

**You need
Jesus...
now.**



Assembly of God
662 Jefferson Avenue
Vernonia, Oregon
429-7058
Mike Jackson - Pastor

On a church bulletin during the minister's illness: GOD IS GOOD Dr. Hargreaves is better.

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Health Notes

By Audeen Wagner

Allergy Season: If you are a perennial sufferer from hay fever, you don't need to be told that the allergy season is upon us. Those itchy, watery eyes, sniffles, runny nose, congestion, sneezing or wheezing (or all of the above!) bring the message to you loud and clear. Unfortunately the springtime that brings us beautiful flowers and leaves on the trees also brings pollen that, when inhaled, can spell trouble for some. An allergic reaction occurs when your immune system responds to what is often a harmless substance as if it were an invader (an allergen).

It is sometimes difficult to tell the difference between a bad cold and an allergy, especially this time of year, because allergies have many symptoms in common with colds and flu. So, how to tell the difference? Colds and flu often come with a fever, sore throat, thick nasal discharge, aches and chills. A cold rarely lingers more than a week or two; allergy attacks don't end until the source is gone.

There are many over the counter treatments for allergies, as well as some good prescription drugs; a pharmacist can help you sort out the many preparations out there. If you think you might have an infection...with symptoms of fever, chills, sweats, dark colored drainage or blood streaks, then you should avoid allergy medicines that contain an antihistamine. "The goal is to clear out your nose and throat with a decongestant, and drinking plenty of water can help," said Dr. Livingston.

As always, the staff at Providence Family Medicine-Vernonia can help. Call the clinic (429-9191) for an appointment.

Keep that appointment! If you have made an appointment at the clinic, the staff asks that you please make every effort to keep the appointment. (Clinic policy is to reschedule if you are more than 10 minutes late.) Of course, the clinic staff realizes that unforeseen things do occur from time to time, so if you can't possibly make the appointed time, please phone the clinic to let them know, then they can use that time for another patient and reschedule you at a better time.

If you have an appointment with an out-of-town specialist, please make sure you keep your appointment and get there on time. These referrals are very important for your well-being, and the specialist's time is limited; there may be a much longer wait if you have to reschedule. Call Tana if she can help you adjust your schedule with a specialist, or rearrange your visit at the local clinic.

Mammovan: The next mammovan visit is Wednesday, April 12. Call the clinic for an appointment.

Cookin' with Gladys

By Gladys Sharar

My column this month is in memory of my husband, Jerry Sharar, featuring some of his favorite foods. One thing he looked forward to in the spring was a mess of Dandelion greens.

DANDELIONS

Wash thoroughly, remove roots, drain and cook one hour, or until tender in boiling water, changing the water two or three times (This takes away any bitter taste). In the last few minutes of cooking, add salt to taste. Season with butter and serve with vinegar.

RABBIT IN WINE

- 1 rabbit
- 1 clove garlic
- 1/2 tsp. rosemary.
- 1 C. red wine
- 1 tsp. chopped parsley

Cut rabbit into serving pieces. Brown on all sides in hot oil, salt and pepper. Add red wine, garlic, parsley and rosemary. Cover and simmer until meat is tender, about 45-60 minutes. I found the best thing to cook a rabbit in is a cast iron Dutch Oven.

BOILED BEEF TONGUE

- 3 qts. water (or enough to cover beef tongue)
- 1 Tbsp. salt
- 1 orange, cut in fourths
- 1 Tbsp. whole allspice
- 1/4 C. brown sugar
- 1 onion, cut in fourths
- 1 red hot pepper

Simmer beef tongue and all ingredients until tongue is tender, about one hour for each pound. trim and remove skin. Cut in 1/4 inch slices and place on a serving platter.

DUCK IN ORANGE SAUCE

- 1-2 ducks
- 1/2 to 1 jar orange marmalade
- salt and pepper to taste
- 1/2 to 1 jar water

Season ducks, roast at 350 degrees for half an hour. Take out of oven, cut in half lengthwise. Take out as many bones as possible. Put back in roasting pan. Mix together marmalade and water, pour over duck halves. Continue baking for 25 to 35 minutes at 425 degrees or until glaze is crisp.

TAMALE PIE WITH CORN BREAD TOPPING

- 1 1/2 lbs. ground beef
- 1/2 C. chopped green pepper
- 1 (15 oz) can tomato sauce
- 2 Tbsp. chili powder
- 1 lg. can pinto or kidney beans
- salt and pepper to taste
- 1 can black olives, sliced and drained
- 1 lg. onion
- 1 lg. can tomatoes
- 1 C. water
- 1 C. grated sharp cheese
- 1/2 C. cornmeal

Brown beef, onion and peppers. Add tomatoes and tomato sauce and seasonings, then add corn, beans, olives and cheese. Stir well, then add cornmeal to thicken lightly. Put in a large casserole dish and top with one recipe of corn bread. Bake in 425 degree oven for 30 to 40 minutes or until done. (I found out one of the little Jiffy mix of corn bread was about right)

BARBECUED PORK CHOPS

- 6 pork chops
- 1/2 C. vinegar
- 1 can tomato soup
- 2 tsp. chili powder
- 1/2 tsp. paprika
- 1/2 C. brown sugar

Put pork chops in bottom of a baking dish. Mix remaining ingredients and pour over pork chops. Bake for 1-1/2 hours in a 350 degree oven.

PEANUT BUTTER COOKIES

- 1/2 C. shortening
- 1/2 C. sugar
- 1 egg
- 1/2 C. peanut butter
- 1/2 C. brown sugar

Mix these five ingredients together. Sift the following together.

- 1-1/2 C. flour
- 1/4 tsp. salt
- 1/2 tsp. baking powder

Add to the first mixture. Chill dough. Roll into balls and flatten with fork dipped in flour(crisscross). Bake at 350 degrees for 10 to 12 minutes.

Church Directory

<p>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.</p>	<p>FIRST BAPTIST CHURCH John Cahill, Pastor 359 "A" Street Vernonia, 429-1161 Sunday School 9:45 a.m. Morning Worship 11:00 a.m. Evening Worship Saturday, 6:00 p.m.</p>	<p>ST. AUGUSTINE (CANTERBURY) EPISCOPAL CHURCH The Rev. Robert Grafe, Vicar 960 Missouri Vernonia 429-3700 Sunday Services, 9:30 a.m.</p>
<p>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.</p>	<p>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</p>	<p>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. Nursery available Wednesday Service 7:00 p.m.</p>
<p>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.</p>	<p>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.</p>	<p>VERNONIA FOURSQUARE CHURCH Pastor Paul Pastor 850 Madison Avenue Vernonia, 429-1103 Sunday Worship Service: 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</p>
	<p>ASSEMBLY OF GOD Michael Jackson, Pastor 662 Jefferson Vernonia, 429-7058 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.</p>	<p>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.</p>