

Food for Thought

While we enjoy the crisp, colorful days of autumn, flu and cold viruses are becoming active. Good nutrition is one of the easiest ways to help protect yourself and your family from these illnesses. Enjoy these tasty recipes while providing your family with protective vitamins and minerals.

CABBAGE AND TOMATO SALAD

- 1 small head cabbage, sliced thinly
- 2 medium tomatoes, cubed
- 1/4 tsp salt
- 2 tsp rice vinegar or lemon juice
- 1/2 tsp red pepper
- 1 cup sliced radishes
- 2 tsp olive oil
- 1/2 tsp black pepper
- 2 tbs fresh cilantro, chopped

In a large bowl, mix together cabbage, tomatoes and radishes. In another bowl, combine the rest of the ingredients and pour over the vegetables. Makes 8 servings.

CORN CHOWDER

- 4 cups frozen corn
- 1 tsp vegetable oil
- 2 slices Canadian bacon, diced
- 2 green onions, sliced
- 1 small zucchini, diced
- 1/4 cup diced tomatoes
- 1 can evaporated skim milk

In a blender combine 3 cups corn with evaporated milk for 3 minutes.

In a medium saucepan, heat oil over medium heat. Sauté bacon, onions and zucchini until tender, about 5 to 6 minutes. Add the corn puree into the saucepan and the remaining cup of whole corn. Heat through.

Serve garnished with diced tomatoes. Makes 4 servings.

WINTER SALAD

- 2 cups shredded green cabbage
- 1 cup shredded red cabbage
- 2 tbs honey
- 1/4 tsp salt
- 1/2 tsp horseradish
- 1 cup shredded carrots
- 2 tbs apple cider vinegar
- 1/4 tsp pepper
- 1/4 cup nonfat cream cheese

In medium-size bowl, mix together honey, vinegar, salt, pepper, horseradish, and cream cheese. Add cabbage and carrots, mix well. Allow to set for at least 10 minutes before serving. This can also be made in advance and refrigerated until needed. Makes 4 servings.

KIDNEY BEAN CORN CHILI

- 3 cups cooked kidney beans
- 1 - 8 oz can tomato sauce
- 1 clove garlic, chopped
- 2 tbs chili powder
- 1 tsp oregano
- 1 cup water
- 2 cups frozen or fresh corn
- 1 small onion, chopped
- 1/2 cup green pepper, chopped
- 1/4 tsp cumin
- 1 tbs vegetable oil

Sauté onion and garlic in oil. Brown green pepper lightly. Add water, 2 cups beans, corn, and tomato sauces. Mash 1 cup beans and add to the mixture. Add seasonings. Bring to boil. Simmer for 1/2 hour.

Makes 5 servings.

ISLANDER BLACK BEANS AND PINEAPPLE

- 1 - 15 oz can black beans, rinsed and drained
- 1 - 8 oz can salt-free tomato sauce
- 2 tbs reduced sodium soy sauce
- 1 tbs molasses
- 2 tsp white vinegar
- 1 - 16 oz can crushed pineapple, drained
- 2 tsp prepared yellow mustard
- 3/4 tsp onion powder

Preheat oven to 375 degrees. Lightly oil 1-1/2 quart baking dish or use nonstick cooking spray. In a large bowl, combine all ingredients except beans and pineapple. Mix well. Stir in beans and pineapple. Spoon into prepared pan. Bake covered for 40 minutes.

Makes 6 servings.

BAKED APPLES

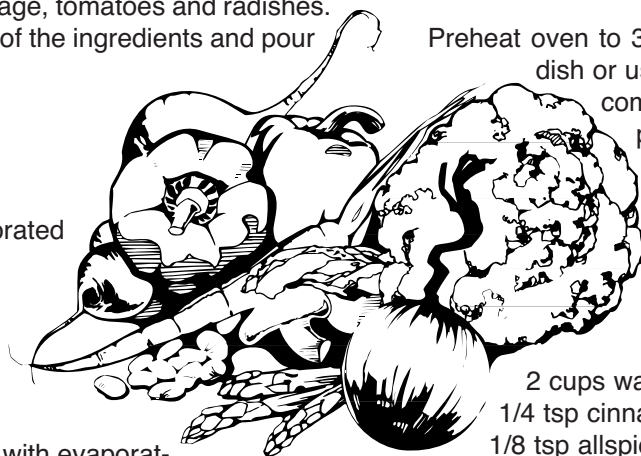
- 4 apples
- 2 cups water or apple juice
- 1/4 tsp cinnamon
- 1/8 tsp allspice or ground cloves
- 1 tsp brown sugar

Preheat oven to 350 degrees. With an apple corer or paring knife remove the core of the apple by make a light circular incision 1/3 of the way down from the top of each apple.

Place the apples in a small baking dish and add the water or apple juice until the apples are covered about 1/2 inch. Bake for 40 to 50 minutes. Remove the apples onto a plate and drain juice into a small saucepan.

To the liquid: add cinnamon, allspice or cloves, and brown sugar. Boil liquid until it is thickened and syrupy, pour over apples. Serve immediately.

Makes 4 servings.



CERT training course to start October 11th

CERT training classes will be held Tuesday evenings starting October 11, at the Vernonia Fire Department. Classes are approximately three hours long.

The training will cover:

- Disaster Preparedness
- Fire Suppression
- Disaster Medical Operations – triage and treating life threatening injuries, assessment, treatment and hygiene
- Light Search and Rescue
- Team Organization and Disaster Psychology

The course will be taught by Ted Morris, trainer for the City of Beaverton, who has extensive experience in emergency response.

For information and to register, call Mike Orth, Training Coordinator, Vernonia CERT, at 503-429-3018 or email <my4by4@verizon.net>.

You can be prepared to help in case of emergency!

Church Directory

ST. AUGUSTINE (CANTERBURY) EPISCOPAL CHURCH

375 North St. (Vernonia Grange Hall)
Vernonia, 503 705-2173
Please call for service schedule.

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.

VERNONIA CHRISTIAN CHURCH

Sam Hough, Evangelist
410 North Street
Vernonia, 503 429-6522
Sunday School 9:45 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 7:00 p.m.

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.

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.

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
Grant & North Streets
Vernonia, 503 429-5378
Sunday School 10:00 a.m.
Morning Worship 11:00 a.m.
Nursery available
Wednesday Service 7:00 p.m.

VERNONIA FOURSQUARE CHURCH

850 Madison Avenue
Vernonia, 503 429-1103
Sunday Worship Service: 10:30 a.m.
Children's Sunday School

ASSEMBLY OF GOD

662 Jefferson Ave., Vernonia,
503 556-1961 for Information
Sunday School 9:45 a.m.
Morning Worship 11:00 a.m.

SEVENTH DAY ADVENTIST

John Aitken II, Pastor, 396-1856
2nd Ave. and Nehalem St.
Vernonia, 503 429-8301
Morning Worship, 9:15 a.m.
Bible Study 10:30 a.m.

Camelot Care Center

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