

FOOD



Apple-Potato Latkes With Cinnamon Sour Cream

Ingredients:

- 6 tablespoons sour cream or Greek yogurt
- 1/4 teaspoon ground cinnamon
- 1/2 teaspoon maple syrup
- 2 Golden Delicious apples, peeled and cored
- 1 large russet potato, peeled
- 1 medium yellow onion, peeled
- 2/3 cup all-purpose flour
- 3 large eggs
- 2 teaspoons kosher salt
- 1 1/4 teaspoons baking powder
- 1/2 teaspoon black pepper
- Olive oil, for frying

Preparation:

1. In a small bowl, whisk together the sour cream or yogurt, cinnamon and syrup. Cover and chill until ready to use.
2. Coarsely grate the apples, potato and onion. Put the mixture in a clean dish towel and squeeze to wring out as much liquid as possible. For the crispiest pancakes, you want the least moisture.
3. Working quickly, put the mixture in a large bowl, add the flour, eggs, salt, baking powder and pepper, and mix until the flour is absorbed.
4. In a heavy-bottomed pan over medium-high heat, pour in about 1/4 inch of oil. Once the oil is hot (a drop of batter placed in the pan should sizzle), drop heaping tablespoons of batter into the pan, cooking 3 to 4 latkes at a time. Use a spatula to flatten the scoops into disks. When the edges of the latkes are brown and crispy, 2 to 3 minutes, flip them. Cook until the second side is deeply browned, another 2 to 3 minutes. Transfer the latkes to a plate lined with paper towels to drain. Repeat with the remaining batter. Serve with dollops of the cinnamon sour cream on top.

Obituary

In Loving Memory

*Erin
'Jo Jo'
Cowan*



Erin Lemar Cowan, known to many as

“JoJo” was born Sept. 17, 1971 to Julius “JC” and Shirley Cowan in Portland. He received his early education at Faubion Elementary and Whitaker Middle School and graduated from Jefferson High School, “The School of Champions and School of Pride” he proudly held up as his alma mater. Erin earned a basketball scholarship and continued his education at Umpqua Community College in Roseburg. From there he continued his basketball playing career at Idaho State University.

From a young age, Erin spent hours honing and mastering his signature jump shot, along with the rest of his basketball skills. It was at the Matt Dishman Community Center, where he originally teamed up with some of his friends who he would remain close with for the rest of his life.

Throughout his life, Erin always remained a part of the Portland community - going from player to coach to mentor and trainer.

Erin was able to take his passion for basketball to build a career that included working for Damon Stoudamire, Inc. and starting his own business, JUMP Sports Management. Through his work, Erin was blessed to travel the world and work with some of the greatest athletes, including

Lebron James, Kobe Bryant, Kevin Durant, and one of his favorites Kyrie Irving to name a few.

In 2001, a fellow Jefferson Demo introduced Erin to his wife, Miko. They were married on Aug. 18, 2007, in the couple’s beautiful backyard and recently celebrated their 11th anniversary.

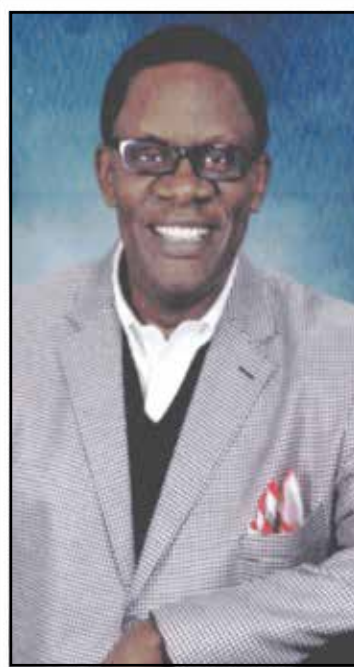
Erin loved to cook, and took much pride in his grilling. Erin loved to make people laugh, whether it was telling a joke, a story, or videotaping a prank. In his free time, you could find Erin in his favorite chair watching sports, amateur to professional, tennis to football. But his first love was basketball.

For anyone who knew and loved Erin, they know he was always happy, loved a good laugh and would do anything to get someone to smile. And if you’ve ever met Erin, you know that he’s “from the streets.”

If given the choice between a long and ordinary life and a short but extraordinary life, there is no doubt that Erin would’ve chosen the latter. And an extraordinary life is what he lived.

Preceding Erin in death are his father, Julius “JC” Cowan; brother, Julian Cowan; grandparents, Ella Mae Sherrod; Nathaniel and Sallie Mae Carter, and Terry Overton; and Nemo, his beloved bull mastiff.

Erin leaves behind many loved ones to cherish his memory: his wife, Kimiko Cowan; daughters, Brandi, Eryn, Jade, Mia and Seiji; his grandson, Landen; mother, Shirley Cowan; brother Marc Cowan; sister Terri-Lynn Cowan; Ghost (English bulldog) and a host of aunts, uncles, cousins, extended family members and friends.



Dr. Billy R. Flowers

Q: What age groups can a chiropractor help most?
A: This is like asking which age groups benefit most from good health. And yet, each age group has specific problems for which your chiropractor has specific answers.

Infant and Young Children

Other mothers are often amazed to see a mother carrying her infant out of the adjusting room. And yet,

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since the delivery process itself causes a high percentage of subluxations, infants to need chiropractic care.

Obviously, children and infants are treated differently than adults. There are new, highly sophisticated methods of adjusting children and infants to insure the best possible results with the least possible discomfort. Though young children can’t tell you they’re in pain, heir irritability is often a sign of the need to be checked.

Young Adults and Teenagers

More and more young adults and teenagers are getting involved in active sports. As a result, more and more of them are getting injured, requiring prompt chiropractic care.

Obviously half of he girls in our society develop scoliosis (curva-

ture of the spine) during puberty. Left untreated, scoliosis keeps getting worse over time. However, it can almost always be corrected when chiropractic care is initiated in time.

Needless to say, every teenage girl should be checked regularly for scoliosis and all teenagers and young adults should see their chiropractor regularly to make sure their newly active sports lives aren’t creating spinal problems they’ll have to live with the rest of their lives.

Adults

The world today is experiencing a terrible level of stress. Long work weeks, seemingly impossible deadlines and economic woes create incredible pressures. In addition, most adults breathe in polluted air,

drink chemically treated water and consume an average of nine pounds of food additives and chemical preservatives in a year, putting even more stress on their bodies. One sure way to keep the stress level from causing potentially dangerous subluxations is with regular chiropractic checkups.

Senior Citizens

Retirement age for many people has become just plain tiresome. Aches and pins, often the result of untreated subluxations, abound. Yet is hardly seems fair that having to suffer with pain or being drugged into numbness are fair rewards for all the years of hard work.

Depending on the degree of subluxations degeneration, your chiropractor can often provide help.

For senior citizens who’ve been fortunate enough to suffered minimal trauma in their lives, virtually complete spinal recovery should be almost as easy as it would be for younger people.

For those who have suffered needlessly for years, your chiropractor can often slow or stop the degeneration, making life more comfortable. It is certainly worth the effort so that our senior citizens get the dignity of health care they deserve.

Something for Everyone

As you can see, there are practically as many reasons to have regular chiropractic checkups as there are people. Make an appointment for yourself and your loved ones soon.

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