

# United Way awards funds to eight nonprofits

The Astorian

United Way of Clatsop County awarded the remaining \$8,000 from its COVID-19 Response Fund to eight regional nonprofit organizations, registering a final total of \$54,200 in grants delivered to 17 nonprofit agencies since April 15.

Grants were awarded through four funding

cycles. Agencies receiving funding include: Helping Hands, Clatsop Community Action’s housing program, Clatsop Community Action Regional Food Bank, The Harbor, Lighthouse for Kids, Clatsop Court Appointed Special Advocates Program, Columbia Senior Diners, Clatsop Emergency Food Bank, South County Food Bank, Cannon Beach Food

Pantry, Lower Columbia Hispanic Council, KMUN Coast Community Radio, Restoration House, Astoria Armory Community Center, Camp Kiwanilong, Friends of the Performing Arts Center and Libraries Rural Outreach of Clatsop County.

Jennifer Holen, executive director of United Way of Clatsop County, said 100% of all dollars raised for the COVID-19 Response Fund

were awarded; none were used for United Way administration or operational costs. She said the organization will now shift its focus from response mode to recovery mode in its efforts to serve the community.

For information, or to donate, go to [clatsopunit-edway.org](https://clatsopunit-edway.org) or mail a check to United Way of Clatsop County, P.O. 775, Astoria OR., 97103.

# Art contest focuses on community unity

The Astorian

WARRENTON — Spruce Up Warrenton is hosting a second “Whimsical Warrenton Art Contest,” open to Warrenton and Hammond residents.

The contest is open until 5 p.m. Sunday. Entries should

be sent to [spruceupwarrenton@gmail.com](mailto:spruceupwarrenton@gmail.com).

The contest theme is “unity in our community.” Sculptures, textiles, pottery, jewelry and other three-dimensional art are eligible for entry.

The contest’s entries will be added to a photo album on the Spruce Up Warren-

ton Facebook page. Winners will be decided based on how many “likes” the photo receives by 5 p.m. Sunday. Reactions on shared posts will not count.

The contest’s winner will be given a \$25 gift certificate to a Warrenton or Hammond business of their choice.

When entering, include your first and last name, mailing address and a photo of your creation. Photo files should be 40 MB or smaller. Only JPG and PNG files are allowed. Individuals can send in multiple entries but each entry should be sent in its own email.

# Scandinavian festival association gives scholarships

The Astorian

The Astoria Scandinavian Midsummer Festival Association is recognizing four outstanding seniors; each will receive a \$1,000 scholarship.

They are Warrenton High School students Kaisa Liljenwal, Mara Dowaliby and

Isabella Morrill, and Astoria High School student Leo Matthews.

The students were chosen because of their excellence in academics and community service. All four have also been involved with the Astoria Scandinavian Midsummer Festival over the years.



Leo Matthews



Isabella Morrill



Mara Dowaliby



Kaisa Liljenwal

## 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](https://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](https://aa-oregon.org)

**Celebrate Recovery** — Faith-based 12-step recovery

ery from hurts, habits and hang ups. For information, call 503-738-7453.

**Men’s Sexual Purity Recovery Group** — Part of the Pure Life Alliance ([purelifefalliance.org](https://purelifefalliance.org)) in Portland. For information, call the confidential voicemail at 503-750-0817 and leave a message.

**Narcotics Anonymous** — For full schedule details, as well as upcoming special events, call the helpline at 503-717-3702, or go to [na.org](https://na.org)

**Overeaters Anonymous (Astoria)** — For information, call 425-287-0806.

**Overeaters Anonymous (Seaside)** — For information, call 503-738-0307.

**TOPS (Take Off Pounds Sensibly) (Astoria)** — For information, call Trisha Hayrynen at 503-298-9058.

**TOPS (Seaside)** — For information, call 509-910-0354.

**TOPS (Warrenton)** — For information, call Cheryl Nitz at 503-338-2132.

# It’s important to keep clear boundaries

**Dear Annie:** I was given up for adoption at four months old and was adopted by my maternal grandparents. I was raised as an only child, even though I knew who my siblings were and saw them regularly. My biological mother sowed seeds of hatred and division between my siblings and myself at every opportunity. Upon her death, we found out that she had cashed in her life insurance policies and had no cemetery plot. Now, mind you, I ceased having a relationship with this lady for the last 20 years of her life.

While making the funeral arrangements, I agreed to help my siblings by giving them one of my own burial plots with the understanding that they must pay for the opening and closing and the vault. We all agreed to borrow the money for the funeral, and we all signed the loan. My brother agreed to borrow the money for the opening and closing separately. Two days prior to the funeral, he informed me that he did not get the loan. I agreed to pay for it with the stipulation that they would reimburse me.

I found out a month after the funeral that he did, in fact, get the loan and blew the money partying. I confronted him about it, and he was irate that I’d even asked him about it. And in reference to the loan for the funeral, my siblings made just two payments of their share and never brought it up again.

So, my wife and I spent \$8,000 of our savings and paid the loan off. I advised them at the next family

get-together that I was not going to bury anybody else, and they needed to make sure that they had their affairs in order.

They have said on numerous occasions that I should have taken care of everything because I had a better job and made the most money. I was made out to be the bad guy because I refused.

Now, their big project is to purchase her a headstone. and they want me to help pay for it. I have told them no on numerous occasions, but my sister brings it up whenever she calls. My wife and I are both retired and are unable to shell out money like we use to. I’m tired and frustrated by all of this. What more can I say or do? — *Frustrated Sibling*

**Dear Frustrated:** It’s not about what you can do; it’s about what you can’t do. You can’t keep caving to your

siblings’ will and shelling out money. You’ve done the right thing in drawing this line. As relationship coach Jenna Korf says, “If someone gets angry with you for setting a boundary, consider that a good sign that the boundary was necessary.” Stand your ground. And consider attending a support group such as Families Anonymous, which can help you lovingly detach from toxic behavior in your family.

Know that sometimes people are intent on holding a grudge, and there’s nothing you can say to loosen their grip. That’s too bad for them, as they’re the ones carrying the weight.

**Dear Annie:** In response to the challenge from a senior citizen earlier who suggested people donate any unneeded stimulus checks to those who are in need: challenge accepted and completed! Hopefully, many others take up the challenge.

— *Two Very Thankful Kona Seniors*

**Dear Thankful:** That is wonderful to hear. There are so many worthy causes in need of financial support: from food banks, to shelters, to suicide-prevention crisis centers, which have seen an increase in calls during the quarantine. Thanks for writing in and further promoting the charitable challenge.



ANNIE LANE  
Creators  
Syndicate Inc.

## WANTED

Alder and Maple Saw Logs & Standing Timber

Northwest Hardwoods • Longview, WA

Contact: John Anderson • 360-269-2500

**Jack Ficken**  
[jficken@lewisandclarkbank.com](mailto:jficken@lewisandclarkbank.com)  
(503) 298-2330  
988 Commercial St, Astoria

## We could all use a little extra help.

Jack is here for all your business financing needs.

# LEWIS & CLARK

## BANK

PARTNERS FOR BUSINESS.™

Equal Housing Lender  
**Member FDIC**

# Kealey named Ford Scholar

The Astorian

Connor Kealey, of Cannon Beach, a participant in Clatsop Community College’s TRIO Student Support Services Program, has been named a Ford Scholar for 2020.

TRIO is dedicated to helping first generation, low income or disabled students reach college goals. The Ford Scholars Program is open to community college students who are ready to transfer to a four-year institution.

“Receiving the Ford Scholarship really made me feel that I was making good on all the support I’ve received,” Kealey said. “So many people, family, friends, TRIO advisors, and especially some very standout Clat-

sop professors, gave me a momentum for which I’m endlessly grateful.”

Scholarship eligibility criteria include financial need and merit qualifications. In addition, scholars must attend an accredited, nonprofit college in their home state and be pursuing a bachelor’s degree full time. The renewable scholarship covers 90% of each student’s unmet financial need for each academic year.

Information about the Ford Foundation and its scholarships can be found at [tfff.org](https://tfff.org)

Information about Clatsop Community College TRIO Student Support Services can be found at [bit.ly/CCCTRIO](https://bit.ly/CCCTRIO), or call Christine Riehl at 503-338-2305.



Connor Kealey

# Consult a PROFESSIONAL

**LEO**

**Astoria's Best**

WE HAVE WEB CAMS IN STOCK \$99.99

**WE'RE HERE TO HELP.**

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

[AstoriasBest.com](https://AstoriasBest.com)

**Q: How do I defragment my hard drive?**

**A:** Press the Window key on your keyboard. Type “This PC” then click “Open”

Right-click on “Local Drive C” then click “Properties” At the top, click the “Tools” tab, then “Optimize.”

To schedule disk defragmentation in the future, click on Change Settings. Click the drive(s) you wish optimized and the frequency (weekly should do nicely.)

Note, if your computer had a Solid-State Drive, you do not need to optimize it.

**JEFFREY M. LEINASSAR**  
DMD, FAGD

**LEINASSAR**  
DENTAL EXCELLENCE

503/325-0310  
1414 MARINE DRIVE,  
ASTORIA  
[www.smileastoria.com](https://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.

**ASTORIA CHIROPRACTIC**

Alicia M. Smith, DC  
Owner

**503-325-3311**  
2935 Marine Drive  
Astoria, Oregon

**Q: I've seen too many ninja movies! I'm terrified of having someone twist and pop my neck. Is there another way?**

**A:** Absolutely! Although we do some manual adjustments, we also have a tool that we use that can gently move a specific bone in a specific direction. This tool allows us to gently move the bone with little to no pain after treatment. It is safe for children, patients with osteoporosis, patients that are in high amounts of pain and patients that are just not comfortable with manual popping. We always do free consultations to see if you are even a chiropractic candidate.

**Heather Jenson**  
Advertising Representative

**the Astorian**

971-704-1716  
[www.dailyastorian.com](https://www.dailyastorian.com)

949 Exchange St.  
Astoria, OR  
503-325-3211

**Q: What is the Consult a Professional section and how can it help my business?**

**A:** The Consult a Professional section in The Astorian is a great and affordable way to advertise your business and inform readers about the types of services you provide. All you need to do is come up with a question that a customer might ask about your line of expertise and then give a detailed answer to help educate them before they even walk through your door. We are offering great rates and package deals that help save you money!