

Woman directs anger at parents after diagnosis



DEAR ABBY
ADVICE

Dear Abby: I'm the mother of an 8-year-old with autism. A few months ago, I was also diagnosed with autism. While I viewed this news for the most part in a rather positive light, I also have some mixed feelings. The good: This diagnosis finally explains everything about the way I've behaved my entire life. The not-so-good: I feel betrayed to an extent by my parents for

allowing so many doctors to tell me I had disorders and illnesses I never had (per the person who diagnosed me with autism) and for letting me be pumped full of so many medications from childhood all the way through college. I feel my parents caused me emotional and physical harm (especially physical because of all those meds). While I'm glad to know the truth about why I'm the way I am, I can't help but be furious with them for allowing something that may have caused me irreparable damage. How can I

deal with this now? — **On The Spectrum in Texas**
Dear On The Spectrum: Your parents believed the (many) "experts" they consulted. The doctors misdiagnosed you. That is regrettable, but now you know what you are dealing with, it's time to concentrate on your future instead of the past. If your current physician can't help you with this, ask to be referred to someone who can help you to dissipate your anger. It would be far more therapeutic for you than blaming your parents at this late date.

Dear Abby: I have a friend who enjoys getting her family together with mine. We used to take turns doing dinners at each other's houses. However, she, her kids and her husband are extremely picky eaters. They don't all like the same things, so I'm usually cooking three meals when they come over. The more I've gotten to know them, the more I realize our values and opinions on certain major issues are very, very different. I no longer enjoy their company at all and don't feel comfortable with my young

children hearing some of the conversations around these issues. I feel miserable leading up to every get-together, and so does my husband. However, she's clingy! I have canceled the last three times we were supposed to get together, and she doesn't get the message. How can I unfriend her without crushing her? I honestly don't want to hurt her, but I am fried! — **So Over It in the South**
Dear So Over It: Because this woman is unable to intuit that the atmosphere has changed, you will have to explain it

to her. Start by telling her that preparing three separate meals to cater to her family's tastes has become too much for you. If necessary, follow it up with the fact that you no longer want your children exposed to the dinner conversation, which prohibits you from having them over. Those are valid reasons, and as long as you don't mention that the thought of seeing her and her husband makes you and your husband miserable, she shouldn't be "crushed." Do not, however, expect her to take the news easily.

NEWS OF THE WEIRD

Earth's longer days kick-started oxygen growth

By **SETH BORENSTEIN**
The Associated Press

LAKE HURON — Scientists have a new idea for how Earth got its oxygen: It's because the planet slowed down and days got longer.

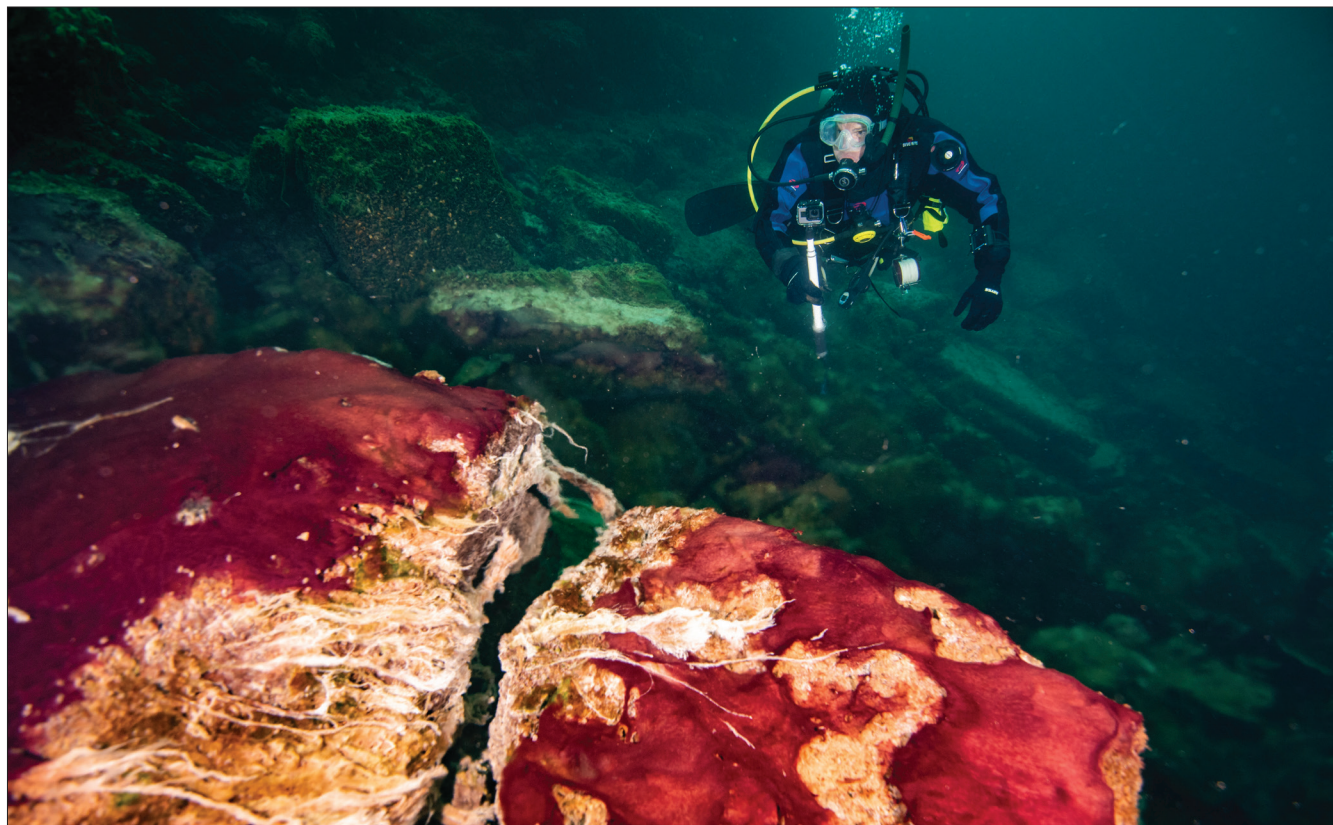
A study published Monday, Aug. 2, and puts to the test the theory that longer, continuous daylight kick-started weird bacteria into producing lots of oxygen, making most of life as we know it possible.

They dredged up gooey purple bacteria from a deep sinkhole in Lake Huron and tinkered with how much light it got in lab experiments. The more continuous light the smelly microbes got, the more oxygen they produced.

One of the great mysteries in science is just how Earth went from a planet with minimal oxygen to the breathable air we have now. Scientists long figured microbes called cyanobacteria, were involved, but couldn't tell what started the great oxygenation event.

Researchers in a study in the Aug. 2 Nature Geoscience theorize that Earth's slowing rotation, which gradually lengthened days from six hours to the current 24 hours, was key for the cyanobacteria in making the planet more breathable.

About 2.4 billion years ago there was so little oxygen in Earth's atmosphere that it could barely be measured, so no animal or plant life like we know could live. Instead, lots



Phil Hartmeyer/NOAA Thunder Bay National Marine Sanctuary

A scuba diver observes the purple, white and green microbes covering rocks in Lake Huron's Middle Island Sinkhole. Feel like days are just getting longer? They are and it's a good thing because we wouldn't have much to breathe if they weren't, according to a new explanation for how Earth's oxygen rich atmosphere may have developed because of Earth's rotation slowing. Scientists provided evidence for this new hypothesis by lab testing gooey smelly purple bacteria from a deep sinkhole in Lake Huron.

of microbes breathed in carbon dioxide, and in the case of cyanobacteria, produced oxygen in the earliest form of photosynthesis.

At first it wasn't much, but in only about 400 million years Earth's atmosphere went to one-tenth the amount of oxygen we have now — a huge jump, said the study's lead author, Judith Klatt, a biogeochemist at the Max Planck Institute in Germany. That oxygen burst allowed plants and animals to evolve, with other plants now joining in the oxygen-making party, she said.

But why did the bacteria go on the oxygen making binge? That's where University of Michigan oceanographer Brian Arbic comes in. He studies tidal forces on Earth and how they've slowed Earth's rotation. Arbic was listening to a colleague's lecture about cyanobacteria and he noticed that the oxygen event coincided with the timing of Earth's days getting longer. The planet's rotation slows because of the complicated physics of tidal friction and interaction with the moon.

The Michigan and German researchers put

their theory to the test with bacteria similar to what would have been around 2.4 billion years ago. They used purple and white mats of cyanobacteria living in an eerie world of the sinkhole nearly 79 feet deep in Lake Huron.

"We actually imagine that the world looked kind of like the Middle Island sinkhole for most of its history," Klatt said.

Divers brought up the gelatinous carpets of bacteria, which smell like rotten eggs. Klatt and colleagues exposed them to varying amounts of light,

up to 26 straight hours. They found that more continuous light caused the microbes to produce more oxygen.

The study authors and outside scientists said this is just one possible but plausible explanation for Earth's oxygen increase.

What makes the idea so impressive is that it doesn't require any big biological changes in bacteria or the world's oceans, said Tim Lyons, a professor of biogeochemistry at the University of California, Riverside, who wasn't part of the research team.

'Big chair' in front of Vermont bank damaged by vandals

BENNINGTON, Vt. — A giant ladderback chair that stands 19 feet tall may be big but it wasn't tough enough for some vandals.

Damage to the massive "Big Chair" made from 3,000 pounds of cedar and white pine was captured last week by surveillance video outside a credit union where the chair sits. The video shows two males and two females climbing and jumping on the chair.

The original chair was built in the late 1940s and became a popular roadside attraction. Over the decades it has been rebuilt several times.

The security video captured the moment the joints gave way, apparently injuring one of the vandals who was seen being helped away.

The Bennington Banner reports the weight of the people who climbed on the chair caused the sockets that held the cross pieces to split wide open. Now the chair's wooden joints are in splinters and the rope seat is no longer in place.

"We have people on a daily basis come and take pictures with the chair. They drive here specifically to see it," said Linda M. Bow, the chief business officer for the Tri State Area Federal Credit Union's Bennington branch. Bow said. "It's going to be hard to replace. It wasn't meant for climbing."

AccuWeather | Go to AccuWeather.com

weather

	TONIGHT	FRI	SAT	SUN	MON
	Patchy clouds	Not as warm	Partly sunny and pleasant	Partly sunny and pleasant	Mostly sunny and pleasant
Baker City	55	83 51	87 53	83 46	80 45
Comfort Index™	5	9	6	9	9
La Grande	60	80 54	84 56	79 52	80 52
Comfort Index™	5	9	8	9	9
Enterprise	54	78 49	82 53	78 48	79 50
Comfort Index™	7	10	7	10	9

Comfort Index takes into account how the weather will feel based on a combination of factors. A rating of 10 feels very comfortable while a rating of 0 feels very uncomfortable.

ALMANAC

TEMPERATURES	Baker City	La Grande	Elgin
High Tuesday	96°	95°	103°
Low Tuesday	52°	55°	57°
PRECIPITATION (inches)			
Tuesday	0.00	0.09	0.00
Month to date	0.34	0.21	0.23
Normal month to date	0.04	0.06	0.06
Year to date	2.80	6.33	15.60
Normal year to date	6.03	10.72	15.29

TUESDAY EXTREMES

NATION (for the 48 contiguous states)	DEATH VALLEY, CALIF.
High: 122°	Death Valley, Calif.
Low: 36°	Berthoud Pass, Colo.
Wettest: 5.87"	Piney Island, N.C.
OREGON	
High: 106°	Hermiston
Low: 41°	Lakeview
Wettest: Trace	Burns

WEATHER HISTORY

Intense thunderstorms caused flooding in southeastern Pennsylvania on Aug. 5, 1843. Up to 16 inches of rain fell in three hours. The storms unleashed tornadoes in Mercer County, N.J.

SUN & MOON

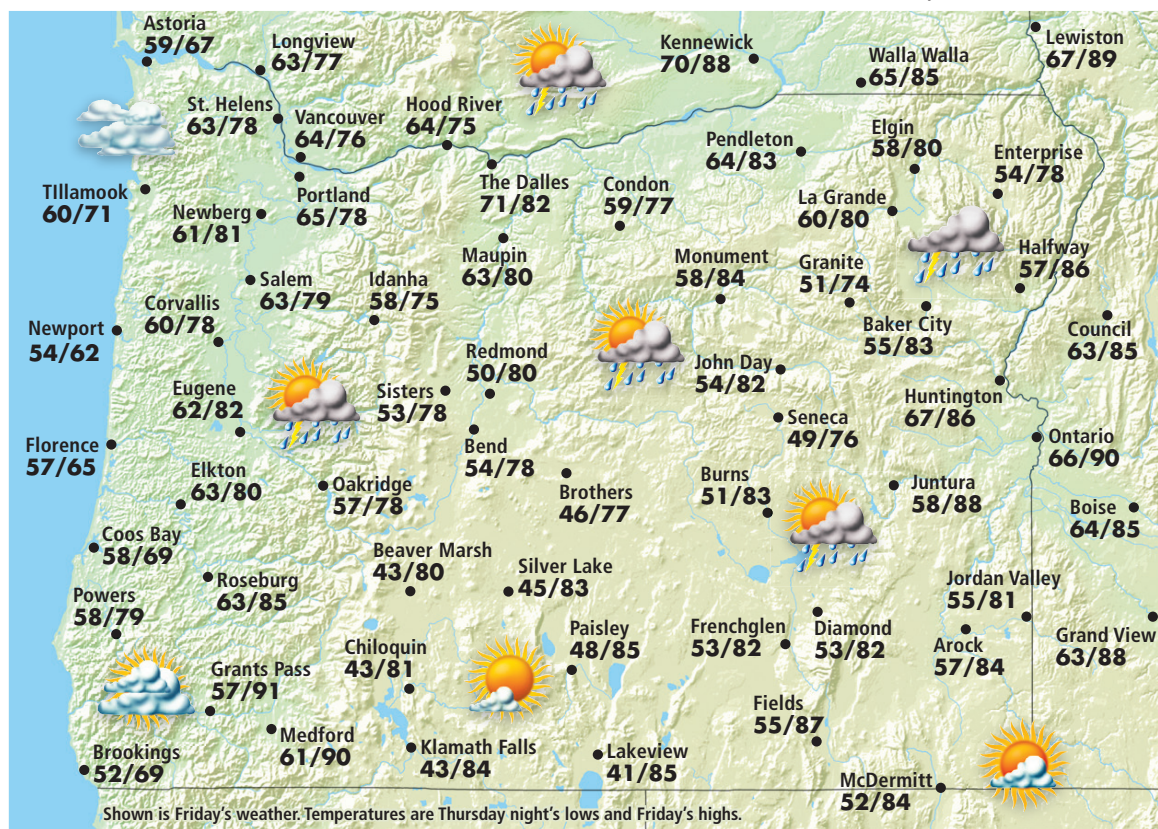
	TU.	FRI.
Sunrise	5:42 a.m.	5:43 a.m.
Sunset	8:14 p.m.	8:13 p.m.
Moonrise	2:27 a.m.	3:21 a.m.
Moonset	6:53 p.m.	7:39 p.m.

MOON PHASES



AROUND OREGON AND THE REGION

Forecasts and graphics provided by AccuWeather, Inc. ©2021



REGIONAL CITIES

City	FRI. HI/Lo/W	SAT. HI/Lo/W	City	FRI. HI/Lo/W	SAT. HI/Lo/W
Astoria	67/55/pc	67/56/r	Lewiston	89/64/pc	88/68/s
Bend	78/54/pc	87/55/s	Longview	77/57/pc	72/59/pc
Boise	85/63/s	89/66/s	Meacham	79/53/c	85/55/pc
Brookings	69/54/pc	67/52/pc	Medford	90/63/s	95/64/s
Burns	83/50/pc	89/53/s	Newport	62/51/sh	63/52/pc
Coos Bay	69/54/sh	68/56/pc	Olympia	75/55/pc	72/56/pc
Corvallis	78/55/c	83/58/pc	Ontario	90/64/s	92/65/s
Council	85/56/pc	87/59/s	Pasco	91/64/s	91/63/s
Elgin	80/51/c	85/55/pc	Pendleton	83/59/pc	88/64/s
Eugene	82/55/c	88/59/pc	Portland	78/60/pc	80/61/c
Hermiston	86/64/s	89/65/s	Powers	79/58/pc	82/58/pc
Hood River	75/61/c	84/65/pc	Redmond	80/52/pc	88/54/s
Imnaha	82/56/pc	90/61/s	Roseburg	85/61/sh	90/64/s
John Day	82/54/pc	89/56/s	Salem	79/58/c	84/62/pc
Joseph	77/51/pc	81/50/s	Spokane	82/60/pc	80/60/s
Kennewick	88/65/s	91/66/s	The Dalles	82/66/pc	87/66/s
Klamath Falls	84/49/s	89/51/s	Ukiah	78/49/pc	84/49/pc
Lakeview	85/48/pc	90/53/s	Walla Walla	85/64/pc	87/63/s

Weather(W): s-sunny, pc-partly cloudy, c-cloudy, sh-showers, t-thunderstorms, r-rain, sf-snow flurries, sn-snow, i-ice

RECREATION FORECAST FRIDAY

Location	Forecast	High	Low
ANTHONY LAKES	Sunny intervals	54	45
PHILLIPS LAKE	Nice with some sun	76	47
MT. EMILY REC.	Partly sunny	66	50
BROWNLEE RES.	Partly sunny	85	59
EAGLE CAP WILD.	Partly sunny	65	42
EMIGRANT ST. PARK	Not as warm	73	45
WALLOWA LAKE	Partly sunny	77	51
MCKAY RESERVOIR	Not as warm	83	57
THIEF VALLEY RES.	Periods of sun	83	51
RED BRIDGE ST. PARK	Not as warm	80	54