

Events

Class for chronic ailments to begin

Living Well with Chronic Conditions, a workshop to help participants build a plan to improve their health and life, will be held at 10 a.m. Mondays beginning March 7.

The free six-week workshop is offered through Northwest Senior and Disabilities Services and will be held virtually via Zoom.

For more information, or to

register, call Suzanne Bjaranson at 503-861-4202.

Gardeners to have cemetery work day

Clatsop County Master Gardeners Association, in cooperation with the city of Astoria, will have the second of two work days at Ocean View Cemetery in Warrenton from 10 a.m. to 1 p.m. Saturday, Feb. 26.

Each year, the association

does work within the city's parks in exchange for free use of the Alderbrook Learning Garden on Marine Drive in Astoria. Last year, more than 1,200 pounds of produce was grown and donated to the Clatsop County Food Bank from the learning garden.

Volunteers are needed to help clear Scotch broom. Workers should bring a mask, dress for the weather, wear sensible shoes and bring sturdy garden clippers.

Aquarium raises funds for 2 groups

Seaside Aquarium will donate admissions on Sunday, Feb. 27, to Friends of Haystack Rock and the North Coast Land Conservancy.

The special day, called the "Maine Event," honors Neal

Maine and his late wife, Karen, who were volunteers and advocates of both organizations as well as the aquarium.

The aquarium is open 9 a.m. to 5 p.m. Sunday at 200 N. Prom in Seaside. General admission is \$9, those 65 and older are \$7.75, and children 6 to 13 are \$4.50.

Works of artist/scientist featured

The works of artist Frances Stilwell are on exhibit through May 1 at the Oregon Historical Society, 1200 S.W. Park Ave., Portland.

Stilwell was a scientist, working as an ethologist, a biologist, a fisheries technician, a geomorphologist, and a botanist. In 1981, she decided to leave her career in science to pursue her lifelong



Stilwell's 'Coastal Strawberries'



Stilwell

passion for art.

Working mainly in pastels, Stilwell developed a growing body of work, depicting Oregon plants in their native habitats. Her illustrations became the impetus for her second book, *Oregon's Botanical Landscape: An Opportunity to Imagine Oregon Before 1800*. It features 81 of her illustrations.

Stilwell traveled across Oregon to paint each plant in its natural habitat.

In 2019, Stilwell donated all 81 illustrations featured in *Oregon's Botanical Landscape* to the Oregon Historical Society's museum collection.

Limited quantities of her book are available for purchase in the OHS Museum Store.

The museum and store are open from 10 a.m. to 5 p.m. Monday through Saturday and from noon to 5 p.m. Sunday. Admission is \$10.

Warrenton Community Library

160 S. Main Ave.
10-6 Mon-Fri
10-2 Saturdays

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home is where the heart is

During Heart Month, we remind you: whether you're looking for help managing an ongoing heart condition or advice about how to address risk factors for heart disease, you don't have to travel far from home to get expert care.

CMH-OHSU Health cardiologists are here to help, ensuring access to some of the latest and most advanced heart care, right here in Astoria. Make an appointment at 503-338-4087.

 **WOMENHEART**

Women of any age may join WomenHeart, a heart disease support group, for monthly meetings. Learn more: columbiamemorial.org/events.



CARDIOLOGY CLINIC

