



**KAREN WHEELER**

## A month to remind that mental health needs exist year round

Since 1949, communities across our nation have observed Mental Health Awareness Month. The tradition has grown over the years and today, it's stronger than ever. May is our official Mental Health Awareness Month, however, the need for attention to this important cause is a daily one. May also offers a special time of year for a reflective pause — a time to reflect on how each of us can use our voices and partnerships to raise awareness about the importance of mental health in daily life.

During this month, Greater Oregon Behavioral Health, Inc. (GOBHI) is highlighting important efforts within the health and human services system to serve the behavioral health needs of communities throughout Eastern Oregon. The term “behavioral health” includes mental health, substance use and problem gambling in terms of the behaviors associated with these conditions and how they impact a person's mind, body and spirit. We are honored to join our providers in raising awareness about the significant role that mental health has on one's overall health and wellbeing.

How far-reaching is the impact of mental illness? Most people have direct experiences with mental health — either they have needed support or they know someone who has such as family members, friends, co-workers, and others. The data show:

- 1 in 5 U.S. adults experience mental illness each year.
- 1 in 20 U.S. adults experience serious mental illness each year.
- 1 in 6 U.S. youth aged 6-17 experience a mental health disorder each year.
- 50% of all lifetime mental illness begins by age 14, and 75% by age 24.
- Suicide is the second leading cause of death among people aged 10-34.

The COVID-19 pandemic further emphasized the importance of mental health in daily life. The additional stress it created is difficult to measure as seen by the impacts of increased isolation, employment reductions, financial impacts, family stressors, and direct impact on health for those experiencing the virus.

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Crispy-Skin Chicken with Pan Sauce.

Hillary Levin/St. Louis Post-Dispatch-TNS

# FLOCK OF 5 FAVORITES

■ A quintet of recipes that elevate the humble chicken to a perfect meal

**Daniel Neman**  
St. Louis Post-Dispatch

Some people look at chicken and see something boring. Bland. Blah.

I look at chicken and see a world of possibilities.

I like chicken. I probably make it dozens of different ways. But over the years, five ways for making it have come to the fore, firmly establishing themselves as my favorite methods ever. These are five recipes that transform the humble chicken from the ordinary and everyday into a meal of transcendent perfection.

That may be overstating it a bit. But these recipes are good. They're really, really good.

I began with a method of cooking that leads to a crisp skin and juicy meat, the Holy Grail of chicken. There are several ways of achieving this goal, but the simplest of all requires almost no work on your part.

I saw how to do it on a little online video by Jacques Pepin, which proves that the internet does have some value after all. He violates one of the most time-honored rules of cooking, putting the chicken on a pan before turning on the heat.

This method of gradually heating the pan with the meat slowly renders the fat beneath the skin (for this reason, it works best with thighs), which allows the skin to become crisp. After some of the fat has rendered, he covers the pan, fully cooking the chicken in its own steam.

And because plenty of fond is left — that's the brown bits that stick to the bottom of the pan — I use it to make a simple pan sauce with wine or broth and a couple of sprigs of herbs for added punch.

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## The intriguing story of a downtown La Grande building

By **Ginny Mammen**

The charming two-story brick building at 1115 Adams Ave, La Grande, former home of Kneads Bakery, has presented more of a chase for historic information than have any of the other buildings so far. It is referred to as the Stitching Shop in the National Register of Historic Places and is claimed to be built around 1905 and the builder was unknown.

The first occupants I could locate were from the 1910 Sanborn Maps and were a plumbing shop on one side and an electric shop on the other. The Stitching Shop was not located here until 1923 when Mrs. L. H. Norton moved in to provide sewing notions and special sewing services for her customers.

The first person to occupy this building, that I could locate, was Richard Lewellen Duignan, born in Nebraska in 1888 and who in 1910 was a roomer in the Fourth Street home of Ester Anson and his daughter Margaret. He was working at that time



Fred Hill Collection

The two-story brick building at 1105 Adams Ave. has housed a variety of businesses over the decades.

as a salesman in the shoe department of N. K. West. In September of 1913, this ambitious young man of 25 would resign this position and open a shoe repair store in the “McKenna Building adjoining the Western Union office” according to the August 14, 1913, Observer. This was 1115 Adams on the east side of the Foley Hotel.

The shoe repair shop was to

have the most modern equipment and could do the work quickly — while you waited if you wished. There had been a cigar store and shoe shine parlor in that location previously and Duignan had purchased those and would continue to run them.

R. L. Duignan was a man on the move and less than a year later sold his cigar and shoe shining businesses to

George Dumazas, who would continue in that same location while R. L. moved his shoe repair business to the Haworth building at 1315 Adams.

Both R. L. and his wife, Catherine, were active in the community. But soon he got the desire to move on and in 1920 the family moved to Oakland, California, where he was a salesman. They later moved to Santa Rosa where he became a successful real estate and insurance broker.

Through the years this building gave a home to numerous and varied businesses. It appears that at times there was just one business and at others the building was divided into two sections each housing a separate business.

Some of them were: C. P. Christie — Phonograph Sales; The Pink Shop selling ladies and children's millinery; Sommer and Martin offering coverings for Ford auto tops, cowboy boots and saddles; and Young's Candy Kitchen. The last three of these rotated in and out in one year.

There were several restaurants — Jack-O-Lantern, Anthony's Grill and The Cupboard Cafe, and at least two flower shops — Clark's Florist and Fitzgerald's Flower Shop which was there until 1948 where they sold not only flowers but canaries.

In addition to having a constant flow of businesses there seems to be a number of facade changes that occurred through the years. The first was in 1923 just before the Stitching Shop located there. In recent years it appears to have returned close to the original.

At the beginning of the article I stated that the builder of 1115 was unknown. But in my search for the businesses that came and went over the years, I feel that mystery has been solved by the 1913 Observer article about young R. L. Duignan who was moving into the McKenna Building. Further research showed that in the late 1890s and early 1900s there was only one McKenna living in La Grande.

Who was he and where did he come from? John McKenna was born in New York in 1856 and the 1900 U.S. Census showed that he was single and working for the railroad in La Grande as a blacksmith. John was living as a boarder with William and Mary Campbell and eleven other men, mostly railroaders. By 1910 he was married to his wife Anna and they had a two-year-old son named Francis. John worked himself up to being the boss blacksmith at the O.W.R. & N. shops. In 1913 he became ill with cancer and he died on Sept. 3, 1913 leaving Anna a widow with a five-year-old son. Anna and Francis later moved to Portland.

Our story has come full circle. In September 1913 young R. L. Duignan set up his shop in the McKenna Building beginning a future of entrepreneurship while also in September 1913 John McKenna, who had worked as a blacksmith and invested in constructing the building at 1115 Adams, passed away. Keep looking up! Enjoy!