

Local students receive college degrees

Tracy R. Eckertson

Tracy R. Eckertson graduated June 14 from the Linn-Benton Nursing program. She will be employed by Legacy Emanuel Hospital.

The daughter of J. Val and May Eckertson of Vernonia, was a 1994 graduate of Vernonia High School. She earned a Bachelor of Science degree from Oregon State University in 1999.

Denise Titus

Denise Titus, a 1998 graduate of Vernonia High School, received an Associate degree in Business from Portland Community College, June 17. She has been accepted for PCC's two-year Veterinarian Tech program. She is currently employed by Banks Veterinary Services in Banks.

Christopher M. Titus

Christopher M. Titus, a 1996 graduate of Vernonia High School, received a Bachelor of Science degree from the College of Agricultural Science at Oregon State University on June 17. He is currently with Benton County Sheriffs Department.

Church Bulletin Bloopers

Low Self Esteem Support Group will meet Thursday at 7 PM. Please use the back door.

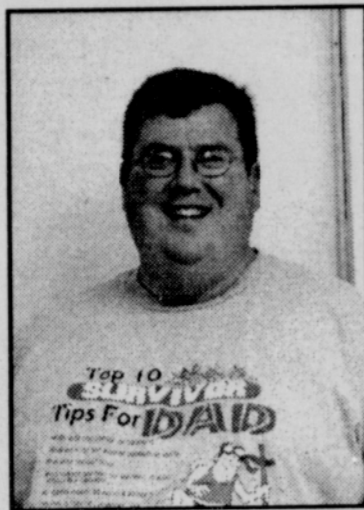
Cookin' with Gladys

By Gladys Sharar

I'm happy to have Dan Benes as cook for the month for July. Dan, his wife, Julie, and four children, live about four miles from Mist. They moved there in 1989 and built their own log house, peeling the logs and putting them together.

Dan learned to cook, do laundry and clean the house, when Julie started nursing school. After working long hours at Tri-Met, he finds time to share the cooking, but seldom uses a recipe. He does read them to get new ideas.

We hope you try one of these recipes in your cookout this month.



MACARONI/TUNA SALAD

By Dan Benes

4 cups macaroni, cooked and drained
2 cans tuna, drained
1 cup chopped celery
1/2 cup chopped green onion
6 slices chopped, cooked bacon
1/2 cup cubed cheddar cheese
Garlic powder, salt and pepper to taste.

Combine all ingredients, add enough salad dressing of your choice to make a nice moist salad... and enjoy.

BARBECUE KABOBS

By Dan Benes

(This is one of the family's favorite cookout dishes.)

6 boneless, skinless chicken breast halves, about 1-1/2 lbs, cut in strips

2 cups teriyaki sauce
12 cherry tomatoes
12 nice size mushrooms
2 onions, cut in chunks
2 green pepper, cut in chunks

Combine chicken and teriyaki sauce in a large, resealable plastic bag. Marinate in refrigerator for at least 1 hour. Remove chicken and discard marinade, as it is not safe to re-use. While chicken is marinating, soak wooden skewers in water to keep them from burning.

Dan likes to put the chicken, mushrooms, green peppers, onions and tomatoes in individual containers and let each person thread their own skewer with whatever they like.

Grill on skewer 10 to 15 minutes or until chicken is no longer pink in center and juices run clear when cut.

Makes 6 servings.

SWEET AND SOUR RICE SALAD

By Gladys Sharar

1 cup brown rice, cooked	1/2 cup fresh bean sprouts, rinsed
1/4 cup chopped tomato	1/4 cup grated carrot
1/4 cup sliced green onion	1/4 cup frozen peas
1/4 cup chopped yellow bell pepper	2 tbs. crumbled blue cheese
1/4 cup Citrus Grill marinade	1 tbs. lime juice
salt and pepper to taste	2 tbs. brown sugar

In a large bowl, combine rice, bean sprouts, carrot, onions, peas, bell pepper and cheese; mix well. In another bowl, combine remaining ingredients; mix well with wire whisk. Pour over rice mixture and gently toss. Cover and refrigerate at least 1 hour to allow flavors to blend.

Add grilled chicken or beef to create a main dish, if desired.

FLANK STEAK SALAD WITH WINE MUSTARD DRESSING

By Gladys Sharar

1 flank steak, about 1-1/2 lbs. or 3-1/2 cups thinly sliced roast beef	2 tbs. white wine vinegar
1 lb. small red potatoes, cooked and sliced	1 tbs. Dijon mustard
1-6 oz. jar marinated artichoke hearts, drained	6 tbs. vegetable oil
salt and pepper	1/2 lb. fresh green beans, steamed until tender-crisp
	1/4 lb. mushrooms, sliced
	4 green onions, including tops, sliced

Grill or broil steaks 10 to 12 minutes or until desired doneness, turning halfway through grilling time. In small bowl, combine vinegar, mustard and salt and pepper to taste; mix well with wire whisk. Slowly add oil, beating constantly. Thinly slice steak on the diagonal, across the grain. Cut each into two 9 inch strips. Place in a large salad bowl. Add dressing and toss gently. Add remaining ingredients and toss. Serve on a bed of lettuce on individual plates.

MESQUITE SUMMER VEGETABLE MEDLEY

By Gladys Sharar

2 red potatoes, cut into thin wedges	2 med. carrots, diagonally sliced
1 small head cauliflower, broken into flowerettes	3 zucchini, diagonally sliced
3/4 tsp. lemon pepper	1 med. onion, cut into chunks
2 bacon slices, cooked and crumbled	1/2 cup marinade with lime juice
	1/2 tsp. garlic powder with parsley

In a large bowl, combine all ingredients, except bacon; mix well. Place vegetable mixture evenly on four 20" x 12" pieces of heavy duty aluminum foil. Fold foil to enclose; seal tightly. Grill packets, seam side up, 20 to 30 minutes or until vegetables are tender. To serve, carefully remove vegetables; they will be very hot. Sprinkle with bacon. Makes 4 servings.

MESQUITE GRILLED CHICKEN IN CORNBREAD BUNDLES

By Gladys Sharar

3/4 cup mesquite marinade	4 boneless, skinless chicken breast halves
1/2 cup chopped red pepper	1/2 cup toasted pine nuts, finely chopped
1 - 7 oz. can green chiles, drained, chopped	1 tbs. lime juice
1/2 tsp. salt	1/2 tsp. garlic powder
2 - 11 oz. pkg. refrigerated cornstick dough	1 egg white, beaten
salt and pepper	

In a large, resealable plastic bag, combine marinade and chicken; seal bag and refrigerate at least 30 minutes. Remove chicken; discard used marinade. Grill or broil chicken 10 to 15 minutes or until chicken is done. In a small bowl, combine bell pepper, nuts, chiles, lime juice, salt and garlic powder; mix well.

Roll out dough into four equal squares. On each square, place 1 chicken breast and 1/4 of nut mixture. Fold dough to enclose; pinch edges to seal. Brush tops with egg white. Bake at 350 degrees 10 to 15 minutes, or until golden and puffy.

FRESH AVOCADO-PAPAYA SALSA

By Gladys Sharar

1-1/2 cups chopped avocado	1 cup chopped pineapple
1 cup chopped papaya	1/4 cup chopped red pepper
2 tbs. chopped fresh cilantro	1 tsp. Caribbean marinade sauce
1 tsp. garlic salt	1 tsp. lime juice
1/8 tsp. cumin	
1/8 tsp. ground red pepper (optional)	

In a medium bowl, combine all ingredients; mix well. Cover and refrigerate 30 minutes.

May be served over grilled fish or chicken.

Church Directory

VERNONIA FOURSQUARE CHURCH

Pastor Paul Pastor
850 Madison Avenue
Vernonia, 503 429-1103

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

VERNONIA COMMUNITY CHURCH

Grant Williams, Pastor
957 State Avenue
Vernonia, 503 429-6790

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
AWANA, Wednesday 3:15 p.m.
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, 503 429-3110

Sunday Services: Adult Prayer & Children's Sunday School 9:45 a.m.
Morning Worship 11:00 a.m.
Evening Worship 5:00 p.m.

Wednesday Service:
All Family Bible Study, 7:00 p.m.

ASSEMBLY OF GOD

Darwin Harvey, Pastor
662 Jefferson
Vernonia, 503 429-4615

Sunday School 9:45 a.m.
Morning Worship 11:00 a.m.
Evening Worship 6:00 p.m.

Thursdays 7:00 p.m.
Family Night

FIRST BAPTIST CHURCH

John Cahill, Pastor
359 "A" Street
Vernonia, 503 429-1161

Sunday School 9:45 a.m.
Morning Worship 11:00 a.m.

Evening Worship
Saturday, 6:00 p.m.

NEHALEM VALLEY BIBLE CHURCH

Jerry James, Pastor
500 California Ave
Vernonia, 503 429-5378

Sunday School 10:00 a.m.
Morning Worship 11:00 a.m.
Nursery available
Wednesday Service 7:00 p.m.

ST. MARY'S CATHOLIC CHURCH

Pastoral Associate
Juanita Dennis
960 Missouri Avenue
Vernonia, 503 429-8841

Mass Schedule
1st & 3rd Saturdays 4:30 p.m.
2nd & 4th Sundays 12 Noon

Religious Education
2nd & 4th Sundays 10:30 a.m.

CHURCH OF JESUS CHRIST OF LATTER DAY SAINTS

Lee Knowlton, Branch President
1350 E. Knott Street
Vernonia, 503 429-7151

Sacrament Meeting, Sunday 10 a.m.
Sunday School & Primary 11:20 a.m.

Relief Society, Priesthood and Young Women, Sunday 12:10 p.m.

SEVENTH DAY ADVENTIST

Roger Kruger, Pastor, 397-6883
2nd Ave. and Nehalem St.
Vernonia, 508 429-1941

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, Pastor
375 North St. (Vernonia Grange Hall)
Vernonia, 503 429-3700

Sunday Services 10:00 a.m.

FIRST CHRISTIAN CHURCH

Joel Stith, Pastor
410 North Street
Vernonia, 503 429-6522

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.