



Astoria Scandinavian Midsummer Festival Association

Senior court members of the 2019 Astoria Scandinavian Midsummer Festival are, from left, Miss Finland, Sofia Morrill; Miss Norway, Jordan Walter; Miss Scandinavia, Kourtney Tischer; Miss Denmark, Isabel Talley; and Miss Sweden, Hannah Sundstrom Eaton.

Astoria Scandinavian Midsummer Festival announces 2019 Court

The Astorian

The Astoria Scandinavian Midsummer Festival Association has announced the members of the 2019 Court, who were formally introduced March 12. They have been busy representing the festival at numerous events, and have been to all of the local lodges, and many civic groups, presenting their speeches.

The Senior Court members are: Kourtney Tischer, 2018 Miss Scandinavia, a senior at Knappa High School, who represented the country of Finland last year; Senior Miss Denmark, Isabel Talley, a junior at Astoria High School; Senior Miss Finland, Sofia Morrill, a senior at Warrenton High School; Senior Miss Norway, Jordan Walter, a senior at Knappa High School; and Senior Miss Sweden, Hannah Sundstrom Eaton, a sophomore at Mountside High School.



Astoria Scandinavian Midsummer Festival Association

Junior court members of the 2019 Astoria Scandinavian Midsummer Festival are, from left, Crown Bearer, Kirk Rohne; Junior Miss Sweden, Katelynn McCauley; Junior Miss Norway, Phaira Lane; Junior Miss Finland, Chloe Jean Stelzig; and Junior Miss Denmark, Harmony Harrod.

The Junior Court members are: Crown Bearer, Kirk Rohne; Junior Miss Denmark, Harmony Harrod; Junior Miss Finland, Chloe Jean Stelzig; Junior Miss Norway, Phaira Lane; and Junior Miss Sweden, Katelynn McCauley.

The Senior Court Chaperone is Rebeckah Orton; the Junior Court Chaperone is Amanda Rohne.

In early May, the court members were in the Loyalty Day Parade in Long Beach, Washington, and won second place in their category. They still have many events ahead of them prior to the Astoria Scandinavian Midsummer Festival, which takes place June 21 to 23 at the Clatsop County Fairgrounds. One of the princesses will be crowned Miss Scandinavia 2019 on the first night of the festival.

For information, go to astoriascanfest.com

SELF-HELP GROUPS

Al-Anon (Astoria) — 7 p.m. Tuesday, Peace Lutheran Church, 565 12th St.; 12 p.m. Wednesday, First United Methodist Church, 1076 Franklin Ave. For information, call 503-325-1087.

Al-Anon (Clatskanie) — 7 p.m. Monday, Faith Lutheran Church, 1010 N.E. Fifth St., Clatskanie. For information, call 503-728-3351.

Al-Anon (Nehalem) — 7 p.m. Monday, Riverbend Room, North County Recreation District, 36155 Ninth St. For information, call 503-368-8255.

Al-Anon (Seaside) — 6:30 p.m. Tuesday, Seaside Public Library, 1131 Broadway, call 503-810-5196 for information.

Al-Anon (Tillamook) — 7:30 p.m. Wednesday, St. Albans Episcopal Church, 2102 Sixth St., call 503-842-5094 for information; 9 a.m. Thursday, 6505 Headquarter St., Tillamook; noon Friday, 5012 Third St., call 503-730-5863 for information.

Al-Anon Family Groups information — Oregon Area Al-Anon website, oregon-alanon.org

Alateen (Tillamook) — 4 p.m. Monday, 5012 Third St. 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

Men's Sexual Purity Recovery Group — Tuesday nights. 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.

Narcotics Anonymous — The Northwest Oregon Area of Narcotics Anonymous (NWOANA) holds meetings in Clatsop County. For full schedule details, as well as upcoming special events, call the Helpline at 503-717-3702, or go to na.org

Overeaters Anonymous — 1 p.m. Sunday, Suzanne Elise Assisted Living Community library, 101 Forest Drive, Seaside. Call 503-738-0307 for information.

TOPS (Take Off Pounds Sensibly) (Astoria) — 5 p.m. weigh-in, 5:30 p.m. meeting Tuesday, First Lutheran Church, 725 33rd St. For information, call Trisha Hayrynen at 503-298-9058.

TOPS (Seaside) — 9:15 to 10:15 a.m. meeting Tuesday, North Coast Family Fellowship Church, 2245 N. Wahanna Road. All are welcome. For information, call 509-910-0354.

TOPS (Warrenton) — 9 to 9:45 a.m. weigh-in, 10 a.m. meeting Wednesday, First Baptist Church, 30 N.E. First St. For information, call Marilyn Barnard 503-861-2918 or Glennys Sherman at 503-338-8214.

Mom seeks help for addiction

Dear Annie: I'm a mother to five beautiful children. I do not have custody of any of them. I'm an addict, and I refuse to raise my kids the way my parents raised me. I want them to have and see a better life than I did. Growing up wasn't great for me. We were homeless. Sleeping in backyards in tents wasn't cool. My siblings and I had to transfer schools all the time.

I didn't graduate from high school, although I did sure get a degree from the School of Hard Knocks. I had my first kid at 18 and gave him and my parental rights up to my brother. As an adult, I started smoking meth and marijuana and drinking. I was in jail by age 22. In my early 20s, I had my second kid and gave him up for adoption because I knew I wasn't done with the cycle of drug use and jail. As for my third kid, I have joint legal custody of him because I don't have stability. And my last two kids live with their father, my ex-husband. I've relapsed, and I hate who I am today. I want better for me so I can be better for my kids. Do you have any advice for me that I don't already know? Changing for the better, and getting clean and sober, has been so hard for me. Though I have done it in the past and loved it. I had a great church family and lost them because of my addiction. Help me be better. I want to be better. — *Bad Mom*

Dear Mom: Few people have easy roads in life, but yours has been especially difficult. Growing up without housing likely left you with anxiety issues, and substance abuse became a coping mechanism. Try to show yourself some compassion. No one ever hated herself into self-improvement. Becoming the person you want to be starts with forgiving yourself for the person you've been.

You asked me to give you some advice

that you haven't heard before. I'm going to give you advice you probably have. But even if you've heard this a hundred times,

it's worth hearing a hundred more: I strongly urge you to attend Narcotics Anonymous, Alcoholics Anonymous or another program such as LifeRing. I believe such a support group will offer the sense of community and family that your spirit craves.

Dear Annie: I'm responding to the writer who sent advice regarding adopting an older cat. Their advice was spot on except for their final advice to provide the name of an animal shelter to which the cat should be

sent to upon an owner's untimely death. As a longtime shelter volunteer, the cruelest thing that can happen to an animal whose guardian has passed is to be sent to an animal shelter. Older animals have little chance of adoption, and they will most likely end up euthanized. Is that what any loving pet owner wants for their beloved pet?

In most states, there are privately run long-term care facilities for aging animals where they can live out their lives peacefully. Every pet owner should visit those facilities to confirm that they are properly licensed and operated responsibly. Make it clear in your family trust what is to happen to your pets upon your death, and provide funds for their lifelong care. Far too many animals end up in shelters. Don't add to that population. — *Animal Lover in New Mexico*

Dear Animal Lover: I was unaware of these until I got your letter and looked into it more, but there are indeed "pet retirement homes" or "sanctuaries." I echo your statement that owners should be sure to visit the facilities personally and ensure they're properly licensed and offer animals adequate, humane care. Thanks for writing.

DEAR ANNIE



ANNIE LANE
Creators
Syndicate Inc.

Warrenton conducts smoke testing

The Astorian

Warrenton is performing smoke testing of the sewer lines, tentatively scheduled for June 13 and 14, and throughout the community during the week.

Smoke testing identifies system leaks and locations where unwanted storm water is entering the sewer lines. These problem areas are quickly identified by the smoke escaping through the holes in the system, and being observed above ground by workers.

During testing, residents may notice smoke escaping from their eaves and yard drains. Also, smoke may enter the house through faulty or improper traps and drains. To minimize the

smoke entering the house, pour water into all drains, including floor drains, prior to the testing. The smoke is nontoxic, nonstaining, nonflammable and is harmless to people, animals and plants.

Also during testing, smoke should exit the vent stack of houses and possibly escape through manholes. Any other observed smoke may suggest there is a problem with the sewer system.

The presence of the smoke in a house can be an indicator that there are dangerous and toxic gases entering the house. If this is the case, report it immediately to the personnel conducting the test, or call the city of Warrenton Public Works Department at 503-861-0912. A plumbing professional should also be contacted.

RELIGION BRIEFS

Pacific Unitarian Universalist

A Pacific Unitarian Universalist Fellowship service is being held at 10 a.m. Sunday at the Performing Arts Center, 588 16th St.

This is PRIDE Sunday. Christina Mae Ketcham, Tessa James Scheller, and the Rev. Kit Ketcham are speaking on the topic "Crises in the Q Community." The Lower Columbia Q Center's Q Choir will sing. All are welcome.

The last potluck until fall starts at 11 a.m., after the service, with the congregation sharing a barbecue with their Q friends. Barbecue is provided; all are asked to bring side dishes to round out the meal.

Grace Episcopal Church

Grace Episcopal Church, 1545 Franklin Ave., celebrates the Day of Pentecost on Sunday at a single 10 a.m. service. Those attending are reminded to wear red.

The eighth annual Jean Barney Art Show opens with a reception at 11:30 a.m. Sunday, with awards being presented at noon. Named after local art teacher Jean Barney, this show features local artists. The exhibit is available for viewing from 9 a.m. to noon on weekday and Sunday mornings, and runs through July 9.

Grace Church offers an ecumenical Taizé Prayer and Song Service at 7 p.m. Wednesday, with local musicians and the Taizé choir. All are welcome.

For information, call the church at 503-325-4691, or go to graceastoria.org

Community Vacation Bible School

Five area churches have combined to create the Astoria Community Vacation Bible School, which takes place from 10 a.m. to 2 p.m. June 24 to 27, and is open to ages 3 to sixth grade. The cost is \$15 for one student or \$25 per family.

This year's theme is "Shipwrecked: Rescued by Jesus." The week is filled with learning new songs, skits, arts, crafts, games and Bible stories, with a special celebration at the beach at 5 p.m. June 28.

For information, and to register, go the First Presbyterian Church of Astoria website, fpcastoria.org, or call or check all of the participating church websites for a link to the registration form. The deadline to register online is June 14; registration in person is June 24.

The churches sponsoring this annual event are: First Baptist Church of Astoria, First Presbyterian Church of Astoria, Peace Lutheran Church, First Lutheran Church and First United Methodist Church.