

BASIL

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2 tablespoons vegetable oil
3 tablespoons oyster sauce
2 tablespoons soy sauce
2 tablespoons fish sauce
3 tablespoons sugar
1 red bell pepper, chopped
8 ounces green beans, cut into 1-inch pieces

1/2 small yellow onion or 2 shallots, cut into thin slices
4 cloves garlic, minced
3 fresh red Thai chilies, deseeded and finely chopped, or 1 teaspoon dried red-pepper flakes
1 1/2 pounds boneless, skinless chicken thighs, coarsely chopped
1 1/2 to 2 cups lightly packed basil leaves
Jasmine rice, to serve

Heat the oil in a wok or heavy, high-walled skillet over high heat. As the wok is heating up, whisk together the oyster sauce, soy sauce, fish sauce and sugar until well-combined. Set aside.

Add the bell pepper and green beans to the hot wok. Stir-fry for 1 minute. Stir in the onion, garlic and chilies. Cook until fragrant, about 1 more minute. Add in the chicken and stir-fry, breaking apart as you go, until beginning to

brown, about 2 minutes.

Pour in the prepared sauce. Continue to cook until the sauce begins to glaze onto the meat, about 1 to 2 more minutes.

Stir in the Thai basil leaves and cook until the chicken is completely cooked through, the basil is wilted, and the liquid has mostly evaporated. Serve warm with rice. Taste and add more chili flakes if it is not adequately spicy. Serves 4.

COACHES

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The experience I had in high school was quite different. I was not very good at sports and was horrible when a coach yelled at me. I had a coach who screamed at his players and made fun of me on more than one occasion. I'll do him a favor and not mention the name.

When I became Oregon sports editor for The Associated Press in 1976, Ralph Miller was head coach at Oregon State, Dick Harter at Oregon.

Harter was a gruff disciplinarian who would have his players stand near midcourt and stare at the opposition during warmups. Washington's Marv Harshman had his players wear Groucho Marx masks during warmups in what I thought was a highly clever counter-move.

Miller was one of the best coaches of the day.

I always felt like a kid being lectured by the old professor every time I would interview him.

The first time I talked to him, his response was "You can talk in that ear all day and I won't hear a word you're saying."

He was deaf in one ear.

Miller would sit in the bleachers smoking a cigarette and barking orders while his lead assistant Jimmy Anderson directed practice. Anderson was the recruiter who got all that talent to Corvallis.

It was quite a ride with Miller's Beavers in the 1981 season.

With Gill Coliseum packed and very loud for every game, Oregon State went 26-0 and carried a No. 1 ranking before being blown out at home by Arizona State in the regular season-finale.

The Beavers were stunned by Kansas State in their NCAA tournament opener.

I arrived in Arizona two seasons after Olson had led the Wildcats to a national championship, with player A.J. Bramlett mussing Olson's famously ever-perfect hair in the celebration.

He was a bit aloof personally but I got along well with him. Once he invited me to his office for an interview and over a 45-minute period told me tales of growing up in rural North Dakota.

Olson hated playing at McArthur Court, Oregon's venerable wooden arena and an amazing place to watch a game. Of course, so did a lot of other coaches.

For my first 10 years on the job in Portland, Jack Ramsay was coach of the Trail Blazers.

I got to know him well in my first season with the team, since the Bill Walton-led Blazers won the NBA title in six games over Philadelphia.

Ramsay coached for a decade but never reached such heights again.

He served as color commentator on ESPN radio broadcast of NBA games and I saw him often in the years Steve Nash was in Phoenix. Jack always said hello and asked how I was doing.

I also got to know Howard Hobson, who coached Oregon to the first NCAA title in 1939. I interviewed him for the 50th anniversary of that championship.

The Nash years with the Suns were a blast, largely because of the "seven seconds or less" style implemented by coach Mike D'Antoni. D'Antoni is a funny guy. Years later, when I told him I was retiring, he said, "You should retire. You're old as dirt."

P.J. Carlesimo had some rough seasons as Portland coach. Once he and I got into a brief shouting match at the shootaround after one of his players was arrested for smoking marijuana (out of a reconfigured pop can in a parked car). Before the game that night, he asked me to come to his office where he apologized.

Terry Porter, the floor leader of so many Blazers victories as a player, called me at 7 a.m. to tell me he was fired as Suns coach. No one else ever did that for me.

There are so many other coaches I could talk about.

Rick Adelman was personable and professional as he guided the Blazers to the NBA Finals twice.

Arizona coach Sean Miller is good in a news conference setting but has very little contact with the media otherwise.

I only had limited dealings with Hurlley but I like him and what he's done at Arizona State. He also may have been the best college basketball point guard ever.

Bob Baum retired last year after 43 years with The Associated Press, 23 in Portland and the last 20 as senior sports writer based in Phoenix, Arizona. He and his wife Leah live in Island City with their two dogs and four cats.

SOIL

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Example: Note what kind of thistle is growing. Canadian thistle prefers a lay soil. Russian thistle prefers a drier, salty soil. Nodding thistle requires an acid soil.

A "weed" problem can sometimes be corrected by applying the correct fertilizer and improving the tilth of the soil.

Example: if you have a yard full of dandelions, aerating and liming the soil will make the soil more alkaline and will probably greatly reduce the number of dandelions.

Broom sedge and henbit both grow in soil with low fertility. Broom sedge is a poverty crop for depleted, degenerative soil and stands as a signal for worn out, burned out, oxidized soil lacking calcium. Get rid of it by adjusting the soil pH and adding calcium. This will change the hormone and biological processes going on in the soil. This will allow a better quality of weed to grow that will

add more humus to the soil. As the soil improves other crops can be grown that will sustain the repair job you are effecting on the soil.

There are many indicating plants. Your job will be to first identify your weeds, look up their growth requirements and you will have a good idea about the content and condition of your soil.

Garden chores

- Soak shrubs periodically during dry spells with enough water to moisten the soil to a depth of 8 to 10 inches.
- Clean out cold frames to prepare for fall use.
- Feed mums, asters, and other fall perennials for the last time.
- Evergreens can be planted or transplanted now to ensure good rooting before winter arrives. Water both the plant and the planting site several days before moving.

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

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114 Self-Help Group Meetings

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TUESDAYS

- Enterprise Group 12 - 1:00 pm 113.5 E Main St.
- Enterprise Group 7 - 8:00 pm (Big Bk Study) 113.5 E Main St.

WEDNESDAYS

- Enterprise Group 7:00 pm 113.5 E Main St.

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- Enterprise Group 12 - 1:00 pm 113.5 E Main St.
- All Saints (Mens Mtg) 7:00 pm 113.5 E Main St.
- Grapevine Meeting 301 S. Lake; 5:30 pm

FRIDAYS

- Enterprise Group 7:00 pm 113.5 E Main St.

SATURDAYS

- Enterprise Group 7:00 pm 113.5 E Main St.

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MONDAYS

- Grace and Dignity (Womans Mtg) Joseph United Methodist Church; 6:00 pm 301 S. Lake St, Corner 3rd & Lake/Side Stairs, Lake St

WEDNESDAYS

- Grace and Dignity (Womans Mtg) 12 pm 301 S. Lake St., Church Basement

City of Wallowa

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- Church of Christ 504 w. 2nd St.; 5:00 pm

SATURDAYS

- Church of Christ 504 w. 2nd St.; 12:00 pm

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