

## Case manager named at WRC

The Board of Directors of Columbia County Women's Resource Center (CCWRC) has announced the appointment of Yolanda Smith as case manager. Smith will help provide many services to Columbia County victims of violence, including case management, 24-hour crisis line, safe, confidential shelter, emergency transportation, non-judgmental support, advocacy, information and referral.

## Cookin with Gladys

By Gladys Sharar

With fresh vegetables plentiful this time of the year, we are always looking for new recipes. Do you have one you would like to share? This Squash Casserole comes from Dianne Sizemore. Thanks, Dianne, very good.

### SQUASH CASSEROLE

2 c. cooked yellow squash 1/2 c. sour cream  
1 large carrot (grated) 1 onion (chopped, fine)  
1 small jar pimentos (chopped) 1 can cream of chicken soup  
1 pkg Pepperidge Farms herb bread crumbs 1 stick butter (melted)

Combine all ingredients in order, except crumbs and butter. Add half the crumbs to melted butter and save half for top. Add other half to mixture. Bake at 325 degrees for 40 minutes.

### TOMATO PIE

1 single 8 inch pie crust 1 c. shredded Jack cheese  
4 large ripe tomatoes, cored 1 egg

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and thinly sliced 1 tsp dried leaf tarragon  
1 c. milk 1/2 c. freshly grated  
1/4 tsp each salt and nutmeg parmesan cheese

Prick pie crust several times and sprinkle evenly with Jack cheese. Lay half of the sliced tomatoes evenly over cheese. In a small bowl, whisk together egg, milk, tarragon, salt and nutmeg. Pour half of this mixture evenly over tomatoes, then lay over the remaining tomatoes and remaining egg-milk mixture. Sprinkle evenly with Parmesan cheese and bake in a preheated 350 degree oven for about 45 minutes, or until set.

### CHILI-STUFFED PEPPERS

1 Tbls. olive oil 1 large onion, finely chopped  
1 med. carrot 1 clove garlic, finely chopped  
1/2 lb. lean ground beef 1 Tbls. chili powder  
1/2 tsp. sugar 1 tsp. leaf oregano, crumbled  
1/4 tsp. salt 1/4 tsp. pepper  
1 can (8 oz.) tomato sauce 1 c. cooked brown rice  
2 sweet peppers, halved lengthwise

Heat oil in a medium skillet. Add onions, carrots and garlic. Cook 5 minutes, stirring. Add beef; cook, stirring to break up meat, until no longer pink, about 4 minutes. Stir in chili powder, oregano, sugar, salt, pepper and tomato sauce. Reduce heat to medium-low; cook to thicken, about 10 minutes. Stir in rice; cook, stirring to heat, 5 minutes.

Meanwhile, cook pepper halves in lightly salted boiling water to cover for about 8 minutes or until just tender. Drain and keep warm. Spoon chili mixture into pepper halves. Serve at once.

My next three recipes are requests from readers:

### PICKLED GREEN BEANS

2 lbs. string beans 1 tsp. cayenne pepper, to taste  
4 cloves garlic 4 large heads dill  
2-1/2 c. vinegar 2-1/2 c. water  
1/2 c. salt

Wash beans and drop into boiling water for 3 minutes. Drain, pat dry. Cut to length for pint jars. Pack jars and add 1/4 tsp. cayenne pepper, 1 clove garlic, 1 head dill to each jar. Boil vinegar, water and salt; pour over packed jars to within 1/2 inch of jar tops. Seal in open kettle of water for 7 minutes. Makes 4 pints.

### PICKLED JALAPEÑO CHILIES

50 peppercorns (any color) 4 tsp. whole yellow mustard seeds  
16 cloves garlic, sliced  
2-1/4 lbs. jalapeño peppers 2 Tbls. granulated sugar  
cut in 1/4 to 1/2 inch rings 4 c. cider vinegar  
2 tsp. pickling salt

Wash 8 half pint jars. Keep hot until needed. Prepare lids as manufacturer directs. Divide the peppercorns, mustard seeds and garlic evenly among the jars. Pack each jar with a portion of the jalapeños, filling to within 1/2 inch of the rim. Combine the vinegar, sugar and salt in a non-aluminum pot. Bring to a boil, remove from heat and pour into one jar of jalapeños, leaving 1/2 inch head space. Wipe jar rim clean with a damp cloth. Attach lid. Fill and close remaining jars.

For a slightly crisper pickle and short-term storage, store jars in refrigerator for several months (let them sit for at least 2 weeks before use).

For long-term storage, process in a boiling water canner for 10 minutes.

### SALSA FROM TERESA LARSON

For a large batch, multiply this by 8  
6 medium tomatoes, peeled 3 bell peppers  
1 large onion 4 - 5 cloves garlic  
10 - 12 jalapeno peppers 1 c. tomato paste  
1/2 c. cider vinegar 2 tsp. salt  
chili powder to taste cilantro, fresh or dry,  
1 to 5 bunches

Cut vegetables in small pieces, cook all ingredients together for 45 minutes. Add more spices at this time, if needed. If canning, cook only 15 minutes and process in water bath 30 minutes for pints and 45 minutes for quarts.

### PEANUT BUTTER BANANA BARS FROM TRACY FLETCHER

1/2 c. peanut butter 1/2 c. butter, melted  
2 ripe bananas, mashed 1 lb. light brown sugar  
2 eggs 2-3/4 c. flour  
2-1/2 tsp. baking powder 1 c. chocolate chips  
1 c. peanuts

Mix peanut butter, bananas, butter, brown sugar and eggs. Add flour and baking powder to mix. Stir in peanuts and chocolate chips. Bake in a greased 10 by 15 jelly roll pan. Bake at 325 degrees for 30 minutes. Cool completely in pan.

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## 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

Pastoral Associate  
Juanita Dennis

960 Missouri Avenue  
Vernonia, 429-8841

Mass Saturdays 7:00 p.m.  
Penance Service 1st & 3rd  
Saturdays 6:30 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.

### 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.

### ST. AUGUSTINE (CANTERBURY) EPISCOPAL CHURCH

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

Sunday Services, 10:00 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

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