



Mara Dowaliby



Kayla Helligso



Caitlin Hillman



Serena Moha



Catherine Tapales

Astoria Regatta announces court

The Astorian

The Astoria Regatta Association recently announced the dignitaries of the 2019 Astoria Regatta. Former mayor Willis Van Dusen has accepted the post of Regatta Admiral, accompanied by Astoria School District Superintendent Craig Hoppes, who will serve as Admiral’s Aide. Grand Marshals Robert and Irene Baltimore are overseeing the Grand Land Parade on Aug. 10.

Van Dusen is a fifth-generation Astorian who served as mayor of Astoria for 24 years. He is president of Van Dusen Beverages, and is also president of the Mount Angel Beverage Co. Van Dusen was twice honored with the Astoria-Warrenton Chamber of Commerce’s George Award for his contributions to the community.

Van Dusen is active in a number of nonprofits, and chaired the Columbia Memorial Hospital Foundation committee that raised \$3 million to build the

CMH-OHSU Knight Cancer Collaborative.

Hoppes has lived in Astoria for over 22 years, and has been superintendent of the Astoria School District for over 12 years; he has worked in the district for the past 22 years. Along with being a board member for the Lower Columbia Hispanic Council and the Clatsop County Historical Society, he is the past president of the Astoria Rotary and Astoria Lions clubs.

Grand Marshals Robert and Irene Baltimore live in Warrenton and have been married for 58 years. She worked for First National Bank, Oregon Youth Authority and Liz Claiborne in Seaside, and retired from the Warrenton School District. She is an active volunteer for several organizations, and belongs to numerous clubs. He retired from Pacific Power in 1990 after 28 years, volunteers and is a past member of the Astoria Clowns, and a past president of Kiwanis.

The 2019 Regatta Court is led by Queen Catherine Tapales, a senior at Warrenton High School. She was crowned Regatta Queen during the 2018 Regatta. She is involved with student council, the National Honor Society, CommuniCare and is the head statistician for the wrestling team. She plans to attend Oregon State University to study toxicology and become a pathologist.

Mara Dowaliby, a junior at Warrenton High School, is the daughter of Todd and Dixie Dowaliby of Hammond. She is a member of CommuniCare and the National Honor Society, vice president of the student council and a longtime member of the Viking Nordic Dance Group and Vasa Lodge No. 215. She hopes to become a pediatrician.

Kayla Helligso, who attends Astoria High School, is the daughter of Miranda and Shawn Helligso of Astoria. She is a member of Business Leaders of Tomorrow and CommuniCare and is

the starting catcher on the AHS softball team. Many of Helligso’s family members participate in the Astoria Regatta.

Caitlin Hillman, who attends Seaside High School, is the daughter of Brent and Debbie Hillman. She is involved with several extracurricular activities and is also the activities coordinator for the Seaside High School Associated Student Body. She plans to attend a four-year university and major in elementary education.

Serena Moha, who attends Warrenton High School, is the daughter of Mike and Carla Moha. She is actively involved in student council, the National Honor Society, CommuniCare, drama and band and enjoys participating in track, cross country and dance. She plans to attend a four-year university to study civil engineering.

The Astoria Regatta takes place Aug. 7-10. For information, go to astoriaregatta.com

Experiencing the five-year itch

Dear Annie: I’ve been with my significant other for five years. We’re each other’s “person.” I’m more comfortable with him than I’ve ever been with anyone else, but there’s a catch. We’ve noticed a trend: that I’m better at taking care of myself when he’s not around. It’s not a conscious thing. I’m not intentionally sulking. But it seems that my depression and anxiety come out of the woodwork — I’ve been stable for quite a while — when I’m alone with him. When we’re apart — for example, one of us goes out of town — I flourish. I’m confused by this pattern. I don’t understand why someone I am so comfortable with seems to hinder my growth and well-being. He is a wonderful, loving partner. I have no complaints about how he treats me. We have awesome communication and talk about absolutely everything. And yet, a part of me feels trapped. I don’t want us to break up, but maybe we’re no longer a good fit. — *Dating but Drifting*

Dear Dating but Drifting: Perhaps what you’re feeling is the result of codependence, counterintuitive as it might sound. It’s possible you only feel like you can give yourself permission to focus on your own well-being when he’s not there. Check out Mental Health America’s “Characteristics of Co-Dependent People” at <http://www.mentalhealthamerica.net/co-dependency>, and see if you recognize yourself in the list of traits.

Alternatively, maybe your relationship is simply in need of a refresh. Take a trip with your boyfriend; try a new hobby together. Sometimes, all it takes is shaking up the routine a bit to remember why you fell in love with someone.

Finally, it very well could be that this relationship has run its course, and your anxiety is telling you it’s time to move on. If that is the case, it is better to rip that Band-Aid off sooner than later.

Dear Readers: Recently,

I printed a letter from “Missing Out on Friends,” who wanted to adopt a cat but wondered what would happen to the cat should something happen to her. I asked you all to share any insights, and share you did.

Dear Annie: As a 56-year old Aspie, I found myself in the same predicament. I eventually did adopt two cats, so I’d like to offer some advice:

1) Adopting an older cat is a good idea. But keep in mind this means budgeting for veterinary expenses. I pay about \$150 every six months for a veterinary exam and blood tests.

2) Buy a wallet that opens to show two vinyl windows, one for your driver’s license and one for a homemade card that says “Notice to Emergency Responders” and shows a picture of your cat. Explain on the back of the card that you live alone, and give instructions for whom you’d like to take care of your cat in an emergency (probably your vet). This is why it’s important to choose a vet with boarding facilities.

3) Prepare and post a chart in your home with a picture of your cat, list of medications, feeding instructions and hiding places. Include your veterinarian’s name and phone number, and the shelter you trust the most to take care of your cat in the unlikely event of your premature death. Ask your veterinarian for recommendations about the local shelters.

Dear Annie: As a longtime volunteer for a kitty rescue, your advice to volunteer at a shelter was spot on. Not only will the kitties provide companionship, so will the other volunteers. We have people volunteering for us as cage cleaners, socializers, adoption staff, special events coordinators — you name it, we need people. We also have a program called Senior to Senior, in which senior citizens become permanent fosters for senior cats. — *Ann A. in Connecticut*



ANNIE LANE
Creators
Syndicate Inc.

Melanoma presentation set for Saturday

The Astorian

Residents of Astoria can virtually take part in the PDX Skincare Festival’s “Melanoma Survivors to Thrivers Symposium” from noon to 2:45 p.m. Saturday at the Columbia Memorial

Hospital Columbia Center Coho Room, 2021 Marine Drive.

The event is presented by Dr. Sancy Leachman and the Oregon Health & Science University Department of Dermatology as part of the OHSU-led “War on

Melanoma.”

The free event, open to the public, marks the launch of a statewide public awareness campaign aimed to educate the public about the importance of skin cancer early detection. Attendees have the opportunity to

receive community toolkit information to become local leaders in the effort, and connect with others who are joining the effort.

To attend, RSVP to Venus Fromwiller at the CMH/OHSU Cancer Care Center at 503-338-4085, ext. 71203.

RELIGION BRIEFS

Community HU sing
SEASIDE — A Seaside Community Eckankar HU Sing takes place at 3 p.m. Sunday at the Seaside Public Library, 1131 Broadway. Regardless of one’s beliefs or religion, anyone can sing HU (pronounced hue), an ancient name for God; it is for the spiritual upliftment of those who come, and is not directed to any other purpose. For information, call Seann Valen at 503-717-5485, email axcess49@gmail.com or go to eckankar.org

Cannon Beach Community
CANNON BEACH — Cannon Beach Community Church, 132 E. Washington St., holds an Evensong service at 6 p.m. the first and third Sunday of the month. All are welcome.

Evensong features Wes Warhmund (guitar, flute and clarinet) and meditative songs, Psalms, readings, candlelight and time for quiet reflection.

For information, call the church at 503-436-1222.

Communities in Partnership
SEASIDE — Spiritual Communities in Partnership meets at 8:30 a.m. Tuesday at the Riley’s Restaurant, 1104 S. Holladay Drive, to foster better understanding among faith practitioners and to nurture one another in spirit. All faiths are welcome. For information, call Ann Souvenir at 503-738-0200.

Pacific Unitarian Universalist
Pacific Unitarian Universalist (UU) Fellowship services are held at 11 a.m. Sunday at the Performing Arts Center, 588 16th St. The Rev. Tom Bozeman from Evergreen UU Fellowship in Marysville, Washington, is the speaker; his topic is “Growing into Harmony.” All are welcome.

The PUUF annual membership meeting immediately follows the service.

St. Mary, Star of the Sea Parish
The Eucharist Ministry is having a Ministry Fair planning meeting at 10 a.m. Saturday at Columbia House Condos. For questions, contact Teela Evans at teelaevans1@gmail.com

Faith Formation classes resume Sunday and May 26 at 11:45 a.m. in St. Michael’s Room at St. Mary, Star of the Sea Catholic Church, 1465 Grand Ave.

A training/meeting for all lectors is at 2:30 p.m. Sunday in St. Mary’s church, followed by dinner. To attend, or if there are any food restrictions or questions, contact Teela Evans or Amy Russell at the parish office at 503-325-3671. Spouses are invited and welcome.

Applications for the Knights of Columbus-William J. Leahy Council W.C. Wallace Memorial Scholarships are open to all high school seniors who are members of the parish. Forms are available in the parish office from 8:30 a.m. to 4 p.m. Monday through Friday, and must be submitted by May 24.

Coast Pregnancy Clinic has started its Baby Bottle Campaign. Parishioners are asked to put small change in the bottles daily. The bottles are returned on Fathers Day (June 16) weekend. The funds are used to provide resources for families in need.

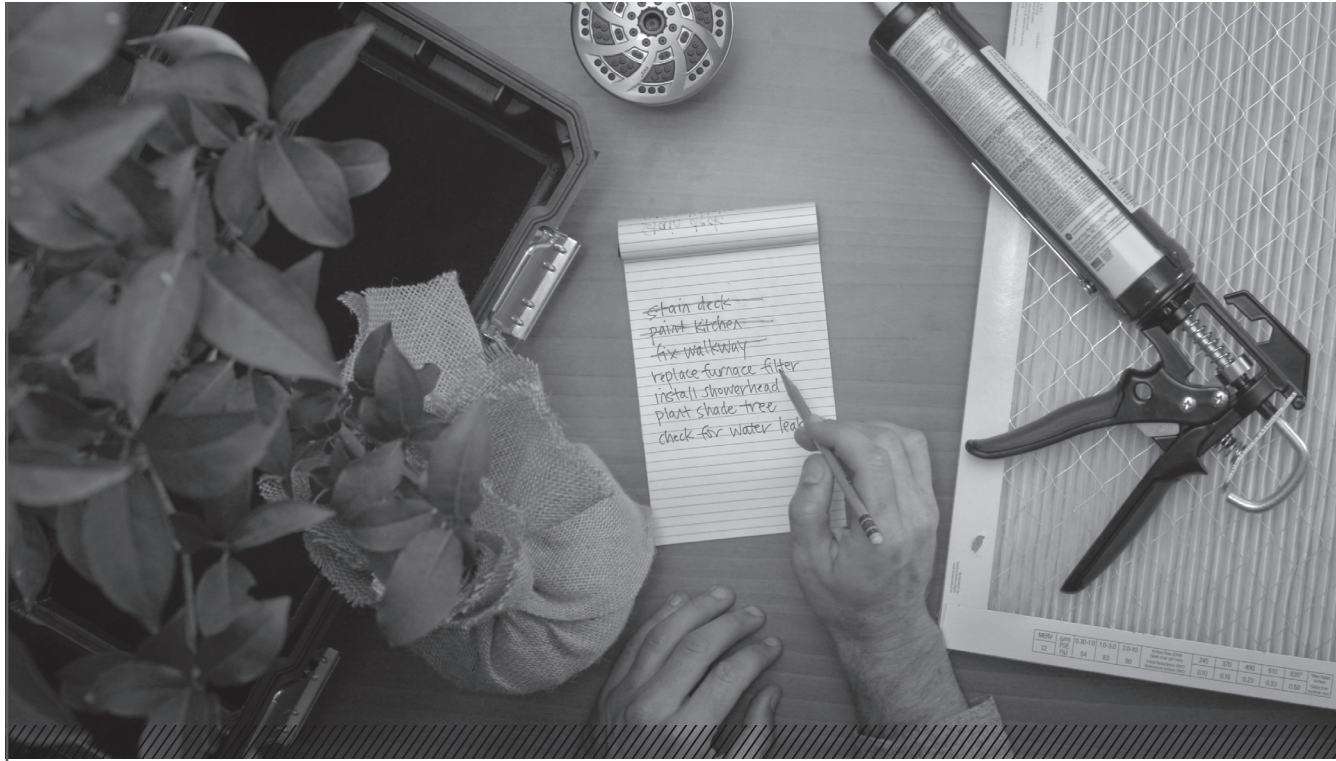
St. Francis de Sales Mission Church, 867 Fifth Ave. in Hammond, is planning to replace its current 14 Sta-

tions of the Cross, which will be purchased with contributions by parish members. Send donations to St. Mary, Star of the Sea, with reference to “Hammond Stations.”

Astoria Church of Christ
The Astoria Church of Christ, 692 12th St., hosts

Ken Tipps as guest speaker at the 10:30 a.m. Sunday service. His topic is “The Mysteries of the Kingdom of Christ,” from the Book of Ephesians.

A Bible study is offered at 9:45 a.m. All are welcome. For information, call 503-791-3235.



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