

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.

Better Breathers Club — Sessions offer support, ways and techniques to cope with COPD, asthma, pulmonary fibrosis and other respiratory issues. Caregivers also welcome. For information, call 800-562-8964.

SATURDAY
Lower Columbia R/C Society — Local Academy of Model Aeronautics chartered radio control model aircraft club. All model aircraft enthusiasts are welcome. For information, call 503-458-5196 or 503-325-0608.

SUNDAY
Blacksmith Enthusiasts Meet — For information, contact Mark Standley at 503-434-0148 or Herman Doty at 971-306-1043 or ringinganvildesign@gmail.com

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
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 Railroading 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 home-spunquilt.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

Breast Cancer Support Group — Support for women who are being treated for, or are survivors of, breast cancer. No registration required. For information, call Mari Montesano at 503-338-4589 or email mmontesano@columbiame-morial.org

Understanding Your Grief — Free support group providing an opportunity to learn about the grief process, identify new coping strategies, and discuss a variety of topics related to the healing process. For questions, contact Jeanette Johnson at 503-338-6230.

Columbia River Estuary Action Team — CREATE fosters citizen involvement in protecting the Columbia River Estuary. Visitors and new members always welcome. For information, go to create-columbia.com

Mother feels inferior

Dear Annie: My ex and I got married when I was 19. We stayed together for 10 years, during which I was dealing with untreated depression. That did not make life easy for either of us. Eventually, he left, leaving me to care for the kids. He gave us some financial support but was not present in their lives.

Unfortunately, I did not give my kids the attention I know now they badly needed. I was preoccupied with my worry about being alone forever. I have tried to make up for this since, but my daughters still harbor a deep resentment for me. I have told them numerous times how much I regret my behavior and offered to hear all their sadness as a consequence of my actions without trying to defend myself. But they have both cut me out.

My son, the youngest, is still in my life and has reassured me that I was not a terrible mother. He also suffers from depression, and for years he abused drugs. I blame the fact that he had no father in the home for those important first years.

Even after all these years, I am still preoccupied with my time married to my ex. Random thoughts are always about him — what could have been — and I always feel on the verge of tears.

I'm about to turn 70. Is there a way to finally put this behind me? I've had much therapy over the years but still revert to the pain and sadness about the childhood I was unable to give my kids and the loss of my marriage. I think that if I go into therapy again, nothing will change. But should I try again? — *Regretful Mom*

Dear Regretful Mom: To the question of whether to try therapy again, my answer is always yes. In your case, especially so. You've been

dealing with clinical depression since you were a teen. That black dog, as Winston Churchill called it, can't just be shaken off. Therapy won't wash away all your pain and regret, but it can help make your feelings more manageable and life more enjoyable.

Additionally, in light of your son's drug abuse, you might benefit from a support group such as Nar-Anon (www.nar-anon.org), LifeRing Secular Recovery (www.lifering.org) or Families Anonymous (www.familiesanonymous.org).

Dear Annie: I don't believe it is impossible for "In a Quagmire," who was "unable to use computers," to learn.

When I taught farmers how to use computers, I started out with how to turn the computer on and log on. After that, they played Solitaire until they learned how the mouse worked. Then I let them do email until that is natural to them. The above process might take weeks. The important thing is to do something basic and not introduce other things until they are comfortable. It is not necessary to learn everything at once. It is overwhelming.

I learned that everyone learns differently. I had one user who took forever to learn anything, but once they had it down, they never made mistakes. I am 73 and have been working with computers for 55 years. If you want to learn, keep looking for an instructor who understands. Remember: One thing at a time. — *Wanda S.*

Dear Wanda: "One thing at a time" is good advice across the board. And I received a few follow-up letters to "In a Quagmire" that recommended playing Solitaire and other simple games to become more comfortable with the basics — smart tip.

DEAR ANNIE



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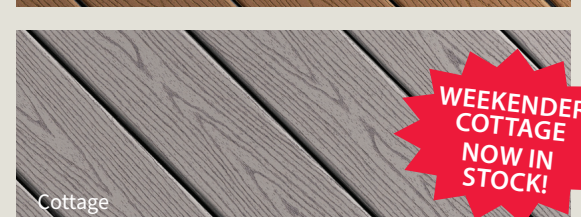
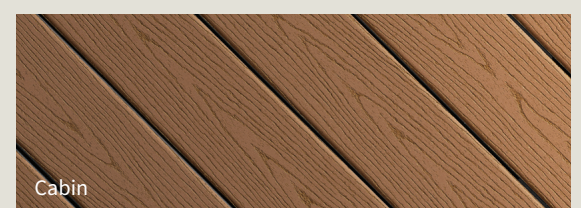


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