt®, Ceramcoat®, FolkArt® and Anita's™ Craft Paint 2 oz, 4 oz, 8 oz and 16 oz
Clay Modeling, oven-bake & air-dry

Candle Wax, Candle Gel, Soap Blocks & Bases
Leather and Leather Kits Priced \$4.99 & Up
Krylon® Spray Paint

Mosaic Tiles, Gems, Chips & Stones
Individual Diamond Dotz® Includes open stock & sampler pack

PAPER CRAFTS 40% OFF

Categories Listed

The Paper Studio® & Cricut® Vinyl Single Sheets, Rolled Vinyl & Iron-On
Does not include machines, EasyPress™ and BrightPad™
Tim Holtz® Products

Planners & Planner Stickers by The Happy Planner® and Agenda 52®
Sizzix®, Momenta® & Spellbinders® Die Cutting Products
Does not include machines

All Punches & Punch Sets
Rubber Stamps and Ink Pads
Includes Clear, Cling and Sets

ART SALE

All Master's Touch® & Fine Touch®

50% OFF

Single & Packaged Brushes, Artist Pads & Sketch Books, Art Canvas & Panels, Tube & Jar Paints and Mediums
Does not include "Your Price" items

Master's Touch® Art Sets

50% OFF

Acrylic, Oil, Watercolor, Pencil & Pastel

All Art Tables & Easels

50% OFF

JEWELRY MAKING 50% OFF

Categories Listed

Explorer by Traditions™ Pendants, beads and filigrees inspired by world travels
Strung, Tubed & Boxed Beads Color Gallery™, "Bead Treasures" and Czech Glass Beads
Bead Design Co.™ Bulk beads & gems in a variety of materials

Swarovski® & Create Your Style™ Includes beads, flatback stones and hotfix stones
Bead Stringing by On-A-Cord®, On-A-String™ & On-A-Wire®
Vintaj® Unique artisan components made in the USA

FABRIC

Categories Listed

Scissors & Rotary Cutters Fiskars® and Singer®
Sewology® Sewing Notions Spring Apparel Fabrics Home Decor Pillow Covers

Ribbon, Trim & Tulle Spools
Does not include tulle sold by the yard or Seasonal Department
Home Decor & Apparel Trim By the Yard

CUSTOM FRAMES 50% OFF

Always 50% off the marked price*
Applies to frame only. See store for details.

Compare our prices with our competitors' larger in-store discounts.

FREE QUOTES

See our Great Selection. Satisfaction Guaranteed.

FURNITURE

ALWAYS

30% OFF

THE MARKED PRICE*

*Discounts provided every day; marked prices reflect general U.S. market value for similar products. No coupons or other discounts may be applied to "Your Price" items.