

Family council needs members

The Columbia County Board of Commissioners is soliciting applicants from county citizens who are willing to serve on the Columbia County Commission on Children and Families. This 20 member volunteer committee is advisory to the Board of County Commissioners and makes recommendations regarding the expenditure of state and federal funds for programs and services for children and their families in Columbia County. Lay representatives are needed from the Vernonia and Rainier areas.

Anyone interested may call the commission on Children and Families at 503-397-7211.

The secret of staying young is to live honestly, eat slowly, and lie about your age.

— Lucille Ball

Prayer is a direct line to God.



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

Cookin with Gladys

By Gladys Sharar

Chicken and turkey were once reserved for Sunday dinners and holiday feasts. Now poultry is a favorite for every-day meals. I have found oven-smoked poultry interesting, so I want to pass it on to our readers.

OVEN-SMOKED POULTRY

When you crave succulent hickory-scented chicken but don't feel like firing up the barbecue, use the oven instead. "Oven-smoking" simply takes advantage of liquid smoke, a pale chestnut-colored liquid sold in supermarkets alongside Worcestershire and other seasoning sauces. Though it doesn't preserve food as true smoking does, liquid smoke imparts the same savory flavor.

Liquid smoke really is made from smoke. The smoke from burning wood is caught in tubes, where it cools and condenses; the resulting liquid is then filtered and bottled. Hickory wood is the most common source of liquid smoke, but you may find other "flavors" — mesquite, for example — in specialty markets.

Oven-smoking is a simple process. Choose a tight-lidded pan and a rack that will fit inside it; pour a few tablespoons of liquid smoke into the pan, place the poultry of your choice on the rack, and cook. The food essentially steams as it bakes, absorbing flavor as the liquid smoke evaporates. To adjust the "smokiness" of your poultry, vary the amount of liquid smoke used, keeping in mind that flavor grows stronger as the food cools. Because the aroma of liquid smoke can fill your kitchen, you may prefer to do your oven smoking the day before serving...you want your family and guests to be enticed by the fragrance, not knocked out cold.

Oven-smoked poultry keeps in the refrigerator for 2 days; be sure to wrap it securely, so it won't flavor the foods stored around it. Here is a chart you might like to follow.

TYPE OF POULTRY	MAXIMUM AMOUNT / SIZE	COOKING TIME
Skinless Chicken	4 breast halves	about 20 minutes
Boneless chicken	approx 4 oz.	"
Breast halves	approx. 4 oz. each	"
Chicken legs	4 legs (approx. 2 lbs.)	about 40 minutes
Whole chicken	3 to 3-1/2 lbs.	about 1-1/4 hours
Cornish game hens	2 (2 1/2 lbs. total)	about 1 hour

PASTA & CHICKEN WITH SWEET-SOUR TOMATO SAUCE

5 tbs. olive oil 1 med.-size onion, thinly sliced

2 tbs. pine nuts or almonds 2 cloves garlic, minced
6 med.-size Roma-type tomatoes
1 tbl. firmly packed brown sugar 1/2 tsp. allspice
2 tbs. cider vinegar 3/4 cup dry red wine
2 whole chicken breasts, skinned, boned and split
8 oz. dry linguini noodles salt and pepper to taste

Heat 1/4 cup oil in a wide frying pan over med. heat. Add onions and pine nuts and cook, stirring until onions are soft. Stir in garlic, tomatoes, sugar, vinegar, allspice and wine. Adjust heat so mixture boils gently. Continue to cook, uncovered, stirring occasionally, until sauce is slightly thickened.

Meanwhile, rinse chicken and pat dry. Brush on all sides with remaining 1 tbl. oil. Place a cooktop grill pan over med heat. Place chicken on hot pan and cook, turning once, until well browned on outside and no longer pink in the center.

While chicken is cooking, in a 5-6 quart pan cook linguine in 3 quarts of boiling water, just until tender to bite (8 to 10 minutes). Drain well.

Season tomato sauce to taste with salt and pepper. Add linguine and mix lightly, using 2 forks. Cut chicken into 1/2 inch strips; arrange on top.

Makes 4 servings.

CHICKEN IN PORT CREAM WITH FETTUCCINE

This unusual combination of ingredients produces decidedly elegant results in a simple-to-make dish. Be sure to use dry dried tomatoes, not the kind packed in olive oil.

3/4 cup dried tomatoes
3 whole chicken breasts, skinned, boned and split
1 cup port wine 3 tbs. butter or margarine
1-1/2 cup whipping cream 1 pkg. (8 oz.) fettuccine
Salt and pepper to taste fresh tarragon sprigs

In a small bowl, soak tomatoes in warm water to cover until soft, about 1 hour. Drain well, chop coarsely, and set aside.

Rinse chicken; pat dry. Melt butter in wide frying pan over med. heat. Add chicken and cook, turning once, until well browned on outside and no longer pink in the middle. Remove chicken and keep warm.

To the pan drippings, add port and cream. Increase heat to high and bring to a boil; boil uncovered, stirring occasionally until large, shiny bubbles form, 10 to 15 minutes.

Meanwhile, in a 5-6 quart pan, cook fettuccine in 3 quarts boiling water, just until tender to bite (3 to 4 minutes).

While pasta is cooking; mix tomatoes, chicken and any chicken juices into cream mixture; season to taste with salt and pepper.

Drain fettuccine well; transfer to a warm deep platter. Top with chicken mixture, then garnish with tarragon sprigs.

Makes 6 servings

MEXICAN CHICKEN LASAGNE

This dish certainly looks Italian — but when you cut into its bubbling depths, the spicy aroma lets everyone know that the flavor is Mexican.

2 tbs. salad oil 1 med. onion, chopped
2 cloves garlic, minced 1 med. red bell pepper,
2 (1 lb.) jars mild chile salsa seeded & chopped
2 tbs. chili powder 1/2 tsp. pepper
10 oz. dry lasagne 1 tsp. ground cumin
1 cup shredded sharp cheddar cheese 4 cups bite-size cooked chicken
1 cup shredded jack cheese

Prepare chile-cheese filling and set aside (recipe follows).

Heat oil in a 4-5 quart pan over med. heat; add onions, garlic, and bell pepper. Cook, stirring often, until onion is soft but not brown. Add salsa, pepper, chile powder and cumin; bring to a boil. Reduce heat and boil gently uncovered, stirring often, until mixture is reduced to 1 quart, about 10 minutes.

Meanwhile in a 5-6 quart pan, cook lasagne in 3 quarts boiling water, just until tender to bite. Drain, rinse in cold water, and drain again.

Pour a little sauce in the bottom of a 9"x13" pan, top with lasagne, spread with half the chile-cheese filling, then cover with half the chicken, spread a little more sauce over chicken, sprinkle with 1/2 cup each of the cheddar and jack cheese, repeat layers.

Chile-Cheese Filling

Combine 2 cups small-curd cottage cheese, 2 eggs, 1/3 cup parsley and 1 (4 oz.) can diced green chiles. Mix well.

BASIL PESTO

2 cups lightly packed fresh basil leaves
1/3 cup olive oil 1/2 cup grated Parmesan cheese
2 cloves garlic, peeled 1/4 cup walnut pieces

Whirl all ingredients in a food processor or blender until smoothly pureed.

Makes about 1 cup.

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.
Men's Group, Thursday 7:30 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.

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.

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.

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.

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.

ST. AUGUSTINE (CANTERBURY) EPISCOPAL CHURCH

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

Sunday Services, 9:30 a.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.
Nursery available
Wednesday Service 7:00 p.m.

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

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.