FOOD FOR THOUGHT: Memorial Day recipies

Betty Keiser's Cook's Corner

Memorial Day is a bit-ter-sweet holiday. It's a day to fly the flag while you enjoy your holiday picnic. First and foremost it's a day of remembrance. A day to honor the men and women in our military. It is a day to remember that when they signed up, all of them were willing to die for their country. It is a time to remember those who died in service and those who fought and survived. It's a time to remember those who are currently serving.

In our family, we did that by attending the local Memorial Day parade. When the kids were little they would dress in red, white and blue; sit on the curb and wave their little flags as the parade passed by. They quickly learned to stand up, take their hats off, put their hands over their hearts and respectfully salute every flag. Later, in their teen years they marched in those same parades.

Kathy was a cheer leader; Jeff played the trumpet and John the trombone in the bands.

We do this in remembrance of two of my uncles who served in WWII. Missouri farm boys, they both enlisted early on. Uncle Red served in the Air Force in England that worked on the fighter planes and endured the raids of the German Luftwaffe. His brother Lee, enlisted in the Army, and served in the Battle of Normandy. He was mentally mortally wounded and would sadly, never be the same.

So, this year, as usual, my husband will don his US Army hat and we will pay tribute to all those in the military by attending the Memorial Day Celebration in downtown Cottage Grove. It begins at 11 a.m. at the CG Armory and then a procession from the Armory to the Memorial Park at River Rd. and Main St. Members of motorcycle groups and people on

foot are led by the police and a bag piper, to the park where the event ends with a speaker and a 21-gun salute. I hope to see you there.

If you miss the parade, there is also a National Moment of Remembrance that encourages Americans to stop whatever they're doing, at 3 p.m. (local time), for a moment of silence to remember and honor those who have died in service to the U.S. Founder Carmella LaSpada says, "It's a way we can all help put the memorial back in Memorial Day."

After that, most of us will join family and friends for a picnic bar-b-que. Today's recipe is a side dish that can be prepared in advance to go with hamburgers, hot dogs, chicken or ribs.

Enjoy! And God bless America!

FARFALLE GARDEN PASTA SALAD

- 1 (16 ounce) box farfalle pasta
- ½ cup extra virgin olive oil, divided
- ½ cup red wine vinegar
- 1 teaspoon lemon rind, grated 1 teaspoon Dijon mustard
- Salt and pepper to taste ½ pound fresh green beans, cut into 1-inch pieces 1 medium zucchini, diced
- 2 medium carrots, shredded, rinsed, and drained well
- 1 pint cherry tomatoes, cut in half
- 1 (4 oz.) package crumbled feta cheese
- 2 green onions, trimmed and sliced 1 tablespoon fresh oregano (or ½ teaspoon dried)
- 1 tablespoon fresh mint, chopped
- Cook farfalle according to package directions. Drain well and put in a large bowl. Drizzle with 1 tablespoon oil, tossing to coat. Set aside and prepare vinaigrette and vegetables. Vinaigrette: Whisk together vinegar, lemon rind and mus-

tard in a small bowl; gradually add remaining olive oil in a slow steady stream, whisking until blended. Set aside. Cover green beans and zucchini in salted water and boil 5

minutes or until tender-crisp. Drain. Mix with shredded carrots and set aside.

Toss together pasta, with vegetables. Drizzle and mix with half the vinaigrette. Add the tomatoes, feta, green onions and spices to the pasta and veggies. Add the remaining vinaigrette and mix well. Cover and chill in refrigerator at least 2 hours or overnight. Serves 8-10 as a side dish.

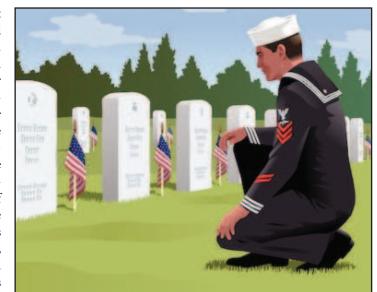
Contact Betty Kaiser at 541-942-1317 or email bchatty@bettykaiser.com

The origin of American's day to remember its fallen soldiers

Memorial Day was first known as Decoration Day and was borne out of the Civil War. on May 30, 1868, General John Logan, a national commander of the Grand Army of the Republic, decreed General Order No. 11, which designated the day for the "purpose of strewing with flowers, or otherwise decorating the graves of comrades who died in defense of their country during the late rebellion, and whose bodies now lie in almost every city, village and hamlet churchyard in the land." May 30th was chosen because it wasn't the anniversary of any particular battle.

It took several years for the first state to recognize the holiday, which New York adopted in 1873. By 1890, all northern states recognized Decoration Day. When the holiday changed from commemorating those who died fighting the Civil War to honoring Americans who died fighting in any war after World War I, the South began to recognize it as well.

Honoring the military Although Memorial Day pays homage to the brave people who perished fighting for their country, it also is an opportunity to recognize the military men and women and



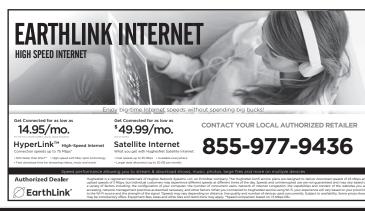
their families who continue to work to ensure the freedom of Americans.

The United States Armed Forces is renowned for its size and strength. Various sources suggest the size of the United States military is somewhere between 1.4 and 1.6 million active service people. The military is comprised of the Army, Army National Guard, Navy, Air Force, Marine Corps, and Coast Guard. Each of these military branches also has its own reserves.

There are many ways to honor active, reserve and former







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veterans, as well as those who died in service of their country.

- Help Veterans of Foreign Wars distribute red poppies as a visual reminder of the military's efforts.
- Volunteer at a veterans' hospital or visit a wounded veteran at home.
- Offer financial, legal or career expertise through the Cor-

poration for National & Community Service (serve.gov).

- Help to maintain the veteran area of a nearby cemetery. Place flags on all of the graves.
- Befriend military families who frequently relocate, making a concerted effort to welcome them into your commu-
 - Educate children about past

wars and the services the military provides.

- Visit a military museum or historic site.
- Observe the National Moment of Remembrance at 3 pm local time for one minute.
- Post a message to the troops at the USO website (uso.org).



DRAIN: HOPE U.M.C.

131 W "A" St. Drain, OR 541-315-1617 Pastor: Lura Kidner-Miesen Fellowship & Song: 11:30am Potluck Lunch: 12:00pm Worship: 12:30pm

COTTAGE GROVE:

6th & Gibbs Church of Christ 195 N. 6th St. • 541-942-3822 Pastor: Aaron Earlywine Youth & Families Pastor: Seth Bailey Service times: 9am & 10:30am Sunday School: 9am for all ages Christian Education Nursery for pre-k - 3rd Grade www.6thandgibbs.com

Calvary Baptist Church 77873 S 6th St • 541-942-4290

Pastor: Riley Hendricks Sunday School: 9:45am Worship: 11:00am The Journey: Sunday 5:00pm Praying Thru Life: Wednesday 6:00pm

Calvary Chapel Cottage Grove 1447 Hwy 99 (Village Plaza) 541-942-6842

Pastor: Jeff Smith Two Services on Sun: 9am & 10:45am Youth Group Bible Study Child Care 10:45am Service Only www.cgcalvary.ora

Center for Spiritual Living 700 Gibbs Ave. (Community Center)

Rev. Bobby Lee Meets Sunday 3:00 p.m. cslcottagegrove@gmail.com

Church of Christ

420 Monroe St • 541-942-8565 Sunday Service: 10:30am

Cottage Grove Bible Church 1200 East Quincy Avenue 541-942-4771 Pastor:Bob Singer

Worship 11am Sunday School:9:45am AWANA age 3-8th Grade, Wednesdays Sept-May, 6:30pm www.cgbible.org

Cottage Grove Faith Center 33761 Row River Rd.

541-942-4851 Lead Pastor: Kevin Pruett www.cq4.tv Full Children's Ministry available Service: 10:00am

Delight Valley Church of Christ

33087 Saginaw Rd. East 541-942-7711 Pastor: Bob Friend Two Services: 9am - Classic in the Chapel 10:30am - Contemporary in the

First Baptist Church

Auditorium

301 S. 6th st • 541-942-8242 Interim Pastor: Reed Webster Sunday School 9:30am Worship Service 11:00am Youth Wednesday 6:30pm cgfirstbaptist.com

First Presbyterian Church 3rd and Adams St

541-942-4479 Pastor: Karen Hill Worship: 10:00am Sunday School: 10:00am www.cgpresbynews.com

Hope In The Grove 700 E. Gibbs • 401-855-5668

Pastor: Wayne Husk Sunday services: Worship: 9am Coffee Fellowship: 10:15am Bible Study: 10:30am

Hope Fellowship

United Pentecostal Church 100 S. Gateway Blvd. 541-942-2061 Pastor: Dave Bragg Worship: 11:00am Sunday Bible Study: 7:00pm Wednesday www.hopefellowshipupc.com "FINDING HOPE IN YOUR LIFE"

Living Faith Assembly

467 S. 10th St. • 541-942-2612 Worship Services Sundays: 9a & 11a 1st & 3rd Monday 5-6:00pm Youth Worship Sundays: 11a (all ages umcgrove.org welcome)

Mondays: 5:30p (6th-12th grades)

Non-Denominational **Church of Christ** 1041 Pennover Ave

541-942-8928 Preacher: Tony Martin Sunday Bible Study: 10:00am Sunday Worship: 10:50am & 5:30pm www.pennoyeravecoc.com

Old Time Gospel Fellowship 103 S. 5th St. • 541-942-4999 Pastor: Jim Edwards

Sunday Service: 10:00am Join in Traditional Christian Worship

Our Lady of Perpetual Help

Catholic Churches 541-942-3420 Father: Joseph Hung Nguyen Holy Mass:

and St. Philip Benizi

Tue-Thu: 8:30am; Sat:5:30pm Sun: 10:30am Confession: After daily mass,

Sat. 4-5pm or by appointment St. Philip Benizi, Creswell 552 Holbrock Lane 541-895-8686, Sunday: 8:30am

St. Andrews Episcopal Church 1301 W. Main • 541-767-9050

Rev. Lawrence Crumb "Church with the flags." Worship: Sunday 10:30am All Welcome

541-942-5213 Pastor: Kevin Miller

Trinity Lutheran Church

Pastor: James L. Markus

5:00pm TLC Groups

tlccq.com

6th & Quincy • 541-942-2373

820 South 10th Street

Bible Study: Saturday, 9:15 am Worship Service: Saturday, 10:40 Mid-week Service: Wednesday, 1:00

Seventh-day Adventist Church

Sunday School & Adult Education 9:15am Sunday Worship 10:30 am Comm. Kitchen Free Meal Tue & Thur

United Methodist Church

334 Washington • 541-942-3033 Pastor:Lura Kidner-Miesen Worship: 10:30am Comm. Dinner (Adults \$5, Kids Free)

"VICTORY" Country Church 913 S. 6th Street • 541-942-5913

Pastor: Barbara Dockery Worship Service: 10:00am Message: "WE BELIEVE IN MIRACLES"

CRESWELL:

Creswell Presbyterian Church 75 S 4th S • 541-895-3419 Rev. Seth Wheeler Adult Sunday School 9:15am Sunday Worship Service 10:30 am website www.creswellpres.org

Worship With Us!

Our Worship Directory is a weekly feature in the newspaper. If your congregation would like to be a part of this directory, please contact the Cottage Grove Sentinel

@ 541-942-3325