

Senior News

The hazardous sidewalk fronting the Senior Citizens Center and parking lot has been replaced with a new walk which includes the parking strip adjacent to the curb; this is a most welcome improvement.

Seniors are encouraged to visit the center on Thursday afternoon to share a sociable afternoon playing cards, dominoes or board games; you are invited to bring along your games to share with others. Thursday evening activity includes line-dancing—even if you prefer to not participate you can enjoy watching and visiting.

On June 16th the seniors are invited to the annual Cookie Polos pot luck picnic at her home. Persons coming in their own vehicles may bring their own chairs.

June 23rd is scheduled for a Mystery Colco trip to a unknown destination. Sign up at the center for this exciting journey.

Foot care will be available at the center on June 29th, Nellie Tipton announces.

Vernonia grad fills lifetime dream



Linda (Abercrombie) Phillips

Linda (Abercrombie) Phillips, who graduated in 1967 from Vernonia High School, has achieved two additional academic goals and the realization of a life-time dream.

On May 10th, she was pinned as a Registered Nurse at Boswell School of Nursing

and, three days later, received her Associate of Applied Science degree from Mesa College in Mesa, Arizona. An added feather in her new cap is being the first new R.N. to be hired as a floating nurse at Del Webb Hospital in Sun City West.

Phillips lives in Litchfield Park, Arizona, with her husband, Tim, and two daughters. They have four children and five grandchildren. She is the daughter of Gladys and Jerry Sharar of Vernonia.

Cooking Corner by Gladys

By Gladys Sharar

In keeping with Father's Day this month, I asked several women what their husbands' favorite foods are for Fathers Day. Here are a few of them: Pot Roast, Teriyaki Steak, Beef Short Ribs, Chicken, Pork Ribs and Barbecue Hamburgers.

Here are a few different ways of fixing them, that you might like to try.

CHUCK ROAST IN FOIL

3 lbs. beef chuck roast 1 large clove garlic
1 envelope onion soup mix 1 tbs. wine vinegar
1 tsp. sugar 1 can cream of mushroom soup, undiluted

In a roaster pan or jelly roll pan place a piece of aluminum foil (heavy weight) large enough to wrap your roast in. Place roast on foil, sprinkle with onion soup mix and add crushed garlic, wine vinegar and sugar to mushroom soup, spread over the top of all. Wrap in the foil, making drugstore fold.

Place in preheated 375° oven and bake for about 2-1/2 hours. When tender, remove meat to serving plate; you will find wonderful brown gravy of the right consistency and flavor, all ready to serve on mashed potatoes.

HONEY/MUSTARD GLAZED RIBS

Glaze:

1/2 cup chopped onion 2 tbs. butter
1/3 cup white wine vinegar 1 cup honey
1/2 tsp. grated orange peel 2 tbs. orange juice
1/2 tsp. salt 1-8 oz. jar country-style Dijon mustard

Ribs:

4 lbs. pork spare ribs

Put ribs in a roaster pan, cover with water. Cook 30 minutes in oven preheated to 350°. This gets rid of a lot of the fat. Drain.

To make glaze, place onion and butter in 2 qt. saucepan, cook over med. heat, stirring occasionally, until onion is tender. Stir in all remaining ingredients. Continue cooking, stirring occasionally, until mixture comes to a boil. Turn heat to med. low and continue cooking until sauce thickens slightly. Remove from heat and set aside.

Place ribs on prepared grill, cook over med. heat while basting with glaze, until they are fork tender.

Serve remaining glaze with ribs.

RANCH-STYLE CHICKEN

1/2 cup white apple vinegar 1/3 cup salad oil
1 1/2 tsp. worcestershire 1/2 tsp. minced onion
1 clove garlic, minced 3 tsp. salt
1 tsp. paprika 3 tbs. tomato paste
8 drops liquid-pepper seasoning
1/4 tsp. dry mustard 1 fryer chicken, cut up

Make the basting sauce for this chicken at least twenty-four hours ahead to blend flavors. This will make enough for 3 fryers.

Combine vinegar, salad oil, onion, garlic, worcestershire, paprika, tomato paste, liquid hot-pepper seasoning, and dry mustard.

Brush chicken pieces with melted butter and place over hot coals for about 5 minutes to sear; turn, brush chicken with sauce and turn every 3 to 5 minutes, basting with sauce at each turn.

Time required is about 35 minutes.

BROILED FLANK STEAK

1 cup teriyaki sauce 1 cup white wine
3 tbs. grated ginger 1/2 tas. ground pepper
1 clove crushed garlic 1 flank steak

Place the flank steak in a flat pyrex pan. Put the remaining ingredients into a jar and shake well; pour over the flank steak. Let stand 4 to 6 hours or overnight. Turn and baste several times.

At this point you can broil as you would any other meat, or put it on an outdoor grill. Baste several times while cooking. Don't cut until ready to serve. When serving, cut slantwise across the grain.

TIP: Always turn meat, poultry and fish with tongs or a spatula. A fork pierces the meat and allows juices to escape, which can cause flare-ups and dry out meats.

TIP: Marinating poultry and meat adds additional flavor and increases tenderness.

**People who do not read
lose as much
as people who can not.**



**Butterfly Renaissance
ADULT FOSTER CARE**
185 C Street, Vernonia • 429-5220

Church Directory

CHURCH OF JESUS CHRIST OF LATTER DAY SAINTS

Bob E. Holbrook, Branch President
1350 E. Knott Street
Vernonia, 429-7151

Sacrament Meeting, Sunday 10 a.m.
Sunday School & Primary 11:20 a.m.

Relief Society, Priesthood and
Young Women, Sunday 12:10 p.m.

ASSEMBLY OF GOD

Michael Jackson, Pastor
662 Jefferson
Vernonia, 429-6353

Sunday School 9:45 a.m.
Morning Worship 11:00 a.m.
Evening Service 6:00 p.m.

Women's Bible Study,
1st & 3rd Mon. 7:00 p.m.

Women's Ministry, alt. Wed. 7:00 p.m.

ST. AUGUSTINE (CANTERBURY) EPISCOPAL CHURCH

The Rev. Robert Grafe, Vicar
700 Adams Ave.
Vernonia 429-1860

Sunday Services, 10:00 a.m.

FOURSQUARE CHURCH

Chris Brush, Pastor
850 Madison Avenue
Vernonia, 429-1103

Sunday Services
Morning Worship 10:30 a.m.
Bible Study, Wed., 6:45 p.m.

GRACE REFORMED BAPTIST CHURCH

D.J.Dickey, Pastor
Grant & North Streets
Vernonia, 429-1919 or 429-8720

Sunday School, All Ages 9:45 a.m.
Morning Worship 11:00 a.m.
Evening Worship 6:00 p.m.

Wed. Prayer Meeting, 7:00 p.m.

FIRST BAPTIST CHURCH

John Cahill, Pastor
952 Washington Avenue
Vernonia, 429-1161

Sunday School 9:45 a.m.
Morning Worship 11:00 a.m.
Bible Study 6:00 p.m.

Visitation, Monday 7:00 p.m.
Bible Study, Wednesday 7:00 p.m.

VERNONIA EVANGELICAL BIBLE CHURCH

Grant Williams, Pastor
957 State Avenue
Vernonia, 429-6790

Sunday School 9:45 a.m.
Morning Worship 11:00 a.m.
Children's Church w/Nursery
Evening Fellowship 6:00 p.m.
Nursery Care

AWANA, Wed. 7:00 p.m.
Prayer Meeting, Wed. 7:00 p.m.
Adult Bible Studies, Mon. 7:00 p.m.

**The Churches
of Vernonia
Welcome You**

FIRST CHRISTIAN CHURCH

Dick Halaas, Pastor
410 North Street
Vernonia, 429-6522

Sunday School 9:40 a.m.
Morning Worship 11:00 a.m.
Children's and Junior Church
Evening Service 6:00 p.m.

Ladies' Bible Study, Mon. 7:30 p.m.

Women's Fellowship, 2nd & 4th
Wednesdays, 1:30 p.m.

Every Wednesday:

Ladies' Bible Study, 9:15 a.m.
Evening Bible Study, 6:30 p.m.
Choir Practice, 7:30 p.m.

ST. MARY'S CATHOLIC CHURCH

Pastoral Administrator Joan Dotter
Ass't. Administrator Lani Vandehey
960 Missouri Avenue
Vernonia, 429-8841

St. Vincent dePaul Society
Irish Bruers, 429-7201

Mass Schedule
2nd & 4th Sundays

Word & Communion Services
1st & 3rd Sundays at 10:00 a.m.
Holy Day Services 7:00 p.m.
Sacrament of Penance
Schedule by Appointment
Before or After Mass

SEVENTH DAY ADVENTIST

Roger Kruger, Pastor, 397-6883
2nd Ave. and Nehalem St.
Vernonia, 429-1941

Sabbath School 9:15 a.m.
Morning Worship, 11:00 a.m.

Tuesday Prayer, 7:00 p.m.