

## Food for Thought

Summer's warm days and balmy evenings provide perfect weather for delectable, mouth-watering barbecue! Here are a few recipes you can use to get your family all sitting down at the same time.

### SESAME CHICKEN

|                          |                           |
|--------------------------|---------------------------|
| 2 pounds chicken thighs  | 1/4 cup minced scallion   |
| 2 tbs sesame seed        | 1-1/2 tsp sesame oil      |
| 11 tsp grated gingerroot | 1 clove garlic, minced    |
| 1/4 tsp salt             | 1/4 tsp ground red pepper |

Prepare grill or charcoal for indirect/medium heat. Remove skin from chicken, rinse chicken and pat dry. In a medium mixing bowl combine the rest of the ingredients. Pat this mixture onto chicken thighs. Place chicken, bone side down, in center of the grill. Grill 50 to 60 minutes or 'til chicken is tender and juices run clear.

Makes 6 servings.

### KANSAS CITY-STYLE RIBS

|                     |                                |
|---------------------|--------------------------------|
| 6 pounds spareribs  | 1 cup cider vinegar            |
| 1 cup apple cider   | 4 cloves garlic, minced        |
| 2 bay leaves        | 3 tbs Tabasco or similar sauce |
| 1 tbs salt          | 2 tbs chili powder             |
| 2 tbs garlic powder | 3 cups BBQ sauce               |
| 3 cups wood chips   |                                |

In shallow, non-reactive pan large enough to hold ribs, mix together the cider vinegar, cider, garlic, bay leaves, Tabasco, and 1 tbs salt. Put ribs in, turn to coat, cover, and refrigerate for 8 to 16 hours, turning once during this time.

Two hours before grilling, remove ribs, pat dry. Discard marinade. Combine chili powder, garlic powder, remaining salt and sprinkle over ribs, cover and refrigerate about 1-1/2 hours. Remove and let sit at room temperature for 30 minutes.

Soak wood chips for at least 30 minutes in cold water. Prepare charcoal or gas grill for indirect low heat. Drain wood chips and add 1 cup to the grill. Grill ribs, covered, for 2-3/4 hours, turning once. Baste ribs with BBQ sauce at least twice during cooking. Continue grilling until done, about 3 to 4 hours.

### GRILLED BREAD SALAD

|  |  |
|--|--|
| 6 med. ripe tomatoes (2 lbs) stemmed and chopped | 1 med. red onion, thinly sliced                            |
| coarse salt, such as kosher                      | 3 tbs balsamic vinegar                                     |
| 3/4 cup extra-virgin olive oil                   | freshly ground pepper                                      |
| 1/2 cup chopped basil leaves                     | 1 (1 lb) loaf day-old crusty bread, cut into 1-inch slices |
| 2 cloves garlic, peeled and halved               |  |

Prepare charcoal fire or gas grill for cooking over high heat. Combine the tomatoes, onion, vinegar, salt and pepper in a large bowl. Drizzle with 1/4 cup of the oil. Using a pastry brush, coat both sides of each slice of bread with oil, using about 1/4 cup total. Grill the bread for 1 to 2 minutes on each side, until well toasted. Rub both sides of each toasted slice with the cut side of a garlic clove. Cut each slice of bread into bite-sized cubes. Discard the garlic. Toss the bread cubes with the tomato mixture and the basil and drizzle with remaining oil. Serve immediately.

Makes 6 servings.

### SQUASH AND PEPPER KABOBS

|  |   |
|--|---|
| 1 small green pepper, cut into 1-inch pieces | 1 small red pepper, cut into 1-inch pieces    |
| 1 small zucchini, sliced 1/2-inch thick      | 1 small yellow squash, cut into 1-inch pieces |
| 1/2 cup Italian salad dressing               |   |

Place all vegetables in plastic bag set into a shallow dish. Pour

Italian dressing over vegetables. Close bag, marinate at room temperature 30 to 60 minutes, turning bag occasionally. Drain, reserving dressing. On 12-inch skewers, alternately thread green pepper, red pepper, zucchini, yellow squash, leaving space between pieces.

Place kabobs on grill. Grill 10 to 12 minutes or 'til tender, turning once halfway through grilling time and brushing occasionally with reserved dressing.

Makes 4 servings.

### GRILLED BANANAS

|   |                  |
|---|------------------|
| 8 tbs (1 stick) unsalted butter, melted | 1/4 cup honey    |
| 3 tbs freshly squeezed lime juice       |                  |
| pinch of ground cinnamon                | 3 pounds bananas |

Stir together butter, honey, lime juice, and cinnamon to form glaze. Peel the bananas, slice each in half crosswise and lengthwise. Using a pastry brush, coat banana pieces with glaze. Grill over direct medium heat for 6 to 8 minutes, turning gently, until light brown.

**FLAVOR TIPS:** Wood chips and herbs can be used to add special flavor to barbecued foods.

Whether you use commercial mesquite or hickory chips, or fruitwood such as apple and cherry twigs from your yard, wood should be soaked in water for 30-60 minutes before adding to the barbecue. This allows them to burn more slowly and release their full aroma.

Fresh herbs such as rosemary, lavender, thyme, sage, oregano and fennel may be laid on top of the hot coals to scent the smoke, or on top of the food as it cooks.



## Pets may require special handling during fireworks

Around the Fourth of July the rockets' red glare can be fun for you, but not for your pet. The loud booms and bright, flashing fireworks scare many pets, especially dogs.

To help your pets, keep them safely indoors during neighborhood fireworks parties and displays. Confine them in a closed room without windows and with a secure door. Turn on a radio or television to mask the noises and distract the pet's attention from the pops and bangs of rockets and firecrackers.

Frightened dogs often run, sometimes become disoriented and can end up miles from home. If your dog is easily agitated, make sure someone stays with him. Also, check with your pet's veterinarian about medication during the fireworks season. Finally, make sure your pets wear licenses and identification tags so they can be returned to you if they become lost.

## Church Directory

### VERNONIA COMMUNITY CHURCH

Grant Williams, Pastor  
957 State Avenue  
Vernonia, 503 429-6790  
Sunday Breakfast 9:00 a.m.  
Morning Worship 9:45 a.m.  
\*B.L.A.S.T. w/Nursery 10:00 a.m.  
\*Bible Learning and Scripture Training  
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

375 North St. (Vernonia Grange Hall)  
Vernonia, 503 795-2173  
Sunday Services 10:00 a.m.

### VERNONIA CHRISTIAN CHURCH

Sam Hough, 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.