

Complaints torpedo senior fund raiser

Complaints bordering on harassment about the operation of the senior citizens' fund raising bingo games, came to a head at the regular meeting of the Vernonia Senior Citizens Board of Directors on March 3rd.

Debbie Sturdefant, who with other volunteers, has devoted ten months of Sundays to the fund raising effort while facing unrelenting criticism and lack of cooperation, resigned, suggesting that the responsibility be assigned to one of the complainants. It was moved, seconded and passed that board member Lyle Taylor be asked to assume responsibility for the games.

Complainants allegedly, have been calling the Oregon Department of Justice Gaming Division, charging that the games were being held "in a tavern" and that this was an improper atmosphere for senior citizens.

The site of the games has been Lew's Place banquet room where, for these gatherings, no alcoholic beverages were served and space was donated by Pat and Darlene Knight, according to board president Bob Wiley. The facility had been approved by ODJ and the seniors' board of directors.

The profits from the games, which were operated by volunteers including some seniors, have been divided equally between the Senior

Citizens Center and the Community Center Project. The games are not for the entertainment of seniors, Wiley noted, but are a way to raise money for two worthwhile community causes.

At press time, Taylor was

unable to say if, when or where the games will be held.

In other business, the board of directors gave approval to proposed amendments to the by-laws, subject to modification and/or ratification at the April 7th meeting.

Health Update

Submitted by Vernonia School District Wellness Program

Biotechnology & Food

Biotechnology redefines the common label "New and Improved." Simply skimming the fat out of sour cream or marrying broccoli and cauliflower to create broccoflower seems like old news in the grocery store. "Biotech" is where it's at. What changes biotechnology will create in the produce section or meat department we can only guess. Some argue that biotechnology will create test tube food that we simply don't need or want. Others are passionate in their beliefs that science is moving in a direction that is creating safe food which will have tremendous benefit to the consumer and environment.

The Benefits.....

"Unfortunately a few fringe groups are using misleading statements and blatant falsehoods as part of a long-running campaign to scare consumers about perfectly safe foods. Their long-range goal is to prevent the

benefits of biotechnology from reaching the public."

Everett C. Koop, M.D.

Former U.S. Surgeon General

The potential benefits of genetically engineered foods for consumers, for the environment and for the world's population are enormous. From virus-resistant squash, to disease-resistant wheat, to cooking oil with reduced saturated fat, the pluses of gene-splicing are convincing. Higher yields, fewer pesticides and better health are tough to argue against.

Proponents of genetically engineered, tastier and more nutritious foods insist that foods of the future will be safer than foods created today through traditional practices. Hybridization and breeding are the older, slower ways of changing a plant or an animal. The "new and improved" technology allows only genes with known functions to be introduced. Genes from one DNA molecule carry messages to another. These messages determine all traits including shape, size and col-

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Cooking Corner by Gladys

By Gladys Sharar

Last year, Irish Bruers contributed some recipes for St. Patrick's Day and there wasn't enough space for all of them. Now you can add to your repertoire of Irish cookery.

TRADITIONAL IRISH STEW

2 pounds cubed lamb (beef may be used)
1 cup chopped carrots
1 cup cubed potatoes
2 tsp. chopped parsley
1 tsp. salt
1 cup sliced celery
1 onion, sliced
1 bay leaf
2 cup sliced potatoes

Cover meat with boiling water; cover and simmer one hour. Add carrots, celery, cubed potatoes, onion and seasonings. Simmer 30 minutes. Add sliced potatoes and simmer 30 minutes more.

IRISH TEA CAKE

2 pounds raisins
20 ounces cold tea
2 eggs, beaten
Optional: Mixed glacéed fruit may be added
1 pound dark brown sugar
4 cups self-rising flour
1/2 tsp. each nutmeg & allspice

Steep raisins and sugar in cold tea overnight. Next day, stir in beaten eggs, nutmeg, allspice and flour. Mixture will be very moist. Pour into 2 greased loaf pans and bake at 325° for 2 hours or until done.

Note: Tea cakes freeze well.

The following recipes aren't Irish, but they're good, too. This one was passed down by the mother of Katherine Love Beierschmidt (Crazy Charlie's Cafe); it was traditionally served after a holiday meal.

MOMMA LOVE'S AMBROSIA SALAD

1 large can fruit cocktail, drained
1 - 20 oz. can crushed pineapple, drained
3 oranges, peeled, cut into small pieces
3 apples, peeled, cut into bite-size pieces
4 bananas, sliced
1 cup maraschino cherries and juice
1/2 cup shredded coconut

Combine in order given. Serve with whipped cream.

This recipe came from Katherine's Godmother.

MRS. JACKY'S LEMON CAKE

1/2 cup shortening
6 egg yolks
2 cups sugar
3 cups flour
3 tsp. baking powder
1 cup milk
1 large lemon, grated
juice of large lemon
6 egg whites, beaten
1/8 tsp. salt

Cream shortening, sugar and egg yolks. Add milk and dry ingredients. Add juice and grated rind of one lemon. Beat egg whites stiff and fold into batter. Pour into a tube pan or fancy fluted pan. Bake one hour at 350°.

Serve plain or sprinkle with powdered sugar.

Here is one of my favorite cookie recipes; it comes from Katherine Johns.

OVERNIGHT COOKIES

Dark Batter

1 cup shortening
1-1/2 cups brown sugar
2 eggs
3 cups flour
1/2 tsp. cinnamon
1 tsp. baking soda
1/4 tsp. salt
1 cup chopped nuts

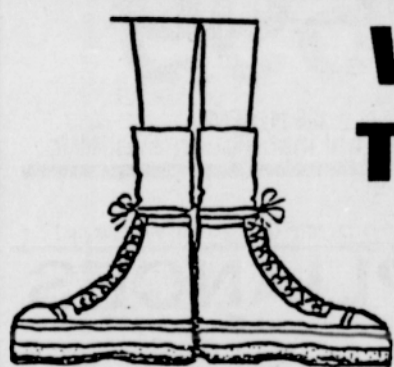
Light Batter

1/2 cup shortening
3/4 cup sugar
1 egg
1 tsp. vanilla
2 cups flour
1/4 tsp. baking soda
1/2 tsp. salt
3/4 cup raisins
2 tbs. water

Mix each batter separately and shape into loaf. Place dark loaf on top of light loaf to make one loaf. Place in refrigerator overnight.

Slice thin and bake at 375° for 10-15 minutes.

Cooking Tip: If you want really great meatballs, put them in the refrigerator for twenty minutes before frying and they won't fall apart.



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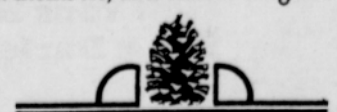
Worried about the cost?

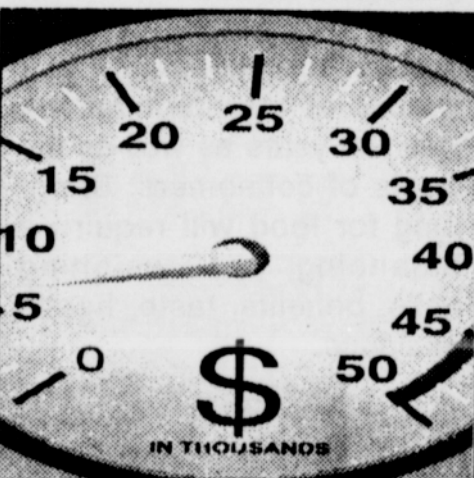
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