

## 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.

### 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.

**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.

**Authentic Spiritual Conversations** — Open dialogue about spiritual issues. All faiths, including "spiritual but not religious" welcome. For information, email info@cgjifellowship.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 homespun-quilt.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.

### 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.

**Sheets Needed** — Our Saviour's Lutheran Church, 320 First Ave. in Seaside, needs double queen and king flat sheets for the quilting club. To donate, contact Claudia Kulland at 503-505-1626.

## Accessing happiness and connection through sharing

**Dear Annie:** Lately, I find myself thinking a lot about old roommates, friends and co-workers. I'm talking about people from over 30 years ago, whom I haven't spoken to in decades. I think I would like to tell them how they have impacted my life in positive ways. Should I reach out to them or would that just be self-serving and weird? I mean, if I were to reach out, I'm not sure what the follow-up would be: "Nice catching up with you, goodbye forever?"

Tell me, Annie. Is this sort of feeling normal as we age, and should I act on it or just forget about it? — *Too Much Time to Think*

**Dear Too Much:** Reminiscing more with age is not only common; it can be hugely beneficial, provided it's positive/productive in nature, which yours is. A 2016 study of 47 people living in senior care facilities found that after sharing memories, family history and personal accomplishments, participants experienced fewer feelings of loneliness and depression. So, keep taking those laps around Memory Lane.

And to the question of whether or not you should reach out to these old friends and acquaintances, my answer is a resounding yes! Too often it's not until after people are gone that we express how much they meant to us. Drop them a line today. Let them know you've been thinking of them lately and that you're glad for the time you knew them. There's a good chance you'll make their day.

**Dear Annie:** I've been friends with "Remy" for six years. We both play the same computer game on the same platform, and we always enjoy chatting as we play. A little over a year ago, I was single and found myself developing feelings

for Remy. We'd always just been friends, but gradually, an attraction grew. Before I knew what was happening, we both found ourselves falling in love. We have so many similarities and shared interests. It's so easy to talk to each other. It's been over a year of our sharing this intense, romantic connection.

But there's a catch. I knew that she was technically married and had a kid, but I always thought that she was separated from her husband. It turned out that wasn't the case. She insists she's going to separate from him, though, and is just waiting for her new house to be done so that she can move. Meanwhile, I'm in limbo, not knowing what's going to happen.

Annie, what do you do when the woman you love is unhappily married? She says she loves me and wants to be with me. And I'm so excited to have found someone who connects with me so deeply. Our only clashes come on the weekends when she has to play house and can't write to me. I've mostly been understanding up until now, but it's starting to get a bit frustrating. — *Lover in Limbo*

**Dear Lover:** What you call "playing house" is her living her real life. Your digital rendezvous are her playtime — a way for her to escape the day-to-day drudgery, blow off some steam and avoid having to make any substantial changes to her situation. She might not be conscious of the fact that this is what she's doing, but it doesn't make it any more acceptable. The bottom line is that if she were going to leave her husband, she'd have done so already. Pull the plug and free yourself up to connect with a loving, available woman — one you can meet in person.

### DEAR ANNIE



ANNIE LANE  
Creators  
Syndicate Inc.

## SELF-HELP GROUPS

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

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

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

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

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

**Al-Anon Family Groups** — 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 voicemail at 503-750-0817 and leave a message.

# City Lumber

"We're more than a lumber yard"

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2020 READERS' CHOICE AWARD

### Weber Smokey Joe 14 In. Dia. Black Charcoal Grill

**\$34<sup>99</sup>**

Smokey Joe Silver charcoal grill with a compact 14 in. diameter cooking grate is perfect to serve up small meals for picnics or camping. Features a plated-steel cooking grate, porcelain-enamel bowl and lid, adjustable damper with 4 air vents, aluminum ash catcher, glass-reinforced nylon handle, and 2 rust resistant aluminum dampers. Limited 10-year warranty. 10 pounds. **SKU 808938**



### Weber Go-Anywhere 1-Burner Black 6,500-BTU LP Gas Grill

**\$72<sup>99</sup>**

Enjoy the convenience of a gas grill while on the go. Compact enough to fit in your trunk, yet features 160 Sq. In. of cooking area and 6500 BTUs (British Thermal Unit). Includes porcelain-enamelled steel cooking grate and porcelain-enamelled base and lid for long life. Plated-steel legs fold up to lock the lid in place for easy mobility. Uses disposable 1 Lb. LP (liquefied petroleum) cylinder, not included. With the push of a button, the patented cooking system distributes heat evenly across the cooking area. Includes 3 glass-reinforced nylon handles for easy transport. Limited 10-year warranty. Black. **SKU 808881**



### Weber Genesis II E-210 Gas Grill

**\$399<sup>00</sup>**

Durable LP (liquefied petroleum) gas grill. Features the GS4 grilling system which consists of: Infinity Ignition, high performance burners, porcelain-enamelled flavorizer bars, and grease management system. 2 stainless steel burners with 26,000 BTU (British Thermal Unit) per-hour input and 494 Sq. In. total cooking area. Porcelain enameled cast iron cooking grates and flavorizer bars. Sleek, open cart design with side tables (left side table folds down) and integrated tool hooks. Tuck-Away warming rack, LP fuel gauge, and easy access gas tank storage. Dimensions with lid up: 61 In. H. x 31 In. D. **SKU 801612**



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

**\$27<sup>88</sup>**

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

**\$28<sup>88</sup>**

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**



### SUNGRO Black Gold All Purpose Potting Mix

**\$11<sup>88</sup>**

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

**\$12<sup>88</sup>**

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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