

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.

Ostomy Support Group — For information, call Lisa Harris at 503-338-4523.

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 ringingangvildesign@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, 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 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.

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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.

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 homespunquilt.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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Help is available for abusive situations

Dear Annie: My husband and I have been married for 22 years. When we first married, it was young love. But throughout our marriage, he has been adulterous and abusive toward me, physically and verbally. I have a disability and have a hard time defending myself. He has choked me and held a knife to my throat and told me that one day he'll kill me. I am 54 years old. I have nowhere to go. What should I do? — *Trapped*

Dear Trapped: I'm sorry that your husband has abused you so terribly for decades. Although it may seem like you have nowhere to go, I promise you that isn't true. Please call the National Domestic Violence Hotline (1-800-799-7233) to be connected with resources in your area and begin making a safe escape plan. You should not have to live in fear for your life another day.

Dear Annie: I lost a family member to brain cancer last year. He was only in his 30s, and an incredibly bright, kind human being. May is National Brain Cancer Awareness Month, so I wanted to ask your audience to please consider donating to the National Brain Tumor Society, whose mission is "unrelentingly invests in, mobilizes, and unites our community to discover a cure, deliver effective treatments, and advocate for patients and care partners." You can learn more and donate at braintumor.org. — *For the Families*

Dear For the Families: I'm glad to print your letter. Roughly 700,000 Americans are living with a primary brain tumor, including more than 13,000 children and 31,299 adolescents and young adults.

While brain cancer might have no early symptoms, the following are some things to watch out for, courtesy of Cancer.net:

—Headaches, which may be severe and worsen with activity or in the early morning.

—Seizures (which can include change in sensation, vision, smell

and/or hearing without losing consciousness).

—Personality or memory changes.

—Nausea or vomiting.

—Fatigue.

—Drowsiness.

—Sleep problems.

—Memory problems.

—Changes in ability to walk or perform daily activities.

—Pressure or headache near the tumor.

—Loss of balance and difficulty with fine motor skills.

—Changes in judgment, including loss of initiative, sluggishness and muscle weakness.

Talk with your doctor if you are experiencing any of the above symptoms.

Dear Annie: This is in response to your reply to "Regretful Mom," who has struggled with depression and regrets not being

present for her now-adult children. Another choice she can look into for helping her with working with the emotional memories connected to her past is eye movement desensitization and reprocessing, also known as EMDR. Although people think of post-traumatic stress disorder as being related to extremely severe accidents or traumas, psychology is now aware that for lifetime events over several years, sexual abuse, multiple or ongoing difficulties that cause extreme emotional and mental anguish can also put someone at risk for suffering from PTSD. By using EMDR with a qualified therapist, a patient can recall these past events without experiencing the anguish. It is constructive in combination with talk therapy, and, when necessary, medication, whether short term or for a longer duration.

Thank you for letting me share this information. — *Lorrie Finley*

Dear Lorrie: Thank you for sharing it. Controlled and randomized clinical studies show that EMDR is efficient to treat PTSD. And although this is purely anecdotal, the treatment technique has helped friends of mine.

DEAR ANNIE



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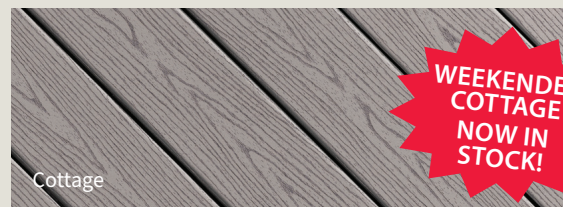
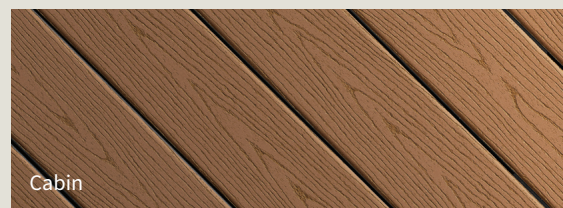
SEE OUR NEW DISPLAY

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.

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- Authentic wood look features distinct grain patterns.
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