



**BOB’S
THOUGHTS**
BOB BAUM

The misery of moving 1,200 miles

Moving from one house to another is an exercise in misery, even if you’re just moving down the street.

Take it from me, a 1,200-mile move — including four cats and two dogs — is particularly miserable.

When we moved from Portland, Oregon, to Phoenix, Arizona, in 1998, my employer, The Associated Press, paid for it. So it was relatively easy.

Fast forward two decades and my decision to retire. We weren’t staying in Arizona. My wife refused to spend another awful summer in the land of 115-degree heat (maybe cooling off to 100 by midnight). I was ready to leave, too, and we decided we were moving back home, to the valley where I grew up. I’d been gone nearly 50 years, but my brother and sisters are still in the area, and it was something we could afford.

See **Moving**/Page 3B



**BETWEEN
THE ROWS**
WENDY SCHMIDT

Grape vines and dreams of arbors

The bad news: This fall when grape vines are dormant, I again need to collect grape cuttings and grow more grape plants. Luckily, grapes start readily from cuttings — all it takes is time.

The good news: Finally the grape arbor I imagined several years ago is over half finished. Thanks to my neighbor, Ryan, and my sister, Becky, and her husband, Willie.

See **Grapes**/Page 3B

More tales of downtown La Grande

By Ginny Mammen

Although there are no ghost signs on the buildings located in the La Grande Historic District to be written about in my next series of articles, there are still many stories just waiting to be told of the people, buildings and events surrounding them.

Let’s start at the southeast corner of Adams and Fourth where our current City Hall now stands. From the late 1880s, this lot housed a wood-frame dwelling up until 1910 when it was removed. The lot remained empty until sometime late in 1911 when rumblings of a new federal building were being considered. The first information regarding this in The Observer came in June of 1912 when it was reported that “Adams Avenue in the vicinity of the Foley Hotel is lined with brick on either side — on one side the federal building is getting material and apparently means to proceed with the construction of the building, while in the new five story Foley office building material is collecting in large quantities.”

See **Downtown**/Page 3B

A Healthier Chocolate Chip Cookie Recipe



Pechanga Resort Casino/TNS

Chef Nicole Burgess, the pastry chef at Pechanga Resort Casino in Temecula, developed “Quarantine Choco-Chip Cookies” for National Chocolate Chip Cookie Day, observed Aug. 4.

CLASSIC COOKIES, WITH LESS GUILT

By Martha Lynch
The San Diego Union-Tribune

It can be tough to maintain healthful eating habits in stressful times, when the snack you hanker for probably begins with “chocolate” and ends with “cookie.”

Chef Nicole Burgess offers some help through a recipe she developed for National Chocolate Chip Cookie Day, observed Aug. 4. Burgess, the pastry chef at Pechanga Resort Casino in Temecula, California, wanted a recipe for those who may be working to shed so-called quarantine weight.

But these definitely don’t taste like diet cookies.

“I originally made these ‘healthy’ chocolate chip cookies on accident at home,” said Burgess, who decided to substitute almond flour on a day when she was out of regular flour. The almond-flour version, lower in carbohydrates and higher in healthy fats and fiber, was a pleasant surprise.

Comparing the new version with the original, “They tasted the same to me,” she said.

“So I incorporated this into the special events we baked for at Pechanga before COVID-19 hit, and added on more and more healthy substitutions as we went to make them healthier and healthier.

“So far, we’ve had great feedback!” Burgess added. “Personally, I love them. They’re the same decadent cookie taste, but without the guilt. And now that so many people are struggling from gyms being closed, it’s the perfect time to try what we call a ‘diet cookie.’“

Although the cookies are not on the regular menu at Pechanga, they have been served for special events, she said.

“Oftentimes we receive requests for specific dietary restrictions — low carb, vegan, keto, etc., and we can almost always accommodate them. From what I’ve been told, guests who have had these as part of a special event say that they taste the exact same as regular, calo-

rie and fat-ridden cookies — just guilt-free.”

QUARANTINE CHOCO-CHIP COOKIE

Makes 14 to 20 small, 2 ounce cookies or 10 to 15 large, 4 ounce cookies

2/3 cup plus 1/2 cup almond flour
Pinch of Himalayan salt
1/2 teaspoon baking soda
4 tablespoons brown sugar
2 tablespoons regular sugar
2 tablespoons agave or honey (whichever natural sweetener you prefer)
1 teaspoon pure vanilla extract
1 1/2 tablespoons melted coconut oil
4 tablespoons oat milk (more can be used if needed)
1/2 cup dark chocolate chips

See **Cookies**/Page 2B