

Two receive COLCO awards for efforts



Vernonia COLCO employees Bill Yeo, center, and Pam Cook received awards for their outstanding effort on behalf of the transportation agency. Bob Girt, COLCO Transportation manager, presented the awards on April 1.

Two Vernonia employees of Columbia County Transportation received achievement awards, April 1, from COLCO Transportation Manager Bob Girt, at the Vernonia

Senior Citizens Center. William Yeo, chairman of the Vernonia Division of COLCO received a plaque and certificate for outstanding achievement, dedication and

service to the organization beyond normal job requirements.

"Yeo has performed all aspects of his required duties in a superior manner," Girt said, "putting in many hours above job requirements. He closely monitored all parts of the transportation operation in Vernonia and discovered a bookkeeping deficit that, when corrected, saved COLCO Transportation many hundreds of dollars."

Driver Pamela Cook received an award for superior performance, dedication and service to the organization beyond normal job requirements.

Cook, who was hired as a part-time driver, was promoted to assistant transportation manager for Vernonia in May of 1993, and just two months later was promoted to manager of the Vernonia Division.

"Since Cook assumed the duties of Vernonia Transportation Division Manager," Girt said, "local ridership has increased, efficiency has increased and costs have decreased. Through Cook's dedication to her job, transportation in Vernonia has become a true community transit system."

"Yeo and Cook are greatly appreciated by COLCO," Girt concluded.

Cooking Corner by Gladys

By Gladys Sharar

April is Cancer Awareness month, so I'm pleased to have Caroline Keasey as Cook of the Month. She and her husband, Ralph, have lived in Vernonia about thirty years. Their five children all graduated from Vernonia High School.

Carolyn's long involvement with the American Cancer Society includes being president of the Vernonia unit for 12 years. She is also a leader or helper in many other community activities. When she's not busy helping cancer patients and their families, she and Leslie Ruby have a catering business to keep their time occupied.

Here are some of Carolyn's reminders for good health, along with her recipes.

Today, scientists think most cancers may be related to lifestyle and environment—what you eat and drink, if you smoke, where you work and play. So the good news is you can take control of your lifestyle to help yourself feel better and reduce your cancer risks. What are the protective factors?

1. Eat more cabbage-family vegetables. Broccoli, cauliflower, brussel sprouts, all cabbages and kale.
2. Add more high fiber foods. Peaches, strawberries, potatoes, spinach, tomatoes, wheat and bran cereals, rice, popcorn, whole wheat bread.
3. Foods with vitamin A and beta-carotene. Carrots, peaches, apricots, squash and broccoli.
4. Add more vitamin C. Fresh fruit and vegetables such as grapefruit, cantaloupe, oranges, strawberries, red and green peppers, broccoli, tomatoes.
5. Weight control and exercise.

The following recipe proves that foods that are good for you are also good to eat.

CHICKEN STIR-FRY

2 whole chicken breasts, boned, skinned and cut into bite size pieces.

2 Tbl. olive or corn oil, separated

1 cup onion, sliced diagonally

1 cup celery, sliced diagonally

1 cup carrots, sliced diagonally

1 cup broccoli, cut into small pieces

1/2 cup mushrooms, sliced

1 small can sliced waterchestnuts, drained

1/2 cup water

1 Tbl. cornstarch

1 tsp. chicken bouillon

4 Tbl. soy sauce mixed with

1 Tbl. white or brown sugar.



Carolyn Keasey

Heat 1 Tbl. oil in Wok or large fry pan. Add chicken, a little at a time, and stir-fry until whitish in color. Continue until all chicken is done. Remove from Wok and set aside. Add vegetables, except mushrooms and waterchestnuts, a few at a time and stir-fry, pushing up to the sides as you add more vegetables. Add mushrooms and waterchestnuts and stir-fry another minute. You may need to add more oil as you do this. Add a few tablespoons water, place lid on wok and steam 3 to 5 minutes. Remove lid and add chicken. Mix water, cornstarch, soy sauce and sugar, chicken bouillon, and add to veggies and chicken, stirring until thickened and heated through. May be served with cooked rice or Chinese egg noodles that have been cooked and drained, then add at the end. Serves Four.

NOTE: Other vegetables may be used, such as, red or green pepper, zucchini, cauliflower, summer yellow squash and sugar pea pods. Be creative!

The following recipe was given to me by Kala Cota. It is a delicious, moist cookie with only 1 gram of fat per cookie.

LOW FAT OATMEAL COOKIES

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|-----------------------------|---------------------------------|
| 1 cup all purpose flour | 1/2 cup white sugar |
| 1 tsp. baking powder | 1/2 cup brown sugar |
| 1/2 tsp. baking soda | 1 egg or 1/4 cup egg substitute |
| 1/2 tsp. salt | 1 tsp. vanilla |
| 2 Tbl. vegetable shortening | 1-1/3 cups rolled oats |
| 1/4 cup applesauce | 1/2 cup raisins |

Preheat oven to 350 degrees. Lightly spray cookie sheet with cooking spray.

In a large bowl, mix flour, baking powder, baking soda and salt. Set aside. In separate bowl, whisk together, shortening, apple sauce, sugars, egg and vanilla until shortening looks pea size. Add flour mixture to apple sauce mixture and mix well. Add oats and raisins. Drop by rounded teaspoon onto cookie sheet, two inches apart. Bake 10 to 12 min. Remove from oven and cool on cookie sheet 5 min. Remove cookies from cookie sheet to cooling rack. YIELD: 36 cookies.

Bon Appetit. Stay happy and healthy.

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Columbia County Commissioner

In the past 3 years that Dale Heimuller has been a Columbia County Commissioner:

- He has been responsible for the completion of the Airport Bridge, replacing the approach sections of the Natal Bridge and installing a new bridge over Fishhawk Creek.
- He has maintained funding for senior programs.
- He has been sensitive to land-use issues in the Vernonia area.
- He is responsible for the construction of the Highway 47 project at Treharne.



"When I'm re-elected I will continue to listen to your concerns and act promptly, and I will continue to be a FULL-TIME commissioner, with an open door." -Dale Heimuller

Authorized Re-Elect Heimuller Committee, Jack Carter, Treas., 58895 Hovland Way, St. Helens, OR 97051