

Community service, volunteering recognized with George, Ford Awards

The deadline for completed nomination forms is Dec. 5

ASTORIA and WARRENTON — Nominations are open for the annual George and Ford Awards.

Do you know a community member who has made a difference in Astoria? Nominate them for the George Award. Every year, the Astoria Warrenton Area Chamber of Commerce and the city of Astoria honor a local recipient for outstanding community service. The prestigious George Award honors someone who has consistently stepped forward to meet community needs, instead of “letting George do it.”

Do you know an individual who has served others in Warrenton? Nominate them for the annual Richard Ford Distinguished Service Award.

Richard Ford’s family established this award to honor the late Ford for his exemplary service to the community. Ford worked for the city of Warrenton as the building inspector and the fire chief. But, most importantly, he volunteered much of his free time helping his neighbors. The award, presented by the city of Warrenton and the Astoria Warrenton Area Chamber of Commerce, is given to a person who has devoted time and energy in countless ways to the community.

Nominations for both awards are due by 5 p.m. Friday, Dec. 11. A committee of

past award-winners will select this year’s recipients. The awards will be presented at the chamber’s Annual Meeting and Banquet on Jan. 30.

Chamber members and the public are invited to offer nominations. You may also include letters of support with the nomination. If your nominee is selected, the chamber will ask you to assist in making sure the recipient and his/her friends and family attend the awards ceremony.

Nomination forms are available at the chamber website, www.oldoregon.com

Nominations should include: Nominee name, contact information, occupation and description of community service. Don’t forget to provide your name and contact information.

Completed nomination forms can be dropped off, mailed or emailed:

- Astoria Warrenton Area Chamber of Commerce: 111 West Marine Drive/P.O. Box 176, Astoria, OR 97103

- Warrenton City Hall: 225 S. Main Street/PO Box 250, Warrenton, OR 97146

- Email: kelsey@oldoregon.com

Astoria Wellness Fair showcases local services

ASTORIA — An Astoria Wellness Fair will be presented by Thrivent Financial and RiverZen Yoga and Resistance Stretching from noon to 4 p.m. Sunday, Nov. 22. This free, one-day event will take place at RiverZen Yoga, located at 399 31st St. on the Riverwalk.

Local practitioners will gather to showcase their services and education about holistic health and wellness options available to the community.

Topics will include massage therapy, yoga, resistance stretching, reflexology, aromatherapy, health coaching, acupuncture, infrared sauna, float tank, meditation, relaxation and rejuvenation, healthy food choices and resources, financial health and more.

Astoria Wellness Fair

Noon to 4 p.m. Sunday, Nov. 22

RiverZen Yoga
399 31st St., Astoria

503-440-3554

Free

In addition, all yoga that day will be free. RiverZenYoga will also be offering simple stretches and self-stretch sessions for free, and the North Coast Food Web will serve snacks.

Columbia Memorial Hospital will be on hand to facilitate health screenings with immediate results; screenings are by appointment and cost \$25. The assessment will include: blood pressure, height/weight, waist circumference, body fat percentage, body mass index and blood sugar. To schedule a screening, contact Venus Fromwiller, Columbia Memorial Hospital Community Outreach, at 503-338-4520.

Additional participants at Astoria Wellness Fair are Prana Wellness Center, Waves of Change, Allow Your Body to Heal and North Coast Food Web. Call 503-440-3554 for questions about the event. For more information about the RiversZen, call Peggy at 503-440-3554.

Register for the 26th annual Manzanita Beach Walk & Run

MANZANITA — Registration is now open for the 2016 Manzanita Beach Walk & Run. The walk and run takes place at 8 a.m. Saturday, July 23. There is a non-competitive 5K walk, a 5K run, a 10K run and a new one-mile kid’s run. Cost is \$28

for each of the adult walk/runs and \$14 for the kid’s run. The price will increase after Dec. 1 and increase again after April 1, 2016.

In addition to the new kid’s run, there will be changes to the 2016 race, which include

walker results, recycling bins, a first aid station, more water, a better marked course, and a bag check, so entrants won’t have to go back to their car, hotel or home.

RunSignUp.com is hosting this year’s signup. For any questions or comments, call NCRD race director Jeremy R. Mulcahy-Hill at 503-368-4595 or email fitness@ncrd-nehalem.org. To register, go to www.runsignup.com

Crossword Answer

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Earn your GED with Clatsop Community College

ASTORIA and SEASIDE — The GED is an educational credential that is the equivalent of a high school diploma. It

is accepted by 98 percent of colleges and universities that require a high school diploma for entrance, as well as 96 percent of companies whose jobs require a high school degree.

Workers with a GED get better jobs and have higher lifetime incomes than those without a high school degree or equivalent.

The GED (tests of General Educational Development) is composed of a battery of four tests that address reasoning through language arts, social studies, science and mathematics. Students can proceed at their own pace. Cost for the

GED tests is \$152, and scholarships based on financial need are available.

Clatsop Community College offers free GED preparation classes in Astoria, Seaside and Clatskanie. The schedule of preparation classes can be found at www.clatsopcc.edu/ged. For more information regarding GED preparation classes, call 503-338-2347. GED preparation classes in Spanish are available in Astoria and Seaside. For information regarding GED preparation classes in Spanish, call 503-325-4747.

The college also conducts free reading, writing and math

assessments in Astoria for those considering beginning GED preparation. To schedule a GED orientation, call 503-338-2347. Register at least one week in advance for one of the upcoming orientation sessions: Dec. 11, Feb. 5, March 25 and April 29.

By earning a GED certificate, students demonstrate not only educational achievement, but also the fortitude to successfully finish a project. You will become a more valuable employee, and will have taken the first step in increasing your potential for workforce success and advancement.

For more information, contact George Heiner at 503-338-2347 or gheiner@clatsopcc.edu.

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