

Coming to terms with the past

Dear Annie: I am a 32-year-old married man with two children. I am trying to come to terms with my childhood. I grew up in a dysfunctional family, with an alcoholic father and a mother who had numerous affairs.

My elder brother, “Michael,” was my world. He is only three years older than I am, but he practically raised me. He is the one who got me dressed and ready for school every morning, fed me, helped me with my homework, and tucked me in at night.

When I was 12 years old, my parents were going through a nasty divorce, and our home had become a war zone. I began to cling to my brother even more for comfort and safety.

I am ashamed to admit that our relationship became inappropriate and sexual in nature. To this day, I am not sure how it happened. It was never the same after that, and we never discussed what we had done.

About a year ago, I started to go to therapy to deal with my past. I still love Michael and want to try to understand what we did and how it happened.

I approached him about meeting with my therapist, but he reacted with anger. He claims to have no memory of any sexual encounters between us. He says it never happened and I must be imagining the whole thing.

As God is my witness, I remember what happened between us. I am not looking to accuse. I just want to understand. He has told every member of the family, including our divorced parents, that I am some kind of a pervert with bizarre, sick fantasies about him. Unfortunately, the family believes him.

My therapist says that there is little I can do to get Michael to admit to our past,

that I need to reach peace of mind on my own. Is there anything you can suggest to get him to at least sit down with my therapist and me? — *Recovering*

Dear Recovering: I am so sorry for what you went through, but I’m very glad to hear that you’re in therapy. I believe that your therapist is right — that there is little you can do to get Michael to admit the past. I encourage you to stay in therapy, as I believe you’ll find that you have many pathways to recovery that don’t require Michael’s participation. Call the Rape, Abuse & Incest National Network’s hotline anytime if you need someone to talk to: 800-656-4673.

Dear Annie: Though your answer to “Craving Kicks” was good, I think it was slightly incomplete.

She said she felt completely free, present and powerful when she scored her first soccer goal and was indeed recalling those feelings. But I submit that any endeavor also has the potential to give those exact feelings of freedom, power and presentness when it is pursued with practice and then success is achieved. It depends on the intensity of the pursuit, the amount of focus and practice, and how crowd-pleasing accomplishments are. It does not have to be soccer. Successful professionals in all sports and in other endeavors — music, acting, academics — experience the same power, freedom and presentness, which come from concentration and focus. This makes me wish I had practiced the piano more. — *Kathy in Virginia Beach*

Dear Kathy in Virginia Beach: I’m printing your letter because I agree completely. Great points. And it’s never too late: Go tickle those ivories!



ANNIE LANE
Creators
Syndicate Inc.

RELIGION BRIEFS

Community HU sing
SEASIDE — A Sound Of Soul Event, Singing HU (Hue), an ancient name for God, takes place at 3 p.m. Sunday at the Seaside Public Library, 1131 Broadway, sponsored by ECKANKAR, The Path Of Spiritual Freedom. For information, contact Seann Valen at eckcoast@gmail.com

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.

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, oregonal-anon.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
Celebrate Recovery — 6 to 8 p.m. Thursdays, North Coast Family Fellowship, 2245 N. Wahanna Road, Seaside. Faith-based 12-step recovery from hurts, habits and hang ups. For information, call 503-738-7453.

Churchill Mortgage donates to Helping Hands



Churchill Mortgage, which is opening an office in Astoria in March, recently delivered Sackcloth & Ashes blanket boxes filled with essentials to the local Helping Hands outreach center. During the holiday season, the company partnered with its clients to gather donations and assemble the boxes to help local neighbors in need. Pictured, bottom, Ashleigh Naslund; top, from left, Krista Schram and Melanie Wiegardt.

Assistance League receives check from Holly McHone Jewelers



At its first membership meeting of the new year, the Assistance League of the Columbia Pacific was presented a check for \$2,300 from Holly McHone Jewelers. ALCP was selected as their nonprofit partner for the 2019 Christmas Gem Bag Special. The donation supports ALCP’s Operation School Bell, which provides clothing to Clatsop County students in need. Pictured from left, Karen Radditz, president of ALCP, Holly McHone and Kevin McHone. For information about the Assistance League and membership, go to assistanceleaguecp.org

 Follow us on Facebook!

FACEBOOK.COM/DAILYASTORIAN

Phone and Internet Discounts Available to CenturyLink Customers

The Oregon Public Utility Commission designated CenturyLink as an Eligible Telecommunications Carrier within its service area for universal service purposes. CenturyLink’s basic local service rates for residential voice lines are \$18.80-\$19.80 per month and business services are \$31.00-\$35.00 per month. Specific rates will be provided upon request.

CenturyLink participates in a government benefit program (Lifeline) to make residential telephone or broadband service more affordable to eligible low-income individuals and families. Eligible customers are those that meet eligibility standards as defined by the FCC and state commissions. Residents who live on federally recognized Tribal Lands may qualify for additional Tribal benefits if they participate in certain additional federal eligibility programs. The Lifeline discount is available for only one telephone or qualifying broadband service per household, which can be either a wireline or wireless service. Broadband speeds must be 20 Mbps download and 3 Mbps upload or faster to qualify.

A household is defined for the purposes of the Lifeline program as any individual or group of individuals who live together at the same address and share income and expenses. Lifeline service is not transferable, and only eligible consumers may enroll in the program. Consumers who willfully make false statements in order to obtain Lifeline telephone or broadband service can be punished by fine or imprisonment and can be barred from the program.

If you live in a CenturyLink service area, please call 1-888-833-9522 or visit centurylink.com/lifeline with questions or to request an application for the Lifeline program.

 **CenturyLink®**

Consult a PROFESSIONAL



LEOFINZI

Astoria's Best

Microsoft REGISTERED Refurbisher FAST, FRIENDLY & AFFORDABLE!

WINDOWS 7 SUPPORT ENDS JAN. 2020. FULL UPGRADE ONLY \$199

Mon-Fri 10-6, Sat 11-4
77 11th Street, Suite H
Astoria, OR • 503-325-2300

[Astoria's Best.com](http://Astoria'sBest.com)

Q: What does “Support for Windows 7 ends Jan. 14th” mean?

A: Microsoft provides “security” and “features updates” for their supported operating systems (OS) for 10 years after introduction. If a way for virus or ransomware to infect a Windows machine is discovered, their engineers work to fix those vulnerabilities. As web pages, programs and games continue to evolve, their engineers add “features updates,” the ability to recognize and decode those enhancements. After 10 years, those patches, etc. get to be excessive, and a new OS is needed.



JEFFREY M. LEINASSAR
DMD, FAGD



503/325-0310
1414 MARINE DRIVE,
ASTORIA
www.smileastoria.com

Q: How does sensitive toothpaste work?

A: Imagine one of your teeth — it has two main sections: the crown above the gum line and the root below. People with sensitive teeth experience pain when their teeth are exposed to something hot, cold or when pressure is applied. The layer of enamel may be thinner and the gum line may have receded, exposing more dentin, which makes teeth more sensitive. Sensitive toothpaste, usually containing a chemical called strontium chloride, works by blocking the tubules in the dentine. Repeated use builds up a strong barrier by plugging the tubules more and more, leading to less-sensitive teeth.



Lisa Cadonau
Advertising Representative

the Astorian
503-325-3211
www.dailyastorian.com
949 Exchange St., Astoria, OR

Q: What is the best way to get results from my limited advertising dollar?

A: The combination of a print and online audience is recession proof. We have an excellent print and online special for this time of year. Give your sales representative a call today to hear more about it!