



NUTRITION:
IT'S ALL GOOD

ANN BLOOM

Helping your heart stay healthy

The human heart is an amazing part of our body. It beats without us having to think about it or tell it what to do. Our hearts beat 24/7, 365 days a year. It seems to ask little from us, but gives us so much in return. It is not by chance that February, the month of Valentine's Day and the month we celebrate all things love, was picked as National Heart Health Month.

The average adult heart weighs less than a pound and is located in the center of the chest. According to NOVA Online (www.pbs.org/NOVA), the human heart beats about 100,000 times a day and allows about 2,000 gallons of blood to go through the body. In a year the heart will beat about 35 million times. In one's lifetime, the human heart will beat approximately 2.5 billion times. The heart beats approximately 72 times per minute, maybe slower in athletes and as high as 120 beats per minute in babies and 90 beats per minute in children.

Yet, our heart is an important muscle and like all muscles it needs care to work at its best. Fed a steady diet of fats and inactivity, its arteries become clogged like pipes of a drain. In the case of the heart, it is not water that can't get through, but blood.

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BETWEEN
THE ROWS

WENDY SCHMIDT

Hellebores: roses by any other name

Hellebores are commonly known as Lenten Roses and Christmas Roses; named for the time of year they bloom. They are not truly roses, but a form of buttercup of the ranunculus family.

Helleborus niger — Christmas rose

Elegant 1 1/2-foot plant with dark green, glossy evergreen leaves. Blooms from December through April with flowers 2 inches wide, white or greenish white, turning purplish with age.

Helleborus orientalis — Lenten Rose

Easier to transplant than other hellebores. Flowers are greenish, purplish, or rose, often spotted or splashed with deep purple.

Hellebores need good soil with a lot of organic matter added. Water amply. Feed once or twice per year. Plants re-establish slowly so don't move them often.

Plant them under high trees or on the north side of the house. They go well in beds bordered with ajuga, wild ginger, primroses and violets. Use in plantings with azaleas, rhododendrons, pieris, fatsia, skimmia and ferns.

They are loved because they bloom at a time of year little else blooms in the outdoor garden. They prefer cool habitat in shade or half-shade.

Garden chores

- Collect scion wood for grafting now.
- Begin pruning fruit trees. Start with apples and pears first. Peaches and nectarines should be pruned just before they bloom.

If you have garden questions or comments, please write to greengarden.column@yahoo.com. Thanks for reading!



Homemade pot stickers are filled with seasoned ground pork and served with a garlicky dipping sauce.

Gretchen McKay/Pittsburgh Post-Gazette-TNS

POT STICKERS: CRISPY & TENDER

Gretchen McKay
Pittsburgh Post-Gazette

"I hate dumplings," said no one, ever.

Pierogies, ravioli, wontons — we all love plump and tender dough pockets stuffed with juicy, flavorful fillings.

Which is why when my freezer suddenly went on the fritz, and I had to very quickly decide what to do with all the half-frozen meat and bags of vegetables suddenly on my kitchen counter, pot stickers immediately came to mind.

A toothsome marriage of crispy (on the

outside) and tender (on the inside), pot stickers can be filled with just about anything. They're also easy to make, requiring just a frying pan and tight-fitting lid to first fry and then steam the dumplings, which also are known as gyoza in Japanese cuisine.

Best of all they're fun to eat. Or should we say gobble because that's how they usually go down in just one or two bites after a quick dunk in a soy sauce-based dipping sauce.

Homemade wrappers are incredibly easy to make with just flour and water, a rolling pin and nimble fingers; easier still is stuffing

the filling into commercially prepared dumpling skins or wonton wrappers. This recipe features a succulent pork filling made with ground-up boneless pork chops, fresh ginger, garlic and mixed vegetables.

You can find chili oil with crunchy garlic — a popular and incredibly addictive Japanese condiment — at Asian markets like Lotus Foods in the Strip District and also on Amazon. It's a bit pricy, but so worth it; you'll want to slather it on just about everything.

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A downtown building's convoluted tale

By Ginny Mammen

The next building on Adams Avenue has a history that tells us much about the settling of the West and why we should have greater appreciation for those who came before us. For hours this article had me drawing diagrams of family trees. All because of the name of the person who purchased the property and built the building.

As we travel on west we come to 1114 Adams Ave., currently the home of the Thai Fresh restaurant. This building is known on the National Register of Historic Places as the Charles Palmer Building/Newlin's Books. Charles Palmer purchased the property in 1889 for \$150 (in gold

coins) from C. H. Prescott. In 2021 value that would be about \$5,000. The first identified occupant comes from the 1893 Sanborn Map, which indicates a "furniture and bedding" establishment located there.

By 1903 the Sanborn Map shows it as a drug store. This was the Newlin Drug Store, which advertised in the July 1904 Observer as "next to Pearce Jewellery Store," which was discussed in the last article. It is not certain as to whether Ferdinand Newlin or his son Adolph, or both, were the original owners/pharmacists of this establishment. We know that Ferdinand opened the first drug store in Old Town La Grande and

a January 1898 Observer article refers to "Druggist F. Newlin to be gone ten days to Portland." It is possible that he was the original druggist and Adolph followed in his father's footsteps because the 1910 Census shows Adolph as a druggist.

Much like many drug stores of today, there were other items offered for sale. Ferdinand had been a school teacher in Umatilla County in 1880 so with his interest in learning it is no surprise that by 1904 the store was advertising "School Books and Supplies — 2nd Hand Books."

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