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PUBLISHER'S PERSPECTIVE

— PAGE 8

— PAGE 2

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INSIDE

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	ы	16)	L	U		v	10

Integrity of us all is important to all of us	.2
The greatest crime against America?	.3

NEWS & FEATURES

COVER: Bob McDonald: leach the	4
children well	
Chief Choice Stirs Sandy	8
Gary Brumbelow: A life of adventure	
leads to an adventure novel	10
Washington and Lincoln in February	12
LETTERS to the Editor	12
COMMUNITY NEWS & EVENTS	18

COMMUNITY NEWS & EVENTS18
COLUMNS
■ HUMOR 1 – Greg Rosen
Maybe I need a better plan!21
■ LEGAL – Nathan Begley, Attorney
Is my will good enough?22
PERSONAL DEVELOPMENT Polyingle the five Polying Prive 22
Rekindle the fire, Reignite Your Drive23
■ HUMOR 2 – D.B. Haverford My crises come in bunches24
■ MEDICARE – Leslie Parker Do you qualify for a "SEP"24
■ INVESTING – Jared Tjaden & Sam Sarkissian
Real costs of home purchase25
■ PET CORNER
Aggressive dogs mean park concern 26
■ AUTOMOTIVE – Karen Johnston
How often to service coolant?26
■ DENTAL – Dr. Russell Bird
Bad Breath: Not a Punchline27
■ HEALTH – Dr. Keith Roach
High iron causes blood bank concern 28

Teach the

FEBRUARY 2024

Bob McDonald became a respected local educator and community leader despite growing up in a violent, alcoholic home. He too was a drinker and a smoker. But, as he saw the damage it was causing, he decided to stop.

He was 12.

- PAGE 4

Repenting.

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The integrity of us all is important to all of us

t. Paul observed that, "The love of money is the root of all evil." What wouldn't you do for money? What's your limit?

Will anyone stand up and say, "No. That's wrong. I won't do that," no matter how much money is offered? I hope there are. I think we all should hope for that.

I hope there are law enforcement officers who, when given an order to do something wrong, simply say, "No. I won't do that," even if it could cost them their job. I hope there are district attorneys who will do the same. I hope people working in government resist corruption and do the right thing just because it's the right thing.

Sadly, we have seen the corruption of once trusted institutions all across the nation. People selling out for money – influence peddling and selling access, if not actual policy decisions, for money. People using power entrusted to them by the public to corruptly and dishonestly push their own agendas, bringing grief to others and the nation.

Election integrity?

Many of us rightly worry about the integrity of elections. For certain investors and multi-national corporations, the outcome of elections can mean the loss or gain of hundreds of billions of dollars. With that kind of money at stake, without integrity, what might they be willing to do?

For most people, \$50,000 or \$100,000 can be life-changing money. For billionaire activists and big government contractors, that kind of money isn't even pocket change. It's pocket lint. A person could be offered life changing money, not for doing something, but simply for looking the other way at a

– Mike Wiley



key moment. Do they have the integrity to say, "No"? Are there election workers who will say, "I don't like that person, that party, or those policies, but I will not compromise the integrity of ballots, even if it means that my side loses this time?" I hope so.

Integrity in work and life

But, it's not always just about the Benjamins. It is also about the integrity of our work and the people we are.

Years ago, a friend who had been a good tennis player in high school told me about the time he had to have surgery on his shoulder. His father got him an appointment with the leading sports surgeon in Florida. While the famous surgeon was examining him, the young man sought to relieve his nervousness by asking the doctor, "What's the most important surgery you've ever done?" Without missing a beat or even looking

up, the surgeon replied, "This one."

Shouldn't that be our standard when it comes to our work and our lives? The golden rule is to do unto others as we would have them do unto us.

I wear contact lenses. I hope that the workers at the contact lens plant are careful to keep them sterile, not just because it's their job, but because they also consider the person who will eventually use them.

We all hope, and expect, that when we take our vehicle in to get the brakes worked on, that the mechanic is totally present while he's working on them. We hope that he's not listening to something distracting, hung over from the night before, and not preoccupied with personal problems.

We hope the same thing for the nurse who gives us our shot, the pharmacist, who dispenses our prescriptions, the surgeon taking out our child's appendix, the pilots flying the planes. We hope that the cooks and servers at the restaurant are as careful with the food they serve to us as with their own. We hope that all these people regard the thing they are currently working on for us as the important thing, not just another thing. They should, because, like all of us, they will soon be the ones getting their brakes fixed, taking the shot, and eating the food, too.

It's easy to go through life thinking we're not important and that what we do doesn't really matter — but it does, to many people.

I know I certainly haven't arrived. However, despite our own weaknesses and the sense of failure we all feel at times, striving for personal excellence and integrity is something worthy for us all. **HVN**

"Good people tend to think bad people are good people for longer than they should." - Chase Geiser

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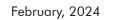






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The Greatest Crime Against America?

By MIKE WILEY

hat is the greatest crime against America, as a nation, in history? By crime, I mean deliberate acts by Americans to harm America as a nation. I am not talking about Americans individually. Sadly, there have been many crimes against Americans themselves by government, including slavery and the treatment of pre-Europeans. However, what is the greatest crime against America the nation?

Arguably, it is happening right now—the deliberate allowing, by the Biden Administration, of an invasion of millions of unvetted migrants into the United States across the southern border that has been left wide open as a matter of policy. The betrayal of America the nation, Americans as a people, and the betrayal of the duty of the president of the United States and his officers to protect the nation from invasion is stunning.

Here is a key point: This should not be a partisan issue. The humanitarian catastrophe on the southern border should unite all people of good will regardless of party on the simple premise that lawless, open migration is inhumane to the migrants and unjust to Americans. As the costs of this crisis grow, we are seeing urban Democrats agreeing with Republicans that allowing this border invasion is unsustainable.

Staggering numbers

The numbers in this invasion are staggering. Consider this: The number of people crossing the southern border illegally every day into the United States is almost the entire population of the city of Sandy 10,000-12,000 people. Every day. All day, 24/7/365.

Every 10 days, enough people cross to nearly replace the entire population of Gresham, 113,000 people.

In the month of December alone, a record 371,000 people illegally entered the country, over half of the entire population of Portland, the largest city in Oregon.

This has been on-going for the last three years. It is insanity. It is conservatively estimated that 8-10 million people have illegally entered the United States since Joe Biden took office — more than the population of 33 of the 50 states. Other unofficial estimates put the invasion far higher. The number of "got aways," people who entered the country and escaped detection by border patrol, has been estimated in the hundreds of thousands, if not millions.

Housing shortage?

People come without jobs and without resources. Everything must be given to them, mostly at taxpayer expense. This is happening to the tune of hundreds of billions of dollars spent nationally and locally. No nation on earth can sustain this.

Back when illegal immigration was a trickle compared to today, the cities of New York, Chicago, and Denver are among scores of liberal cities which declared themselves "sanctuary cities" for illegal migrants. Now, the incredible costs and economic damage of busloads and train loads of illegal migrants are pushing these cities to the brink.

The city of Denver is truly suffering. They have seen an influx of over 40,000 illegal

migrants, over 5% of Denver's previous population. The city's main "safety net" hospital has over \$10 million in unpaid bill. It's school system is being tasked with absorbing 3,000 new students without new teachers or resources. Most often, the new students require heavy remedial attention because of the language barriers.

This is happening all over the nation. Have an accident, illness, or heart attack? Good luck. Many emergency rooms are full to the breaking point. Hotel rooms across the nation might be unavailable for Americans because they are being booked, at taxpayer expense, for illegal migrants.

Homeless epidemic?

Do you wonder why there is a homeless epidemic? Do you wonder why there is a housing shortage and the housing that is available is so expensive that you, your children and grandchildren can't afford it? A huge part of the reason is that all the people here illegally, literally millions, need to be housed, most likely in places that could often otherwise be on the market for Americans to buy or rent.

Criminal enterprise

This would be bad enough if all those coming were all families or desperate mothers with children. But, they aren't. The open border invasion has predictably turned into a gigantic criminal enterprise. Human trafficking, sex trafficking, child sex trafficking, kidnapping, and smuggling huge quantities of deadly, illegal drugs is happening every single day. Women, children, and men are being victimized by the hundreds every day, including violent assault, rape, and murder.

The Mexican cartels are some of the most vicious people on the planet. They are the ones being allowed by default — because of the open border policies of the Biden Administration — to set up and run this human catastrophe. They are making billions from human suffering, which includes hundreds of thousands of American deaths from fentanyl which is pouring over the borders into our communities. How can those who support open borders bleat about "compassion?" This is the opposite of it.

No health checks

But wait, there's more. All of these people being allowed in and given free transportation to roam the country have had no health checks. Do they have hepatitis, tuberculosis, venereal disease, measles, typhoid? The Biden Administration doesn't know. The torrent of humanity crossing the border simply doesn't allow for it. Remember when Biden was browbeating, shaming, and firing from their jobs Americans who didn't inject into their bodies the experimental mRNA COVID-19 vaccines? Well, this Administration has allowed most migrants to stream into the interior of the United States and into its cities without being vaccinated, or even tested at all, for COVID or anything. How hypocritical is that?

Terrorism waiting to happen?

But wait, there's even more! Here is



perhaps the most concerning part: The vast majority of those crossing the southern border, especially in the last 20 months, are military aged males. They have not only come from Latin American countries, but from Iran, China, Russia, and other countries that are hostile to the United States. This is so concerning that a group of retired FBI officials penned a joint letter to the chairs of key committees in Congress in January. They wrote,

"In its modern history the U.S. has never suffered an invasion of the homeland and, yet, one is unfolding now. Military aged men from across the globe, many from countries or regions not friendly to the United States, are landing in waves on our soil by the thousands — not by splashing ashore from a ship or parachuting from a plane but rather by foot across a border that has been accurately advertised around the world as largely unprotected with ready access granted.

"It would be difficult to overstate the danger represented by the presence inside our borders of what is comparatively a multi-division army of young single adult males from hostile nations and regions whose background, intent, or allegiance is completely unknown...

"This is particularly alarming in light of the Hamas terror attack on Israel last October 7."

Are we ready to see terror attacks on neighborhoods, sporting events, concerts, malls, and parks all because Joe Biden and the open border advocates in his administration are determined to foist this lawless invasion upon Americans? If the U.S. gets into a shooting war with China over Taiwan, or Iran over Israel, will we find cells of hundreds or thousands of terrorists attacking from within? Remember, the terror attacks of 9/11 required only 19 men. We had better get ready.

Love him or hate him, he had it stopped

Love him or hate him, Donald Trump identified the threat of illegal immigration right from the beginning of his first campaign. He may have expressed it indelicately, but he was mainly right. During his administration, the flow of illegal entry had largely been stopped, with only about 500 per day

crossing illegally. Frankly, that number should be zero. Yet, almost on day one of his administration, Joe Biden reversed almost all of Trump's key policies to limit illegal immigration, including the very effective "Remain in Mexico" policy, and seemed to invite people to come *en masse* to enter the country illegally. His words and actions were rewarded with the greatest invasion of a sovereign country in living memory.

Trump has charged that many of the corrupt Latin American nations like Venezuela are emptying their prisons and mental institutions and sending them to the United States through Biden's open southern border. Frankly, why wouldn't they?

Only causes suffering

Not only is illegal immigration threatening to destroy America, it is also a crime against their home countries. Every person who streams north to the United States at the invitation of the Biden Administration, is one less person to influence the corrupt governments of their home countries to reform their corrupt ways and allow for the rights and freedoms that would bring prosperity to them there.

Elon Musk visited the border in September to see the problem firsthand. In January, he said, "The fundamental problem is that anyone can claim asylum with zero proof, which means all of Earth can come to America." (Emphasis added.)

Americans will suffer

Americans are the ones that will ultimately suffer for the unmitigated catastrophe of deliberately allowing and facilitating the mass migration of tens of millions of undocumented, unvetted, unidentified people from foreign nations to stream into this country. Joe Biden and the staff of activists who apparently run policy for the his Administration, seem to have done it deliberately.

Why? Is it because they secretly have an anti-American agenda? Is it because in their hearts, they hate America and average Americans? It seems inexplicable.

Whatever the reasons, it seems like a deliberate high crime against the nation. Those who perpetrated it, and continue to perpetrate it, should face consequences. **HVN**





Teach the Children Well

Bob McDonald became a respected local educator despite growing up in a very violent, alcoholic home. He too was a drinker and a smoker. But, as he saw the damage it was causing, he decided to stop. He was 12.

By MIKE WILEY

Puhlisha

wasn't spanked... I was punched." That's how Bob McDonald describes the discipline he received growing up.
Today, McDonald lives in Happy Valley with Lorraine, his wife of 57 years. He is a former school principal and a former CEO of the Gresham Area Chamber of Commerce. He is a highly respected figure in the local community. However, given the extremely difficult circumstances of his childhood, no one would have imagined that his life would turn out this way.

In person, McDonald is soft-spoken and friendly, as would befit a former school principal. His calm demeanor belies his personal story of struggle, hardship, and perseverance through adversity. In fact, his personal story is so extraordinary that he has been asked to share it publicly over 40 times and in four different countries.

McDonald was born in the province of Manitoba in Canada. The province is located on the Canadian-U.S. border, just above North Dakota and Minnesota. He grew up in the small town of Dauphin, about 200 miles northwest of the provisional capital, Winnipeg, and about 200 miles above the North Dakota border. When McDonald was a boy, Dauphin had a population of about 6,000 people. (It's about 8,400 today.)

McDonald's father served in the Canadian Royal Air Force in WWII. He himself had come from an alcoholic family and suffered severely from alcoholism.

McDonald said, "Toward the end of World War Two, all these men were coming home from the war. My dad was an alcoholic. I mean, he was raised in an alcoholic family, so it's generational with him. He was a very heavy drinker all his life. As a result, he was also very violent, physically violent. He would beat my mother all the time."



BOB McDONALD

■ CONTINUED FROM PAGE 4

McDonald said, "In those days, post World War II, in the small town I grew up in in central Canada, there was no Children's Aid Society or those kinds of protections that are available today. In those days, the World War II guys came back from the war and they were drinking and carousing, you know, living it up. And [my parents] just kind of slipped into that environment," he said.

Domestic violence

McDonald's earliest memories are colored by his father's violence toward his mother. "My earliest childhood memories from maybe three years of age, is my mom screaming out for me, 'Bobby, help, help, help!,' waking me up from my sleep and me running into the kitchen or the bathroom or wherever, and saying, 'Daddy, Daddy, stop,

stop.' I would hit the back of his legs to try to get him to stop. That was my childhood living in a greatly alcoholic, very violent home," said McDonald.

While his father was a violent alcoholic, McDonald's mother and other relatives on his father's side were also heavy drinkers.

"My mother became very dependent on alcohol," said McDonald, "Of course, she was not violent. She was the sweetest woman possible. But she married [into] a very bad, very bad, situation. So I grew up with alcohol around me all the time from my earliest infancy."

Starting young

The heavy drinking by his parents resulted in McDonald himself beginning to drink heavily at a very young age.

McDonald related, "My father would say, 'Bobby, get me a beer.' And I was always allowed to take a sip off their

beer. I would bring the beer and there'd be a couple of inches off it. I've got pictures with my dad and I saluting each other with a bottle of beer when I'm about nine or 10 years of age. I've got pictures of me and a cousin serving alcohol at a private party for my grandfather's business for all his employees. My cousin and I were behind the bar serving beer. I'm only like 10, 11, 12 years of age, something like that,' McDonald said.

Due to this environment, McDonald was not only regularly consuming alcohol at an early age, he was also smoking cigarettes. "I have a picture of me on the beach with my mother and, I think, my aunt. I was probably three years of age or something like that [and there] was a cigarette hanging out of my mouth."

McDonald said, "That was the life I knew. I was drinking my parents' beer all the time, smoking their cigarettes. [They would say,] 'Get me a cigarette.' I would light the cigarette and smoke half of it before I'd gotten it to them. It was kind of a regular occurrence in my home."

"My dad could come home on a Friday night with a 24 case of beer and a 12 case of beer. So, 36 bottles of beer. But it would all be gone through in a weekend. The alcohol flowed through my house. People could not believe that volume of beer. He wasn't a hard liquor drinker, but he was a beer drinker, in great volume. So I grew up with that," said McDonald.



However, as he grew



SAD SALUTE: Bob McDonald (left) as a boy of 9 or 10 with his father, saluting the camera with a beer in his hand and a cigarette in his mouth. (Photo courtesy B. McDonald)

older, McDonald had a moment that led to a profound change. As he explains it, "As you grow up, when vou're a child, vou're held captive, because that's your home and you're a child. But gradually, as you get older and start to mature, you begin to start thinking a little bit about your life and where you want to go. I clearly remember, very clearly remember, one day in my twelfth year, I remember smelling the beer. It just turned me off. Even though I'd been drinking it from childhood, [that time] the smell just turned me off. And I said, 'That's it.' I quit drinking, I quit smoking. I didn't indulge anymore with my parent's beer and

cigarettes. I just quit and never went back to it," said McDonald.

"Zero religious"

When he was 13, McDonald's family moved from Dauphin to Winnipeg. That's where McDonald attended high school. He graduated from Gordon Bell High School in Winnipeg. However, even in a city of half-a-million people, McDonald still felt isolated. He said, "Basically, my childhood was largely alone. I had a couple of cousins, but very few friends. As I look back at it, [it was] because of the violence in my home, really. I was very quiet, shy, and sort of withdrawn. I think that's

probably, to a degree, a matter of self preservation, staying out of trouble and just staying by myself. The person I am today is such a contrast to what I was as a child and into those high school years."

During these years and after, McDonald was not religious and his family did not go to church. His mother's extended family had some religious members, but McDonald's mother had had a bad experience with church which soured her on religion and McDonald shared her ambivalence.

"I never went to church until I was 18. I had little awareness or concept of

■ CONTINUED ON PAGE 6

"Negativity can't thrive, if you don't feed it."

— Unknown



EARLY ADOPTER: McDonald (right) at about three years old at the beach with a cigarette in his mouth. (Photo courtecy B. McDonald)





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UNDER-AGE: McDonald at about age 10 serving alcohol with his cousin at a party for the employees of his uncle's business. (Photo courtesy B. McDonald)

BOB McDONALD

Jesus. I mean, I'd heard about him. But it was meaningless to me. I didn't go to church until I was 18. My [extended] family, a lot of them, were [Seventh Day] Adventist. My grandparents lived across the street from me. They were faithful Adventists and they were my salvation. Physically, I mean. I slept there many a night. But I had no religious background," said McDonald.

Long-lost cousin

However, not long after his high school graduation, around the time of his 18th birthday, McDonald found himself "tricked" into going to church. His uncle, his mother's brother, had married an American woman in the early 1930s. After a few years, they had divorced, but not before having two children. McDonald's uncle had returned to live in Winnipeg, but they had never heard from the mother or the children after that. Then, in 1957, McDonald's mother received a letter from her brother's now-adult daughter in Illinois, introducing herself as her long-lost niece. It turned out that the niece herself was a devout Adventist. In fact, she was the organist at one of Chicago's largest Adventist churches. She wanted to come to Winnipeg and spend time getting to know her father, McDonald's uncle.

She arrived in July, but since she had flown into Winnipeg, she had no car. On her first Saturday in Winnipeg, she wanted to go to church (Seventh Day Adventists have church services on Saturday's), so McDonald was enlisted to take her. While McDonald's mother and father were not church attenders, several members of his extended

family did regularly attend Adventist services in the

McDonald recounts how

this affected him. "Like a nice guy, I said, 'Well, I

know the family. At least

I'll take you to church and

introduce you so you can get to know the extended family.' I took her to church and sat through the church service with her. I also met a couple of kids [my age]. After church, she was invited out to the home of one of these family members. I'm the chauffeur, so I go with her to this [extended] family for lunch after church. The next week, she wants to go to church again. By now I'm conscripted to be the taxi driver. I'm the one driving her to church. So, we get invited out to lunch again. This went on and on. Multiple different family members were Adventist, so every week I'm going to the Adventist Church, taking this lady. This went on for three months. The woman stayed three months in Winnipeg, visiting her father. Well, around October, she went back to Chicago. So, after three months of taking her to church, the young people [at the church] had taken me under their arms and befriended me. I had a whole new circle of

after she's gone, [I asked myself] what am I going to do Saturday morning? So I went to church on my own. For the next eight or nine months, I started going to church every Saturday, on my own, because I had friends there. In the process, I began to study the Bible. I began to read a couple of religious-oriented books. In June of 1962, I made the decision to be baptized. So that's how I got what I say, 'tricked' into going to church, and 'tricked' into

"The first Saturday

friends.'

becoming an Adventist," McDonald said with a smile.

During this time, McDonald met his wife Lorraine, and they were married in 1965. In their first five years of marriage, they had two daughters. McDonald had also earned three degrees from the respected University of Manitoba. In 1966, he earned a bachelor's degree in the French language. After earning his first

He took a job teaching French. He liked it well enough, but ultimately found it unfulfilling. "I said, I need more than this, I cannot be a French teacher until I'm 65. I need more personal involvement with kids," remembered McDonald.

degree and graduating, he took a job teaching French at a high school called Nelson McIntyre Collegiate in a French area of Winnipeg. He liked it well enough, but ultimately found it unfulfilling. "I said, I need more than this, I cannot be a French teacher until I'm 65. I need more personal involvement with kids," remembered McDonald

More involvement

After that, he began to take classes both at night and in

■ CONTINUED ON PAGE 7

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BOB McDONALD

■ CONTINUED FROM PAGE 6

the summer. As a result of this hard work, he completed a second degree, a Bachelor of Education degree with a major in counseling psychology, in 1968. However, he still wasn't done. He continued taking classes and earned his Masters degree in counseling psychology in 1973. All three degrees were from the University of Manitoba. To McDonald, earning his Master's degree was personal vindication of sorts. In his freshman year, he hadn't taken college seriously enough and had failed two classes, the first time he had fallen short academically. The failure shook his confidence and self-esteem. However, earning his master's degree helped him overcome that failure. McDonald said, "Because of the huge research paper that I had accepted [for the Master's Degree], it took me five years to complete. I completed it in August of 1973. I can remember walking out of the summer school class after my last defense of my dissertation. The professor said, 'You're done, Bob. You'll graduate in October in the Fall Convocation." McDonald remembers how he felt. "It was like the whole weight of the world fell off my shoulders,' he said. "I said to myself, 'It's taken me seven years to prove to myself and my family that I'm not dumb, I'm not stupid, I am smart.' But it took me those years to recover from the psychological effects of failing those two or three classes in my freshman year."

Continuing to teach

McDonald continued to teach in the high school classroom for several years while he was earning his additional degrees, but it was in counseling that McDonald felt he found his true calling. "I loved [counseling]. I was involved one on one, or sometimes with a small group of kids, involved directly in their problems and helping them.

Because of his dual talent for organization and counseling, McDonald was soon asked by the school district



CELEBRATING CITIZENSHIP: McDonald was born a Canadian, but after his miraculous move to the U.S., he became a U.S. citizen in 1984. The students of Cypress Adventist School in Lynnwood, Washington, where he was principal, helped him celebrate. (Photo courtesy Bob McDonald)

to serve in school administration, first as a principal of an elementary school, then as the principal of Nelson McIntyre Collegiate, the high school where he had previously been teaching. He served there for five years. In total, he served in public education as a teacher or principal for twelve years.

Going private

For Adventists, education is an important aspect of their faith. According to Wikipedia, "Globally, the Adventist Church operates 7,598 schools, colleges and universities, with a total enrollment of more than 1,545,000 and a total teaching staff of approximately 80,000. It operates the second largest school system in the world."

Even after becoming an Adventist, McDonald was resistant to "church school." He felt strongly that he had gotten a good education through public school and that public education was good enough for his children and other children. Also, his mother's bad experience with religion had affected his views of Christian education. He simply didn't trust it.

Over the twelve years he served in public schools, his attitude slowly evolved, especially after he had his own children. By the time his first daughter was ready to start school in 1974, his wife Lorraine worked to convince him that he needed to reconsider his attitudes about Christian Education. McDonald said, "Okay, I'll try for a year. But I want to get involved. I want to see what goes on inside." His daughter seemed to do well the first year, so he agreed to a second year. During this time, the local Christian school officials, who had known about his experience in public schools, asked him to serve on the board for the Christian school.

McDonald said, "I accepted the position because it was another opportunity for me to see [Christian education] from the inside. Then the following year, they asked me to be the school board chairman. During this time, my attitude was changing considerably.'

Finally, after several years, he made the hard decision to leave the public school system where he had been so successful, and take on the challenge of private education with Adventist schools.

However, while the decision may have been hard, actually getting there proved to be even harder.

The Miracle

Once Bob made the decision, things seemed to move quickly — at first. In early March, Bob contacted a good friend in Seattle, who was also a respected pastor. McDonald said his friend told him, "Bob, we're looking for a principal here in Seattle right now. He said, 'Fly out next week for an interview.' I flew out and

■ CONTINUED ON PAGE 30



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Chief Choice Stirs Sandy

Sandy has selected former Logan, Utah police chief Gary R. Jensen to be the new Sandy police chief. The choice of Jensen over the current interim chief, Sean Lundry, has stirred some concerns within the local community

HOODVIEW NEWS

Local Report

n January 17th, the city of Sandy announced former Logan, Utah police chief Gary R. Jensen as the choice to replace Sandy police chief Ernie Roberts who retired in September. Jensen has accepted a conditional offer from the city to assume the position of chief. He must still pass a background investigation. "The offer that we've

extended to Chief Jensen is contingent upon the successful completion of a very thorough background investigation," said Sandy City Manager Tyler Deems, who made the decision to extend the offer to Jensen.

According to Deems, that process had not yet begun as of January 25. The city is in the process of concluding a contract with a company to



OFFERED: After an extensive interview process, former Logan, Utah police chief Gary Jensen was chosen from three finalists to serve as Sandy's next Chief of Police. His offer from the city is contingent on his passing a background check. (Photo Mike Wiley)

do the background check. According to Deems, once the background check company is hired, the background check process itself may take several weeks.

Jensen is a 36 year veteran of law enforcement. He had retired from the Logan Police Department in May after serving as chief there for 14 years. Prior to that, he served as the chief of the Vernal, Utah police department for four years and before that as a Deputy Sergeant/Sheriff for Davis County, also in Utah.

If he passes the background check, Jensen will be stepping in to take the place of currently serving interim chief Sean Lundry, who was also a candidate for the permanent position. St. Helens police department Lieutenant Joseph Hogue was also a finalist candidate.

In a statement on the City of Sandy website, Deems said, "Gary's extensive experience as a police chief in a growing and dynamic community made him stand out among the finalists. While all the candidates were impressive, I am confident that Gary is the leader our police department needs to continue our commitment to excellence in public safety."

Decision surprises

The decision not to select acting interim police chief Lundry and choosing a candidate from out-of-town has surprised some Sandy area residents. Lundry has served with Sandy PD for nine years and steadily risen up the ranks. In his recent position of Lieutenant for the department, he had responsibilities for many of the key aspects of policing in Sandy.

Lundry has been well-regarded by members of the Sandy community, including business owners and leaders of non-profit organizations who are active in the community. In addition,



INTERIM: Lt. Sean Lundry has served as the interim police chief since last September. (Photo Mike Wiley)

Lundry gained respect for the effective but restrained way he managed protests and rallies in 2020 and 2021. The police department was able to maintain order, but allow the protesters freedom to express their feelings and concerns. While there were several protests and demonstrations, there was not widespread violence or destruction of property in Sandy.

Lundry had taken classes and gained the necessary certifications to serve in the chief position, as well as earning his Masters Degree while serving with the Sandy police department.

■ CONTINUED ON PAGE IO



Lundry also has been regularly present at many community events and early morning business meetings. Through these interactions he developed relationships and trust with many people in the community.

In the wake of the offer to Jensen, Lundry expressed his thanks to the Sandy community. "I'm super thankful to the Sandy community and all the staff put in a lot of hard work here over the last almost nine years. It's been a great experience and I just want to personally say thank you for all that," said Lundry.

Background check

In regard to the background check for Jensen, Deems said, "Oftentimes there is a visit to the local jurisdiction where the can-



CANDIDATE: St. Helens police Lt. Joseph Hogue was also a finalist for the Sandy chief position. (Photo M. Wiley)

didate has worked before. My expectation is that we'll have a similar process in that regard, so there will be some boots on the ground in Utah during that background investigation."

Comment controversy

The city held a public "meet and greet" for the three candidates at the Sandy Library in early January. During the meeting, attendees were encouraged to fill out comment sheets on their impressions of the three candidates. People had the choice to put their names on the sheets or not. Since the decision to offer the position to Jensen was announced, there have been requests to have the comment sheets released, even with names redacted. However, the city denied the request, citing ORS statutes and the need to maintain confidentiality for those commenting.

Appeal filed

Area resident Amy Hardesty has filed an appeal of the city's decision to withhold the comment sheets with the Clackamas County district attorney in an effort to get the comment sheets released. **HVN**

In Sandy, the city manager makes the decisions

andy, like many small and medium-sized cities, is governed by what is called a "weak mayor" system. Generally, in a "weak mayor" system, also called a "council-manager" system, the mayor may preside over council meetings, propose policies, and have a vote in council decisions, but they may not have the power to independently make major executive decisions or control key aspects of city administration.

Specific powers differ in jurisdictions

The specific powers and limitations of a "weak mayor" system can vary depending on the city's charter, local ordinances, and state laws. In some cases, the mayor may have more influence in certain areas, such as representing the city in public events or acting as a spokesperson, but their day-to-day authority is limited.

The mayor and the members of the city council are elected by the voters. They often serve as volunteers without pay, or in some cases, with a small stipend. The council hires a City Manager who, like a CEO, is the full-time employee in charge of day-to-day city operations and management. The city manager also hires the heads of city departments, which in Sandy, includes the police chief.

The "weak mayor" style of city government has the advantage of mostly insulating city employee and personal decisions from politics and potential conflicts of interest. However, there are some disadvantages to this system as well.

Lack of accountability to voters?

Since the city manager is not elected, it also removes what can be important decisions from accountability to the voters. The only way voters have to express concerns with the management decisions of the city manager is indirectly, through balloting for the mayor and members



of the city council

Another weakness, is that the decision-making process may not be as transparent or open to public input as in systems where elected officials hold more direct power. This can potentially limit the community's ability to have input in key decisions.

Gresham differs

The City of Gresham has a slightly different form of government, referred to as "mayor-council," where the mayor has more executive authority than in the "weak mayor" form of government. However, Gresham also has a city manager who has day-to-day responsibility for most of the functions of government.

New city manager since September

The previous Sandy city manager, Jordan Wheeler, left his position earlier in 2023. Tyler Deems had served as the city Finance Director, and later as Deputy City Manager. After Wheeler's departure, he served as interim City Manager while the council conducted a search for Wheeler's replacement. In September, Deems was selected by the council from four finalists to become the new permanent City Manager.

Thank you for the Relationships!





Lila Leathers, founder of Leathers Fuels

The owners of Leathers Fuels would like to say "Thank You" for your business and the relationships we have built. Leathers was established in 1958. After 65 years in business, we have sold our stations and stores in Oregon and are retiring. Our founder, Lila Leathers, and her successors, daughter Kathy and son Brent, so appreciate the connections with our customers and friends in East County, Gresham, Sandy, and Estacada, and throughout the state of Oregon.

Lila passed away last year. If she could, she would greet you with her beautiful smile, and express her appreciation for being her customer. God bless! *Kathy, Brent, and the Leathers family*





A life of adventure leads to an adventure novel

By BILL LESLIE Contributor

oring's Gary Brumbelow is a man who has lived an adventurous life. His faith has led him around the world — from Oregon and the remote areas of Canada, to Siberia and Mongolia. A 32-year resident of Boring, Gary and his wife raised two sons, and their sons have added eleven

children to the Brumbelow family tree. Gary currently serves as lead pastor of Troutdale Community Church, where he also plays the guitar for services while his wife of 50 years, Valerie, plays the piano. At age 70, Gary comments that he may never truly retire. "There's just too much to do," said Brumbelow

Gary Brumbelow is much more than a local man. For

more than 12 years he was a missionary to Native Peoples on a ranch in British Columbia. This job placed him in a true wilderness area, with fewer than 150 people living on more than a million acres. Running more than 20,000 cattle, the Empire Valley Ranch is just a bit smaller than Clackamas County. Gary lived more than 100 miles from the nearest city. Later, he settled in Boring and spent the next 20years working with Interact Ministries, a Christian nonprofit located on Kelso Road that supports missionaries from Canada to Siberia.

To have a story to tell

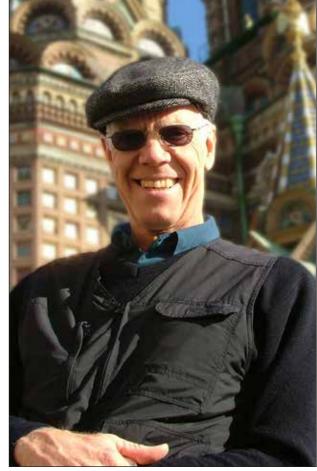
Isak Dineson, the author of Out of Africa, said that "To be a person is to have a story to tell." The stories that Gary has heard and seen would fill volumes.

Based on his time working in Canada and his youth in Texas, Gary has crafted a novel called Someplace North, Someplace Wild.

Compelling story

In the novel, set in 1987, Someplace North, Someplace Wild, is the story of Cory Brandon, a Texas A&M graduate who loves the cattle business, but longs to leave the flat lands of Texas for mountain country. While en route to a new job managing a million acre cattle ranch in Canada, he is framed for murder. Not knowing that he is the subject of an international manhunt, he settles down in British Columbia, far from any towns. He learns that herding cattle in Texas is different than managing 20,000 head spread across hundreds of miles of mountainous terrain. At one point, he faces off with a grizzly, with only a rock to protect himself. He falls in love with Julie Stewart, who teaches First Nation children in a one-room schoolhouse. Eventually, with the Royal Canadian Mounted Police and the Idaho State Police after him, the manhunt finds him, and Cory must fight to keep his good name, his job and the woman he has come

Brumbelow's first novel flows from his own memories and is based on his own life experiences, and the reality is self-evident to those who love the outdoors. The son of a preacher, Gary grew up in the flat lands of Texas and Nebraska among farmers and ranchers, and attended Texas A&M University. This story is loosely crafted around truths found in the Gospel of Mark, about the



AUTHOR: Gary Brumbelow, 32-year resident of Boring, pastor and author, is set to release his novel "Someplace North, Someplace Wild," in July. (Photo courtesy Gary Brumbelow)

parable of the growing seed.

Stirs the soul

Regarding Someplace North, Someplace Wild, Stu Weber, himself an author and pastor emeritus of Good Shepherd Community Church said, "Someplace North, Someplace Wild stirs the soul — strenuous adventure, exasperating mystery, loving romance, vigorous conflict. Here is a crafted account of fighting the good fight physically, mentally and spiritually. Writing like an evangelical Louis L'amour, Gary Brumbelow has an uncanny ability —

by engaging our senses and implanting us in the middle of the story — to lead us to evaluate our own lives."

Brumbelow has previously written for Christianity Today (Canada), Evangelical Missions Quarterly, and other magazines.

Someplace North, Someplace Wild, the product of five years work by Brumbelow, will be published by Elk Lake Publishing in July. It will be available on Amazon. e-book, and audio book. HVN

Bill Leslie is a retired executive and a local writer.

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HEARTBROKEN OVER SANDY CHIEF CHOICE

I love Sandy. We live here, we chose to raise our family here, we serve here, shop here, have friends and family here. It is my favorite place in the universe. I was absolutely heartbroken and disappointed to hear that our City Manager, Tyler Deems has chosen to hire Gary Jensen of Logan City, Utah as our next Police Chief.

Our Interim Police Chief, Sean Lundry, has served with the Sandy PD for more than 9 years. He knows our community, he knows what we stand for, he knows the problems our town faces and he has shown himself to be a leader full of integrity who is trustworthy and who desires to be our Chief of Police. He participates in the Sandy Chamber of Commerce, National Night Out, helped solidify the Sandy Community Kindness Program, has linked arms with The Ant Farm, Sandy Helping Hands, supports and empowers his officers, offers many opportunities for training and advancement for them and SO MUCH more. Not to mention he is a highly

qualified leader. He serves our community on and off of the job.

Choosing a candidate from out of state who doesn't know/love this town (and when we talked with Gary at the open candidate forum, he wasn't even sure if he would choose to live in Sandy if selected as the police chief) is appalling.

Do your own research. Look at Sean Lundry's track record in our town, read the news articles (and comments) about him and then do the same for candidates Joseph Hogue of St. Helens, OR, and Gary Jensen of Logan City UT. It wouldn't hurt to email our city manager, council and mayor about why you feel the way you do (whatever it is) about his decision. This change has the potential to really rock the sturdy policing we have in Sandy.

All that to say, while the decision has already been made by City Manager, Tyler Deems, I don't believe we should just sit back and accept this as is. He's gone against all of the community input and a lot of internal input (the show of support for Interim Chief Lundry at

the community forum from his officers and the public spoke volumes). I personally have sent City Manager Deems a message asking for an explanation why we have chosen someone other than the man (Sean Lundry) who we trusted to be a police officer, lieutenant and the interim chief. It makes no sense to me and I love this town too much to stand by and not ask hard questions from our city leadership.

I would like to insist that the city release the comment cards from the public given at the Community Meet & Greet with the Police Chief Candidates (names redacted if necessary). I believe that this will show what the community wants was ignored.

We are in the process of making a coordinated effort along with The D31 Foundation Team, our National Night Out & Community Kindness Program Team as well as Dennis Simons (chaplain for the Sandy PD & former chaplain for the Sandy FD) to continue to support our police officers and their families through private avenues.

Amy Hardesty Sandy ■

President's Day – Feb. 19th

Washington and Lincoln in February

his month, we honor George Washington, our first President and the Father of our nation, and Abraham Lincoln, the sixteenth President who freed the slaves and saved the Union.

GEORGE WASHINGTON, FEB. 22ND

It is hard to capture the greatness of George Washington. He was the glue that held together ragtag group of colonies, the steady hand that steered them through war and into nation-hood. Washington's astonishing courage was exhibited throughout his life.



eorge Washington in 1797.

Remember "crossing the Delaware" on Christmas Day to win a battle vital to winning the war? It was terribly risky, cold, dark, and perilous. His grit and vision saw the patriots through that incredibly difficult and dangerous crossing and then through the incredibly difficult and arduous work of founding a nation.

Washington had a character so respected, so unimpeachable, that in a setting that included men of the stature of John Adams, Thomas Jefferson, James Madison, Benjamin Franklin, and John Hancock, everyone had no doubt or no argument as to who the first President of the new nation would be.

Washington wasn't perfect. Owning slaves casts a long shadow, and no airbrushing can erase that. But, like his new nation, Washington grappled with the issue, even including it in his Farewell Address. Recognizing his complexities is part of understanding the messy, magnificent tapestry of American history.

Honesty was an example

For more than a century, Washington's mythological boyhood confession to his father when confronted about chopping down a cherry tree inspired generations of boys in the values of honesty and integrity. According to the George Washington Presidential Library encyclopedia, "In the original story, when Washington was six years old, he received a hatchet as a gift and damaged his father's cherry tree with it. When his father discovered what George had done, he became angry. Young George bravely said, 'I cannot tell a lie...I did cut it with my hatchet.' Washington's father embraced him and declared that his son's honesty was worth more than a thousand trees

Henry Lee honored Washington with the immortal words, "First in war, first in peace, and first in the hearts of his countrymen."

Are we forgetting?

In Oregon, the third Monday in February is known as "President's Day." Nationally, it is still recognized as "Washington's Birthday." However, perhaps the unintended consequence of "Presidents' Day" has been to diminish the recognition of the greatness of Washington.

Floyd and Mary Beth Brown wrote, "When we grew up, celebrating George Washington's birthday was a big deal, and you couldn't help but be inspired by him.

We studied him, what he stood for and what he did to bring America to fruition."

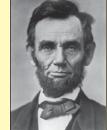
There's a reason George Washington's image is on the dollar bill.

ABRAHAM LINCOLN, FEB. 12TH

Abraham Lincoln is a towering figure in American history. His leadership during the nation's most perilous hour, the Civil War, has left a mark of unparalleled virtue on the course of the United States.

Lincoln's legacy is most often lauded

for his unwavering commitment to preserving the Union. In his first inaugural address, with secession and civil war on the horizon, Lincoln said to his rebellious countrymen,



oraham Lincoln ii 1863

"We are not enemies, but friends... Though passion may have strained, it must

not break our bonds of affection. The mystic chords of memory will swell when again touched, as surely they will be, by the better angels of our nature."

Lincoln's resolute determination to hold the country together never wavered.

"Malice toward none, charity toward all"

As the terrible war concluded, with the Union preserved and slavery ended, in his second inaugural address, Lincoln said words which we might heed today, "With malice toward none; with charity for all; with firmness in the right, as God gives us to see the right, let us strive on to finish the work we are in; to bind up the nation's wounds; to care for him who shall have borne the battle, and for his widow, and his orphan — to do all which may achieve and cherish a just, and lasting peace, among ourselves, and with all nations." Incredible words.

Lincoln's also stands as a champion of human freedom and dignity for his pivotal role in abolishing slavery. The Emancipation Proclamation was a beacon of hope amidst the darkness of war. It served as a turning point, irrevocably setting the nation on a course towards equality for all.

His eloquence, embodied in timeless addresses like the Gettysburg Address, continues to resonate across generations. His words served as a unifying force during trying times, reminding Americans of the nation's core ideals.

Though Lincoln's life was tragically cut short, his influence endures. His legacy serves as a constant reminder of the ongoing struggle for liberty and justice, inspiring us to strive for a more perfect union, true to the ideals of equality for all that he so eloquently championed.

Remember to appreciate

This month, take a moment to appreciate Washington and Lincoln. Think about the lessons in leadership, perseverance, and unity that still echo across the centuries. Because in a world that can feel increasingly divided, it is important to remember the man who first brought us together under the banner of liberty and equality, and the second man who kept us together under the banner of liberty and equality for all. HVN

LETTERS TO THE EDITOR WELCOME

Have an opinion? Have a different view? Information to share? Great! Email your Letter to the Editor. Letters should be polite, thoughtful, timely, and 300 words or fewer (Exceptions may be made for well-written letters expressing opposing views or which are of special significance). Letters will be edited for grammar, content, and space. Deadline is the 20th of the month. Unfortunately, notall letters can be published. Email your letter to: letters@hoodviewnews.com





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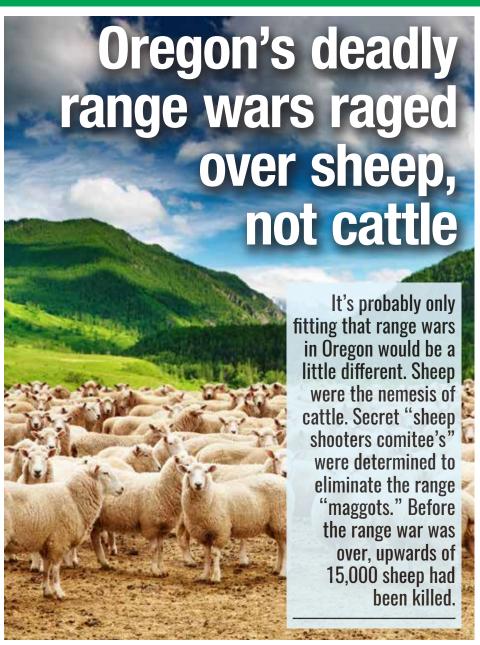
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By FINN J.D. JOHN

N THE EARLY 1880s, visitors in the Klickitat Valley, just across the Columbia River from The Dalles and Biggs Junction, recalled seeing some very singular signs posted regularly along the right-of-way: The signs read:

NOTISE:
ALL LAND IN
WOODS PAST
PRAPER SPRINGS IS
FOR SETTLERS' CATTLE.
NO SHEEP IS ALLOWED.
SHEEP MEN TAKE
NOTISE.
COMITEE

By "Comitee," it was clearly understood, the

writer meant some sort of vigilance committee, a coalition of cattle ranchers and sodbusters who had come together to fight the encroachment of the flocks of sheep that seemed to be taking over the public rangeland.

Similar signs, and "comitees," were springing up all across the Columbia

River basin. And over the decades to come, the problem would only get worse and bloodier

Luckily, nearly all of the blood would be coming from sheep, not men.

"To the last sheep"?

WHEN YOU HEAR the term "range war," chances are you think of the classic Western *Shane*, either the novel by Jack Schaefer or the 1953 movie starring Alan Ladd. Or, drawing from another famous pulp Western author, maybe you think of the Pleasant Valley Massacre in Arizona, the one Zane Grey wrote about in *To the Last Man*.

If Zane Grey had decided to write a novel about Oregon's contribution to the Western range-wars saga, it would probably have been titled "To the Last Sheep." Tens of thousands of the woolly animals were butchered in the course of the hostilities, including several thousand that got herded off a "buffalo jump" by hostile cattlemen near Silver Lake.

In Oregon, as with other Western states, when the story of the Western range wars is told, usually it's a bit oversimplified. Cattle, they'll say, are picky eaters, so they eat the bunchgrass but leave the weeds behind to hold the soil in place. Sheep, on the other hand, will take everything down to the soil

line and tear up some of the roots for good measure.

All of this is true, as far as it goes. Overgrazing with cattle will result in a hillside full of inedible weeds; overgrazing with sheep will lead to soil erosion. Either outcome is bad, which is why ranch owners are always very careful not to let their livestock overgraze the land no matter what kind it is.

Which gets directly to the actual problem that led to the range wars. That is, none of these stockmen were running their animals on their own land. The range was open to the public, and anyone was welcome to use it for any purpose.

For landowners with homesteads next door to public land, that was great, at least at first. It meant you could stock your homestead with more cows than the land you owned could support.

And in much of the West, being able to use the adjacent public land meant the difference between proving up a land claim and failing. The politicians who had created the Homestead Act of 1862 had sort of assumed that 160 acres would be more than anyone would need to set up a farm.

That was often true – the allotment was very generous indeed if your claim was in a verdant basin like the Willamette Valley. But 160 acres of high desert is

barely enough to provide forage for two cows. The only way some settlers in the "dry side" of Oregon could survive was to run some of their animals out on adjacent public land, which they would fence to keep the livestock from straying off in search of a new herd to join, as cattle especially were wont to do.

In much of the West, being able to use the adjacent public land meant the difference between proving up a land claim and failing.

Works for sheep, but not cattle

BUT EVEN AS these unlucky sodbusters were making their plans to augment their stingy land claims with public-land pasturage, a small but growing cadre of entrepreneurial-minded men, mostly Scottish, Irish, and Basque immigrants, had figured out that a person could make quite a decent living without bothering with buying or owning any land at all. All they'd need to buy to go into this lucrative business was a handful of sheep and some camping gear. The business plan was simple: Drift from pasture to pasture on the public range, protecting and caring for their animals as they ate,

■ CONTINUED ON PAGE 15

What is "proving up a homestead claim"?

In homesteading, "proving up" a claim refers to the process of fulfilling the legal requirements to receive official ownership of the land you've occupied and cultivated. This process typically involved several key steps: Residency on the homestead for a specified period of time, making improvements to the property, filing timely reports, passing a "final proof" inspection, and receiving the "patent" granting ownership of the land.



HOODVIEW NEWS STRANGE OREGON

Oregon's "sheep wars"

■ CONTINUED FROM PAGE 14

bred, and multiplied into a large flock.

This was a business plan that worked for sheep, but not for cattle. Sheep are tougher and more weather-resistant than cattle. Their flocking instinct keeps them together in tight packs, which can be made even tighter with a couple of good sheepdogs. Most of these sheepherders didn't even bother with filing a homestead claim — they wouldn't be able to prove one up anyway, because they'd be wandering the public lands with their flocks all year.

"They ate all they could"

Everywhere they went, they ate all they could. Why wouldn't they? The land was public range; nobody "owned" it. If a sheepherder moved on before his woolly charges had gnawed the land down to rocks and roots,

What is the "tragedy of the commons"?

The "tragedy of the commons" unfolds like this: imagine

lush grassland shared by all villagers, each free to graze their

sheep. Each thinks, "One more won't hurt," adding sheep until

the grass dwindles. Soon, overgrazing leaves the land barren,

and everyone is left with nothing. This situation often occurs in

communal situations, or where property rights are not clearly

defined, or where the necessary law is lax or missing.

someone else would just come along and finish the job later. It was a classic "tragedy of the commons"

Which didn't really bother anybody much until the mid-1880s, when some important things started to change.

The biggest of these was, more and more settlers were moving out onto the range, staking land claims, and trying to prove them up. Naturally these sodbusters would pick the greenest and most productive bits.

That meant that even as more and more sheepherders moved onto the grasslands to try and hustle up a living, the amount of land available for them was shrinking. And it was shrinking a lot: Between 1880 and 1890, the amount of Columbia Basin grassland devoted to growing wheat increased sixfold. Competition started to heat up.

From a sodbuster's perspective, the itinerant flocks of sheep were like a swarm of locusts. In a worst-case scenario, they would pour into the public lands that he was counting on to feed his extra livestock, tearing down his fencing and devouring everything edible before moving on to the next spot. Homesteaders who planted gardens on the adjacent public lands might go hungry to feed the growing flocks of "tramp sheepmen" in the area. It could mean the difference between making it as a farmer or failing.

Signs and threats like the "COMITEE" warnings in the Klickitat Valley showed that this threat was being taken very seriously. Fortunately, though, the worst-case scenario was very rare. There were a few sheepherders who insisted on their right to plunder the public domain regardless of how the neighbors felt about it; but on the Western frontier, disagreements like this had a tendency to get worked out with fists and sometimes pistols. Overall, everyone grumbled, but they all managed to coexist.

But then, something else happened to push the situation into full-blown crisis. Actually, three somethings

Full-blown crisis

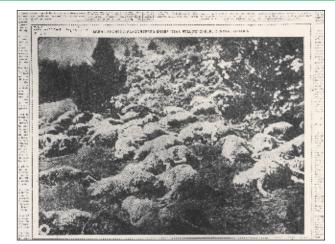
happened, all in the early

The first was, the Northern Pacific Railroad figured out that it was under no obligation to let sheepherders graze on its undeveloped lands. Railroad lands, of course, tended to be prime country, close by the rivers where railroad construction was practicable. Suddenly, after 1892 or so, those lands were made off-limits to sheep.

This meant that thousands of sheep that had gotten used to fattening up on riverside pastures owned by the railroad had to find other sources.

The second event happened in 1891, but wasn't really felt until 1894: The federal government created the National Forest Reserves system, which would shortly morph into the U.S. National Forests. Many of the sheepherders' prime grazing lands were inside these new zones, which in 1894 were declared off-limits to sheep. When sheepmen ignored the limitation, federal marshals showed up and arrested them. So, the sheepherders' rangeland shrank even more.

And while all this was going on, the Panic of 1893 broke out. Beef and wool prices crashed hard, and so did wheat prices. Desperation



This photograph of hundreds of dead sheep near the town of Heppner ran in the Dec. 13, 1904, edition of The Morning Oregonian. (Image: UO Libraries)

drove everyone out onto the public lands to try to get by, and for hard-pressed sodbusters that "worst case scenario" involving fluffy white locust swarms became less uncommon.

In the battle between the "tramp sheepmen" and the stationary settlers and cattle ranchers, the advantage lay with the sheepherders - they could move on to greener pastures any time they wanted, whereas the settlers and farmers, tied as they were to their land, had to just hang on as best they could.

"Sheep shooters" vigilantes

In about 1895, settlers and cattlemen in the area of the little community of Izee, just northwest of Burns, decided to do something to turn that situation around. They got together and formed a little vigilance committee calling itself the "Izee Sheep Shooters." Their plan was to basically post the rangeland around their place with "sheepmen take notise" signs warning them away, and take turns patrolling it for signs of sheep. Then, any time a sheepherder was found inside their "dead line"

■ CONTINUED ON PAGE 16

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HOODVIEW NEWS **STRANGE OREGON**

Oregon's "sheep wars"

■ CONTINUED FROM PAGE 15

bringing a flock of "meadow maggots" their way, they'd sneak up on his camp, capture him and tie him to a tree, and slaughter his entire flock with gun, knife or club.

Members of the Sheep Shooters were sworn to secrecy. They all agreed to try as hard as they could not to kill or injure any sheepman, but if that happened, they'd bury him on the spot and nothing would be said.

Sheep killings begin

Word about the Izee Sheep Shooters got around very quickly. Not surprisingly, lots of other homesteaders and cattlemen thought it was a fine idea. Another gang of range-enforcement vigilantes sprang up in Crook County, and another in Lake County. Soon they were everywhere.

By the early 1900s it was clear that a crisis was at hand. There were few places now that a sheepherder could bring his flock to that were not protected by a "comitee" of sheep shooters. So, sheep started to die, first by dozens, then by hundreds and even thousands.

In 1903, 2,400 sheep were slaughtered at Benjamin

Lake, north of Christmas Valley, as well as 5,300 in two separate massacres in the Silver Lake area.

In 1906 a gang of masked riders galloped into a sheep camp in Lake County, drove most of the stock over a cliff in a "buffalo jump," and massacred as many of the rest as they could catch before galloping away. In that attack, 1,800 sheep out of a herd of 2,200 were killed.

Estimates of the total death toll range from 12,000 to 25,000 sheep over the roughly 10-year period when Sheep Shooters' associations were active.

Shallow graves?

So far as is officially known, no human was killed in the range wars. There are a couple of disappearances that may have been connected with them — especially Shorty Davis, a farmer who ran sheep on his own land who vanished in 1900. There are also anecdotes about gunfights and shallow graves in the Ochoco Mountains, some of which may actually be true.

That lack of human victims probably has a lot to do with the fact that the sheepmen didn't try taking any vigilante action themselves.

They must have been acutely aware that they were much more vulnerable than the farmers and ranchers who were attacking them. The sheepherders lived alone with their flocks and maybe a couple dogs in specially built camp wagons — the precursors of the modern camp trailer — that were pulled from place to place by horses. Sneaking up on them was often easy to do, and for sheepmen who had good guard dogs, all that was necessary was to turn out in force. No sheepherder could do much to defend himself against 15 or 20 masked riders with Winchesters at the ready. Farms and ranches were much more well defended; for the sheepmen, trying to fight fire with fire would have led to disaster, and they knew it well.

They complained to authorities, asking county officials to take action; the sheep shooters responded by urging county authorities to mind their own business and not get involved. For the most part, local governments took that advice.

Sheepmen from Antelope tried to set up a meeting with cattle ranchers from Crook County to work out a peace treaty. Probably sensing they

had the upper hand, the ranchers turned them down.

Sheepmen offered a \$1,500 reward for information leading to the arrest of the Sheep Shooters. But, nobody wanted the money badly enough to turn rat for it

Everything was clearly building to some sort of horrible conclusion. But then, probably just in time, the U.S. Government stepped in and stopped the whole thing in its tracks.

Feds move in

In a move surely at least partly inspired by the violence and damage to land that the old system had caused, the federal government took action in 1906. The Department of the Interior ordered the rangeland supervisor to divide the public land into grazing allotments and give each one exclusively to one operator, for a lease payment.

Not only did this stop the wars, it also went a long way toward solving the tragedy of the commons. A herder who let his stock damage the land would be back again in the same spot the next year, reaping the bitter harvest of his bad decision.

And with the public rangeland now suddenly off-limits



This authentic sheepherder's wagon, built in the 1930s and last used in 1984, is now on display in a city park in Fossil, Ore., once the heart of Central Oregon sheepherder country. It was home for the sheepherder and his dogs 12 months a year as they followed the flock over the range. This particular unit was donated by the Steiwer family. (Image: OOH staff)

to all but one cattle or sheep operation, there was no longer anything to fight over. If one operator was caught grazing on another's leased land, it was clear to all who was in the wrong.

By 1908, these changes had been fully implemented and started being vigorously enforced. And Central Oregon's range war just faded into memory.

By the time it did, more than 15,000 sheep had been killed, and at least one sheepherder had been wounded by a stray bullet.

Not a single "Sheep Shooter" was prosecuted, or even publicly identified. **HVN**

Sources: Counting Sheep, a book by Alexander Campbell McGregor published in 1982 by the Univ. of Wash. Press; "From Oregon's Range War to Nevada's Sagebrush Rebellion," an article by William R. Lindley published in the Jan. 1999 issue of Journal of the West; "Central Oregon Range Wars," an article by Tor Hanson published July 7, 2018, by The Bend Bulletin; "The Central Oregon Range Wars," an article by Melinda Jette published in 2004 by Oregon History Project.



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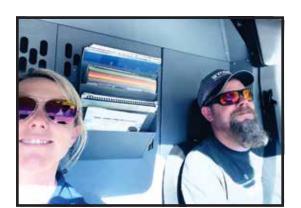
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"Jake is awesome and super honest. If he doesn't think you need a service he will let you know and not perform unnecessary work." - Sue K.









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NEWSEVENTS



Feb. 1-14—Valentine's Day Getaway at the Resort

Valentine's Day is Wednesday, February 14th. Do something special for the person you love or give a gift to friends by reserving a spot at the Mt. Hood Oregon Resort, 68010 E. Fairview Ave., Welches for February 14th. Book your Valentine's Day Getaway by February 7th for \$99 a night plus resort fee and tax and receive a FREE Valentine's Day gift basket. Call 503-622-3151.

Feb. 4—Tech Help Drop-in

Gresham Library, 385 NW Miller Ave., Gresham says

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they can help you with technology! Come to the library on Sunday, Feb. 4th from 1pm to 3pm to receive Tech help. Meet one-on-one with a friendly, knowledgeable Tech Helper who will help you find answers to questions about mobile devices, websites, getting started with tech, and more. Call 503-988-5123 for more information and confirm scheduling.

Feb. 4—Craft Swap

Anyone who crafts will likely end up with things they no longer need. Trade them for things you do need! Bring those brushes you never used or all those googly eyes you bought for that one project. I am sure someone will use the polymer

clay you have in the closet. The Craft Swap will be held on Sunday, Feb. 4th from 12pm to 2pm at the Sandy Library Community Room, 38980 Proctor Blvd., Sandy.

Feb. 5—Job Help @ Library

Meet in person with one of the staff members at the Gresham Library, 385 NW Miller Ave., Gresham, who can help you get started with your job search, create a resume or cover letter, research career paths as well as refer you to helpful community organizations. No registration required, drop in on Monday, Feb. 5th, 3pm to 6pm, for first come first served help. Sessions are generally 30 minutes. Call 503-

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988-5123 for more information and confirm scheduling.

Feb. 5-Men's Book Club

Sandy Library Men's Book Club will be held on Monday, Feb. 5th, starting at 7pm at the Sandy Public Library Community Room, 38980 Proctor Blvd, Sandy. For February, bring a list of your top 10 books that have influenced you the most. For further information please email mhouck@ci.sandv.or.us.

Feb. 5, 19—Teen Hangout

Teen Hangout program happens the first and third Mondays of the month in the Sandy Library Community Room, 38980 Proctor Blvd., Sandy from 4pm to 6pm. February meetings are on Feb. 5th and Feb. 19th.This program provides teens, ages 12-17 or grades 6th-12th, a dedicated space to hangout, watch YouTube and anime on the big screen, play board games, listen to music, ignite creativity using art and craft supplies, pique a new interest, and connect with a community. Popcorn, snacks, water, and juice provided. For more information go to www.ci.sandy. or.us/library.

Feb. 6—Route 26 Cruisers Meeting

Come check out the Route 26 Cruisers car club on Tuesday, Feb. 6th from 7pm OMISSION CORRECTION

Adopt-A-Cop Presenting Sponsor: Edward Jones – Christina J. Price

In the January edition of *Hoodview News*, the article "Gresham Chamber and local businesses lead the way for Adopt-A-Cop in January" on page 6 failed to report that the presenting sponsor for the Adopt-A-Cop program this year is **Edward Jones – Christina J Price**.

Chamber CEO Stayce Blume notes that Christina J. Price is an avid supporter of the Gresham Area Chamber of Commerce in many ways. In addition to the many events she has sponsored over the years, she has been a member of the Gresham Chamber of Commerce for over 18 years, served on the Board of Directors for 6 years, and was the Treasurer for a few consecutive years. This was the first year that the sponsorship was offered for the Adopt–A–Cop program and she was the first to support it.

Hoodview News regrets the omission. ■

to 8:30pm. They are always looking for new members to join and help promote the car hobby. Route 26 Cruisers meet on the first Tuesday of every month at Clackamas County Bank, 38975 Proctor Blvd, in Sandy. The entrance to the meeting is in the middle of the block to the left of the actual bank entrance.

Feb. 7–100+ Women Who Care East County

Gresham Center for the Arts Foundation, 332 NE 3rd Street in Gresham will be the meeting place on Wednesday, Feb. 7th for 100+ Women Who Care East County. Members attending will be asked to nominate their favorite non-profit. Then three nominee's names will be draw out of a hat. Each of these three

charities will be given approximately five minutes each to share their best reasons why 100+ Women Who Care in East County should choose them to receive the group's donation. Each member then votes and the non-profit with the most votes wins \$100 from each member. The meeting starts at 6:15pm and ends at 7:30pm. You are welcome to come as a visitor and check out this wonderful group and hear of non-profits in your community. As a visitor, you are not required to donate \$100 and there is no cost to attend.

Feb. 7—Sandy Chamber Morning Perk

Sandy Area Chamber of Commerce will be holding this month's Morning Perk at AntFarm, 39140 Proctor Blvd.. in Sandy on Wednesday. Feb. 7th from 7:30am to 9am. Morning Perk includes networking, round table discussions, Chamber updates, and each month they highlight a local nonprofit organization. Chamber Members and their guests have an opportunity to share about their company and any announcements they may have. Come by and meet your fellow Chamber members.

Feb. 7 or 14 —Teen Makerspace Groups

Register to be a part of a free teen makerspace group at the Sandy Library, 38348 Pioneer Boulevard, Sandy. Makerspace group is a group of teens that gather to design, create, and experiment with a variety of tools and materials in a creative and hands-on learning environment. Groups meet every other week for 10 weeks for a total of 5 classes.

■ CONTINUED ON PAGE 19





■ CONTINUED FROM PG 18

Learn a new skill and make new friends. Teens in grades 6th - 12th welcome. A maximum of 10 participants per group. Projects include: Code a hexagon light panel, make sustainable bath bombs and soap, build a mason bee house. and develop a cyanotype print on cotton fabric. There will be two groups, Group 1 meets 2/7, 2/21, 3/6, 3/20, 4/3. Group 2 meets 2/14, 2/28, 3/13, 3/27, 4/10. Each group will meet from 4pm to 6pm. To register or for more information, go to www.cityofsandy.activityreg.

Feb. 8—Women's Book Club

Sandy Library Women's Book Club will be held on Thursday, Feb. 8th, starting at 6pm at the Sandy Public Library Community Room, 38980 Proctor Blvd, Sandy. The Women's Book Club meets the second Thursday of each month. This month the book they will be discussing is "Lessons in Chemistry" by Bonnie Grams. For the Zoom link, contact Maureen Houck at mhouck@ci.sandy.or.us

Feb. 9-Gresham **Chamber Meeting**

The Gresham Area Chamber of Commerce Friday AM meeting is an opportunity to connect with other businesses and business owners in the "My Sandy" App available

Have you ever wanted to report a pothole, a broken park sprinkler, or a code enforcement issue in your neighborhood? Now there's an easy and seamless way for you to report problems, along with photos and locations, directly to city staff right from your smartphone. There is now a new



app for your phone called MySandy. This app allows you to connect with the City of Sandy like never before. With a few taps on your phone you can report issues related to: Building/Permitting; Code Compliance; Parks; SandyNet; SAM Transit; Sewer; Stormwater; Streets; Water. Plus, you can access city departments, get information on city parks and facilities, and even pay your utility bill. MySandy is available for Apple and Android devices.

local community. The Chamber will be meeting on Friday, Feb.9th from 7:20am to 9am at Gresham Biscuits Café, 1905 NE Division, Gresham. You do not have to be a member to come and visit a chamber meeting.

Feb. 10-My Father's **House Wine Event**

My Father's House, A Community Shelter, Inc. will be holding an event on Saturday, Feb.10th from 6pm to 9pm called Uncorked, My Father's House Wine Event. Local wineries come and pour tastes of their unique wines. They are also encouraged to bring bottles to sell. A delicious light appetizer buffet is a great compliment to the delicious wines. Back by popular demand are Mark Nelsen as the emcee, Craig Bidondo on the piano, E'deske Patisserie featuring their beautiful and delicious desserts and lots of new things you won't want to miss! Many unique and beautiful items are donated by the business community, providing a wide variety of silent auction items such as sports memorabilia, vacations, jewelry, and more. The event will be held at Persimmon Country Club, 756 SE Butler Rd., Gresham. Go to their Facebook page, My Father's House, A Community Shelter, Inc., to buy your tickets for this wonderful event.

Feb. 11—Super Bowl Party @ Mallards

Head up the mountain to Mt. Hood Oregon Resort to enjoy the Super Bowl Party on Sunday, February 11th from 2pm to 9pm. Come watch the game at Mallards Cafe & Pub, 68260 E. Bowman Circle, Welches. There will be games, prizes and a special gift for those 21 and over. Special buffet for the game included with your ticket purchase. Entry fee is \$25. Purchase tickets on Eventbrite or at the door.

Feb. 12, 26—Creation Station at Sandy Lib.

The Sandy Library, 38980 Proctor Blvd., Sandy, hosts the Creation Station, a twice monthly interactive program that welcomes adults with developmental disabilities on

the 2nd and 4th Monday of each month at 10AM. Art Lab, on the 2nd Monday, Feb. 12th, will offer Yarn Hearts (and other valentine crafts); Maker Lab, on the 4th Monday, Feb. 26th, will offer Building Challenges (with marshmallows & toothpicks and other materials as well). For more information email kmurphy@ci.sandy.or.us.

Feb. 13—Little Trout Play Park

The Little Trout Play Park is an event by the City of Troutdale and is open the second Tuesday of the month at the Sam Cox Building 1110 E. Columbia River Hwy., Troutdale, in Glenn Otto Park from 10am to 11:30am. It's 90 minutes of fun and frolic! They have the toys. The cost is just \$2 per child, ages 0-4 years old. No registration is required. For more details visit www.TroutdaleOregon.gov/rec

Feb. 14th— Valentine's Day

Nancy's Floral has what you need for your sweetheart. Be sure to plan early and give Nancy's Floral, a call at 503-716-4971 or email them at orders@nancysfloral.com to order that special someone in vour life flowers for Valentine's Day, February 14th.

Feb. 14—Lego Club

The Gresham Library, 385 NW Miller Ave., Gresham, has a Lego Club that will meet Wednesday, Feb. 14 for 6pm to 7pm. Bring your Lego skills to the library and let your imagination flow. Each time, they'll build a new structure to put on display. Bricks and supplies provided. For kids ages 5-11. All abilities are welcome. For disability accommodations, call 503.988.5123 or email help@ multcolib.org 2-3 days before a program.

Feb. 16-Play "The Alibis"

On Friday, Feb. 16th, Jonathan Dorf's comedy "The Alibis" will open at Sandy Actors Theatre with performances continuing every Friday and Saturday evening at 7:30pm and Sunday afternoons

at 2pm through March 3rd. When eccentric billionaire J Leslie Arlington is murdered, a clueless detective finds the suspects are all reluctant to admit their alibis . . . because they were all committing other ridiculous crimes at the The insurance you need from

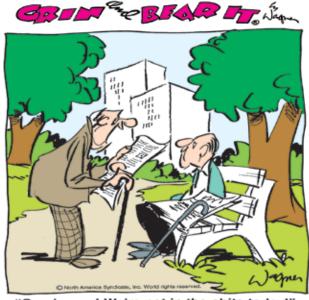
time. You never know what's coming next when the suspects include disgruntled chefs, teen detectives, and vengeful divas, but one thing's for certain: Every alibi is absolutely

■ CONTINUED ON PAGE 20









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HOODVIEW NEWS NEWS AND EVENTS

■ CONTINUED FROM PG 19

absurd. Tickets for adults are \$20, senior citizens, veterans \$18, and children \$15. All may be purchased online at sandyactorstheatre.com and at the door. Concessions are \$2. Sandy Actors Theatre is located behind Ace Hardware in Heritage Plaza, 17433 Meinig Avenue, Sandy. For additional information, please visit http://sandyactorstheatre.com.

Feb. 24—Backyard Beef @ Burns Feed Store

Have you ever been interested in raising your own beef to fill the freezer? Are your kids looking forward to showing their own market steers at the County Fair? Well, Burns Feed Store, 29215 SE Orient

Drive, Gresham, has got the answers to your questions. On Saturday, Feb. 24th, starting at 10am, they will be holding an event called Backyard Beef @ Burns Feed Store. Some of the topics covered will be: Grazing Grounds of the Homestead~A Tail of Backyard Beef: Learn about Nutrition, Mineral Must Haves and Fly Control; Showing A Market Steer~ Ace Your Livestock Game: Feeding-Fitting-Showing from one of the best, Darrell Hansen. Bring all of your questions for a Q&A. Warm beverages and goodies will be served. Every attendee will be entered into a couple of random drawings for BFS Swag and Gift Cards. Guest Speakers: Darrell Hansen, Purina Livestock Production specialist and Mark Silva, Purina Sr. Sales Nutrition Specialist.

Feb. 25—Plant Swap

Is your house starting to look like a jungle with too many plants? Or too bare with not enough? Do you have cuttings to give away? Come by the Sandy Library Community Room, 38980 Proctor Blvd, Sandy, between 12pm and 1:30pm on Sunday, Feb. 25th. Please bring a healthy, pestfree houseplant or cutting to swap. If you don't have one to bring, that is ok too. Please bring your own containers to take any new plant friends home. Can't make it to the event but have some houseplants you don't want anymore, bring them to the library on Saturday, February 24th between 3 and 5 pm and

we will add them to the plant swap the next day. Due to the invasive jumping worm, only indoor houseplants will be able to be swapped.

March 2 & 3—Ski and Ride for a Cure

Register now to participate in Ski and Ride for a Cure 2024 at Mt. Hood Skibowl, 87000 E. Hwy. 26, Government Camp on March 2nd and 3rd starting at 9am. Create your team now and get registered for this event benefiting Seeds of Hope and The Willamette Valley Cancer Foundation, organizations which support patients and families battling cancer. For more information and to register, go to https://skiandrideforacure.org.

2024 Clackamas County Art Contest

The Clackamas County Safe Routes to School Program is pleased to announce the 6th annual Poster Art Contest. Students are invited to submit their original artwork



based on one of the following themes: Always be Visible; Always Wear a Helmet; Always Use Crosswalks; Always be Aware; Always Travel Safely. Artwork will be considered for prizes based on creativity, clear originality, overall design and focus on safety. Prizes will be awarded to students in the following grade categories: K-2, 3-5, 6-8, 9-12. Submissions should be entered by one of the following ways by April 1, 2024: Email a high-resolution photograph or scanned JPEG or PNG image of your artwork to srts@ clackamas.us. Questions may be directed to Nicole Perry, Clackamas County Safe Routes to School Coordinator at nicoleperry@thestreettrust.org.

The Spats







March 3 — Concealed Firearms Permit Class held in Gresham

If you don't have your permit, you can't legally carry a firearm in Oregon. On Sunday, March 3rd, from 12pm to 5pm, a Concealed Firearms Permit Class will be held at Clackamas County Bank-Gresham, 1101 NE Burnside Rd., Gresham. The class will be taught by Officer Larry Raglione, a certified instructor. The Concealed Firearms Permit -Utah, Arizona, or Florida, costs \$80. Oregon can be added to this for an



Larry Raglione, certified instructor. additional \$20. This permit is good in up to 35 states. To register call 503-781-6080 or go to www.2ndrightscfp.



Maybe I need a better plan!

By GREG ROSEN

Writer

fell into my career as a Realtor. I wanted to buy a home so I decided to get a real estate license so I could get paid to buy my house. Being a Realtor wasn't my dream though, I wanted to be a writer, a humorist writer, to be specific. I am starting to get discouraged though. At this point in my writing career I did not think I would need to remind people every few months that this is, in fact, a humor column.

Good plan, just need skills

Maybe I just need a better plan. I did have a plan. What I did not have was the proper skills. I knew I needed an editor, and my daughter said she would help. She has been wonderful, but this month marks five years I have been writing and she is losing her patience. Just last week she sent me a link to a college class on writing and last month she said if I don't figure out the correct usage of your, you're, there, they're, their, its and it's, that she was going to reach through the phone and strangle something out of me that I can't mention in this family friendly paper.

My editor is brutal.

Obvious disrespect

Other actual comments over the last year from her include: "Omg. Basic writing skills, how did you get this gig? Do you want me to re-write the whole article so it makes sense?



There's more: It's like you have no writing skills at all. Did you skip 4-12th grade? You do know you're just a wordsmith. Thinking it was a compliment, I thanked her before I found out what a wordsmith is, which is someone who makes up stuff on the spot. If she wasn't my daughter, I would probably fire her for her obvious disrespect of my creative writing skills. I reminded her that I have a combined reader base of over 100,000 people. She responded that she just saw a 10 second video of a dog licking itself that had over 5 million views, so until I reach a few more followers I should probably stop being a bone head and listen to her.

Decisions, Decisions.

I am not sure if my New Year's resolution should be to fire my daughter or try and learn better writing skills. I am leaning towards firing her. It just sounds like the easiest of the two options and, just one time in my life, I would love to say that I finally followed through on my New Year's resolution.

Greg Rosen is a humor writer, Realtor, father and husband. Questions or comments are

appreciated: grosen@ pacificpioneer.com.



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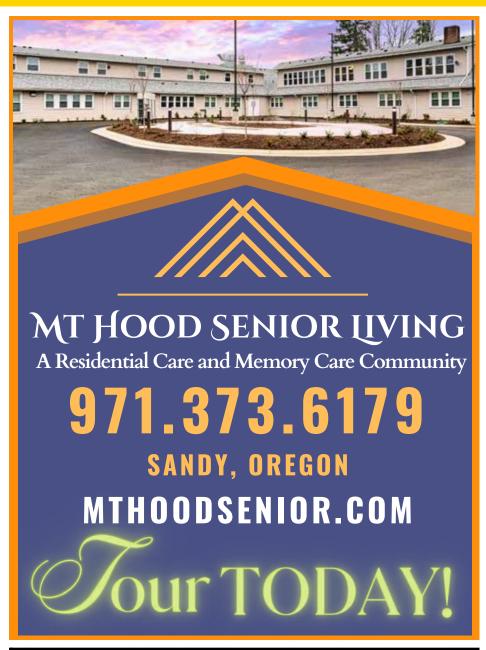
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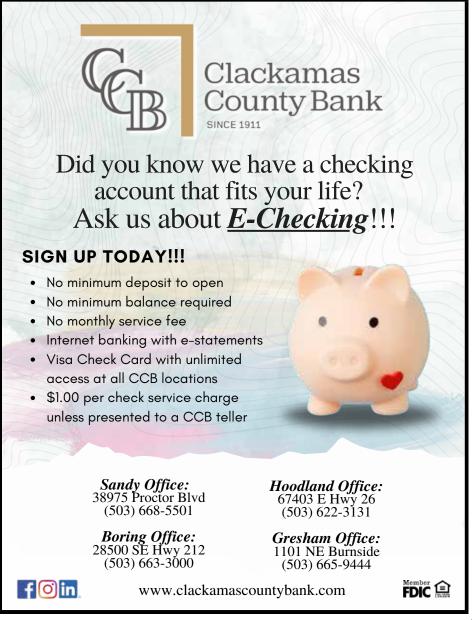
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Is my will good enough?

By NATHAN BEGLEY Attorney-at-law

s my Will good enough?" That's a question I have heard many times while reviewing a purported estate plan. Invariably I reply with a question of my own to focus the conversation; "Good enough for what?"

Good news

First, let's start with the good news. Thanks to something called the "Harmless Error" rule, there is actually quite a bit of flexibility over whether or not a will is "good enough" to be used as a will for the purposes of probate. Probate is the judicial process by which we ascertain who owns an asset when the true owner has passed away. If a judge can be shown clear evidence that a given document was intended to be the decedent's Will, the document may be accepted by the court as a true Will. However, whether the document does what you want it to do is another matter altogether. If there are mistakes, misunderstandings, or drafting errors, your Will could fail to actually represent your wishes.

Bad news?

Now, the bad news. Even if your Will is "Good Enough," if you are using a Will to pass property to your heirs, then you are going to have to go through Probate Court to get it done. A judge needs to look at your Will to make sure it is a true Will, that there isn't a more recent Will, that it was you who signed it, that you knew what you were doing and were not under duress, and that you understood what you owned and who you were giving it to. Then, all of your creditors and interested parties need to be sent notice and be given



a chance to make a claim or objection. This process takes months at best. In fact, across Oregon Courts, nearly half of all currently filed probate cases have been going on for over two years. A Probate can cost thousands of dollars even when it is a straight-forward case, and tens of thousands if there is a fight.

Estate planning is key

So what is the solution here? Don't use a Will if you can avoid it! Instead, speak with an Estate Planning Attorney to find out how you can use joint ownership, beneficiary designation, or a Revocable Living Trust to pass your property to your heirs privately, outside of the court system, with as little governmental intervention as possible. Make an appointment today with an Estate Planning Attorney to discuss the merits of each approach for your unique situation.

Attorney Nathan Begley is an experienced probate, estate planning and elder law attorney in Gresham. He can be reached at (503) 492-4229. By email at nathan @goodadvicelaw.com.





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Rekindling the Fire: Practical Steps to Reignite Your Drive

From HOODVIEW NEWS Monthly Column

e've all been there. That once-blazing ember of ambition dims to a faint flicker, leaving us staring at the ashen remains of our unfulfilled goals. Whether it's a stalled fitness routine, a languishing artistic pursuit, or a career plateau, the waning of motivation can feel like a personal betrayal. But fret not, this temporary lull is not a permanent sentence to stagnation. We can reignite the fires of our inner drive and soar once more towards our aspirations.

The first step is some introspection. What snuffed out your spark? Was it a string of setbacks? A gnawing sense of overwhelm? Or perhaps the insidious whispers of selfdoubt? Identifying the culprits behind your motivational slump is crucial, as it allows you to tailor your rekindling strategies.

Get started again

Once you understand some reasons why your motivation faded, here are some practical steps to jumpstart your journey again:

- 1. Reconnect with your "why." Remember the initial spark that ignited your passion? The reason you embarked on this quest in the first place? Revisit your goals, not as abstract aspirations, but as vivid personal dreams. Visualize the joy of achievement, the sense of fulfillment, the ripple effect of your success. Let that be the fuel that propels you forward.
- 2. Downsize your Everest. Lofty goals are fantastic, but sometimes their sheer magnitude can be paralyzing. Break down your Everest into smaller, more manageable peaks. Celebrate each summit, no matter how seemingly insignificant, and witness the momentum build as you conquer one milestone after another.
- **3. Embrace the power of micro-steps.** Don't wait for the "perfect moment" to start. Action, even in the smallest doses, is the antidote to inertia. Commit to five minutes of writing, ten push-ups, or a single phone call towards your goal. Small steps, consistently taken, pave the path to monumental achievements.
- 4. Befriend the "growth mindset." View setbacks not as failures, but as stepping stones on the path to mastery. Embrace challenges as opportunities to learn and adapt. Celebrate your progress, acknowledge your stumbles, and keep moving forward. Remember, Thomas Edison didn't "fail" a thousand times; he simply discovered a thousand ways that wouldn't work.
- **5. Prioritize self-care.** A weary traveler can't climb a mountain. Ensure you're adequately fueled for your journey. Prioritize enough sleep, nutritious meals, and activ-



ities that replenish your emotional and mental reserves. A healthy body and mind are the foundation for a motivated spirit.

- 6. Seek inspiration, not comparison. Surround yourself with individuals who inspire you, who radiate infectious positivity and unwavering resilience. Learn from their stories, tap into their energy, and let their successes fuel your own. However, resist the temptation to compare your journey to theirs. Each climb is unique, with its own pace and obstacles.
- 7. Celebrate the journey, not just the destination. Obsessing over the finish line can rob you of the joy of the climb. Savor the process, acknowledge your daily progress, and find moments of celebration in the pursuit itself. Remember, the journey is not merely a means to an end; it's the very essence of growth and self-discovery.
- 8. Find your accountability tribe. Surround yourself with individuals who will cheer you on, hold you accountable, and celebrate your victories. Share your goals, seek support, and offer encouragement in return. A strong support system can be the wind beneath your wings, propelling you forward even when the climb gets tough.
- 9. Reward yourself, wisely. Positive reinforcement is a powerful motivator. Recognize your achievements, no matter how small, with rewards that bring you genuine joy.
- 10. Embrace the ebb and flow. Motivation, like the tide, is subject to its own rhythm. There will be days when the waves crash against your shores, pushing you forward with unyielding force. And there will be days when the tide recedes, leaving you feeling stranded and uninspired. But remember, even the lowest tide eventually gives way to the rising tide. Trust the rhythm of your motivation, weather the storms, and know that the ebb will inevitably lead to a renewed flow.

Rekindling your motivation is not a onetime feat, but an ongoing process. There will be moments of doubt, days of stagnation, and stumbles along the way. But by nurturing your "why," taking small steps, and celebrating the journey, you can keep the fire of self-development burning bright. ■





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My crises come in bunches | Do you qualify for a SEP? |

By D.B. Haverford

seem to have the unique experience of never having one crisis at a time. Now don't get me wrong. I enjoy a crisis as much as the next person, as long as the next person is a masochist. However, juggling multiple crises at a time has turned me onto a bit of a paranoid mess every time things start to go down hill. A wondrous example of this is the time my GPS was stolen and I was pulled over by the police three different times in the same day. If that sounds interesting, it was, and has been written about in a previous column.

No room at the urgent care

Today's "adventure" — as I have come to call our little "crises" in an attempt to remain sane — is a little more recent. As local readers know, we have been having some crazy weather lately. Well, some of you might not know that my daughter has had trouble with ear infections on and off, most of her childhood. Oh. did I mention that the urgent care nearest us closes at 5:00pm on Fridays and isn't open again until Monday? So, of course, at 5:15pm, and just as the icy weather began to make the streets dangerous to drive, my precious little thing announces that her ear "feels funny." I ask, "Funny ha-ha, or funny Owie?" (Owie is the proper medical term.) Of course, her response is "Owie."

At this point, all the weather alerts were saying to stay home



and to not drive, but they, in their bright, cozy-warm studios with child-care, are not alone at home with a small child with an ear infection.

Well, you know what they say, "If you've got to drive on ice, at least do it in the dark with a small child yelling at you from the back seat."

Driving in the dark

I decided to wait a bit to see if it was just a little ear ache. Fast forward a few hours and she is big mad because her ear hurts bad. When I checked the cabinet and, surprise, no Tylenol. Well, you know what they say, "If you've got to drive on ice, at least do it in the dark with a small child yelling at you from the back seat.'

We managed to make it to the local 24-hour pharmacy and by some miracle they were open.

My child did demand that I open the ibuprofen in the store and give it to her immediately,

but she calmed down after that. At this point, with a cart full of ibuprofen and Tylenol, I asked the pharmacist if he had any recommendations on how to get my child some antibiotics. He said, "Oh, just Google a 24-hour tele-a-doc." I was flabbergasted. I had no clue you could contact a legitimate doctor on-line. I kinda thought those kinds of 'doctors" were for people who "needed" a weed card for their "anxiety," but was happy to hear they would be able to get me some antibiotics.

The last feeble watts

Despite the dark and the ice, we managed to get home in time to find that the power had gone out. In the dark and cold, I used my last precious feeble watts of phone battery to get the tele-a-doc prescription for antibiotics

All ended well eventually. My kid got her antibiotics. The roads cleared and the power came back on. Hopefully, next time, I can have one crisis at a time, but I doubt it. Stay safe and enjoy life's "adventures." ■

D.B. Haverford is the pen name of an Oregon-based humor writer.

By LESLIE PARKER Medicare advisor

write these columns a few weeks before they are published. I am looking forward when this article arrives in your mail that we are not all still huddled in our homes waiting for the ice to melt. Welcome to winter!

Qualify for a SEP?

The Open Enrollment (OE) for individual and family plans ended in mid-January. So, what happens now if you want medical insurance? You must have a Special Election Period (SEP) to enroll in an individual or family insurance plan until the next OE period that starts in November for a January 1 effective date. If you don't know how a SEP works, here are some tips: A SEP is an event, such as: The loss of group health insurance; loss of Medicaid/OHP; moving out of your current individual health plans service plan; new baby or adoption; marriage or divorce. In addition to these options, you must use your Special Election Period within 60 days. If it is after 60 days your application will not be accepted.

Insurance companies will usually request documentation of your SEP, for example a letter from your employer that states your loss group employer. The letter needs to include the names of everyone losing coverage, the services lost such as medical, dental and vision, and the date coverage ends. If you have lost OHP you will need to provide your notification that states your loss of coverage. If you moved, you will be asked for proof of address, for example utility bills in your name. If you are married or divorced, you will need to provide legal documentation of these events. For newborns or recent adoptions, you will need to provide Social Security numbers.

For employees who have access to employer coverage but are not enrolled you can enroll in your employer's plan outside of open enrollment with an SEP. The same 60-day rule applies.

Timing is important

Timing is another part of the enrollment process that you may not understand. All individual and family medical plans and many employer



plans begin on the first day of the month. There are some employers who offer Self-Insured plans or OHP who have more flexibility on their start dates, but for most consumers plan coverage begins on the first day of the month. If you lose group coverage or chose to cancel your individual and family plan those plans will end on the last day of the month. I hope these insights help you better understand how the process of enrollment works. ☺ ■

Leslie Parker is the owner of Health Benefits 411 and a Medicare advisor and licensed health insurance agent for over 10 years. Her

web site is healthbenefits411.com. She can be reached at 503-891-



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Real costs of home purchase

From JARED TJADEN and SAM SARKISSIAN

Financial Advisors

ou're finally ready to move up from your rental unit to your own home. Before you start searching for a home, understand how much money you'll really need. Be prepared for the myriad expenses that you must add to the purchase price to see the whole picture.

Home ownership has several advantages over renting, including lower monthly payments, deductible mortgage interest, and the accumulation of equity. But there is a definite price to pay for these benefits, including the expenses we detail here.

The biggest spend is your initial equity.

There are two costs that constitute the beginning equity in your home. The first is earnest money, typically \$500 to \$2,000, that ensures your commitment to the deal. You can get a refund if the deal falls through due to no fault of your own. The other initial spend is your down payment, which typically ranges from 3.5 to 20%. You make the down payment at the closing. Your mortgage covers the difference between the purchase price and the initial equity.

Fees, fees, fees.

It seems like every time you turn around, you'll encounter another fee. Sellers typically pay the broker's fee, but if you use a buying agent, expect to pay up to 3% of the purchase price. Frequently, mortgage lenders charge an origination fee up to about 1% for the privilege of lending you money. You'll encounter various other fees, such as those for inspections and surveys. Often, you'll be asked to pay points, which is prepaid

interest on the mortgage loan. Other fees may be charged by a homeowner's association, a title company, the recorder of deeds, and others.

Don't forget the insurance and taxes.

You won't be able to get a mortgage without first getting homeowner's insurance, with an average annual premium of approximately \$1,200. You may also need flood insurance, based upon your location. Many lenders require you buy private mortgage insurance at an annual cost of 0.5 to 1.0% if your down payment is below 20%. You may also want to buy title insurance to ensure you have clear title to the property. Many folks purchase title-lock insurance to cover losses from mortgage fraud due to identity theft.

Figure move-in costs and initial repairs.

Unless you do it yourself, it may cost you several thousand dollars to engage a moving service - the cost depends on the distance to the new property and how much stuff is being moved. In addition, you may face immediate repair expenses for problems that the seller has not agreed to fix before closing. Expensive repairs can include a new roof, new HVAC, structural changes, expansions, landscaping, etc. You may also have to pay a fee for a building permit. The worst-case scenario involves necessary, unexpected repairs not identified in the engineer's inspection report.

Buying your first home is an enormous step. That's why it's essential to have your finances in order first. A well-rounded financial plan will show you how much home you can afford without shortchanging your retirement and other life events. Contact me today

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to review your financial plan and ensure you are on solid ground before making an expensive commitment. Together, we can find the financial comfort zone for your home purchase.

LPL Financial Professionals do not offer mortgage or lending services. We suggest that you contact a mortgage or lending professional regarding those services.

This article provided by Jared Tjaden and Sam Sarkissian, financial advisors located in Sandy. They can be reached at 971-404-6050.





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Aggressive dogs mean park concern

By SAM MAZZOTTA Paw's Corner

DEAR PAW'S CORNER:

I've had to change the time of day that I visit the local dog park, because a new neighbor brings his two huge, aggressive dogs each morning at the same time as I do. They charge other humans, chase and snarl at other dogs, and make it impossible for other dogs to socialize calmly. The neighbor does nothing to control them and tells other owners that it's their fault that his dogs are acting aggressive. To prevent injury to my dog (or myself), I now wait until after work to go. But this is inconvenient for everyone in the neighborhood. How do I address this problem? - Dog Mom.

DEAR DOG MOM: You're doing the right thing by changing the time that you bring your dog to the park. It's important to remove a dog from a situation you perceive as potentially dangerous or traumatic for them, and protecting them from

That's only the first step,



however. The new dogs are terrorizing other dogs within the park, making life miserable for them and their owners. It's not fair, nor is

Dog parks within a city or town typically have rules of conduct posted at each entrance, but sometimes they're vague. It's up to each owner to properly train and socialize their dogs, and to keep them away from the park if they can't control rough play, aggression or reactivity.

Report the problem to the organization in charge of

maintaining the dog park. This may be a community group or the municipal parks department. Contacting animal control is another option. Write down the dates and times that incidents have occurred. If there is no active community group for the dog park, consider starting one so that owners can air their grievances and work out problems as a group.

Send your tips, comments or questions to ask@ pawscorner.com. © 2023 King Features Synd., Inc.

How often to service my engine coolant?

By KAREN JOHNSTON All About Automotive

ow often should the coolant in the engine of my vehicle be

A proper mix of water and coolant is designed to protect your engine from extreme temperatures of heat and cold. Coolants carry special lubricating properties to keep all moving parts lubricated while circulating through the cooling system of the vehicle. Having the proper mix in the cooling system raises the boiling point and lowers the freezing point of the coolant mix to protect the engine.

What color is your coolant?

Depending on the type of coolant your vehicle is designed to use, there are different service intervals. Servicing the coolant can also be determined by the condition of the coolant by color, ph balance and protection level... there are different service intervals. When your coolant is clean, the Standard Coolant is bright green, Dexcool (GM's Extended Life Coolant) is orange. Toyota Extended Coolant is pink, Ford Extended Life Coolant is yellow, VW Extended Life Coolant is blue and there are some other Extended Life

Coolants that are clear. Some manufacturers profess to say that the extended life coolant can last 5 years and up to 150,000 miles. History has shown that sticking with the industry standard of flushing your vehicle's cooling system every two years or 30,000 miles is the best way to keep proper PH balance in your

cooling system. This will help maintain your vehicle's longevity. We recommend at least having your coolant tested at each oil change so that you can make sure that your engine is protected. Happy Motoring!!! ■

Steve and Karen Johnston have owned All About Automotive in Gresham for nearly 20 years. Karen and

All About Automotive canh e reached at 503-465-2926.



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Bad Breath: Not a Punchline

By RUSSELL BIRD, DMDBlue Bird Dentistry

ad breath gets a bad rap. Instead of focusing on the social distress it might cause, why not consider its value as a health marker? Like pain or sudden weight loss, bad breath can help diagnose hidden dental or medical conditions. So, let's talk about bad breath in a more positive way than usual—as a symptom, not a punchline.

Four Disorders That Can Cause Bad Breath

First, we begin with a less likely source for unfresh breath, a condition called tonsil stones. These collections of debris in the tonsils are produced by bacterial or viral infections and develop in about 10 percent of people, usually children. Patients who brush and brush their teeth but don't enjoy fresher breath may have tonsil stones.

Second, a more common source of woe is chronic postnasal drip. The continual flow of mucus increases risk for infections and colds. The result? It may be bad breath.

Third, mouth odor can also be a symptom of gastric reflux, or GERD. This regurgitation of stomach acids coats the mouth and affects its ambient pH. A "silent" version of gastric reflux without the classic symptoms of heartburn and belching might not even be recognized. But undiagnosed GERD could be producing your bad breath.

Fourth, the most common root of really bad breath is



advanced gum disease, or gingivitis. Poor oral hygiene regimens, including a lack of professional cleaning, are usually to blame when gum disease gets out of control. Besides bad breath, you may also experience bleeding or sensitive gums, or even loose teeth. A combination of these symptoms should prompt you to see your dentist right away.

How and Why to Treat the Source of Bad Breath

No amount of teeth brushing will "cure" bad breath that develops from gastric or tonsillar conditions. Tonsil stones need special treatment, and gastric reflux that is not addressed increases your risk for tooth decay. So, either of those maladies should be professionally diagnosed and treated by a doctor or dentist.

Fortunately, unpleasant breath caused by gingivitis can be fixed—and fast. Dental exams easily expose severe gum disease, for which your dentist will prescribe a deep cleaning, called scaling or root planing. This may be

done in stages if gums are very painful or damaged. But once performed, you'll seen an immediate improvement in your oral health—and your breath. It's like magic!

Be sure to get to the bottom of this valuable, easy-to-recognize symptom of poor health. In treating the underlying cause, you'll enjoy life—and life's social situations. Because fresh breath is also a symptom: of good health.

Russell Bird DMD of Blue Bird Dentistry in Sandy, Oregon, brings over a decade of professional expertise and love for the local community to dental care for children and adults. Dr. Bird y su personal hablan español y dale bienvenidos a gente de todos origines. Contact: (503) 668-1300; sandyordentist.com; https://

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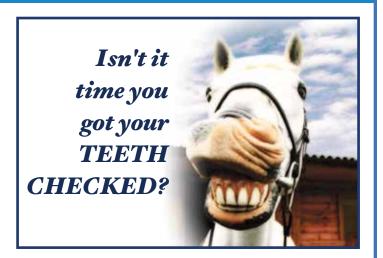


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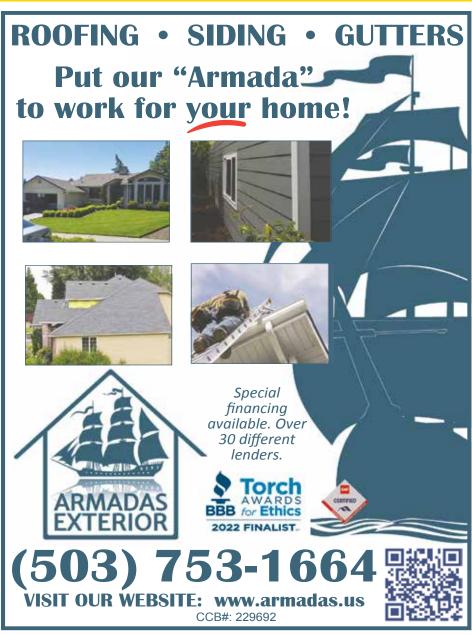
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High iron causes blood bank concern. Salt tablets for night issues?

By DR. KEITH ROACH

DEAR DR. ROACH:

Recently, I was rejected from donating plasma (not blood) because my iron that day was 57 mcmol/L, and the maximum allowable was 54 mcmol/L. I was rescheduled to get retested in a few days. The technician said to eat beans and similar foods to lower my iron levels.

I checked my own records and didn't find any results that fell below the cutoff. My red blood cell count was 5.15; my white blood cell count was 6.0; my hemoglobin level was 16.1 g/dL; and my hematocrit level was 48.5%, all within the healthy range.

Which test results could they be referring to, and how do I lower my iron? — S.L.

ANSWER: Blood banks typically screen donors for anemia, which is frequently caused by iron deficiency, but I'm confused as to why they are screening you with iron tests because that is typically not done. Moreover, they are telling you that your iron is too high, which is the opposite of the iron-deficiency anemia that is usually looked for.

I recommend that you see your own physician and get retested. If we take the blood bank at their word, and your iron level is too high, that raises the possibility of hereditary hemochromatosis (HH), which is caused by a defect of iron absorption. With this condition, your

body absorbs as much iron as possible, even if it doesn't need any. This causes iron overload, which damages the heart, liver, bone marrow, adrenal glands, skin and joints, just to name a few.

HH is easy to treat once the diagnosis is made. However, making the diagnosis requires thinking about the possibility, and it's uncommon enough that a lot of healthcare professionals don't think about it right away. Your doctor should test your iron and iron-binding capacity, as well as your ferritin level, which tends to correlate with the total amount of body iron stores.

But I don't want to jump to conclusions, which is why your own doctor should test you to see if you really do have excess iron.

DEAR DR. ROACH: Like a lot of older men (I'm 74), I get up often at night to dribble a little urine. I have found that if I go downstairs, walk to the kitchen, then climb back upstairs, I can often urinate again as much as I did the first time. Can you explain?

Also, I've noticed that on nights that I have popcorn with salt, I get up less often. Could a person take a salt tablet before bedtime to reproduce this effect? — S.C.

ANSWER: Both men and women can have voiding problems due to bladder issues, but men can also have symptoms due to an enlarged prostate. I can't tell which of these you might



have because, for both, there are underlying reasons as to why you might be able to urinate again a few minutes after going the first time. But it's more common in men with prostate trouble.

Exercise isn't usually needed; just giving yourself a few minutes can often be enough to cause you to void again. I recommend voiding twice before bed if getting up at night is a problem. You may find that changing positions while urinating can be helpful to fully empty your bladder.

As far as salt goes, it makes your body hold on to water. While you could take a salt tablet, you might get thirsty at night. In addition, excess salt increases most people's risk for heart attack and stroke, so I don't recommend it.

Dr. Roach regrets that he is unable to answer individual questions, but will incorporate them in the column whenever possible. Readers may email questions to ToYourGoodHealth@med.cornell.edu. (c) 2024 North America Synd., Inc. All Rights Reserved



Wisdom from the saints

God among common people, not the elites

"[John Baptist] had baptized thousands of ordinary Jews who came to the Jordan, repented, confessed their sins, and returned to God. Even tax collectors and sinners had responded to John's call to repent, and they actually changed their lives. John's baptism was from heaven. His ministry could only be the work of God, not of men.

"The religious leaders had not changed the lives of thousands of ordinary Jews, but John had. They had not motivated thousands to repent, but John had. Yet they refused to acknowledge God working through John, and, convinced of their own righteousness, they refused to repent and be baptized themselves."

— Eugenia Scarvelis Constantinou. "The Crucifixion of the King of Glory: The Amazing History and Sublime Mystery of the Passion" (p. 100). Ancient Faith Publishing.

DISCIPLESHIP TOOLS

Read through the Bible



By following the daily reading schedule below, in a year you will read through the Old Testament once, the New Testament, Psalms, and Proverbs twice.

FEBRUARY ☐ 1 Ps. 37; Ex. 13,14; Lk. 3,4, □15 Ps. 53; Lev. 1,2; Jn. 1,2 □ 2 Ps. 38; Ex. 15,16; Lk. 5,6 □16 Ps. 54; Lev. 3,4; Jn. 3 □ 3 Ps. 39; Ex. 17,18; Lk. 7 □17 Ps. 55; Lev. 5,6; Jn. 4,5 ☐ 4 Ps. 40; Ex. 19,20; Lk. 8 Ps. 56; Lev. 7,8; Jn. 6,7 ☐ 5 Ps. 41,42; Ex. 21,22; Lk. 9 □19 Ps. 57,58; Lev. 9,10; Jn. 8 ☐ 6 Ps. 43; Ex. 23,24; Lk. 10,11 □20 Ps. 59; Lev. 11,12; Jn. 9 ☐ 7 Ps. 44; Ex. 25,26; Lk. 12,13 □21 Ps. 60; Lev. 13,14; Jn. 10 □ 8 Ps. 45; Ex. 27,28; Lk. 14,15 □22 Ps. 61; Lev. 15,16; Jn. 11 ☐ 9 Ps. 46; Ex. 29,30; Lk. 16,17 □23 Ps. 62; Lev. 17,18; Jn. 12 □10 Ps. 47; Ex. 31,32; Lk. 18 □24 Ps. 63; Lev. 19,20; Jn. 13,14 □11 Ps. 48; Ex. 33,34; Lk. 19,20 □25 Ps. 64; Lev. 21,22; Jn. 15,16 □12 Ps. 49,50; Ex. 35,36; Lk. 21,22 □26 Ps. 65,66; Lev. 23,24; Jn. 17,18 □13 Ps. 51; Ex. 37,38; Lk. 23 □27 Ps. 67; Lev. 25,26; Jn. 19 □14 Ps. 52; Ex. 39,40; Lk. 24 □28 Ps. 68; Lev. 27; Jn. 20

BE CHRIST'S DISCIPLE: Be Steadfast

1 Corinthians 15:58

"Therefore, my beloved brethren, be steadfast, immovable, always abounding in the work of the Lord, knowing that your toil is not in vain in the Lord."

1 Corinthians 15:58

D-5

NASB 95

BE CHRIST'S DISCIPLE: Be Steadfast

Hebrews 12:3

"For consider Him who has endured such hostility by sinners against Himself, so that you will not grow weary and lose heart."

Hebrews 12:3

D-6 NASB 95 i

MONTHLY MEMORY VERSES

Few things will help you grow in the Christian life like Bible memorization. Cut out the verses to the left and keep them with you. Say the reference before and after each verse. There will be two new verses each month. Memorize the new ones, review the old. The series will follow the well-known Navigators Topical Memory System.

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Repenting

By PASTOR DEE DUKE

Jefferson Baptist Church

he word repent is used often in the Bible, mainly as a command. We generally know what it means, but it is an intimidating word, so we tend to read it and not spend much time thinking about its application to our lives. It can, in places, mean to change how we think, but it usually means to change how we act or behave. We tend to think it is like walking into a changing room wearing old, dirty clothes and walking out wearing spiffy, new clothes, an immediate change based on our choosing what to wear. Most people want to change who they are and try to change, but not much difference takes place. Most people have given up on the "repent" thing and have settled for different coping methods to help them live comfortably with who they

Most of the Bible is filled with principles and guidelines on how to change, and most of them suggest that repenting is a process, not an immediate "about face." Because I am a sequential thinker and a mechanic at heart, I like solutions to problems in steps, and each step to be pretty small.

Steps to repentance

The first step is identifying a sin, problem, or character flaw I want to change. I have many, but I only pick one or two to work on at a time; otherwise, I don't do well for several reasons.

Second, I write out what I want to change as clearly as possible, making it measurable so I know whether I am moving. I write it out as an absolute; otherwise, I will become content with a partial change.

When I fail, I confess it to the Lord with no justification or excuses; I own my failure 100%. I then recommit to conquer this problem and ask the Lord to give me His strength to do His will. As I notice positive progress in my behavior, I thank the Lord for making me increasingly more like Him.

If I can find books, sermons, or podcasts that revolve around the issue I am working on, I will work at learning as much as I can from others on how to con-

When I fail, I confess it to the Lord with no justification or excuses; I own my failure 100%. I then recommit to conquer this problem and ask the Lord to give me His strength to do His will.

quer this problem in my life. Also, if I know of people who have had success in the area I am working on, I will seek counsel from them

Accountability

Often, an area of my life that I am working on needs some accountability from others to succeed. The humility required to seek accountability or counsel from others is very pleasing to the Lord, and He will reward it with great strength.

A problem that I had in the past was getting angry at Patty. Anger is a problem that many people have that rarely gets better. I wrote, "I will never get angry at Patty, not even a little bit irritated, no matter what she has done and no matter how many times she has done it." I told her of my commitment and that every time I said, "I love you," I was remaking my promise to her.

Occasionally, I get irritated at her and say something hurtful, but I repent again, saying to myself, "I will only speak words that edify and build up, never words that are spoken from anger or irritation."

Change is slow and complex; the key is to keep diligently pursuing it, never get apathetic or lazy about repenting.

Dee Duke has been the senior pastor of Jefferson Baptist Church in Jefferson, Oregon for over 40 years. He is in

demand as a speaker for men's events. Read his excellent daily blog at deefduke.me.







BOB McDONALD

■ CONTINUED FROM PAGE 7

they offered me the job. He said, 'Be back here and be on the job August 1st, 1978. I said, 'No problem.'

But, there would be.

With a job commitment firmly in hand, McDonald flew back to Winnipeg. He submitted his resignation from his position as principal of the local high school. He also belonged to six local organizations, requiring him to give six farewell speeches. He and his wife put their house up for sale. Then, he

applied for work and travel visa's with immigration services to move to the United States for work. That was supposed to be the easy part. It wasn't.

He and his family hit a brick wall with immigration.

He was told that there was no way for him to get his visa applications for he and his family processed. In fact, he was told that there was a seven year waiting list before his applications would even make it to the top of the list to be considered for processing. Both Canada and the United States told

He protested in vain. He pointed to his job offer. He told the immigration officials, "I've quit my job. I've got a job waiting for me. I've sold my house." They said, 'Sorry.' Both countries said, 'There is simply no way.'

him the same thing.

Risky faith

In trying to answer the call to Christian education, McDonald found himself facing financial turmoil and homelessness, as well as personal embarrassment. Many people would have looked for an easy way out or crumbled. Instead, McDonald made another decision. He determined to put his faith into action. In spite of the opposition of the entrenched bureaucracies of both Canada and the United States, McDonald decided to proceed in faith.

McDonald says, "My faith walk, my whole life as a Christian, probably depends on the date of August 1, 1978. That very day is foundational to my whole life. Because I determined to go ahead. I didn't care what the government said. We're going to Seattle. God's thing is going to happen. I sold my house. I shipped all my furniture, everything I own, I shipped to Seattle on July

9th. We had no way to live where we were and we had no way to leave the country. It was just a total walk of

McDonald continued, "I was living at my in-laws farm with my wife, and two little girls. We had already given up our house. All we had were suitcases. There was nothing left in Canada that we owned. And we were all going nowhere. I walked down some abandoned railroad tracks and asked 'Lord, why?' What have I not done to show faith?" He thought about his income taxes, so he finished those. Still, they waited.

Looking bleak

By mid-July, things were looking bleak. However, McDonald and his family kept praying and believing that by faith, somehow, it would work out.

One day in mid-July, one of McDonald's English teachers asked him, "So how's your immigration

"I told her, 'Dead in the water," McDonald said, "I told her 'We've shipped everything. We're living on the farm, but we're moving forward in faith." She told him, "Well, there's a new American Consul General in town and my husband is having lunch with him next week. I'll talk to him."

Soon after, the teacher's husband called McDonald. He had made arrangements for Bob to see the new American Consul General.

"I went and saw him instantly," said McDonald. "He gave me papers to fill out. He said, 'Take this medical clearance, take this and get your RCMP (Royal Canadian Mounted Police) clearance. Come back when you're done.' It took us ten days to get all that paperwork completed. When I turned it in, I asked if he would be calling me when all the paperwork was reviewed. They said, 'No, he doesn't call. You'll get a letter.'

'Well, about the 24th or 25th of July, my wife got a phone call. It was from the Counsel General's office. They told her, 'We have a visa for Mr. McDonald.' My wife said, 'Well, thank you very much. But, there's a Mrs. McDonald and two little girls aged six and eight.' They said, 'Oh,' kind of like they had forgot. So, they called back in four hours not days, weeks, or months four hours. They said, 'We have three more visas issued for you. Come in.' That was on July 25.

"So we went in on July



OLD McDONALD: On the day Bob was introduced to the Portland Adventist Elementary student body as the new principal, the staff all dressed up as different farm animals on Old McDonald's farm — from the childrens' song. So did Bob.

27th for more interviews, fingerprinting, other preparatory work for the visas. They told us to go to lunch and to come back in the afternoon. We came back

On that day, I was on the job at eight o'clock in the morning as the school board had requested six months previous.

at one o'clock and they said, 'Here you are, four visas. All clear. You have a visa to go into the United States. You have working permits, you have everything.' So we went home and picked up our suitcases and headed to the border. We cleared customs at the U.S. border at nine o'clock that night, July 27.

We arrived in Seattle, July 31st, at 12:30 noon. The next day was August 1st. On that day, I was on the job at eight o'clock in the morning as the school board had requested six months previously. And I said, 'Okay, Lord, I see your hand in all this. I'm a doubting Thomas. You took me right to the edge of the cliff, but you didn't let me go over. I was on the job August 1, as requested."

A new experience

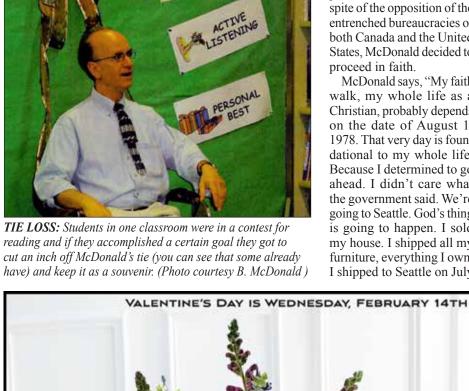
The first few years on the job, McDonald experienced a few times of frustration. He was tempted to wonder if he had done the right thing in making the move from public education to private education. However, recalling the miraculous way that

he and his family had been taken from Winnipeg to Seattle, when there seemed to be no humanly way possible for it to happen, helped him to persevere through the initial growing pains of his new position.

McDonald said, "For 35 years, I worked in [Christian Education]. And I didn't leave. Because August 1st, 1978 is foundational for me to confirm my faith, and, really, to confirm my life.'

After serving 12 years in the Canadian public school system, McDonald served for another 35 years in private school. He was in Seattle for 12 years, from 1978 to 1989, and then moved to Portland, where he spend the last 24 years as principal of Portland Adventist Elementary School on 182nd near SE Powell, across from Centennial High School. Even though he had opportunities to "move up" in administration, he stayed as a principal of the school. "I served as principal of that school for 24 years. The reason I stayed 24 years is because I loved it. I was satisfied. There was a very exciting program going on there all the time. And it maintained my interest right up until retirement."

Nancy Stinson worked with McDonald for 25 years and said of his character and listening skills, "Bob is probably the most constant, dependable and loyal person. Not only as a supervisor, my principal, but just as a friend. You can go to him at any time. He's a very good listener. I mean, you can sit there and you could tell him all of your work problems, but you could also tell him





■ CONTINUED ON PAGE 3 I

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HOODVIEW NEWS COVER STORY

BOB McDONALD

■ CONTINUED FROM PAGE 30

your personal problems, and he always had great advice to give and, wisdom, and he always took time to listen. He's just a great man.

Influenced thousands

In 2013, McDonald retired from his position as principal. In the course of 47 years of service in education, the boy who began in a violent, alcoholic home became a man who, both directly and indirectly, influenced the lives of thousands of children and helped give them the opportunity for the kind of positive start that he didn't have. One of his favorite sayings is, "It's easier to raise a child right than it is to repair an adult." He has lived his life dedicated to raising children right.

Brad Hunter has known Bob for over 35 years. He said, "Bob was always consistent, calm and patient. One of the things he taught me that I still practice is to, 'Take the time overnight to make an important decision. Everything will be calmer in a new day.' When I became a principal, Bob was there for the many questions I had and to encourage me through the tough times. We prayed together, counseled

together and his door was always open. It still is today. I respect and love the man,' said Hunter.

Another friend, Anthony Neely, said, "Bob has a heart for helping individuals discover and develop their own innate talents. As a decades -long educator, he believes in the power of education and its ability to open a world of marvelous possibilities for children. Bob McDonald is my mentor, colleague and friend, and my life is far richer having him a part of it."

Community involved

In 2002, while he was still principal of Portland Adventist Elementary, McDonald joined the Gresham Area Chamber of Commerce. The Gresham Chamber is an influential organization in the Gresham community.

Carol Nielsen was the chamber CEO at the time McDonald joined. She said, "Bob... has possibly become one of the most active members the Chamber has had. Bob has one of the most happy personalities, with the biggest smile I have experienced. Still today, perhaps about 20 years later, Bob is still extremely active in all that is Gresham. I see him at all community activities in and out of the Chamber. Certainly one of my special friends always."

During the time he was principal, the school annually hosted a Friday Chamber "AM." Early on, he also joined the Chamber "Ambassadors," a group within the Chamber that serves the other members and does outreach into the community. McDonald also ended up playing other pivotal rolls for the Chamber. He served as the Chamber Board President in 2010. On two different occasions when the Chamber was between CEOs, he stepped in to serve as interim CEO for six months until a suitable replacement was found. He also served for a time as interim CEO for the West Columbia Gorge Chamber of Commerce. McDonald became a "go-to" when local chambers of commerce needed someone to step in to take the reins temporarily.

Former Gresham Chamber CEO Lynn Snodgrass worked closely with McDonald. "Bob has always been a champion for the Chamber. He used his management skills and compassion to help the chamber membership ride the wave during that difficult time. Bob has always been the right person at the



Bob serving punch at a Gresham Area Chamber of Commerce event at Portland Adventist Elementary. He has been deeply involved with the Chamber, including interim stints as CEO, since 2002. (Photo courtesy Bob McDonald)

right time."

McDonald is still an Adventist, but he considers himself more "open" on matters of faith. "For me, it's what is fundamental for Christianity. I consider myself very open regarding the faith of others. I don't care what [denomination] anybody belongs to. I take you at face value. We're brothers and sisters in Christ," said McDonald.

Today, McDonald is still an active member of the Gresham Chamber Ambassadors and serves on the board of the Gresham Center for the Arts Foundation. He consistently attends the Friday AM meetings of the Chamber where his warmth and wisdom are welcomed by the members.

Coming out alive

When he had become a successful adult, one of his aunts confided in him that when he was a boy, members of the family had feared for

his life. "I didn't think you would ever come out of your home alive," she told him. McDonald not only lived, but through determination and grit, he overcame his terrible childhood and has become a blessing to others.

However, McDonald remains humble about who he is. "I'm a little boy who came from violence and alcoholism to who I am today, which is just a retired school principal," says McDonald. HVN









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