

Health coalition recommendations

The Columbia County Health Partnership will meet May 16 to present recommendations for improving health-care services in the county.

For the past year, 23 coalition members from across the county have gathered data to learn about the health needs of county residents, and have concluded that Columbia County is the most medically-underserved county in Oregon.

"To turn this around," said Brian Burright, coalition chair, "community involvement will need to be the cornerstone of a community supported health system."

The public meeting will be held at the Scappoose Fire Department, 52751 Columbia River Highway, Scappoose, 7-8:00 p.m.

For further information, call Pam Rahn, Coordinator, 503-396-1804.

Cooking with Debbie

By Debbie Johnston



This month, we are cooking Mexican food in honor of Cinco de Mayo. I asked Cindy Smejkal to provide some recipes because I love her chicken chimichangas.

Cindy, who grew up in Vernonia, is the daughter of Ken and Penny Smejkal. She and her family vacation in Mexico yearly and she loves to bring home new recipes. She has two daughters, Becky and Erica Hobart. I know you'll love these dishes.

CHIMICHANGAS

2 lbs. chicken or beef stew meat	1-1/2 cups water
2 cloves garlic, minced	2 tbs. chili powder
1 tbs. vinegar	2 tsps. dried oregano, crushed
1 tsp. salt	1 tsp. ground cumin
1/3 tsp. pepper	12 - 10 inch flour tortillas
fat for frying	2 cups shredded lettuce
2 cups guacamole	

In medium saucepan, combine meat, water, garlic, chili powder, vinegar, oregano, salt, cumin and pepper. Bring to boiling. Cover, reduce heat and simmer about 2 hours, or till meat is very tender. Uncover and boil rapidly, about 15 minutes, or until water has almost evaporated. Watch closely and stir near end of cooking time so meat doesn't stick. Remove from heat. Using 2 forks, shred meat very fine.

Meanwhile, wrap stack of tortillas in foil, heat in 350 degree

oven for 15 minutes. Spoon about 1/4 cup meat mixture onto each tortilla, nearing edge (if making chicken chimichangas, you may want to add Monterey Jack cheese to filling).

Fold edge nearest filling up and over filling just till mixture is covered. Fold in the two sides, envelope fashion, roll up, fasten with wooden pick, if needed.

In heavy skillet or saucepan, fry filled tortillas in 1/2 inch hot fat about 1 minute on each side or till golden brown. Drain on paper toweling. Keep warm in 300 degree oven while frying remaining chimichangas. Garnish with lettuce and guacamole.



Cindy Smejkal

CHICKEN ENCHILADAS

12 corn tortillas	1 - 1 lb. 13 oz. can refried beans
3 chicken breasts, baked and shredded	1 - 4 oz. can Ortega Green Chiles, diced
4-6 oz. sliced olives	2 - 1 lb. 3 oz. cans green enchilada sauce
2 lb. block Monterey Jack cheese	

Coat 9 x 13 inch pan with cooking oil. Layer the bottom of the pan with corn tortillas, followed by chicken, chiles, olives and a handful of grated cheese. Pour half of a can of green enchilada sauce over the top and place another 6 corn tortillas on top. Spread the rest of the green enchilada sauce over the top, followed by the remaining grated cheese.

Bake at 350 degrees for 1 hour. Enjoy.

BOLILLOS

7 to 7-1/4 cups all purpose flour	2 packages active dry yeast
2-1/2 cups water	1 tbs. sugar
1 tbs. salt	1 tbs. shortening
yellow corn meal	1 egg white
1 tbs. water	

In large mixing bowl, combine 3 cups of the flour and the yeast. Heat the 2-1/2 cups water, sugar, salt and shortening just till warm (115 to 120 degrees), stirring constantly to almost melt shortening. Add to dry mixture. Beat at low speed with electric mixer for 1/2 minute, scraping bowl. Beat 3 minutes at high speed. By hand, stir in enough of remaining 4-1/4 cups flour to make a soft dough.

Knead on floured surface 10 to 12 minutes or till smooth. Shape into ball. Place in greased bowl. Turn once to grease surface. Cover, let rise 1 to 1-1/2 hours or till double.

Punch down. Divide in 18 pieces. Cover, let rest 10 minutes. Shape each piece of dough into an oval 5 inches long. Pull and twist ends slightly. Place on greased, cornmeal-sprinkled, baking sheets. Make lengthwise cut 1/4 inch deep on top of each.

Beat egg white and 1 tablespoon water just till foamy. Brush tops and side of rolls. Cover, let rise about 1 hour or till double. Bake in 375 degree oven for 20 minutes. Brush again with egg white mixture. Bake again with egg white mixture. Bake 10 to 15 minutes longer, or till golden brown. Makes 18.

Editor's Note: Sorry, we ran out of space for a wonderfully rich, but long, cake recipe provided by Cindy. However, it is so good, it is available in The Independent office for anyone who wants it.

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

Sunday Youth Group
Junior High 3:00 - 5:00 p.m.
Senior High 6:00 - 8:00 p.m.

Prayer Meeting, Wed. 7:00 p.m.
Women's Bible Study, Thurs. 7:00 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

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.

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.

Sunnyside Cafe

Sunday Buffet is Back!

Every Sunday 8 am - 1 pm

Adults \$7.95 • Srs. \$6.95 • Under 12 \$5.95

ORDERS TO GO: 503-429-4810

Open Mon-Sat 5 am-2 pm • Sunday 7 am-2 pm
58360 Nehalem Hwy. S., Vernonia

