



# ANIMAL TALK

Winter 2008 • Vol. XXXIII, No. 4

P.O. Box 14956, Portland, OR 97293

## Tips for Pilling your Pet

Sometime in the life of your pet, you'll probably need to administer medicine by mouth. If you're dealing with a dog, especially a big one, you probably don't have to do more than put the meds in his food and watch him wolf it down.

But for cats, or small dogs, it can be more problematic. These crafty little critters will sometimes lick up every morsel of their meal, and leave the formerly-hidden pill, totally exposed and pushed neatly to the side.

Or you may have had this experience: You've been giving Mr. Cat his pill every morning, right on schedule – open his mouth, toss it in, wait a second to make sure it doesn't come back out, and off you go. Then next week when you look under the couch to vacuum, you're greeted with a tidy little pile of dampish white things. You count the little blobs, and the number matches the number of days you've been giving Mr. Cat his daily tablet. So you refill the prescription and get ready to start over.

To make it go more smoothly, think about the last time you swallowed a pill. You probably washed it down with a drink of something to move it quickly through your esophagus and into your stomach. And then think about how much smaller that opening is in your cat. If your pill gets stuck, you'll go for more water. You can offer water for your cat to lap up, but if she doesn't go for it, she runs the risk of painful irritation or ulcer if the pill remains stuck for too long.

To avoid this, we suggest syringing a small amount of liquid into the cat's mouth immediately after inserting the pill. You can use water, or another liquid if your cat has a favorite, such as tuna juice, broth, or CatSip. Use a small (1 cc) syringe, and have it filled, and ready, with the liquid warmed up to room temperature.

Then proceed as follows:

Arrange a spot where you can put the cat on a solid surface and back him into the crook of your elbow. With that hand hold him over the top of his head by the cheeks and point his nose up into the air. His mouth will open a little. Use the fingers of your other hand to pull down his lower jaw and put the pill as far back as possible on the tongue. You may choose to use a pill gun for this step. Place the pill in the rubber tip of the pill gun, and place it as far back as possible on the center of the cat's tongue. Depress the plunger to deposit the pill.

Loosen your hold on his face, and with your "pilling" hand, pick up the syringe and angle it into the side of his mouth. Squirt a little of the liquid in and wait for him to swallow. A second squirt will help insure the pill gets down where it needs to go.

Let kitty go, and immediately offer a treat, or small amount of wet food.



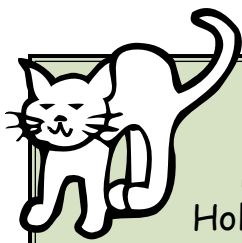
Top: proper positioning.  
Bottom: pill gun and pill pockets.  
Our thanks to Broadway Veterinary and Rose for the demonstration in our photo.

Some people prefer to coat the pill with a bit of butter or cream cheese, which may help smooth the journey a bit more. Some veterinary techs we know swear by a dab of Easy Cheese (sprayed out of a can) as the perfect pill coating, followed with a squirt of water.

If pilling is too stressful, or you don't have the strength or confidence to do it, you may want to ask your vet to prescribe the medicine in a flavored liquid compound.

Another option is Pill Pockets. These are flavored treats made of a cookie-dough consistency, and shaped into little pockets. You put the pill inside, and if you're lucky, it's gobbled up without question.

If you'd like to see some helpful videos about pilling your cat, go to: [http://partnersah.vet.cornell.edu/pet/fhc/pill\\_or\\_capsule](http://partnersah.vet.cornell.edu/pet/fhc/pill_or_capsule), presented by Cornell University College of Veterinary Medicine.



## The Kitty Corner

Holiday Common Sense

We all look forward to sharing the holidays with our family, friends and of course our pets. A little advance planning regarding the decorations and celebrations can save not only heartache for you, but unnecessary trips to the emergency clinic. You've heard these warnings before, but it never hurts to review.

If this is the first Christmas tree for your pets, they may think you've just given them a present from the great outdoors. You've probably seen the YouTube video of the cats that just will not stay out of the tree. It starts out nicely decorated and ends up with nothing on it but cats. The tree was tied to the wall, which is a good thing. The best idea for a household with curious cats is to have the tree in a room with a door that closes.

It's nearly impossible to keep your pets from drinking the tree water so please don't add chemicals to it. Decorations can be very dangerous: once a cat or dog starts to swallow ribbon, string or tinsel, they cannot spit it out. Even a small amount can cause major intestinal problems and require surgery to repair. Poinsettia is a poisonous plant, and we all know the dangers of chocolate to our pets.

And finally, if you are thinking of giving a pet as a gift, please reconsider. A pet must be a welcome, permanent member of the family and so it must be a carefully considered match. You wouldn't give grandma a kitten just so she could trip on it while it was dancing around her feet. You wouldn't give a child a fearful pet that ends up living under the bed. If you are sure that the person you have in mind wants a new pet, give them a toy and a homemade gift certificate letting them know you will pay the adoption fee. Then share their joy in meeting and selecting their new forever companion.

Now, sit back and enjoy the season with your pets. All of us at ARCF wish you happy and safe holidays

--- Pam Brooks  
Cat Coordinator

## FEATURED CAT

# BenFrank

--Daniela, who rescued BenFrank



One day a cat showed up in my yard, very thin, matted, and obviously exhausted. I got the feeling he expected the worst but was too starved to care. He seemed to have just given up and I was worried about what to do for him. For two days, I made sure the other cats didn't keep him from eating. On the third day he did not show up, and I worried even more.

He came back a couple days later, with a noticeable limp. He wouldn't put any weight on his back right leg. I knew he was not going to get better on his own, and I was afraid that if I waited he would disappear again, this time for good. I came home for my lunch hour, looked out and there he was. I scooped him up and brought him to my small enclosed front porch. I didn't know what to expect in the way of resistance, but although he must have been surprised, he was very docile. He soon lost his fear and started showing what a beautiful and affectionate pet he must have been for someone in his former life.

I knew I would not be able keep this little guy, nor care for him properly, so I started looking for help. I found ARCF and thank goodness for your organization.

--Cat Coordinator Pam Brooks takes the story from there

Dr. Scott at Overlook Veterinary Hospital took over the care of BenFrank. When she took x-rays and saw how badly the leg was broken, she knew it had to be removed right away.

After surgery, BenFrank went to stay with an experienced volunteer who has fostered many animals with severe injuries through their recovery and rehabilitation. He was kenneled, wearing a protective collar at all times. After three weeks he was allowed to come out of his kennel under supervision. At the fourth week he was able to mingle with the other cats in the household, but stayed in his own room at night. He learned to support himself in a standing position while he was confined but wasn't able to take more than a step or two. Once he was outside the kennel, he quickly learned how to walk on three legs, and soon managed a flight of stairs.



BenFrank is a dilute tuxedo, and he shares the sweet nature common to all tuxedos. He loves affection, is happy to warm your lap, and will respond politely to your conversation, never interrupting. He will soon be ready for his permanent home.

Please contact us if you would like to arrange to meet him.

## FEATURED DOG



## Mama

Mama is a sweet and mellow pit bull who was found running down a country road with a puppy in tow. We're not sure if she's the mother of the puppy, but he's been adopted, and now Mama is ready for her forever family to find her.

Her first visit with our vet confirmed that Mama was not spayed. She was also very thin, had skin problems, and a very painful condition called Entropion, which means rolling in of the eyelids. It causes the eyelashes to rub on the eyeball, and it can only be corrected by surgery. We had this special surgery done, and of course Mama was spayed and vaccinated, and treated for her other minor conditions. She's about 2 years old, and weighs 65 lb.

Now Mama is a healthy, happy dog, very trusting and playful. She's learning city manners, including how to walk on a leash. She loves dogs and kids of all sizes, but can get a bit over-stimulated in public. Mama has a very sweet nature, and is very eager to please, so it won't be hard to continue her training.

If you're looking for a cuddly, goofy, adorable companion, Mama could be the perfect match for your family.



## The Canine Corner

Let the Dogs Show You  
What's Important



Having dogs in the house adds a whole new dimension to winter. Their simple joy in life and companionship fits right in with holiday celebration of family and friends. And when the stress gets to be too much, they remind us of what's really important: each other.

We love to spend a winter evening curled up on the couch with as many dogs as will fit, a cozy blanket, a roaring fire, and a movie or game. Dogs are great hosts at family gatherings, too. They joyfully greet each guest with a warm welcome. And dogs are champion gift-openers. We love to put a few treats in a box, wrap it up and sit back and watch them nose it around, try to figure out what's inside, and eventually get it open, to their great delight.

Each of our dogs gets a stocking hung over the fire. You can find great doggie gifts on a budget – try second-hand toys from thrift stores, and a few simple doggy treats. Our dogs love anything noisy, so just a handful of crunchies in a cardboard tube, taped on the ends and wrapped in a ribbon can provide hours of entertainment for everyone.

And of course, holidays just wouldn't be complete without trying to dress the up the dogs! They may not keep the Santa hat on for long, but if you're lucky, it will stay on long enough for you to get a good picture. There are also many places around town that offer Santa pictures with your pets - these make great holiday cards.

Enjoy these times with your pets - let them show you the true meaning of friendship and how to give unconditional love. They don't care about money, status, fashion or keeping up with the Joneses. They know that the best things in life are friends, food, playtime, and naps with your best friend. We can all learn a thing or two about life from our pets, if we are willing to listen and learn.

---*Ronnie Balog-Ressler*  
Dog Coordinator

## Low Cost Spay & Neuter Services

Oregon Spay/Neuter Fund (OSNF) sponsors a reduced-fee spay and neuter coupon, which makes the surgery very affordable. Several full-service vets participate in this program, which is available for cats and dogs. The participating vets and prices are printed on the coupon. You can download a copy at [www.oregonspayneuter.org](http://www.oregonspayneuter.org), or you may also call OSNF at 503-286-2411 and request that one be mailed to you. Please spay and neuter all companion animals.



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Animal Rescue & Care Fund, Inc., is a private, non-profit, tax-exempt corporation funded solely by private donations. A board of directors makes decisions on policy and activities. All funds are used exclusively for veterinary care, food, classified advertising to find suitable homes to place animals, and publishing the quarterly newsletter, "*Animal Talk*." Volunteers provide good temporary homes until the animals are placed in responsible, permanent homes.

## Thanks to Our Vets

ARCF could not do our work without the support of our partner vets. Those who helped us this year include:

- North Portland Veterinary Hospital ([www.northportlandvet.com](http://www.northportlandvet.com))
- Cat Hospital of Portland ([www.portlandcats.net](http://www.portlandcats.net))
- Laurelhurst Veterinary Hospital ([www.lvhvet.com](http://www.lvhvet.com))
- Rose City Veterinary Hospital ([www.rosecityvet.com](http://www.rosecityvet.com))
- Newberg Veterinary Hospital ([www.newbergvet.com](http://www.newbergvet.com))
- Overlook Veterinary Hospital
- Vista Pet Hospital
- Northwest Veterinary Specialists ([www.northwestvetspecialists.com](http://www.northwestvetspecialists.com))
- Milner Veterinary Hospital ([www.milnervet.com](http://www.milnervet.com))

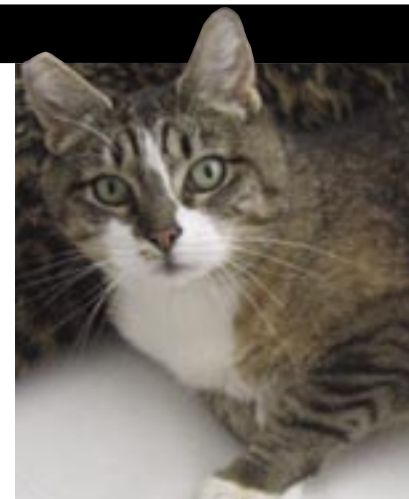
Special thanks also to:

- Trails End Lodge for boarding some foster dogs in transition. ([www.trailsendlodgepdx.com](http://www.trailsendlodgepdx.com))
- Furever Pets for supporting us with food drives and for providing a space for our first dog outreach. ([www.fureverpets.com](http://www.fureverpets.com))
- Behave Canine Solutions for help with training and fostering. ([www.behavetraining.com](http://www.behavetraining.com))
- Dr. Bianca Shaw at Back on Track Veterinary Rehabilitation Center for her work with our special needs dogs. ([www.backontrackvetrehab.com](http://www.backontrackvetrehab.com))

## SUCCESS STORIES

### Sandra

Marianne Roberts had adopted a very special cat from us some time ago. Her name was Kitty Kelly, and she was deeply loved. When Kitty Kelly passed away last year, Marianne wasn't sure she wanted another cat. She thought it over for awhile, and considered adopting a kitten. When she called us, our cat coordinator Pam talked to her about the pros and cons of living with a kitten. They are adorable, playful and active. They are also noisy, messy and demanding, and require the commitment of a potential 20-year lifetime.



Pam talked to Marianne about Sandra, a lovely mature cat who had recently been rescued from a public shelter, where she had been dropped off as an unwanted stray. We don't know her story before she landed at the shelter, but she had impeccable manners and clearly wanted a home with a quiet, mature person who would often have a lap available.

Marianne wasn't completely sold on an older cat, but agreed to come meet her. She came to the meeting with her son and daughter-in-law who have also adopted from ARCF. Clay and Cathy wanted to make sure that Marianne chose a cat that the whole family would love.

Marianne sometimes uses a walker, which can be a bit scary for a cat, but Sandra wasn't put off at all. In fact, it was love at first sight for Sandra, and it didn't take long for Marianne to decide that Sandra was going to come home with her, and would henceforth be called Sandy.

In a few days, we got a call from Marianne to say that she and Sandy had hit it off. "She's a wonderful cat and I thank you so much for bringing her into my life", says Marianne. "We're having a great time together."

#### Emily and Charley

A quick note about how our darling kitties are doing: We adopted Emily 15 years ago when she was just a wee brown tabby girl, and she has been a delight every day of her spritzzy life. She loves to be brushed, and also loves lettuce and greens. Charley turned 5 this year. He's a large cat, and full of energy. They both love to sit on laps, but Charley at 22 lb. makes your legs nearly die much faster than little Emily at 9 lb. They are both glossy and bright-eyed.

We have a large motor home and they love to travel with us on our frequent trips to the beach and other fun locations. They are healthy and happy and have parents who adore them.

Thank you for the work you do on behalf of animals, and of us who have the good fortune to have them enrich our lives.

Beth and Charles Baltz

## MORE SUCCESS STORIES

### Fern

Fern was spotted rummaging in a dumpster at a restaurant out on the freeway, far from any homes. The employees watched and fed her when she appeared, but her schedule was so irregular, it took several months to catch her. At last she was trapped, and we took her directly to our vet. Everyone had assumed that Fern was feral and would be difficult to handle. She turned out to be a sweet and charming cat, so after a thorough search for her previous owners came up empty, we posted her on our website. Here is an update from her new family:

"It will be a month tomorrow since we adopted Fern. We can't express how much we love her and how well she has fit in. In the evenings, she sits in my lap while I crochet for a couple of hours, then moves to Brad's lap while he reads for a couple of hours, then to her favorite chair until bedtime.

She doesn't run from strangers, and she loves playing with our great-granddaughter. I'm so glad she waited for us to come along. She's everything that we were hoping for in a pet and more.

We thank you wonderful people for all you do for animals."

*Loretta and Brad Clark*



*Fern on her first day with ARCF: trip to the vet*



*Fern, ready for her adoption!*



placed in new homes. These two were the smallest of the bunch and needed some extra time and care before they were ready to go to their permanent home. As you can see from the photos, they've done very well in the past two years.

"Max (tuxedo) turned out to be a girl. She is absolutely full of the dickens, affectionate and curious. A bit too curious, as we learned from a visit to the emergency vet to have a hairband removed from her intestines. She likes to chew string, so we have to keep an eye on her.

Maya (tortie) turned into a beautiful, exotic swan. She loves to play fetch, and her record is returning a tossed ball 47 times – Keith throws and she retrieves and drops it at his feet. She is a lap cat, loves attention, and is especially cute trotting around the house with a toy in her mouth.

They are two years old now, still kittenish and such a bonded pair. They are really a joy, and we're so glad to have them."

*Stephanie Fleming*





## Mavis

When I lost Oz to FIP in June, I was devastated. And so was Earl, my other critter companion and devoted friend of Oz. I was barely able to talk, but I clearly declared that I would not get another cat. Nope. No way. Not a chance. Earl and I would be fine.

Earl is a cranky old cat who disappears whenever someone comes to my house. He likes only me. Oz was the friendly one and she especially got along with Earl. I really missed Oz and wanted to have some sort of memorial to her.

One day while I was working in the garden, I noticed Earl watching me through the garden doors. I remembered how Earl and Oz enjoyed watching the birds in the garden. I called my daughter and she helped me shop for a bird bath. We found the perfect bird bath for a spot in the garden close to the garden doors so Earl could watch from inside the house. We buried Oz's remains under the bird bath and christened it the "Ozzie Memorial Bird Luring Device."

I still missed Ozzie and as I watched Earl watch the birds in the garden alone, I realized he was lonely too. Meanwhile, friends had started sending me links to cat shelters and encouraged me to consider an adoption. I even stopped at a shelter to look around. I really thought that it was Earl, Oz and me and no other critter could get a piece of my heart.

Then Google led me to Animal Rescue & Care Fund, which introduced me to Mavis, then called Natalie. Her photo showed a rather typical looking tri-colored cat, but there was something about her eyes and the way she looked right into the camera that made me smile. I sent an email and made arrangements to meet her the next day.

I met Carma who told me that Mavis had been fostered in her home for several months. Carma assured me that Mavis was a friendly critter and then Mavis walked into the room. I sat on the floor, Mavis rubbed her head on my hand, and I lost my heart. Mavis came home with me.

Now Mavis has completely wiggled her way into my heart and I am so grateful. She is a friendly, loving and funny critter. She loves to play with catnip toys and balls. And Earl likes to watch her.

I am so thankful to the ARCF volunteers who provide foster homes to

## MORE SUCCESS STORIES



cats and dogs who need one. My life is better with Mavis. I scratch her ears and I can feel the frustrations of the work day slip away. When I watch her play, it is impossible for me not to smile and I experience joy. She has her own chair on the porch and waits for me to come home. There are few things in life more heartwarming than to be welcomed home by a cat.

And yes, Earl and Mavis enjoy each other's company. I can see that when they sit together and look out at the Ozzie Memorial Bird Luring Device.

Thank you, ARCF. You have my gratitude and my support.

*Margaret Weddell*

## Animal Placements

In August, September & October, we placed 15 cats and 3 dogs in new loving, responsible homes. Our major expenses for those three months were:

Veterinary Fees: \$22,218  
Advertising: \$0  
Food, Special Meds: \$474  
Newsletter: \$887

\*These expenses include veterinary care for the dogs of Portland's homeless. We also had expenses for injured and sick pet and emergency vet visits.

\*\*Most volunteers pay for food and litter for the animals they care for as their contribution to the cause.

## You can help us.

1. Make the most of our newsletter: Pass it along to a friend or neighbor or leave it in a public place (coffee shop, waiting room, community bulletin board, break room at work).

2. Receive our newsletter via email, saving us postage and paper. Send an email to: [ARCF.newsletter@gmail.com](mailto:ARCF.newsletter@gmail.com) to request email delivery. Please include your full name and your current postal mailing address.



## VOLUNTEER SPOTLIGHT

# Banu Yagcioglu

Banu was born and reared in Turkey. She was trained there as a medical doctor, but decided last year to pursue a new career. She came to Portland to study for an advanced degree. She found an apartment and began her studies, but she found she missed the companionship of her six cats back home.

Because her situation here is temporary, and she doesn't have a clear picture of where she will settle in the future, Banu didn't feel able to commit to adopting a pet of her own. She did some research and found ARCF on the internet. She contacted us to inquire about the possibility of fostering a cat. Our cat coordinator Pam Brooks responded promptly and they made an arrangement for Banu to foster one of our shy kitties, who needed some extra one-on-one attention.

"Banu did a wonderful job bringing BeBe out of her shell," said Pam. "She gained confidence and we found the perfect family for her." Half was another shy girl needing Banu's special touch, and sure enough, she also blossomed and moved on to her permanent home.

What is her secret? "We don't ever 'own' a cat or any pet", says Banu. "They are not objects. We must provide only unconditional love in a safe environment, and allow them to be themselves. Although it doesn't seem such a big thing, it's important to share this humanity with each creature who comes into our life."

Last summer Banu went home for a visit, and brought her cat Tara back to Portland with her. It was a long journey but Banu and Tara are happy to be together again. They also share their home now with Smudge, an ARCF foster cat who is also hoping to find her own permanent home.

We're delighted that Banu found us, and grateful for her contribution to our mission.

*Would you love to have the companionship of a pet, but now is just not the right time to make that kind of permanent commitment? Being a foster home could be the perfect solution. We are always looking for good foster homes, especially for those animals that would prefer to be single pets. Please contact us if you would like to provide a loving foster home.*



Tara (left) and Smudge (right)

## To Our Volunteers

Thank you to the volunteers who devote so much time and energy to our cause:

Pam, Lorraine, Chrisi and Tom, Leah, Jackie, Carma, Nancy and Carlos, Ronnie and Robyn, Erin, Katie, Serena, Gracia, Lenore and Jan.

Thanks also to Marion Massey, Sue Phipps, Sue Willis, Ruth Page, Marian Kerr, Dave Mays, Banu Yagcioglu, Elizabeth and Jason Isbell, Heather Mayer and Jason Stewart, Samantha Vitali, Kim Perillo, Shari Roberts and Wilma Perez-Leon for their contributions.

And, as always, thank you to our loyal supporters for helping us carry out our mission through another year.

## IN MEMORIAM

*We are sad to report the unexpected death of Dick Moyer, a supporter of ARCF, and father of Jackie Fischer, a longtime volunteer.*



*Ruth Page lost her dear cat Slate, who came to her when he needed her most.*



*Sue Willis lost her sweet old Ginny cat, who shared her life for four years.*



*Jackie Fischer also lost her beloved Siyeh, the biggest kitty cuddle bug ever, at age 16. Jackie's sister Stephanie adopted him 15 years ago from ARCF, and he came to live with Jackie when Stephanie went off to graduate school.*



*Richard and Marlene Hitzemann lost their beloved cat Ginger at age 19.*



*Kirk Kiggins lost Ryan, a rescued schnauzer who went on to become an AKC national champion. She defied the odds of her terminal cancer diagnosis two years ago, and finally succumbed at age 16.*



*Ronnie and Robyn lost Herb, a true gentleman of a cat, adored by one and all*

## Emergency Numbers

DoveLewis Northwest Hospital  
1945 NW Pettygrove  
Portland, Oregon 97209  
503-228-7281  
Open 24 hours

DoveLewis Southeast Hospital  
Plaza 205 - 10564 SE Washington Street  
Portland, Oregon 97215  
503-262-7194  
Mon - Thurs 6 pm - 8 am; Fri 6 pm through Mon 8 am  
All day during major holidays

VCA Southeast Portland Animal Hospital  
13830 SE Stark Street  
Portland, OR 97233  
503-255-8139  
Open 24 hours

Emergency Veterinary Clinic of Tualatin  
19314 SW Mohave Court  
Tualatin, OR 97062  
(Located in the Oak Tree Business Center)  
503-691-7922  
Mon - Thurs 6 pm - 8 am; Fri 6 pm through Mon 8 am

Northwest Veterinary Specialists  
16756 SE 82nd Drive  
Clackamas, Oregon 97015  
503-656-3999  
Open 24 hours

Animal Poison Control Center  
888-426-4435

## Do Something Good for Yourself - Add a Pet to Your Life

Animal lovers have always known that their pets improve their mental, emotional, and physical health. In fact, according to a number of scientific studies, pet owners are healthier than people who don't care for animals. According to the FDA, pets provide opportunities for exercise and socialization and they also help to decrease high blood pressure, cholesterol, and triglyceride levels. One study even found that men who own pets have lower resting heart rates and blood pressure than those who don't.

Animals provide a boost of energy and encourage exercise, which is good for stress management and overall health. Even owning a pet that doesn't need to be walked can encourage greater movement and exercise during playtime, feeding, and litter box cleaning. For seniors, these benefits add up to an impressive advantage. A Canadian study of nearly 1,000 adults over the age of 65 found that pet owners were more physically fit and less likely to suffer a decline in health over the course of one year. Research has shown that heart attack victims who have pets live longer: a study of 92 coronary patients found that those with pets were more likely to live more than one year after hospitalization than those without.

Contact with animals also provides psychological benefits such as stress and anxiety reduction. Pets aid recovery through physical comfort and companionship. Like any enjoyable activity, playing with or even petting an animal can elevate levels of serotonin and dopamine — nerve transmitters that have pleasurable and calming properties.

So go out and boost your health and longevity today – adopt a pet!



## YES! I want to help

Animal Rescue & Care Fund depends entirely on your donations. Our work includes rescue, medical aid, food and shelter, humane education, neutering/spaying, and more. All workers are volunteers. Your contribution goes directly to help the animals. All contributions are tax-deductible.

**You can now donate online using Paypal. Save time and postage! Visit our website for more details.**

- I'd like to make a contribution of \$\_\_\_\_\_ for the ARCF Microchipping Program, which will pay for adopted animals to have microchips.
- I enclose \_\_\_\_\_ for humane work. (*\$35 sponsors an animal, but we appreciate any amount*)  
 Sponsors can check here to receive a story and a photo about the animal being fostered.
- I'm interested in being a volunteer. Please contact me at \_\_\_\_\_.

Name \_\_\_\_\_  
Address \_\_\_\_\_  
City, State, Zip \_\_\_\_\_

Mail to: Animal Rescue & Care Fund  
P.O. Box 14956  
Portland, OR 97293-0956