

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

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, email 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.

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.

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

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

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

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

Drinking more during pandemic

Dear Annie: Over the course of the pandemic, my husband and I have found ourselves drinking more than we used to. We used to enjoy a glass of wine with dinner most nights, that became a second glass with dinner, and a third glass after dinner. Neither of us gets noticeably drunk. We don't drive anywhere. We don't have hangovers the next day. But I do feel like it's something I've come to look forward to each day. I am a little worried by that. Should I be? We do tend to drink on weekends, and a bit more than we do on weeknights. Sometimes, we get tipsy then, but like I said, we are safe about it and don't drive. I'm hesitant to give up our nightly ritual. What do you think? — *Sipping*

Dear Sipping: Your concern is reason enough to take a break from drinking, at the very least. If this was never a problem for you and your husband before the pandemic, then a respite might be enough to reset you back into healthy routines. But if you find your alcohol consumption creeping up again, you might want to quit drinking for good. Alcoholism is a progressive disease, and it's far easier to nip problematic drinking in the bud today than it will be in one year, five years or 10 years. To ignore the issue just because things aren't too bad right now would be akin to refusing treatment because you only have stage I cancer. Heed your intuition.

Dear Annie: My husband and I have a beautiful house. We love to entertain. But a constant headache for us and our guests is the fact that my neighbor has several small dogs who are constantly yapping. We cannot go out for the mail without them barking.

Forget spending time outside on our patio.

Is this something we have to live with? I wonder if the neighbors are even aware of it: It seems to be an issue of the parents' not hearing the kid screaming in the restaurant while everyone around does. — *Canine Cacophony*

Dear CC: You've got the right attitude: Start by assuming that your neighbors aren't even aware of the issue. Drop by their house for a friendly chat to enlighten them. If this is your first time really speaking with them, introduce yourself and spend a few minutes getting to know them.

Then segue toward the bark of the matter: "It seems that most times we go into our yard, it starts your dogs up. This is making it difficult for us to spend time outside. Would you consider keeping them inside more often — or are there any other solutions we can help with?"

If they still need to leave their dogs outside for part of the day, propose jointly planting some privacy hedges along your property line to block the dogs' line of vision. Befriending the dogs is another good option, if they aren't physically aggressive. Ask your neighbors if you can spend some time visiting with the pups in their backyard, so they get accustomed to your scent and learn you're not a threat.

If the issue *still* persists and your neighbors don't seem eager to resolve it, it might be time to file a formal noise complaint with the relevant body — a homeowner's association, landlord, animal control or the police if you live in a rural area. Because the status quo isn't just stressing out you and your husband; it's stressing out the dogs.

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, oregonal-anon.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.

Sexual Purity Recovery Group — Part of the Pure Life Alliance (purelifealliance.org) in Portland. For information, call the confidential voice-mail at 503-750-0817 and leave a message.

City Lumber

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Voted **BEST** Home Improvement Store in 2020

2020 READERS' CHOICE AWARD

Thermos QuickSet 2-Burner Black 26,500-BTU LP Gas Grill

\$119⁹⁹

Quick Assembly Gas Grill. Features 265 Sq. In. of cooking on porcelain-coated wire grates. 2 stainless steel burners. Plastic side shelves offer built-in handles and tool hooks. Durable porcelain-coated steel lid and firebox, designed to withstand the elements. Piezo ignition system offers a reliable spark with every push. (2) 6 In. wheels offer easy portability. Comes Unassembled. **SKU 807583**



Best Garden 5/8 In. Dia. x 50 Ft. L. Heavy-Duty Soft & Supple Garden Hose

\$27⁸⁸

Best Garden Heavy-Duty Soft & Supple Garden Hose Polyester dual-weave reinforcement for superior burst performance. 15% more material in core for greater strength. Oil and scuff resistant outer jacket. Crush resistant lead-free couplings. Ideal for rugged jobs around the house or for the professional. 400+ psi (pounds per square inch). Limited lifetime warranty. Not safe for drinking water. 5/8" x 50' long. **SKU 700479**



Suncast 175 Ft x 5/8 In. Bronze Hosemobile Resin Hose Reel

\$28⁸⁸

Features sturdy resin construction and comes fully assembled. Step plate for easy rewinding. Easylink system ensures watertight connection between hose reel and hoses. Hose hooks hold the end of the leader hose or garden hose. Color: Bronze. Capacity: 175' of 5/8" hose. **SKU 734497**



LEIGH COUNTRY Tractor Seat Swivel Stool

\$95⁹⁹

TX 97000 Product Metallic Tractor Seat Swivel Stool. Bring farmhouse style home with this tractor seat stool. The solid steel construction is built to last, and the powder-coated finish adds durability. This stool is built to fit your needs with an adjustable height, ample foot rest space, and the ability to swivel and turn as needed. **SKU STOOL**



SUNGRO Black Gold All Purpose Potting Mix

\$11⁸⁸

Multi-purpose, nutrient-rich mix ideal for a wide variety of plants, flowers, and vegetables. Works well for house plants, patio containers, and hanging baskets. Canadian sphagnum peat moss is blended with earthworm castings, forest humus, compost, and pumice. Specially formulated with CRF (controlled release fertilizer) to feed up to 6 months and provide moisture retention and good drainage. For indoor and outdoor use. **SKU 764568**



SUNGRO Black Gold Natural & Organic Potting Mix

\$12⁸⁸

This rich, loamy mix is a premium choice for all purpose gardening applications. 100% organic base consists of screened earthworm castings, Canadian sphagnum peat moss, compost, and forest humus. Perlite and pumice are added to ensure optimum aeration. Ideal for flowers, vegetables, hanging baskets, and indoor & outdoor containers. Also includes fertilizer. **SKU 764551**



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