

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 Avenue 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 Dinners — 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.

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 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.

Warrenton Caregiver Support Group — 1:30 to 3 p.m., conference call. Support, information and resources for caregivers. For conference call details, and to RSVP, call Grace Bruseth at 503-738-6412.

Lower Columbia Hospice Bereavement Support Group — Open to age 18 or older. For information, call 503-338-6230.

North Coast La Leche League — Pregnant women, mothers, babies and toddlers welcome. For breastfeeding support, call or text Megan Oien at 503-440-4942, Kestrel Gates at 503-453-3777, Katie Winters at 503-717-3748 or send message to La Leche League of Astoria on Facebook, fb.me/llofastoria

North Coast Chapter, ABATE of Oregon — All are welcome. For information, call 503-791-7253.

Peninsula Arts Association — All are welcome. For information, call 360-665-6041 or go to beachartist.org

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

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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North Coast Multiple Sclerosis Care and Share Help Group — For information, call 503-325-7898.

Cannon Beach Garden Club — For information, call Pam Chater at 503-436-2331 and leave a message or email pamchater@msn.com

Stroke Support Group — Stroke survivors, their caregivers and family members welcome. For information, call 503-717-7781.

WomenHeart of North Oregon Coast — Peer support group for women living with, or at risk of heart disease. For information, contact Michele Abrahams at 503-338-8435 or WH-NorthOregonCoast@womenheart.org

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

Maple Chapter No. 95, Order of the Eastern Star — For information, go to oregonoes.org

THURSDAY

Alzheimer's Support Group — For information, call 503-368-6445.

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

Abuse and another man

Dear Annie: I'm a mom and have been married for nearly six years. But for the past few years, my husband and I have not been on the same path. We can't communicate without fighting, bickering, arguing, etc. Our sex life has been nonexistent. And I have tried talking and suggesting that we do more things together. I have even tried losing weight because I thought maybe the problem was that I was no longer attractive. I tried everything that I could think of. And some days, I just lay in a different room, balled up and crying.

About a year ago, I started a new job and met a man with whom I clicked almost instantly. Eventually, this co-worker gave me his number and asked if I wanted to go fishing sometime. That night, I told my husband that another man had offered me his phone number and wanted to take me fishing. I hoped he would see that he needed to step up to the plate before something happened. Instead, he flipped out and started accusing me of trying to control him. He started throwing things around the house — something he does a lot when things don't go his way, often leaving me with bruises and/or him with bruises due to my trying to defend myself. His tantrum that night was the final straw. I decided to take my new colleague up on the fishing trip.

We became close friends but never did anything physical. Then, one day, I found out my husband had been exchanging racy messages with women online. That's when I decided to go ahead and give my body to this new friend. It was nice. It made me feel like a woman again, not like a jacket that's sitting in the closet waiting to be worn.

We continued seeing each other and sleeping together for a few months. But last month, after a night out with him, I confessed everything to

my husband. He was upset, of course, but in due time he came around and said he wanted to work things out. Well, that was three months ago, and my husband and I still haven't been intimate. I see no signs of things changing between us. In fact, they've gotten more distant, and I've noticed he now uses a lock code on his phone and computer.

My lover, meanwhile, is waiting in the wings for me to make my decision. — *Between a Rock and Hard Place*

Dear Between: More than anything, I'm concerned about your husband's physical aggression. No matter your differences, it is unacceptable for him to hurt you or even knowingly endanger you as he does when he hurls things around the house in a rage. But rather than further engage him right now, I encourage you to reach out to the National Domestic Violence Hotline at 1-800-799-7233 for guidance in planning your next steps.

Dear Annie: April is National Alcohol Awareness Month. While I've seen some friends and family really helped by Alcoholics Anonymous, for others, a different approach is needed. I hope you will print these recommendations in your column.

One is SMART Recovery (smartrecovery.org), which offers a network of resources and is not just focused on alcohol abuse but addiction in general. LifeRing Secular Recovery (lifering.org), like AA, is an abstinence-based anonymous organization that provides safe meeting spaces. Then there are also programs for people who have a non-severe drinking problem but would like to cut back on their drinking or take a break: Moderation Management (moderation.org), CheckUp and Choices (checkupandchoices.com), and One Year No Beer (oneyearnobeer.com). Wherever people are, there are tools available.

DEAR ANNIE



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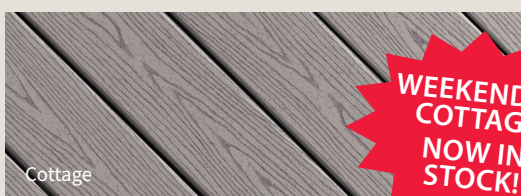
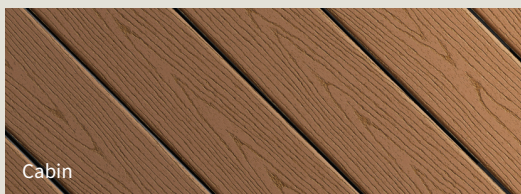


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