

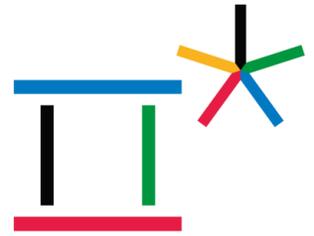
The Olympic Games are an amazing tradition. Since the first winter Olympics in Chamonix, they have been a mix of spectacle and pomp, grit and determination, joy and misery. Last week, I saw the movie *I, Tonya*. It's about the Olympics and so much more. Although this dark comedy is laugh out loud funny, it is also a tragedy. Of all the Olympians who have come and gone, I'm guessing that none has more lasting name recognition than Tonya Harding and Nancy Kerrigan.

That got me to thinking. Hundreds of skiers, skaters, lugers and more have risen to the top of their game. Some have even climbed to the top of the podium while others have adorned a Wheaties box. But how many do we remember and for how long? For almost one hundred years, these stellar athletes have stirred our national pride and captured our hearts. Many hold our attention for a minute, some for a generation but few stay with us forever.

In this fast moving world, will our grandchildren and great grandchildren know the names Apollo Ohno and Shaun White? For that matter, before the movie, had we all but forgotten Tonya and Nancy?

Here are ten Olympians. How many do you recognize without sneaking a peak into Wikipedia? How many do your kids recognize?

Dick Button
Peggy Fleming
Dorothy Hamill
Eric Heiden
Charles Jewtraw
Kit Klein
Andrea Mead Lawrence
Phil Mahre
Penny Pitou
Picabo Street



PyeongChang 2018



At one time, these gold medalists appeared on the front page of every newspaper. They were the lead story on the evening news. Men admired them, women adored them and little girls with sparkly pink pads and pencils lined up for autographs. They were our heroes.

Show me a hero and I'll write you a tragedy. F. Scott Fitzgerald wrote these words in one of his notebooks in 1945. I won't bet on it but I'm thinking Tonya's story would have baffled F. Scott. Like many of his heroes, she was from the wrong side of the tracks. Raised in an abusive home out in Oregon, she was far removed from Fitzgerald's world of gilded New York apartments and mansions on Long Island Sound.

Tonya loved to skate and was an exceptionally fierce and unconventional competitor. Defiant of the norms, she still wanted what we all want – love, respect and ... why not ... recognition and acclaim. Performing a perfect triple axel in 1991, the bad girl became a hero. But not for long. She didn't just fall, she fell hard and lost it all. Tonya was remarkable athlete, an Olympian and a US champion but in the end, she became that saddest of fates, a punchline.

Wishing you the joy of continued victory and bon appétit!

Pa Jun - Savory Korean Pancakes

A delicious nibble to enjoy while watching the Olympics!

Serves 6-8

Spicy Korean Dipping Sauce (recipe follows)

1 bunch scallions, thinly sliced

1 cup grated cabbage or coleslaw mix

1 carrot, grated

2 cloves garlic, minced

Sea salt and freshly ground pepper to taste

2 eggs

1/2-1 cup water

1/2 cup flour

Vegetable oil



Make the Spicy Korean Dipping Sauce (recipe follows) and set aside while you make the pancakes.

Preheat the oven to 150 degrees.

Put the vegetables in a bowl, season with salt and pepper and toss to combine.

Put the eggs and 1/2 cup water in a bowl and whisk until well combined. Add the flour and continue whisking until smooth. If necessary, add more water.

Pour the batter over the vegetables, toss to combine and let everything sit for about 10 minutes.

Lightly coat a large skillet or griddle with oil and heat over medium.

Working in batches and adding more oil as necessary, place spoonfuls (a small ice cream scoop works well) of batter onto the griddle. Fry until golden and cooked through, about 3 minutes per side. Drain the pancakes on paper towels and keep warm in a 150 degree oven.

Serve immediately with Spicy Korean Dipping Sauce.

Spicy Korean Dipping Sauce

1 clove garlic, minced

3 tablespoons soy sauce

3 tablespoon unseasoned rice vinegar

1 tablespoon fish sauce

1 teaspoon sugar

1/2 teaspoon or to taste Asian chili sauce

1/2 teaspoon or to taste toasted sesame oil

Place all the ingredients in a bowl and whisk to combine.

