



March 2007  
Portland, Oregon

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# Legacy Realty Co.com March Newsletter

## The Woman Who Slapped The British and Had A Park Named After Her

On a Christmas day, more than 150 years ago - the twenty-fifth of December, 1845 - a man, a woman, and eight children, stepped ashore from the broad Columbia near Fort Vancouver. Thus the Shorts, farmers of Pennsylvania and Illinois, came to Vancouver.

Unfortunately, the British at the Fort considered the Short's a threat to their claim on the area and decided to try to force them out. They were probably in the right since the treaty of 1846 gave the Hudson's Bay Company rights to the land.

One day while Amos was out of town, men from the Hudson Bay rounded up the Short family, put them in a boat, and took them across the Columbia to Hayden Island, the Yankee side of the river, where they were put ashore and told to stay. But Esther refused and found a way back to her log cabin across the river.

In 1848, the Hudson Bay men caught the family unprepared and loaded them into a boat and set them adrift on the Columbia without oars. But Amos Short and his wife and 12 children reached land and refusing to give in, went back home.

The Hudson Bay men continued to harass the Shorts, destroying their fences and generally causing trouble. Amos, and some of his workers, finally confronted them and told them to get off his land. They refused and a battle ensued and Short shot two men. The British had him charged with murder. A territorial judge, who acquitted him, is reported to have said. "The only trouble I find with you, Short, is that you didn't shoot more of them." While Amos was away fighting murder charges, more men arrived to harass the Short family. Esther, who had had enough, came out alone to confront the men. She slapped the leader in the face knocking him to the ground and when he got up he left saying that she was too brave a mother to be evicted.

On January 7, 1853 Amos Short went to California where he sold potatoes at great prices to the miners during the gold rush. On the return trip he drowned in the Columbia River.

In 1855 Esther donated that land that is Esther Short Park to the city of Vancouver. Esther Short Park is the oldest park in the state of Washington and is considered to be the oldest designated city park in the West.

Esther Clark (Short), who was one-half Algonquin Indian, was born in 1806. She died on June 28, 1862 and is buried in the old city cemetery.



**Pioneer Women Statue in  
Esther Short Park**

## Trivia Question

**Which house in the US holds the record for the longest time being built?**

Everyone who 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 Pier 1 Imports.

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### Answer to Last Month's Trivia

The name of the berry American Colonists so highly prized to make candles is the small, grayish bay-berry. **The winner was Sandra Lajoy of Portland. Congratulations!**

## Shower Head Stabilizer

It's not unusual for a shower head to become loose. This typically occurs when the metal strap securing the water-supply pipe pulls free. Here's how to remedy the situation without ripping open the wall. First, pull the round trim ring away from the wall. Next, inject foam sealant into the cavity around the pipe. This stuff expands, so apply it sparingly. Push the trim ring back in place and hold it for a minute or two to contain the foam sealant. The sealant will eventually harden, effectively locking the shower head in position.

## Fixing Loose Knobs

When a wooden knob comes loose from a door or drawer because the screw hole is stripped, remove the knob and stuff the screw hole with toothpicks and glue. Use a utility knife to trim the toothpicks flush. Then, replace the knob--you don't have to wait for the glue to dry--and carefully tighten the screw.

# The Magic Weight Loss Pill

Most of us know that calcium's main role in the body is to build strong and healthy teeth and bones. However, current research is showing that as calcium intake goes up, both body weight and body fat go down. Could Calcium be the breakthrough weight loss miracle we are looking for?

### How may Calcium affect body weight and fat?

- Higher levels of Calcium intake may prevent fat storage.
- More Calcium may raise metabolism, thus burning more calories.

### How much is enough?

• One of the studies showed more weight loss in individuals consuming 1200 mg per day along with a low calorie diet.

• You should strive for the minimum recommended 1000 mg per day from foods.

### Are supplements as good as food sources?

Researchers showed that Calcium supplements did enhance the effect of weight loss, however, there was more weight loss when Calcium came from food sources.

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## Don't Go To The Hospital Without Reading This

If you can, stay out of the hospital during the summer, especially July. That's the month when medical students become interns, interns become residents, and residents become fellows and full-fledged doctors. In other words, a good portion of the staff at any given teaching hospital is new on the job. The adjusted mortality rate rises 4% in July and August for the average major teaching hospital, according to the National Bureau of Economic Research. That means eight to fourteen more deaths occur at major teaching hospitals than would normally without the turnover.

Another scheduling tip: Try to book surgeries first thing in the morning and preferably early in the week, when doctors are at their best and before schedules get backed up.

If you can, avoid the ER between 3 p.m. and 1 a.m., the busiest shift. For the shortest wait, early morning -- anywhere from 4 a.m. to 9 a.m. -- is your best bet. If you are having severe symptoms, such as the worst headache of your life or chest pains, alert the triage nurse manager, not just the person checking you in. Triage nurses are the traffic cops of the ER and your ticket to getting seen as quickly as possible.

The American Nurses Association's Web site lists "magnet" hospitals -- those most attractive to nurses -- and a call to a hospital's nurse supervisor should yield the nurse-to-patient ratio.

You can also call the hospital's quality-control or risk-management office to get infection statistics and ask your doctor how frequently the hospital has done a certain procedure.

Though reporting these statistics is still voluntary, more hospitals are doing so on sites like one of the US Department Of Health and Human Services which compares hospitals against national averages in certain areas, including how well they follow recommended steps to treat common conditions.

## **Coat Your Stomach with Oil**

Extra virgin olive oil could help prevent and treat *Helicobacter pylori* (*H. pylori*) infections, which cause millions of cases of gastritis and peptic ulcer disease each year.

Previous studies have shown that natural foods such as green tea and cranberry juice inhibit the growth of *H. pylori* infections in the stomach lining. This is the first time that olive oil has been looked at in this context.

In laboratory cultures, the phenolic compounds in extra virgin olive oil had strong antibacterial effects against eight strains of *H. pylori*, including antibiotic-resistant strains. The compounds were also shown to be capable of remaining stable in the harsh acidic conditions of the stomach.

Source—*J. Agric. Food Chem.*, 55

## **Best Of Area— German Food**

Trying to come up with a “best of” when talking about restaurants is a little tough since everyone has their own preferences, likes and dislikes. So the food places aren’t chosen so much for the best food as they are for being places you should at least try and experience. That being said, if you haven’t been to one of the local **Gustavs** you should.

Styling reminiscent of a German beer hall sets the scene for this fun, casual eatery. Authentic music and costumed servers, like a roving accordion player in Lederhosen and waitresses in Dirndls, add to the atmosphere.

If you crave sauerbraten, schnitzel, German sausages and the like, you’ll fall in love with Gustav’s. For an appetizer, have the cheese fondue and sausages. Sample the lemonade during the summer months and hot apple cider during the winter. Less adventurous types can still get burgers and fries.

It’s a great place to bring out-of-towners.

Great way to sample the variety is via the Happy Hour menu.

Happy hour specials, 3pm-5pm and 10pm-close.  
Portland 5035 NE Sandy Blvd, Portland · 503-288-5503  
Clackamas 12605 SE 97<sup>th</sup>, Clackamas - 503-653-1391  
Vancouver 1705 SE 164<sup>th</sup> - 360-883-0222  
Washington Square 10350 SW Greenburg Rd - 503-639-4544  
Website with menu — Gustavs.net

## **Best Of The Web**

[www.Kayak.com](http://www.Kayak.com)

A slew of new features makes this a compelling mega-search site useful for planning your next trip. Fare Watch lets you track any number of trip itineraries and receive email alerts when a fare meets or beats your specified price.

You can also view the “best fare history” — the 100 best prices found by other users searching the same route during the last 36 hours. The new Flexible Search lets you compare fares on alternative travel dates. Registered users can save preferences under My Profile, so they don’t have to enter certain data on every visit. Of course, it pays to check an airline’s Flight Stats before booking — the site issues monthly reports showing how well carriers managed to stick to schedule..

## **The Nose In The Tent**

According to a Bedouin fable, a Bedouin and his camel were crossing the desert. Night came and the temperature dropped. The Bedouin put up his tent, tied his camel to it, and went to sleep.

The temperature dropped further, and the camel asked the Bedouin for refuge from the cold.

The Bedouin was adamant. "There is only room in the tent for one!"

The camel was quiet for a few minutes, but soon asked again. "Please, Master! Just my nose. If I could just put my nose in your tent, it would keep me from freezing out here."

The Bedouin reluctantly agreed. The camel’s nose became warm, but after a while the temperature went down even more. The camel woke the Bedouin and asked, "Please, can I just put my forelegs in the tent? They are very cold!"

Again the Bedouin reluctantly agreed. "Only your forelegs, nothing more!" So the camel nudged his forelegs into the tent and they became warm.

After some time, the camel woke the Bedouin again. "Master, I must put my hind legs in the tent. Otherwise I fear that they will freeze and I won't be able to finish our journey tomorrow. What good is a camel with frozen hind legs?"

So the Bedouin agreed once more, and the camel moved his hind legs in. But since there was only room in the tent for one, the Bedouin was forced to move out into the cold, where he barely survived the night.

**Small Acts  
Lead to Larger and  
Unintended  
Consequences**

## **Local Names** **Merwin Lake**

The dam on the Lewis River was finished in 1931. Without ceremony, on May 13, the gates were closed and water began to fill the lake. Since the dam was north of the town of Ariel in Cowlitz County, the dam and the lake that formed behind it were called "Ariel." On May 1, 1948, in a simple ceremony, the name was changed to "Merwin" for L.T. Merwin, the vice-president of the Pacific Power and Light Company, which owns the damn.

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

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

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**The Key To Your Real  
Estate Legacy!**

## **Slocum House**

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**The Slocum House sits on the southwest corner of Esther Short Park in Vancouver. It was originally one block south and was moved in order to save it in 1966. It is the only home left from what was the residential area of Vancouver during the mid 1800's.**

**Built in by 1867 Charles and Laura Slocum, it was designed to reflect the family home in Rhode Island. It is a modified Italianate Villa and boasts ornate details that include a cupola, scrolled brackets and a widows walk on the roof. It has a beautiful curving stairway of rose and mahogany. The medallions, which grace the ceilings, reflect the period and have been beautifully restored. In cleaning them, partial signatures and the patent dates of July 16, 1842, and Aug. 29, 1846, were found molded in the surface.**

**In the late 1850s, Charles W. Slocum arrived in Vancouver and secured employment as a carpenter at Vancouver military post. He worked his way up and opened a prosperous general merchandise store at what is now Third and Main in Vancouver. By 1862, he was successful enough to marry Laura Riggs. He sold the business to his partner in 1900. Slocum died in 1912 and his wife in 1914 .**

**Today the house is used by the Southwest Washington Convention & Visitors Bureau-Visitors Center , and the Old Slocum House Theatre Company, which stages a number of theatrical productions annually. The dining-sitting room area of the house has been converted into an intimate theater with theater seating where plays, readings, recitals, vocal and instrumental concerts are given.**