

SENIOR NOTES

Alzheimer’s Association Oregon Chapter — Information, referral and counseling services for families and caregivers of people with Alzheimer’s, dementia and other related disorders. For information, call 800-272-3900 (24 hours a day).

Astoria Alzheimer’s & Other Dementia Family Support Group — Open to all family members of people with dementias. For information, call Rosetta Hurley at 503-325-0313, ext. 216, or email support@clatsopcare.org.

Clatsop Behavioral Health After Hours Crisis Line — 503-325-5724.

Clatsop Community Action — 503-325-1400. Respite care services, low-income energy assistance, emergency food assistance, housing information, emergency personal care items.

Exploring New Concepts of Retirement Education (ENCORE) — 503-338-2408. Provides a wide assortment of educational experiences for individuals older than 50.

Elder Friendship Line — 800-971-0016. Available from 8 a.m. to 11 p.m.; crisis calls

taken 24/7.

Food Pantries — 503-325-1400. Clatsop Community Action serves six food pantries in Clatsop County through the Oregon Food Bank network. Call for area locations and hours.

Grief Support Group, Seaside — For information, call Lower Columbia Hospice at 503-338-6230.

Lifespan Respite — 503-325-1400. Provides information, referral, training and paid respite for family caregivers.

National Suicide Prevention Lifeline — 800-273-TALK (8255). A 24-hour, toll-free suicide prevention service for anyone in a suicidal crisis. TTY users should dial 800-799-4TTY (4889).

National Alliance on Mental Illness — 800-950-NAMI (6264) or locally, 503-717-1835. Separate support groups for people with mental illness and families of those with mental illness are available.

See Senior notes, Page B8

Feeling disconnected from adored aunty

Dear Annie: I have an aunty who has been there for me since my childhood. She has always had my back. My mum is absent, and this aunty is the one who has filled in for her all these years. Years back, I felt like I could tell her anything and she would understand me. I adored her so much, still do. But recently, I began to feel a disconnect between us. I asked her why she had been distant lately, and she said that she feels as though I’m competing with her child for her attention. No matter how much I try to explain my feelings — how important our relationship is to me — she brushes me off. I feel so helpless now. What do I do? — *Aunty Anxiety*

DEAR ANNIE



ANNIE LANE
Creators
Syndicate Inc.

riences in his past relationships. But he tells me that he wants me.

I am starting to feel uncomfortable with our arrangement. He says that he will never get married. I want to get married. I don’t know any of his friends, and he has never taken me out. I’ve asked him why we can’t go out with his friends. He used to say it was because I needed to dress flashier — wear sexier dresses. I’ve bought flashier clothes, and he still won’t take me out. Now, he says he just doesn’t like to go out. In reality, before we met, I know for a fact that he used to go out and spend time with his friends and he still does sometimes; he just doesn’t invite me. He has never given me anything, not even a small birthday present.

I am sick to my stomach over this. I feel as though he’s ashamed of me — and that shame is the real reason that he does not want to introduce me to his friends or take me anywhere.

I want to stay away from him, but at the same time, I’m really confused. Whenever I get upset with something he says, he calls me back and says he loves me. I think that he’s just using me. — *Second-Guessing*

Dear Second-Guessing: He can profess his love for you all day long; if he doesn’t have the actions to back it up, it’s nothing more than hot air. Throw this fickle froggy back in the pond. You deserve to be with someone who is proud to introduce you to his friends. Don’t accept anything less.





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10-7

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Yesterday’s Cryptoquip: IF A BARONESS OR
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Today’s Cryptoquip Clue: L equals O

10-8

CRYPTOQUIP

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SEMMSL VLOZLG YC
AIYKYSYTL YI XYSFN:
ARI-XJLLGN.
Yesterday’s Cryptoquip: WHAT WOULD ONE
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DOUBLING AS A COUNTER SEAT? A PEDESTOOL.
Today’s Cryptoquip Clue: N equals Y

110 Announcements



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