

Jamboree committee starting early for 1995 efforts

The first 1995 meeting of the Vernonia Friendship Jamboree committee, January 4 in the high school library, was attended by a large number of community members, giving the reorganized club a boost of enthusiasm.

By-laws amendments were discussed during the lengthy meetings and an itemized financial report was presented by secretary Deborah Colby.

With the club's foundation firmly in place, a jump start on the '95 Jamboree is underway. The Jamboree court has been restored to the event, after being phased out several years ago due to lack of volunteers. Instead of princesses, however, there will be a king and queen.

There will also be a senior king and queen, representing the Vernonia Senior Citizens Center and a beard contest is back: Gentlemen start your beards!

Committee chairpersons have been assigned for the various activities. Following is a list of the activities, the chairpersons and phone numbers:

- Concessions—Martha McNamee, 429-0983
- Parade—Becky Elder, 429-5451

- Logging Show—Tony Hyde, 429-9351
- Softball Tournament—Bill Hawkins—645-2577
- N.V.S.B. Cruise-in—Glen-da Delemos, 429-4074
- Kiddie Carnival/Black powder rep.—Sue Cavinee, 429-9611
- Senior Court/Old Timers Band/Senior Float—Lyle and Elsie Taylor, 429-8521
- Jamboree Court student reps.—Lisa Grimsbo, 755-2359; Leslie Weller, 755-2466 or Tony Enneberg, 429-2180; Katie Parrow (Advisors Jean Shumway, 429-0155; Sandy Welch, 429-9602; Sunny Huntman, 429-313; Debbie Enneberg, 429-2940)
- Public Relations/Promotions—Michelle Blum, 429-0159
- Communications/Advertising—The Independent, 429-9410

Many more people are needed for this year's celebration; volunteers are always welcome.

The Jamboree Club would like anyone who may have documents, information or property belonging to the group to please contact an officer as soon as possible. Pres. Gwen Milligan may be reached at 429-0108, Vice-

pres. Robb Wilson at 429-3713, Secretary Deborah Colby at 429-6053, Treasurer Sue Cavinee at 429-9611.

Anyone in the community is invited to submit suggestions for the 1995 Theme, Grand Marshal and activities. It is helpful if those submitting suggestions attend a meeting or send a card to Jamboree Club, P.O. Box 244, Vernonia 97064.

Welcome Additions

Brenden S. Utting

Brenden Scott Utting was born Dec. 21, 1994, at Good Samaritan Hospital, Portland. The son of Cristina and Matthew Utting of Scappoose, he weighed 7 pounds, 13 ounces and was 21.5 inches long.

Grandparents are Eric and Sue Ovregaard of Vernonia and Kent and Doney Battrick of Hillsboro.

Great-grandparents are Beulah Maiken of Vernonia; Helen Utting, Olympia Wash.; Alice Schram, Grand Rapids, Mich.; Ken and Esther Ovregaard of Tillamook.

Bishop Ladehoff to celebrate Eucharist in Vernonia

The Right Rev. Robert L. Ladehoff, bishop of the Episcopal Diocese of Oregon, will be the celebrant at Holy Eucharist, 4:00 p.m. Sunday, January 15, at St. Augustine Episcopal Church, 700 Adams Ave., Vernonia. Candidates for confirmation will receive the laying on of hands by the bishop during this service.

All are welcome to attend the services and the reception which follows.

In the Service

Jeremy F. Buchholz

Air Force AIC Jeremy E. Buchholz, an F-16 Avionics Communications, Navigation and Penetration Aid Systems Specialist with the 34th Fighter Squadron, recently returned to Hill A.F.B., Utah, from Dhahran, Saudi Arabia. The squadron had been deployed since September, 1994.

Buchholz, a 1992 graduate of Vernonia School, is the son of Bob and Doris Buchholz of Vernonia.

Cooking Corner by Gladys

By Gladys Sharar

Jenny Dennis was the winner of our 1994 Cook of the Month. She won a gift certificate from the Vernonia Country Kitchen. I want to thank everyone who helped make it an interesting year.

To start off 1995, I want to share some low-calorie and low-fat recipes.

LOWFAT SOUR CREAM CHOCOLATE CAKE

From Pam Ostrander

- 1 cup applesauce
- 1 small carton sugar-free instant chocolate pudding
- 2/3 of 16 oz. carton nonfat sour cream
- Egg Beaters to equal 4 eggs
- 1 chocolate fudge cake mix

Mix all by hand; put into greased and floured tube bundt pan. Bake at 350° for 40-45 minutes. Cool in pan then invert onto plate. Sprinkle with powdered sugar.

JUMBO LOWFAT BROWNIES

From Peggy Bond

- 3/4 cup firmly packed brown sugar
- 1/4 cup prune puree
- 1/3 cup strong coffee (water may be substituted)
- 2 tblsp. vegetable oil
- 1 tsp. chocolate extract
- 1 tsp. vanilla
- 3 egg whites, lightly beaten
- 1/2 cup all-purpose flour
- 3/4 tsp. baking powder
- 1/3 cup unsweetened cocoa powder
- 1/8 tsp. salt

Heat oven to 350°. Coat 9" square pan with non-stick cooking spray. In large bowl, combine brown sugar, prune puree, coffee, oil, chocolate extract and vanilla; beat until smooth. Stir in egg whites; add flour, cocoa powder, baking powder and salt; stir until smooth. Pour into prepared pan. Bake 18-20 minutes, or until wooden pick inserted in center comes out clean. Cool completely.

Frosting:

- 3/4 cup powdered sugar
 - 1 tbls. unsweetened cocoa
 - 1 tbls. coffee or water
 - 1/8 tsp. chocolate extract
- In medium bowl stir together all frosting ingredients until smooth. Frost cooled brownies. Store loosely covered.
- Yield: 9 servings
- Per serving: 180 calories; 4 grams fat.
- Note:** Prune Puree
- 1 cup dried, pitted prunes, coarsely chopped
 - 6 tbls. hot water
 - 2 tsp. vanilla

In 5-cup blender container or food processor bowl combine prunes, water and vanilla. Cover and blend at high speed, scraping sides often, until well pureed (1-3 minutes). Keeps for two weeks in refrigerator.

TUNA CAKES with LEMON-DILL SAUCE

- 1 12-1/2 oz. can tuna, drained and finely flaked
- 3/4 cup seasoned bread crumbs
- 1/4 cup minced green onions
- 2 tbls. chopped, drained pimento
- 1 egg
- 1/2 cup lowfat milk
- 1/2 tsp. lemon peel
- 2 tbls. margarine

In large bowl, toss tuna, bread crumbs, onion and pimento. In small bowl, beat together egg and milk; stir in lemon peel.

Stir into tuna mixture; toss until moistened. With lightly floured hands, shape mixture into eight 4-inch patties. Melt margarine in large, nonstick skillet. Fry patties, a few at a time, until golden brown on both sides, about 3 minutes per side. Place on ovenproof platter in 300° oven until ready to serve.

Lemon-Dill Sauce

- 1/4 cup chicken broth
- 1 tbls. lemon juice
- 1/4 tsp. dried dill weed

Heat all ingredients in small saucepan. Spoon over cakes when served. 2 patties with 1 tbls. sauce = 1 serving

Per serving: 278 calories; 10 grams fat.

STUFFED SHELLS

- 3 cloves fresh garlic, whole
- 2 tbls. olive oil
- 3/4 lb. ground veal
- 3/4 lb. ground pork
- 1-10 oz. pkg. frozen spinach, cooked, drained & squeezed dry
- 1 cup parsley, finely chopped
- 1 cup bread crumbs
- 2 eggs, beaten
- 3 cloves fresh garlic, minced
- 3 tbls. grated parmesan cheese
- salt & pepper to taste
- 1-12 oz. pkg. uncooked jumbo pasta shells, cooked, rinsed and drained.
- 3-4 cups spaghetti sauce

Cook and stir 3 whole garlic cloves in hot oil in skillet over medium heat until garlic is browned; discard garlic. Add veal and pork; cook until lightly browned, stirring to separate meat; drain, set aside. Mix spinach, parsley, crumbs, eggs, minced garlic and cheese in large bowl; blend well. Season to taste. Add cooled meat mixture, blending well. Fill shells with stuffing.

Spread about 1 cup spaghetti sauce over bottom of greased 8" x 12" pan. Arrange shells in pan; pour remaining sauce over shells. Cover with foil; bake in preheated oven at 375°, 35-45 minutes or until bubbly hot. Per serving: 290 cal.; 10 grams fat.

Act in a responsible way and the entire community reaps benefits

By James Walters, Chief
Vernonia Police Department

I recently had a meeting with the Vernonia Pride group relating to several issues involving the community and the Police Department. Many good ideas were expressed during this meeting. The enthusiasm that is generated by the people involved in Vernonia Pride is exciting and uplifting.

For such a small group and in such a short time, they have made improvements that we have all been able to enjoy. The painted bridge over Rock Creek, the clean up of store fronts, the Christmas decorations are only a few. And it isn't so much what they did but why they made those efforts. They want their community to be a more pleasant place to live. It is an attitude of caring and they want to get everyone involved.

These efforts need to be respected, by the community, parents and children. Vandalism has impacted some of Vernonia Pride's efforts and

this type of behavior is something we want to prevent. All community members are accountable for their actions. Parents need to know where their children are and what kinds of activities they are involved in. Young adults need to get involved in their community in a positive way.

Sometimes young people's potential is overlooked because of their age but I know for a fact that this is bogus. All that energy and imagination just needs to be focused in the right direction. You can make a difference by caring, respecting and helping. Take a stand on issues like vandalism and littering. By stopping these two things from happening, great improvements will be seen in the appearance of Vernonia.

Respect the property of others as if it were your own. Remember, Vernonia is your community, respect it. If you see anything that requires the Police Department's attention, please call us. That's why we are here.

SUNDAYS

Single or Multiple Games

ALL CASH PRIZES!
Lew's Place
Banquet Room
934 Bridge Street • 429-3751



Benefits Community Center Fund & Vernonia Senior Citizens Center

