

In the Service

Shane L. Cutright, Jr.



Air Force
Airmen
Shane L.
Cutright, Jr.
has graduated
from basic training
at Lackland

AFB, San Antonio, Texas.

During training, airmen study mission, organization, military customs and courtesies; perform drill and ceremony marches, and receive physical training, rifle marksmanship, field training exercises, and special training in human relations.

Airmen who complete basic training earn credits toward an associate degree through the Community College of the Air Force.

Cutright, a 2003 graduate of Vernonia High School, is the son of Shane and Julie Cutright of Vernonia.

Food for Thought

When it's cold outside, nothing feels better than a good, hot bowl of soup, stew or chile. These highly adaptable recipes make great entrees, needing only salad and hot bread for a delicious meal. While many of the recipes specify ground beef, they can also be made with ground turkey, lamb or pork. Some also work well with sausage.

BLACK BEAN SOUP

1 lb. black beans	8 cups water
1 cup chopped bell pepper (1 average)	1 -1/2 cup chopped onion (1 med.)
2 cans (10-1/2 oz.) beef broth	5 cloves garlic, chopped
1 tsp ground cumin	1 tsp ground oregano
2 tbs olive oil	1 tbs cider vinegar
	1 tsp salt

Combine all ingredients. Bring to a boil, cover and simmer 2 to 2-1/2 hours or until done.

Note: This becomes a hearty vegetarian soup by replacing the beef broth with vegetable broth or water.

BEANS WITH GREEN CHILE

2 lbs. dry beans	1 large onion, chopped
1-2 cloves garlic, chopped	1-2 lbs. ground beef
2 cans (8 oz.) tomato sauce diced	1 can (4 oz.) green chiles,
1 can (4 oz.) jalapeno chiles diced	2 tbs whole cumin seed water

Wash beans, drain. Brown ground beef in heavy kettle. Add all remaining ingredients, with enough water to cover. Simmer 4 to 5 hours, adding water as needed.

QUICK CHILE WITH BEANS

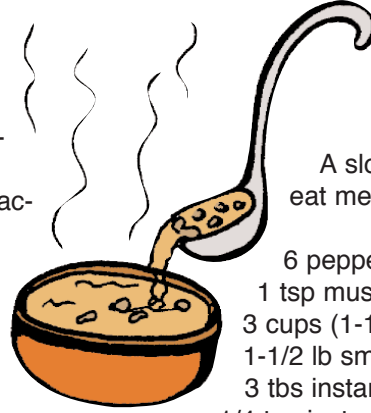
8 oz. extra lean ground beef or ground turkey	28 oz. turkey sausage
1 can (28 oz.) stewed tomatoes	1 onion, diced
1 can each pinto and kidney beans	1 can diced green chile peppers
2-3 tbs chili powder	1 tsp oregano
	1/2 tsp cumin
	1/2 tsp pepper

Brown meat, drain. Add remaining ingredients, simmer at least 25 minutes.

SPICY SPLIT PEA SOUP

A slow cooker recipe. Come home to a ready-to-eat meal.

6 peppercorns	3 whole cloves
1 tsp mustard seed	
3 cups (1-1/2 lbs) dried split green peas	
1-1/2 lb smoked pork shoulder roll (see Note)	
3 tbs instant minced onion	
1/4 tsp instant minced garlic	2 tsp salt
2 bay leaves	2-1/2 quarts water



Tie peppercorns, cloves and mustard seed in cheesecloth bag. Put in slow cooker with pork roll, peas, onion, garlic, salt, bay leaves and water. Cover and cook on low 8 to 10 hours. Remove and discard cheesecloth bag. Remove pork roll from soup; cut meat in chunks.

Makes about 3 quarts.

Note: If you buy a smoked shoulder roll larger than 1-1/2 lbs., slice the extra very thin and fry as for bacon. Ham chunks or smoked pork hocks may also be used.

CIOPPINO

1 pkg. (1 lb.) halibut	1 cup chopped onion
1 cup green pepper, chopped	2 cloves garlic, minced
1 can (28 oz.) tomatoes	1/4 cup olive oil
1 can (15 oz.) tomato puree	1 can (5 oz.) whole clams
1-1/2 tsp salt	1 cup red table wine
1/4 tsp pepper	1/2 tsp basil, crumbled
1/4 cup chopped parsley	1/2 lb shrimp, peeled and deveined

Cut halibut in serving-size pieces. Drain clams, reserving liquid. Sauté onion, green pepper and garlic in olive oil in kettle until soft but not browned. Add clam liquid, tomatoes, tomato puree, wine, salt, basil, pepper. Bring to boil, cover and simmer 10 minutes. Add halibut and shrimp. Cover and simmer 20 minutes. Add clams and parsley and heat. Serve in deep bowls with crusty bread.

Makes 6 to 8 servings (10 cups).

KIELBASA AND LIMAS

Another slow cooker recipe.

2 pkgs. (16 oz. ea.) large dried lima beans	3 large onions, chopped
2 tsp salt	1 kielbasa (Polish sausage) about 1-1/2 lbs, cut in 1/2 inch slices
1/2 tsp pepper	1/2 cup light molasses
1 cup chicken broth	1 can (16 oz.) tomato sauce
1/4 cup prepared mustard	

Soak limas in water to cover overnight. Drain beans. Combine all ingredients in slow cooker. Cover and cook on low 8 to 10 hours (high: 4 to 5 hours).

Makes 8 to 10 servings.

Church Directory

VERNONIA COMMUNITY CHURCH

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

Sunday
Breakfast 10:00 a.m.
Morning Worship 10:45 a.m.
*B.L.A.S.T. w/Nursery 11:00 a.m.
*Bible Learning and Scripture Training
Youth Group 6 -8:00 p.m.
(Jr. & Sr. High)
Wednesday
Prayer Meeting 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.
Evening Service will change to 3:00 p.m. on Sept. 7,2003

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.

Bible Study, Wednesday 7:00 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

Gary Taylor, 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 12:00 Noon
Religious Education
Sunday 10:30 a.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.

VERNONIA CHRISTIAN CHURCH

Jim Kirby, Evangelist
410 North Street
Vernonia, 503 429-6522

Sunday School 9:30 a.m.
Morning Worship 11:00 a.m.

Every Wednesday:
Ladies' Bible Study 9:30 a.m.
Ladies' Worship 10:00 a.m.
Children's Choir 3:00 p.m.
Family Bible Study 6:30 p.m.

VERNONIA FOURSQUARE CHURCH

850 Madison Avenue
Vernonia, 503 429-1103

Sunday Worship Service: 10:30 a.m.
Children's Sunday School

CHURCH OF JESUS CHRIST OF LATTER DAY SAINTS

Jeff Cheney, 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.