

3550



She Her Hers | He Him His | **They Them Theirs**

September 2019

a publication by and for the residents of Mirabella Portland



Steve Casey
Editor



Linda Wood
President

WELL, GEE, THAT WAS FUN!
The talk of the elevator, the hot topic in the lobby, all you could hear in the lounge, the subject of *ad hoc* resident meetings and poetry, the new dining plan consumed us for weeks.

That’s understandable. When my wife, Adrienne, began her sworn law enforcement career, her first job was in the L.A. county jail for women. She learned quickly that inmates hate change and if you want to start a riot, just mess with their food.

Old folks and inmates have something in common.

Some of our neighbors may lose out under the new plan and some will do better. So if you, personally, are on the losing side, you have a right to be annoyed. But the wholesale cynicism and assumption that Mirabella or the Medford Mothership somehow is out to get us financially at every turn is not only wrong but unhealthy.

Yes, there is reason to watch Mirabella like a hawk, as we all have serious money tied up in this operation.

The success of any major change here rests upon a reservoir of trust and good will that any history of playing fast and loose with facts can poison. It’s in our mutual interest to “trust, but verify.”

Skepticism good; cynicism bad.

Personally, I like the concept of a “declining balance” meal plan for its flexibility. This one gives us “points,” a hollow term, but no worse than the original plan’s “meal credits,” a particularly amorphous phrase.

Will this plan work as advertised? Maybe not. Maybe the number of points each month will have to be increased, and we don’t fully know what items are going to cost — something that we should have known on day one.

We learned the intricacies of “meal credits” and we can learn the new one. Meanwhile, please, let’s chill and lose the cynicism.

As a friend said the other evening: “It’ll all be fine once we learn to game the points.” ■

MANY OF US CHOSE MIRABELLA AS OUR HOME BECAUSE WE were looking for a safe, secure place to age and to receive high-quality health care when and if we ever need it.

But sometimes it seems that the desire for security makes us resistant to change. Sometimes even small changes can cause us to become confused or upset.

Research has shown that learning new things is a major help in keeping our brains functioning as well and fully as possible while our bodies inevitably age. Perhaps we should welcome change as one more way to learn new things and help our brains in the process.

Several important changes are coming to Mirabella.

Let’s welcome them in a spirit of learning new things, while also recognizing that the planned changes have other benefits.

One example is our new security system, with the need for all of us to get new fobs. By the time you read this, we will probably have all managed to get through the necessary transition time when we needed to use two different fobs. This will be a challenging time but the ultimate goal, a significantly improved security system for the building, will be worth it.

We are also going to experience change in our meal plans, moving from the familiar meal credit system to a point system which will allow us greater flexibility in how we use our meal plans.

It will be challenging for us to learn about the new system and how to use it to meet our individual dining needs. As we learn more about it, I hope that the point system will be easier to understand and use than it may appear to be at first.

In this, my last column as your RAMP President, I would like to thank you for the opportunity to serve the community in this capacity. It has been an interesting and rewarding experience. ■



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and Kai Hobbs
are among staffers
wearing pronoun
buttons. Why? They tell
Claire Weber on page
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French.



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3550 Rocks at National Awards

YOUR 3550 MAGAZINE WON FOUR MAJOR HONORS IN THE 2019 Apex Awards national publication contest.

The Apex Awards judging panel evaluates writing, photography, layout, editorial judgment and overall quality.



The magazine took three "Awards of Excellence" and one of the top honors, a "Grand Award."

The team of Ed Parker and Steve Casey received a Grand Award in the writing category for their piece on climate change in the Pacific Northwest, published in

March 2019, reporting on how global warming will affect this region.

The Award of Excellence for design and illustration went to Ron Mendonca, whose photo, "Dystopian Mirabella," was the cover for that same issue.

John Branchflower took an Award of Excellence in design and layout for the September 2018 issue.

That issue also brought another Award of Excellence for the entire staff, recognized for the quality of writing throughout the whole magazine.

The Apex Awards for Publication Excellence are given annually. This year there were 1,278 entries from around the country. The winners were announced July 31.

The awards are the product of Communications Concepts, Inc., which helps publishing, public relations and marketing professionals to up their game. ■

New Columnist Wanted

FOR OUR FIRST YEARS, VETERAN JOURNALIST MARGE CAROTHERS wrote the "Around Campus" column and did a wonderful job. Then, at age 93, she decided to hang up her press pass.

Betty Noyes agreed, reluctantly, to help out. But her passion is health care, and the column in this issue will be her last. It's a fun take and we hope you enjoy it.

"Around Campus" chronicles the notable activities of our residents — athletic achievements, musical talent, travel adventures, professional honors, milestone events, amusing moments, struggles.

If this appeals to you, please discuss it with 3550 editor Steve Casey. Write him at: stevenjcasey@me.com. ■

TWO MIRABELLA HEALTH CENTER EMPLOYEES HAVE RECEIVED \$4,000 scholarship awards from the resident-supported YES Project.

The Oregon Community Foundation (OCF), which holds the YES Project funds and handles its awards, announced the grants to certified nursing assistants Cassandra Boddington and Hannah Dunton.

Hannah works in skilled nursing, where she is also a preceptor — like a tutor or trainer.

Cassandra works in assisted living.

Both are pursuing nursing studies and both are the first in their families to attend college.

Mirabella has two scholarship programs — one run by the Mirabella Foundation, and a non-affiliated fund founded a number of years ago by former residents Dave and Linda McCammon, and administered by OCF with donor representation by John Branchflower and Laurie Meigs.

Wendy Usher of OCF said the YES Project fund now totals \$166,000.

"YES" stands for Your Employee Scholarships.

Any Mirabella hourly employee may apply for a scholarship, no matter his or her field of study. ■

It Felt Like a Holiday

SPECIAL OCCASIONS DON'T ALWAYS OCCUR ON RED-LETTER DAYS. Did an event that felt momentous to you take place outside a traditional holiday? Please tell us about it, how it affected you and your life, in a brief essay for our December issue. Email it to hawaiimoss@msn.com or put it in mailbox #2102.

Knoll Receives Book Award

MIRABELLA RESIDENT PAUL KNOLL RECEIVED THE 2018 OSKAR Halecki History Book Award in Gdansk, Poland, on June 16, 2019, for his recent book "A Pearl of Powerful Learning: The University of Cracow in the 15th Century."

Awarded at the seventh International Congress of Polish Studies, Paul's prize was followed by a session devoted to "appreciation and assessment" by a number of scholars, during which Paul made remarks reacting to his fellow scholars' comments. Having been informed ahead of time of his honor, Paul was able to guess what people would say and prepare accordingly.

The ceremony took place in Artus Court, a medieval building based on King Arthur's Round Table. ■

Wane of Print Journalism Brings Action From OPB

by Ed Parker

INVESTIGATIVE “FACT-BASED” JOURNALISM IS AN IMPORTANT NEW mission for Oregon Public Broadcasting, OPB’s president and chief executive officer Steve Bass told a packed house of South Waterfront residents in a Zidell “Front Porch” series talk at Mirabella’s Willamette Hall in mid-July. “If we don’t do it, who will?” Bass asked.



News and information were originally a secondary part of the OPB mission, but four factors have changed the news ecosystem in recent years, he said, and since newspapers can no longer afford the amount of local news and investigative journalism they historically provided, OPB is making news its primary mission.

The first trend Bass cited is the increased velocity of news. We no longer wait for the evening news or the next day’s newspaper. Cable News Network (CNN) started the “right now” news cycle in 1980. The Internet and mobile

phone applications (“apps”) continue to accelerate the rate of news dissemination.

The second trend is a changed funding model for news. Print subscribers never paid more than 20% of news revenue, the rest coming from advertising. Craig’s List and other Internet sites took away most newspaper classified advertising and a recession killed most display advertising revenue.

By 2014, newspaper advertising revenue had declined \$40 billion from its peak and has further declined since, Bass said. The result is smaller and fewer newspapers, with resulting reductions in reporting staff.

The third trend in the news ecosystem is the blurring of the distinction between news reporting and opinion commentary. Newspapers traditionally kept the news pages separate from the editorial and opinion pages.

Electronic media mix news and opinion together, with social media blurring them even more, Bass said. The reason is that gathering news and reporting facts is expensive.

Unlike the great expense of investigative journalism, where staff may work on a story for months before it’s ready for publication or broadcasting, “talking heads” giving opinions is a cheap way to fill time and space.

The fourth trend is that media are no longer locally owned. Many Oregon newspapers were family owned and paid attention to local issues. Most now have out-of-state owners who don’t care about the local community. Every TV station in Oregon, except OPB, has out-of-state owners.

Investors have purchased local newspapers for their valuable real estate. They can extract economic value by moving reduced operations to cheaper quarters and make money by repurposing their newly purchased real estate, Bass said.

The question raised by these four changes in the news ecosystem is, “How will communities operate if they don’t have local facts and information?” Bass said.

OPB is investing in journalism to address this problem.

Bass said the news expansion is more visible in their radio than their television operations. OPB is the only Oregon news organization with a growing audience. It now has 150,000 paying members and an audience of a half-million, Bass said.

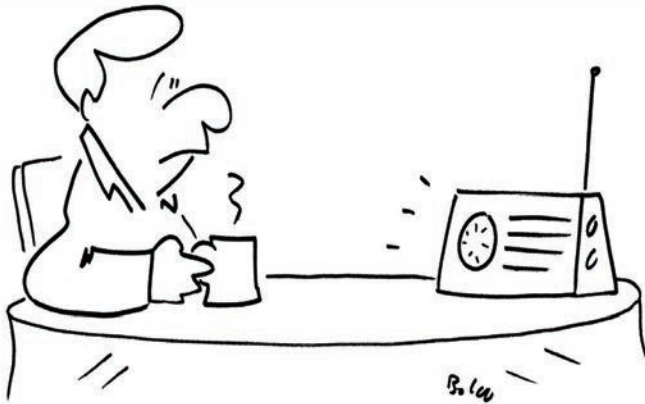
OPB is increasing the size of its government news staff and now has four legislative reporters and the largest environmental reporting team in the state. A boost to science news coverage and adding a Washington, D.C., reporter to cover government agency operations that affect the Pacific Northwest is up next, he said.

(see OPB p. 6)

(from OPB p. 5)

OPB has news staff in Bend, Salem, Medford and Vancouver, Wash., and plans expanded coverage of rural Oregon.

In response to an audience question, Bass described their new relationship with ProPublica, a nonprofit investigative journalism organization. OPB was selected as a member of their investigative network. Bass said investigative journalism is very expensive and this partnership will



"Good morning and welcome to National Public Radio, you bloated capitalist swine!"

strengthen OPB's investigative journalism.

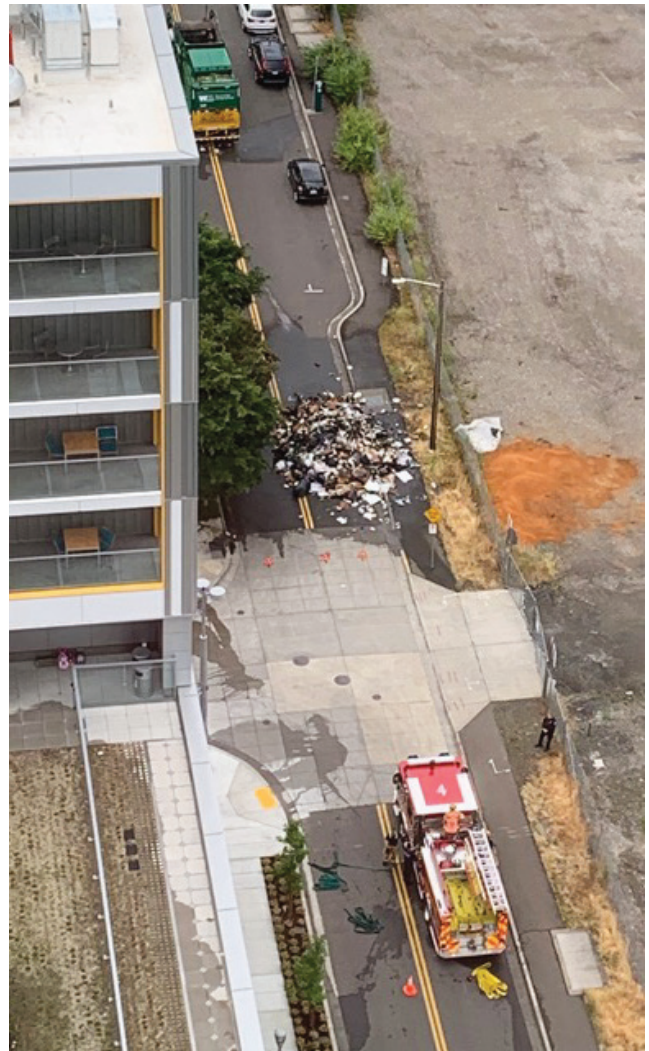
Responding to another audience question, Bass said that federal funding is only 9% of their total budget. He said federal funding has largely bipartisan support. He was not concerned that OPB's audience size dwarfs its paid membership, as making news and information available is a "public benefit," and he does not plan to add a "paywall" to OPB. He said individual support was four to five times larger than corporate support.

Bass also said children — and adults — need to learn healthy skepticism.

"We are now in an era of deep fakes where it is easy to manipulate images," he said, meaning news consumers must be skeptical of what they see and hear and pay attention to who are the sources of the "information" they get. ■



Mirabella residents (seated L-R) Toni Tidman, Nancy and Art Moss visit Emily Griffin (standing) at Emily's new 'home' at Industrial Cafe & Saloon. Photo by Robert French.



Holy burning trash truck, Batman! In late June, a fire broke out in a garbage truck and the driver dumped the load on SW River Parkway in order to save the truck. "Quick thinking," observed a police officer at the scene. Who said this neighborhood isn't entertaining? Steve Casey photo.



Bernard Gets Almost Famous

MIRABELLA RESIDENT BERNARD BROWN WAS HONORED BY Ronald McDonald Charities for his service as a volunteer and for his donations with a “thank you” billboard.

It’s part of a Ronald McDonald ad campaign celebrating its new shelter for cancer patients and their families in the Rood Family Pavilion.

Bernard is one of six volunteers selected for billboard fame. His billboard has been up by the east end of the Ross Island Bridge. It moves on Sept. 2 to SW Barbur Blvd. and SW 26th Ave.

Ronald McDonald Charities contracts with Oregon Health & Science University to run the housing site, including the accommodations provided for adult patients.

Bernard is available to talk with any resident interested in supporting or volunteering at Ronald McDonald House. ■

Mirabella Foundation Scholarships

THE MIRABELLA PORTLAND FOUNDATION HAS AWARDED 17 scholarships totaling \$30,000 to employees in five departments.

The recipients by department are:

Administration: **Meghan Silva.**

Dining Services: **Haley Cartmill, Griselda Ramirez, Aleeta Summers, Rebekah Wilkins and Taylor Yocom.**

Facilities: **Richard Gomez, Michael Hardin, Robert Le and Jonathan Meza.**

Health Center: **Nico Brouhard, Sally Chen, Evelyn Cole, Sage Hahn, Kayla Pham and Kristen Usery.**

Resident Services: **Bryant Symkowiak.**

For these Mirabella Foundation scholarships, applicants are approved by their supervisors and Mirabella’s HR director, selected by the resident foundation committee, and their awards granted or denied by the Mirabella Foundation board of directors. ■

Mirabella Harp Gets a Haircut

APIECE OF OUTDOOR ART AT THE FRONT OF MIRABELLA (officially The Mirabella Flower), said to evoke impressions of a river, long has been known as what it looks like to most people: “The Harp.”

At a community meeting several years ago, resident Shirley Papé famously said that people living here shouldn’t be reminded of harps and angels, and the statue should be removed.

It wasn’t.

Adopting a “cover it up and maybe no one will notice”



solution, Mirabella management allowed the ivy around the statue to grow up and over it, making it all but impossible to see.

Problem solved, until one resident submitted a comment card complaining this was “disrespectful to the artist and disrespectful to the art.”

The artist has said he doesn’t care what’s done with the work. As far as is

known, no one asked the statue what it thought.

The comment card was referred to the building and grounds and the art committees. B&G said “leave the ivy alone” and Art said “trim it off.”

With that, it was back in management’s hands. Administration said it would do whatever the council wanted.

At its July meeting, the council said it wanted to trim the vines and bring the harp out of retirement..

One wag suggested pruning plantings next to the harp into topiary angels. ■

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Library Employee Policy Unchanged

THE BAD NEWS: A QUESTION SOME RESIDENTS AND EMPLOYEES feel strongly about will not be offered for a vote at the resident association's annual meeting in September.

The good news: your vote wouldn't have mattered anyway.

The contentious issue of whether to allow employees to read in the library on their own time or during breaks was set to be placed before residents.

The scheduled vote was to decide whether to "recommend" to Mirabella administration that the rule banning employees from reading in the library be dropped. The effect of the vote was in question because the residents' association has no power to terminate an administration rule regarding the conduct of employees, so the vote was purely advisory.

More than a year ago, veteran server Emily Griffin wrote Mirabella's executive director, Sharon McCartney, asking "that employees be allowed the freedom to use common areas... a hallway, empty meeting room, the Library and 5th floor terrace." The issue soon focused just on the library.

Emily had been reading in the library on off-duty time until told that was forbidden.

In her letter, she cited enhanced security that employees could provide, saying she had personally noticed a suspicious person, got help, and the man was escorted off the premises.

"This would not have been possible if I had not been allowed the use of the library," she wrote.

She also cited a dearth of quiet space for employees to relax during breaks and before and after shifts.

Sharon said no.

"I can appreciate your point of view," she said in a reply letter. "However, there are many reasons why we have this rule in place," she said, citing a new security system and the range of options available to employees on their off-time.

"What you may not know currently," Sharon wrote, "is that, while some residents have enjoyed this (employees relaxing in the library), others have not."

She noted also that employees are welcome to check out books in the library — but not to spend down time there.

At the June council meeting, Sharon said the controversy involves "one employee" (Emily) who enjoys the support of several residents, raising a concern that other employees

could round up resident support for torpedoing other rules they don't like.

That reasoning was picked up by councilor Teresa Goodwin, who had supported putting the issue to a vote, and by association president Linda Wood.

"We have no business telling administration how to treat their employees," Teresa said at the July council meeting, noting she had changed her mind and now advocated calling off the vote.

Linda agreed with Sharon's argument that the resident association injecting itself into the issue could embolden other employees "learning they can pressure administration through residents."

In early July, Emily left Mirabella after some six years of employment, and said her departure was in no way related to the library kerfuffle.

—Steve Casey ■

NET Members Allowed Emergency Access

HOW WILL YOU GET HELP AFTER AN EARTHQUAKE IF YOU CAN'T get up to unlock your door? Thanks to Mirabella executive director Sharon McCartney, this frequently asked question now has a good answer.

At Sharon's request, Mirabella's corporate parent, Pacific Retirement Services (PRS), has approved a plan for Mirabella Neighborhood Emergency Team (NET) members to get keys after an earthquake. They will use them to check on the safety of Mirabella residents who may have been knocked down or injured.

A locked key box in the emergency command center across the hallway from the concierge desk will contain master keys to apartments. If a disaster happens at a time when Mirabella staff are not available to check on all residents potentially needing help, Mirabella residents who are NET members will get keys to assist residents who may be trapped behind locked doors.

NET members are trained, background checked, certified and insured by the City of Portland to be the city's emergency first responders after a major disaster until professional fire and rescue teams can get here.

Currently, Mirabella NET members include John Branchflower, Anne Clark, Nancy Moss, Ed Noyes, Ed Parker, Amy Richman, Barbara Short and Pat Towle. If other residents wish to become NET members, the next NET training will be in Willamette Hall from 1 to 5 p.m. on five consecutive Wednesday afternoons starting October 16. Check with Barbara Short or Ed Parker for information. ■

Employees Tell Us Why They Wear Those Buttons

By Claire Weber

HE/HIM/HIS. THEY/THEM/THEIRS. SHE/HER/HERS. Some Mirabella employees are wearing buttons displaying pronouns. Why? What do they mean to employees and residents?

Pronoun buttons are an increasingly common means of letting others know what pronoun the individual prefers.

That preference is deeper than mere whim and is particularly important for a person who is transgender or “non-binary” (not seeing oneself as “male” or “female”) and wishes to be addressed with the pronouns that fit the employee’s internal experience of gender.

If that sounds abstract, and to some residents it’s a totally new concept, it is daily reality for some on our staff.

Kai Hobbs is a Bistro and Aria server whose button says “he/him/his.”

He is transgender and says the button “is helpful to let people know without having them feel uncomfortable asking me. I’ve had a few people ask and that was helpful for both parties.”

The reaction of residents was “not as different as I would have anticipated,” Kai told 3550. “A lot of responses were warm and accepting. I never had any experience with people that much older than me — I didn’t know what to expect.”

Elyssa Chen is a server who wears a “she/her/hers” button.

She is not transgender; she wears the button “to show solidarity with Kai.”

She was surprised at the resident reaction and heard “nothing negative.” One resident told Elyssa she was “super thankful, as it is a good reminder.” Elyssa recommends that residents “just use the pronoun on the button.”

Brice Suprenant is a registered dietician whose button says “he/him/his.”

He is not transgender but explains that “I have lots of transgender friends and people in my life. It is really difficult for some transgender people and the pin takes the assumption out of it. My overall goal in wearing this pin is to create a work culture of inclusivity that respects all peoples and how they identify.”

Janne (pronounced “Yanni”) Keskinen is a server in the Bistro who wears a button saying “they/them/theirs.”

Why these pronouns?

Janne says it is because “I don’t feel like a guy. I don’t feel like a girl. ‘He’ or ‘she’ pronouns don’t feel like who I

am. ‘They’ feels better for who I am and how I feel about myself.”

Some residents have asked Janne about his button. (Oops: about their button. This can be tricky.)

Janne emphasizes that it is “okay to ask us about the buttons,” although some residents “seem curious but afraid to ask. As long as it is not hostile, I am willing to talk about it. This doesn’t need to be hidden.”

Janne also would “like people to do self-analysis — do they fit the role they’re given? And if so, that’s fine. For me, realizing I did not identify as male was empowering and if this helps other people, that is great.”



Damon von Maxwell photo by Robert French.

Damon von Maxwell is a shift supervisor in the Bistro whose button says “he/him/his.”

He is transgender and says this is an “easy way for staff to be called correctly and prevent awkward conversations at the table.”

Damon told 3550 that “you don’t want to have your identity discarded — it makes you feel invalidated as a person.”

He says the reaction to servers with pronoun buttons has been “neutral to positive. Portland is pretty progressive and they are pretty sedate kids.”

Benn Valdez is a night shift concierge and wears a button saying “he/him/his.”

Benn is transgender and wears the button “in an effort to reduce the number of times I get misgendered, and that affects my mental health. It is hard for someone who isn’t trans to understand. If I don’t tell them first, no one says ‘he’ or ‘him’ and it almost feels like a physical pain.”

(see Buttons p. 10)

(from Buttons p. 9)

He wants residents to know that “most people have had a baseline that ‘this is who I am.’ I have never had that. I am looking for the comfort in my own skin that for the most part you have always had.”

Benn has not seen much resident reaction. Working nights, he says “I always see the same residents and they are making their adjustments. It is a process. A lot of it is habit.”



He asks that residents “do your best with pronouns. Pay attention to those wearing pins and be respectful.”

The gender identity and pronoun preferences of these employees are neither abnormal nor uncommon, according to Amy Penkin, program supervisor at the Transgender Health Program of Oregon Health & Science University (OHSU).

She told 3550 that “a range of gender expressions is normal. No two may present themselves exactly alike — individuals may be more masculine or more feminine.”

“Transgender experience is less about feminism or masculinity changing over time and more about expectations at birth” that do not fit an individual’s personal feeling, she said.

When the anatomical gender and the individual’s personal experience of self are not aligned, the transgender person has incongruence.

Penkin described the OHSU program as a “comprehensive gender center” that started in 2015 and “provides medical care to persons seeking to align their bodies physically with their internal experience of their gender.”

The center also offers education, training and outreach with the goal of creating “a more welcoming environment.”

The Williams Institute on Sexual Orientation and Gender Identity at UCLA’s law school reports that about 1.4 million adults are transgender or non-binary.

That is probably low because some individuals choose not to identify themselves and the survey did not include anyone under 18.

“Transgender” does not mean there has been, or will be, surgery.

Mirabella residents may remember the 1950’s news stories about Christine Jorgensen, America’s first well-known transgender individual. However, many transgender people now do not seek surgical transition like Jorgensen’s.



Penkin points out that some transgender individuals transition socially and “can fully shift their transition without ever doing anything medically or seeing a doctor.”

When asked about the importance of pronoun buttons, Penkin said “a person’s name and pronoun is important as it affirms who you are.”

Use of incorrect pronouns for a transgender or nonbinary person “can feel like their identity or experience is being erased,” she told 3550.

Pronoun pins recently sprouted in Mirabella’s administration office. While none of the wearers is transgender, the pins were worn to support employees who are and to say “Mirabella is a welcoming and inclusive place.”



Mirabella’s executive director, Sharon McCartney, dining boss Armin Alcantara and human resources director Anna Browne are among those button-wearers.

“I started in support of our employees,” Sharon told 3550.

Anna told 3550 that pronoun pins “are a nice step to show Mirabella’s inclusivity for our staff. The first thing I put up in this office was a locally printed poster.”

It reads:

We welcome all races,
All religions,
All countries of origin,
All sexual orientation,
All genders,
All abilities.

We stand with you.
You are safe here.

Anna notes that the post 9/11 generation, from 17 to 19 years old, often include their pronouns as part of their email signatures. It is, she says, “completely normal for them, they don’t think twice about it.”

Anna provides pronoun pins to any staff member who requests one.

Sharon says there is no official policy on pronoun buttons but “we offer them to new employees. This is basically about being supportive and inclusive. We have about a dozen employees who identify and one employee asked us to do buttons. A lot of Starbucks and other stores are doing this.”

She has not heard much from residents about the buttons. “Maybe one or two asked about the buttons and said it is nice to know what pronouns to use,” Sharon reports. “That was my hope — that it isn’t a big thing.”

Because PRS has no official policy, Sharon says “we are leading the charge.” ■

Foot Soldiers in Battle for Equity

by Ed Parker

LANGUAGE IS ALWAYS CHANGING BECAUSE OUR TECHNICAL, POLITICAL and cultural environment is changing. If it weren't, we would still be speaking Elizabethan English and would not be able to discuss the important issues of our time.

Gender is currently a critical language issue. The binary gender distinction between male and female in the English language does not match up well with the continuum of gender diversity in today's world.

The 2013 biology textbook by Joan Roughgarden, "Evolution's Rainbow: Diversity, Gender, and Sexuality in Nature and People," explains the biology of sex and gender in the animal kingdom, including humans. Roughgarden, a tenured full professor of biology at Stanford, was born male. After a sex-change operation Roughgarden became a female.

One of the problems of traditional English is that it evolved in a male-dominated culture that discriminated against women, as well as perpetuating a binary gender stereotype. The lack of non-gendered singular pronouns is a symptom of gender discrimination in the culture.

My eldest granddaughter, who is in college on a writing scholarship, was the first to teach me about non-gendered pronouns and the need for new language to describe the diversity of gender. She refers to herself as a demi-female. She is on the female side of the male-female continuum, but closer to mid-point than a stereotypical female.

My granddaughter and many of her generation have adopted formerly plural pronouns to be both singular and plural.

That usage is likely to become standard English soon and may not wait for our generation to die off.

Already, many colleges now permit each student to choose which pronoun "they" prefers when referring to "them." Him, her and them are all acceptable "singular" pronouns. Even the Portland opera program listing of performers indicates which pronoun each of the performers prefers.

In June, Multnomah County passed an ordinance to update the county code to be gender inclusive, replacing gender-specific pronouns with the pronouns they, them and theirs. The city of Berkeley, Calif., followed on July 16, the city council voting unanimously to replace about 40 gender-specific words in the city code with gender-neutral terms. That means manpower will become human effort or workforce, while masculine

and feminine pronouns like she, her, he and him will be replaced by they and them. Even manhole has become maintenance hole.

My personal editorial opinion: The current trend toward gender equality, which still has a long way to go, is an important cultural cause to champion. Changing the language is part of that cultural change. Promoting equality is much more important than defending traditional sexist language. ■



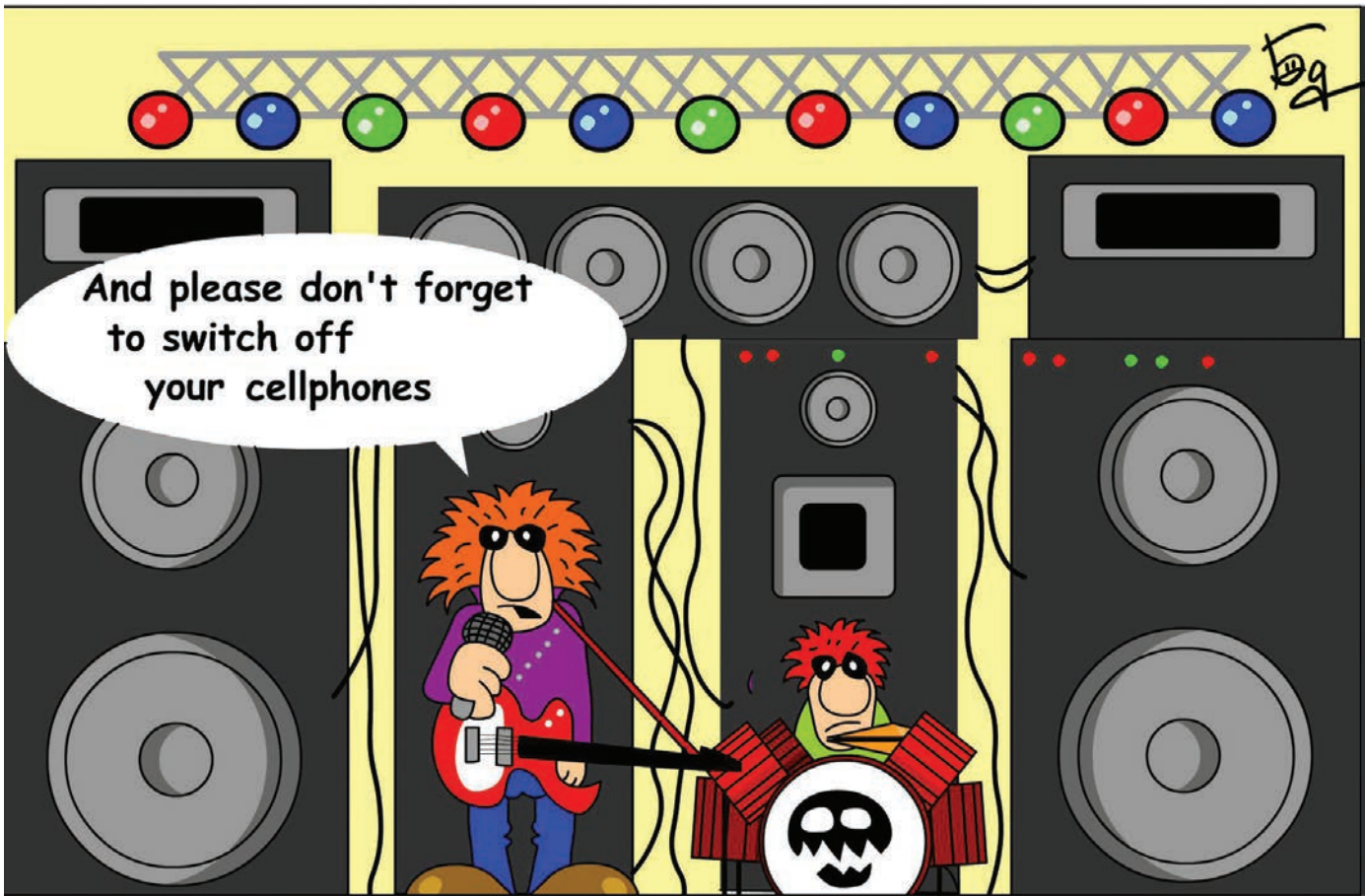
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10,000-seat Outdoor Music Venue Sought for Zidell Yards Site

by Steve Casey

BEST CASE: IT'S GOING TO BE GREAT; AN ENHANCEMENT TO THE South Waterfront, boosting the economy, giving enjoyment to residents and visitors and bringing more life to the neighborhood.

Worst case: It's going to be a disaster for those living here; an auditory attack on neighbors, old people and sick kids, coupled with traffic snarls.

In a year or so, the vast Zidell Yards site could become home to Portland's newest outdoor concert venue, built and operated by Live Nation, a publicly traded entertainment powerhouse that owns Ticketmaster, the House of Blues chain, and each year stages some 30,000 events in 40 countries worldwide.

That site is three blocks — as the sound flies — from our northern doorstep.

Live Nation has arranged a seven-year lease with extensions that could make it run over a decade. It plans some 25 open-air concerts a year in a 10,000-seat amphitheater, mostly on summer nights. Under the lease, Live Nation also could rent out the facility for other events.

Plans for the amphitheater and this use of the property are pending before the City of Portland.

Matt Prieshoff, San Francisco-based chief strategy officer of Live Nation Venues, is leading the effort to bring the amphitheater to the South Waterfront.

He sees beautiful summer nights, breathtaking views of the river and east Portland beyond, making the Zidell site a choice venue.

Some have cheered news of the project, hoping it will mean top-tier entertainment within an easy walk, and will bring activity and vitality to the area.

Some South Waterfront residents are wary, remembering the oppressive noise and relentless bass assaults generated by Project Pabst, a short series of concerts in the same location in 2014.



The three major impediments to the amphitheater plan are noise, traffic and the long-planned extension of Bond Avenue.

Noise is an issue that affects Mirabella and residents of other high-rises in the neighborhood and particularly

imperils the new Ronald McDonald House which shelters children with cancer and their families as they undergo treatment at Oregon Health & Science University.

During Project Pabst, neighborhood residents lodged complaints with the city when the noise became unbearable.

Neighbors also wonder whether traffic will clog neighborhood roads, hinder public transportation and emergency vehicle access and exacerbate parking problems.

Besides the immediate impact on quality of life, residents and landlords fear a resulting decline in property values.

"That does concern me," Mirabella marketing director Renee Hix told 3550. "It's something we have to keep our eyes on."

Standing between Mirabella and Zidell property, the Ronald McDonald House was not built at the time of Project Pabst but is now the closest non-Zidell building to the proposed concerts.

Jessica Jarratt Miller, chief executive officer of Ronald McDonald Charities in Oregon and Southwest Washington, initially was stunned by the Live Nation proposal. She has since met with Charlene Zidell and Matt Prieshoff and found herself "somewhat reassured" but still cautious.

"The largest Ronald McDonald House in the state has just opened in the brand-new Rood Family Pavilion to provide housing and support for thousands of critically ill children and their families," she told 3550.

"I can't believe that anyone would support a project that would rattle the windows of these children and families late into the night, all summer long.

"I am committed to working with Live Nation, the Zidell family, OHSU and the City of Portland to ensure that (this) remains a safe and peaceful place for children and families to heal," she said.

"OHSU recently completed the Rood Family Pavilion — a place for out-of-town patients to stay and rest while receiving care," noted the university vice president of planning and real estate, Sara Vonde Veld.

"We have requested information on the noise levels that would be generated by Live Nation, due to concerns about our patients being able to sleep, as well as other impacts on our ability to deliver our missions, such as night classes held across the street from the proposed Live Nation facility," she said.

"We haven't seen a traffic study for this project, but congestion already impacts our patients traveling to South Waterfront. Absent more information, it's not clear how Live Nation traffic could be accommodated without the completion of SW Bond Avenue."

If Bond is extended up to Tilikum Crossing, linking with the recently completed section heading north from there,

Bond would be one-way running north and Moody would be one-way running south, the twin arterials providing better access in and out of the South Waterfront.

Some neighborhood leaders believe completion of Bond is so critical that no other project should be approved until the arterial is completed.



At an informal breakfast and in response to written questions, Live Nation's Matt Prieshoff offered answers to resident concerns, starting with noise.

Noting that Project Pabst's stage faced directly at the neighborhood high-rises, was temporary and apparently without sound deadening materials behind it, he wrote that "Live Nation has specifically designed our layout to focus the music toward the fans, while directing most sound away from the Mirabella and other residences and buildings



"Excuse me, but on weekdays at 4 A.M. my wife and I are not so much into the pop music."

south of Zidell Yards."

"We are working with a best in class staging company on a permanent stage design, which includes sound reducing materials, to mitigate the noise traveling backwards," and will work with the city and an acoustical firm on noise standards, he wrote.

At a preliminary conference with representatives of several city bureaus, Prieshoff pledged to conduct an acoustical study, which would include assessing the impact on the Rood Family Pavilion to the south and to the Collaborative Life Sciences building to the north, where OHSU has vibration-sensitive research equipment.

(see Zidell p. 14)

(from Zidell p. 13)

He has said if done properly the events should not sound louder in nearby homes than the Ross Island Bridge does.

Besides, he said, not all events here would be rock concerts.

"Live Nation plans to bring diverse outdoor concerts and world class performers to the Portland waterfront," he wrote. "We're excited to host comedians, singer-songwriters, rock bands, blues and jazz artists, country acts and more."

Gates to the venue would typically open about 6 p.m., with concerts starting at 7 or 7:30 and usually concluding at 11 p.m., he said.



All concert venues, particularly those outdoors, as this would be, have noise issues, particularly in residential areas.

In Bend, public controversy long has surrounded concerts staged at Century Center.

A neighbor told the Bend Bulletin newspaper that when she is in her home on concert nights, "I equate it to being in a box and someone pounding on the outside of the box."

"Performances close to homes simply can't meet Bend's noise ordinance," another resident told the newspaper.

Matt Prieshoff agrees. He told the city conference that no promoter can stage a concert that stays within the decibel limit of Portland's ordinance — about the level of lively conversation — if measured at the source.

Clearly, Live Nation intends to ask for a noise variance, which likely would involve not only review by the city's noise office, but approval or denial by the city's volunteer Noise Review Board, whose decision could then be appealed to the city council.

In a recent case before that board, the Oregon Zoo requested to increase the number of its outdoor summer concerts. Area residents say they can hear the concerts clearly while in their homes one and two miles distant.

In January the noise board tweaked a three-year noise variance it granted a month earlier, voting 4-1 to increase the number of allowed zoo concerts from 19 to 22.



While traffic details are sketchy at this point, Prieshoff told 3550 the result should be smooth traffic flow.

Live Nation has hired Kittleson & Associates, a Portland-based traffic engineering firm with 25 offices throughout the country, to produce a "multi-modal plan for seamless entry to the venue." The company also is talking with business

owners and parking lot operators, encouraging fans to use public transportation, and planning to hire police officers to direct traffic, he said.



Two main issues — noise and traffic — commonly leave communities vexed when amphitheaters operate.

Examples:

- Concerts at Fenway Park were challenged by residents in that Boston neighborhood, as Live Nation asked for 12 concert dates last year, in the face of complaints of traffic, trash and noise.

"It's not a fair fight for the residents," city councilor Michelle Wu told the Boston Sun newspaper:

"We all see the concerts in a good light in terms of the vitality it brings to the city with the growth in retail and restaurants, and we are asking you to bear the brunt of the impact."

- The concert season at another Live Nation facility, Toronto's Echo Beach, started last year with neighbors' complaints about sound — particularly a constant, driving bass.

"It's 9:30 p.m. and I'm in a condo building," resident Martin Gravel tweeted. "The bass thumping coming from music concert at Echo Beach tonight is ridiculous. Shaking my windows at times on the 9th floor. Two kids under 8 trying to sleep."

- Nashville's Ascend Amphitheater roused similar complaints.
- In Concord, Calif. and in Holmdel, N.J., concerts were not so much the problem as were activities including an autocross track and all-day sound checks by firms that rented the venues from Live Nation.



Where does the proposal for our neighborhood stand now?

At press time, the pre-application conference had just been held. The applicant, Live Nation, was to prepare and file a formal application, which will be reviewed by the city's design commission in a hearing that accepts public testimony. No date was set as we went to press.

If the project is challenged, the losing side can appeal the commission's decision to the city council. The city's decision can be appealed to the state's Land Use Board of Appeals, generally known as LUBA.

Stay tuned. ■

ED AND I CAME TO MIRABELLA AS RELATIVE STRANGERS TO Portland and that's probably why we celebrated our 54th wedding anniversary the way we did.

With days of wine and roses? No, not for us.

It was late in Spring, the time of new beginnings, and we found a cool way to explore our new adopted home town. A way others might enjoy spending a fun day learning about parts of Portland they may never have seen.

The idea was born of my desire to come up with 75 fun,



frivolous and frolicking activities to mark my 75 years on the planet.

So we boarded the "pink trolley," the Grey Line sight-seeing cable-car-looking tourist trolley that clanks through the South Waterfront and, we learned, way beyond.

A one-day pass is \$34 for adults (which is anyone over 12) and for five bucks more you can make it a two-day pass. Kids are half price and wee ones under 5 are free.

It's a HO-HO trolley — hop on, hop off. Get off at any stop and an hour later another trolley will be by. You can get around in an hour and a half, or with stopping frequently you can spend the whole day in exploration.

I purchased the tickets online and we hovered around the corner of Caruthers Park in front of Sweetheart Pizza. The dispatcher said that the trolley would arrive at 10:09 and our printed vouchers from the web site would get us on.

At 10:12, to our delighted eyes, we spotted and boarded the trolley.

Our first lesson came with what the brochure calls "stops." They are not. Most all of the 13 "stops" were drive-bys.



Photo of Grey Line trolley on Bond Ave. by Ed Noyes.

First up was the Portland Aerial Tram. We'd never thought of it, but we learned the tram station is a hub for multiple types of transportation: tram, bus, streetcar, bicycle and car.

We didn't hear about the neighborhood lawsuit and assorted protests by folks over whose houses the tram flies, nor about the four-fold increase in construction cost that took the tram price tag to \$57 million.

We did hear that it's one of two commuter aerial trams in the U.S., the other being in New York City. (No, former Southern Californians, the Palm Springs Aerial Tram, lovely as it is, is not a commuter tram.)

As we rolled along, our driver-guide described how the Tilikum Crossing shows many different colored lights with varying intensity, to indicate water temperature, height of the river and speed of the current.

Driving through River Place, we could have hopped off at the McCormick and Schmick's restaurant for happy hour on the river but instead we continued around the drive to downtown, where Pioneer Courthouse Square was pointed out as being "the living room of Portland."

Up and into Washington Park was fun. The trolley took us through beautiful neighborhoods and past the Japanese Garden and Rose Test Garden. You can jump out and explore both at your leisure.

The gates of the Oregon Zoo were calling me to visit the giraffe exhibit, but we rode on because I thought — wrongly — that our tickets didn't allow it. My bad.

The World Forestry Center with its information about how important the timber industry was to the Pacific Northwest came as no surprise, but as with most statistics I found that all a bit dazzling.

We saw and learned more cool stuff, but it was at the NW 23rd Avenue shopping district that I all but had to be restrained. Ed threatened to sit on me to keep me from jumping off and running into any of the delightful looking stores, there to spend more than a month of Mirabella rent. (You can thank Ed, dear Mirabella: we can pay our fees this month because of him.)

Powell's Books brought a gasp from every tourist on the trolley. There were probably about 15 other souls with us, each of them seeming to be going on about how they loved Powell's or how they were going to go, for sure. Hmm. Nobody got off? Strange.

We rolled past the Chinese Garden and through Old Town — both of which we could have explored on foot and rejoined the trolley later — and on to what for us was the final stop, Caruthers Park.

Somewhere along the way, we were given pink trolley stickers to wear. We probably looked like walking billboards, but we felt like we'd been accepted into the club. ■



Photo by Ron Mendonca

Susie Hoyt and Rusty Davis

by Nancy Moss

TODAY, RUSTY DAVIS AND SUSIE HOYT RIDE A TANDEM BIKE around Portland, a joint effort characteristic of their team approach to their work and their lives.

He's a computer scientist with a generous dollop of artistry; she's an artist grounded in practicality.

Art entered Susie's life early and she found "It takes an engineering brain to be an artist," she says.

She remembers reproductions of great paintings — John Singer Sargent and Renoir — that her mother taped on Susie's bedroom wall.

Growing up, Susie became "very confident for no reason" about her taste in art; at the age of 13 she insisted her parents buy a large and dramatic painting she saw in a gallery. It hangs in their hallway today.

Her father's job with General Electric meant moving every five years around the East Coast, getting what Susie calls that "Yankee vibe."

Susie's passion for art stayed with her through those moves, but diminished when she took a life drawing class

Resident Profile

Rusty Davis and Susie Hoyt

at the University of Oregon, where her teacher, frustrated by what he thought was poor work, would tear his students' drawings off their pad, crumple them and throw them on the floor.

When he did that to one of hers, Susie abandoned drawing.

Susie and Rusty's apartment, however, bears witness to her artistic flair; a gilded ceramic piece, a pot repurposed as sculpture, is topped with a curving black wisp that Susie says may represent the smoke from her mother's ashes rising to the sky.

Rusty, whose bushy red hair gave him his nickname early, grew up in Texas, moving from Austin, where he was born, to East Texas. As a boy "I loved to take things apart," he says, often in his father's workshop. "Radios, anything with gears. Whatever."

"I liked electricity," Rusty says. He remembers as a three-year-old grabbing the electrical fence that kept horses off their property. "More than once," he says with

a slight grin. "Anything that was electrical, I liked. I was definitely headed toward science."

In 1969, during the Vietnam War, Rusty joined the Navy. He qualified for nuclear power school and worked with "bleeding edge technology" — technologies so new they ran a high risk of being unreliable — that powered some submarines and aircraft carriers. After serving in the Navy, he headed for the University of Oregon where a friend introduced him to Susie.

"We spent many hours talking over coffee," Susie says; they moved from other relationships to become a couple. "What drew us together was our independent thinking."

They were married on St. Patrick's Day, 1981.

During the summers, they enjoyed the Oregon Country Fair, something of a hippie jamboree that included crafts, performances and food.

"We're plain-clothes hippies now," Susie explains.

At the U of O, Rusty moved from psychology to computer science after a statistics course fired his interest. "Computers were more interesting than brains," he says.

While at university, Rusty got a job with the Eugene Register Guard. The newspaper was computerizing and "I got to run it," he says, adding that this was before the arrival of personal computers.

While Rusty was moving into the opening of the computer age, before work stations abounded and the word "technology" was still rare, Susie diversified.

"I never had a career," she says, "but I had a number of strange jobs." She worked as a fundraiser for a congressman, was a hostess at a restaurant, and helped with the 1980 census. If someone realized "Hey, we need someone," they would likely call on her, Susie says.

Rusty wanted the two of them to have their own business. He had worked with a friend, an electronics engineer, doing patch panels that connected computers, which were then the size of refrigerators, the resulting network running

"We're plain-clothes hippies now."

through thousands of wires.

Rusty founded Crosspoint Systems, and Susie came on board. She learned bookkeeping and, working in their basement, soldered parts of their 128 circuit boards together.

Those motor skills she had developed in art became an asset. "Susie could have been a surgeon," Rusty says.

(see Davis p. 18)

(from Davis p. 17)

They ran their company for 10 years, selling to newspapers and other publishers, and managed to survive until the company making the machines they designed equipment for disappeared, a casualty of developing technology.



As Rusty shifted his focus from tech to marketing, he and Susie moved to Portland, in 1988. He became marketing vice president for a software start-up in Beaverton and had a “really good run for four years” — until Microsoft stole their idea.

They were “surfing the back of the wave,” Rusty says, not at the forefront but doing well. Not having children gave them flexibility; they had “businesses instead of children,” he says.

After the software company, Rusty went out on his own, honing his marketing skills as an event planner. At trade shows he would invite members of the press and introduce them to companies with products. Susie helped with Rusty’s mailings and worked for 18 years as a volunteer at the Portland Art Museum’s Rental Sales Gallery.

Susie’s father had spent 30 years in a retirement community, from his early 70s to his death at 102. She and Rusty saw “what a blessing it was” and began planning their retirement early.

Susie’s recent bout with ovarian cancer made their move to Mirabella more urgent.

“After a severe cancer diagnosis, you appreciate every moment,” she says, and mentions “a lot of lying back on grass, staring up at clouds.”

She works with Julie Green on their garden plot and enjoys “seeing what my tomatoes are doing.”

Rusty and Susie mention a range of activities — walking together along the river, table tennis and fitness. They see friends both inside of and outside Mirabella.

And, yes, there’s that tandem bicycle. ■



Dr. Mila Ioussifova is a residency-trained optometrist with a diverse background and widespread training in comprehensive eye care. A graduate with honors from New England College of Optometry, Dr. Mila maintains and practices the highest standards in optometric practice. Her approach to patient care is systemic with an emphasis on ocular nutrition and disease prevention. She is passionate about eye care and health, and she takes the time to educate her patients on how to maintain healthy eyes.

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Great ShakeOut 2019

by Ed Parker

A SIMULATED MAGNITUDE 9.0 CASCADIA EARTHQUAKE WILL strike at 10:17 a.m. on Thursday, October 17. That's 10:17 on 10/17.

Mirabella residents will practice "drop, cover and hold on." After the recorded rumbling earthquake sounds stop — we can't simulate real shaking — they will participate in a post-earthquake communications exercise.

Requesting local, state or federal assistance after a real earthquake will require sending timely damage and injury reports to the Portland Bureau of Emergency Management (PBEM) through limited capacity amateur radio channels. The quake is expected to take down both landline and mobile telephone networks.

The good earthquake news for residents of Mirabella and other South Waterfront high-rise buildings is that the buildings are expected to survive and be available for residents to shelter in place, rather than leave us homeless in the park.

The bad news is that damage in other parts of Portland and the state, including to roads, bridges and airports, may be enough to delay the arrival of outside assistance for two or three weeks. Further delays of help to our neighborhood may result from responders giving higher priority to locations that suffer from collapsed buildings or the tsunami that will devastate the Oregon coast.

The October exercise is part of the annual Great ShakeOut earthquake preparation event. In 2018, 660,000 Oregonians, 20 million U.S. residents and

63 million people world-wide participated in the Great ShakeOut event. More are expected this year.

In a real earthquake, Mirabella's 27 emergency response teams will check about 8 apartments each for damage and injuries. The teams are organized into three zones, each with a zone captain responsible for managing nine teams and sending someone to check on teams that don't check in by radio. A mobile team will check public spaces.

In a June 4 drill, each team used a prefilled damage assessment form to radio the number of each type of hazard, damage or injury to their zone captain. They used a new form being tested by PBEM to permit rapid transmission of neighborhood damage assessment information.

For the 2019 Great ShakeOut drill, each team will create fictional damage and injury estimates and report them to their zone captain.

In a real disaster, the totals on this form, when combined with results from skilled nursing and assisted living floors, would guide the Mirabella incident commander's response plans and be combined with similar reports from other South Waterfront buildings for transmission to PBEM.

The South Waterfront Neighborhood Emergency Team (NET), led by Mirabella residents Barbara Short and Ed Parker, will also conduct a post-earthquake communication exercise on October 17.

Unlike two earlier NET exercises conducted in daylight, this one will be an evening exercise to practice how the team will respond when an earthquake occurs after dark. ■

**All Zones
Damage Assessment Report**

Floor	Notes	Hazards			Structural Damage			Injuries			
		Fire	Water	Other	Light	Moderate	Heavy	Minor	Delayed	Immediate	Deceased
Zone 1											
Zone 2											
Zone 3											
Mobile											
Totals											

Zone captains and the mobile team leader radio damage, injury and death statistics to the incident commander. Mirabella's information is combined with data from other buildings and sent to the city's emergency management team.

by Priscilla Cowell

FIVE YEARS AGO, WHEN MAYRA GUZMAN WAS HIRED AS A SERVER in the Bistro, she got up early enough each morning to get a free parking space near Mirabella before 4 a.m.

By 4:15, all the spaces were taken. She brought along a blanket and slept in her car until time to get ready for her 6:30 shift.

Now she is assistant dining room manager in Aria and has her own parking space.

"I owe my work ethic to my parents," she says with a winning smile. "They have worked hard all their lives and taught me to value work."

Her life, she says, is her work and her family. On weekends she hangs out with her sister, who is her best friend.

Unable to find work in their Mexican home city of Chilpancingo in Guerrero state, her parents brought Mayra to the United States illegally when she was three years old. She says she knows no home but Oregon.

Her parents eventually settled the family in Wilsonville, an equestrian-oriented suburb south of Portland, and went to work at jobs that used skills they had developed in Mexico.

Her father cared for horses and her mother raised and filled large orders for water lilies at a local nursery. They still do.

As Mayra grew up she kept out of trouble. "I had to," she points out. "I was a 'dreamer' under the Deferred Action for Childhood Arrivals Act. I studied management at community college, paid my taxes, and didn't have any criminal record. After all, I could be deported at any time."

She was allowed to have a work permit, which she renews every two years.

Under the DACA Act and with the help of an attorney, Mayra and her sister once visited family in Mexico for six weeks and returned to the U.S. legally.

"It was quite a culture shock," she says. "Little kids and really old people all working at selling things, outdoor toilets, and a curfew of 8 p.m. imposed by my aunt to keep us safe."

Now her grandparents are eligible for a U.S. visa and spend half of most years with the family in Wilsonville.

When Todd Albert, then Mirabella's dining director, first interviewed Mayra, she told him he should hire her because she was a great worker. She was right. After a year, Todd asked her to be Bistro shift supervisor. Reluctant, she accepted the position because Todd told her it was good to be a little scared of a new job.

"I loved it and never looked back," she said.

A year later, Todd and Armin Alcantara, now Mirabella's dining boss, offered her the job of assistant dining room manager in Aria.

"We were all standing in the loading dock at the time; it seemed an odd place for a job promotion offer," she laughed. No longer reluctant, Mayra immediately said yes.

"I'm grateful that Todd believed in me, and we still stay in touch," Mayra continued. Todd, who now is corporate culinary director for Pacific Retirement Services, Mirabella's parent corporation, recently sent her to California to train the dining room staff at PRS' newly expanded Meadows of Napa Valley facility.

Mayra puts in nine-hour days, Monday through Friday. To cover dinner service in Aria East and West and the Lounge she needs 13 servers. She usually has 11, and sometimes as few as 6, depending on current staffing levels

Staff Profile: Mayra Guzman

and absences. Any night she may wind up also hosting, seating residents and busing tables.

As assistant dining room manager, Mayra is responsible for making everything go right. If a resident complains about a take-out order she checks the saved telephone message and talks with the cooks who plate the clam shells and the runners who get the ice cream and drinks. If something is missing or wrong, she will send a server to deliver the item to the resident's apartment.

"I know that a lot of residents don't like me," Mayra admits. "I don't want to come across as a bitch. This is the residents' home and I need to tone down my bossiness and bluntness. I'm a dreamer, though, so I follow the rules."

She won't accept reservations or take-out orders past the 4:15 deadline, and one resident who wasn't dining was almost charged the price of a meal for sampling a strawberry from a dining friend's plate.

Mayra thinks that Mirabella residents in general are kind and patient with the staff. But she asks that the servers be treated with respect. She has been known to ask residents not to snap their fingers or clink on their water glass to attract a server's attention.

What about the future?

With her skills, work ethic and positive attitude, the dream of this dreamer is to continue to grow within the PRS company. ■



Photo by Robert French

Mayra Guzman

October Gold

photography and text
by Todd Albert

LUCY MAUD MONTGOMERY ONCE WROTE THROUGH THE EYES of Anne of Green Gables, "I'm so glad I live in a world where there are Octobers."

As early as December, then through the rainy days of the Pacific Northwest winter into the popping lush greens of spring in the Columbia River Gorge, into the dog-day heat of a downtown Portland summer, I dream of October. For as long as I remember, the fall has always been my favorite time of year. I can recall when, at an early age, I would spend my days romping through the woods around my house 60 miles north of New York City, rebelliously kicking as hard as I could any collection or pile of fallen leaves I came across. I remember breathing in a chill in the air and the smell of the coming winter while hearing the high-pitched sound of chain-saws in the distance preparing firewood for the season. I felt free and comforted like there was no end to the day in sight. F. Scott Fitzgerald said it best, "Life starts all over again when it gets crisp in the fall."

Years later and as a photographer, I especially enjoy shooting in areas around the United States where I am reminded of such days and can once again experience such feelings. I typically spend half the year planning and preparing for an upcoming fall adventure — somewhere, anywhere, that presents both dramatic scenery and a chance to witness the very short moment where nature presents the trees in their natural state after that pesky process of photosynthesis ends and before the leaves hit the ground. ■



Above and below: From a 7500-mile journey — Portland to the Smokey Mountains, north to Toronto, back down across the US to Grand Teton Park in Wyoming, and then back to Portland. I spent many days traveling and hiking along the Blue Ridge Parkway (above) through North Carolina (below) and into Virginia, periodically stopping along the way to get some pictures from the road.





From the same trip, I spent some time around Western Connecticut and the southeastern parts of New York (where I grew up) searching for good color and scenes that did the Northeast justice. This particular image was shot on the Connecticut side of the border between the two states.



Grapevine leaves typically do not turn until late in the season, but when they do, it's an amazing scene to see row upon row of the color change. Every year I enjoy heading down to the Dundee Hills in the Willamette Valley to catch a glimpse of the beauty. This is one of my favorite locations — Domaine Serene Winery. I was lucky to get this shot, as soon after, the house in the distance was torn down.



Oxbow Bend in Grand Teton National Park is one of the most popular and iconic locations in the area, especially during autumn. The only way for me to find a place to plant my tripod was to do so at 2 a.m. This image is a long-exposure shot of around 10 minutes — the only way to let enough light hit the camera's sensor without cranking up the ISO and creating noise. I spent some time during the day scouting for a good composition, placing rocks on the ground as markers so I could find my spot again in the dark. Oh, and this was during mating season for the park's moose population. Imagine standing here all night taking photos while hearing the animals bugling.



Heading to the San Juan Mountains in Southwestern Colorado should be on everyone's bucket list — no photo could ever do it justice. This particular image was shot from Last Dollar Road, an 18-mile unpaved road running from Ridgway to Telluride. A few years ago I spent 3-4 days traversing this short distance, taking me over 10,000 ft. in altitude the entire time. A word to the wise: This road is quite treacherous in places, even with a 4-wheel-drive vehicle.

RIP, Meal Credits; Hello, Points

by Steve Casey

YOU'RE ALMOST OUT OF MEAL CREDITS.
Forever.

September is the last full month in which residents can use a "meal credit" to dine at Mirabella.

Effective Oct. 1, Mirabella Portland will switch to an unnamed "declining balance" plan, in which residents receive 500 "points" each month, corresponding to \$1 a point, and use them to purchase food off dining menus.

The highlights:

- There will be no more meal credits.
- Each menu item in Aria and the Bistro will be individually priced.
- Each resident will receive a credit of 500 "points" a month.
- The 30% discount residents receive on food purchased in the Bistro and charged to one's account will continue on the new plan. Thus, if a resident spends *all* his or her points in the Bistro, that resident has an effective buying power of 714 points (714 minus 30% = 499.80).
- Unused points will not roll over to future months.
- Points may be used to pay for wine by the glass (not bottles), cocktails, beer, specialty drinks, and for guest meals.
- All independent living residents will be on the new plan.
- The plan offers diners flexibility — pay less if you are less hungry and eat less; pay more for a splurge.
- Yes, you will be able to take leftovers home. After all, you paid for them.
- Some residents will benefit from the plan; those who load up on an Aria dinner every night probably won't.
- After meeting with residents, Todd and Armin reduced the cost of a regular buffet dinner to a more affordable 20 points and said a soup and salad combination would be available for seven points.

Those on a "split month" from the 16th through the next 15th, will continue on that schedule. They will get half their normal meal credits on Sept. 16, then get 250 points on Oct. 1 to finish their month on the 15th, then 500 more to carry them through until Nov. 16.

Dining director Armin Alcantara and corporate dining boss Todd Albert, who have been working on the switchover for months, announced the change to the resident dining committee in late July, and to all residents shortly after that.

They have been presenting small-group workshops, explaining the plan, providing reference materials and answering questions.

This change eventually will affect all Pacific Retirement Services (PRS) communities, with Mirabella Portland leading off.

Such a sweeping change carries with it several questions, not the least of which is "Why are you doing this?"

Todd's answer: "To stay relevant in the retirement industry."

Retirement communities are changing, and "meal credits" are the dining equivalent of 8-track tapes.

"Thirty years ago, retirement communities just had buffets," Todd told 3550. "Meal credits work with that, but they're not conducive to multiple dining venues."

Mirabella's marketing director, Renee Hix, sees the change as something prospective residents are looking for.



"One of the most frequently asked questions is 'Can we use our meal credits for guests?'," Renee told 3550.

"The flexibility offered by the new meal plan makes it unanimously favored by prospective residents. Literally every person I've discussed this with has had a favorable reaction," she said.

That flexibility is key.

With declining balance plans, diners can be big spenders one day and order just a cup of soup the next, if they like, without feeling they have thrown away a meal credit.

The new program is mandatory — no "try outs" and no "opt outs" — and comes in two models: regular and light. It also has no name — no "My Choice," no "dining dollars."

The plan provides "points", each point having a one dollar purchasing power. Diners will select what they want

to eat. Each item will be individually priced and paid for with points.

The regular version gives each resident 500 points.

The light version will give those who opt for it only 400 points, but also give a \$50 rebate in the resident's monthly bill.

"That will benefit residents who are on the 20-meal plan and don't dine as much," says Todd, executive chef



and dining director here before taking on responsibility for dining in all PRS communities. He said the dining team has worked hard to ensure that resident dining experiences will mirror what they are now — not providing what diners *could* consume, but what experience has shown they *do* consume.

"We don't want to change anything," he said. "We don't want to build revenue and don't want to increase expenses. We are actually going to lose revenue because we are accepting guests on the plan, and we know that."

The dining staff has examined every dining transaction in both Aria and the Bistro over several weeks to determine how residents actually dine.

Over that period, the average Bistro diner had an \$8 breakfast and a \$13.72 dinner. (At press time, Aria meals were not fully priced out.)

While it has been theoretically possible for a resident on a 30-day plan to have a big Aria dinner every evening, with one or two starters, an entrée with vegetables and

starch, an extra helping of veggies or starch, even a second entrée if still hungry, followed by dessert and coffee — and to do that every night of the week — that's not how people actually dine.

While the new plan will allow people to eat as they have (on average), it will not provide enough points to support 30 nights of excess.

But none of us is exactly "average," so who will win and who will lose?

A very few residents who do have hearty dinners every night will probably find their points won't take them through the month and they will have to sign for some meals.

In order to figure out how you're going to do on the new plan, you first must know the number of points you have to work with, then the cost of the menu items you order. That last is something of a moving target.

"The Bistro prices will be pretty consistent with what's there now," Todd told 3550. "Aria East prices will fluctuate," based on the cost of food.

Mirabella has seen Copper River salmon, for example, shoot up in wholesale cost to \$35 to \$45 a pound. If it ever hits Aria plates again, it is going to be an expensive dish — and probably beyond the range of Aria at all, if still on the "meal credit" plan.

Todd initially said the cost of the Aria Sunday buffet, dinner buffet and special meals like seasonal barbecues will be a flat 25 points.

After talking with several concerned residents who regularly eat on the buffet side of Aria, he changed that, reducing the price of a buffet dinner to 20 points. Residents were also cheered by his and Armin's addition of a low-priced soup and salad combination.

Aria dinner entrées will be offered at varying prices. They should run 12-15 points for less expensive dishes, to a high of 15-25 for more select items, not including special, high-priced selections. Entrées will include a vegetable and a starch side, and diners can mix and match those items as they do now.

Todd estimated extra sides of vegetables would be in the 2-4 point range, with soups 3-5 points.

He said there would be a reduced salad bar price for diners who wanted to build a large salad as their entrée.

Those dining in Aria East who want to head for the buffet and make their own side salad may do so for 3 or 4 points.

Todd said Aria will — usually — have dinner combinations including starters and desserts that will keep the total under 25 points.

"Our effort is to make sure a resident can have dinner somewhere in the community every night."

(see Points p. 28)

(from Points p. 27)

One advantage of the meal credit scheme that some residents may miss is the opportunity to burn up meal credits at the end of the month through purchases of bacon, ice cream and pastries to store at home for future nibbling.

"We aren't a grocery store," Armin says.

Dining points may be used for takeout, with some limitation on the number of items permitted or the number of points one can spend on a takeout order. (Those limits had not been determined at press time.)

Why a limit?

"When we tried this in another community," Todd said, "at the end of the month people would call and say I'm coming down for 12 pizzas and someone else would call and say I'm coming down for six hamburgers, and this restaurant that normally closed at 2:30 was out of food by noon."

The change won't affect those in the Health Center on the second floor or assisted living residents.

Both will still get three meals a day, Todd said, adding that if an independent living resident decides to dine with a Health Center resident, he or she can buy that second-floor meal with points.

If residents go to the second floor for a temporary stay, they will receive the three daily meals, but will not lose their monthly allotment of points.

Assisted living residents usually take their three meals in the third-floor dining room, but may do a "meal swap" and have a meal in another venue.

Armin said dining management is looking at tweaks to the menu, providing more opportunity for those who often eat less to enjoy more expensive dinners now and then, but does not expect the menus to change substantially.

"Food quality and the type of meal plans we offer are totally independent of each other," Armin told 3550.

Until now, to check dining balances residents simply had to know how to count to 20 or 30. Now, they will have to track actual dollars.

There are three easy ways to do that: look under the "Me Only" tab on Miranet, review the running points total at the bottom of the check you will sign for each meal, or ask any dining staffer.

Of course, if folks run out of points, they can still eat; the meal costs will be charged to their accounts. Just like now when people run out of meal credits. ■

BOOK REVIEW

by Bruce Howard

"Drugs, Money and Secret Handshakes, The Unstoppable Growth of Prescription Drug Prices," by Robin Feldman, Cambridge University Press, 2019.

AUTHOR ROBIN FELDMAN, AN AWARD-WINNING SCHOLAR AND law professor at the University of California, has examined our bizarre method of distributing prescription drugs and calls it "a system of perverse incentives.

And done in the dark.

The "secret handshakes" in the title refers to the lack of transparency in the dealings of pharmacy benefit managers (PBMs).

PBMs were founded in the 1970s to serve as fiscal intermediaries by adjudicating prescription drug claims.

They were able to keep their decisions secret on the grounds that they were "trade secrets." This lack of transparency enabled PBMs to keep the payers for drugs in the dark and that has only worsened over time.

Three firms now control 85% of the PBM industry.

The "list prices" we hear about are known in the business as "AWPs" because they are the average wholesale prices nationally. AWP could also stand for "ain't what's paid" because they obscure rebates and discounts, under the control of PBMs.

Simply eliminating PBMs would be counter-productive; there are perverse incentives to prescribing high-cost drugs; manufacturers have found ways to jack up prices for old and inexpensive drugs millions of people count on, and finding the bad guy in this extortionate scheme is like playing Whack-a-Mole.

In the strange but unforgettable words of President Donald John Trump: "Who knew health care could be this complicated?"

The way America's drug distribution complex works is win-win for brand drug manufacturers and all (yes, all) health care providers, but lose-lose for the patients who take drugs, the taxpayers, and society in general.

Feldman does a fine, readable, and heavily end-noted job of boring down and describing how and why.

Her research was funded by the Laura and John Arnold Foundation, the Arnolds being philanthropic billionaires who have taken aim at the abuses of the American pharmaceutical industry. ■

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Urgent Care Coming to South Waterfront

by Steve Casey

IT'S BEEN A LONG TIME COMING.

Almost from the day Mirabella's doors first slid open, residents have wondered "Will we get an urgent care center down here in our neighborhood?"

After years of inquiry and lots of study, Oregon Health & Science University (OHSU) has finally answered with a resounding "You bet!"

At press time, a start date was still being worked out, but this November an urgent care center should be up and running a block away in CHH1 — the original Center for Health & Healing building at SW Bond Ave. and SW Whitaker Street.

Initially, the urgent care clinic's hours are expected to be 8 a.m. to 8 p.m., seven days a week.

"We may scale that up over time," Kevin O'Boyle, university vice president for ambulatory care, told 3550 in a July interview.

O'Boyle is leading the team that will make urgent care happen on the South Waterfront and beyond.

He said the urgent care operation will be open to everyone, and will bill Medicare and private insurance. The university is hiring medical personnel — physicians, nurse practitioners, physician's assistants — for the new urgent care operation, which will be part of Family Medicine.

While the recently constructed Rood Family Pavilion, across Curry Street from Mirabella, has space reserved for a ground-level urgent care center, that space will remain "shelled" — empty, not built out — at least for now.

"From a time and dollar standpoint it's more efficient for us to start up this program in an existing space," O'Boyle said.

Opening an urgent care operation is one element — along with OHSU's affiliation with and branding of Tuality Healthcare and Adventist Health clinics in the metro area — of a plan to expand the OHSU health system's customer base.

In that sense, urgent care is in part a patient-recruiting device for OHSU.

"Yes," O'Boyle said, "and I'm unapologetic about that," citing benefits both to the university and to patients when those without health care providers are brought within the ambit of the OHSU system.

Locating urgent care under the umbrella of Family Medicine rather than a free-standing, street-level office, "facilitates a patient being able to come back to that same

space and receive ongoing care, which is important to us as an institution," O'Boyle said in the interview.

"Our two key audiences in the waterfront practice will be OHSU employees and residents of the South Waterfront area," he said. "We plan on advertising it pretty heavily with our employees, and through other forums in the South Waterfront."

He told 3550 and representatives of Mirabella's resident health care and South Waterfront committees in a June briefing that the pieces started sliding into place with construction of the new health and healing building, known as CHH2, and the new Rood Family Pavilion across the street.

Some departments moved into the new CHH, opening up space in the original building.

Cardiology is moving from the 9th floor, which it has shared with Family Medicine, and taking over all of the

7th floor of CHH1, allowing for expansion of that department.

Family Medicine takes over the vacated cardiology space and will supervise the urgent care operation, located with it on the 9th floor.

While the South Waterfront urgent care program is of most interest to neighborhood residents, O'Boyle said the university will be offering an urgent care component at other primary care offices,

such as Internal Medicine at the Physician's Pavilion on the hill.

(But patients with doctors on the hill and who need urgent care may go to whatever OHSU urgent care center is most convenient, O'Boyle said.)

Unlike running an emergency department, which by law must see and at least screen all comers, operating open-to-all urgent care centers is a paradigm shift for OHSU.



Kevin O'Boyle

(see *Urgent Care* p. 30)

Hospital Bloopers

Until now, even OHSU patients who are not part of a “panel” of patients under the care of a specific Family Medicine practitioner would not be seen in that department.

“This really changes that dialogue,” O’Boyle said. “We absolutely want to see you,” when you need urgent care and whether or not you are registered as an OHSU patient.

The urgent care medical teams “won’t have a full panel (of patients) the way our normal providers do,” O’Boyle said. “They will have flexibility in their schedules to see same-day or urgent care patients.”

For OHSU patients, their “encounter” at urgent care will automatically be forwarded to their primary care providers, he said. Patients of other, non-OHSU practices will similarly be able to have urgent care records transmitted to their own medical providers. Those without primary providers will be able to remain as OHSU patients if they choose — and OHSU hopes they do.

At the same time, O’Boyle told the Mirabella group in June, OHSU plans to expand its “virtual care” program, coordinating it with urgent care.

“Virtual care” is electronic messaging or video conferencing between patient and care provider. “Telemedicine,” as has been practiced at Mirabella for some time, is the video portion of “virtual care.”

O’Boyle said the university plans to grow virtual care as demand increases. At present, he said, the program is getting about 200 calls a month.

Those levels of care are all of a piece, he said. “We want to offer it as one package so folks who need hands-on care can come in for an appointment, but if the (problem) is something that can be cared for online, we’ll handle it that way. We want to package it with options.” ■

OH, MY. AS IF AMERICAN HEALTH CARE DIDN’T HAVE ENOUGH problems, here are some actual notations from hospital charts.

- The patient refused autopsy.
- Patient left white blood cells at another hospital.
- She has no rigors or shaking chills, but her husband states she was very hot in bed last night.
- Patient has no previous history of suicides.
- Patient has chest pain if she lies on her left side for over a year.
- Discharge status: Alive but without permission.
- Healthy appearing decrepit 69-year-old male, mentally alert but forgetful.
- She is numb from her toes down.
- Patient had waffles for breakfast and anorexia for lunch.
- This patient is tearful and cries constantly. She also appears to be depressed.
- While in ER, she was X-rated and sent home.
- Occasional, constant infrequent headaches.
- Examination of genitalia reveals that he is circus sized.
- Rectal examination revealed a normal size thyroid.



Did you have to, like, hurl?

CartoonStock.com



"I told you we should have packed a lunch."

ER? Urgent Care? Second Floor? Where Do I Go?

If I'm sick or injured, can't I just go to Mirabella's second floor? After all, they have a whole bunch of nurses there who could fix me up.

Nope.

Unless you are a patient in Mirabella's second floor Health Center, you cannot get medical treatment there. The Health Center is licensed to provide medical care to its patients, but not to independent living residents, guests, family members, friends or passers-by.

If employees there treat you, they will be disciplined and the facility could very well lose its license.

So no. You have to see your own doctor, or visit an urgent care center or hospital emergency department.

What's the difference between an urgent care center and a hospital emergency department, and how do I know where to go?

Emergency departments used to be called "emergency rooms" and the ER designation still sticks.

ERs are equipped and staffed to treat the most severe medical problems — strokes, heart attacks, severe cuts and other injuries, and often the trauma of vehicular accidents, gunshots and the like.

They are expensive. Walk into one even with a minor ailment and you could walk out \$1,000 lighter.

If you arrive with a relatively mild problem, you can spend the better part of a day or night waiting for treatment, as doctors work on people with more serious conditions.

One ER patient with a minor complaint was heard to whine at a nurse, "Why do I have to wait for hours for this little problem?" and the nurse, correctly, replied "Because if you wait, you won't die. If the people being treated now don't get immediate attention, they probably will."

According to San Diego's Scripps hospital network, "There are a number of medical conditions that are considered emergencies because they can require rapid or advanced treatments (such as surgery) that are only available in a hospital setting."

Those include chest pain or breathing difficulty, slurred speech, weakness on one side, change in mental state, fainting, serious burns, a head or eye injury, broken bones, fever with a rash, seizures, severe cuts requiring stitches, vaginal bleeding with pregnancy.

Urgent Care centers are appropriate for a significant number of people who go to an ER just because they don't know they have options, according to Scripps, which reports that a national study found that among patients who had visited an ER but who were not admitted to the hospital, 48% went there because their doctor's office was

closed. Those patients show up at the ER for such routine matters as refilling a prescription or care for a minor injury.

Symptoms treated at urgent care clinics can include fevers (without a rash), vomiting or persistent diarrhea, abdominal pain, wheezing or shortness of breath, dehydration, moderate flu symptoms, sprains and strains, small cuts.

Since I can't ask the nurses on the second floor to help me, I've not had an alternative to an expensive ER visit with hours and hours of waiting in a room filled with sick people. What do I do?

Walk a block.

As you will see from the main story, OHSU in November is starting an urgent care program at the original Center for Health and Healing, in the Family Medicine department on the 9th floor. It will be open to everyone.

While OHSU hopes to make it a 24/7 operation, initial plans are to have it open seven days a week, 8 a.m. to 8 p.m.

Mirabella's resident health advisory committee has compiled a list of other nearby urgent care centers. The list is on Miranet; click on the "RAMP" tab, and on that page under "Groups" then click on "resident health" and then "independent living resources," and there you'll find the list.

—Steve Casey ■

Frustrated Gardener?

OR JUST DON'T WANT TO WAIT FOR THE CITY'S PARKS DEPARTMENT to take proper care of Caruthers Park across the street?

Marti Yoder, a woman who loves parks and likes to make sure they are well treated, has been rounding up volunteers to do weeding, trimming, trash pickup and all the other little chores that make our neighborhood park spiffy.

She tells 3550 she is doing this with the knowledge and agreement of parks officials, and would like your help.

"With the supervision and assistance of the parks department horticulturist, a group of volunteers is being formed to offer regular help to ease the responsibility resting solely with the horticulturist," she said.

Don't have gloves or gardening tools? No problem.

If interested, contact her at marti.yoder@gmail.com or 503-287-5516. ■

Public Art, Public Parks Enliven Rose City

by Rolf Glerum

HERE'S A TEST. What does one of the nation's largest mid-urban parks (5,157 acres) and the world's smallest urban park (452 square inches) have in common? They're both in Portland, Oregon.

Forest Park sits entirely within Portland's city limits, whereas larger urban parks overlap their city boundaries. Putting this into perspective, New York's Central Park contains a mere 840 acres, about 16 % as large. Forest Park boasts 70 miles of recreational trails, along with 112 bird species and 62 mammal species living among the park's verdant Douglas fir and West Coast hemlock timber.

Its (much) smaller cousin is known as **Mill Ends Park** and is situated on the median strip between Naito Parkway and SW Taylor Street. Named after the Oregon Journal "Mill Ends" column written by the late Dick Fagan, it's



about two feet across and even has a tiny park sign and miniature roses.

The park was dedicated on St. Patrick's Day, 1976, as "the only Leprechaun colony west of Ireland," said Fagan. Its standing has been

confirmed by the Guinness Book of World Records.

The City of Roses abounds with obscure places of interest. Here are a few more:

Paul Bunyan Statue. Overlooking the intersection of the Kenton District's N. Interstate Avenue and N. Denver, the massive 31-foot tall giant was built in 1959 to commemorate Oregon's Centennial. A similar sized statue (of concrete and metal) in Bangor, Maine, weighs 3700 pounds. It made the National Register of Historic Places in 2009.

Four other statues rate mention among Portland's places to visit. By far the largest is **Portlandia**, the country's second-largest copper clad statue behind only the Statue of Liberty.

The product of sculptor Raymond Kaskey, the 34-foot tall kneeling goddess with her trident aloft is placed in front of the Portland Building downtown. Experts claim she

would be 50 feet tall if standing. She is currently hidden by a shroud, due to building remodeling, and is expected to reemerge by this November.

Portlandia notwithstanding, by far the most famous statue in the city (maybe even the state) is the one that former mayor Bud Clark "flashed" with his open raincoat, creating the poster called "Expose Yourself to Art." By the time Clark was elected mayor in 1984, the poster had sales of 250,000 copies. No one knows how many have sold to this date. For you curiosity seekers, the statue is called **Kwinneakt** ("female nude" in Norwegian) and is located on SW 6th Ave., between Alder and Morrison. It (she?) was created and cast in 1973 by sculptor Norman J. Taylor. Incidentally, Clark maintains that he was wearing shorts under his coat (yeah, right).

But enough about the distaff side of Portland statuary. Three life-size (male) statues dot the city, one seen by thousands, the other two almost invisible.

The man in the business suit holding an umbrella as if hailing a cab actually has two names: **Allow Me** and **Umbrella Man**. Constructed from bronze, aluminum and stainless steel, he stands 6 feet 10 inches tall and weighs 460 pounds, a bit overweight for the average Portlander.

Sculpted by John S. Johnson II in 1983, he was donated to the city anonymously to stand in Pioneer Courthouse Square. Some say he's the "most photographed man in Portland" alone or with others bunched up under his bumbershoot.

Travelers through Portland International Airport might see, in lightly traveled Concourse D, the full-size bronze likeness of **Gov. Victor Atiyeh**, a popular Oregon governor from 1979 to 1986. Created in 2007 by Newberg sculptor Bill Bane, the statue was commissioned by Atiyeh's business partners and donated to the city to memorialize his numerous gubernatorial trips abroad, mostly to Japan.

Another Bill Bane creation is found in Portland's International Rose Test Garden. Surprisingly similar to the Atiyeh statue, this one is entitled **Royal Rosarian**, and depicts a white suit-clad Royal Rosarian tipping his straw hat as seen in countless parades and events. The image is 6 feet 3 inches tall, cost \$41,000 and was commissioned



by the Rosarian Foundation in honor of the organization's 100th anniversary.

Other statues abound in Portland, from **Sacagawea** in Washington Park to the equestrian **Teddy Roosevelt**, **Rough Rider** in the Park Blocks. On the east side of the river, take a look at **Vera Katz** seated on the Eastbank Esplanade and Martin Luther King's **The Dream** at the Oregon Convention Center.



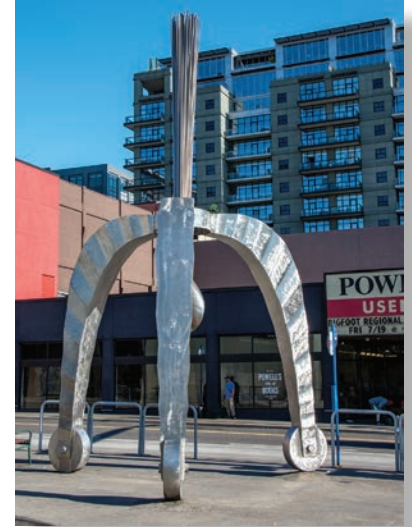
The notable neon sign **Portland Oregon** that one sees at the western end of the Burnside Bridge has a fascinating history.

Originally built in 1940, it depicted an outline of the state of Oregon, advertising White Stag Sportswear. The sign was acquired in 1957 by White Stag Sportswear which added the stag at the top. Eventually the sign wording morphed from "Home of White Stag Sportswear" into "Made In Oregon" and

finally "Portland Oregon," its wording today. In the early 1970s, the sign owners added a bright red nose to the stag

during the holiday season, a tradition that continues to this day.

Another oft-seen piece of street art is known as **Pod**, situated directly across from the famous Powell's Books at SW 10th and Burnside. The unusual sculpture looks like a giant spider, with three legs and a bunch of titanium strands coming out the top of its huge body.



Designed and constructed in 2002 by Portland artist Pete Beeman, the interactive sculpture is 30 feet high and made of stainless steel, galvanized steel, bronze, titanium and lead. Pushing on the pendulum from below (if one can reach it) will cause it to swing back and forth. It cost \$40,000 plus a lot of Beeman's volunteer hours and was funded by the Portland Streetcar Project.

But here's the most important fact to know: Pete Beeman is the son of Mirabella resident Charlotte Beeman.

All photos for this story by Robert French. ■

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Honoring 90-Year-Old Vets During Memorial Day Holiday

by Carl Larsen

IF I WERE ANOINTING A PERSON OF THE WEEK, I WOULD DO A collective shout-out to those more than 90 years old.

During Memorial Day week, they wowed us with vivid memories of their sacrifices on D-Day, many with a lucidity better than mine when I was 45.

Out and about, traveling across the ocean and on road trips to tell their stories, these people have lifted the specter of Alzheimer's, feared by so many. What they have in common, I find, is a solid urge to stay busy, and to focus on a mission.

And, I just hope that their exploits will do a lot to end America's obsession in media and popular culture with youth.

I'm on a personal campaign to deep-six the cliché phrase seen in consumer stories: "the critical 25 to 44 age group" — as if the rest of us don't exist.

Here are some of the folks who crossed my path that week:

"Harmonica Pete" DuPre, 96

In a crowded stadium moments before the U.S. women's national soccer team played Mexico in its final exhibition match before the start of the Women's World Cup, DuPre lifted his trusty instrument to his lips and delivered a rendition of "The Star-Spangled Banner" that has since gone viral, with many touting it as one of the best versions of the national anthem they have ever witnessed, the Washington Post reported.

DuPre started playing the harmonica in 1933 as a way to meet friends when he and his family moved from Rochester to Pittsburgh.

In 86 years, the instrument has taken him around the world, and he has performed in front of thousands of people.

"This thing, this little simple thing here, has gathered crowds together, entertained them," DuPre told an interviewer. "This has been my right arm all through my life."

DuPre, of Fairport, N.Y., served in the Army medical corps in England during World War II. After on-field medics provided initial care to wounded servicemen, they would bring them to DuPre and his team, who would provide full-time care.

"We were on the other side of the Channel," DuPre said. "Those patients were brought to us and our job was to start to put them back together again. Just that simple."



Charles Shay

Charles Shay, 94

Among the veterans honored in Normandy for the 75th anniversary of D-Day, Shay led a commemoration for the 29 Native Americans killed in Normandy who were buried there.

He had grown up in the Penobscot community in Maine, attended high school, was

drafted into the Army and trained as a medic. That is what brought him to the carnage of Omaha Beach.

"Mortars and artillery coming at us," Shay said. "When the ramp went down, the men that were standing in the front, some of them were killed immediately."

Shay moved to France to be close to his fallen brothers. He's already been there a year, and plans to stay for his final years.

"I will die here," Shay said. "I believe that I can talk with the souls of the men that are still wandering on the beach here. And I just tried to assure them that they are not forgotten."

Tom Rice, 97

A paratrooper at D-Day, Tom Rice of San Diego came back for the memorial — and to jump again.

"I got a replacement left knee and the right knee is a little sore. But we're going to ignore that," Rice said. "I do this because I like to and it's an extended dimension of maybe my personality."

The plan was to jump in tandem, harnessed along with Art Shaffer. It went like clockwork.

Sidney Walton, 100.

OK, he's not in his 90s, but Sidney Walton also is an amazing guy.

He's a man on a mission, aided by his son, Paul. He wants to tell his story of service to his country to all who will listen.

Walton has been traveling the country, greeting political leaders in every state — 21 so far — giving people a chance to meet an American veteran who served in World War II. He's met the president, many other officials and just plain folk.

In an interview, his son said he had pulled his dad, who was on 10 pills a day, out of a rest home, and got him started on his "No Regrets Tour." Today, he said, his dad is on no medications.

Walton almost didn't make it to Normandy, until United Airlines, a flight attendants' union and others stepped forward to cover the cost.

And then there's Queen Elizabeth, who entertained and played host to the American president.

She's an expert in leading these affairs, but the monarch's job was made more difficult by turmoil over the departure of Prime Minister Theresa May.

The queen, who is 93, shows no sign of slowing down, which I remember when I feel too tired to do something. It prompts me to say: "I'll have what she's having."

Editor's Note: Carl Larsen is a retired journalist. He had the misfortune of spending a few years with 3550 editor Steve Casey when both were laboring on the San Diego Tribune.

This piece is adapted from a contribution he made to a blog for recovering newsies. ■

Kitchen Recycling

by Nancy Moss

ARMIN ALCANTARA DREAMS BIG. Mirabella's director of dining services, Armin pictures a day when 100% of residents return their reusable take-out boxes, when an air curtain permits Mirabella to compost leftover food and when Mirabella is in 100% compliance in recycling disposable items.

At present the Bistro's neon green take-out boxes account for about 60% of the meals going out, Armin says. He would like that number to reach 100%, but at \$4 a box as opposed to 40 cents for a disposable carton, cost effectiveness presents a challenge. Armin says the green containers are presently getting the 12 uses needed to break even.

The numbers would look even better if more than 50% of the reusable dishes were returned. The return rate varies from day to day and tends to be lower around the 15th and at the end of the month, when residents use up their meal credits by ordering soups or ice cream and then store the dishes in their freezer instead of transferring them to their own receptacles.

Mirabella used to have a compost pile, one way to reduce food waste, by the loading dock, but odors and "fly issues" close to a kitchen area led to its termination.

Green Committee co-chair Kathy Suri says one area with room for improvement is Mirabella's heavy use of disposable cups, averaging about 4,800 a month at a cost of \$603. Residents who are regular coffee drinkers should BYOM — "Bring your own mug," she says. ■



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Our Wonderful Neighborhood

by Edward Weiner

OF LATE, I HAVE BEEN HEARING COMPLAINTS ABOUT THE South Waterfront neighborhood: huge empty lots to the north and south; when, if ever, will the planned Bond Avenue extension be built; when will the gaps in the riverfront greenway be completed; there are brown spots on the grass of the public parks; we need better (more upscale) restaurants; what's with all the vacant retail space; and, last but not least, trees obscure my view of the river when I walk along the existing greenway.

Valid concerns, but . . .

This neighborhood is a wonderful place to live and a model for the future of all American cities.

Parks

Directly across Bond Avenue from Mirabella is Caruthers Park, two square blocks of public space with meandering paths, a fountain, a grassy knoll and a lawn bowling area.

One can stroll by a small monument dedicated to William Johnson, who on that site is said to have built a cabin as the first settler dwelling in Portland. Preschool

children play in this park. Senior citizens sit on benches and enjoy watching the action. When there is beautiful weather, crowds of sunbathers are lounging around. In the summer, there are movies in the park and a Thursday farmers market. It may not be Golden Gate Park, Central Park or the Boston Common, but it is a real park and it is right across the street.

If a Mirabellan needs a bit more exercise than crossing the street, try walking two blocks east to the Willamette River. There we find the South Waterfront Greenway, a five-block stretch of land that is fully landscaped with trees, grassy knolls, benches and walking paths. Even more important are the view of the river and a safe, paved path down to the water. Some day, the city will connect this beautiful park to a pedestrian and bicycle trail that extends from Willamette Park north to Tom McCall Waterfront Park. In the meantime, walk along the river, launch a kayak or a paddle board, or just sit on a bench and enjoy the sunshine.

Community

The South Waterfront is a community of high rise apartment houses and condominiums anchored by Oregon Health & Science University, a world class teaching



hospital. The closest thing we have to a single family residence is a street level townhouse in an apartment building. We are a central city development without the tiresome commute and other disadvantages of last century's suburbs. This is the wave of the future in urban development.

How does a neighborhood become a community when most residents live in secure buildings?

The answer is neighborhood organizations that would make Fred Rogers break into song. Thanks to modern city planning, most of the recently constructed residential buildings are required to maintain open space and are united in an association that provides collective services such as storm water run off filtration, security patrols, sidewalk trash collection, flower baskets and doggy poop stations.

Our neighborhood is clean, safe and well adorned. That same association supports a community relations organization that publishes neighborhood newsletters and sponsors community events, including a street fair, movies in the park, volunteer clean up drives and other programs. There is even a community garden where apartment residents who have forsaken a large backyard can reserve a plot and do their thing.

Streetcar

The Portland streetcar brings the best of this fine city into our neighborhood. Two blocks from our front door, we can hop on the streetcar. In a few minutes, we can get off at Portland State University, the Portland Art Museum, the Oregon Historical Society, Directors Park and the Regency Theater, Nordstrom, the Central Library, Target, Jake's Grill, Powell's Books, Portland Center Stage, and all the rest of downtown and the Pearl District. On the return trip, get off at the Gaines Street stop and walk through Caruthers Park to return to Mirabella.

Endless hours on crowded freeways and inability to find parking spaces are a thing of the past in modern urban neighborhoods.

At the north end of our neighborhood, the Tilikum Crossing takes pedestrians, bicyclists and public transit across the Willamette. At the east end of the crossing is the Oregon Museum of Science and Industry, again easily accessible via Portland Streetcar.

Lifelong Learning

About a mile from Mirabella is Portland State University, on the streetcar line. Within PSU's College of Urban and Public Affairs is the Senior Adult Learning Center, a lifelong learning program allowing older adults to audit courses on a no-charge basis, so long as space is available and the instructor approves. The one-time senior learner registration

cost is \$25. A PSU student body card entitles a senior auditor to ride the Portland Streetcar without paying the usual fare. Portland is an age friendly city and the South Waterfront is ideally located for seniors to take advantage of this particular benefit.

The Times They Are A-Changin'

Young people today are different than we were fifty years ago. They generally do not want to live in suburban tract housing with two-car garages, and commute long distances by automobile to work. Nor do they want to live in long treeless blocks of homes that lack open space and have few neighborhood amenities. They do not go shopping downtown or even to suburban malls.

Yet, the DINKs (double income no kids) still want to live in a neighborhood with open spaces and recreational amenities. The solution, of course, is small, efficient and well-equipped housing units in high rise buildings.

Portland is a modern city and the South Waterfront one of its newest neighborhoods. A shipyard and scrap metal heap were transformed into a neighborhood anchored by the expansion of Oregon's premier teaching hospital. Public transportation was provided to tie the neighborhood to the rest of Portland. High rise apartment buildings were developed to house the influx of young professionals who want to live where they work.

South Waterfront is less than perfect, but it is a blueprint for the future. In my opinion it's a wonderful neighborhood. ■



Vote Early, Vote Often
Karen Early, seen casting her ballot in 2013, reminds us RAMP elections are this month.

3550 Arts & Entertainment

“1984” Opens Artists Rep Season

ARTISTS REPERTORY THEATRE’S FIRST SHOW ON THE ROAD, WHILE its longtime building is reconstructed and remodeled, will be George Orwell’s “1984.”

The play, adapted from Orwell’s novel pitting an individual against a totalitarian state, is “timely and newsworthy,” according to Damaso Rodriguez, Artists Rep’s artistic director, and adheres to the theatre’s specialty of presenting new plays that reflect on classic works.

Framed as a book club studying “1984,” the play should appeal to Portland’s “book club culture,” according to Rodriguez. Playwrights Robert Icke and Duncan

Macmillan took the book club frame from the novel’s epilogue.

Mirabella residents making their way to Imago Theatre, site of this production, will see “exciting visuals,” according to Rodriguez, in a lobby display showing Artist’s Rep’s journey in its two-year construction process and fundraising campaign.

In addition to street parking, Imago has three designated handicapped parking spots. Imago Theater is at 17 SE 8th Ave., Portland. Anyone with questions can call Artists Rep at 503-241-1278. ■

—Nancy Moss

Performing Arts Schedule

<p>Portland Center Stage 128 NW 11th Ave 503-445-3700</p> <p><i>In the Heights (Main Stage)</i> Aug 31 thru Oct 13</p> <p><i>Macbeth (Bye Studio)</i> Sept 28 thru Nov 24</p> <p><i>Redwood (Main Stage)</i> Oct 25 thru Nov 17</p> <p><i>Miss Bennet Christmas at Pemberley (Main Stage)</i> Nov 30 thru Dec 29</p>	<p>Artists Repertory Theatre Various Venues (Construction) 503-241-1278</p> <p><i>1984 (Imago Theater)</i> Sept 7 thru Oct 6</p> <p><i>La Ruta (Hampton Opera Center)</i> Nov 2 thru Dec 1</p> <p><i>The Strange Undoing of Prudentia Hart (Tiffany Center)</i> Nov 30 thru Jan 5</p>	<p>Portland Opera Broadway Series Keller Auditorium 222 SW Clay St. 800-273-1530</p> <p><i>Charlie & the Chocolate Factory</i> Sept 13 thru Sept 18</p> <p><i>Miss Saigon</i> Nov 5 thru Nov 10</p>	<p><i>Bakkhai</i> Oct 4 thru Nov 2</p> <p>White Bird Dance Newmark Theater 1111 SW Broadway 503-245-1600</p> <p><i>Momix</i> Oct 3, 4 5</p> <p><i>Sasha Waltz & Guests</i> Oct 10, 11, 12</p> <p><i>CNDC-Angers</i> Nov 21, 22, 23</p>
<p>Portland Playhouse 602 NE Prescott 503-488-5822</p> <p><i>The Wolves</i> Sept 25 thru Oct 20</p> <p><i>Women Of Will</i> Oct 24 thru Nov 10</p> <p><i>A Christmas Carol</i> Nov 30 thru Dec 20</p>	<p>Lakewood Theatre 368 S. State St., Lake Oswego 503-635-3901</p> <p><i>Rocky Horror Show</i> Sept 76 thru Oct 13</p> <p><i>Shakespeare In Love</i> Nov 1 thru Dec 18</p>	<p>Broadway Rose Theatre 12850 Grant Ave, Tigard 503-620-5262</p> <p><i>Footloose</i> Oct 1 thru Nov 1</p> <p><i>Once</i> Oct 3 thru Oct 27</p> <p><i>It Happened One Christmas</i> Nov 27 thru Dec 22</p>	<p>Bag & Baggage Productions 253 E. Main St, Hillsboro 503-345-9590</p> <p><i>A Clockwork Orange</i> Oct 10 thru Oct 27</p> <p>Triangle Productions 1785 NE Sandy Blvd 503-239-5919</p>
	<p>Portland Opera Keller Auditorium 222 SW Clay St. 800-273-1530</p> <p><i>Madama Butterfly</i> Oct 25 thru Nov 2</p>	<p>Shaking The Tree Theatre 823 SE Grant St. 503-235-0635</p>	<p><i>Ann</i> Sept 6 thru Nov 3</p> <p><i>Darcelle: That's No Lady</i> Sept 19 thru Oct 5</p> <p><i>Scrooge In Rouge</i> Nov 29 thru Dec 14</p>

**Portland Baroque
Orchestra**

Call 503-222-6000 for
venue

*The Brandenburgs: Six
Iconic Concertos*
Oct 18, 19, 20

Mendelssohn and Brahms
Oct 25

*Immigrant Composers in
London*
Nov 22, 23, 24

Oregon Symphony

Concert at the Oregon Zoo
Sept 7
Arlene Schnitzer Hall
1037 SW Broadway
503-228-1353

*Star Wars: The Empire
Strikes Back*
Sept 13, 14, 15

Guster
Sep 21

Symphonic Hip Hop
Sept 22

Brahm's Second
Sept 28, 29 30

Batman in Concert
Oct 4, 5, 6

Stravinsky's Firebird
Oct 12, 13, 14

Beethoven vs Coldplay
Oct 17

Dancing in the Streets
Oct 19, 20

Beethoven's Fifth
Oct 26, 27, 30

*Stephen Hough Plays
Mendelssohn*
Nov 2, 3, 4

Chuck Corea
Nov 7

Castles and Wizards
Nov 10

Seu Jorge's Tribute to



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"GEORGE! GEORGE! YOU ARE NOT IN CHURCH!"

David Bowie
Nov 11

Mahler's Sixth
Nov 16, 17, 18

Sibelius' The Tempest
Nov 23, 24, 25

Holiday Swing
Nov 30

Milagro Theater
525 SE Stark St
503-236-4174

Amor Anejo
Oct 17 thru Nov 9

AXmas Cuento Remix
Nov 19 thru Dec 22

**Oregon Repertory
Singers**
First United Methodist
Church
503-230-0652

*Shadow & Light: An
Alzheimer's Journey*
Sept 28-29

Glory of Christmas
Dec 8, 13, 15

Capella Romana
503-236-8202

*Hagia Sophia — Sounds of
Byzantium*
Sept 22
Portland Art Museum

Kastalsky's Requiem
Nov 9
St. Mary's Cathedral

**Oregon Ballet
Theater**
Keller Auditorium
222 SW Clay St
503-222-5538

OBT Roar(s)
Oct 5 thru Oct 12

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