



Legacy Realty Co.com June Newsletter

June 2007
Portland, Oregon



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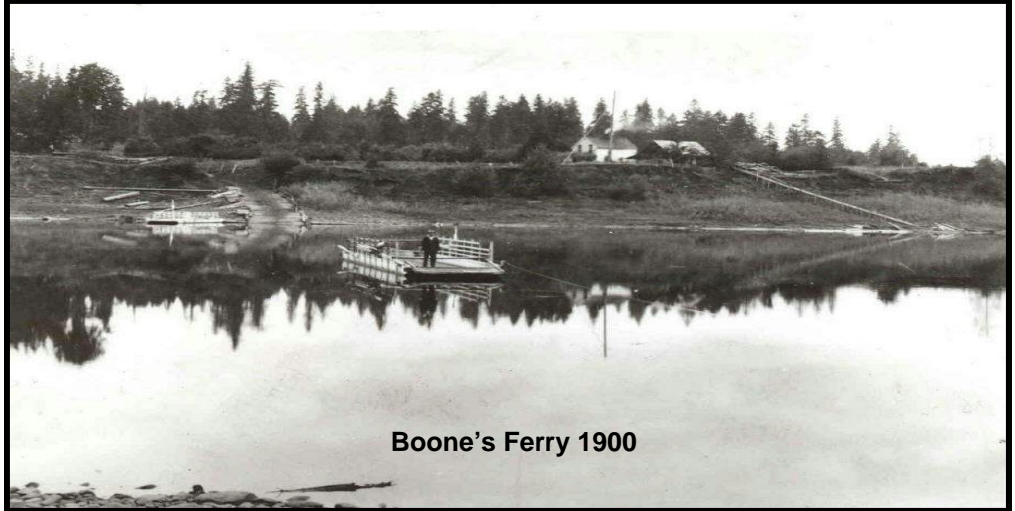
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We can make your home stand out in a crowded market. We are experts on home values. Legacy Realty Co.com is the difference...call us today, let's sit down and discuss your options and then sell your home! Our proven marketing plan will put you heads over all your competition!

Inside This Issue

- Boone's Ferry Road.....1
- Anti-aging Grape Seed...2
- Obalation Papers.....2
- Poison Oak & Ivy.....3
- Strike It Rich.....3
- Trivia Question.....4
- Tauchman House.....4
- Watermelon.....4

Boones Ferry Road



Boone's Ferry 1900

Boone's Ferry Road is one of the busiest roads in the Portland area, but not many modern residents are aware that there once actually was a ferry on Boones Ferry Road -- and fewer still know that the Boone in question was a descendant of the one and only Daniel Boone.

The branch of the Boone family that emigrated to Oregon was led by Daniel's grandson, Alphonso Boone. In 1846, Alphonso headed west with seven of his children, his sister Panthea Boone Boggs, and her husband Lilburn W. Boggs, former governor of Missouri.

The Boones jumped off at Westport, Missouri, where their eleven wagons joined a California-bound wagon train which they expected to stay with to Fort Hall or thereabouts. Traveling in the same train were several people whose names are still known to historians, including George Donner and family.

The Boones reached South Pass on July 18, and two days later they encountered a lone horseman from the west urging emigrants to try a new, shorter route to California being promoted by Lansford W. Hastings. Led by George Donner, about twenty wagons from the Russell train turned off to follow this new route into the history books.

On August 8, at Fort Hall, the Boones met a man promoting another new route, this one leading to Oregon's Willamette Valley instead of California. Panthea Boone Boggs and her husband struck out for California, while Alphonso Boone decided to take a chance on the new road to Oregon, known as the Southern Route or the Applegate Trail.

Continue on Page 2

Boones Ferry continued

This proved to be a mistake. The Applegate Trail was a hard road through difficult terrain with limited access to water. To make matters worse, the Indians of southern Oregon were extremely hostile to the overlanders. While they didn't stage full-blown attacks, they frequently harassed them by shooting arrows at their livestock and stealing from their wagons.

As winter weather set in and threatened to strand the travelers on the Applegate Trail, they began throwing away everything they could in order to lighten the load for their exhausted, footsore oxen. They cached their valuables in hope of being able to return for them later, but the Indians dug up and stole all but a few items of clothing. The Boones lost everything that they couldn't carry out of the mountains on their backs, including a compass and surveying instruments that had once belonged to Daniel Boone himself.

It was Christmastime when the Boone finally reached the settlements in the Willamette Valley. In the spring of 1847, Alphonso moved his family upriver and claimed 1000 acres across the Willamette near present-day Wilsonville. On a big Fir tree he carved his name, and a log cabin was built facing the river.

The Boones established a ferry on an old Indian trail that ran from Salem to the newly established city of Portland, offering a more direct route than going by way of Oregon City. They improved the trail by laying down a "corduroy road" of split tree trunks to get wagons through the muddiest stretches, and it grew into a major thoroughfare.

Anti-Aging Grape Seeds

turn back the clock and repair the damage

You've probably heard that a glass of red wine has many health benefits. But red wine isn't the only way grapes can supercharge your health.

Grapeseed extract and grapeseed oil are even more powerful.

These natural wonders have been scientifically proven to:

- Shrink Tumors
- Fight Infections Like an Anti-Biotic
- Improve Blood Sugar and Insulin Sensitivity
- Slow Aging of the Brain and Increase Mental Capacity
- Boost Good Cholesterol, (HDL) and Strengthen Blood Vessels

The driving force behind grape seeds is something called proanthocyanidins or PCOs.

Studies show that grapeseed oil raised HDL (good cholesterol) by 13% and lowered LDL (bad cholesterol) by 7%. Triglycerides (blood fat) went down by 17%.

Grapeseed is also high in linoleic acid – an important essential fatty acid. Studies show it helps prevent heart attacks and strokes by 34%.

It also lowers blood pressure and improves circulation in small blood vessels.

How to Make Grapeseed Extract and Grapeseed Oil a Part of Your Diet

Grapeseed extract comes from the small seeds (and occasionally the skins) of red grapes – the same kind that are pressed to make wine. Grapeseed oil comes from the same seeds – but after the juice is pressed.

Cooking with grapeseed oil is a real joy. Aside from the fantastic health benefits, grapeseed oil has a very high smoke point. Regular olive oil starts to smoke at 250 degrees. Grapeseed oil won't smoke until it reaches 485 degrees. This means you can sauté at high temperatures without burning the oil.

If you want all the benefits in a more convenient form, grapeseed extract is available as a supplement. To get a consistent result, take it regularly. The PCOs dissipate over time. (Only 30% will stay in your system after 24 hours.) Recommended amount is

Best Of Area - Oblation Papers and Press

Founded by Ron and Jennifer Rich in 1989, Oblation is much more than just a stationer.

Their invitations are legendary and have been written up in Martha Stewart Weddings, InStyle Magazine, and Elegant Bride to name a few.

They have their own 100-year-old, manually fed printing presses. They use the old antiquated equipment because it handles the thick, handmade paper

They make 100% cotton sheets of paper by hand with remnants from the garment industry. One of the coolest is Oblation's trademark sheets containing fresh flower petals--used for invitations

and announcements.

Oblation carries a large selection of handmade cards by local artisans, Japanese silk book cloth and book binding tools, Italian correspondence stationery, delicate fountain pens and distinctive paper from all over the world.

Oblation Papers & Press also carries French wax seals, a fabulous selection of photo albums and journals, raw materials for bookbinding, and designer office supplies.

The Pearl District, 516 NW 12th
Portland, OR 97209 503-223-1093

Bridgeport Village, 7243 Bridgeport Rd.
Tigard, OR 97224 503-968-7131

Boones Ferry continued

Legend has it that their road was a hotbed for moonshiners who operated stills hidden in hollows and glens nearby and used the road to transport their product to town. Alphonso made a point of operating his ferry 24 hours a day for the convenience of his customers. This practice may have had something to do with the number of illegal distilleries operating along his road.

One of the Boones' neighbors was George Law Curry who knew the family from the Oregon Trail and had taken a shine to Alphonso's eldest daughter, Chloe. George courted Chloe by canoe, paddling up and down the Willamette river to pay regular visits until she consented to marry him. He later became the third and last governor of the Oregon Territory and was in office from 1854 to 1859.

When word of the gold strikes in California reached Oregon in 1848, Alphonso and his boys headed south to make their fortune. On February 1, 1850, Alphonso died at Long's Bar of a fever contracted in the gold fields. Though they lost their father, the Boone brothers did well in the mines, and Alphonso's sons gradually dispersed across the Northwest with their fortunes. Jesse Boone returned to Oregon and ran the ferry for 26 years. Sadly, he was murdered by a neighbor in a dispute over access to the river.

The ferry, established by Alphonso Boone in 1847, operated continuously for 107 years. It was finally shut down in 1954 after the completion of a highway bridge across the Willamette adjacent to the ferry crossing.

Strike It Rich While on Vacation This Year

You can actually find not only diamonds, gems and buried treasure while on vacation, but you can find valuable fossils, antiques and even meteorites. Right here in Oregon you can dig for the state gem, the Oregon sunstone, which is found only in Oregon and nowhere else in the world. The state has public lands open and several mines allow you to camp and prospect.

Oregon sunstone is a feldspar crystal formed in molten lava and then discharged onto the surface of the earth by a volcano. As the lava weathers away or is broken up, the crystals are released.

Oregon is also the only place in the world that this gem grade material is found with copper in it. Varying amounts of copper cause the stones to range in color from water clear to yellow as well as many shades of green, red and pink. Some stones contain from two to four of these colors.

Oregon sunstone, found only in the remote high desert of Lake and Harney counties, was officially named the Oregon State Gemstone by Governor Neil Goldschmidt and the Oregon legislature in 1987. Since that time, Oregon sunstone has been gaining popularity with collectors, artists, and jewelry lovers everywhere. It is now one of the leading gemstones mined in the U.S.

There are many different kinds of sunstone and the values range widely. The least valuable form is the pale yellow to colorless type which may go for a few dollars per carat but a custom cut yellow or clear stone may be valued up to \$20 per carat..

The pinks and tans, commonly range up to \$50 per carat depending on the effect. Some of the bi-colored and tri-colored stones are offered in the \$50 - \$300 per carat price range.

The most valuable color is red. Large stones, over 3 carats, of prime color may retail for as much as \$1700 per carat. Greens are very rare and may cost more than the best reds.

For more information, just do a web search for sunstone and public mining. Or, for more information on all kinds of treasure hunting while on vacation go to <http://travel.discovery.com/tv/cash-treasures/toolkit/toolkit.html>

Poison Oak/ Ivy

Here are several tips for those of you hiking and enjoying the outdoors this summer.

The Potawatomi Indians of Nebraska avoided the itch by crushing leaves of the jewelweed plant and rubbing the juice onto their skin.

Poison oak and ivy contain *urushiol* oil that binds to the skin. Jewelweed contains *lawsome* a compound that binds

to the same sites on skin cells but faster than *urushiol*.

If you don't have a bunch of jewelweed to crush and rub all over yourself, you might want to consider buying some jewelweed soap like Truman's Jewelweed Soap. Use it within one hour of exposure for maximum benefit. Another option is a product called Ivy Block that contains *ben-toquatam*, which creates a barrier that blocks the poisonous oils from being absorbed into the skin.

TRIVIA QUESTION

What was used for blood in the famous 45 second shower scene, which took seven days to shoot, in Alfred Hitchcock's movie, Psycho?

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 \$100 gift certificate to Barnes & Noble

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

AND whether you're thinking of buying, selling, or investing in real estate, we'd love to hear from you...

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THE TAUCHMAN HOUSE

**Boone's Ferry Park
Wilsonville**



Since this month's main article is about Boones Ferry, it is only fitting that we also feature the **Tauchman House**. It was the home for many of the owners and captains of the ferry.

The **Tauchman House** was originally built in 1872 as a two room log cabin. The house was expanded and added onto in the early 1900's, and was remodeled again in 1948.

The house is named after Captain Emil Tauchman who took over the ferry in 1909. Captain Tauchman ran the ferry for the next 30 years. The big fir trees around the house were planted by Mrs. Tauchman.

The area around the house became Wilsonville's first city park. In 1971, and for the next five years, the house served as Wilsonville's City Hall. Today you can rent the **Tauchman House** for events..

EAT WATERMELON—PREVENT SUNBURN

Watermelon is packed with lycopene, an antioxidant that helps prevent sunburn and long-term damage by fighting UV induced free radicals. In fact, people with lycopene intake equivalent to 2 cups of watermelon a day had 40% less sunburn after exposure to UVB light, according to a study in the Journal of Nutrition.