

BOB'S THOUGHTS
BOB BAUM

Love letter to track and field

This a love letter to track and field, a sport that did so much for me.

It got me to six Summer Olympics as well as world championships in Edmonton, Paris, Helsinki and Osaka, and many U.S. and NCAA championships.

I was witness to some of the great performances in the sport's history.

So news last week that the \$200 million renovation of Eugene's Hayward Field was complete got me thinking about the sport the rest of the world calls "athletics."

While I will miss the old Hayward, the new one looks impressive and should make an outstanding venue for the U.S. Olympic Trials next year and world championships in 2022. It will be the first time the worlds have been held in the United States.

My connection to the sport traces to my senior year at the University of Oregon in 1973. I covered track and field for the Daily Emerald, the student newspaper, and that meant covering lots of Steve Prefontaine.

He would be followed by a gaggle of young fans as he jogged toward the track, then would take your breath away in a race. He'd likely just jog away, leaving reporters grumbling.

The Daily Emerald sports editor Paul Buker and I made a memorable trip to Palo Alto to cover the Pac-8 championships that year. We barely escaped North Beach in San Francisco, but that's another story.

I was working at The Bulletin in Bend when Prefontaine was killed. But with The Associated Press in later years, I wrote on the 10th and 20th anniversaries of that awful death.

The many big meets in Eugene earned me a trip down from Portland, often to help national track writer Bert Rosenthal. I was his sidekick at big meets around the world until his retirement in 2001. After that, I was on my own.

Track and field only enters the national sports consciousness every four years, when it's one of the major events at the Olympics. But the elite competitors never really stop training.

To my thinking, there are few events in any sport more exciting than the U.S. Olympic Trials. The top 3 in each event make the team. Injury or illness or just an off day could cost an athlete an Olympic berth.

It cost decathlon world record holder Dan O'Brien, who grew up in Klamath Falls, a spot on the 1992 Olympic team when he failed to clear a height in the pole vault. Four years later, he won the gold medal in Atlanta.

My first Olympics was the 1984 Los Angeles Games, where Carl Lewis won four gold medals. But my biggest memory is of Mary Slaney tripping over South African teen Zola Budd's bare feet and tumbling to the track. She was helped away, sobbing.

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A New Flavor Twist On A Familiar Chicken Recipe



Abel Uribe/Chicago Tribune-TNS

A whole chicken is roasted with potatoes, and both are seasoned generously with everything bagel spice blend. Buy your favorite brand, or make it yourself with our recipe.

BAGEL & THE BIRD

■ The everything bagel seasoning blend makes a great addition to a roasted chicken

By **JeanMarie Brownson**
Chicago Tribune

You've heard it before. Roast chicken truly is one of the easiest main courses to cook and the most versatile. You can dress it up or down.

Armed with just the two basic ingredients, chicken and salt, I've cooked fryer and roaster birds in ovens big and small, decrepit and new, countertop and mammoth professionals. Before we had kids, I roasted chickens in an ancient gas range in our city apartment during renovations. After a day of hanging drywall and grouting tile, we created a makeshift table from wooden sawhorses and a plank of paneling. Then, we enjoyed a bird coated in curry paste accompanied by a green salad and crusty bread.

When the children were little, we roasted simply seasoned chickens in a trusty almond-colored Sears range for birthday celebrations. Whole chicken also was the first dish we cooked after moving into our suburban family home. I cooked it in a tired-looking kitchen with an oven prone to losing its door. No matter, the chicken emerged juicy and the house smelled like home.

Our beautifully renovated kitchen yielded countless chicken dinners with young teens, extended family, friends, and recently, our first grandchild.

This month, we will move from that home of 20 years. I roasted a chicken in the sleek, much-beloved Wolf range as our last meal there — complete with a flavorful coating on the skin and a tray of like-seasoned veg-

etables. We couldn't gather the family, but comfort ensued.

My roasting pans already rest in their new cabinet in preparation for our first roast chicken dinner in the wall oven at our new townhome. I plan to open the windows to let the aromas escape so our new neighbors get a true sense of our style.

These days, whole chickens can be easier to procure than boneless chicken parts. Adjust the cooking time for the size chicken you can find. A 3-pound bird cooks in 50 to 60 minutes. Larger chickens, closer to 5 pounds need about 1¼ hours at 400 degrees. When done, the juices should run clear when you pierce the thigh with the tip of a knife.

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Make microgreens your next garden goal

If you're a fan of microgreens in your sandwiches and salads, or just eating them a la carte, you know how expensive they can be. You can easily grow them yourself for a fraction of the cost.

Microgreens are sprouts of any one of a dozen kinds of greens. They have grown enough to have three or four sets of leaves.

You can propagate your microgreens in either soil or water. As you can imagine, if you grow them hydroponically (in water without soil) they do not need cutting to harvest and washing



BETWEEN THE ROWS

WENDY SCHMIDT

to remove the dirt.

Growing help

1. Take three paper towels and line a square baking pan. Spray the paper with water. Sprinkle seeds evenly and fairly thinly on top of the towel. Cover the pan with cardboard so the plants are in the dark.
2. Check seedling germination

- and growth each day. When the growth reaches the height of the side of the pan, remove the cardboard cover and expose to light (not direct sun). Begin using the microgreens whenever they reach the size you like.
3. Alternatively, you can get a square pan, add dirt evenly (or soilless mix).
 4. Spray water evenly over the tray of soil. Sprinkle the top of the soil to moisten. Sprinkle seeds on top of the soil and cover the pan.
 5. Grow the tray of greens, checking each day and spraying with water if necessary to keep

soil moist. The difference with soil-grown greens is that you must cut them to harvest them.

Microgreens (broccoli, for instance) contain more nutrients than full-grown broccoli florets. The same is true for any microgreens.

Uses for microgreens

You can use them raw in salads or sandwiches; cooked in stir-fry or even buzz them up in a smoothie.

If you have garden comments or questions email to greengardencolumn@yahoo.com. Thanks for reading!

INVESTIGATING LA GRANDE'S GHOST SIGNS

Bringing Montgomery Ward to La Grande

By **Ginny Mammen**

The building at the corner of Fourth Street and Washington Avenue in La Grande was built in 1928 by Mary Teresa Foley, the widow of entrepreneur Jerome E. Foley.

Mary, born in 1864, was the daughter of Augustine and Johanna Gangloff. Her father, born in France, came to the United States with his family and migrated west until he

located in La Grande in 1863 where he met and married Johanna Kratz, who had come with her family from Germany. He secured a 4-acre tract of land on the flat below Old Town. After a brief time the young couple moved to Washington where their first daughter, Mary, was born.

Augustine and Johanna soon returned to the Grande Ronde Valley and homestead-

ed in the area where Gangloff Park and Pioneer Park now stand. They raised their two daughters, Mary and Annie, in a log cabin on the upper part of the hill. Augustine was a farmer and a nurseryman and grew many of the fruit trees on his land in Old Town for the newly developing La Grande.

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Submitted photo

A partial ghost sign remains on the building constructed for Mary Teresa Foley.