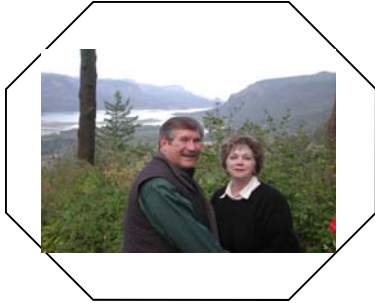




5736 NE 32nd Place
Portland, OR 97211

August 2007
Portland, Oregon



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Legacy Realty Co.com August Newsletter

A Leprechaun Park in Portland

Mill Ends Park, located at SW Naito Parkway and SW Taylor, was created on St. Patrick's Day, 1948, to be a colony for leprechauns and a location for snail races. The "park" is a circle two feet across and located in a traffic median which, in 1948, was intended to be the site for a light pole.



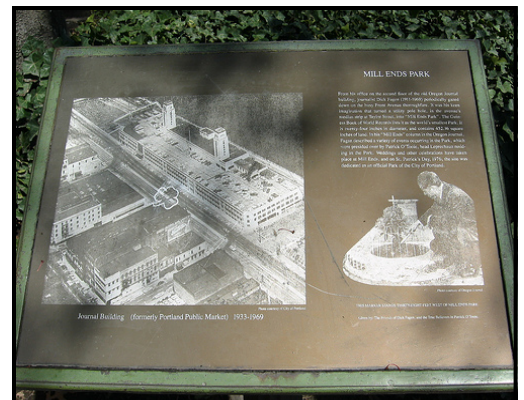
When the light pole failed to appear and weeds sprouted in the hole, Dick Fagan, a columnist for the *Oregon Journal*,. Fagan, whose office in the Journal building overlooked the median of the busy street then known as SW Front Avenue, planted flowers in the circle and named it after his column in the paper, "*Mill Ends*". Mill ends are rough, irregular pieces of lumber left over at lumber mills.

Fagan told the story of the park's origin as follows: He looked out the window and spotted a leprechaun digging in the hole. He ran down and grabbed the leprechaun and earned a wish. Fagan said he wished for a park of his own but since he had not specified the size of the park in his wish, the leprechaun gave him the hole. He continued to write about activities in the park until he died in 1969. Many of his columns described the lives of a group of leprechauns who established the "only leprechaun colony west of Ireland" in the park. Fagan claimed to be the only person who could see the head leprechaun, Patrick O'Toole.

Fagan died of cancer in 1969 but the park lived on. It was named an official city park in 1976 and according to the *Guinness Book of Records*, is the smallest park in the world.

The park has featured many unusual items through the decades, including a swimming pool for butterflies complete with diving board and a miniature Ferris wheel which was delivered by a regular-sized crane.

The park was temporarily relocated in February 2006 during road construction to a planter outside the World Trade Center Building Two about 80 feet from its normal location. It was returned to its home on SW Naito Parkway on March 16, 2007, in true St. Patrick's Day style with the Royal Rosarians, bagpipers, and the Fagan family, including Dick's wife, Katherine, in attendance.



Trivia Question

Portland is one of only two cities in the continental U.S. to have an extinct volcano within its boundaries; the other city is Bend, Oregon. Which city park is the volcano?

Everyone who faxes, emails or calls in the correct answer by the last day of this month will be entered into a drawing for a **\$50 gift certificate to Newport Bay Restaurant.**

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Prevent Food Poisoning

Wine is a natural antibacterial plus wine contains acids that research shows kill E. coli and salmonella. Drinking just a half a glass with a meal can prevent you from getting sick from contaminated food.

Best of The Web — Mozy.com

Are you backing up your computers important files, documents, pictures, etc.? If not, some day you may have regrets.. With mozy.com it is simple and easy. It is also free and you can backup 2GB for free.

Best of The Web Airfares

If you aren't watching airfares at airfarewatchdog.com then you are losing money every time you fly.

Weight Loss Tips

Peanuts! When people in a Purdue University study cut their fat intake by 500 calories and replaced it with about 500 calories of lightly salted peanuts in their daily diets, they ate less throughout the day and boosted their resting metabolism by 11% so they burned more fat without exercise!

Grapefruit! Its high water and fiber content are filling plus one recent study found that natural compounds cut appetite by 16% and even helped lower levels of abdominal fat by 15% in six weeks.

Pine nuts! The sweet, buttery seeds of pine trees pack more protein than any other nut plus they contain pinolenic acid, which spurs the action of the appetite suppressing hormone CCK. Scientists found that women taking pine-nut oil experienced a 60% boost in CCK and felt less hungry within 30 minutes.

Yerba mate tea! Used for centuries in South America to curb cravings, this drink suppresses appetite while boosting fat burn. It contains two metabolism boosters, theophylline and theobromine, making it an ideal agent in the fight against unwanted fat says ethnobotanist Chris Killham of the University of Massachusetts.

Vinaigrette! Start meals with a salad tossed with vinaigrette and you'll eat about 200 fewer calories at that meal plus lose up to half a pound a week! Pre-meal doses of vinegar prevent hunger inducing blood sugar spikes by 81%. The greens in your salad help too by keeping you full at a low calorie cost. One study found that women who ate a 100 calorie salad before dinner consumed 12% fewer calories during the meal.

Broccoli! Eating four or five broccoli florets raises the body's level of the enzyme glutathione S-transferase (GST) by up to 42%. GST quadruples the rate at which the liver flushes the body of fat-trapping toxins and burns fat for fuel tapping into the fat stores located closest to it, the belly, first.

48! Swedish researchers now believe 48 is the magic number that can transform plump bodies into slender ones. Here's why. After studying hundreds of folks of all shapes and sizes, they've determined that those of us at healthy weights move more, and especially walk more, logging about 48 additional minutes of activity each day than their heftier counterparts. According to Eric Hemmingson Ph.D. of Karolinska University. Also, University of Pittsburgh researchers began studying different workout lengths and intensities and found intensity didn't matter much but length mattered a lot. The women who got about 48 minutes of exercise each day including those who simply walked at a moderate pace lost a whopping 500% more weight than women who knocked themselves out for 20 minutes a day.

Sunflower Seed Body Odor

Eliminate body odor just by munching on sunflower seeds. Hot, humid and sticky summer days can create embarrassing body odor -- the type that deodorants and antiperspirants simply cannot hide since the smell can seep out of every pore of the body and not just from the underarms. One study found one way to alleviate this problem is to snack on a handful of sunflower seeds at least once a day. According to researchers at the University of Reading in the United Kingdom, these delicious and nutritious nuts are loaded with zinc, a potent deodorizing mineral that naturally decreases the growth of odor causing bacteria on skin. Eat up and smell great!

Dishwasher Tune-up

If your dishwasher seems to run perfectly yet leaves your dishes dirty, there may be a simple fix. Open the dishwasher and remove the lower tray to access the spray arms. Gently clean the holes at the ends of the arms with a steel skewer or an awl. Don't use a wooden or plastic instrument that might break and get stuck in a hole.

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Sunscreen Danger

To be effective, UV filters in sunscreen must remain on the skin's surface. But researchers at the University of California at Riverside found that the UV filters start seeping into deep layers of skin in just one hour. After that, sunscreen provides little to no protection until more is applied, cautions study author Kerry Hansen, Ph.D. Even more surprising when these filters got exposure to UV light after penetrating the skin, they prompted skin cells to produce almost twice the amount of cancer-causing free radicals than sunlight alone!

Vinegar On Sunburn

If you get a sunburn rub a liberal amount of white vinegar on the red areas ASAP. Research shows the vinegar's acetic acid has anti-inflammatory properties that can prevent sunburn from reaching its full and most painful potential if applied within eight hours of sun exposure.

Best Of Area – Party Store

Greetings etc. magazine declared the **Lippman Co.** the best single-location party store in the nation. It has been family owned and operated since 1948. The store is 12,000 sq. ft. bursting with an array of unique merchandise including tiki bars & stools, tiki torches, coconut cups and an outrigger canoe. They are also the largest balloon distributor in the Pacific Northwest. You'll definitely want to check out the bulk bin. It's a jokester's paradise! Thousands of toys, from cut-off fingers to whistles, kazoos, plastic and rubber bugs, all sold for pennies. It's an armory for pranksters ranging from simple to outrageous. Plus, where else could you find a half-gallon of fake blood this time of year?

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Identity Theft

Your identity is being bought and sold on the open market by companies called "data brokers" and it's perfectly legal.

How they operate: Data brokers collect personal information on individuals, including Social Security numbers, drivers' license data and addresses. Big data brokers have built files on almost every adult American and they sell the information to employers making hiring decisions, banks processing mortgage applications, landlords choosing tenants and debt collectors, among others.

Problem: It's relatively easy for a crook to get your information. Example: ChoicePoint recently sold more than 140,000 files to individuals posing as legitimate business customers and they were actually **identity thieves**.

Damage Control

Go to the self-help section under "**Victim Resources**" at the Identity TheftResource Center website at idtheftcenter.org or call **858-693-7935**, to get fact sheets on such topics as victim impact statements (your statement to the courts) and how to organize an action plan. Also contact the Federal Trade Commission (877-438-4338, www.consumer.gov/idtheft), for help in resolving the financial fallout of identity theft. The FTC will provide you with the fraud affidavits you must give to your

creditors. Or contact the credit reporting agencies...

Equifax, 800-685-1111,
www.equifax.com.

Experian, 888-397-3742,
www.experian.com.

TransUnion 800-888-4213,
www.tuc.com

Tell the agencies that you have been a victim of ID theft. Also ask each to flag your files with a fraud alert. The alert, valid for 90 days, tells credit issuers to contact you before issuing new credit. It can be extended to seven years if you file a police report showing that you are a victim of identity theft.

When writing to anyone with whom you must deal as a victim of identity theft, always use certified mail with return receipt.

Report the crime to your local police department. This is essential for obtaining a fraud affidavit.

Immediately contact all of your credit card companies, by phone and in writing, telling them that your name has been used fraudulently. The companies will ask you to fill out fraud affidavits. While you're at it, change your existing passwords such as the PIN used to get cash advances from ATM machines with your credit card.

Local Names Johns Landing

John's Landing was named for B. P. John and was the "landing" where the logs for his factory, B.P. John Furniture, were dropped.

B.P. John was a German immigrant and originally a vice president at Doernbecher Furniture before starting his own business.

B.P. John's furniture manufacturing plant was located on the east side of SW Macadam across from the current John's Landing.

Hope you enjoyed this month's newsletter. Your constructive feedback is always welcome.

AND whether you're thinking of buying, selling, or financing real estate, or just want to stop by and say "Hi" we'd love to hear from you...

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Frank Silas Doernbecher House Pioneering English Arts & Crafts Home **2323 NE Tillamook Street** **Built 1903**



Most Portland residents are familiar with the world-famous Doernbecher Children's Hospital. Few are aware that it was a bequest of Frank Silas Doernbecher, the first owner of this house, that founded the hospital in the 1920's. Upon his death in 1921, his will directed his descendents to devote one quarter of his estate for a charity to benefit the people of the community and they elected to create the children's hospital with a bequest of \$200,000.

The fortune that helped pay for the startup of the hospital came from his interest in the Doernbecher Manufacturing Company. Doernbecher was a pioneer in mass production of furniture with a traveling assembly line five miles long. Production was devoted to mainly bedroom and dining room furniture. During WWII, Doernbecher produced furniture under government contracts for Army and Navy needs. The plant was later operated as Barker Furniture and at its peak was one of the largest furniture manufacturers in the country. Doernbecher's Portland factory stood on land along Sullivan's Gulch, now the route of Interstate Highway 84 through Portland's East Side, not far from the grand house he built in Irvington for himself and his family.

For three generations, the Doernbecher family lived in this home. Then in 1976, new owners acquired it, modernized its mechanical systems, cleaned and restored its exterior and repaired and preserved its sumptuous interior. Shortly after they began work, they successfully nominated the house for listing on the National Register of Historic Places, which was granted in 1978. Of interest is the beautifully worked interior with elaborate classical style moldings and decorative elements reported to have been produced in Doernbecher's own furniture company.

The house was designed by architect Joseph Jacobberger and built by builder John Alstadt.