

Welcome Additions

Makayla R. Adams

Makayla Renae Adams was born June 23, 1997, at Tuality Hospital in Hillsboro, to Stacy and Lawrence Adams of Forest Grove. She weighed 6 lbs. 15 oz. and was 19 inches long.

Grandparents are Lanny and Judy McDonald of Vernonia, and Larry and Deanna Adams of Tigard.

Great-grandparents are Ruby McDonald and Warren and Violet Aldrich, all of Vernonia, and Genevieve Taylor of Portland.

Cooking Corner by Gladys

By Gladys Sharar

Everyone's concerned with calories, fat, cholesterol and sodium. We realize that studies indicate many Americans are overweight and our diet is loaded with too much fat and too many calories. It doesn't have to be that way. We can watch out for fat and calories and still enjoy good food.

I have selected a few recipes for outdoor cooking that will help you make a smart choice.

TURKEY KABOBS

3 ears corn, cut into 1-inch pieces
2 med. zucchini, cut into 3/4-inch pieces
2 red bell peppers, cut into 1-inch cubes
2 turkey tenderloins (about 1 lb.), cut into 1-inch cubes
1/3 c. reduced-calorie Italian salad dressing
Additional reduced-calorie Italian salad dressing

In a medium saucepan, over high heat, blanch corn in boiling water for 1 to 2 minutes. Remove corn from saucepan and plunge into cold water.

In a large glass bowl, combine corn, zucchini, peppers, turkey and 1/3 c. dressing. Cover and refrigerate 1 to 2 hours.

Drain turkey and vegetables, discarding marinade. Alternately thread turkey cubes and vegetables on skewers, leaving 1/2 inch space between turkey and vegetables. On outdoor charcoal grill, cook kabobs 18 to 20 minutes, brushing with additional dressing. Turn skewers after first 10 minutes.

Makes 8 kabobs, or 4 servings.

Per serving (2 kabobs): calories, 218; fat, 4g.; cholesterol, 70 mg.; sodium, 381mg.

INDONESIAN SATAY WITH SPICY PEANUT SAUCE

1/4 c. lime juice
1 tsp. grated lime peel
1/2 tsp. ground red pepper
4 boneless, skinless chicken breasts (about 2 lbs.), cut into strips
2 cloves garlic, minced
1/2 tsp. ground ginger

Combine lime juice and peel, garlic, ginger and pepper; pour over chicken. Cover; refrigerate 1 hour. Drain.

Prepare coals for grilling.

Thread chicken on individual skewers. Place on greased grill over hot coals. (Coals will be glowing.) Grill, uncovered, 3 to 5 minutes on each side or until tender. Serve with Spicy Peanut Sauce.

SPICY PEANUT SAUCE

1 pkg. (8 oz) cream cheese, cubed
1/2 c. milk
2 tbs. brown sugar
1/8 tsp. ground red pepper
3 tbs. peanut butter
1/2 tsp. ground cinnamon

Stir ingredients in small saucepan over low heat until smooth. Per serving: calories, 130; fat, 8mg.; cholesterol, 35mg.; sodium, 85mg.

SCALLOP KABOBS

1/4 c. lemon juice concentrate
1/2 red, yellow or green bell pepper cut into bite-sized pieces
8 oz. zucchini, cut into chunks
2 small onions, cut into wedges
1 clove garlic, finely chopped
1 lb. sea scallops
1/2 tsp. dried basil
1/4 tsp. salt
1 tsp. dried oregano
2 tbs. vegetable oil

In a shallow dish, combine lemon juice, oil and seasonings; add scallops. Cover; marinate in refrigerator for 2 hours, stirring occasionally.

Remove scallops from marinade; discard marinade. Thread scallops and vegetables alternately onto 8 skewers. Grill or broil as desired, basting frequently with additional lemon juice.

Per serving: calories, 213; fat, 8mg.; cholesterol, 37 mg.; sodium, 255mg.

CHEESE DANISH

1 tbl. sugar
5 (6-7 in.) flour tortillas
1 square semi-sweet chocolate
2 c. thawed light whipped topping
1 pkg. sugar free, instant vanilla pudding (4-serving size)
1 pkg. (8 oz) light pasteurized process cream cheese
1 tsp. ground cinnamon
1 c. cold skim milk

Preheat oven to 350 degrees.

Combine sugar and cinnamon. Spray tortillas with non-stick cooking spray. Sprinkle each tortilla with a scant 1/2 tsp. sugar-cinnamon mixture. Turn tortillas over; repeat. Cut each tortilla into 4 wedges. Stand rounded edge of each wedge in bottom of muffin cup, overlapping the sides. Bake 10 minutes or until lightly browned and crispy. Cool.

Pour milk into a large bowl. Add pudding mix; beat at low speed with electric mixer until well blended, 1 to 2 minutes. Beat in cream cheese at medium speed until smooth. Gently stir in whipped topping. Refrigerate at least 1 hour.

To serve, fill each tortilla shell with a scant 3 tbs. cheese mixture using pastry bag or spoon. Place chocolate in small plastic sandwich bag or self-closing bag. Microwave on high about 1 minute or until chocolate is melted. Fold top of bag tightly; snip off one corner (about an inch). Hold bag tightly at top; drizzle chocolate through opening, over prepared Danish. Refrigerate until chocolate sets.

Makes about 20 Danish.

Per serving: calories, 90; fat, 4mg.; cholesterol, 4mg.; sodium, 180mg.

Vernonia Oldtimers' Picnic scheduled for Aug. 17th

The Vernonia Oldtimers' Picnic will be held Sunday, August 17, in Anderson Park, with a full contingent of Vernonia residents, past and present.

This annual reunion brings together former schoolmates and former neighbors for a

day of picnicking, conversation and reminiscing.

This year, the just-published book *Vernonia - A Pocket in the Woods*, by Dr. Ann Fulton, Professor of History at PSU, will be available.

The book is the result of the Vernonia History Project

headed by Fulton, who has gathered information and conducted interviews, assisted by Robb Wilson, curator at Columbia County Museum.

Dr. Fulton will attend the picnic to sign copies of the book.

Vernonia Preschool Registration

Friday, Aug. 15, 1996, 6:00-8:00 p.m.
627 Adams Avenue (Behind WOEC)

Ages 3-5 Must be 3-yrs. old by Sept. 1, 1997 and be toilet-trained
For more information, call 429-4900 or 429-6132

Church Directory

FIRST CHRISTIAN CHURCH

Joel Stith, Pastor
410 North Street
Vernonia, 429-6522

Sunday School 9:30 a.m.
Morning Worship 11:00 a.m.
Evening Service 6:30 p.m.

Every Wednesday:
Ladies' Bible Study, 9:15 a.m.
Children's Choir 3:00 p.m.
Family Bible Study, 6:30 p.m.

Women's Fellowship, 2nd & 4th
Wednesdays, 1:30 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,
Alternate Wed. 7:00 p.m.

FOURSQUARE CHURCH

Pastor Paul Pastor
850 Madison Avenue
Vernonia, 429-1103

Sunday Services
Morning Worship 10:30 a.m.
Children's Sunday School

Thursday Service 7:00 p.m.
Youth Ministry
Value Builders for Kids

CHURCH OF JESUS CHRIST OF LATTER DAY SAINTS

Lee Knowlton, 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.

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

ST. MARY'S CATHOLIC CHURCH

Fr. Ron Millican
Pastoral Administrator
Lani Vandehey

960 Missouri Avenue
Vernonia, 429-8841

Mass
Sundays 10:00 a.m.
Reconciliation 9:30-9:45 a.m.
or by appointment

The Churches of Vernonia Welcome You

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.

GRACE REFORMED BAPTIST CHURCH

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

Sunday School 10:00 a.m.
Adult Prayer Hour 10:00 a.m.
Morning Worship 11:00 a.m.
Afternoon Worship 2:00 p.m.

Wed. Bible Study, 7:00 p.m.

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.

ST. AUGUSTINE (CANTERBURY) EPISCOPAL CHURCH

The Rev. Robert Grafe, Vicar
960 Missouri
Vernonia 429-3700

Sunday Services, 9:30 a.m.