

## 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.

**Ostomy Support Group** — For information, call Lisa Harris at 503-338-4523.

### SATURDAY

**Detachment 1228 Marine Corps League** — For information, contact Lou Neubecker at 503-717-0153.

### MONDAY

**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.

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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.

**Parkinson's Support Group** — For information, call 503-440-1970 or 503-440-1985.

**Peninsula Quilt Guild** — For information, call Janet King at 360-665-3005.

**Seaside Lions Club** — For information, call 503-738-7693.

**Pacific NW Head Injury Support Group** — For information, call 209-791-3092.

**Pacific County Democrats** — For information, go to fb.me/DemocratsofPacificCounty

### TUESDAY

**Tobacco Free Coalition of Clatsop County** — Anyone interested in

tobacco use prevention and education welcome. For information, call Steven Blakesley at 503-325-8500 or Alissa Dorman at 503-325-4321, ext. 5758.

**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.

**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

**Mindfulness/Meditation Group** — For information, call 503-338-4520.

**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 for families of those with chronic mental illness. For information, contact Harry Comins at 503-440-3403.

**Warrenton Business Association** — For information, call Kristin Talamantez at 503-861-9750.

**Fat Quarter Quilters** — Not limited to quilts. For information, call 503-325-3300 or 800-298-3177 or go to homespunquilt.com

**LGBTIQ Group** — Group is designed to help connect LGBTIQ people in Clatsop, Columbia, Tillamook and Pacific counties to discuss LGBTIQ issues freely and confidentially. For questions, contact Chris Wright at 425-314-3388.

### THURSDAY

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

**Lower Columbia Chief Petty Officers Association** — The club accepts all enlisted prior, retired and active military personnel, rank E7 and above. For information, call Lauren Walton 208-290-8110.

### OTHER

**Quilting Project Needs Fabric** — Our Saviour's Lutheran Church, Seaside. Needs polyester/cotton fabric, 1/2 yard or larger, and clean sheets (queen or king size) for group that makes quilts for those in need within the U.S. and around the world. For information, or to donate, call Claudia Kulland at 503-738-5895.

**Blankets Needed** — Columbia Veterinary Hospital, 576 31st St. Needs blanket donations for their four legged patients. Anything is helpful, even the stained or frayed. Donations can be dropped off during business hours (closed for lunch from noon to 1:30 p.m.) Monday through Saturday.

# Husband hygiene

**Dear Annie:** My husband and I have been married one year. Before we got married, he kept himself clean. Gradually, he's changed, and his hygiene has gotten worse and worse. Now he only changes underwear and showers once a week. He has let his hair grow long and messy and refuses to get a haircut. He shaves maybe once a week, at most. He used to be fun to go out with, and now he never wants to go anywhere. Please help. I'm desperate. What can I do? I want the man I married back. — *Stink Has Me on the Brink*

**Dear Stink Has Me on the Brink:** Although only a licensed health care professional can diagnose your husband, it sounds like his poor hygiene is just a symptom of the real problem — possibly clinical depression or another mental health issue. The good news is that help is available. Let him know, in a compassionate, non-judgmental tone, that you've been concerned about him this past year, and urge him to see a therapist. If he is resistant to that, encourage him to see his primary care physician, who will likely refer him to a therapist if he hears these symptoms.

**Dear Annie:** I'm recently divorced, and I don't know how to approach men to date. How do I talk without embarrassing myself? — *Ready to Mingle*

**Dear Ready:** Since your divorce was recent, take a little time to date yourself. Try a new hobby. Read those books you've always been meaning to read. Dive into a daily exercise routine. Learning to enjoy your own company helps you gain self-esteem — which is not only good for your soul but also one of the most magnetic traits a person can have. When you're ready, try online dating through sites such as eHarmony and Match.com. They offer a convenient way to dip your toe in and gain further confidence and figure out what you're looking for. Be sure to always meet peo-

ple in a public place. (More on that in the following letter.)

**Dear Annie:** For your readers' safety, please tell them that when online dating, they should never, EVER agree to meet anyone for the first time at any location that is not PUBLIC. You have NO idea what you may be letting yourself in for. Coffee at a Starbucks or another highly public spot is a great idea. — *Ed in Essex Junction*

**Dear Ed:** Agreed. As the coronavirus is still a concern right now, outdoor public spaces are also a good option, provided there are other people somewhat close by for safety's sake. It's also smart to first go on a "date" over video chat to figure out whether there's any chemistry (and to make sure they're the same person as in their profile pictures).

**Dear Annie:** I just read your column with the letter from "Missing Mom" about the death of her mother and how difficult it has become to move on. Many of us can identify with her. As a person who has always added poetry to a situation, I found my peace through a simple poem I wrote a couple of years after my mom's passing. If it can be passed on to her, I am more than happy to share it.

Memories used to make us sad,  
But now they make us smile.

Alone the first one hundred yards,  
But now we've walked a mile.  
And now we share how life begins,  
Then spent with family and friends.  
And with the love and times we've shared,  
Know now, it never ends.  
— *Jack Notman*

**Dear Jack:** Your poem is touching, and it reminds me of another quote that I heard recently: "Love is longer than life and stronger than death."

### DEAR ANNIE



ANNIE LANE  
Creators  
Syndicate Inc.

# City Lumber

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"We're more than a lumber yard"

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| RED TAG PRICE  | SALE PRICE     |
|----------------|----------------|
| \$20 to \$75   | \$15 to \$35   |
| \$75 to \$150  | \$55 to \$95   |
| \$150 to \$300 | \$95 to \$125  |
| \$300 to \$500 | \$150 to \$175 |
| \$500 & up     | \$250 to \$900 |

All previously reduced prices on light fixtures, ceiling fans and mirrors are priced even lower

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**\$5.39**  
\$249.50/ton Picked up



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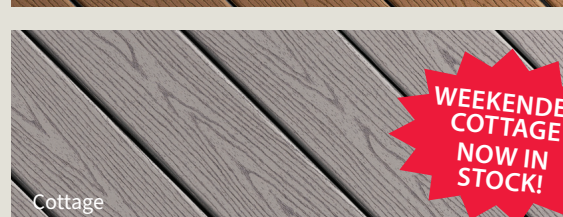
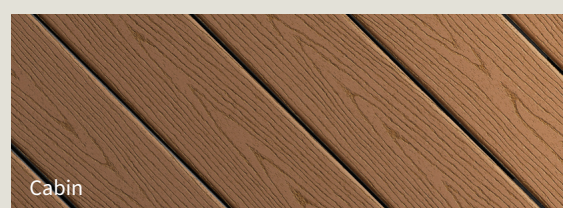
fiberon Good Life

Take time to unwind with Fiberon® Good Life decking. Perfect for hosting neighborhood gatherings, enjoying a summer dinner with your family or relaxing outside after a long week, Good Life offers unbeatable performance and durability for your decking project needs.

Actual colors may vary from photographs.

- Weekender Collection features solid colors for a traditional stained deck look.
- Authentic wood look features distinct grain patterns.
- Composite construction prevents splintering, cracking and decay.
- Three-sided cap layer resists staining and fading.
- Low maintenance and easy to clean.
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Open Monday - Friday 7:30 am to 5:30 pm; Saturday 8 am to 5 pm; Sunday 9 am to 4 pm

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