

Seniors offered refresher driving course 55 Alive

If enough people are interested, the refresher driving class for older adults, 55 Alive, will be offered in Vernonia.

Weldon Biller, a 55 Alive instructor from Forest Grove, will bring the class to Vernonia for a minimum of ten people. As many as 25 may take the class at one time.

The eight-hour class will be given in two four-hour sessions. Though usually presented during daylight hours, it can also be given at night if that is a better time for enough people. There is a \$10 fee but many insurance companies give a discount for taking the class.

Anyone interested in taking the course may either sign up at the Vernonia Senior Center, or call Biller at 357-7535.

A New Year,
A Fresh Start,
A New Life!



Assembly of God

662 Jefferson Avenue
Vernonia, Oregon
429-6353

Mike Jackson - Pastor

Cookin' with Gladys

By Gladys Sharar

The year 2000 has brought us into a new era. There will be lots of changes throughout the years. Maybe even in our slow cookers.

Slow cookers were introduced in the 1970s, and are finding renewed popularity in our lives today. As we face the hectic pace of today's lifestyle, we will find this time-saving kitchen helper a much used item. Try one of these recipes this month and see how much time it saves you.

SPARERIBS SIMMERED IN ORANGE SAUCE

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| 4 lbs. country-style pork spareribs | 2 tbsp. vegetable oil |
| 2 med. onions, cut into 1/4" slices | 1/2 tsp. ground cinnamon |
| 1 to 2 tbsp. dried chiles, seeded and chopped | |
| 1/4 tsp. ground cloves | 2 cloves garlic |
| 1-16 oz. can tomatoes, drained | 1/2 c. orange juice |
| 1/3 c. dry white wine | 1/3 c. brown sugar |
| 1/2 tsp shredded orange peel | 1 to 2 tbsp. cider vinegar |

Cut meat into individual riblets. Heat oil in large skillet over medium heat. Add ribs; cook until browned on all sides, about 10 minutes, remove to plate. To the drippings add onions, chiles, cinnamon and ground cloves. Cook until softened, about 3 minutes.

Transfer onion mixture to slow cooker.

Process tomatoes with juices and garlic in food processor or blender until smooth. Combine tomato mixture, orange juice, wine, sugar, orange peel and salt in slow cooker. Add ribs; stir to coat. Cover and cook on low 5 hours, or until ribs are fork-tender. Remove ribs to plates. Ladle out liquid to medium bowl and let stand five minutes. Skim and discard fat. Stir in vinegar, and serve over ribs.

TEXAS-STYLE BARBECUED BRISKET

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| 1 beef brisket (3 to 4 lbs) | 1 tbsp. chili powder |
| 3 tbsp. worcestershire sauce | 1 tsp. celery salt |
| 1 tsp. black pepper | 1 tsp. liquid smoke |
| 2 cloves garlic, minced | 2 bay leaves |

Barbecue sauce (recipe follows)

Trim excess fat from meat, cut to fit slow cooker. Place meat in resealable plastic food storage bag. Combine worcestershire sauce, chili powder, celery salt, pepper, liquid smoke, garlic and

bay leaves in a small bowl. Spread mixture on all sides of meat; seal bag. Refrigerate 24 hours, turning a few times, if you can.

Place meat and marinade in slow cooker. Cover and cook on low for 7 hours. Meanwhile, prepare barbecue sauce, or use a commercial bottled sauce if you're in a hurry.

Remove meat from slow cooker and pour juices into 2-cup measure; let stand 5 minutes, skim fat from juices, remove bay leaves. Stir 1 cup of defatted juices into barbecue sauce, discard remaining juices. Return meat and barbecue sauce to slow cooker. Cover and cook 1 hour, or until meat is fork-tender. Remove meat to cutting board. Cut across grain into 1/4 inch thick slices. Serve 3 to 4 tsp. barbecue sauce over each serving.

Barbecue Sauce

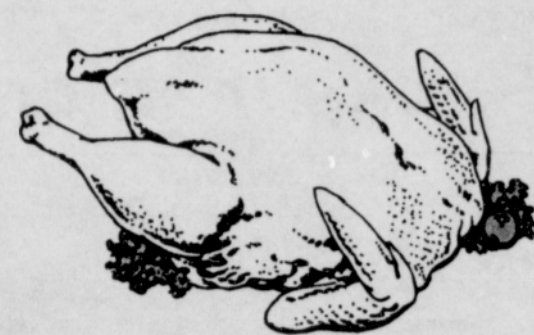
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|-----------------------|-----------------------|
| 2 tbsp. vegetable oil | 1 med. onion, chopped |
| 2 cloves garlic | 1 c. ketchup |
| 1/2 c. molasses | 1/4 c. cider vinegar |
| 2 tps. chili powder | 1/2 tsp. dry mustard |

Heat oil in medium saucepan over medium heat. Add onion and garlic. Cook until onion is tender. Add remaining ingredients. Simmer 5 minutes. Makes 2 1/2 cups.

COQ AU VIN

Coq au vin is a classic French dish made with bone-in chicken, salt pork or bacon, brandy, red wine and herbs. The dish originated when farmers needed a way to cook old chicken that could no longer breed. A slow moist cooking method was needed to tenderize the tough old birds.

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| 4 thick slices bacon | |
| 2 c. pearl onions, thawed | |
| 1 c. sliced button mushrooms | |
| 1 clove garlic, minced | |
| 1 tsp. dried thyme leaves | |
| 1/8 tsp. black pepper | |
| 6 boneless chicken breast halves | 1/2 c. red wine |
| 3/4 c. chicken broth | 1/4 c. tomato paste |
| 3 tbsp. flour | hot cooked egg noodles (optional) |



Cook bacon in medium skillet over medium heat. Drain and crumble. Layer ingredients in slow cooker in the following order: onions, bacon, mushrooms, garlic, thyme, pepper, chicken, wine and broth. Cover and cook on low 6 to 8 hours.

Remove chicken and vegetables; cover and keep warm. Ladle 1/2 c. cooking liquid into a small bowl; allow to cool slightly. Turn slow cooker to high; cover. Mix reserved liquid, tomato paste, and flour until smooth. Return mixture to slow cooker, cover and cook 15 minutes or until thickened. Lay chicken and vegetables on a bed of egg noodles and pour sauce over.

MEDITERRANEAN GUMBO

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| 1 med. onion, chopped. | 2 cloves garlic, minced |
| 1/2 green pepper, chopped | 2 cans chicken broth |
| 1 can whole tomatoes, undrained | 1 can tomato paste |
| 1 can sliced mushrooms | 1/4 c. ripe olives, sliced |
| 1/2 c. orange juice | 1 tsp. dried basil leaves |
| 1/2 c. dry white wine (optional) | 1/4 tsp. black pepper |
| 1/4 tsp. fennel seeds, crushed | 1-1/2 lbs. med. shrimp, peeled |

Place all ingredients except shrimp in slow cooker. Cover and cook on low 4-1/2 hours, or until vegetables are crisp-tender. Stir in shrimp. Cover and cook 30 minutes more or until shrimp are opaque. Remove and discard bay leaves.

This is good for those wanting something with less calories. 144 calories and 3 grams of fat.

MINISTRONE ALLA MILANESE

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| 2 cans beef broth | 1 c. diced potato |
| 1 can diced tomatoes, undrained | 1 c. sliced zucchini |
| 1 c. coarsely chopped green cabbage | 3/4 c. chopped onion |
| 1 c. coarsely chopped carrots | 1 c. water |
| 3/4 c. sliced fresh green beans | 2 tbsp. cooking oil |
| 3/4 c. celery, coarsely chopped | 1 clove garlic, minced |
| 1/2 tsp. dried basil leaves | 1 bay leaf |
| 1/4 tsp. dried rosemary leaves | |
| 1 can cannellini beans, rinsed and drained | |
| grated parmesan cheese (optional) | |

Combine all ingredients except cannellini beans and cheese in slow cooker; mix well. Cover and cook on low 5 to 6 hours. Add beans. Cover and cook on low 1 hour, or until vegetables are tender. Remove and discard bay leaf. Garnish with cheese, if desired. Serves 8-10. 135 calories and 4 grams of fat.

Church Directory

VERNONIA COMMUNITY 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.

GRACE REFORMED BAPTIST CHURCH

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

Sunday Services: Adult Prayer & Children's Sunday School 9:45 a.m.
Morning Worship 11:00 a.m.
Afternoon Worship 2:00 p.m.

Tuesday Service:
All Family Bible Study, 7:30 p.m.

Every Second Sunday, the 2:00 p.m. Worship is replaced by a Fellowship Meal following the 11 a.m. service.

FIRST CHRISTIAN-CHURCH

Joel Stith, Pastor
410 North St., 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.

ST. MARY'S CATHOLIC CHURCH

Fr. Tim Mockaitis, Priest-Moderator
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

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.

VERNONIA FOURSQUARE CHURCH

Pastor Paul Pastor
850 Madison Avenue
Vernonia, 429-1103

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

Wednesdays 7:00 p.m.
Evening Service
Youth Ministry
Children's Ministry
Nursery Available

Men's Ministry 7:45 a.m.
3rd Saturday, each month

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.

NEHALEM VALLEY BIBLE CHURCH

Jerry James, Pastor
500 California Ave
Vernonia, 429-5378

Sunday School 10:00 a.m.
Morning Worship 11:00 a.m.
Wednesday Service 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.

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.