

Booster seat law changes needs

Because of changes in state law, since January 1 of this year, children from four through six years of age and children of any age who weigh between 40 and 60 pounds must use booster seats when riding in a vehicle.

For more information, go to www.odot.state.or.us/transafety/OccupantProtection.htm

Click on the button with the picture of the child in a car seat.

Garage Sale benefit for local Head Start

A garage sale to benefit Vernonia Head Start will be held Saturday, February 9 from 9:00 a.m. to 3:00 p.m., at the Head Start building, 500 California Ave.

Donations are welcome. Call 503-429-9243.

Cookin with Debbie

By Debbie Johnston



Our cook of the month for February is Tracy Fletcher. She and her husband, Mark have four children, so she has lots of little hands to help her in the kitchen, as they take time to make each meal special. In keeping with that emphasis, Tracy has brought Valentine's Day ideas and recipes to today's column.

LOVELY FRENCH TOAST

2 pieces soft bread per person cooking spray
3 eggs, scrambled, plus 1/2 cup milk
2 eggs per person 2-1/2 inch, heart shaped cookie cutter

Cut center out of bread with heart shaped cookie cutter. Set aside. Combine scrambled eggs and milk. Place in pie pan. Spray skillet with nonstick spray. Dip bread in egg. Cook 2 minutes. Turn. Crack egg into center of heart shape. Cover and cook 2 - 3 minutes more. Gently transfer to serving plate.

SANDWICH MADE WITH LOVE

Use a large heart-shaped cookie cutter to cut bread, lunch meat and cheese into a heart shape. Prepare with your favorite condiments.

HONEYBEES

Tracy's daughter, Elizabeth, makes these for a healthy snack.

1/2 cup peanut butter	1 tbs. honey
1/3 cup powdered milk	2 tbs. sesame seeds
2 tbs. toasted wheat germ unsweetened cocoa powder	sliced almonds



Tracy Fletcher

Mix peanut butter and honey. Stir in milk, sesame seeds and wheat germ. Form 1 tsp. of mix into an oval shape. Dip toothpick into cocoa, then gently press across top of "bees" 2 - 3 times to make stripes. Stick almonds in sides for wings. Chill for 30 minutes. Makes 28.

DINNER

Make your favorite meatloaf, heart shaped, of course, or heart shaped pizza.

NO RISE PIZZA DOUGH

by Elizabeth Marxer

1-3/4 cups warm water	3 cups flour
2-1/2 tsp. yeast	1/4 cup warm water
1 tsp. sugar	1/4 cup oil
salt	

To proof yeast, put water, yeast and sugar in a bowl. Let set for a minute or two. When yeast begins to bubble, start mixing in 1 cup of flour at a time, adding more flour, as needed, to make a ball. Knead 'til smooth. Cover, pat, let rest 5 minutes. Roll out on greased pan.

SUGAR COOKIES

by Trisha Cribbins

1/3 cup butter	1/3 cup shortening
2 cups flour	1 egg
3/4 cup sugar	1 tbs. milk
1 tsp. baking powder	1 tsp. vanilla
dash salt	

Cream butter, shortening and sugar. Add egg, milk, vanilla and dry ingredients. Chill dough. Roll out 1/4-inch thick and cut with heart-shaped cookie cutter. Bake at 375 degrees for 8 - 10 minutes. (Dough may also be shaped into a log and frozen. When ready to bake, slice 1/4-inch thick and bake same as above.)

Icing

1/3 cup butter	4-1/2 cups powdered sugar
1/4 cup milk	1-1/2 tsp. vanilla

Cream butter and sugar. Add vanilla and milk, 1 tsp. at a time until smooth.

Treats for your friends: after you bake your favorite sugar cookies, melt chocolate or white almond bark and dip the edge of your cookies and place on wax paper. Dip in sprinkles and let set.

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, 503 429-1919

Sunday Services: Adult Prayer & Children's Sunday School 9:45 a.m.
Morning Worship 11:15 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.

Men's Study, Tuesday 10:30 a.m.
Women's Study, Wednesday 1:30 p.m.
Youth & Kids, Thursday 7:00 p.m.

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
Sunday 12 Noon
Religious Education
Sunday 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

Kevin Reiner, Pastor, 543-2254
2nd Ave. and Nehalem St.
Vernonia, 503 429-8301

Sabbath School 9:15 a.m.
Morning Worship, 11:00 a.m.
Prayer Meeting, Wed. 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.

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AND SPECIAL, THOUGHTFUL GIFTS!

LEE'S GIFT BOUTIQUE



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