

Food for Thought

One of the most versatile “fast” foods for busy moms to prepare is a “wrap.” A wrap is nothing more (or less) than sandwich variations wrapped up in a tortilla. Plain flour tortillas are most common, but this simple food product is now available not just in corn or wheat, but whole wheat, or a wheat and corn blend. You can also find them flavored with tomatoes, spinach, herbs and other tasty additions. One advantage of a wrap is that it doesn’t absorb moisture as quickly as bread, making it easier to pack in a lunch. The wrap ideas below are a small sample of possibilities. You can also make a complete meal by adding fruit juice or a “smoothie” in place of a beverage with empty calories or caffeine.

Note: To warm tortillas, wrap two at a time in paper towels and microwave on high for 15 seconds. Fold two opposite edges of tortilla toward center over filling. Roll up open end of tortilla toward opposite edge.

BLT&G WRAP

4 - 8-inch flour tortillas 4 oz soft cream cheese
1/2 cup chunky salsa 1 cup lettuce, shredded
12 slices crisply-cooked bacon
1/2 cup guacamole
Spread each tortilla on one side with some cream cheese; top with some salsa and shredded lettuce and spread evenly. Place three slices bacon on each tortilla; top with some guacamole and roll up to serve immediately.
Options: Add diced tomatoes or use plain avocado

Get ready for Fall Beach Cleanup

Join SOLVE from 10:00 a.m. until 1:00 p.m. on Saturday, September 15, for the annual Fall Beach Cleanup. Find a Registration Site on the Zone Map at http://www.solve.org/programs/beach_cleanup_zone.asp and show up there at 10:00 a.m. Bring gloves and dress for the weather. Groups of 20 or more should contact the Zone Captain ahead of time. There are no age restrictions for this event. Responsible and authorized adults can register volunteers under the age of 18 on their Adult Volunteer Registration and Waiver Form.
Save time and avoid waiting in line by filling out Registration and Waiver Forms before the event. Go to www.SOLVE.org to read safety information. Then print and bring your completed and signed form to the

event.
Safety is All-Important: In the 24 years that the Oregon Parks & Recreation Department has worked with SOLVE on the Beach Cleanup, there have been no serious injuries. They would like that trend to continue. Please keep these safety rules in mind;
• Watch for sneaker waves and use caution near rocks and cliffs.
• Stay clear of logs in the surf and keep children near.
• Bring hand protection and dress for the weather. It may be cold and rainy.
• Don't touch medical waste (needles, bandages, etc.) Mark the location and report it to the Beach Captain when you return.
For more information, contact Brett Lyon, brett@SOLVE.org, 503-844-9571 or 800-333-SOLVE.

instead of guacamole.
APPLE-PEANUT BUTTER WRAPS
1 soft flour tortilla 1 Tbs peanut butter
2 Tbs raisins 1 small apple, chopped
Spread peanut butter on shell. Sprinkle with raisins and apples. Roll and enjoy!
Options: Sprinkle with cinnamon or add chopped nuts.

REUBEN ROLL-UPS
1 - 8 oz. can refrigerated crescent rolls
3/4 cup sauerkraut 4 oz Swiss cheese, grated
12 oz corned beef, shredded
2 Tbs Thousand Island dressing (optional)
Cook corned beef according to package directions. Cool and shred with two forks. Preheat oven to 425° F. Grate cheese. Unroll crescent rolls and separate. Spread each triangle of dough with about 1 tsp Thousand Island dressing, if desired. Top with shredded corned beef, grated cheese and sauerkraut. Roll from large to small end. Place on cookie sheet with pointed end down. Bake 10 to 12 minutes, or until golden brown.
Option: Use canned, cooked corned beef.

VEGGIE WRAPS
6 - 10-inch whole wheat flour tortillas, warmed
1/4 cup salsa verde (green salsa)
1 cup (4 oz) Monterey Jack cheese, shredded
1 ripe avocado, chopped
1 large (approx.1 cup) tomato, seeded, chopped
2 Tbs shelled sunflower seeds
2 Tbs sour cream
Combine all ingredients except tortillas in large bowl. Spread each warmed tortilla with 1/2 cup vegetable mixture. Roll up and serve immediately.

Now that you have the idea, wrap possibilities are endless. Here are a few more

- suggestions:
1. Spicy barbecued chicken or steak with black beans, garlic, mashed potatoes and sour cream.
 2. Grilled fresh vegetables with cheese.
 3. Heated vegetable stir fry (made at home or from a local restaurant) with rice.
 4. Grilled salmon fillets, rice, teriyaki sauce, sesame seeds.
 5. Steamed couscous, lettuce, red and green bell peppers and garlic yogurt sauce.
 6. Peanut butter and a banana.
 7. Chopped pear (fresh or canned), dried cranberries and chopped pecans with cream cheese.
 8. Chopped apples, walnuts and celery, and celery with vanilla yogurt.

SMOOTHIES are as versatile as wraps. Essentially, they are simply fresh, canned or frozen fruit, plus juice, milk, soy milk, coffee, yogurt or ice cream, with all ingredients placed in a blender and blended until smooth. Other ingredients may be added as desired, such as ground flax seeds, cinnamon or powdered soy protein.

BANANA-BERRY SMOOTHIE

2 cups milk 2 bananas 1/4 cup berries

PEACH-YOGURT SMOOTHIE

2 fresh peaches, chopped 1 cup peach yogurt
1/2 cup milk or soy milk

Use your imagination, Mom, to make breakfast, lunch or snack time delightfully easy and nutritious.

Church Directory

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

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

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.
Children and Nursery 10:00 a.m.
Youth Group 6:00 p.m.
Preschool Tues. & Thurs. 9:00 a.m.
Wednesday Prayer 7:00 p.m.
Friday Adult Volleyball 7:00 p.m.

ST. MARY’S CATHOLIC CHURCH

Rev. Luan Tran, Administrator
960 Missouri Avenue, Vernonia
503 429-8841
Mass Schedule
Sunday 12:00 Noon
Religious Education
Sunday 10:30 a.m.

SEVENTH DAY ADVENTIST

2nd Ave. and Nehalem St., Vernonia
503 429-8301
Morning Worship, 11:00 a.m.
Bible Study 9:15 a.m.

FIRST BAPTIST CHURCH

359 “A” Street, Vernonia
503 429-5190
Sunday School 9:45 a.m.
Sunday Worship Service 11:00 a.m.
Wednesday Prayer Meeting 7:00 p.m.

ST. AUGUSTINE (CANTERBURY) EPISCOPAL CHURCH

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

CHURCH OF JESUS CHRIST OF LATTER DAY SAINTS

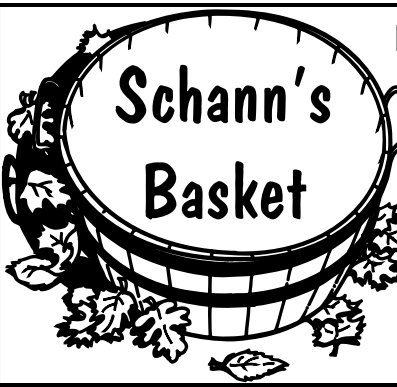
Marc Farmer, Branch President
1350 E. Knott Street, Vernonia
503 429-7151
Sacrament Meeting, Sunday 10 a.m.
Sunday School & Primary 11:20 a.m.
Relief Society, Priesthood and Young Women, Sunday 12:10 p.m.

ASSEMBLY OF GOD

Wayne and Maureen Marr
662 Jefferson Ave., Vernonia,
503 429-0373
Sunday School 9:45 a.m.
Morning Worship 11:00 a.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.



Schann's Basket

Now every Friday, 10am til the eggs are gone, inside or out at Black Bear Coffee Co. 831 Bridge St., Vernonia

Eggs ~ \$3 dozen