Benefit night set for wildlife center

The Astorian

A Benefit Night for the Wildlife Center of the North Coast, hosted by Reach Break Brewing, 1343 Duane St., is being held from 5 to 8 p.m. tonight.

One dollar from every pint sold is being donated to support the rehabilitation of injured wildlife. For information, go to coastwildlife.org

DAR HOLDS FLAG RETIREMENT CEREMONY

Bill Rhodes

The Daughters of the American Revolution, Astoria Chapter, held a Flag Retirement Ceremony June 14 at the Fort Stevens Historical area. Pictured, from left, Jean TerHar, Carol Lambert, Kathy Jo Sunseri, Doris Dramov, Robin Rhodes, Sandy Fuller, Regent Linda Schaeffer. Back row, John Glen, Tony Dramov and Sue Glen. Two Civil War re-enactors assisted with the fire, and fired a cannon at the completion.

Loud talkers are irritating

DEAR ANNIE

ANNIE LANE
Creators Syndicate Inc.

Dear Annie: I need to vent here. I have a group of girlfriends, and there is one, "Melanie," who dominates the conversation. Melanie's voice is louder than mine so if I am telling a story or asking a question, she will just blare out whatever is on her mind. Another annoying habit: Even if someone is talking directly to Melanie, she often starts turning her head away from that person and trying to listen to the other girls' conversations. Last night was the final straw. I am finding myself not wanting to participate in lunches or dinners out when she is there. How do I tell her to "shut up"? A few of the other girls feel the same as I do. — *Timid Voice*

Dear Timid Voice: The thing about loud people is that they usually don't realize they're being loud. Sure, they might know that they have a tendency to be loud, as some friends and family have likely pointed this out to them over the years. But in the actual moment when they are raising their voices 10 decibels above the rest, they lack self-awareness.

All that is to say, Timid Voice, that it's time to speak up. If you're sharing a story and Melanie starts in, take a deep breath, smile and say: "Hold that thought, Melanie. As I was saying ..." Repeatedly and kindly bringing Melanie's attention to the fact that she's interrupting should — hopefully — quell the behavior, in time. If not, a candid conversation should do the trick: Ask if she realizes that sometimes she interrupts you, and that it makes you feel less heard. Any friend worth having would make an effort to dial it down after that.

Dear Annie: Please remind people to choose their words carefully with someone who grieves. What you think they need to hear may be what you needed when grieving. Saying, "I'm sorry for your loss" may seem inadequate, but it is OK. You don't know what they need, or want. I had two different pastors say things with no malicious intent that I found difficult. Everyone's grief is on a different timeline. Telling someone they "need to pull up their big boy or girl pants" may wound, giving them the added burden of forgiving you.

If they ask for something, please consider it, even if you say no. If you say no, do it gently, or maybe ask someone else to help. One pastor hesitated about my request for small meals. When I called her to say it was OK if she didn't, she said: "Good. That's really a matter of self-care." When she experienced loss, she had a loving husband and family around her. I do not.

And please, if you cannot cope with someone's display of emotion, don't say, "Get a hold of yourself." Again, a simple, "I am so sorry for your sorrow" will suffice.

I will forgive, and prayerfully forget. We all must when words hurt that were not meant to do so, but I hope your readers will be a bit more aware of what I'm writing about. Thank you. — *20 Days Into Grief*

Dear 20 Days: I am so, so sorry for your loss. Your letter might lessen the suffering of at least one person by teaching others how best to be compassionate. Thanks for your honesty.

COMMUNITY NOTES

FRIDAY

AAUW Walking Group — 9:30 a.m. Seaside Branch of American Association of University Women weekly low-impact group walk, followed by coffee and fellowship. For information, call 503-738-7751.

Chair Exercises for Seniors — 9 to 9:45 a.m., Astoria Senior Center, 1111 Exchange St. For information, call 503-325-3231.

Senior Lunch — 11:30 a.m., Bob Chisholm Senior Center, 1225 Avenue A, Seaside. Suggested donation of $3 for those older than 60; $6.75 for those younger than 60. For information, call Suzanne Bjaranson at 503-861-4202.

Columbia Senior Diners — 11:30 a.m., 1111 Exchange St. The cost is $6. For information, or to have a meal delivered, call 503-325-9693.

Seaside Duplicate Bridge — 1 to 4:30 p.m., Bob Chisholm Community Center, 1225 Avenue A, Seaside. Come with a partner or call ahead for one at 503-738-7817. Lessons also available.

Community Skate Night — 5 to 9 p.m., Astoria Armory, 1650 Exchange St. Admission $3. Limited roller skate rentals available for $3; roller blades available. For information, call 503-791-6064 or go to astoriaarmory.com

Bingo — 7 p.m., Wickiup Senior Center, 92650 Svensen Market Road. For information call Mark Tischer at 503-458-6482.

SATURDAY

Seaside Duplicate Bridge — 9:30 a.m. to 1 p.m., Mary Blake Playhouse, 1215 Broadway, Seaside. Come with a partner or call ahead for one at 503-791-9745.

AHS Dance Team Fundraiser Car Wash — 10 a.m. to 2 p.m., at Astoria High School, 1001 W. Marine Drive. Proceeds will be used toward costs for a summer dance camp.

Sit & Stitch — 11 a.m. to 1 p.m., Homespun Quilts & Yarn, 108 10th St. Bring knitting, crochet or other needlework projects to this community stitching time. All skill levels welcome.

Columbia Northwestern Model Railroading Club — 1 p.m., in Hammond. Group runs trains on HO-scale layout. For information, call Don Carter at 503-325-0757.

Spinning Circle — 1 to 3 p.m., Astoria Fiber Arts Studio, 1296 Duane St. Bring a spinning wheel. For information, call 503-325-5598 or go to astoriafiberarts.org

Karaoke — 7 to 8 p.m., Seaside Lodge and International Hostel, 930 N. Holladay Drive, Seaside. Free session, all ages, for those who love to sing karaoke. Refreshments served. For information, call 503-738-7911.

SUNDAY

Seniors Breakfast — 9 a.m. to noon, Astoria Moose Lodge, 420 17th St. Cooked to order from menu, includes coffee. Cost is $5 for seniors 62 and older, $7.50 for those younger than 62. Breakfasts are open to the public. Proceeds after expenses help support local and other charities.

National Alliance on Mental Illness (NAMI) Support Group — 2 to 3:30 p.m., Seaside Public Library, 1131 Broadway. Family to Family Support Group, for anyone with friend or loved one suffering from a serious brain (mental) illness. For information, contact Myra Kero at 503-738-6165, or k7erowood@q.com, or go to nami.org

Military Officers Association of America, Lower Columbia River Chapter — 5 p.m., Elks Lodge, 453 11th St. All U.S. military officers and former officers are invited; active duty, reserve, retired, or warrant officers, as well as U.S. Public Health Service and National Oceanic and Atmospheric Administration officers. For information, contact Capt. R. Stevens at 503-861-9832.

Line Dancing — 5:30 to 8 p.m., Seaside American Legion, 1315 Broadway. For information, call 503-738-5111. No cost; suggested $5 tip to the instructor.

MONDAY

Chair Exercises for Seniors — 9 to 9:45 a.m., Astoria Senior Center, 1111 Exchange St. For information, call 503-325-3231.

Senior Lunch — 11:30 a.m., Bob Chisholm Community Center, 1225 Avenue A, Seaside. Suggested donation $3 for those older than 60; $6.75 for those younger than 60. For information, call Suzanne Bjaranson at 503-861-4202.

Columbia Senior Diners — 11:30 a.m., 1111 Exchange St. Cost is $6. For information, or to have a meal delivered, call 503-325-9693.

Warrenton Senior Lunch Program — noon, Warrenton Community Center, 170 S.W. Third St. Suggested donation of $6 for seniors and $7 for those younger than 60. For information, or to volunteer, call 503-861-3502 Monday or Thursday.

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