

# FOOD FOR THOUGHT: Memorial Day recipies

## Betty Keiser's Cook's Corner

Memorial Day is a bitter-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!

### FARFALE 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 mustard 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](mailto: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

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 community.
- 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).

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**Cottage Grove Sentinel**

In person: 116 N. Sixth Street, Cottage Grove  
Email: [cgnews@cg sentinel.com](mailto:cgnews@cg sentinel.com)  
Office phone: 942-3325

# Worship Directory

**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](http://www.6thandgibbs.com)

**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 Auditorium

**First Baptist Church**  
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](http://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](http://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.hopefellowshipupcc.com](http://www.hopefellowshipupcc.com)  
"FINDING HOPE IN YOUR LIFE"

**Center for Spiritual Living**  
700 Gibbs Ave. (Community Center)  
Rev. Bobby Lee  
Meets Sunday 3:00 p.m.  
[calcottagegrove@gmail.com](mailto:calcottagegrove@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.cg bible.org](http://www.cg bible.org)

**Cottage Grove Faith Center**  
33761 Row River Rd.  
541-942-4851  
Lead Pastor: Kevin Prueff  
[www.cg4.tv](http://www.cg4.tv)  
Full Children's Ministry available  
Service: 10:00am

**Living Faith Assembly**  
467 S. 10th St. • 541-942-2612  
Worship Services Sundays: 9a & 11a  
Youth Worship Sundays: 11a (all ages welcome)  
Mondays: 5:30p (6th-12th grades)

**Non-Denominational Church of Christ**  
1041 Pennoyer Ave  
541-942-8928  
Preacher: Tony Martin  
Sunday Bible Study: 10:00am  
Sunday Worship: 10:50am & 5:30pm  
[www.pennoyeravecoc.com](http://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 and St. Philip Benizi**  
Catholic Churches  
1025 N. 19th St.  
541-942-3420  
Father: Joseph Hung Nguyen  
Holy Mass:  
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 Holbrook 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

**Seventh-day Adventist Church**  
820 South 10th Street  
541-942-5213  
Pastor: Kevin Miller  
Bible Study: Saturday, 9:15 am  
Worship Service: Saturday, 10:40  
Mid-week Service: Wednesday, 1:00

**Trinity Lutheran Church**  
6th & Quincy • 541-942-2373  
Pastor: James L. Markus  
Sunday School & Adult Education 9:15am  
Sunday Worship 10:30 am  
Comm. Kitchen Free Meal Tue & Thu 5:00pm TLC Groups  
[tlccg.com](http://tlccg.com)

**United Methodist Church**  
334 Washington • 541-942-3033  
Pastor: Lura Kidner-Miesen  
Worship: 10:30am  
Comm. Dinner (Adults \$5, Kids Free)  
1st & 3rd Monday 5-6:00pm  
[umc grove.org](http://umc grove.org)

**"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](http://website www.creswellpres.org)

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**Guests**  
Eric Alterman cello Alexandre Dossin piano  
Fritz Gearhart violin Arnaud Ghillebaert viola

**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**