

# BETHANY

The Social Magazine for Residents  
of Claremont Golf Course, Oak Hills  
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# Living

August 2017



*meet the  
**Karam Family!***

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*This month's issue is  
all about good food!*

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# Enjoy Your Summer!

**Hello, Bethany Living readers!**

Can you believe it is August already? What have you been up to this summer? We would love to feature some of your travel photos and favorite memories from this summer so far. Last month, my husband and I went skydiving at SkyDive Oregon in Molalla; it's always been something we wanted to do, so in celebration of our seven-year anniversary, we took the jump!

You may have noticed the *Bethany Living* team is growing, but we can always use more help. How can you help? Well, this magazine is all about you, your family, work, hobbies, and interests. If you are passionate about something, have you considered writing for the magazine about that topic on an ongoing basis? Call Sabrina at 503-580-3343, and I will give you all the details.

As always, this magazine would not be possible without the hard-working business sponsors that support it monthly. If you are a

business owner who would like to support your local publication and get some great exposure, give me a call! All Bethany resident-owned businesses receive a discount off their monthly ad. OR maybe you have great experience working with a roofer, plumber, house cleaner, landscaper or others; if you refer me a business, and they end up partnering with the magazine, I will send you a \$100 Visa gift card!

Thank you for your continued support! Together, we are making a difference in this community!

**Cheers,**  
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The *Bethany Living* magazine is a monthly publication that is all about the people who live here! Families, pets, business owners, homes, yards and more! We love supporting causes that you are passionate about. If you would like us to do a story on a non-profit or a group you belong to, please contact Sabrina or Allison!

If you are interested in writing or taking photos for the *Bethany Living* magazine, contact Sabrina at 503-580-3343, **Sabrina.Medkov@n2pub.com** for more information! Or email Allison, Content Coordinator at **amsodha@gmail.com**.

save the date

# Lunch Review at NICOLETTA'S CAFE NW Portland's Latest Hidden Gem Restuarant!



You are invited to review Nicoletta's Caffé - NW Portland's newest "hidden gem" of a restaurant. Located inside the **Oregon College of Art and Craft** at 8245 SW Barnes Rd, Portland OR 97225

**WHEN: SATURDAY, AUGUST 19th at 11:30 a.m.**  
RSVP required. This event will fill up fast; email Sabrina at **Sabrina.medkov@n2pub.com**. Lunch

buffet, wine, drinks all included. Come to socialize with your neighbors and experience delicious complimentary food you won't forget!

Hosted by the *Bethany Living* magazine. Guests are asked to RSVP, and be prepared to fill out a review at the end of the event!



## meet your neighbors

Submitted by Bethany Residents  
Gennifer and Claude Karam



# The KARAM family

## Of Trazza Fine Lebanese Food

Trazza Fine Lebanese Food, formerly known as “Great Cedar”, was established in 2011 by a full time airline pilot. Claude Karam flew for a local airline for 15 years, but as time passed, the demands of the job became a hindrance to his dedication to his family life as well as his own personal dreams. Claude began carefully discerning an alternate career that wouldn’t include frequent travel – alleviating strain on his family life – yet a career he could have a passion for, as he did for flying.

He recalls that late one night, on the way home from the airport following a four-day trip, he stopped at a traffic light near a local grocery store which also featured a well-known coffee shop inside. This sparked an idea in him; an idea of producing and serving authentic Lebanese food in local retail stores, just as this coffee shop was doing in this grocery store. The wholesome Lebanese foods his family served over the years were nutritious



by nature, yet also quite time consuming for the average person to make from scratch in their own kitchen. The store bought brands he sampled didn’t reflect the memory he had of the Lebanese foods he had grown to love. In addition, he was desiring to create a more clean food product without preservatives. Making fresh Lebanese food readily available to the local shopper was a need he became eager to fulfill.

His first efforts began with pursuing Fred Meyer and New Seasons Market. The initial response was favorable; but not



necessarily towards food prep taking place in store; but rather, to bring his food already made, prepackaged, and ready to eat, to a store for retailing. And so, Claude tweaked his idea and took the first step. On his days off at home, Claude, his wife Gennifer, and their son, Joseph, began experimenting with recipes in their kitchen (and having fun in the process).

Once Claude realized their food would need to be packaged, he thought to manufacture it from their home kitchen. Then a packaging supplier told him about a great commercial kitchen downtown known as “KitchenCru.” This seemed like a more practical solution, and so his small team began producing their original products from KitchenCru: Mihshi (stuffed grape leaves), original hummus, baba ghanouj, tabouleh, and baklava. KitchenCru, in many ways, was Claude’s “culinary school.” There, he learned the basics about food prep, cooking, kitchen terminology, and kitchen equipment while being exposed to great local chefs whose passion was food innovation. At this point, he took a long-term leave of absence from his flying career, and began presenting the food they made at KitchenCru to interested buyers such as Bales Marketplace Cedar Mill and Whole Foods Market.

It was November of 2011 when Bales invited them to showcase their food at an annual Food & Wine Event. The public response was very positive and encouraging. It was this event which opened the door for Bales to become the family’s first retail store in January of 2012. During this time, Claude’s efforts were focused on building a strong team as well as more clientele. He began adding



more potential products, including falafel, garlic tahini sauce, and tzatziki sauce, as they served some other local stores: Chucks Produce in Vancouver and Sheridan Fruit Company. By the summer of 2012, they began to serve their first national customer locally: Whole Foods Market. These first stores taught him much about the packaging and labeling of their products

...



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– what works and what doesn’t. It was a steep learning curve, but the process was both stimulating and fun.

When Claude did in store demos for his products, customers would often ask him about making flavored hummus. To him (and his deep rooted Lebanese pride) adding anything to his hummus felt like an insult; not to mention the fact that flavored hummus is not exactly something you would find anywhere in Lebanon. It was a thought which just seemed contrary to his vision of keeping his products traditionally authentic. After consistent requests from customers, however, Claude reasoned that if they were asking for flavored hummus, he wanted to fulfill their request. With this, came the introduction of spinach-artichoke, sun-dried tomato-basil, cilantro jalapeno, Kalamata olive, and pomegranate-mint flavored hummus.

Not long after, a veggie mezza combo was added to their product line called “the Lebanese Lunch Box,” which includes a sampling of mihshi, original hummus, falafel, and tabouleh. Also introduced, was a gluten-free version of their tabbouleh – substituting wholesome quinoa for bulgur wheat. In 2013, a year after Claude first approached Zupan’s, the local store began selling their products. Then, after nearly two years from his initial approach, Fred Meyer accepted his offer and began selling their products. In September of 2014, pita and carrot hummus snack cups were added to their product list and received a favorable response as they proudly began serving New Seasons Market. Since then, they have also added Natural Grocers and Vitamin Cottage to their list of retail stores. In 2015, while keeping their commitment to quality ingredients, they decided to change their business name to “Trazza” Fine Lebanese Food, to avoid confusion with other food products in the northwest carrying similar names. Their logo, the ever green and resilient Cedar of Lebanon, remains the same.

Currently, Trazza Fine Lebanese Food continues to grow, while manufacturing its food from a new 7300 square foot facility in Tualatin. Trazza serves over 100 stores and businesses in Portland, Vancouver, and Salem. They look forward to a bright future of serving wholesome and delicious Lebanese food to retailers and local businesses, as they respond to the needs of their customers. In the meantime, Claude enjoys being with his family more, and he’s found that he can be passionate about something other than flying. Pardon the pun, but for now, this pilot has landed.

Trazza is currently 18 amazing team members strong, and hiring! Their ever-growing line includes falafel, tabbouleh, stuffed grape leaves (mihshi), baba ghanouj, baklava, spanakopita, lentils and rice with caramelized onion (mjadra), garlic sauce (Toum), tzatziki sauce, garlic tahini sauce, pita chips, and 12 flavors of hummus. Products may be purchased at local grocery stores such as QFC Bethany, Bales and Market of Choice Cedar Mill stores, Whole Foods Tanasbourne, New Seasons Orenco Station and Cedar Hills stores, and many other businesses throughout

Portland, Vancouver, and Salem. Their website [www.trazzaff.com](http://www.trazzaff.com) has a complete list of stores, and offers the opportunity for pre-ordering/pick up of grab and go items as well as party-platters directly from their Tualatin facility.

For the Karam’s, success is a matter of one day at a time. They posted a prayer to the wall of their facility which their priest and pastor used during a blessing. Claude and Gennifer try to pray it each time they come to work and find that it encourages them to persevere and celebrate successes, no matter how small. They attribute their growth to God’s blessings upon their endeavors and secondarily to an incredible amount of hard work and sacrifice from each of their team members. “Team work makes the dream work,” Gennifer shares.

In welcoming a new team member on board, they look not only at how the potential team member can be an asset to Trazza, but how Trazza may be an asset to them on their path to reaching their dreams. Claude aims for his business to make an impact on the people he encounters, whether it be their suppliers, those whom they deliver their food to, or their own team members. Their business’s three core values are: A Spirit of Integrity, A Positive and Outgoing Attitude, and A Servant Heart. “We can train for skills, but hire for those three core values.”

Claude was born in Beirut, Lebanon and came to Portland in 1987. Gennifer was born of Lebanese immigrant parents and raised in Cleveland, Ohio. She has lived in Portland since 2001. Their son, Joseph, is now 14 years old – coincidentally, the same age his dad was when he came to the United States. Their large extended family attends Mass regularly at Saint Sharbel Maronite Catholic Church in southeast Portland, and gets together to celebrate holidays and other special occasions often. Joseph is educated at home through Kolbe Academy Homeschool. He is actively involved in their church youth group, is a packager for their family business during the summer, and enjoys working out as a 2nd degree black belt at Bethany Us World Class Taekwondo School. He plays the piano, competing yearly in Cedar Mill Junior Festival, and teaches his younger cousin piano lessons. He enjoys history, video gaming, and playing basketball with his Bethany neighbors on a sunny day.

The Karams have persevered through serious illness and share how God pulled them through and assists them to keep on fighting. In 2003, hidden and virtually undetectable – yet growing rather aggressively during her pregnancy – Gennifer was diagnosed, on the same day their son Joseph was born, with stage 4 Non-Hodgkin’s Lymphoma. Later that year, a rather bleak situation turned dire when complications during her blood stem cell transplant nearly took Gennifer’s life. Reflecting on how much their extended family prayed for them, they look to this time in the life of their family as a moment when they saw very clearly how God can take a horrible thing such as cancer, and use it for an ultimately good purpose. Gennifer shares that it has deepened their faith, increased their hope, and awakened a strong sense

of gratitude to an all knowing, merciful Father. After surviving the transplant, Gennifer lived cancer-free for twelve years before doctors again detected traces of cancer, this time in her thyroid gland. Surgery, radiation, and a host of prayerful support from family and friends helped their family through this second very hard trial. Gennifer enjoys good health today – believing that, “all things happen for a purpose and although trials such as cancer can be very difficult to undergo, if we walk in faith, we will never be fighting the battle alone!” They feel this experience has helped them keep perspective in their lives – especially when running a family business – to be constantly aware of what is most important in life.

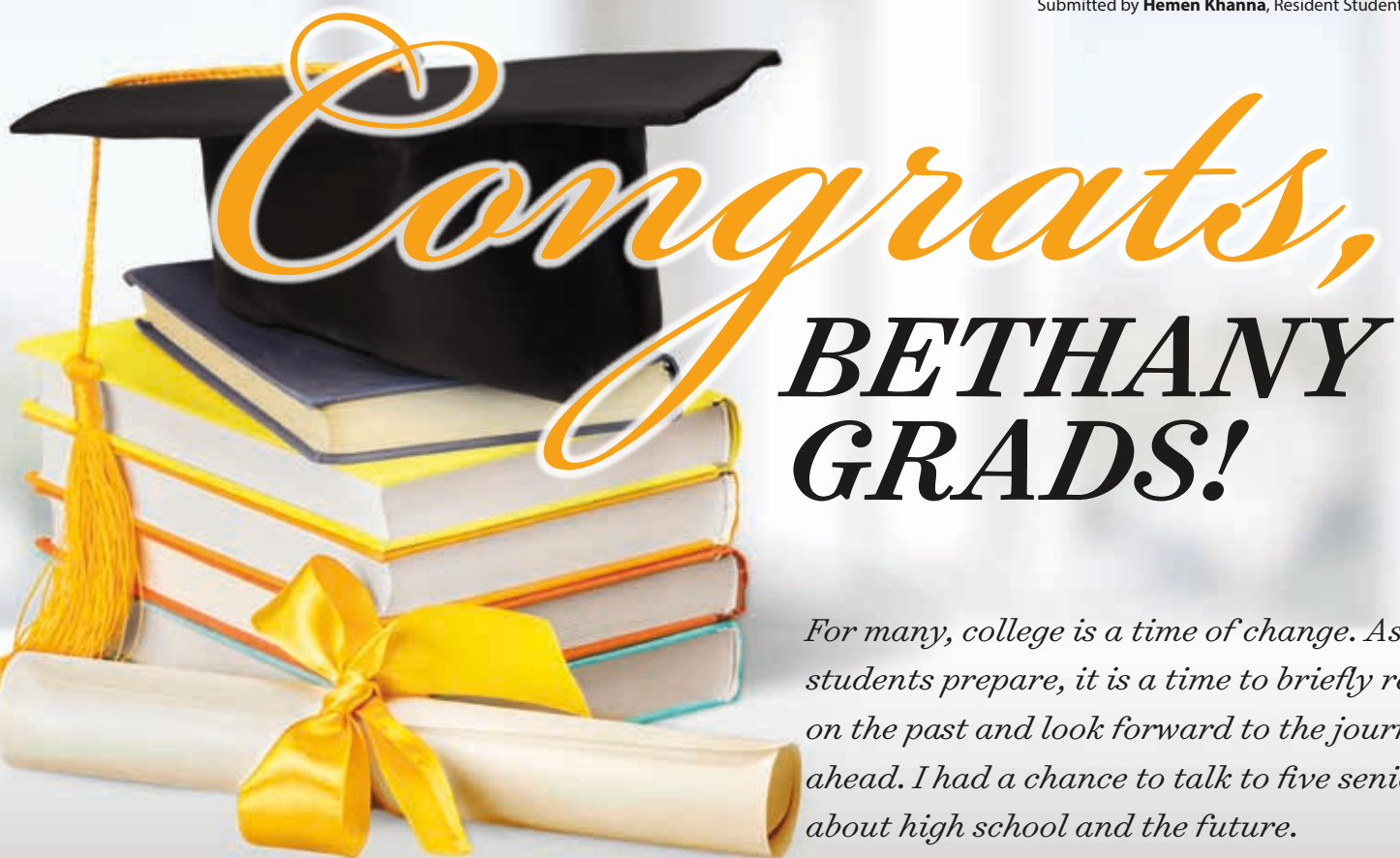
Since family was one of the biggest motivators for the venture into their chosen industry, the Karams enjoy family dinners together as a time to stop and be present to each other in a world that moves too quickly. After dinner is “family time” almost every evening, when they either watch a great movie or classic tv show they’ve agreed on, play a game, dance to some music, or get together with another family. Claude and Gennifer also host their church’s young adult group meetings periodically. Although somewhat tricky with owning their own business, the three of them love taking hiking trips when possible throughout the spring and summer, and spending a weekend at the beach every August. The winter months will find Joseph and Claude skiing on Mt. Hood at least once and the three of them playing Super Scrabble or Balderdash at Bethany Village Starbucks.

Claude is a member of the Tualatin Chamber of Commerce and Gennifer is a member of Holy Rosary Homeschool Support Group. They, along with a growing number of Oregon and Washington residents, also support a group of Maronite Monks beginning construction of a Catholic Monastery in Castlerock, Washington. See <http://www.maronitemonastery.com/>

The Karam family has lived in the Bethany area since Claude and Gennifer were married in 2001, and lived first in the Sir Charles Court Apartments and then in Arbor Ridge. They moved to Parc Bethany in 2004 and have lived there since then. Some reasons Claude and Gennifer love living in Bethany are the friendly and visually appealing community, and the fact that Bethany Village is a rather convenient shopping center, accessible to Bethany residents particularly when Portland gets hit with inclement weather, as it did this past winter. They share their hopes and plans for their business moving forward: “Trazza’s main goal is to thrive as a company, which can only be achieved through continuous development, improvement, and growth of each one of our team members. The Trazza team knows that you are only as good as the people on your team. Have faith, believe in your vision and mission, and never give up!”

**Claude and Gennifer Karam**  
Owners, Trazza Fine Lebanese Food  
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*For many, college is a time of change. As students prepare, it is a time to briefly reflect on the past and look forward to the journey ahead. I had a chance to talk to five seniors about high school and the future.*

### Justin Lu

"High school showed me what hard work really was. I loved that I had so many options and didn't ever feel limited in any way in regard to what classes to take, what clubs to join, etc. It also gave me the opportunity to explore a little bit to find what I want to do. I'll be going to OSU as a bioengineering major, but I'll be doing pre-med and a minor in some kind of music. I feel prepared and ecstatic for what lies ahead."



Justin Lu

### Raymond Jung

"High school gave me a chance to be a lot more involved in things like clubs and social events and build more connections with peers. I became less shy and more willing to engage in conversations with others and make friends. I'm going to be attending OSU Honors and majoring in computer engineering. My thoughts on college? I just hope I can succeed in all of my classes and keep my room nice and tidy. In addition, it's nerve-racking that I'm going back to square one with having to make new friends. I hope I can still keep in touch with everyone else I've met these past four years."



Raymond Jung

### Ty Wallace

"High school is not what many people claim it is. Quite frankly, it is one of the most boring and stress-creating aspects of modern teenage life. But high school does have many saving graces, and one is something that does not come easily; high school doesn't necessarily give knowledge but rather provides a place for teenagers to learn how to live life. And while many of the people I have talked to have called the institution something "amazing" or "something I fondly look back on," I wouldn't say that I will. But, with that, high school has given me many a lesson in dealing with life. And if anything, high school has successfully taught me one thing, Wisdom cannot be granted, it must be earned."



Ty Wallace

\*Note: Ty will be attending Northern Arizona University in the fall

### Jordan Roche

Admittedly, I wasn't one who participated heavily in extracurricular activities or got involved much in high school. I did, however, make it a point of mine to expand my horizons when opportunities presented themselves. Working hard in class was simply my status quo, and I reached for the various goals that I had set for myself, whether required or not. I grew up a lot in my four years at Westview and left its halls far more mature than when I entered them. My interests changed multiple times, but I managed to stick to art and business, earning a career pathway in visual arts. This fall, I'll be attending Portland State University, and I am currently planning on studying political science and criminal justice. I am excited for the new experiences that college will bring, living in downtown Portland."



Jordan Roche

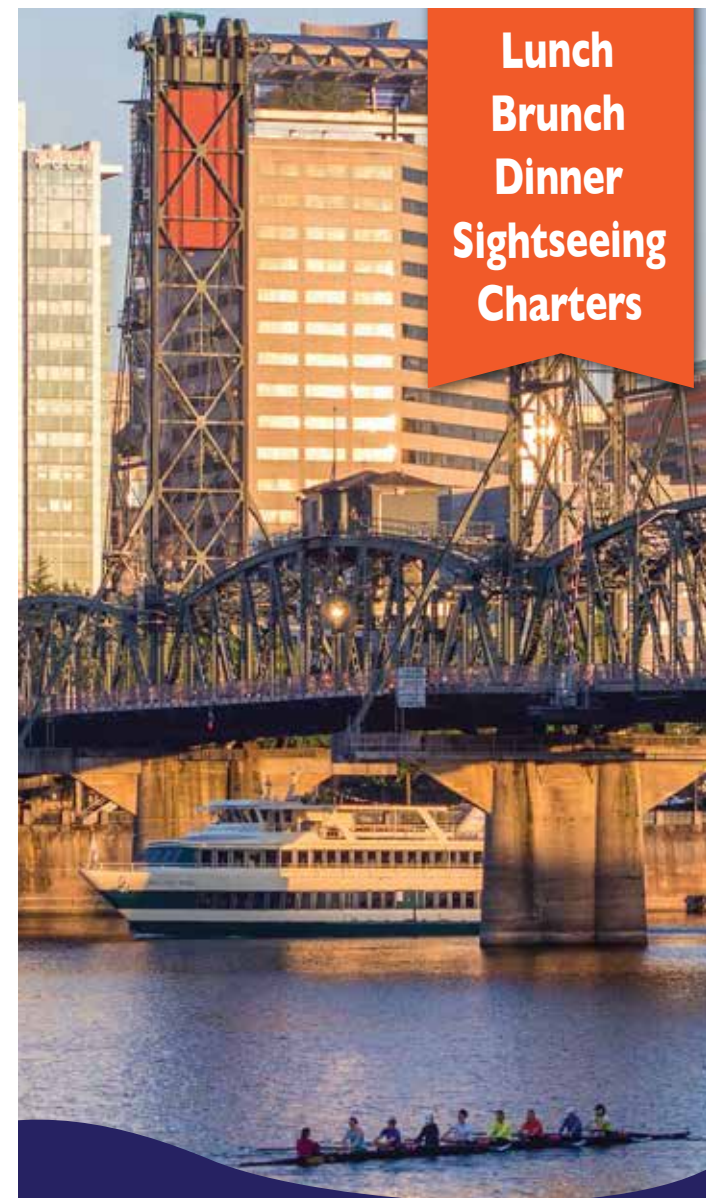
### Kunal Bhattacharjee

"High school was definitely a challenge, but it was necessary because taking the challenge helped me grow better as a person. I think high school is the time to make mistakes and start exploring because those mistakes become costly in college. I'm going to attend the University of Wisconsin-Madison to study business, and as of now it's definitely intimidating. Being out of state and a completely different part of the county will take some getting used to, but I'm excited for the new people who I'll meet, new perspectives I'll gain, and more opportunities for growth."



Kunal Bhattacharjee

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# Meet Dr. Nick Hengen Fox

Dr. Nick Hengen Fox is a humanities professor at Portland Community College.

### When did you decide to become a teacher, and why did you choose this field?

I always loved to read and loved to talk about what I read, so by the time I was starting college, I had an idea that this would be a great job for me. I've been fortunate to be able to do it.

### What is your educational background? Where did you start your teaching career?

All of my degrees are in literature--I have a BA (University of Minnesota), MA (University of Virginia), and a Ph.D. (University of Minnesota, again). I've taught at a number of colleges and universities--for the last six years at PCC-Rock Creek.

### What are some of your favorite subjects to teach?

Writing, literature, and social justice courses at PCC. Some of my favorite classes are "American Working Class Literature"; "Literature of Social Protest"; and "Introduction to Literature: Fiction" as well as the capstone course for our Social Justice Focus Award: "Social Justice: Theory & Practice."

### Did you have a favorite teacher growing up? If so, what was it about their teaching style that you liked?

I loved when teachers treated me with respect--especially in high school. I had a few--thanks, Mr. Schulz and Mrs. Batchelder!--who treated me like a co-learner and helped me chart my own course. I try to do the same in my classes.

### What personal strengths do you find especially helpful in your teaching?

I try really hard to listen and meet students where they are, which I also try to do with everyone in my life.

### What is your philosophy of education?

The college classroom is one of the few spaces in our world



## teacher of the month

Submitted by Resident Contributor  
**Jessica Swartz Amezcua**

where people can get together with strangers and talk through complicated and difficult questions. It's a place where you are free to question or challenge what others say--and what you think you think. I try to nurture that space in all of my classes. If you're curious, I talk a lot more about this in my book (coming out this fall): Reading as Collective Action: Texts as Tactics.

### What do you believe is the greatest challenge facing students today?

The weight of student debt and the need to get a job (to pay off student debt) put huge pressures on many students' abilities to learn. They also push many students to avoid humanities classes in favor of "more useful" classes. But humanities classes teach the most important skills of all: Critical thinking.

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## Swamere at Bethany

We had approximately 100 folks between residents and guests attend. The weather was unbelievably hot, but they really enjoyed the music and seeing the classic cars and talking with the owners. We had an old fashioned BBQ, and the food was great and enjoyed by all, especially when it came to strawberry shortcake and root beer floats!



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3



#### Clear the way

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#### Let's talk

I'm here to answer any questions you may have, whether you're looking for a home, interested in refinancing or considering a home equity line of credit.



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# Meet Claremont Resident Gordy Grochau

Submitted by Claremont  
Resident Writer **Victor Sharpe**

Readers of the *Bethany Living* magazine will have seen the photographs taken by resident photographer Gordy Grochau, which over a period of several years have graced many of the articles and features appearing in the pages of our monthly neighborhood magazine.

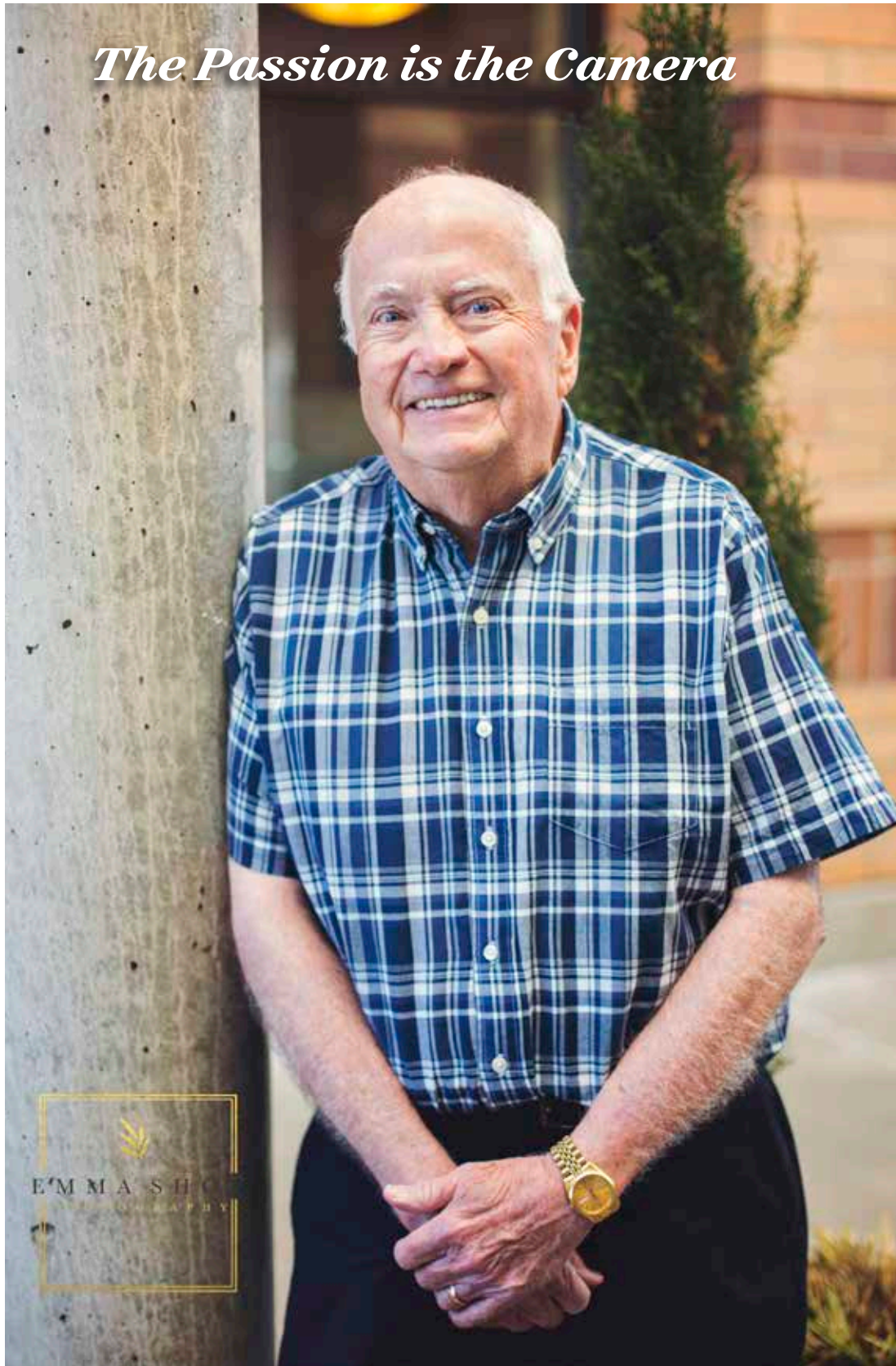
Working for a succession of telecommunication companies based in California, Nevada, Texas, and here in Oregon allowed Gordy the opportunity to travel through regions of outstanding natural beauty and scenic wonders. It was, therefore, serendipitous that Gordy always journeyed with a camera at his side, as he viewed through the camera lens mountains, lakes, ships, clusters of grapes ripening on the vine or mother ducks leading a family of ducklings.

I visited Gordy and his wife, Marlene, in their delightful home in the Claremont neighborhood and asked Gordy what first inspired him to begin such a passion for the camera.

“I grew up in Minnesota,” he replied, “and, when I was ten years old, I was given a camera. I remember it was a Kodak Duroflex twin lens, and that began my lifelong love of cameras and the wonderful opportunity it gave me of shooting so many pictures and amazing scenes and subjects.”

“Didn’t you once tell me that you bought your first SLR, a Pentax, shortly after you were married,” I asked Gordy, “and that since then you have continually upgraded it as technology improved?”

## *The Passion is the Camera*



Gordy then told me of another interesting situation at an Elvis concert in Las Vegas. “To cut a long story short,” he said, “I was not supposed to take pictures of Elvis, but I began to, even though I had to rely on the available dim light. I had shot most of a roll of black and white film and turned in time to notice one of Elvis’ bodyguards on the side of the stage watching me.”

“What happened next?” I asked.

“Well, I quickly pulled the film from the camera, put another roll in, and passed the old one to a friend sitting next to me. Just then, here comes the bodyguard between the tables behind us. I thought to myself, ‘Oh, oh, I’m busted,’ but actually he was not after me but after a girl who was crawling between the tables trying to get to the stage and Elvis.”

Changing the subject, I asked if the advent of digital photography had significantly changed Gordy’s manner of shooting, particularly of various objects and scenes. “The huge advantage of digital photography,” he replied, “is how it allows you to shoot a scene or an object many times from different perspectives since you don’t have to worry if you have enough film. Anyway, I hated having to carry all that film with me in the past.

“Today, I use a Nikon D600 DSLR (Digital Lens Reflex) with A 28-105MM Macro lens and a 28-300mm Tele-zoom as my main camera. In addition,” he said, “I have a Nikon Coolpix 20 MPX pocket camera and still retain a Canon 35mm SLR (Single Lens Reflex) with a few lenses.”

That sounded impressive but a bit technical for me, so my next question was how his wife, Marlene, and the family indulged his passion for photography. Again, Gordy smiled and said rather ruefully, “My having this passion for the camera has been a bit of a pain for Marlene and our kids, Cheryl, Michael, and John. What with me always wanting to pull over and take their photos here, there, and everywhere! But you know, there is one truly unique photo of them standing in a pasture north of Battle Ground, WA with Mount St. Helens in full eruption behind them.”

“Oh, and there’s one other time I must tell you about. As you now know, I usually carry a camera with me. One time, on my first business trip for a telecommunications company to Fairbanks, Alaska, I was opening my briefcase in front of an engineer, and he saw my camera. He commented on it, and when I told him I always carry my 35mm camera with me, he replied, ‘Well, up here, we always carry a .357 magnum due to the likelihood of running into a bear, a wolf or whatever!’”

Photography and the camera have always been Gordy’s passion, matched by his love of living in Claremont. No doubt, it has kept him young at heart. As he said to me as I was leaving his home: “My maxim is this: Live your life and forget your age.”





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around town

Submitted by Allison Sodha, Content Coordinator

# Baba's Mediterranean Grill

Ramy Armans is the owner of Baba's Mediterranean Grill in Bethany Village.



**How did you get your start in the restaurant industry?**  
When I moved here from Egypt, I started working retail. Even though I found great success in retail and was able to work my way up quickly to management, I soon realized it wasn't my passion. While working retail, all I did in my spare time was cook. I would invite all my friends and family over on weekends after work, and I would just start cooking. Soon, I realized that this was what I loved to do. With my friends' and family's support, I opened my first food cart in 2013. By the end of that year, I had three trucks. The rest is history.

**What was the inspiration for Baba's Mediterranean Grill?**  
When I started the food truck, all I wanted was to offer simple yet authentic Mediterranean fare. I noticed that all the gyros shops in Portland used compressed-style meats. I wanted to make it the way I grew up eating it back home: 100% meat and no fillers. I just wanted to share parts of my childhood with the world, and the response was amazing. People realized the difference and appreciated authenticity.

**I understand you were raised by Egyptian and Italian parents. What was your comfort food growing up in Egypt?**  
I have to say shawarma all the way. Nothing was like a freshly baked pita filled with some juicy lamb meat :).

**Why did you select the Bethany location?**  
Bethany always treated us when we came out with our food truck for the summer festivals. Then, the opportunity came along, and I couldn't pass it. Proud to say this is where the dream started.

**What is your favorite dish?**  
I have to say the lamb and beef shawarma; I always get the lettuce, baba's salad, and pickled red onions (my favorite) and top it with tzatziki and chipotle tahini.

**What is your secret to keeping hungry customers returning to Baba's?**  
Honestly, just keeping it simple and fresh. We have people who come 3 to 5 times a week. We make everything from scratch here. Sauces, pitas, hummus, etc. The statement that never gets old is, "We love it here; it's always fresh and healthy." It always puts a smile on my face.





# meet *Chuck Jones* & Associates



business beat

*This month we caught up with Chuck Jones, Founder of Chuck Jones and Associates, to get the inside scoop on his journey of becoming a financial life planner for nearly 40 years and counting! He shared his journey of how he got to where he is today and how being in the business has lead him to educating others well when it comes to providing second opinions on investments, getting prepared for retirement and much more. After hearing about all of his experiences and knowledge in his industry, we knew it was worth taking note of to share! So, have a read to learn more about this great business right here in our community.*

**Q: Where did you grow up?**

A: I grew up in Haddonfield, New Jersey near Philadelphia and graduated from Haddonfield Memorial High School. After high school, I went directly to Bucknell University in Lewisburg, Pennsylvania and earned my finance degree and minor in journalism. After college, I spent six months on active duty in the army followed by six years in the National Guard Reserve.

**Q: What specific services do you offer?**

A: I offer risk management services, estate planning, tax planning, retirement planning, educational planning and pre-marital planning. Financial life planning involves everything from taxes and estate planning to where to get the money for the down payment on the new car to having adequate emergency reserves, so I take care of it all!

**Q: How did you choose to develop your own business?**

A: The first year was the critical learning year and it was important that I was with a company that could assist me in training. After two years, I realized that I had a desire to start my own financial planning practice and have been doing financial life planning for folks ever since.

**Q: Tell us about the careers that you've had and what brought you to the finance industry.**

A: I was in the medical field directly out of college, including establishing my own company in the kidney dialysis field. When I took my company public in 1969, it was a very successful underwriting. I was offered a job in Texas and Chicago and decided I didn't want to live in either states, so I decided to change careers in 1980 and began studying for my CFP and all the licensing required to be in this business.

**Q: What advice do you have for someone going into this industry?**

A: Don't go into an industry that you don't have any experience in.

**Q: What inspired you to write your book titled *Better Financial Life Planning*?**

A: I quickly realized that I had seen a lot of disasters and mistakes that individuals have made in their financial life- especially crucial findings were errors on where to invest and how to invest their savings, many of which are mentioned in the book. I found that many folks seek medical second opinions and realized that a lot of them could benefit from investment second opinions. For that reason, I began a new venture called InvestingSecondOpinion.com. I feel honored that with my years of experience I have not only been able to assist people, but in many instances save them from a lot of grief. *Better Financial Planning* covers many of these and would be a help to anyone just reading it.

**Q: Tell us about your family.**

A: I have three sons- Michael, Carl and Phillip. They live in Bremerton, Sacramento, and Malibu. I also have one step-son and four grandchildren. Michael, my youngest, has his own venture capital firm and has done very well. Carl has a Ph.D. with Monsanto, and Phillip is in the printing business up in Seattle. We go down in Malibu a couple times a year and we all meet in February for our ski trip. They also come down frequently to visit, and Michael is taking us to Scotland and Iceland for eight days this summer.

*For more information on Chuck Jones and Associates, please visit 7110 SW Fir Loop Suite 240, Portland, OR 97223 or call (503)-291-1313.*



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Dr. Greg Stanchfield

**About The Founder and Owner:**

I grew up in Minnesota and went to college at the University of Minnesota. While going to college, I wasn't sure what I wanted to do. I always loved animals and had the chance to go to Australia to work on a sheep and cattle ranch, where I decided I wanted to work with animals. I had a great experience there, and at that point, I was motivated to go vet school. After four years of vet school, I graduated in 1983 from the school of vet medicine – University of Minnesota. I started out thinking I would go into large animal care but realized that small animal care was more challenging for me. I gained experience working at Gladstone Veterinary Clinic, an emergency care clinic in Oregon, under my mentor Dr. Merry Crimi for 10 years before opening my own clinic. Dr. Crimi is the head of the American Animal Hospital Association, an organization that sets the standard of care, facility, and the requirements of our tools and technology. My mentorship through her was so good that we have chosen to be a part of the association, even though we don't have to. They come out and certify us every three years, which takes a lot of discipline.

In 1994, I moved to Oregon and worked for Dove Lewis. Shortly after I moved, my fiancé followed, and we



# Meet the Team at Cornell Center Animal Hospital Dr. Greg Stanchfield

got married a year later. Together, we have two children Jordan and Tristan, who is currently attending college at the University of Oregon.

**About the Business**

I opened the doors of Cornell Center Animal Hospital in November of 1996. We just celebrated our 20-year anniversary! When I started this practice, I wanted to have a very current practice with good technology. I felt the desire to bring high-quality animal health care services with a friendly, hometown feel. The goal was to go beyond the same old vet services and provide people and their cherished pets with something that was different. I wanted to make trips to the vet a positive experience for everyone. It is this very concept that drives everything we do at CCAH and the reason so many local pet parents trust us for the care and treatment of their beloved four-legged family members.

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serve. Getting to know you and your pet is something we place as our highest priority, knowing it is the best way to develop and implement the most personalized and effective health care plan to keep your companion happy and healthy throughout his or her life. Our patients – which include dogs, cats, and pocket pets, as well as the occasional bird and reptile – have access to a broad range of comprehensive medical, diagnostic, dental, and surgical services as well as up-to-date technology, modern equipment, and cutting-edge treatment options. We're a proud member of the American Animal Hospital Association (AAHA), a title we've held for over a decade. We feel that this designation demonstrates our unwavering commitment to excellence in everything we do.

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**your community**

Submitted by **Allison Sodha**,  
Content Coordinator

Corporal Danny  
DiPietro and **TUX**



When I first met Tux, a four-year-old Belgian Malinois with the Washington County Sheriff's K-9 Unit, he instinctively went and sniffed my purse. "There he goes. First, he has to check out your bag," said his partner, Corporal Danny DiPietro. The team is dually certified to support regular patrol searches and narcotics detection, and Tux is specifically trained to locate cocaine, heroin, and methamphetamine.

Police dogs are usually graded at 18 months, at which time x-rays can more accurately predict the longevity of knees, hips, and joints. A canine is more than a furry ride-along companion - from outfitting vehicles to weekly training sessions, they are an investment to the team. Once selected, it generally takes 3+ years for a dog to become proficient. The time of service varies and a handler almost always keeps the dog after retirement. It's an unbreakable bond.

I recently had a Q & A with Corporal DiPietro about his experience with Tux and the K-9 Unit.

**A: What interested you about the K-9 unit?**

**DD:** Ever since I was a child, I have always had dogs in my life and have loved their companionship. Once I got hired on with the Sheriff's Office in 2006, I was able to watch some of the current canine handlers and their partners. I quickly realized there was no better job than being a deputy sheriff and going to work every day with a canine partner. Not only did the companionship of a partner interest me but the intense training and dedication it took was a challenge I knew I wanted to attempt. For the past seven years I haven't regretted my decision one bit and frequently tell people I have the best job in the world.

**A: What are the steps for a dog to join the unit?**

**DD:** When selecting a dog we first do a preliminary test to judge the dog's temperament, hunt drive, toy drive, and aptitude; among

other characteristics to see if the dog will be a good prospect for the canine training. Once the dog is selected, the dog and handler go through a 10-week school (400 hours total) then must pass a certification test through the Oregon Police Canine Association in order to deploy on the road as a patrol canine team. On the narcotics side, the canine and handler must successfully pass a 4 to 5 week (160 to 200 hours) school as well as pass a certification test through the Oregon Police Canine Association and/or the Pacific Northwest Detection Dog Association.

After a canine team is certified, the canine team does weekly maintenance training. Tux and I, along with other handlers from Washington County Sheriff's Office and canine handlers in the local area, train every Wednesday for 10 hours on either patrol canine work or narcotic canine work. All of the certifications we initially receive are good for one year. Each year we must recertify in each discipline.

**A: What are the most rewarding and challenging elements of your role as a handler?**

**DD:** The most rewarding part about being a canine handler is locating a subject, evidence, or narcotics with Tux which would have never been located without him. For example, narcotics are hidden in locations where people would never think to look. Having Tux use his nose to locate an item which would not have been found without him is the best feeling. Watching him succeed is the best part of my day.

**A: Any humorous or noteworthy stories to share about your time together?**

**DD:** Not a day goes by in which Tux hasn't made me laugh in one way or another. Whether it's driving down the road and randomly getting a wet tongue in my ear from Tux, who is just saying hi, or watching his excitement go through the roof when it's time to work or train.



# The Importance of Skincare

Shauna Nixon-Russell graduated with honors in 2013 from The Aesthetics Institute in Portland. She was drawn to the beauty industry by a desire to help improve the self-esteem of others, and nothing gives her more fulfillment than a client leaving in a better mood and outlook than when they arrived. With a penchant for product chemistry, she enjoys educating clients about products as well as skincare in general. Here, she shares why skincare is often overlooked but incredibly important.

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### Let's break it down. Why is skincare really important?

Some people don't realize that the skin is an organ; in fact, it is the largest organ in the human body. Most adults' skin weighs 20 pounds or more. It is the first line of defense against bacteria and other contaminants. It is also crucial for temperature regulation and certain types of waste elimination. The health and radiance of the skin are often an accurate indicator of health as well as age.



How effectively the skin functions can be impacted by two types of factors.

Intrinsic factors include genetics, nutrition, stress, sleep cycle, and hormone imbalances. Extrinsic factors affect skin from the outside; sun exposure, pollution, and your skincare regimen are extremely impactful to the overall integrity of your skin.

### B Salon and Spa exclusively uses Yon-Ka skincare products.

#### Why this brand?

Yon-Ka is a French luxury skincare line. It is botanical based, with a heavy focus on phytotherapy and aromatherapy. It uses the power of plant extracts, marine extracts, and essential oils. It is a family-owned company. None of their products contain parabens, and they do not test on animals. I personally feel a lot of enthusiasm for this product line as an esthetician because they respect the overall integrity of the skin.

The brand includes some very powerful corrective products, but they put a lot of emphasis on nourishing and rebuilding the skin—creating a healthy environment for it to thrive. The foundation of the brand's products is a mixture of five essential oils in a formulation they call Quintessence. It is a combination of rosemary, cypress, lavender, thyme, and geranium. Originally formulated to treat burns, this powerful ingredient is in 80% of the products in the Yon-Ka line.

### What is the biggest difference you have seen in the skincare industry over the past decade?

The skincare industry has a long history of almost continuous advancement through science. I personally feel proud to be part of a field that places so much importance on furthering the reach of general skincare knowledge. In my anecdotal experience, the biggest and best change I have seen is a raising awareness about the importance of skin health. I am seeing a greater variety of clients coming to me for skincare services and advice. I am pleased to say that an industry focus on client education has led to a more knowledgeable public. More people now understand that a good skincare regimen and regular facials are valuable to all skin types, regardless of their specific concerns.



### What are the essential fundamentals for good skincare?

Good diet and adequate hydration are important, of course. As previously mentioned, the skin acts as a barometer of the body's general health. An at-home product regimen customized to an individual's skin type and areas of concern is essential for healthy, glowing skin. Choosing which

products to use can be complicated, due to the wide variety of skin types and conditions, and this is one of the places the advice of a professional esthetician can come in very handy. Receiving a facial service is an excellent way to have questions answered, learn about products that suit your needs, and receive various services that may be too intensive for consumer application.

A basic at-home regimen should include a cleanser, toner, moisturizer, and sunscreen. Specific skin goals can be reached with the use of serums, masks, exfoliators, eye, or lip treatments. Most professional facials include all of these things and more. The massage portion of a facial can tone and relax muscles, increase circulation, and aid in lymph drainage, in addition to feeling great. Depending on which facial service is best for you, it may include extractions or an acid peel as a stronger form of exfoliation.

### For the men out there: How can they specifically protect and nurture their skin?

I think a greater number of men are starting to realize the importance of their skin health, which is truly exciting to me. Just like all human beings, a regimen of cleanser, toner, moisturizer, and sunscreen is absolutely essential—as well as regular visits to an esthetician for professional services.

### What is your most recommended facial and why?

What type of facial treatment a person should receive is highly dependent on their individual skin goals and skin type. We generally recommend that a client new to facials or new to our facility and Yon-Ka products start with the Signature Deep Pore Cleansing Custom Facial. As the name implies, the protocol of this facial is highly customized and able to benefit all skin types and conditions. Often, the deep pore cleansing session can help with the effectiveness of a person's at-home products. After an in-depth consultation and analysis with the client during the Signature Deep Pore Cleansing Custom Facial, a technician can also make recommendations for future services.

*Shauna has a passion for learning and enjoys researching new advancements in the beauty industry. She is currently servicing clients at B Salon and Spa, located in Bethany Athletic Club. Please visit [www.bsalonandspa.com](http://www.bsalonandspa.com) for more information.*



# Fettuccine

## with Quick and Easy Pasta Sauce



### resident recipe

Submitted by Resident Writer  
**Marilyn Hartzog**

**M**ost great Italian cooks will tell you that pasta sauce must be prepared with fresh or vine-ripened tomatoes, garlic, onion, and a combination of fragrant herbs, such as oregano and basil, and other ingredients such as green pepper, mushrooms, olives. Whatever the combination, they will most likely tell you that the sauce must be simmered for hours. Regardless of the choice of ingredients that inspires you, just remember that simmering for hours will help marry all of the delicious combinations of flavors, but you can prepare a very good pasta sauce at the last minute, in a little more time than it takes to cook your pasta!

Growing up in a large family, my mom prepared some form of pasta dish at least once a week. She would opt for either lasagna, spaghetti and meat sauce or hearty balls, or a simple marinara sauce. And, of course the best mac and cheese ever! While it was easier to heat up a jar of store-bought sauce, she preferred to make the sauce from scratch. On occasion, she would go the traditional route and simmer the sauce for hours, with the aromas permeating throughout the house. More often than not, however, she would make a quick sauce, similar to the one proposed here. Working moms or busy retirees will find this a quick and easy way to prepare a great pasta sauce at a moment's notice.

The key to this quick sauce of course is a jar of good sauce. The hours-long simmering has already been done for you. I like the sauces I find at specialty or gourmet shops, or even at some local grocery stores. Several specialty stores carry some interesting jars of tomato-based pasta sauce made with vodka, basil, or simply plain marinara. Some of these sauces are great without any additions, or as my mother used to say, "they don't need to be doctored up." I prefer to add some of my favorite herbs and ingredients like green pepper, onions, shallots, and lots of garlic and fresh herbs from my garden. This recipe calls for ground beef, but you could opt to go meatless or add chicken, seafood, or Italian sausage.



### FETTUCCINI WITH QUICK AND EASY PASTA SAUCE

#### Ingredients

1 jar of pasta sauce  
1 lb of ground chuck  
3 tablespoons extra virgin olive oil  
1 medium onion – chopped  
1 medium green pepper – chopped  
1 medium shallot –chopped  
2 tablespoons fresh garlic – chopped  
Fresh herbs of choice – basil and/or oregano – chopped  
½ cup red wine (optional)  
Freshly grated Parmesan cheese, red pepper flakes to taste  
Salt and pepper to taste



#### Instructions

Cook the ground beef in a saucepan until done. Set aside. In the same pan, saute onions, green pepper, and shallots in the olive oil, about five minutes. Add garlic and herbs and saute two minutes. Be careful not to overcook or brown the garlic. Return the ground beef to the vegetable mixture. Add the pasta sauce and wine. Simmer for 15-20 minutes until thickened. Add salt and pepper to taste. Just be careful. Some jars of pasta sauce are already quite salty. And voila! You have a great sauce good for any day of the week, even for special guests! (Use the same sauce or add sauteed mushrooms and/or cooked Italian sausage to make a great sauce for lasagna).



Prepare the pasta according to the instructions on the package. Drain the pasta, and put it in a warmed large, shallow bowl. Add the sauce and toss gently. Serve immediately

Sprinkle with freshly grated Parmesan cheese and pepper flakes, if desired. Serve with a green salad and a good Chianti or Cabernet Sauvignon.

Marilyn Hartzog  
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# Discovering the Ancient Hebridean Isle of Iona

travel tales

Submitted by Anthony Antoville



Island life at the village

Celtic ancestry and cultural interest have long fascinated me and my wife Anne. Finally, in 2016, that fascination led us to a little island tucked within the Hebrides just off the western coast of Scotland known as Iona. For four centuries, the Isle of Iona was a center of Gaelic monasticism, yet its spiritual roots span back for thousands of years. Today, Iona is revered for its peaceful tranquility and natural surroundings.

We arrived in the West Isles in early September, after most of the summer tourists were gone. The rise of possible gales was threatening ferry crossings to many of the islands with potential disruptions to service, but there was no stopping us. The howling winds, cresting waves, and the cry of gulls urged us ever onward to Iona's shores.

Adding to our challenge, car access is not permitted for non-residents on the tiny island. Therefore, we packed up our luggage, secured our rental car in Fionnphort on the neighboring Isle of Mull, and hiked down the landing and walked onboard a small ferry that could hold all of eight autos and maybe 50 walk-on passengers for the mile-long crossing of the Sound of Iona.

*A ferry ride of only 10 minutes transported us across eons of time.*

As Scottish field geologist David Stephenson notes, "Many people feel the presence of a special cultural and spiritual atmosphere as they cross the Sound of Iona, but the sound



Fine dining with great ales!

also marks a fundamental geological boundary. Much of Iona consists of metamorphic rocks that formed over 2,500 million years ago from a wide variety of even older rocks, which were modified by heat and intense pressure deep in the Earth's crust."

That means that much of the little three-mile long and 1 1/2-mile wide island is of some of the oldest rock on the planet - granite of dark gray/green and layered with pink called Lewisian Gneiss - rock that is two billion years older than the rock composing Mull, just a mile away.

*Historical figures also are held within the soil.*

One of Iona's many amazing monuments is its Abbey named for St. Columba, who settled on this site in



North Wall of the Abbey Choir





The Abbey and Iona Sound

536 AD from Ireland with 12 companions. Recent research has determined that here is where the Book of Kells was actually created by a small team of highly skilled monks in the scriptorium around 800 AD.

Now an ecumenical church, the Abbey is the most elaborate and best-preserved ecclesiastical building surviving from the Middle Ages in the Western Isles of Scotland with great historical significance. And even though it is considered to be modest in scale in comparison to other medieval abbeys in Western Europe, it has a wealth of fine architectural detail from many periods in history.

While the Abbey is a major draw for tourists, Anne and I found the humble chapel to Saint Oran to hold a quiet sanctity for those individuals buried in the adjacent cemetery. The cemetery became a royal burial ground for Kings of Alba, most notably from the 9th to 11th centuries.

Of the recorded 48 Scottish, 8 Norwegian, and 4 Irish kings resting on Iona, one of its most famous is Mac Bethad mac Findlaich, better known as Macbeth. To be fair to this Scottish king, Wil-



A "wee" boat ride

liam Shakespeare's unflattering portrayal appears to have been due to the political sentiment of the day.

Ancient royal burial reaches even further back to the Bronze Age. At Dùn I or "the Hill of Iona" stands a burial cairn dating to 1000 BC. This tiny island holds so much majestic significance that Queen Elizabeth II considered it paramount to visit Iona, from among all other places within the vast British Empire, just six months after her royal coronation. For this island, pilgrimage has been a long running theme.

*Island life with its simplified beauty  
can be discovered on Iona.*

A short walk from the Argyll Hotel leads to The Nunnery that was built in 1207, a few years after the Benedictine Abbey was founded. Here, a group of gracefully arranged stone buildings is composed with beautiful pink-granite brought from Mull. We found these now roofless structures to resemble a maze of walled gardens with their stones gently worn by centuries of wind and rain.

Our small hotel overlooked St Ronan's Bay on the eastern side of the island, which is called Baile Mòr. It is known locally as "The Village," and it is here where most of the island's 130 permanent residents reside.

The two hotels on the island have restaurants supplied by their own gardens with many fresh vegetables and herbs. Remarkable seafood, beef, and lamb are sourced locally and from the nearby mainland. Finally, Scottish ales ranging from dark rich stouts to light sweet heathers are the perfect cap to any meal!

*Anthony Antoville and Anne Conrad-Antoville own  
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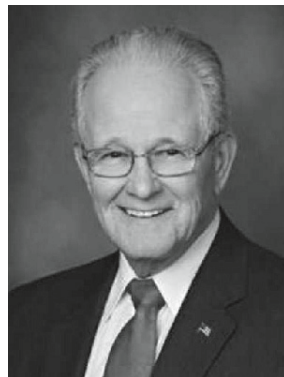
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