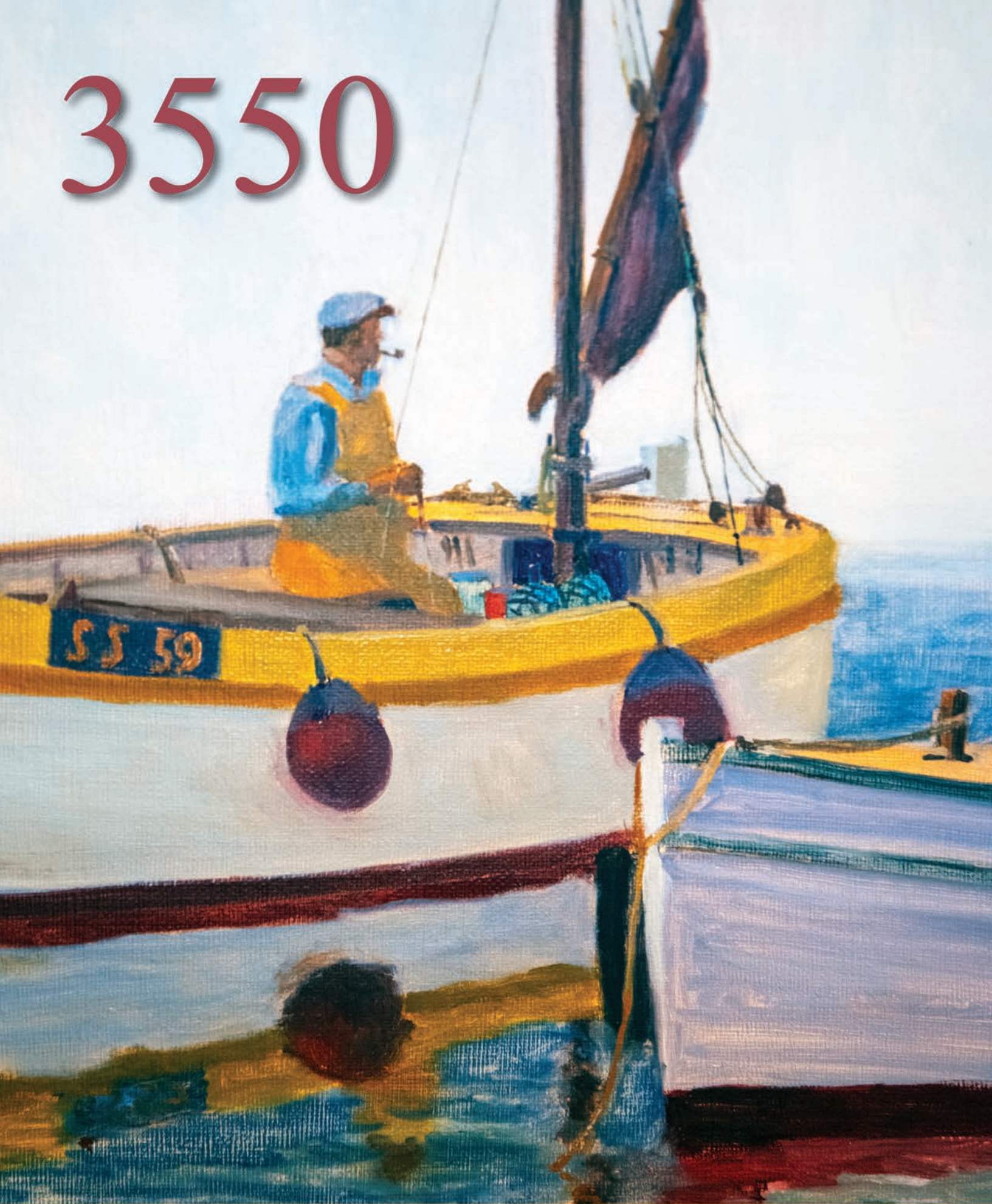


# 3550





**NANCY MOSS**  
Editor



**JOHN BRIGGS**  
President



**Front Cover**  
From "Three Boats at St. Ives,"  
by Bill Stevens. Bill has said,  
"I have always been interested  
in boats and the sea."



**Back Cover**  
Luke Files was sleeping in a  
hammock right next to the  
beach, woke up and took the  
photograph on our back cover.

**M**irabella's Miranet works in conveying information — a new class added to its fitness calendar, a window washing schedule — but not as well in adding resident input. Its "user interface is antiquated and does not follow current user customs," says RAMP treasurer Jim Lee.

Both Jim and Teresa Goodwin have helped residents input minutes of committee meetings and other documents. Many residents prefer to "have someone else do it," Jim says; Teresa agrees that most residents she helps are happy to have her do what they want rather than learn a complex process. Residents who try to master the Miranet themselves "will hit a speed bump," Jim predicts. "That's where "the real unfriendliness of our system kicks in." Anyone not versed in technology will not be able to use the Miranet in its present form.

As an example, Jim mentions sorting. A resident may upload minutes properly and then naturally want to put them in order, with the most recent set of minutes listed first. However, Mirabella's system puts the new minutes last; the resident must move the new set upward, month by month. There is no sort-reversal command.

In my own recent brush with the Miranet, a simple process of deleting two letters involved two separate — and not immediately obvious — steps that Teresa guided me through.

How could Mirabella fix its antiquated Miranet and stop overloading its two resident volunteers? The Miranet is a core process of Pacific Retirement Services, its parent company. Mirabella's executive director, Sharon Van Eaton, says that PRS' new chief information officer (CIO) is "currently reviewing all systems including the Miranet," and that PRS is "doing this with community input." She has said she will mail a copy of this issue to PRS CIO Chris Dana.

Count this article as community input. PRS' new values statement, found on page 9 of this issue, begins, "We speak up. We use our voices to champion new ideas."

We look forward to possible change on the Miranet.

**A** tour of Mirabella, one benefit of election to the RAMP council, convinced me that its design and location should be the model for other CCRC facilities. The Mirabella, designed by Ankrom Moisan Architecture, is the first LEED Platinum CCRC in the U.S. This 30-story curved tower provides all levels of continuing care: independent and assisted living, skilled nursing and memory care with short, indoor walking distances and access to all facilities for those with mobility issues. Great opportunities for walking for those that can. The proximity of the streetcar and bus makes residents less car-dependent and gives fast access to downtown theaters, stores and museums.

This high-rise building model comes with complexities.

The 31st floor is mechanical, full of equipment that provides hot and cold water and heating and cooling for public areas. The roof, besides a great view, has additional structures including solar panels and anchor points for the window washers to safely work from. The complexity explains why when something is not working correctly, the message goes out that contractors have been called

In the densely packed 24th floor kitchen, the pastry chef has a small work area but a state-of-the-art revolving oven for even baking. The day the council members toured, one of the chefs was working through a checklist of ingredients needed at that station later that day. Another was trimming and portioning by weight beautiful loins of venison being served that night. The staff all agreed that the two big windows looking north provide the best view of any Portland kitchen.

Kent Liebelt, director of facility services, and Patrick Warner, director of dining services, have said that they plan to offer tours of their domain to residents this coming year. You must be able to climb stairs for Kent's tour. When the tours are announced, take advantage of them to understand more of our wonderful, complex facility.

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## Resident's Novel to be Published

**Mirabella resident Carol Kerr** will have her novel "Not the Trip We Planned," which she calls a "whydunit" rather than a "whodunit," published in March. Two women "are challenged to solve the mystery" of a dead husband and "uncover more secrets than anyone wanted."

Residents can find "Not the Trip We Planned" listed on Bookshop, Barnes & Noble and booksamillion in addition to Amazon.

## Mirabella Players Plan Show

**The Mirabella Players** are rehearsing two 10-minute plays for a spring/summer show, "The Intelligence of Mr. Fuyshull," by Michael Patrick Collins, and "The Latest Thing," by Nancy Moss.

Michael Collins has been writing, directing and performing in New York City for more than two decades. He has "dabbled in" theatre criticism ([www.5.diamonds](http://www.5.diamonds)) and short videos ([www.movies.film](http://www.movies.film)).

Nancy's one act play "Getting By" had a reading at Twilight theatre this past summer.

## Library Offers New Program

**Geoff Brunk of Multnomah County Library (MCL)** presented its new outreach program that, thanks to four dedicated library volunteers, will become a reality at Mirabella. Mary Finneran, Sylvia McGill, Carol Sandler and Gail Van Gorder will help residents access the new program. They can work with cardholders who haven't used their cards for three years and can help people change their registration from a branch location to library outreach so their books can be delivered to Mirabella.

Mary Gray also helped organize the new program but has temporarily stepped back.

Mary Finneran's hours are 10:30 a.m. to 12:30 p.m. on Monday, Carol's 1 to 3 p.m. on Thursday, both in the business office behind the mailroom. The two will help residents sign up for a Multnomah County library card, if they don't already have one, and navigate MCL's online catalog.

MCL staff will visit Mirabella once a month with the books residents have ordered. Mirabella Library will have a box for residents to return books, (not to be confused with the library's own return shelf).

MCL also has a wide variety of magazines and newspapers to offer. Interested residents can learn more about them from the volunteers listed above.

The checkout period for library items is eight weeks.

— Nancy Moss



## Decorating the Beav

**Over Christmas**, the life-size beaver statue gracing the Greenway sported reindeer dark glasses, a small Santa hat and a bright red, flowered tie. In autumn, passers-by tucked acorns into its clasped paws, sometimes leaving twigs at its feet as if it could start building a hut.

Once a coloring book and crayons were scattered in front of it. It recently sported a necklace of gold (in color, at least). I wouldn't quite call it a rite, but as one who has placed acorns in its paws, I can say it feels like part of a shared experience.

— Nancy Moss



Photo: Richard Mounts

## South Waterfront to Review Security

**Last December's theft** of two unsecured heavy heat lamps from Mirabella's Pennoyer Street lanai reminded residents of the constant need for vigilance. "We are all part of our security system as a community," says Kent Liebelt, director of facility services. Cameras stationed by every entrance are not enough.

The recent outbreak of vandalism has prompted the South Waterfront Community Relations (SWCR) to review its security process, according to Pete Collins, SWCR head.

Security Outreach Coordinator Lucinda Klicker will lead the process, which will involve a needs assessment that includes a community survey to understand existing security concerns followed by a memo that outlines current security levels at individual buildings. A program of action will end the process.

For instance, when the doors to five buildings were shattered, one of the stores had a camera that caught the act. Other deterrents could be alarms or "security software," according to Collins. "We need to create an environment that's less hospitable to criminals," he adds.

Individual retailers, not the buildings, must pay for damage like shattered doors.

Kent points out features of Mirabella's security system: a "robust" camera system, fob-activated exterior doors that are "never open to the public," an outside front door that is shut down, requiring fob access, at 7:30 p.m. In addition, OHSU has its own police department which "patrols regularly," he adds.

Kent hopes residents will feel "empowered" to remind other residents who enter the Pennoyer Street or River Parkway door but do not look back to ensure its closing behind them to wait a few seconds more, for safety. "No tailgaters," he says. Residents should be alert to anyone following them.

SWCR's Pete Collins says the South Waterfront is one of Portland's safest areas — but the need for continuing resident vigilance remains.

— Nancy Moss

## Green Team Plans Program

**Mirabella's green team** plans to bring Portland's Paul Hawkins and Roderigo Ruiz Corona back to speak on Earth Day in April. Leaders of the city's Bureau of Planning and Sustainability, Hawkins and Ruiz Corona intend to maintain Portland's reputation as America's first city to put forth a vigorous climate action plan.

With a goal of reducing carbon emissions by 2030, the two men will cover the actions residents can take to achieve that goal, how it can depend on actions as simple as turning off lights or unplugging a toaster

## Chatterpdx Presents Music

**Chatterpdx**, located in the Pacific Center at 6th and Taylor, offers a program of classical music, from baroque to contemporary, "stuff that was written yesterday," according to Jim Shields, who initiated the program, from 10:30 a.m. to 11:30 a.m. on Sunday mornings. Admission is \$20 and includes coffee and a selection of baked goods. According to Shields, a typical program will include 10 minutes of poetry, 40 minutes of music and two minutes of silence.



Photo: Johanna King

James Shield playing his bass clarinet.

## How to Find RAMP Policies

**RAMP, the Residents' Association** of Mirabella Portland, provides many services to Mirabella residents, but finding out how to take advantage of those services can be a challenge.

The basic document that establishes what RAMP is and what it can do is its bylaws, which residents can make and amend. The bylaws authorize RAMP to make rules consistent with the bylaws. The rules are made by the RAMP Council, the elected representatives of the residents, but require disclosure to residents for input before they are adopted or amended by the Council. Rules can be drafted and implemented more quickly than bylaws so are more useful in an emergency.

But if a resident just wants to find out how to do something or what services are available, where can they look for guidance? The answer to many questions can be found in the policies adopted by the RAMP Council, its officers and its committees. These policies have been collected and posted on the Miranet primarily by the RAMP Treasurer, Jim Lee, for use by residents.

At the Miranet website on the homepage you start your journey to the policies by finding "RAMP" in the middle of the blue border at the top of the homepage. When you click on "RAMP," a green panel drops down with a reference again to "RAMP." If you click on "RAMP" again you will arrive at a page with information about RAMP. Near the bottom in the center is an unassuming line that says in blue letters, "RAMP Policies." Click on it and you will arrive at a panel with the 12 current RAMP policies.

The first and second of the policies contain the form needed to be filled out and the process necessary to be reimbursed for expenses by RAMP. Jim Lee also crafted the most recent versions of the form and the policy. He is trying to make it as easy as possible for RAMP to reimburse committees or individuals who fund the goods and services that RAMP provides. The form is found in the "RAMP Check Request FORM (RevFY25)" file. The policies are in the "Check Payment, Reimbursement & Internal Charge POLICY."

Policies for the educational, cultural, social and entertainment programs and classes that RAMP helps sponsor for residents can be found in "Fees for Programs and Classes Policy." The activities must be free to all residents to attend

without fees charged for attendance or admission and without donations being requested from those attending to pay for the program.

If you want to apply to be reimbursed by RAMP for an expense incurred to benefit Mirabella Portland residents, you can find information in the "Budget Request Policy."

If you have questions about when and how you can use the art studio on the parking level, look in the "Art Studio Use Policy."

Ever wonder what the residents who act as liaisons from the RAMP Council to the various committees do and why? You can find answers in the "Council Liaisons to RAMP Committees Policy."

RAMP's commitment to limiting paper use can be found in its "Paper Use to Conduct RAMP Business Policy."

Because of the careful work of the RAMP nominating committee, it has been a long time since RAMP had a contested election for the various RAMP offices. The process the committee goes through annually lies in the "Nominating Committee Policy."

How do you and your fellow residents with a similar interest band together into a group that RAMP will recognize and support? You can find guidance in the "Recognition of Interest Groups Policy."

Mirabella Portland has a remarkable library that thrives on donations. You can find out how to help with the "Library Collection Policy."

Openness and transparency with the residents of Mirabella Portland are essential to RAMP. Part of those guiding principles requires RAMP to keep records of what it does for its members to review. Rule 15.A.3 of the RAMP Rules requires RAMP to maintain its records and make them available to residents. The policies RAMP uses to make the records available to residents can be found in the "RAMP Records Policy."

How Mirabella Portland residents can access Mirabella transportation options locally can be found in the "Transportation Guidelines Policy."

Living at Mirabella Portland includes a variety of benefits for its residents, many of which can be utilized through RAMP. The policies provide information to residents about how to take advantage of available opportunities.

— **John Foreman**

## How is ECHO Working Out?

By **MARLENA FIOL**

**A**mazon developed Echo in 2014, inspired by the computer system onboard Star Trek's Starship Enterprise. Within a few weeks of being released, it became one of the most downloaded programs in the world.

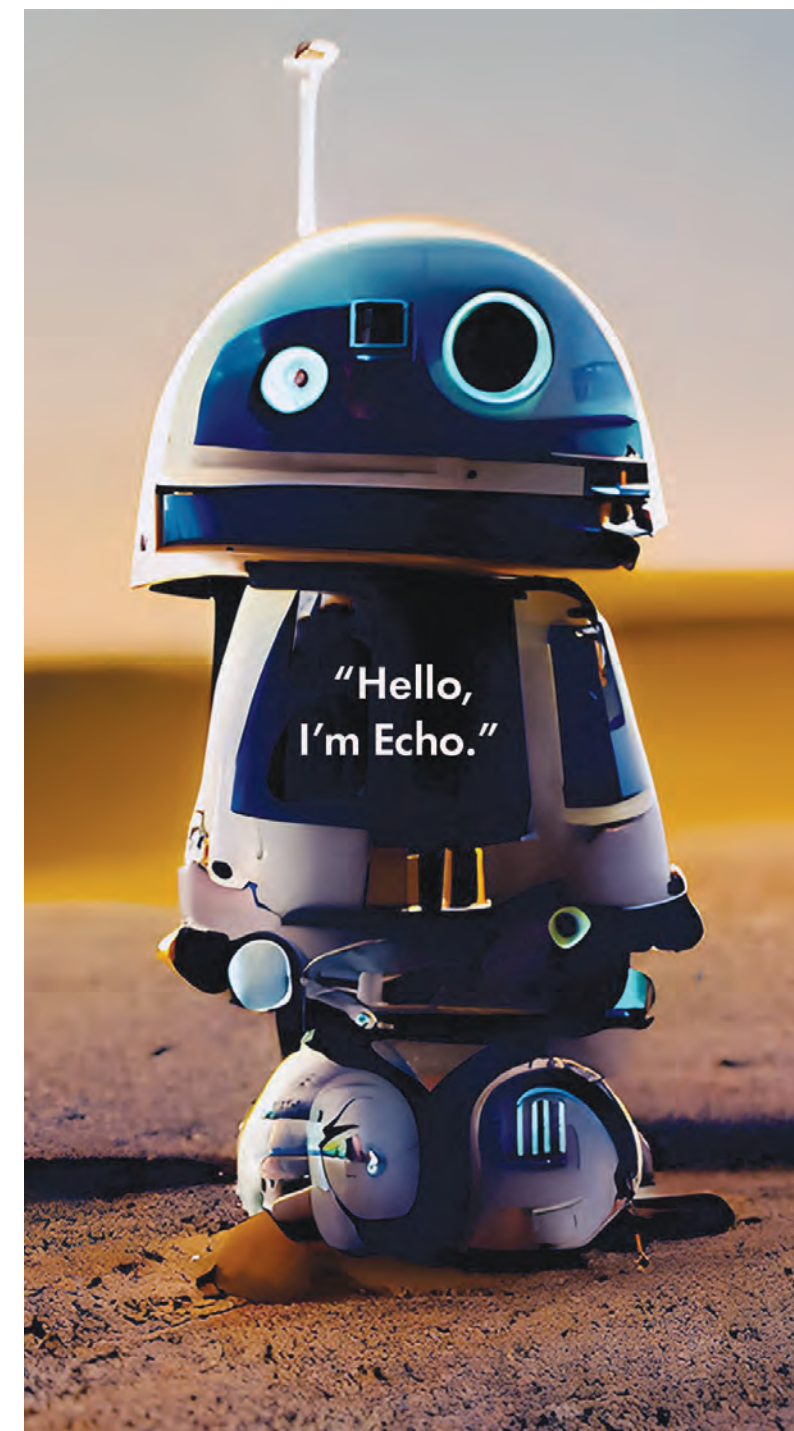
A few months ago, Mirabella installed the Echo device in each independent living residence. According to Megan Huston, the goal was to provide an extra (but optional) safety layer and to enhance communication.

When asked how Echo is working out here at Mirabella, residents offered responses ranging from indifference to enthusiasm, with general indifference mostly tipping the scales. Enthusiasts mentioned Echo's functions as a clock and music provider. Safety did not top the list.

Echo's safety feature requires daily check-ins of all residents who haven't opted out of this function. Our concierges, charged with monitoring these check-ins, have differing opinions about Echo's effectiveness. Although the required check-ins provide an important safety layer, a major downside is that numerous residents each day either forget to check in or are unable to because they don't understand the technology. For instance, they may be using phrases Echo does not accept. The concierge must then call them, and if no one answers, maintenance physically has to check the residence. According to our maintenance staff, this occurs several times each day, usually for the same group of people, creating extra work.

Bottom line? The safety feature of daily required check-ins is potentially the most effective aspect of the new device, but if our residents don't understand how Echo functions, they may miss out on its benefits. Repeated failures to check in may be due to insufficient training in the use of the technology. To fulfill Echo's promise of supporting our safety and well-being, we may need follow-up training to boost knowledge and confidence about using the technology.

Alternatively, failures to check in might provide a signal that the resident in question requires a level of care not offered in independent apartments. Although this was not a stated goal of installing Echo at Mirabella, an unanticipated benefit is that misuse of the device may offer important warning signs of the need for greater levels of care.



Whether the process so far is flagging the need for additional training or transitions to greater care, it's clear that this installation should not be a one-time event, but a "work in progress," as Megan noted when the device was initially installed, with follow-up assessments and training. ●

# HELP WANTED

3550 seeks a volunteer  
experienced with or willing to learn  
Adobe InDesign software.  
If you are interested, please contact  
Nancy Moss - hawaiiomoss@msn.com  
Mirabella extension 6848  
or  
Bert Van Gorder - bertvg@mac.com  
Mirabella extension 6630

# PRS Plans Culture Change

By ED PARKER



*"We may have changed corporate culture, but will we ever change corporate nature?"*

Mirabella's executive director, Sharon Van Eaton, is one of two PRS retirement community executive directors on a PRS culture change committee with other PRS staff members planning the change process. John Howl, PRS chief strategy officer, and his staff of five are leading the culture change effort along with other projects intended to make PRS more responsive to the needs of present and future retirees.

The goal of the culture change project is to make employee behavior consistent with the aspirational goals of the PRS vision statement and to meet the operational requirements of its mission statement.

## The vision statement is:

Shaping a future where aging is embraced as an opportunity to thrive.

## The mission statement is:

Empower people to lead meaningful lives as they age.

Sharon said of the new values statement, "Our company values were shaped with input from every community leader within the PRS organization at our recent leadership summit. Each community leader had the opportunity to participate in a dynamic exercise ... which led to the final set of values."

Sharon told 3550 that over the two years before the leadership summit, the cultural committee interviewed and received questionnaire responses from staff members throughout PRS to learn what behavior could be improved. The leadership summit followed, facilitated by the human resources firm Korn Ferry, and created the values statement that PRS wishes all employees to follow. A Zoom meeting was held to reach folks who couldn't attend in person.

Sharon said that every Mirabella department head committed to work with their staff to implement the value changes.

Sharon said that residents could follow these values also. She said, "As a resident, you can help bring these values to life by using them as a compass that points everyone in the same direction. Inspire others, encourage our staff and contribute to a community where empathy, collaboration and open communication thrive. Together, we can make these values a living part of what makes Mirabella such a unique and special place." ●

## Pacific Retirement Services Core Values Statement

**WE SPEAK UP:** We use our voices to bring clarity, to strive for better and to champion fresh ideas. By speaking up, we inspire others to do the same, creating a culture of openness and innovation.

**How do we speak up?** We share better ways to do things. We explain the "why" behind the "what." We help others feel safe to challenge the status quo. We listen with curiosity and respect.

**WE STEP UP:** We stretch ourselves a little further and try a little harder. We take pride in knowing that the extra effort we put in is both rewarding and impactful.

**How do we step up?** We start with "yes." We anticipate the unmet needs of one another. We are willing to try new things, even knowing it's okay to fail. If we can go the extra mile, we do it.

**WE LIFT UP:** We care for those around us, recognizing the positive impact our actions have when we act with empathy and generosity of spirit.

**How do we lift up?** We show grace and compassion for others' mistakes. We share credit and celebrate wins together. We always assume good intent, even in difficult situations, and support the right decisions — even when they are hard.

**WE TEAM UP:** We work together, knowing that alone we can only accomplish so much, but together we can move mountains. Collaboration is key to our success, and empathy is the glue that holds us together.

**How do we team up?** We seek connection with one another. We practice humility. We deliver on our promises to each other. We prioritize the greater good, even when it's challenging. ●

Changing the culture of an organization is extremely difficult because humans resist change. But Mirabella Portland's parent company, Pacific Retirement Services (PRS), is attempting to change employee behavior to improve operations at their headquarters and all the facilities it manages.

At its final board meeting in 2024, after a leadership summit meeting, PRS adopted a new statement of core values that they wish all employees to follow. First on the list is: "We Speak Up. We use our voices to bring clarity, to strive for better, and to champion fresh ideas. By speaking up, we inspire others to do the same, creating a culture of openness and innovation."

The headings of each of the other three sections of the values statement are: We Step Up, We Lift Up, and We Team Up. Each section contains more detail, including a "How?" section. **The full statement of core values is printed on the opposite page.**

**T**eresa Goodwin is no stranger to many Mirabella residents. But who knew — She can recite the prologue to “*Canterbury Tales*” in Chaucer’s English.

She has a formidable collection of travel-souvenir rubber duckies as every character imaginable based on profession, age, holiday, era and more. At the time of your correspondent’s interview with her, she was about to put out the Christmas creche duckies. Yes, a duckie baby Jesus.

She was a nun for 20 years.

While staying with and helping a poor family in the Philippines, she slept on a picnic table.

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## Resident Profile:

# The Lives of Teresa Goodwin

By PAMELA LINDHOLM-LEVY

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Because she’s a dedicated swimmer, the pool was what sold her on Mirabella.

She’s a fan of 12-year-old Macallan single malt.

Teresa is originally from Sandpoint, Idaho, on the shores of Lake Pend Oreille, where she loved swimming as a kid.

“But not before July,” she cautions.

Teresa is the middle sister in a family of three girls and two boys. The girls went to Presbyterian Church Sunday school, but in high school Teresa read the works of St. Thomas Aquinas and converted to Catholicism. She wanted to be in a Catholic environment when she went to college and was awarded a scholarship to Fort Wright College of the Holy Names in Spokane, the religious order that runs St. Mary’s Academy here in Portland.

For graduate school, she began at the University of Pennsylvania but left after a year due to illness. For a year she taught English literature at a school near Philadelphia that belonged to the order of nuns she eventually joined. She transferred to a Jesuit school in Cleveland, John Carroll University, where she received a master’s degree in English literature.

In her quest to help people she entered the Convent of the Society of the Sacred Heart of Jesus (founded in France in 1880 with schools and religious institutions all over the world). Her first year as a postulant was spent in Portsmouth,

Rhode Island, where she taught English in the convent’s school there.

Teresa’s grandmother shared the family lore about a great-great-grandfather who was an English Catholic. He was excommunicated after he slugged the priest who was conducting a funeral service for a military buddy of his because the priest, in order to sprinkle holy water on the casket, caused the flag draping the casket to fall to the floor.

The postulant’s year concludes with the *Prise d’Habit*, or taking of the habit, though habits were not worn. Teresa became a novice, entering the order’s novitiate in Newton, Massachusetts. For the two-year term she taught English at the Academy of the Sacred Heart there. The next step was to return to the community and take first vows which can last 5–7 years.

For Teresa, the community was in Bethesda, Maryland, where she taught AP world literature and English at Stone Ridge Academy of the Sacred Heart. Before taking final vows, the women, called probationists, gathered together for a four-month period (probation) of learning more about the order as well as sharing in a month-long final retreat. Because Teresa’s order is international, final vows were in the Philippines that year. After that, she could travel and went to Greece, Italy, France and England, where she studied at the University of London and lived in an English convent.

Back in the U.S., she became director of studies for the

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**Over time, Teresa  
questioned her life,  
roles and future as a nun ...**

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order’s schools in Boston (Newton), akin to being vice-principal; in that role she evaluated other schools.

Over time, Teresa questioned her life, roles and future as a nun, and for two or three years became more dissatisfied and unhappy and believed that wasn’t what God wanted for her. She left.

Being on her own after 20 years was not difficult. She had been on her own until age 26, and she did not have to buy a new wardrobe. Her chief concern was about making a living and saving money.

*(Continued on page 12)*



Photo: Robert French

**Teresa Goodwin**

(Continued from page 10)

She worked with computers carrying out her school responsibilities. She took a technical writing job, but soon learned that a position in the archdiocese of Boston became available; as a lay person, Teresa was hired to be director of curriculum for its schools. Boston was an expensive place to live as a lay person. Seeking affordability, and with a sister living here, Teresa came to Portland and took the same position with the Archdiocese of Portland. She got to know people, learned more about computers, settled in and bought a house in North Portland. Temporarily, she was principal at All Saints School. The job with the archdiocese was a good one, but she needed long-term thinking about retirement benefits and current wages.

"If I had stayed on working for the Church I would have become a bag lady," Teresa predicted.

In 1995 she began work as a technical writer and trainer for the corporation Braddock Dunn and McDonald, which had social services computer programs in various states. They sent her to Jefferson City, Missouri. When the company sold to TRW Automotive (TRW), which had developed education technology, Teresa headed back to its headquarters in Washington D.C., but not for long. TRW sent her to Dayton, Ohio. The company ran the computers for Dayton's public schools, and Teresa became the project manager. She did not love Dayton, but happy consequences turned up. She was hiking with a friend and the friend's dog when suddenly the dog sniffed out something in the woods: a 5-week-old kitten. The calico became Kitty 1, Teresa's favorite.

With a TRW branch that provided systems for police, courts and jails, Teresa went to Wichita, Kansas. When that project ended, she was transferred to Denver, where she stayed because of the proximity to mountains and their potential for scenic trips and activities, a reminder of home and that she wasn't in the Midwest anymore. She still traveled for



Teresa with two of her sisters, undated photo.

work including back to Washington, D.C. or sometimes New Mexico, providing personal support to customers.

When Northrup Grumman bought TRW, it kept Teresa on until retirement in 2007, but she stayed in Denver for 10 more years, traveling internationally and visiting friends on the East Coast. In Denver, she adopted Kitty 2, a black cat, from the Dumb Friends League shelter. After a while, Teresa needed to think about a place to live permanently.

She came back to Portland where her sister lived. She looked at Mirabella, loved the pool, sold her Denver condo and moved in 2017. She plunged right into activities besides swimming. She served two terms as RAMP treasurer and took

over moderating the Mirabella Google Group. With her deep computer skills, Teresa created the pets interest group photo collection, which ran in a loop on the Miranet. When the Miranet was updated, that version of the pet page became unusable. Out of thin air, Teresa created a new one that shows click by click the Mirabella cats and dogs. It was Teresa's idea to feature our pets on the electronic bulletin boards, facilitated by Jim Lee.

Cats: While living at Mirabella, after Kitty 2 died, Teresa re-homed a beautiful black and white cat, Bits. Bits became a legend among those residents who tended to her needs when Teresa traveled. Eventually Bits went back to her original home, but if Bits was Kitty 3 and even though Teresa misses her, there has not been a Kitty 4.

Many of us first met Teresa when we had computer problems and heard about (and discovered) her wizardry at fixing them. Teresa considers this willingness to help, as she says, "an aspect of my nunishness." She still wants to help people, hence her Saint Teresa nickname. This is also her way of getting to know fellow residents; however, to two of them, she needed no introduction when they moved into Mirabella in 2023: her brother Ron and sister-in-law, Sachi.

Teresa's escape from becoming a bag lady has been a win for her and a win for Mirabella. ●

## Powell's Defies Category

By JULIE YOUNG



Left: Powell's can be a gathering place for young people, as well as an oasis for someone to read. Right: Titles for a rainy afternoon.



Photos: Julie Young

Superlative descriptors describe Powell's City of Books: venerable, national landmark, literary treasure, iconic and buoyant. Also colorful, delightful and quirky. But the publishing and bookselling industry is a business, dependent on profitability. Color and quirk are not enough; there's a bottom line and I went in search of Powell's.

Powell's was established in 1971 by Walter Powell (of Russian roots) as a used bookstore at NW 12th and Burnside. Every book in the store cost only \$1 and business was good enough. A year prior, Walter's son Michael had opened a used and discounted cooperative bookstore in Chicago while attending the University of Chicago. The story goes that students were being ripped off by the university bookstore, and Michael saw an opportunity. In 1980 father and son merged their enterprises in Portland, selling new and used books in a recently shuttered Chrysler/AMC dealership at NW 10th and Burnside. (Yes, AMC! Remember Pacers? Gremlins?) This bold move resulted in a bookstore that today covers a full city block with 1.6 acres of retail floor space.

I enter through the original entrance at the building's southeast corner, an easy walk from the Portland Streetcar's 10th and Couch stop. Entering, I think, If Powell's City of Books were a book, where would I find it? I pick up one of the store's infamous color-coded room maps and I'm on my way.

First stop is the Rare Book Room on the third floor's Pearl Room. It seems the perfect place for Powell's-as-a-book, shelved alongside other collectible volumes, first editions, uniquely autographed books and those identified as collectible for various reasons. I try to explain my quest but the Rare Book staff shake their heads no at my inquiry. Before I leave, I consider the two volume "History of the Expedition Under the Command of Captains Lewis and Clark to the Sources of the Missouri." Available for \$350,000. Pocket change compared to the value of Powell's Books, but I pass.

I take the stairs to the Business section on the first-floor, confident I'll find Powell's-as-a-book there. The Powells, both Walter and Michael, had serious entrepreneurial chops and business acumen, as does Emily Powell, Michael's daughter and present owner. Consider that few bookstores sell new and used fiction side-by-side. Fewer still will buy your books. And there's this: Powell's established its internet presence in 1993 and created a website in 1994 — before Amazon. It's endured strong headwinds, including organized labor challenges, Covid-19 closures that resulted in laying off 400 employees, and always-changing literary trends. Also changing cultural trends: the store's much-loved Anne Hughes Coffee Room (southwest corner, windows facing 11th and

(Continued on next page)

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Burnside), where customers were free to read over coffee and a pastry before purchasing the books, is now occupied by local coffee roaster Guilder. Its menu includes wine, cocktails and upscale bites. Yes, you can still read books at a table, play cards, hang with your friends or study your laptop. With wine.

But I don't find Powell's-as-a-book in Business, so take the elevator to the Pacific Northwest shelves in the Red Room. I figure it's apropos, as Powell's footprint has economic and cultural implications across the region. Not only was it founded here, it employs hundreds, draws tourists and stirs and steadies Portland's literary reputation. It's opened numerous outposts over the years, though only a handful survive: on Hawthorne Boulevard, at Cedar Hills Crossing in Beaverton and in the South Concession Hall inside PDX. (My personal favorite of the now-closed stores was the Travel Bookstore at Pioneer Square, 1985–2005. It was a traveler's paradise for books, maps, globes and travel authors on tour.) The most iconic outpost of all? In 1993, Michael Powell founded a Powell's Books 150 miles from Portland, in tiny Condon, Oregon, population 700. It survives.

Not finding the book of my imagination in Pacific Northwest, I fantasize that it's been published as a graphic novel. I walk to the Gold Room, home of Science Fiction, Fantasy, Manga and Graphic Novels. Graphic novels have been in the nation's literary canon for as long as Powell's has been in business, but not as a stand-alone section in stores. Until recently, that is. Their auspicious presence today is startling — Graphic novels sales in North America topped \$2 billion in 2021; only General Fiction and Romance sell more. The space allotted to Graphic in the Gold Room astonishes me. I take note of the collection's proximity to Manga and make a mental note to become informed about the genre. I'm out of my league and decide to give up looking for the book I picture (pun intended).

It's then that I overhear a staff person suggest the Kids and Young Adult Graphic Novel sections to a customer. "In the Rose Room," he says. Ahh, the Rose Room, I smile. I've spent countless hours on a pint-size chair in the Rose Room, reading picture books to grandchildren or searching for learn-to-read and chapter books for the next age. I was skeptical when grandchildren introduced me to graphic novels a decade ago, considering them to be little more than comic books with spines. It turns out that ages 13–14 are the greatest readers of graphic books, but they're lauded by teachers from early elementary through high school grades for encouraging young people to read and for their value in sparking creativity. "We can't keep graphic on the shelves," one teacher told me recently, with enthusiasm. I remember this as I turn the corner to the Young Adult (YA)

Graphic Novel aisles and am greeted by enthusiastic readers. One looks up but only for a moment; the books have their attention.

I'm examining bold titles and brilliantly colorful book covers when I remember the stats about romance selling more than graphic novels. Of course! Powell's-as-a-book is a Romance Novel! Aren't Portlanders, or at least bookish Portlanders, just a little bit in love with Powell's? Maybe not bodice-ripping love, but like the genre of romance, there's an object of affection, chemistry, desire, conflict (too many books for one's budget?), and the promise of a happy ending. I'm not a romance reader so connecting the dots is something of a reach, but I channel the sentiments of my Powell's-loyal friends and know I'm on the right path.

Back I go to the Gold Room, where at the Romance shelves it appears Powell's (the store) has struck gold; customers are everywhere, the most I've seen in one space in the store today. What's more, the demographics of the shoppers are not easily pigeonholed by gender, age, or apparent race. Among them are a youngish mixed-race couple, a woman who appears old enough for Mirabella, three 30-somethings in stylish attire and a mid-40s guy with a beard. Book publishers say that Romance novel's rise is a direct consequence of Covid-19, a despairing and threatening period when people missed human interactions and experienced uncertainty. Publisher's Weekly reported a 36% increase in Romance sales between 2021 and 2022. It's also suggested that culturally, there's less stigma about what we're reading, and readers gallantly post photos of their favorite titles on social media. I weave my way between avid hunters as I look for Powell's-as-a-book, but it's not here.

I take the stairs in the direction of the Blue Room, home of General Fiction. Fiction delivers characters, and Powell's has had many of those, from owners to staff to customers. Most books contain chapters and Powell's history has easily been written in chapters, some with dramatic turns and plot twists and some with dead-ends. Novels keep us on the edge with unresolved crises. Will Powell's ever return to being open on Christmas Day? (That's a crisis for one of my children.) Will Barnes and Noble buy Powell's, as they recently did Denver's Tattered Cover book chain? As for ambiguous endings — which I generally like in a novel — who can predict Powell's Books future?

And at that, I realize I don't need Powell's-as-a-book. It's not a book, after all, it's an experience. Ask longtime Portlanders to describe Powell's and they might say, "Well, it has a distinct smell. Not an odor, a scent that you'll never find elsewhere." Powell's Books is the book: a tome, an anthology of anecdotes and a chronicle of bookselling.

I look around, inhale deeply, and exit through the northwest doors toward the 11th and Couch Streetcar stop. ●

# Global Warming in the High Arctic

By JOHANNA KING

These photos were taken in the Svalbard Archipelago, between about 78° and 80° N. — midway between the Arctic Circle and the North Pole. This region is warming more than six times faster than other areas, and thus is a sort of canary in the coal mine for the effects of global warming. Temperatures are rising, glaciers are melting, sea ice is diminishing, permafrost is melting, methane emissions are increasing, vegetation is changing, Arctic food webs are being disrupted. All this is very challenging, especially for the iconic megafauna of the region, the polar bear and the walrus, but also for birds, foxes, reindeer, seals, and other species.





*The Brasvellbreen Ice Field presents this wall of ice for over 100 miles. It has been known for its spectacular waterfalls during summer months, but the melting, from both below and above, is now accelerating.*





*These glaciers are melting at an unprecedented rate, in part because most are at low elevations.*



*This large calving event, with its resultant tumultuous wave, disrupts hundreds of Black-legged Kittiwakes.*



*This polar bear likely hears a seal moving under the ice, and is using his weight to break open an access hole. Warming and the resultant loss of sea ice affect hunting success, access to denning sites and a loss of genetic diversity due to less contact with other bears.*



*The Atlantic puffin is a wide-ranging species and not endangered. It nests in holes and on cliff faces, along with other members of the Alcid family.*

Walruses are negatively impacted by diminishing shallow water sea ice, which they need for feeding platforms and for resting. This baby is about 3 months old.



The Arctic Tern uses these delicate tapered wings to make the longest known migration of any species. Despite its small size, it furiously defends its young against predators, including people who get too close.

**A**l Mutaz Izzidien (for his father) Amin (for his grandfather) Jwehan (for his tribe) applied to come to America nine times before he was finally admitted. Aside from persistence, love of music and a willingness to rove have shaped Taz' life.

Born in Amman, Jordan, Taz attended the College de La Salle, a Catholic boys' school. "I entered a church before a mosque," he says. As a boy, Taz's chief interest was music.

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## Staff Profile:

### Al Mutaz Izzidien Amin Jwehan, Server — Musician and Wanderer

By **NANCY MOSS**

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A visiting uncle who lived in America brought him records, and an Amman record store called The Music Box sold "records from all over." Taz chose his purchases by the pictures on the records and by those that had parental advisories. He formed a band and was the lead singer for the "first punk band in Jordan." He wrote the lyrics to "Hail to Petra," about the ancient city in South Jordan.

However, once Kurt Cobain's suicide led to a couple of musicians' suicides, the King of Jordan cracked down. He "collected punks and metalheads and put them in jail," Taz says, and confiscated forbidden posters and records. These police actions caused Taz' parents to stop supporting his music. "That path was closed to me," he says.

So he would find other places. At the age of 18, Taz applied for the first time to come to America — and received his first rejection. South Africa accepted a passport without a visa so Taz headed there and became manager of the Rovers' Return bar.

A friend suggested that, since he was now a manager and not a waiter, Taz apply once more to go to America. "That dream came back again," he says. This time, he made it.

He went to Texarkana, a city on the Texas-Arkansas border, where his uncle had settled in 1962. While based there, he visited Glacier National park in Montana, where he met a traveling nurse whom he married.

After living in South Carolina, Texas and New Jersey, Taz

found that he liked Oregon, especially the music scene. His wife wanted to leave, however, so they began the divorce process.

Oregon provided Taz' only brush with racism; an old woman on his bus called him "the N word" and refused to sit next to him. The bus driver, however — a Black woman — scolded her.

Coming from the desert and a land with "only two seasons," Taz liked the greenness and four seasons of Oregon. He enjoyed its emphasis on bicycling.

And there was the music. "Raw and underground," he says, bands that "stayed true to the sound of punk, its anti-profit, anti-capitalist slant." He goes to \$8 concerts, buys \$8 cassettes, in a "transaction between you and the artist," he says, adding, "This is how you create culture." Asked to define the music, he says, "Sex Pistols, Led Zeppelin, baked by Black Sabbath:" post-Punk, but still underground.

This music, he says, creates "awareness of what's happening in the world," adding that the Middle East has changed immensely in the last six or seven years. He worries about Syria, that "land of beauty" that continues to see conflict.

Taz' family history reflects that change. Years ago, Taz' father's tribe backed his education in Europe; he returned to Jordan to become an agent for Citroen and for a heavy machinery firm. However, the Iraq wars, which destroyed his factories there, ended the family business. He returned to farming in the Valley of Jordan; "Land is always there for you," Taz says. His brother now runs the family farm.

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**Coming from the desert and a land with "only two seasons," Taz liked the greenness and four seasons of Oregon. He enjoyed its emphasis on bicycling.**

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"Now I am American; I can be vocal," Taz says of his anti-capitalist views. "I know how to hold my tongue," he adds, saying that "Music is a good bridge."

In Taz' tribe, when a son is born, the father has to buy him a camel. A child of 4 or 5 can play with his camel. But "the camel is proud," Taz adds. It may "stomp on you" if you are praying or doing yoga; you have to be gentle with camels.

*(Continued on page 23)*



Photo: Ron Mendonca

Al Mutaz Izzidien Amin Jwehan

(Continued from page 21)

Under a suave, cheerful exterior, Taz, who became an American citizen in 2024, harbors a powerful worldview. "I love America but don't like capitalism," he says, and finds an outlet for both his love and his protest in music. ●



Left: Taz in traditional headdress. Above: Before the Iraq wars, Taz' father was an agent for Citroën.

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# Taking a Walk

By DOROTHY DWORKIN

The lyrics in the song “I Walk Alone,” popularized by Frank Sinatra, are my personal mantra. I walk alone but for different reasons than expressed in the music. I walk alone with my head down watching the path on front of me for hidden and/or obvious dangers. I’d love to walk with a companion, chatting and checking for birds, plantings and activity on the river. I’d love to walk with my eyes looking up not down. But I walk alone, head mostly down. I know what can happen if I don’t pay attention to where I step. Before moving to Mirabella, I lived in the Pearl, a wonderful neighborhood but fraught with danger for the unwary walker. The danger came from sidewalks with older trees that had large emerging roots breaking through the sidewalks. If I didn’t pay close attention to where I was stepping, trouble lurked.

My current favorite walking trail, along the river, holds its own challenges as some of us already know. On part of the river walkway, broken concrete and large tree roots also menace along with bicycle riders, skaters, runners and four-legged friends.

In the Pearl, I often wore earphones and listened to NPR or music when walking to block out street noises, car horns and barking animals. On a sunny August morning while I was concentrating on “Morning Edition,” I tripped and fell. Besides broken fingers, I suffered the embarrassment of broken pride. I stopped wearing headphones for a time and concentrated on where I was walking.

As months passed, my alert button switched off and I returned to my old habits. Once again, I tripped and fell. This time, I damaged the fingers on my other hand. Each time I fell, I had reached out to stop myself. I was embarrassed as other pedestrians came to my rescue. I was also ashamed. Would I never learn?

I don’t fall, I thought. How could this happen to me? Then I recalled an op-ed written by one of my favorite memoirists, Dani Shapiro. She wrote, “A fall is different from an accident or an act of violence. It is something you have done to yourself.” Not on purpose, of course, unless you are taking foolish risks like climbing a ladder to reach a high shelf, neglecting to use grab bars when available and allowing distractions to prevent you from paying attention to what you are doing.

Another essayist who wrote about walking and falling said, “Walking is perceived as a simple task. Falls are associated with the uncoordinated and clumsy.” The writer made that assertion despite the World Health Organization listing falls as the second leading cause of unintentional injury or death. The same organization reported that one in three people over the age of 65 falls. Over age 80, the number

jumps to 50%. That doesn’t mean young people don’t fall. They do, too.

A friend who recently tripped and fell told me she asked herself, “Why did this happen? I don’t fall. I’m strong and steady!” For her, falls were associated with weakness and frailty. She was embarrassed to have found herself on the ground and couldn’t understand how it happened, even insisted on getting up by herself despite the help that was offered. As she healed from the physical damage caused by the fall, she said it had also weakened her self-image.

When Ms. Shapiro, the memoirist, posted about her fall on social media, the hundreds of comments that were posted told her she was not alone. For some of us who have fallen, the real healing needs to come from our psyches and ensuing emotions and not just from the bruises. Until it does, please watch where you are walking. ●

## After The Fall

I walk carefully, measuring each step

Once I walked with alacrity

Loved to walk, loved the feeling

Air moving around my body

Listening to the music of my youth

“Stepping out with my baby”

Walked for exercise, for pleasure

Seeing what my legs could do

Faster, Faster

Higher, Lighter

Then came change

Falling, falling, down, down

Attention must be paid!

Measure each step, each move

Will the next bring

Freedom or fear?

March comes. Spirits lift

“Winter of my discontent” ends

Spring brings new growth

Trees bloom. Jackets off!

Light filled days

Step out again but cautiously



Art: Eileen Kane

## Everything You Wanted to Know About Candy

By RITA BRICKMAN EFFROS

The sweet taste of sugar is one of life’s great pleasures. Food companies take advantage of this visceral urge by adding sugar to almost everything, from ketchup to breakfast cereals and yogurt and even to supposed health foods like granola bars.

We humans are attracted to sugar from the moment we are born. These responses can be shaped by later learning, but they remain at the core of our behavior. In the developed world, more sweet, refined sugars are produced than can possibly be eaten. Unfortunately, there is a major mismatch between the evolved drive to consume sugar and the body’s response to it.

Anthropology research suggests that sugar, mainly in the form of honey, was a driving force in evolution. For our ancient ancestors to accomplish the basic activities of daily life, such as finding shelter, reproducing and raising offspring and securing enough food, they required energy in the form of calories.

Greater “fitness” in evolutionary terms required foragers to detect sweetness with just a quick taste. So, rather than browsing randomly, they could focus on plants that had plenty of calories with less effort.

It has been hypothesized that sugar/honey was one of

the factors contributing to the increased size of the human brain early in our evolutionary past. This notion is supported by taste perception researcher Stephen Wooding, who writes that the two genes responsible for our sweetness taste buds have been in place for hundreds of millions of years of evolution.

Honey has several qualities that make it a super food. It’s very energy dense, about 80 to 95 percent sugar, and it’s a good source of the glucose needed to nurture brain development. Wild honey also contains traces of bee larvae, adding fat, protein, vitamins and minerals. And on top of that, it’s easy to digest.

Pots of honey have been found in early Egyptian tombs, verifying that honey consumption is not a recent phenomenon. Moreover, rock art found in Africa, Europe, Australia and Asia dating 40,000 years ago depicts honeycombs and swarms of bees and honey collection.

Another line of evidence for the role of honey in human evolution comes from our primate cousins. Baboons and macaques, for example, use their hands and mouths to harvest honey from the nests of stingless bees. Orangutans, gorillas

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and chimpanzees use sticks to extract the food from hives. Honey may have become a larger component of the diet with the invention of stone tools, which would have allowed our ancestors to more easily open beehives.

The term confectionology (the study of sweets) is derived from the Latin 'confect', meaning to make by mixing, especially for medicinal purposes. A leading figure in this research discipline is candy historian Susan Benjamin. A former journalism professor and prolific writer, she is one of the nation's top experts on how sweets and sugars shaped North America from early history through the mid-1900s.

Ms. Benjamin explores all sorts of sweets, especially those whose stories are rarely heard. These include teas, medicines, syrups and spices that led to the modern candies and cakes we enjoy today. In addition, her research includes the historic use of sugars and other sweets in alcohol and aphrodisiacs.

The history of candy dates to the late Mesolithic period (circa 10,000 years ago), but more recent records document the use of tree resins as gum as early as the 1400s. People thought it was good for the teeth, freshened their breath, gave them something to do. In fact, resin is still an ingredient in today's chewing gum.

By the mid-1800s, people could make and market more things to more people because of the Industrial Revolution. Candy was originally made for working-class kids. They never had enough money to buy anything other than penny candy.

Candy was originally viewed as medicinal and health-promoting. In fact, one of the first candies that we are familiar with — the Necco Wafer — was made in an apothecary. A bit of trivia: the inventor's brother used the same recipe to create the Valentine's Day conversation hearts, explaining why both candies taste the same.

In the 1700s slaves were forced to make sugar. The abolitionists had a movement to boycott anything that was made with "the blood and sweat of slaves." They predicted that boycotting cane sugar would make it unnecessary to enslave people. But there were alternatives: sorghum and beet sugar which grows in cold weather, so slavery persisted.

The first chocolate bars, made in the mid-1800s, took off in demand after the world went to war. Peanut Chews were invented by an immigrant from Romania as a ration for World War I soldiers, who loved it. Also, alcoholic drinks made from candy were popular during prohibition.

During both world wars, candy bars were used to feed the troops. Nuts, sugar and some fruits were referred to as "a meal in a bar." These treats, known by the euphemism "energy bars," are just fancy, high-priced candy bars.

Chocolate's history expands with the arrival of Cortez in Mexico in the 1400s, where rumor spread among his

men regarding Montezuma. They believed that he drank 50 chalices of a chocolate drink each day to help him satisfy his many wives.

This notion spread back in Spain, where chocolate, the favorite sweet of the very rich, was linked to sexual desire. Unbeknownst to them, the tryptophan in chocolate does feed into the brain's dopamine reward system, so they might have been on to something.

Chocolate truffles were, in fact, viewed as an aphrodisiac in France, starting in the time of Moulin Rouge. They were considered a sensual treat, a gift of love and sex. Fast forward to current times when the holiday of love, Valentine's Day, is often celebrated with chocolate kisses.

Just as nations have flags and anthems, they also have favorite candies. Italy has bacio, for example. And locum (literally meaning "comfort for the throat") was renamed Turkish Delight to underscore its country of origin. Red Vine Licorice is the U.S. favorite, and has appeared in many TV shows such as "The Gilmore Girls" and "Last Week Tonight with John Oliver."

Licorice Root, a respiratory and digestive aid for millennia, was described in a Hindu medieval text, and citations in the Oxford English Dictionary claim that "Lycuresse is both good for the voyce ... and doth loose fleume." In the 1700s, a British apothecary added sugar to the licorice lozenges he sold in his shop.

Salmiakki, or salty licorice, the Finnish national candy, contributes to its rank as the fifth highest country in the world for candy consumption.

France's candy favorite, Les Anis de Flavigny, traces its origins to the time of Caesar's victory over the Gauls. The aniseeds he brought back inspired the monks of Flavigny centuries later to make candies with the seeds, attracting such fans as Louis IX. The current factory is still in a monastery.

Japan's obsession with Kit Kat is almost cult-like. Originally produced in Britain in the 1930s, Kit-Kat was consciously packaged as a plain, unpretentious workmen's snack during their 5-minute break.

By contrast, in Japan it is currently sold not only in drug-stores, but in high-end Kit-Kat boutiques, featuring as many as 400 different flavors that include strawberry, sweet potato, chestnut, plum wine, roasted tea, wasabi, saki and matcha.

One of America's obsessions, especially in the month of October, is candy corn. Made with sugar, corn syrup, sesame oil, artificial vanilla flavor, gelatin and a glaze that contains a secretion from bugs, it was originally christened Chicken Feed when it was born in the late 1800s.

The culinary expert Samin Nesrat took part in several sensory tasting group sessions, claiming that she learned to view candy tasting as seriously as wine tasting. Culturally, candy is something we eat for fun, but as a gift of love, it merits serious research. ●

## "Shakespeare's Skull" Visits Mirabella

By NANCY MOSS

**G**resham Readers Theatre will present Rich Rubin's play "Shakespeare's Skull" in Willamette Hall on April 7. Rubin's comedy, which won Portland Civic Theatre's playwriting contest and had a production in the 2019 Fertile Ground festival, deals with two yokels who plan to steal and sell Shakespeare's skull.

The story that grave robbers stole Shakespeare's skull has persisted over the years, in spite of the malediction on his grave: "Cursed be he that moves my bones." When phrenology, the belief that a person's physical skull indicated their talents, was in vogue, Rubin's plotline was not necessarily farfetched. The skull of a genius could find a market. A 2016 Washington Post article details how researchers scanned Shakespeare's grave and found "an odd disturbance at the head."

Rubin's play expands on this basic idea.

The Readers Theatre production continues RAMP's policy of having residents contribute to particular performances, such as the opera "Julia Child" and a harpsichord concert in October. Lynne De Vries, who has stepped forward to increase the programs committee's budget, says that "Thanks to Cary Lewis, who knows everybody," Mirabella has attracted talented musicians, as well as other performers. Having sponsors enables the committee to expand its events. ●

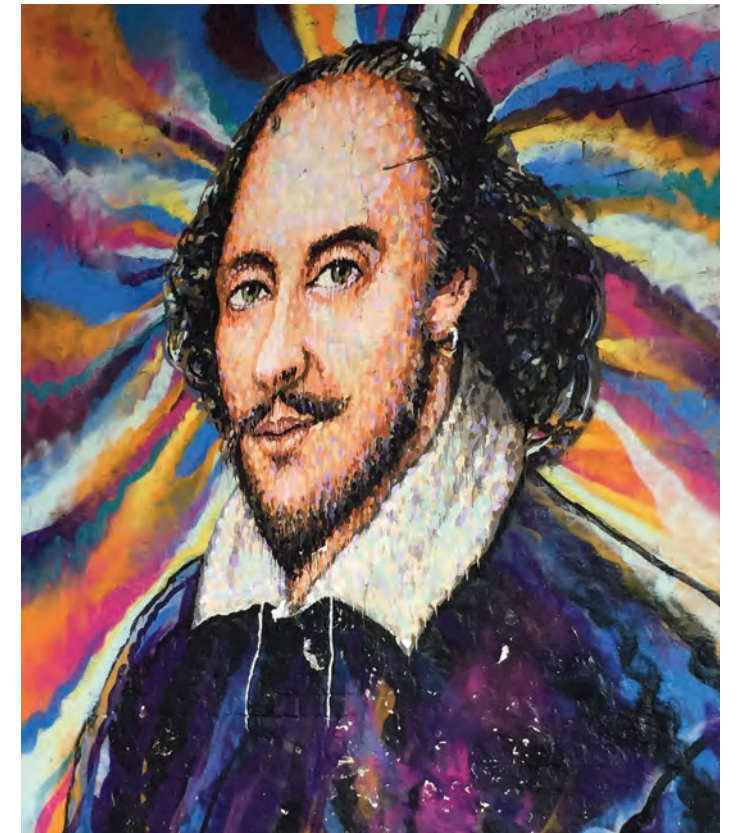


Photo: Richard Mounts

Christine Meadows as Julia Child in the opera "Bon Appetit," part of a new sponsorship plan where Mirabella residents support specific programs.

# Poetry

By TERRI HOPKINS

She was wondering if she could gather strength by being quiet and doing nothing, or if she should try to summon her rage and bite back, as a friend suggested, but as often happens, she was distracted by a hummingbird.

11.11.2024

Her friend knew how to gather strangers around a table. She knew how to keep the conversation flowing until they found the stories that connected them—Brooklyn, baseball, a movie. And she knew how to make a quilt. These things were not unrelated.

for Barbara

## Transportation Committee Moves

**Mirabella’s transportation committee**, chaired by Lester Reed, deals with basic rules for town cars and buses. Director of Resident Services Megan Huston and Director of Facility Services Kent Liebelt may attend meetings, providing instant response when hopes and dreams collide with reality.

At their Jan. 8 meeting, a resident asked about lowering fees when a destination is only a short distance outside the free zone. Megan pointed out that fees for places outside the free zone help balance expenses for travel inside it.

The discussion ended with Lester saying that the committee

would have a recommendation by June.

Megan clarified that a free Lyft ride would follow if a request had been confirmed but later staffing limitations did not allow it.

“New residents are welcome to attend transportation committee meetings,” says Lester. Anyone concerned with the availability or limitations of scheduling rides may find these meetings, scheduled at 1 p.m. on the second Wednesday of a month, useful.

— Nancy Moss

# Night Scene

Photo by STANLEY BERMAN



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# A Family Story

By JANE WACHSLER

**W**hen Evelyn and Louis got married in 1929, it was considered proper to have the rabbi over for dinner fairly soon after the wedding. Feeling dinner had gone well, Evelyn went into the kitchen to prepare her dessert: a chocolate ice box cake.

Melt 2 and ½ pieces of semi-sweet chocolate in a double boiler

Add 1 and ½ T water

Add 4 egg yolks, beat until smooth

Add 2 T powdered sugar, fold in stiffly-beaten whites and 1C heavy cream, whipped

Cool in a spring-form pan 12 hours

Evelyn picked up the dessert and released the spring. The dessert released from the form, but instead of landing on a cake plate, it landed on the newlyweds' kitchen floor.



Evelyn picked up the cake, now a gloppy mess. She covered it with left-over whipped cream and took it into the dining room. Louis, the loving bridegroom, picked up his fork and took a bite.

To this day, no one knows why he said what he did: "Evelyn, this tastes just like linoleum." Crying, Evelyn ran into the bedroom and began packing to go back home.

It was 1929 and there was no money for a ticket. ●



## THE BEST EYE DROPS COME FROM YOU

USING YOUR BLOOD TO TREAT DRY EYE DISEASE

By Dr. Mila Ioussifova, OD, FAAO

While these can be effective for people with occasional or mild dry eyes, they are usually insufficient for those with moderate or severe DED. That's because while these options help to lubricate your eyes, they do not replace what is found in natural tears: critical substances like proteins, lipids, enzymes, vitamins, and growth factors. These biochemical molecules, especially growth factors, are important in corneal (front part of the eye) cell division and wound healing.

Here is the good news: you can get these healing molecules from your blood plasma—the clear liquid of your blood.

At South Waterfront Eye Care, we have been making autologous (from the patient) serum eye drops to treat dry eye disease for years. This service is not offered by many clinics, so most patients have never heard of it, and accessibility is often limited. We have a convenient and straightforward process of drawing blood and making the drops within one hour.

Platelet Rich Plasma (PRP) is a regenerative therapy used in all areas of medicine and aesthetics. And now we are using it for the eyes! PRP eye drops provide more concentrated growth factors and therefore healing properties. We see incredible results in corneal healing, pain reduction, and vision improvement in patients who have tried and failed with many other therapies for dry eye.

Our doctors treat DED as the multifactorial disease it is, approaching it with holistic and functional medicine solutions and assessing nutrition, gut health, and overall wellness. We address the underlying causes of dry eye, such as ocular rosacea, meibomian gland (eyelid glands) dysfunction, and blepharitis (eyelid inflammation and bacterial overgrowth) with highly effective treatments such as Intense Pulsed Light (IPL), Lipiflow Thermal Pulsation, Radiofrequency, Miboflow, and BlephEx.

Although DED is common, it is still an underdiagnosed and undertreated condition. Addressing the root cause and utilizing the regenerative powers of our biologics can be critical factors in treating this disease. I love that we now have so many options to offer our patients struggling with DED, and I never get tired of hearing patients say, "I am not using lubricating drops all day long anymore; I feel like I have my life back!"



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