



Legacy Realty Co.com July Newsletter

For all your real estate needs, Legacy Realty Co.com is your ticket to success! Call us today...let's talk!

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SIMON BENSON

A Portland story of a man going from rags to riches, living the American Dream by inventing a better mouse trap and leaving a legacy of public good.

Benson bubblers, Benson High School, the Benson Hotel and Benson State Park are a few of the things named in Portland named after Simon Benson..

Born Simon Berger Iversen in Norway in 1851, Benson moved with his family to the United States in 1867 when he was sixteen. After settling in Wisconsin, the Iversen family changed their name to Benson.

He first went to work as a farm hand and later worked in logging camps and sawmills. At the age of 24, he married Ester Searle and opened a general store in Lynxville, Wisconsin. It did well until it was destroyed by fire three years later. Then 27, he was completely broke and now had a wife and son.

After the store burned, Benson traveled with his wife and child to Portland to find work in a logging camp. A few years later he bought 160 acres of land and started his own business. He was forced to sell in 1883 when his wife became ill with tuberculosis. After she died, Benson again started another logging operation.

Benson struggled through two personal cycles of prosperity and poverty before his third and lasting success.

His final success was largely due to his innovation and ability to cut costs. Benson built miles of railroad track in the timberlands of Oregon and Washington at a time when most people were still using oxen to do the logging.

He introduced donkey engines, steam locomotives, chutes and log railways into the woods. To combat devastating freight rates, Benson pioneered ocean-going rafts

which could carry up to six million board feet of timber 1,100 miles down the Pacific Coast to his San Diego sawmill. The famed vessels came to be known as "Benson Cigar Rafts," because they resembled floating cigars.



Trivia Question

Which insect's bite kills more people a year than any other animal or insect? Name the insect.

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!

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The Ant and The Grasshopper

One summer's day a Grasshopper was hopping about, chirping and singing to its heart's content. An Ant passed by, bearing an ear of corn he was taking to the nest.

"Why not come and chat with me," said the Grasshopper, "instead of toiling in that way?"

"I am helping to lay up food for the winter," said the Ant, "and recommend you do the same."

"Why bother about winter?" said the Grasshopper; "we have plenty of food now."

The Ant went on its way. When winter came, the Grasshopper had no food and found itself dying of hunger, while it saw that the Ant had plenty of corn from the stores collected during the summer.

Prepare for the future!

Ancient Greek Cure For Ulcers

Mastic gum was used by the ancient Greeks, Babylonians and Egyptians in many products from chewing gum to healing formulas. In the 2nd century B.C., Galenus wrote that mastic was used for improving the condition of the blood and for bronchitis. Christopher Columbus wrote of its antibacterial value and its use against cholera.

In ancient Greece, where mastic resin from the mastic tree was highly prized for its medicinal powers, the penalty for stealing it was a swift amputation of the ears, nose, or limbs. Mastic gum is a resinous extract from the Pistacia lentiscus tree, indigenous to the Mediterranean islands. The mastic tree thrives especially well in the southern part of the island of Chios, due to the mild climate and characteristics of the soil.

Many modern researchers have confirmed some of the traditional uses of mastic gum, including its roles in oral health and healthy digestive functioning. Researchers at the University of Nottingham used mastic gum in clinical trials on patients with ulcers. Mastic relieved the pain and seemed to clear the stomach and duodenal ulceration within 2 weeks. [Results published in the *NEJM*.]

Most stomach ulcers are not caused by stress or bad diets but by a bacteria called *Helicobacter pylori*, which causes inflammation and pain when it burrows into the lining of the stomach and small intestine. It survives the stomach's strong acid secretions by producing a compound called **urase**, which neutralizes these acids and then causes symptoms which range from a blunt, gnawing or sharp stomach pain to lower backache, discomfort when passing stools, headaches, choking sensations, and itching. A bleeding ulcer occurs only when the ulcer has penetrated a blood vessel, which will then require medical intervention.

Laboratory tests have shown that mastic can not only kill off seven different strains of this bacteria - but that in 70% of ulcer sufferers taking it, the damaged tissue repairs itself so well it is as if there never was an ulceration. Even low doses - just 1mg a day for two weeks - can bring about a rapid cure of ulcers. Of course antibiotics can do the same job, but they can also damage the lining of the gut, especially if you take them long term. The beauty of mastic is that it is natural, safe and there are no side-effects.

Make Money With Your Health Insurance

Consider a health savings account (HSA). HSA's, combine a high-deductible (\$1,050/year or more), low-premium health insurance plan for large hospital bills with a tax-free savings account for smaller medical costs, such as doctor visits.

HSA holders can contribute up to \$2,850 a year (\$5,650 for families) in 2007. You can put in an extra \$800 if you are between 55 and 65 years old.

Unused money can be carried over from year to year and **invested** where it can grow without being taxed.

An HSA is especially good for older workers who want to accumulate money for post-retirement healthcare costs or for long-term care insurance premiums. Self-employed people can write off health insurance premiums and HSA contributions as business expenses. For more information, see IRS publication 969, *Health Savings Accounts and Other Tax-Favored Health Plans*

For more information and a list of banks, brokerages and insurance companies that offer HSAs, go to **HSA Insider**, www.hsainsider.com.

Best of the Web Coordination Tools

Ever try to coordinate events and get-togethers? Here are two web-sites that make it a lot easier.

CircleUp

CircleUp makes social planning easier by letting you organize your contacts into different communities. Anyone who has ever tried to organize an event--or to get a group of people to respond to a simple question like "Who can drive the kids to Little League this week?"--knows how tough it is to filter and organize the answers into coherent, usable form. Use this site to send an e-mail or instant message to a group of people; then wait for it to return a consolidated summary of responses to you. It's simple, it's free, and it will liberate you from the recurring feeling that you're herding cats whenever you try to coordinate an activity involving more than two people.

MyPunchbowl

MyPunchbowl handles online invitations, sets up message boards, and maps your party with Google Maps. Planning a party, but unsure of what date works best for your friends? My-Punchbowl is basically an invite with a little extra kick. My-Punchbowl lets you create party invitations and then track who's coming, who's not, and who has yet to respond. But the site also enables you to send pick-a-date e-mail messages to see which day works best for people, set up message boards (useful for organizing things like who's bringing the vino), and produce a map of the shindig's location using Google Maps. You can also create an after-party message board where people can share comments, photos, and videos--if, um, appropriate.

Best Of Area—Saturday and Farmers Markets

I don't know if it's true or just an urban legend spread by the vendors at the market, but they say it is the second largest tourist attraction in Oregon and the largest arts and crafts market in continuous operation in the United States. Rumors are the 400 vendors generate about \$8 million a year in sales and attract about 750,000 visitors.

What I do know is that it is great place to find custom made arts and crafts. It is also a great place to find local businesses before they become big successes. And if you like food, it is a great place find flavors you won't find anywhere else.

This time of year is also a great time to buy fruits and veggies that don't taste like cardboard (like the ones I always end up picking from the grocery store). You can buy fresh and good tasting (just like grandmas garden) produce from the local farmers markets. Besides the Portland Farmer's Market, which is open Saturday, Wednesday and Thursday and the Vancouver Farmers Market, which is open every day, there are local farmers markets all over. For a list check out oregonfarmersmarkets.org

PortlandSaturdayMarket.com

PortlandFarmersMarket.org

VancouverFarmersMarket.com

Simon Benson continued

In 1909, Benson sold his holdings and retired from the lumber business.

In 1912, Benson built the Portland hotel bearing his name. That same year he donated 20 bronze drinking fountains to the city of Portland—quickly nicknamed Benson Bubblers—hoping to provide people with an alternative to taverns. In 1915, he donated money to build Benson Polytechnic School.

Benson later claimed that his donations had practical purposes. He hoped that the fountains would reduce drinking and associated accidents at his logging camps. Benson also hoped that his trade school would curtail the influence of the Industrial Workers of the World (then unionizing Pacific Northwest loggers) by imbuing young people with conservatism he associated with learning a trade.

Benson also promoted the construction of the Columbia River Highway. When citizens of Hood River County voted a

\$75,000 bond levy to construct the portion of the highway that would run from the Multnomah County line to Hood River, Benson purchased the entire bond issue within a month because the bonds were not selling.

Benson purchased a 400-acre tract of land in the Columbia River Gorge which included Wahkeena Falls and Multnomah Falls, and deeded it to the City of Portland for a public park. Subsequently, the land was divided to become the Wahkeena Falls Recreation Area, Benson State Park, and Multnomah Falls Recreation Area. Benson also paid for the masonry footbridge across Wahkeena Falls and the reinforced concrete arch pedestrian bridge over the lower Multnomah Falls. In 1921, he constructed the Columbia Gorge Hotel near Hood River.

Benson moved to California in 1920 after marrying his third wife, Harriet King. He lived there for the next 22 years and developed land in Beverly Hills.

Bee Sting Trick

If you or a child gets stung by a bee, try this trick. Just dab a little toothpaste on the sting—it stops the pain instantly and speeds healing.

Why it works: The alkaline pH of toothpaste neutralizes the pain-causing acid found in bee venom, while the paste seals out air, blocking surface contact with the spot and drying it out to accelerate healing

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" I'd love to hear from you...

Contact Info

Simon Benson House

In 1900, Simon Benson, built a grand Queen-Anne style house on the corner of SW 11th and Clay downtown. The interior of the house featured rich detail and decoration, and each room was paneled in a different kind of wood. Once on the national historic register, the home fell into near disrepair and was condemned by the City of Portland in 1991.



With financial support from more than 1,000 individuals and business and spear-headed by the Friends of Simon Benson House, the House was moved to its new location on the Portland State University campus January 16, 2000.



Now located at 1803 SW Park, the Simon Benson House is on the Portland State University campus and serves as home of the PSU Alumni Association and Visitor's Center

Eat Your MUFAs Daily

Eating foods rich in monounsaturated fatty acids (MUFAs) such as almonds, avocados and olives can clear arteries of cholesterol build up, according to researchers at the City of Hope National Medical Center. Subjects who ate a handful of almonds everyday enjoyed a 15% decrease in vessel clogging LDL cholesterol. And since monounsaturated fatty acids are key structural components of brain cell membranes, snacking on these fatty acids daily may strengthen cells and protect against age related damage.