

Cannon Beach church hosts music meditations

CANNON BEACH – Join the Cannon Beach Community Church for weekly music meditations throughout March.

The church's next event will feature local pianist Patty Coomes on Friday at noon.

Area musicians will perform meditative music throughout the season of Lent, the six weeks leading up to the Easter holiday.

Next Friday at noon, the church concert series will feature Susan Buehler on the organ.

All concerts are free and open to the public.

For more information, visit www.beachcommunity.org.



VISIT WASHINGTON STATE PARKS FOR FREE ON SATURDAY

ILWACO, Wash. — Two free days are being offered by the Washington State Parks and Recreation Commission: On Saturday, in recognition of Washington State Parks' birthday, and on April 22, in celebration of Earth Day.

This means visitors to state parks will not need a Discover Pass for a day-use visit on those days. The Discover Pass is required to access lands managed by the Washington Department of Fish and Wildlife and the Department of Natural Resources. For information, go to parks.wa.gov

Surfers catch a wave at Cape Disappointment State Park's Waikiki Beach in Ilwaco.

Alex Pajunas/The Astorian

'Nature Matters' talk features ecology of intertidal areas

ASTORIA – Ecologist Zechariah Meunier will give a talk on the challenges faced by rocky intertidal ecosystems at Fort George Brewery's Lovell Showroom on Thursday at 7 p.m.

This event is part of "Nature Matters," a program featuring monthly conversations hosted by Lewis and Clark National Historical Park in partnership with the North Coast Watershed Association, Lewis & Clark National Park Association and Fort George.

In this talk, Meunier will describe research that he and other ecologists from Oregon State University are conducting on threats to the Northwest's iconic coastal ecosystems, including animals and algae, as well as their resilience.

This event is free and open to the public. Doors open at 6 p.m. For more information, visit www.nps.gov/lewi.



Catch up on preventative care.

Early on in the pandemic, many people put off in-person doctor visits. It's time to catch up on any preventative health services you missed. These can include:

- Mammograms and pap smears
- Screenings for diseases and cancer
- Childhood vaccines and annual visits
- Flu and pneumonia shots
- Routine checkups to get advice on diet, exercise and safety

CMH-OHSU Health Medical Group
Astoria • Seaside • Warrenton
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  **MEDICAL GROUP**

'Icons of Astoria' project seeks submissions from local artists

ASTORIA – Local artists are invited to submit works for the "Icons of Astoria" project, a collaboration between Astoria Visual Arts and the Cannery Pier Hotel & Spa.

Works by three artists residing in Clatsop and Pacific counties will be selected to represent the rich, iconic history of the Columbia-Pacific region and be included in the art collection of the Cannery Pier Hotel & Spa.

To be considered, artists must submit up to three high quality images along with a short summary of their artistic background by March 25. Artwork will be selected by a panel of regional arts leaders and represen-

tatives from the Cannery Pier Hotel & Spa. Each artist selected will receive \$500.

"We are very excited about this new partnership with the Cannery Pier Hotel," Astoria Visual Arts' executive director Annie Eskelin said. Selected artists for the project will be announced at a public reception at the hotel in May.

Strong candidates' artwork will represent the rich history of the Columbia-Pacific region, and may include work relating to the history of Astoria or the Cannery Pier Hotel & Spa. For more information, visit www.astoriavisualarts.org.

Seaside Library hosts presentation by local author

SEASIDE – Northwest author Brian D. Ratty will give a presentation at the Seaside Library on Saturday at 2 p.m.

Ratty's books, including "Tillamook Rock Lighthouse" and "The Long Painful Journey: Call of the Columbia" focus on

stories of the Columbia-Pacific region. His latest book, "Broken Arrow" explores the history and legends of Indigenous tribes of the Northwest.

For more information, visit www.seasidelibrary.org.