

DEAR ABBY

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



Dear Abby: My husband retired a few months ago. I was a stay-at-home mom for most of our married life but have worked part time for several years. I always took care of all the household chores because he supported us financially.

Now he's retired, and nothing has changed. I'm still doing all the cooking, cleaning, laundry, taking care of the business matters and working part time. Although I have always done whatever it takes to keep the peace, I am becoming increasingly resent-

ful. I've never had the nerve to speak up and express anger or frustration for fear of getting into a fight. Can you give me any advice to help me get out of this trap I've built for myself?

— *Stuck in California*

Dear Stuck: Your husband isn't a mind reader. Ending your silence is the way out of the "trap." It is what has given him license. If necessary, HAVE that "huge fight." It may be the answer to a more equitable sharing of responsibilities. But if it isn't, then it's time for counseling.

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 important decisions from 4:30 p.m. to 8:15 p.m. EDT today (1:30 p.m. to 5:15 p.m. PDT). After that, the Moon moves from Libra into Scorpio.

HAPPY BIRTHDAY FOR FRIDAY, AUG. 13, 2021:

★★★ Appear confident and independent, almost regal. You are always warm, but you also have an individualistic edge to you. You are a natural leader and very intelligent. Partnerships are important to you. Good news! This is a fabulous year for you where you will get recognition, kudos and promotions. It's your turn to reap the rewards of your past efforts.

ARIES (March 21-April 19)

★★★ Steer clear of ego battles with someone close to you. It's not worth it. Furthermore, because the Moon is opposite your sign, you have to be cooperative. Therefore, be easygoing and laid-back. Don't make a big deal about anything. Tonight: Things are easier.

TAURUS (April 20-May 20)

★★★ You might want to introduce reforms to where you work today, or you might want to improve your health. You also might have ideas about how to improve how you deal with your pet. Whatever the case, ponder these improvements, but don't be pushy about them. Tonight: Peace returns.

GEMINI (May 21-June 20)

★★★ Parents must be patient with their kids today to avoid a clash of egos or a power struggle. (Naturally, this goes with the territory.) But for the sake of the happiness and peace of mind of everyone, don't get sucked into this dynamic. Stay chill. Tonight: It's all OK.

CANCER (June 21-July 22)

★★★ You might have a power struggle with a female family member today, which is not good. It will upset the other person, and it will upset you. It might even upset other family members. It's not worth the aggravation. Tonight: Stay calm and don't take the bait.

LEO (July 23-Aug. 22)

★★★ You feel you have to clarify something or convince someone about something because you see a better way of doing things or you know the truth. Nevertheless, this will create an unpleasant exchange. Is it worth it? Think about it. Tonight: Relax.

VIRGO (Aug. 23-Sept. 22)

★★★ Money quarrels might arise today. Or perhaps a power struggle will arise related to something that you own. Perhaps someone wants to borrow something. Whatever the case, try not to make a big deal about this. Don't get your belly in a rash. Tonight: Peace returns.

LIBRA (Sept. 23-Oct. 22)

★★★ Naturally, with the Moon in your sign, you feel more emotional about things. This is why you might have a dustup with a parent or a family member. Feelings are strong! They might create a power struggle. (You need this like a fish needs a bicycle.) Tonight: Stay chill.

SCORPIO (Oct. 23-Nov. 21)

★★★ You are convincing with intense power and strong self-discipline, even if you don't see yourself this way. Today, you might want to get your way or insist on being heard. Whatever the case, it could create a dispute. It's not worth it. Tonight: Easy does it.

SAGITTARIUS (Nov. 22-Dec. 21)

★★★ You might go head-to-head with a friend or a member of a group today, perhaps about a charitable cause or something related to your own future goals. Whatever the case, it's not worth creating bad feelings for someone. Tonight: Try to see the big picture.

CAPRICORN (Dec. 22-Jan. 19)

★★★ Today you might make a public stand about introducing improvements or flexing your muscles in some way, because you want to get things done. In one way, this might be important. But in another way, you might antagonize bosses or parents. Is it worth it? Tonight: Everything improves.

AQUARIUS (Jan. 20-Feb. 18)

★★★ Avoid controversial subjects like politics, religion and racial issues today, because you will run into a confrontation with someone. And anyhow, there are none so deaf as those who are wearing headphones. You cannot change people's minds that easily. Tonight: A peaceful evening.

PISCES (Feb. 19-March 20)

★★★ Disputes about shared property, taxes, debt or inheritance matters might arise today. You might have a nasty encounter with someone. But if you are patient, you can avoid this. Actually, patience is a virtue. Why not welcome this opportunity to practice it? Tonight: You are happier.

Hemp

Continued from A7

Apart from background checks, Summers said the federal rule stipulates a 30-day pre-harvest testing window to ensure the crop does not exceed 0.3% tetrahydrocannabinol, or THC.

By definition, hemp cannot legally exceed that 0.3% THC limit, though industry groups are lobbying for the USDA to raise the threshold to 1%.

If that happens, Summers said the state would be allowed under HB 3000 to change the definition of hemp in its own

program without having to return to the Legislature.

HB 3000 also approved state agriculture department's budget request for eight new positions, Summers said, including the department's first full-time hemp program manager. Previously, hemp was licensed and inspected by the state alongside nurseries and Christmas tree farms.

Meanwhile, the state agriculture department was granted broader authority under the bill to revoke hemp licenses and require the destruction of crops that fail to meet standards.

Specifically, Summers mentioned growers who might apply for a hemp license as a cover for producing illegal marijuana.

"The state and the industry are not going to continue to support this kind of activity," she said.

Growers who violate their hemp license may be banned from reapplying for up to two years, Summers added.

The newly renamed Oregon Liquor and Cannabis Commission has also approved temporary rules under HB 3000, and will work with the agriculture department to test hemp fields

across Oregon to determine if the grows are legitimate or illegal.

Courtney Moran, president of the Oregon Industrial Hemp Farmers Association, said HB 3000 is, overall, a positive for Oregon hemp growers and may serve as a model for other states going forward.

"It's not perfect," Moran said. "It's definitely a miraculous improvement, I would say, from where we started this (legislative) session. I think we were able to come to a very reasonable and workable solution that addressed the main concerns from all parties."

Passports

Continued from A7

"I'm a firm believer in the right for people to choose whether or not they get the vaccine," said Tami Montgomery, owner of Dru's Bar in Memphis, Tennessee, which started asking for paper vaccine cards along with photo identification on Thursday. "But it's my business and I have to make decisions based on what will protect my staff, business and customers."

Organizers of the Lollapalooza music festival in Chicago said on its opening day in late July that more than 90% of some 100,000 attendees presented proof of a vaccination, while most of the rest showed they'd recently had a negative COVID-19 test. Hundreds of others were turned away for lack of paperwork.

Only in a handful of states — Texas and Florida are the biggest — are private businesses prohibited from requiring proof of vaccination.

How do they work?

In some places, venues are simply asking you to bring your vaccination card — the same piece of paper you get



Matt O'Brien/AP file

A sign recommends attendees of the Newport Jazz Festival wear masks in a tented area where singer Ledisi performs July 31 in Newport, Rhode Island.

from health providers and the Centers for Disease Control and Prevention. Taking a picture of that card at home and then showing the image to the bouncer at the club can also work.

New York City offers a streamlined way of showing a photo through its NYC COVID Safe App, in which people can store images of their vaccine cards and then display them in the app when needed.

Other places are encouraging people to register their credentials using a scannable

digital pass like New York's statewide Excelsior Pass or similar systems adopted by California, Hawaii and Louisiana and private companies like Walmart and the airport security app Clear. Some of the state-sponsored digital passes verify a person's vaccine credentials through a state or local immunization registry.

Such passes are designed for convenience and to prevent fraud. But that's also where the biggest privacy concerns emerge, said Adam Schwartz, senior staff attorney at the Electronic Frontier Foundation.

Pears

Continued from A7

After seven days, the fruit can become overripe and soft.

Normally, Tamura said harvest can go until about 1 to 1:30 p.m. each day before it gets too hot. Assuming workers start at 5 to 5:30 a.m., that is still an eight-hour workday.

But with the extreme heat, Tamura said they are losing hours. That's also not ideal for the workers, who are paid for each 40-pound tote they fill with pears.

"When it limits the hours per day you can pick, it's difficult," Tamura said.

Bartlett pears are the first variety to be harvested each year. Picking for d'Anjou will begin later this month.

Despite the sweltering weather, Ashley Thompson, extension horticulturist for Oregon State University in Hood River and Wasco counties, said the pear crop appears to be in good condition, especially when compared to apples and cherries that were damaged by heat earlier this summer.

Northwest growers estimate they lost about 20% of the cherry crop and 10% of the

apple crop due to sun damage during a separate multiday heat wave in late June.

Pears, however, are less prone to sunburn. Thompson said she had a few reports of sun-damaged fruit, but nothing too significant. The bigger concern, she said, is whether this summer's grueling heat has any impact on the fruit's size.

"I'm expecting size might be impacted slightly," Thompson said. "It might be a bit smaller."

Mike Doke, executive director of the Columbia Gorge Fruit Growers, said he expects the overall crop yield to be about average. As of Wednesday, Pear Bureau Northwest, the industry's chief marketing arm, was still finalizing its crop estimate for the year.

"Things seem to be going well," Doke said. "We are keeping an eye on the weather."

Devon Wells, who grows 550 acres of tree fruit including apples, pears and cherries in the Hood River Valley, said his pear crop is so far faring well.

Size-wise, Wells said the fruit looks to have rebounded from June's heat wave.

Crystals

Continued from A7

The time crystal concept was first proposed in 2012 by Nobel-prize-winning physicist Frank Wilczek, who questioned if atoms could be arranged in time similarly to how they are arranged in ordinary crystals.

Essentially, he wondered whether a closed system could spin, oscillate or move in a repetitious manner. What followed was a healthy dose of scrutiny from the broader physicist community, years of university experiments with and without Wilczek, and testing to see if his vision was possible. The definition expanded to include objects that would activate due to an external influence, such as a shake, stir or a laser strike.

"The definition is somewhat fluid. But if you want to call it a new state of matter, you want it to be autonomous and not have stirring," Wilczek said.

Early experiments pumped ions with lasers so they would artificially pulsate. It was useful but difficult to scale,

Wilczek added.

By 2017, scientists from Harvard University and the University of Maryland revealed they created micro-scale time crystals at a frigid temperatures lab. Both passed peer review. More recently, a team from the Delft University of Technology in the Netherlands published findings in July on their approach to building a time crystal inside a diamond.

Time crystals are a tough concept to grasp, but scientists say you can think of them like a perpetual motion machine, adding a caveat to the second law of thermodynamics, which states that any isolated systems will degenerate into a more disordered state or entropy. Their existence also undermines Newton's first law of motion, detailing how an object must react to motion.

Time crystals are the first objects created that spontaneously break "time-translation symmetry" or the idea that a stable object, such as solids, liquids, gases and plasma, will remain the same throughout time.

OBITUARY

Terrie Lynn Poore

July 07, 1959 - July 23, 2021

On July 23rd, Terrie Lynn Poore passed away in her Bend home. She was 62 years old.

Born July 7, 1959, in Portland, OR she made Bend her home for most of her life. Terrie had two daughters whom she raised primarily as a single mother. She met and later married Jeff Poore on January 7, 2005. She was an avid animal lover who enjoyed traveling, going to concerts, and watching and attending Nascar races. She became a grandmother to her two granddaughters in 2008. Being a grandmother was her greatest joy. She had a big heart and would help anyone in need. Her beautiful smile, her sweet laugh, her warm hugs and simply her presence will be deeply missed.

Terrie is survived by her husband Jeff; daughters Amber and Rheanna; stepchildren Jennifer and Harrison; grandchildren Brooklyn, Isabella and Julia; parents Patricia and Gary; and siblings Tammie, Scott, Todd, Gary, Wendie and Bruce.



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