

## 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 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.

**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.

**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.

**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.

**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.

**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.

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

**Warrenton Sunrise Rotary Club** — For information, call 503-325-4030.

**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

**Caregiver Support Group** — Open to all caregivers, both professional and family care. Yoga exercise, refreshments, friendship and support. For information, call 503-738-0900.

**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.

## Husband is COVID-shaming

**Dear Annie:** I have friends and family who have traveled for vacations during the COVID-19 pandemic. My husband and I have taken trips during the pandemic, too, but only road trips, and we stay at Airbnb rentals (by ourselves). Some of my relatives, meanwhile, went to Hawaii, justifying it as helping Hawaii's economy. Some have flown upwards of five times during the pandemic. Many even traveled during the holidays and got together with people outside their household for multiple days.

These friends and relatives are not anti-maskers. They proudly tout all the extra safety precautions they take when traveling, and they get tested beforehand. But my husband is sickened by their behavior, and he's begun opting out of our weekly family Zoom calls. He says he's lost all respect for them.

He's saddened by this situation and isn't enjoying himself. He feels very alone in his quest to do the right thing, surrounded by those who prioritize themselves over the safety of greater society.

I'm disappointed in their actions, too — but not enough to cut them out of my life.

When we've pressed these relatives about why they feel the need to travel and take unnecessary risks, they say that our vacations have been just as risky; flying is safe (this is a big one); it's their prerogative; and they're not endangering anyone. They feel as though my husband is harshly judging and shaming them. And to be honest, he is.

I'm trying to support all parties involved. I'll never force my husband to be friends with people whom he doesn't respect — but at the same time, I'm grieving the loss of the unity between everyone. Thankfully, we live far away from these friends and relatives, and they're not really part of our regular daily lives.

But the family members are people I like to see two or three times a year — and I'd like to visit them with a happy husband! Do I have to give up that fantasy? — *Dealing with the Fallout*

**Dear Dealing:** Remind your husband that there are folks who have been even more careful than you have, people who have barely set foot outside their yard, let alone left their town. They might consider your road trips reckless. My point is COVID-shame not, lest ye be COVID-shamed.

Still, it's not surprising that many of us have been so quick to judge during a year that has been so turbulent. Judging others gives us a sense of control. Hopefully, as the pandemic recedes and life eventually returns to normal, your husband will let go of these resentments. In the meantime, continue to talk with these friends and family as you normally would, paying no mind to his crankiness.

**Dear Annie:** Your column caught my eye when you printed a prayer for Lent about fasting from negative emotions. While reading, I even got a sheet of paper and divided it in two columns: one with the negative behaviors (to fast from) and the other with the corresponding positive behavior. As I looked at the poem and wrote down the points, I thought it would be a good start for New Year's resolutions (and can be used by everyone): "Say kind words; be thankful or filled with gratitude; be patient; be filled with hope," etc.

This past year has really been one of testing and has been hard on many people to have a positive attitude. I thank the Lord for watching over us. — *Bonnie*

**Dear Bonnie:** Happy to hear you liked the poem, and I appreciate your letter as a reminder to stop and count my blessings. The days I feel the least like making a gratitude list are the days I need it the most.

### DEAR ANNIE



ANNIE LANE  
Creators  
Syndicate Inc.

## SELF-HELP GROUPS

**Al-Anon (Astoria)** — For information, call 503-325-1087.

**Al-Anon (Clatskanie)** — For information, call 503-728-3351.

**Al-Anon (Nehalem)** — For information, call 503-368-8255.

**Al-Anon (Seaside)** — For information, call 503-810-5196 for information.

**Al-Anon (Tillamook)** — For information, call 503-842-5094 or 503-730-5863.

**Al-Anon Family Groups information**

— Oregon Area Al-Anon website, oregon-alanon.org

**Alateen (Tillamook)** — For information, call 503-730-5863.

**Alcoholics Anonymous** — To find a meeting in Clatsop County, call 971-601-9220, in Tillamook County, call 503-739-4856, or go to aa-oregon.org

**Celebrate Recovery** — Faith-based 12-step recovery from hurts, habits and hang ups. For information, call 503-738-7453.

# City Lumber

Founded 1904

Your Project Headquarters

"We're more than a lumber yard"



**Leigh Country**  
Authentic Country Living



**\$55<sup>88</sup>**  
Char Log End Table  
24" square. TX93702

**\$145<sup>88</sup>**  
Char Log 54qt. Cooler  
TX94012



**\$7<sup>99</sup>**  
1 cu. ft. bag

**Miracle-Gro Potting Soil**

All-purpose, specially formulated potting soil mix for indoor and outdoor container plants. Provides the ingredients for container plants to grow bigger and produce more blooms with more color. Miracle-Gro's effective, slow-release plant food feeds plants for up to 6 months, promoting long-term success and yields.  
SKU: POTTING



**\$219<sup>99</sup>**  
Double Porch Rocker  
TX36005

**\$125<sup>99</sup>**  
Char Log Single Rocker  
TX93860



**\$195<sup>88</sup>**  
9' Windmill  
TX93485



## fiberon Good Life

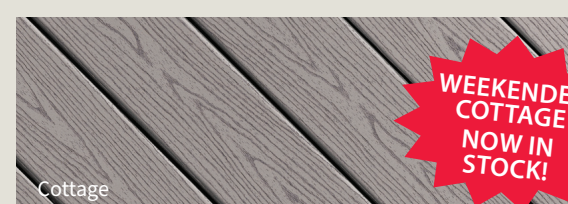
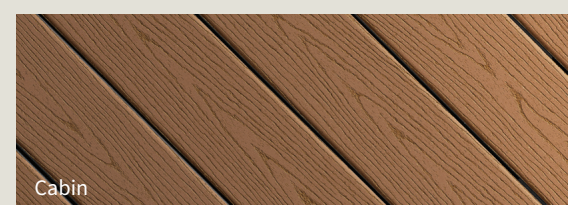


Take time to unwind with Fiberon® Good Life decking. Perfect for hosting neighborhood gatherings, enjoying a summer dinner with your family or relaxing outside after a long week, Good Life offers unbeatable performance and durability for your decking project needs.

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.



FOLLOW US ON **twitter**

2142 Commercial, Astoria  
325-4511 • 1-800-248-4511

www.citylumber.com



FOLLOW US ON **facebook**

Open Monday - Friday 7:30 am to 5:30 pm; Saturday 8 am to 5 pm; Sunday 9 am to 4 pm