

Green beans: Feel free to take a bit of artistic license

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Strung-out

Few know his name now, but for a time, Keeney was lauded as a hero.

"The next time there is a distribution of medals among benefactors of the human race, one might as well be pinned on Calvin Keeney," the Florist opined. "He has done about as much as anyone of his generation to promote the arts of peace."

It sounds a bit silly now, but back then, it was one of dozens of tedious, back-straining tasks that fell largely to women. Stringed varieties of beans didn't go away immediately, and my mother and her sisters still remember the misery of preparing them for eating on their grandparents' Minnesota farm.

"The best job was putting beans in the French slicer which

cut them diagonally," my mother told me. "But Jeannie always — and I mean *always* — hogged that job by pulling rank as oldest. So I had to pull the stupid strings off. I still hate doing that today."

"I was just trying to protect you from catching your fingers in the grinder," my aunt Jeannie replied. "Besides, I hated stringing them."

It could be argued that by eliminating a time-consuming brain-numbing bit of "women's work," Keeney struck a blow for feminism. Or maybe he just gave women more time to churn butter and run laundry through the mangle. I'll never know, because I don't have to do any of those things. And if Keeney, who died a very rich man in 1930, were still alive today, I'm sure he'd be glad to tell me I couldn't possibly understand what it was like.

Advice

The whole point of cooking in the dog days of summer is to pick whatever's ripe, and go through the least number of steps necessary to make it tasty. So feel free to take a bit of artistic license. However, even if you alter the rest of the formula with callous disregard for tradition, do "shock" the beans by immediately moving them from the jacuzzi to the cold-plunge, so to speak. This step makes the difference between sad, brown school lunch beans and the tender-crisp bright green ones that make a person think, "These actually look good!"

Summer salad

Ingredients:

- About a pound of ripe green beans
- 2 to 3 very ripe tomatoes or a couple big handfuls of cherry

tomatoes. A mix of colors/types is ideal.

- 1 medium mild yellow onion
- About ¼ c. olive oil
- ¼ c. dry-ish white or pink wine, plus more for the cook
- 1 to 2 lemons
- 2 Tbs. Dijon mustard or (not sweet) grainy mustard
- 1 to 2 Tbs. capers
- Salt

Directions:

Trim the beans and cut them into 1 to 2-inch pieces.

Either steam them or simmer them in salted water. Check after four minutes, and every two minutes thereafter. Pull them off when they're just barely tender enough to eat.

Immediately plunk them into a cold ice-water bath, swish around to cool them off, then strain them and shake

out as much water as possible. Stick them in the fridge.

Heat a sauté pan over medium heat. Add a glug of olive oil.

Dice the onion, and toss it in the pan with a sprinkle of salt. Stir occasionally, cooking until the onion is translucent. Pour in the wine, turn the heat to high and cook it off. Set aside.

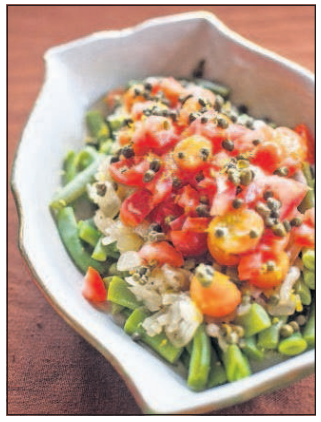
Dice the tomatoes.

Wash and dry one of the lemons and zest it. Set the zest aside. Squeeze the lemons into a bowl until you have about 1/4 c. of juice. Pick out the seeds, but don't worry if there's pulp in there.

Stir in 1 to 2 Tbs. of mustard. Add a pinch of salt.

While stirring with a fork, slowly drizzle in a roughly equal amount of good olive oil.

Put the green beans in a wide, shallow bowl. Spoon the



Damian Mulinix

This summer salad features fresh green beans, tomatoes, sautéed onions and capers.

onions over them and spread them out to make a little nest for the tomatoes. Add the tomatoes. Sprinkle the capers (rinse them if you want less salt) and zest over the top. Add a sprinkle of crunchy salt if you have some, and grind on some pepper.

THE DAILY ASTORIAN TV SCHEDULE

Evening listings
FRIDAY—SUNDAY

FRIDAY EVENING A - Charter Astoria/Seaside - L - Charter Long Beach AUGUST 31

A	L	6 PM	6:30	7 PM	7:30	8 PM	8:30	9 PM	9:30	10 PM	10:30	11 PM	11:30
2	KATU	(2) KATU News at 6 (N)		Jeopardy!	Wheel of Fortune	Fresh Off the Boat	Speechless	What Would You Do?		20/20		KATU News (N)	(35) Jimmy Kimmel
3	KOMO	(4) KOMO 4 News (N)		Wheel of Fortune	Jeopardy!	Fresh Off the Boat	Speechless	What Would You Do?		20/20		KOMO 4 News (N)	(35) Jimmy Kimmel
5	KING	(5) NBC News (N)	KING 5 News	KING 5 News	Evening	American Ninja Warrior "Las Vegas Finals Night 1"		Dateline NBC		Dateline NBC		KING 5 News (N)	(35) Tonight Show
6	KOIN	(6) KOIN Local 6 (N)	Evening News (N)	Extra	Ent. Tonight (N)	TKO "Bring It On, Porkchop!" (N)	Whistleblower (N)	Blue Bloods "Common Ground"		Blue Bloods "Common Ground"		News (N)	(35) Colbert
7	KIRO	(7) KIRO 7 News (N)	Evening News (N)	KIRO News (N)	Ent. Tonight (N)	TKO "Bring It On, Porkchop!" (N)	Whistleblower (N)	Blue Bloods "Common Ground"		Blue Bloods "Common Ground"		Local Program	(35) Colbert
8	KGW	(8) KGW News at 6:00 p.m. (N)	Tonight Cassidy	Inside Edition	American Ninja Warrior "Las Vegas Finals Night 1"		Dateline NBC		Dateline NBC		KGW News (N)	(35) Tonight Show	
9	KRCW	(3) Modern Family	Modern Family	The Goldbergs	The Goldbergs	Illusion (N)	Masters of Illusion	Penn & Teller: Fool Us		News at 10 (N)	Friends	Two and a Half	Two and a Half
10	KOPB	(10) Lost L.A.	Business (N)	PBS NewsHour (N)		The Coroner "The Foxby Affair"		Hunter "The Girl in the Water, Part Two"		Independent Lens "Served Like a Girl"		Life of Millie	
12	KPTV	(12) News (N)	Timbers in 30	Family Feud	Family Feud	The Resident		The Orville "Cupid's Dagger"		News (N)	Fri Night	News (N)	Page Six TV
13	KPDx	(13) Mike & Molly	Mike & Molly	Big Bang Theory	Big Bang Theory	Prime News (N)		Prime News (N)		Family Guy	American Dad!	The Game	The Game
14	KCPQ	(14) Modern Family	Modern Family	Big Bang Theory	Big Bang Theory	The Resident		The Orville "Cupid's Dagger"		Q13 NEWS AT 10 (N)		Talkin' Huskies (N)	Most Wanted
20	TBS	(20) Family Guy "It's a Trap!"		Bob's Burgers	Bob's Burgers	Bob's Burgers	★ Tomorrowland	(2015, Adventure) George Clooney, Judy Greer, Britt Robertson.		Q13 News at 9 (N)	Big Bang Theory	Big Bang Theory	Two and a Half
22	KZJO	(22) Friends	Friends	Mom	Modern Family	Mom	Modern Family	Q13 News at 9 (N)		Big Bang Theory	Big Bang Theory	Two and a Half	Two and a Half
29	ESPN	(29) NCAA Football Western Kentucky at University of Wisconsin (Madison) Site: Camp Randall Stadium -- Madison, Wis. (L)		SportsCenter With Scott Van Pelt (N)	SportsCenter (N)			SportsCenter With Scott Van Pelt (N)		SportsCenter (N)		SportsCenter (N)	Two and a Half
30	ESPN2	(30) (4:00) ITF Tennis U.S. Open (L)		SportsCenter (N)	(L)20 FIFA Soccer International Friendly Chile vs. United States Site: StubHub Center (L)			SportsCenter (N)		SportsCenter (N)		SportsCenter (N)	Highly Question
31	NICK	(31) The Loud House	The Loud House	The Loud House	SpongeBob	SpongeBob	SpongeBob	★ The SpongeBob SquarePants Movie '04) Tom Kenny.		Friends		Friends	(35) Friends
32	DISN	(32) Bunk'd	Bunk'd	Bunk'd	Bunk'd	Bunk'd	Bunk'd	Bunk'd		Raven's Home		Raven's Home	Raven's Home
34	FAM	(34) Movie	(40) ★★ The Hunchback of Notre Dame (1996) Jason Alexander.			(50) ★★ ★★ Up (2009, Animated) Voices of Christopher Plummer, Delroy Lindo, Edward Asner.		The 700 Club					(40) FXM Presents
35	FMC	(35) (5:00) ★★ Zero Dark Thirty (12) Jason Clarke, Joel Edgerton, Jessica Chastain.		(10) FXM Presents	★★★ Zero Dark Thirty (2012, Drama) Jason Clarke, Joel Edgerton, Jessica Chastain.								(40) FXM Presents
36	LIFE	(36) The Closer "Four to Eight"		The Closer "Manhunt"		The Closer "Blindsided"		The Closer "Culture Shock"		(05) The Closer "Lover's Leap"		(05) The Closer "Til Death Do Us Part"	
38	ROOT	(38) Mariners Access	MarinersPre-game	MLB Baseball Seattle Mariners at Oakland Athletics Site: Oakland Alameda Coliseum -- Oakland, Calif. (L)				Post-game		MLB Baseball Seattle Mariners at Oakland Athletics			
39	FS1	(39) NCAA Football San Diego State at Stanford Site: Stanford Stadium -- Stanford, Calif. (L)						College FB Extra		Skip and Shannon: Undisputed Opinions on the biggest sports topics of the day.			
43	SPIKE	(43) Friends	Friends	Friends	Friends	Friends	Friends	★★ Remember the Titans (2000, Drama) Will Patton, Wood Harris, Denzel Washington.		Scarface (83, Cr)			
44	COM	(44) (15) The Office 1/2	(50) The Office "Dunder-Mifflin Infinity" (25) The Office 1/2			The Office 2/2	The Office 1/2	The Office 2/2	The Office	Kevin Hart: Laugh at My Pain		Kevin Hart (N)	Kevin Hart/Pain
45	HIST	(45) Ancient Aliens "Forged by the Gods"		Ancient Aliens "Space Station Moon"		Ancient Aliens "The Einstein Factor"				Kevin Hart: Search For		(05) Ancient Aliens	"The Alien Hunters"
46	A&E	(46) (5:00) Live PD		Live PD "Rewind"		Live PD "Rewind"		Live PD Live access inside the country's busiest police forces.					
47	TLC	(47) Say Yes to the Dress		Say Yes to the Dress		90 Day Fiancé "Family Ties" Michael is ready to introduce Angela to his mother. (N)		Unexpect "It's All About Laura Now" (N)		90 Day Fiancé-Extend "Family Ties"			
48	DISC	(48) Cash Cab "Not in My Cab"		Cash Cab "Man v. Cab" (N)		BattleBots		TreasureQuest: Snake "Break In" (N)		Mad Dog Made "Bomb Squad" (N)		(05) TreasureQuest: Snake "Break In"	
49	NGEO	(49) Locked Up Abroad "Snakes on a Plane"		Locked Up Abroad "Jamaica"		Locked Up Abroad "Delhi"		Locked Up Abroad "Narco at Nineteen"		Locked Up Abroad "Black Place of Horrors"		Locked Up Abroad "Delhi"	
50	TNT	(50) NCIS: New O. "Hell on the High Water"		NCIS:NewOrleans "Return of the King"		★★★ The Lincoln Lawyer (11) Marisa Tomei, Matthew McConaughey.		(15) The Fifth Estate (13, Bio) David Thewlis, Anatole Taubman, Peter Capaldi.					
51	AMC	(51) Movie	(25) ★★ Lethal Weapon 2 (1989, Action) Danny Glover, Joe Pesci, Mel Gibson.			★★★ Lethal Weapon 3 (1992, Action) Danny Glover, Rene Russo, Mel Gibson.							Fear the Dead
52	USA	(52) (4:30) ★★ Harry Potter and the Prisoner of Azkaban		★★★ Harry Potter and the Goblet of Fire (2005, Adventure) Emma Watson, Rupert Grint, Daniel Radcliffe.									Modern Family
53	FOOD	(53) Diners, Drive-Ins	Diners, Drive-Ins	Diners, Drive-Ins	Diners, Drive-Ins	Diners, Drive-Ins	Diners, Drive-Ins	Diners, Drive-Ins		Diners, Drive-Ins		Diners, Drive-Ins	Diners, Drive-Ins
54	HGTV	(54) Beach Hunters	Beach Hunters	Beach Hunters	Beach Hunters	My Dream Home	My Dream Home	Tiny Paradise (N)	Tiny Paradise	House Hunters (N)	House Hunters (N)	House Hunters	House Hunters
56	FX	(56) (5:00) ★★ ★★ Straight Outta Compton	(15) Corey Hawkins, O'Shea Jackson Jr..		★★ The Equalizer (2014, Action) Chloë Grace Moretz, Marton Csokas, Denzel Washington.					The Equalizer (14) Denzel Washington.			
57	CNN	(57) Anderson Cooper 360		CNN Special		History of Comedy "Gone Too Soon"		The History of Comedy "In It Together"		History of Comedy "Sketch and Improv"		History of Comedy "F***ing Funny"	
58	FNC	(58) Hannity		The Ingraham Angle		Fox News @ Night		The Five		Hannity		The Ingraham Angle	
61	CNBC	(61) American Greed "The Cash King"		American Greed "The Sky's the Limit"		American Greed: Scam		American Greed: Scam		Green "The Real Wolf of Wall Street"		Paid Program	
63	BRAV	(63) (10) Real Housewives "Reunion, Part 2"	(10) ★★ The Green Mile (1999, Drama) David Morse, Bonnie Hunt, Tom Hanks.									(20) Miss Congeniality Sandra Bullock.	
64	TCM	(64) (5:00) Sudden Fear (52) Jack Palance.		★★ Harriet Craig (1950, Drama) Wendell Corey, Joan Crawford.				★★★ Goodbye, My Fancy (51) Phil Harris, Brandon De Wilde, Walter Brennan.				Straight-Jacket (64, Hor) Joan Crawford.	
65	SYFY	(65) Movie	★★ The Sorcerer's Apprentice (2010, Action) Alfred Molina, Jay Baruchel, Nicolas Cage.			Wynonna Earp "I Fall to Pieces" (N)		Killjoys (N)				Futurama	Futurama
69	RFD	(69) County Report (N)	FarmHer	Chasing-Madison	The Jimmy Dean Show	Rural Eve. News		Country's Family Reunion		County Reporter	Chasing-Madison	Time Life Library	

SATURDAY EVENING A - Charter Astoria/Seaside - L - Charter Long Beach SEPTEMBER 1

A	L	6 PM	6:30	7 PM	7:30	8 PM	8:30	9 PM	9:30	10 PM	10:30	11 PM	11:30
2	KATU	(2) (5:05) NCAA Football Louisville vs. Alabama (L)		(20) Studio	Jeopardy!	Paid Program	Paid Program	20/20		20/20		KATU News (N)	(35) HonorWrestle
3	KOMO	(3) (5:05) NCAA Football Louisville vs. Alabama (L)		(20) Studio	Football Tonight	Wheel of Fortune	Jeopardy!	20/20		20/20		KOMO 4 News (N)	(35) HonorWrestle
5	KING	(5) (4:30) NCAA Football Michigan at Notre Dame (L)		Pacific Blues	Biz Kids	NBC Preview	Clear the Shelters	Dateline		Dateline		KING 5 News (N)	Sat. Night Live
6	KOIN	(6) (4:30) NCAA Football Michigan at Notre Dame (L)		Weekend News (N)	Entertainment Tonight Weekend	Pink Collar "The Queen of Coupons" (N)	48 Hours	48 Hours		48 Hours		News (N)	(35) Amer.Ninja
7	KIRO	(7) (4:30) NCAA Football Michigan at Notre Dame (L)		Weekend News (N)	Entertainment Tonight Weekend	Pink Collar "The Queen of Coupons" (N)	48 Hours	48 Hours		Entertainment Tonight Weekend		KIRO 7 News (N)	(35) Scandal
8	KGW	(8) (4:30) NCAA Football Michigan at Notre Dame (L)		Weekend News (N)	Entertainment Tonight Weekend	Pink Collar "The Queen of Coupons" (N)	48 Hours	48 Hours		Entertainment Tonight Weekend		KGW News (N)	Sat. Night Live
9	KRCW	(3) Modern Family	Modern Family	Last Man Standing	Last Man Standing	Friends	Friends	Seinfeld		Seinfeld		News at 10 (N)	Pawn Stars
10	KOPB	(10) Rick Steves' Heart of Italy		Rick Steves' Travel as a Political Act				Grateful Dead A concert performance video by the Grateful Dead. (N)		Grateful Dead A concert performance video by the Grateful Dead. (N)		Impractical Jokers	Bones
12	KPTV	(12) (5:00) NCAA Football Akron at Nebraska Site: Memorial Stadium (Lincoln) -- Lincoln, Neb. (L)		Whacked Out		In Depth		James Brown		10 O'Clock News (N)		Love Conn. "Aaron and Maconnie"	
13	KPDx	(13) (4:30) MLS Soccer Portland Timbers	Big Bang Theory	Big Bang Theory	Prime News	Prime News		Prime News		The X-Files "Jump the Shark"		West Coast Wrestling Connection	
14	KCPQ	(14) (5:00) NCAA Football Akron at Nebraska Site: Memorial Stadium (Lincoln) -- Lincoln, Neb. (L)		Seahawks		Big Bang Theory	Big Bang Theory	Big Bang Theory		News (N)	Seahawks	Love Conn. "Aaron and Maconnie"	
20	TBS	(20) Seinfeld	Seinfeld	Seinfeld	Seinfeld	Big Bang Theory	Big Bang Theory	Big Bang Theory		Big Bang Theory		Full Frontal	Wrecked
22	KZJO	(22) Modern Family	Modern Family	The Goldbergs	The Goldbergs	Modern Family	Modern Family	Q13 News at 9		Seahawks		Bones "The Warrior in the Wuss"	The X-Files
29	ESPN	(29) (4:00) NCAA Football Cin./UCLA (L)	Football Score.	(45) NCAA Football	BYU at Arizona Site: Arizona Stadium -- Tucson, Ariz. (L)			SportsCenter The day's news in the world of sports. (N)		SportsCenter (N)		(45) SportsCenter	The day's news in the world of sports. (N)
30	ESPN2	(30) (4:00) ITF Tennis U.S. Open (L)		SportsCenter (N)		SportsCenter (N)		SportsCenter (N)		SportsCenter (N)		College Football Final (N)	
31	NICK	(31) The Loud House	The Loud House	Henry Danger	Henry Danger	Henry Danger	Danger/ Danger	★★★ Ice Age: The Meltdown (06) Voices of John Leguizamo, Ray Romano.		Friends		Friends	(35) Friends
32	DISN	(32) Bunk'd	Bunk'd	Bunk'd	Bunk'd	Bunk'd	Bunk'd	(45) Raven's Home	(10) Raven's Home	(35) Raven's Home		Raven's Home	Raven's Home
34	FAM	(34) (15) ★★ Finding Nemo (2003, Animated) Voices of Ellen DeGeneres, Willem Dafoe, Albert Brooks.	(45) Finding Dory (16, Animated) Albert Brooks, Hayden Rolence, Ellen DeGeneres.	(50) ★★ The Parent Trap (98) Dennis Quaid, Lindsay Lohan.				(20) ★★ The Maze Runner (14) Thomas Brodie-Sangster, Dylan O'Brien.					
35	FMC	(35) (4:25) ★★ Maze Runner: The Scorch Trials Dylan O'Brien.		(35) ★★ Maze Runner: The Scorch Trials (15) Kaya Scodelario, Dylan O'Brien.									
36	LIFE	(36) To Be Announced		To Be Announced		To Be Announced		To Be Announced		To Be Announced		To Be Announced	
38	ROOT	(38) MLB Baseball Seattle Mariners at Oakland Athletics Site: Oakland Alameda Coliseum -- Oakland, Calif. (L)		Post-game	MLS Soccer Portland Timbers at New England Revolution			Post-game		MLS Soccer Portland Timbers at New England Revolution		Post-game (N)	
39	FS1	(39) (4:00) MLB Baseball T.B./Cle. (L)		College FB Extra	NCAA Football University of Texas at San Antonio at Arizona State Site: Sun Devil Stadium -- Tempe, Ariz. (L)			NFL Turning Point		Raiders of the Lost Ark Harrison Ford.			
43	SPIKE	(43) (5:00) ★★ Indiana Jones and the Temple of Doom (84) Harrison Ford.		★★★ Indiana Jones and the Last Crusade (1989, Adventure) Sean Connery, Julian Glover, Harrison Ford.				★★★ Step Brothers (2008, Comedy) John C. Reilly, Richard Jenkins, Will Ferrell.				(05) Pawn Stars	(35) Pawn Stars
44	COM	(44) (5:10) ★★ Tammy (14) Susan Sarandon, Melissa McCarthy.		★★★ Horrible Bosses 2 (2014, Comedy) Charlie Day, Jason Sudeikis, Jason Bateman.									
45	HIST	(45) Pawn Stars	Pawn Stars	Pawn Stars	Pawn Stars	Pawn Stars: Pumped Up "Rockin' Deals" A fiddle signed by singer Charlie Daniels.		Live PD Live access inside the country's busiest police forces.					
46	A&E	(46) (5:00) Live PD		Live PD "Rewind"		Live PD Live access inside the country's busiest police forces.		Four Weddings "...and a Hurricane" Mirian's father officiates at her ceremony.		(05) Weddings "...And Brides on a Vine"		Naked and Afraid "Fear the Unknown"	
47	TLC	(47) (5:00) Four Weddings "... Family Ties"		Four Weddings "...And Brides on a Vine"		Naked and Afraid "Eaten Alive!" (N)		Drugs, Inc.: "Alaskan Smack-down"		Drugs, Inc.: "Miami or Bust"		Drugs, Inc.: "The Fix "Big Easy Ballers"	
48	DISC	(48) Naked and Afraid "											