

## COMMUNITY NOTES

### FRIDAY

**Senior Lunch To Go** — Pick up a hot lunch from 11:30 a.m. to 12:15 p.m., Bob Chisholm Senior Center, 1225 Ave. A, Seaside. Drive up to Avenue B to pick up at back door. For information, call Suzanne Bjaranson at 503-861-4202; for new Meals on Wheels inquiries, call 503-304-3420.

**Columbia Senior Diners** — Full Meals \$6: Delivered to seniors or pickup available at the Astoria Senior Center kitchen door, 1111 Exchange St. For information, or meal delivery, call 503-325-9693 before 10 a.m.

### SATURDAY

**Karaoke** — For information, call 503-738-7911.

### SUNDAY

**National Alliance on Mental Illness Support Group** — Family to family support group, for anyone with a friend or loved one suffering from a serious mental illness. For information, contact Myra Kero at 503-738-6165, or k7erowood@q.com, or go to nami.org

### MONDAY

**Grace and Encouragement for Moms** — A time for moms to relax and enjoy each others' company. For information, call Christina Leonard at 503-298-3936.

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**Warrenton Senior Lunch Program** — For information, or to volunteer, call 503-861-3502 Monday or Thursday.

**Astoria Rotary Club** — For information, go to AstoriaRotary.org

**Columbia Northwestern Model Railroad Club** — Group runs trains on HO-scale layout. For information, call Don Carter at 503-325-0757.

**Astoria Toastmasters** — For information, go to 775.toastmastersclubs.org or call Christa Svensson at 206-790-2869.

### TUESDAY

**Stewardship Quilting Group** — Donations of material always appreci-

ated. For information, call Janet Kemp at 503-325-4268.

**Do Nothing Club** — Men's group. For information, call Jack McBride at 360-665-2721.

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**Astoria Lions Club** — Prospective members welcome. For information, contact Charlene Larsen at 503-325-0590.

**Astoria Kiwanis Club** — For information, call Frank Spence at 503-325-2365 or Susan Brooks at 503-791-3026.

**Bras2Moms Fitting** — Free nursing bras and/or tanks to mothers. A \$5 donation is requested, not required. For best fit, come for a fitting two weeks after giving birth. Sizes subject to availability. For information, call 503-338-7581.

**Evergreen Masonic Lodge No. 137** — For information, call 503-717-0808.

**Authentic Spiritual Conversations** — Open dialogue about spiritual issues. All faiths, including "spiritual but not religious" welcome. For information, email info@cgifellowship.org or call 916-307-9790.

### WEDNESDAY

**Moms Offering Moms Support Club** — For information, email president@momsclubofastoria.org

**Wickiup Senior Lunches To Go** — Pick up a hot lunch from 11:30 a.m. to 12:15 p.m., Wickiup Grange Hall, 92683 Svensen Market Road. For information, call Suzanne Bjaranson at 503-861-4202. For new Meals on Wheels inquiries, call 503-304-3420.

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**Association on Mental Disabilities** — Support group open to all those diagnosed with a mood disorder, or have a family member or friend diagnosed, or who think they might have depression or bipolar disorder. For information, contact Ken Rislow at 503-791-5482.

**U.S. Coast Guard Auxiliary Flotilla 06-02** — Uniformed civilian volunteer branch of the Coast Guard. Members learn new skills and qualifications; no former military or boating experience needed. For information, contact Della Wilson at 360-244-7062 or wilson-tekart@gmail.com

**Seaside Elks Lodge No. 1748** — For information, call 503-738-6651 or email seasideelks@yahoo.com

### THURSDAY

**North Coast Women** — For information, call 503-738-8695 or go to tinyurl.com/CC

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**Rotary Club of Seaside** — For information, visit Rotary Club of Seaside on Facebook at fb.me/SeasideRotary

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

**Lower Columbia Danish Society** — 7 p.m., via Zoom. The group is reading the short story "Babette's Feast," written in English by Danish author Isak Dinesen before the meeting, then discussing the story at the meeting. The public is welcome. Being or speaking Danish not required; only an interest in Danish heritage, culture and traditions is needed. For questions and Zoom information, go to lowercolumbiadanese.org or call 503-325-2612.

## Concern for enabling friend

**Dear Annie:** I have a longtime friend with a history of enabling, starting with her own kids. I tried to discourage her from doing that numerous times without success. History appears to be repeating itself. Her kids are long gone, but now her granddaughter has moved in. This young lady, barely out of high school, is perfectly comfortable hanging around the house playing on her cellphone. Two years have gone by, she has shown no interest in getting a job, nor does she have any discernible goals. She cooks family meals on occasion, but I'm not aware of her contributing much else.

My friend hasn't put in much effort encouraging job hunting. Nor has she felt it necessary to consider counseling, something I've suggested a few times, for one or both. The sad part is my friend knows she's enabling yet chooses to do nothing to help herself or the child. Grandma's motivation may be as simple as loving the company. She really isn't doing the granddaughter any favors. Any idea how I might make that a little clearer to her? — *Concerned Friend*

**Dear Concerned:** If it's concern that you want to express, go ahead. Do so once; then let it go.

If, on the other hand, what you really want to express is an opinion, then save your breath. We're all entitled to make our own mistakes, for better or worse. Besides, people rarely take advice when they ask for it, let alone when they don't.

**Dear Annie:** Thank you for telling "Bewildered" — whose toxic family had contacted her out of the blue, acting as though they'd never done anything wrong — to get therapy.

I would also encourage "Bewildered" to move, as soon as they are able to —

even if it is just across town. A new place. A fresh start. A new phone number.

Family is those that are around you and care for you as much as you care for them. You don't owe blood family a single thing. Abusers will never admit fault. And the children will never see it; they are simply parroting the behavior of their elders.

I was happiest when I was 2,500 miles away from my family. I am back now but see no reason to get close. They haven't changed; I have. — *Know Better Now*

**Dear Know Better:** Wherever you go, there you are — but I can agree that sometimes a change of scenery can be a much-needed refresh.

I'm glad you found boundaries that gave you peace, no matter your location.

**Dear Annie:** "Unappreciated Stepmom" gave her stepson and his fiancé money for their wedding about a year ago, and life certainly has been a winding road since then. I agree with "Stepmom" that not being updated over their change of plans is insensitive, more so because she is one of the groom's parents. My interpretation was that her involvement in the wedding planning simply was the provision of funds for the couple to proceed with their plans as they wish. In my understanding, when you give a gift, it is no longer yours, regardless of what it is. There is some imbalance on both sides of the scale here. — *Just the Way I See It*

**Dear Just the Way I See It:** I tend to subscribe to that line of thinking, as well. If it's got strings attached, then it's not a gift; it's a trap. That being said, I could sympathize with "Unappreciated Stepmom's" hurt feelings in this case, as no one likes feeling left out of the loop. "Imbalance on both sides of the scale," as you put it, is an eloquent description.

### DEAR ANNIE



ANNIE LANE  
Creators  
Syndicate Inc.

# City Lumber

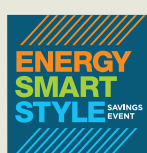
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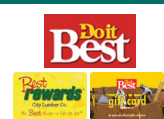
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