

## 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 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

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

## MONDAY

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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.toastmaster-clubs.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 Support 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.

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**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 wilsonkart@gmail.com

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

## THURSDAY

**North Coast Women** — For information, call 503-738-8695 or go to tinyurl.com/CC

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

**Grief Support Group** — For information, call Lower Columbia Hospice at 503-338-6230.

**Lower Columbia Danish Society** — 7 p.m. Zoom virtual meeting. Group is watching Danish film "Babette's Feast" prior to the meeting; discussion of the film is during the meeting. Being or speaking Danish not required; only an interest in Danish heritage, culture and traditions is needed. For Zoom and meeting information, go to lowercolumbiadanes.org or call 503-325-2612.

## 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.

## Unwanted visits from cousin

**Dear Annie:** A cousin of mine found out that we get all the different sports networks in our cable package, and ever since, he has invited himself over to watch games at our house all the time, on a weekly basis. This was frustrating in itself — but then recently, something unbelievable happened. He was over watching a game at our house, yet again, when my 65-year-old girlfriend began having severe chest pains (which we later learned was a heart attack). As I attempted to figure out what was going on and to help her, this relative said that he'd get out of our way and abruptly left. He just walked out the door, not bothering to call 911 or even to shut the door behind him.

What do I do about my cousin? — *Put Out*

**Dear Put Out:** This guy's behavior is so out of bounds; it's not even in the stadium. Treating your house like his own personal sports bar was rude. Turning his back on you and your girlfriend in a life-threatening situation was flat-out heartless. I really hope she's OK.

If he dares to invite himself over again after what happened, let him know you'll no longer be hosting him for games. It's that simple. Embrace the power of "no."

**Dear Annie:** My boyfriend and I will have been together three years next month. He doesn't say he loves me, and he refuses to talk about feelings in general. He won't make love to me or even hold my hand or kiss me. When I spend the night at his place, he avoids lying close to me in bed. He says he has no sex drive, but he just turned 50. I'm a nice-looking woman who stays in shape. The one time we've had sex in the past year, it was all about him — no concern for my needs. On top of this, he never compliments me.

What should I do? — *Lonely Girlfriend*

**Dear Lonely:** The recipe for strong romantic relationships calls for affection, intimacy, dedication and communication. If physical intimacy were the only missing ingredient, I'd say that he should see a doctor about his low libido, as it can signal serious underlying health problems. But sex isn't the only missing ingredient. He's giving you nothing to work with. I know this is easier said than done, but I really encourage you to end this relationship and spend some quality time with yourself. It will be hard at first, but in the long run, you will feel much less lonely on your own than you do in this relationship. Return to the dating scene only after you'd rather be by yourself than with the wrong person.

**Dear Annie:** Your response to "Scared to Smile" was incorrect. There is a huge difference between dentures and implants. Dentures are removable. They can slip around while eating and talking. They often have to be removed at night and soaked to clean them.

Implants are just exactly what it sounds like. They are metal posts that are implanted into the jaw bone and then have crowns, that look like natural teeth, glued onto them. They are permanent. They do not move. They are actually stronger and last longer than natural teeth. And unless you tell someone you have implants or get your teeth X-rayed, no one would ever know you had them.

If this person is so self-conscious of her dentures, she should look into implants. If there is a dental school near her, she likely can get them done for very little money. — *Person with Implants*

**Dear Person:** Thanks for setting me straight on this, and I appreciate the practical piece of advice.

## DEAR ANNIE



ANNIE LANE  
Creators  
Syndicate Inc.

# City Lumber

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Your Project Headquarters

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Char Log End Table  
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**fiberon** Good Life

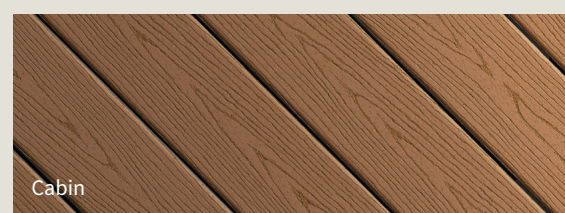
SEE OUR NEW DISPLAY

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.

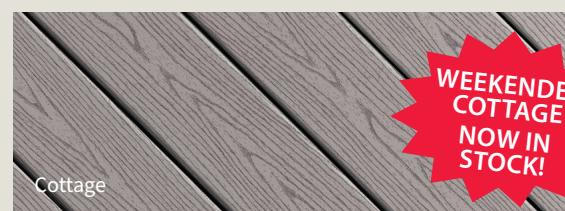
Actual colors may vary from photographs.

- 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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