

Senior News

The many volunteers who shared their time and energy in the Retired Senior Volunteer Program were acknowledged a special recognition celebration at the senior center on June 14th.

Certificates of appreciation were issued to each of the many who have been of service to the seniors throughout the past year. Special recognition was given to those volunteers who built and finished a new storeroom within the dining area to meet the requirements of the state fire marshal.

Vernonia's My Fair Lady Queen, Louise Hamnett was presented with a plaque honoring her tenure as queen this past year. The senior center also received a plaque in honor of her coronation. The center's princess, Nellie Gregg, was introduced as a member of this year's court, from which the new queen will be selected. The coronation will take place the first day of the fair, July 27.

The seniors have a fund raising project associated with the four days the fair will run. They are committed to providing volunteers to cover the gates at the fair as ticket takers. Many helpers will be needed, so if you have any spare moments during those days, call the senior center at 429-3912 or Bob Wiley at 429-1901.

Activities coming up are a pot luck picnic at the home of Cookie Polos on Keasey. Vis-

itors should bring their own plates, cups and silverware; folding chairs, too.

Bingo continues each Thursday night at Lew's Place banquet room from 6:30 to 9:30 and for the seniors at the center at 1 p.m. on Friday July 22. The 15 game packet will not be used for these games. Cards may be purchased individually, and prices will be reasonable, Nellie Tipton assures.

Events coming up in August are the Friendship Jamboree on the weekend of 5-7.

Senior princesses honored at lunch

The 1994 "My Fair Lady" court princesses: Mabel Larson of Clatskanie, Ethel Koller of Rainier, Gen Matthews of St. Helens, Madha Sorber of Scappoose and Nellie Gregg of Vernonia, along with the 1993 queen, Louise Hamnett, were honored at a luncheon last week at the Warren Country Inn.

Christian school started

A perceived need for an alternative education program in Vernonia has given rise to the establishment of a Christian School, a non-denominational institution headed by John Murray.

Murray formerly served as supervisor in Grace Academy, also a Christian school in Vernonia.

Murray's experience with

A Colco trip to Northwest Trek (A wildlife safari type of park near Tacoma.) \$15., on the 12th; a trip to Mission Village on the 17th, \$8.; and on the 27th, the RSVP picnic.

Birthdays in August are John Frantz, 2nd; Levi Vinson, 6th; Ida Mae Kudrna, 9th; Nellie Tipton, 15th and Ed Justice, 26th.

Don't forget to bring your newspapers to the center for recycling and your clean, usable clothing and household goods for our flea market.

Columbia County Retired and Senior Volunteer Program, Columbia County Fair Board, West One Bank and the Columbia River PUD sponsored the luncheon.

The "My Fair Lady" pageant for 1994 will be held during Senior Day at the Columbia County Fair, July 27 at 2:00 p.m.

children dates back 12 years when he started working as a bus driver for Maranatha Christian Academy in Costa Mesa, California. He advanced to director of transportation for MCA, then to supervisor of the day-care department and summer camp programs.

Murray and his family moved to Vernonia in 1992 and accepted a position as supervisor at Grace Academy. He now has two years of experience with the School of Tomorrow curriculum.

"I believe a place should exist for young people to be educated in an environment wherein their peers hold to Christian morals and values," Murray says, "I know we cannot meet the needs of everyone ---(but) I believe we can provide a good education and help our young people develop Godly characteristics."

Tuition for the academy is quite reasonable when compared to other private institutions in Oregon, Murray said.

For more information concerning registration and school schedules call 429-5190.

PSU degrees go to local area students

The following area students were awarded degrees in graduation ceremonies at Portland State University this spring.

Jane Elizabeth Petersen of Vernonia, Master of Arts; Benjamin Wade Buchanan of Banks, Bachelor of Science; David Louis Chalupsky of Banks, Master of Science; Ronald James Pestener of Banks, Bachelor of Science and Brian Thomas Richey of Banks, Bachelor of Arts.

Cooking Corner by Gladys

By Gladys Sharar

This month's column is in memory of a dear friend, Peggy Brunsman, who was well known and loved in our community. In about 1960, Peggy, the wife of Dave Brunsman and mother of 6, started collecting recipes. She found herself asking friends in the community for their favorites and, before she knew it, had almost 700 recipes. In 1973, she and others from St. Mary's Church decided to publish a cook book. They came up with *Luv'n Cookery*, and the 4th edition will be printed in August. Following is a sample of the recipes you will find in *Luv'n Cookery*.

BEEF STROGANOFF

Peggy Brunsman

1 lb. sirloin	6 Tbsp. margarine
1 clove garlic	1 can beef consomme
4 Tbsp. flour	1/4 lb. fresh mushrooms
Salt & pepper to taste	1/4 cup water
1/2 tsp. paprika	2 Tbsp. chives,
1/2 cup onion, sliced	1/2 cup sour cream

Rub meat with garlic; cut into strips. Mix flour, salt, pepper and paprika. Add meat and toss until coated. Reserve flour. Heat margarine in skillet; add meat and brown. Add onion and cook until transparent. Add flour, consomme, mushrooms and water; cover. Cook slowly, stirring occasionally, for 45 minutes or until tender. Remove cover and continue cooking until mixture is slightly thickened. Add sour cream and chives. Serves 4.

RED VELVET CAKE

Betty Curl

1/2 cup shortening	1 tsp. vanilla
1-1/2 cup sugar	1 tsp. salt
2 eggs	1 cup buttermilk
2 Tbsp. cocoa	2-1/2 cups sifted cake flour
2 oz. red food coloring	1 tsp. soda 1-1/2 tsp. vinegar

Cream shortening and sugar, add eggs. Make a paste of cocoa and food coloring and combine with vanilla, salt and buttermilk. Add alternately with flour to sugar and shortening mixture. Mix soda with vinegar and fold into batter. Do not beat. Pour into two well greased and floured 9-inch pans. Bake at 350 degrees for 20-30 minutes. Let stand a full 10 minutes before turning out.

ICING for RED VELVET CAKE

5 Tbsp. flour	1 cup butter	
1 cup milk	1 cup sugar	2 tsp. vanilla

Combine flour and milk and cook. Stirring constantly until thick; let cool. Cream together sugar, butter and vanilla; add flour mixture and whip until of whipped cream consistency.

DATE NUT BREAD

Peggy Brunsman

1-1/2 cups dates, quartered	1/2 tsp. vanilla
1-1/2 cups boiling water	1 egg 1 cup walnuts
2 Tbsp. shortening	2-3/4 cups flour
1 cup sugar	1 tsp. soda
1 tsp. salt	1 tsp. cream of tartar

Pour boiling water over dates, shortening, sugar and salt; let cool. Add remaining ingredients and beat by hand with wooden spoon. Pour into greased and floured bread pan. Bake for 1-1/4 hours.

PEACH BUTTERSCOTCH CRISP

Genny Hanson Fisher

3/4 cup brown sugar	1/4 tsp. cinnamon
2 Tbsp. melted butter	1/4 tsp. nutmeg
3/4 cup pkg. biscuit mix	1 large can sliced peaches

Mix together thoroughly all ingredients except the peaches. Drain peaches and put in baking dish; top with the dry mixture. Bake at 375 degrees 30-40 minutes or until brown. Serves 4
NOTE: This would be good with fresh peaches.

EGG FOO YONG

Penny Smejkal

6 eggs, well beaten	
1/2 cup cooked chicken, shrimp or crab, shredded	
1 no. 2 can chinese vegetables, drained	
1 minced onion	tsp salt

Blend all ingredients. Drop from large spoon into skillet, cover with hot fat, Cook about 5 minutes. Drain on paper towels.

To order *Lov'n Cookery*, call Lani at either 429-8841 or 429-7252, or look for order coupon in this issue of *The INDEPENDENT*.

Vernonia Christian Academy

Now accepting preschool to 12th grade enrollment applications for the 1994/95 school year. VCA is a non-denominational academy that will focus on basic academic education, integrated with strong moral values and characteristics. VCA will also focus on the individual student, recognizing the uniqueness of each one. Finally, VCA will focus on the parent. Parents must once again become a vital part of the education process.

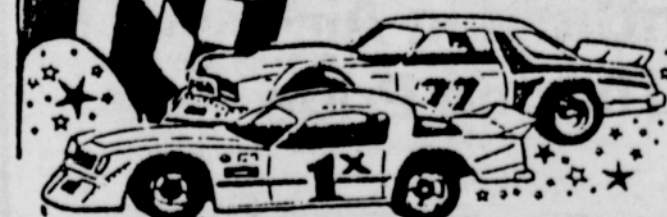
VCA — Helping young people develop good character traits, with basic education.

For more information, please call

429-5190 or 429-0190

super stock car RACES

July 16 Midseason PTS
July 23 Reg. Season Race



DIRT FLINGIN',
GROUND
POUNDIN',
1/4 MILE OVAL
ACTION!!

• DASHES • HEATS • MAINS
• Streetstock • Sportsmen • Women • Hardtops

RIVERCITY SPEEDWAY

Columbia County Fairgrounds, St. Helens
Time Trials 3:30 p.m.-5:30 p.m. • Race Time 6:30 p.m.
Sponsored by CCRA • Rain-out Info. 397-6506 / 397-2393