



Legacy Realty Co.com

DECEMBER 2007 NEWSLETTER

When you need a real estate professional who handles all the details, call us. If you are thinking of selling, we have the experience and proven marketing techniques to get you top results. If you are considering purchasing a new home, we deliver dreams! We are the key to your real estate legacy! Call today! Richard at 503-803-8186 and Jean at 503-267-8483.

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HISTORY OF THE WEST HILLS MARTINI GLASS

If you've been an area resident for awhile you have probably seen the martini glass on the West Hills during the holiday season each year. The martini glass on the west hills above interstate 405 and downtown Portland are an almost four decade long tradition.



Rumor has it that the lights were originally the idea of a teenager in the 1970's. He would turn them on the weekends his parents weren't home to let his friends know there was going to be a party at his house that weekend.

Dr. Gary S. Cooke , a Gresham dentist, inherited the martini glass outlined by strings of lights when he bought the West Hills house in 1982. He is really responsible for the lights popularity when he made the decoration three times bigger. Motorists loved it, and Cooke received adoring calls from elderly women in downtown high-rises when he lit the display each year from Thanksgiving to New Year's Day.

Then in the later 1980's came the controversy from MADD and various letters to the editor of the Oregonian. People felt the lights sent the wrong message and was encouraging drinking.

The martini glass almost vanished into history due to political correctness, but instead of just turning off the lights in 1986, Dr Cooke added a circle with a red slash that came on after 10 pm.

DANCE YOUR WAY TO FUN AND HEALTH

The Mayo Clinic Health Letter encourages people of all ages to try dancing as a way to burn calories and improve the cardiovascular system.

A study by California State University shows that dancers can easily burn 250 to 300 calories an hour. And another study at Albert Einstein College of Medicine in New York concluded that dementia is less likely when people over the age of 75 dance regularly. According to the study, the lower incidence of dementia is associated with executing complex dance steps and moving in rhythm to the music.

TRIVIA QUESTION

An artificial spider and web are often included in the decorations on Christmas trees in what country?

It is also believed that a spider web found on Christmas morning will bring good luck.

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 Grill.

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FARTHER VS. FURTHER

Two words that are often confused are "farther" and "further." So let's clear it up. "Farther" refers to physical distance. "Further" refers to time or to an additional amount or degree of something.

Here are some examples:

London is **farther** north than Juneau. (distance)

This plan requires **further** study. (additional amount)

According to my schedule, we should be **further** along by now. (time)

BEST OF AREA—HOT CHOCOLATE

Sahagun Handmade Chocolates
10 NW 16th Avenue
Portland, OR 97209
(503) 274-7065

The most amazing chocolate you have ever tasted. Sahagun is a little hard to find and they are not open on Sunday. I love chocolate and I love hot chocolate and try it at as many places as I can find. I have to say that Sahagun has the best hot chocolate I have ever tried, hands down. Four dollars is a bit steep when it comes to a cup of hot chocolate, especially when it comes in a glorified dixie cup but I would have paid \$8 after I tried this marvelous concoction. If you are around the area and feel like treating yourself you should drop in and have a cup!.

Cacao Drink Chocolate
414 SW 13th Ave
Portland, OR 97205
(503) 241-0656

I am so glad that Portland has grown up as a city and has a place like Cacao now. I don't think you will ever see more bars of fine chocolate in one place. They have chocolate from every corner of the world and then some. Not only do they have numerous brands but some of the brands have different bars from different regions of the world. The people working here are very friendly and really know their chocolate. I was about to buy a certain brand and the guy at the counter suggested I get the same brand but from a different region. After you have been overwhelmed by the selection of chocolates, try drinking chocolate. To call drinking chocolate "hot chocolate" is a travesty. I love hot chocolate but drinking chocolate is a completely different experience. If you have yet to try drinking chocolate and you have any kind of a relationship with cocoa beans you have to get down to Cacao immediately.

HISTORY OF CHRISTMAS TRADITIONS

Christmas Trees The use of the Christmas tree originated in 16th century Germany. It was common for the Germanic people to decorate fir trees, both inside and out, with roses, apples, and colored paper. It is believed that Martin Luther, the Protestant reformer, was the first to light a Christmas tree with candles. While coming home one dark winter night near Christmas, he noticed the beauty of the stars shining through the branches of a small fir tree outside his home. He replicated the starlight by using candles attached to the branches of his indoor tree.

Old Saint Nick Today's "jolly old elf," Santa Claus, is based on a real saint who lived in Turkey in the 4th century. Saint Nicholas was renowned for his generosity and love of children. According to historical sources, he would drop coins down the chimney to preserve his anonymity and the dignity of his recipients.

Poinsettia Named for America's first ambassador to Mexico, Joel Poinsett, the poinsettia plant was brought to America in 1828. Native to Mexico, the poinsettia plant was thought to be symbolic of the Star of Bethlehem in the 18th century.

Candy Canes The first historical reference to the familiar cane shape goes back to 1670, when the choirmaster at the Cologne Cathedral in Germany, bent the sugar-sticks into canes to represent a shepherd's staff. The all-white candy canes were given out to children during the long-winded services.

KEEP YOUR HOME IMPROVEMENT RECEIPTS

If your home has gained more than \$250,000 in value (or \$500,000 for a couple), you'll want to look for ways to reduce your taxable profit when you sell. Receipts for home improvements can help you do that. The cost of improvements can be added to your tax basis -- essentially, the price you originally paid for your home. That, in turn, can reduce your taxable profit. Improvements, according to IRS Publication 523, "[Selling Your Home](#)", are defined as changes that "add to the value of your home, prolong its useful life, or adapt it to new uses". Some examples:

Additions

Interior remodeling

Landscaping and fences

Upgrades to home systems such as heating and air conditioning

New roof, windows or doors

Insulation

Improvements do not include maintenance or repairs, such as "repainting your house inside or outside, fixing your gutters or floors, repairing leaks or plastering, and replacing broken window panes," unless those projects are part of an extensive renovation or remodeling job. You'll want to keep receipts detailing the work that was done, or the cost of supplies if you did the work yourself. A credit-card statement showing a Home Depot charge probably won't be sufficient proof, which is why you want to hang on to the receipts. And since you're likely to own your home for years, if not decades, it's smart to keep the original receipts as well as backups.

For all your tax information, call Kevin Minkoff CPA, schedule an appointment. 503-252-3988

FLU DRUGS CAUSING NEUROLOGICAL PROBLEMS IN KIDS

Government health regulators recommended adding label precautions about neurological problems seen in children who have taken flu drugs.

The Food and Drug Administration recently released its safety review of Roche's Tamiflu and Glaxo's Relenza. The FDA began reviewing Tamiflu's safety in 2005 after receiving reports of children experiencing neurological problems, including hallucinations and convulsions.

Twenty-five patients under age 21 have died while taking the drug. Five deaths resulted from children "falling from windows or balconies or running into traffic."

There have been no child deaths connected with Relenza, but regulators said chil-

ELDERBERRY CURES THE FLU ?

Sambucol, a black elderberry extract, appears to short-circuit flu symptoms, a study shows. Research suggests it inactivates the flu virus.

In folk medicine, flowers from the black elder bush have been used to ease flu symptoms, colds, and sinus problems. In recent years, researchers have begun formal studies of Sambucol -- a formulation of elderberry extract -- to better understand this herbal remedy.

A small study published five years ago showed that 93% of flu patients given Sambucol were completely symptom-free within two days; those taking a placebo recovered in about six days

A newer study involved 60 patients who had been suffering with flu symptoms for 48 hours or less; 90% were infected with the A strain of the virus, 10% were infected with type B. Half the group took 15 milliliters of Sambucol and the other group took a placebo four times a day for five days.

Patients in the Sambucol group had "pronounced improvements" in flu symptoms after three days: Nearly 90% of patients had complete cure within two to three days. Also, the Sambucol group

had no drowsiness, the downside of many flu treatments.

The placebo group didn't recover until at least day six; they also took more painkillers and nasal sprays.

It's likely that antioxidants called flavonoids, which are contained in the extract, stimulate the immune system. Also, other compounds in elderberry, called anthocyanins, have an anti-inflammatory effect; this could explain the effect on aches, pains, and fever.

In a news release, Russell Greenfield, MD, a leading practitioner of integrative medicine and medical director of Carolinas Integrative Health, advocates treating flu with black elderberry. "It can be given to children and adults with no known side effects or negative interactions," he says.

"But don't expect grandma's elderberry jam" to ease flu symptoms like body aches, cough, and fever, he warns.

"Sambucol is the only black elderberry preparation shown effective in clinical studies."

In the US, Sambucol is distributed by Nature's Way Products and sold in most health food stores across the country.

Macadam

In 1862, the “Milwaukee Macadamized Road Company” was contracted to build a road from the foot of SW Harrison Street down to the city of Milwaukee. Originally called McAdam, that spelling was used on a map of Portland made in 1869. It became “Macadam” in the 1880’s

McAdam referred to John L. McAdam 1756-1836, a Scottish road builder. He devised an improved roadbed — successive layers of compacted broken gravel, raising the road above the surrounding terrain and al-

Hope you enjoyed this months newsletter. Your constructive feedback is always welcome.

AND whether you’re thinking of buying, selling, or financing real estate, or just give us a call...we’d love to talk to you!

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The Bishop's House

223--219 SW Stark Street.
Architect, P. Heurn

Constructed in 1879, this ornate Victorian Gothic Revival house was originally the living quarters for Catholic Archbishop Francois Blanchet, one of Portland's early Catholic leaders, and later Archbishop William Gross.

The original meeting room still stands behind the large, beautiful cathedral window on the third floor. The brick, stucco, and cast iron house is shaped like a Bishop's miter and was next to a seventy-foot-wide cathedral that was demolished in 1894.

Bishop's House is in the city's Yamhill Historic District.

Originally, the building contained a church library, the Archbishop's living quarters, and an insurance agent's office. Despite the presence of a cathedral next door, the immediate area was in decline, and Goss moved out only a year after moving in.

For a time, the Bishop's House hosted a Chinese Tong society, rumored to be the source of phone taps in the nearby former Police Bureau Headquarters Building. Between 1911 and 1915, an architectural workshop led by A.E. Doyle and Morris H. Whitehouse met in the building.

A major renovation took place in 1965, and Bishop's House was placed on the National Register of Historic Places in 1974. The building today serves as offices and as a Lebanese restaurant.



Legacy Realty Co.com is going green!

The new year always brings change and Legacy Realty is making its new year's resolutions now. We will begin sending our monthly newsletter electronically in January 2008. We have had great feedback from you about the newsletter and hope that you continue to enjoy it as much as we enjoy putting it together. And, please forward to your family, friends, neighbors or business associates. And, thank you all for a great 2007 and we look forward to working with you in 2008 should you have real estate needs. **MERRY CHRISTMAS & HAPPY NEW YEAR!!**