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

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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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.

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

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

Columbia Northwestern Model Railroading 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 appreciated. 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 Sup**port Club** — For information, go to fb.me/MOMSClubofAstoria or 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.

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.

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 wilsontekart@gmail.com

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

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.

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.

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

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

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.

Time to ditch the cheating boyfriend

Dear Annie: My boyfriend and I have been together for 10 years. Everything was good until three years ago when a woman contacted me to tell me that she'd been seeing him. She apologized to me for it. After we got off the phone, I found her on Facebook and realized that they'd been "liking" each other's posts for years. She even posted a photo of them together, and someone had commented making a sexual joke about them. They'd both replied and laughed.

So, I confronted my boyfriend, and he stopped

— or so I thought. Then, six months ago, I found charges on his credit card statement for some local hotel! I confronted him, and he brushed it off, said it hadn't been him.

We have smart security cameras at our front and back door, and ever since I confronted him about the middle-of-the-

night hotel charges, he's disabled my ability to access the camera feeds from my phone. But I can always tell when he's with her because he won't answer his phone. (Otherwise, he always answers his phone.) I just hate the thought that the last 10 years were for nothing. — Had It Up to Here

Dear Had It: Make decisions based on your future, not on your past. You're caught up in the sunk cost fallacy — continuing your current relationship just because you've already spent so much time in it and don't want it to have been a waste. The thing is, it wasn't really a waste. Consider the good moments you've had, even with your boyfriend. Consider the tough, character-building moments, too. It's all added up to a meaningful period of growth and lessons you can take into the next decade after leaving this lecher in the last. Which you must do, pronto.

Dear Annie: In response to "In a Quagmire," the gentleman who had difficulty using a computer: Computers confound me to no end. I enjoy my games and texting on my phone. I tweet a bit. But when it comes to any task where I'm expected to have the least amount of computer skills, it's incredibly frustrating — as frustrating as not being able to get a "real" person on the phone to help me. I graduated high school summa cum laude but that has no influence on my computer skill, and "In A Quagmire" needn't question his smarts. I just accept it as a place where I need help. Self-pro-

fessed computer geeks are usually willing to step in and help. And in this day and age, if you have a child, grandchild, niece or nephew, they're often able to help. -J. Mac

Dear J. Mac: I heard lots of sympathetic feedback for "Quagmire," including the following practical tip for adults who have struggled to get the hang of comput-

ers despite years of trying and lessons.

Dear Annie: To "In a Quagmire," his problem might be that he's being taught by people who are not dyslexic! It takes one to teach one. We come at things differently. I'm about his age and also graduated from college with honors. And I'm dyslexic. I managed to somewhat teach myself to use a computer. The other people who had attempted to teach me to use one - my husband, my techie son and others didn't "see" things the way I did. However, beyond finding an instructor with dyslexia, my solution is: Get an iPad or other tablet. Anybody can use an app, even small children. Now I'm a wiz and even teach my husband how to do it! And I just pretend that I only use an iPad because it's a far superior device — ha! A.F.

Dear A.F.: I'm happy to share your practical tip for "In a Quagmire." If anyone else has suggestions, I'll print them here, too.

Creators Syndicate Inc.



DEAR



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.
- Contains 96% recycled content.

Weekender Collection





Matching fascia and risers available in all colors.



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Best a Brad

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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