

# 3550



March 2020

a publication by and for the residents of Mirabella Portland



Steve Casey  
Editor



Ed Parker  
President

**M**Y GUESS IS THAT NONE OF US MOVED TO MIRABELLA thinking, “Oh, boy, I can’t wait to go live in skilled nursing or memory care.”

But the fact that the Health Center on the second floor was there, offering handsome, well-staffed and spacious private rooms, assured we’d get great care if needed. That was huge.

The Centers for Medicare and Medicaid Services rate nursing facilities, Mirabella’s 5-Star rating being its highest. It represents the quality of care we were promised and count on.

In its early days, the Health Center was a money-maker, as few residents needed to go there so rooms were filled with higher-paying outsiders. That has changed.

Sharon McCartney, executive director and formerly health care administrator, says there is physical room for more Health Center patients but, with annual staff turnover running at 72%, not enough nurses to work those rooms and maintain our quality.

Long-term care just isn’t sexy, it seems. For many nurses it is to hospital work as driving a cab is to driving a race car.

There is a battle plan: a mid-year infusion of cash that could generate as much as \$390,000 in new revenue by serving more outside patients (residents would always get priority).

As outlined at the February resident council meeting, the plan is to pump \$300,000 into Health Center compensation. Of that, \$30,000 is a one-time expense to bolster staff retention and supervisor training. The \$270,000 is an annual pay increase intended to hire and keep nurses and certified nursing assistants, partially offset by slashing high overtime costs and temp agency fees.

Once here, Sharon notes, many nurses find they like long-term care, as it provides consistency and a chance to get to know their patients. But the money must be right to attract and keep them.

If all goes well, this could – could – result in a revenue increase that would dwarf the annual expense, guaranteeing the Health Center quality that attracted us, and helping keep monthly fees controlled.

It’s a good plan and worth a shot. ■

**N**OBODY IS PERFECT, NOT EVEN US. MISTAKES WILL HAPPEN.

Instead of wishing that other people would change, we should think about what we can do better. If we don’t change as the physical, economic, technical and human environment changes around us, our quality of life will deteriorate.

One of the best features of Mirabella is the community of caring people living here. I believe executive director Sharon McCartney shares my goal of making and keeping Mirabella the best retirement community possible. We can only do that if we, the residents, work together constructively with Mirabella management to create a culture of continuous improvement.

Complacency, hostile criticism, giving up in frustration or assuming that quality is someone else’s problem will not create a culture of constant improvement. To keep our community improving, we must avoid us versus them adversarial interactions. “We” must work together to change the culture.

Cultural change is hard. Culture is the continuing mutual reinforcement of behavioral habits. At Mirabella, we have developed a few bad habits. We naturally resist change because change is risk. It is harder to see the greater risk of quality deterioration and stagnation if we don’t work for continuous improvement.

Residents and front-line staff see problems that can be fixed and opportunities to improve quality or operate more efficiently. Management may not see them as readily, because they are not always out on the front lines of service interactions.

We the residents have an advisory committee structure we can use to bring to management’s attention opportunities for improvement. Management in turn will come to understand that apologizing for or fixing each specific problem when it occurs is not enough.

Our goal should be that whenever a problem occurs, we should not only fix the problem, but make sure that problem doesn’t keep recurring.

This is our home and our community. This is not a hotel or a stationary cruise ship. Working together we can make our community better. ■



**O**N THE COVER:  
Students at  
Community  
Transitional School mug  
for photographer Robert  
French.



**O**N THE BACK COVER:  
Todd Albert loves  
working outdoors  
and one of his favorite  
spots is Latourell Falls,  
along the Columbia River  
Gorge. He shot this one  
recent May when the ferns  
and greens were all at their  
peak. Plan your outing  
now.

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# Live Nation Sound Test Inconclusive

by Steve Casey

**A** LONG-AWAITED SOUND TEST TO DETERMINE IF ROCK concerts and other events at the proposed Live Nation amphitheater at Zidell Yards would endanger cancer patients at the neighboring Ronald McDonald House proved inconclusive.

The mid-January test also measured estimated sound at the Robertson Life Sciences Building, where Oregon Health & Science University (OHSU) conducts classes at night.

The testing was inconclusive because OHSU's sound experts and Live Nation's sound consultants did not agree on whether the test methodology could produce reliable results.

At a meeting of the Resident Association of Mirabella Portland (RAMP) council meeting the day of the test, councilor Pete Swan said the test would not measure actual



22nd floor view of sound test equipment.  
Photo by Robert French.

concert-level sound coming from the proposed venue, but would "simulate" the level of noise reaching the Ronald McDonald House, located atop the parking structure in OHSU's Rood Family Pavilion, across the street from Mirabella and the closest building to the Zidell property.

He said engineers had tweaked the sound level in an attempt to represent what the noise volume would be at Ronald McDonald, and would play that tweaked sound from small speakers set up outside the cancer shelter, then measure the sound level inside the center.

Therefore, he said, the test would not be audible to Mirabella residents, but some residents on the north side of Mirabella later reported hearing bass sounds.

"I live on the 26th floor facing north," resident Jane Partridge told Pete in a note.

"Inside my apartment, I did indeed hear bass rumbles from this morning's Live Nation/OHSU sound test." Her concern, she said, was "who would continue to select (or buy into) Mirabella as a place to grow old in, with that venue in the neighborhood."

"We used a simple two-speaker setup with decibels both at, above and below what our model believes the decibels will be at various locations," Live Nation Venue's chief strategy officer Matt Prieshoff told 3550.

"Obviously, the speakers were located right outside of your building versus a quarter mile away, so it's not surprising that some sound was noticeable when we went loud for a brief period of time," he said.

Total test was less than 15 minutes of audible sound in each location, he said.

"We also used a test for a period of time with an unfiltered feed, which had much higher levels of bass, to further study the bass effect," Prieshoff said. "One of the primary purposes of the test was to measure ambient noise, measure sound with a window open, and measure sound with a window closed, in each location, to determine the difference of decibels at each level."

One key seems to be the phrase "what our model believes the decibels will be."

The model did not attempt to measure other noise, such as traffic noise on concert nights or the sound of 10,000 people in the audience singing and cheering.

Is that model fair and accurate? Did it accurately represent the sound reaching Ronald McDonald from a rock band playing a stone's throw away at an arena?

"OHSU's noise consultant has a different understanding of the volume of noise that the project will generate," university official Michael Harrison told 3550. "There was a test conducted at the Rood Pavilion and in the Robertson Life Sciences Building, and the test was done at various sound levels.

"Based on those tests, OHSU remains concerned about our ability to care for patients and teach students should the amphitheater be constructed," he said.

Harrison said the university's sound experts and Live Nation's experts "are going to continue to work together to see if they can come up with a common understanding of the impacts of an amphitheater." ■

## Psssst, got a minute??

**P**LAYWRIGHT NANCY MOSS, WHO DOUBLES AS DEPUTY editor of 3550 Magazine, has won contests and staged well-received plays, but now adds an unusual honor to her career.

Her one-minute play (yes, you read that right), "Coffee and Toast," has been accepted by the Spokane Stage Left Theater for its "Fast and Furious" festival, March 6–8 in Spokane, Wash.

"Coffee and Toast" is one of 24 plays on tap for the festival, and concerns the reappearance of an old flame in a woman's life.

The festival's reading coordinator, Matthew Weaver, commented on the "many wonderful plays to choose from." Presumably, reading them didn't take him long. ■

## OHSU Free Weekend Parking

**F**AMILY AND FRIENDS COMING TO DINNER? A pal from your military days going to stay the weekend?

Parking for visitors is a tough go in the South Waterfront, but Oregon Health & Science University is making it easier on nights and weekends.

In a pilot project now underway, the university has opened up free parking in its Rood Family Pavilion, right across SW Curry Street from Mirabella.

The gift to the neighborhood is available weeknights from 5:30 p.m. to 7:30 a.m. and all day on Saturdays and Sundays.

The parking structure is used for university purposes weekdays, and unauthorized use of the garage

will result in parking fees and towing. OHSU admonishes motorists not to park in Ronald McDonald House designated spots. Those who do will be towed.

No parking attendant is on duty during the free hours. Drivers should enter on SW Whitaker Street between SW Bond and SW River Parkway. Parking is available on floors P-3 and P-4. ■



Tina Chong of Urbana Market.  
Photo by Ron Mendonca.

## Rumors Swirl About Proposed 7-Eleven

**T**HERE ARE MORE RUMORS ABOUT THE PROPOSED 7-ELEVEN store in the former Umpqua Bank branch in the John Ross building than there are tall tales told in Mirabella elevators.

Yes, the 7-Eleven is coming. No, the deal's dead. There's going to be a Mexican restaurant. No, it'll be a pizza place. Some even think it would be a dandy spot for a 3550 office, if the residents' association will pick up the rent.

Tina Chong, owner of neighborhood stalwart Urbana Market on SW River Parkway, led the charge against the 7-Eleven with a petition drive, said to be signed by more than 1,000 people.

The most definitive rumor, if rumors can be definitive, is that the California-based owner of that commercial space had talked with 7-Eleven but in the face of local protest the matter was put on hold, the rental agent talked with other potential lessees, and a decision is due any day now.

Stay tuned. Or just make up a rumor.

—Steve Casey

## Gas Leak Prompts Policy Change

by Steve Casey

SOME RESIDENTS OF FLOORS 25 THROUGH 30, THE so-called “penthouse” floors on which apartments have gas fireplaces, were concerned when one resident smelled gas and the leak was not fixed for weeks.

But the story is more complicated than that, involving a perfect storm of miscommunications.

“There were definitely some errors on our part at the start of this,” executive director Sharon McCartney told a late-January coffee social gathering of residents and department directors.

“In this situation, we could have done a lot better.”

According to accounts of the episode at the coffee social, for some time, resident Sue Carlbom had thought she smelled gas, but it was intermittent. At one point, she rode an elevator with maintenance supervisor Michael Clayton and told him she thought she had smelled gas, and asked him to check.

He started a one-week vacation the next day, Sue called while he was gone, and the two finally got together after his return when she told him she was smelling gas right then.

He verified there was a gas smell and apparent leak, turned off the gas to her fireplace and called a gas contractor to inspect and repair the fireplace.

The contractor could not show up for a month and when he did, went to the wrong apartment. He was called back and did return — in another month.

The contractor turned the gas back on, identified the leak and the cause, and fixed it.

Resident Kim Batcheller, who had heard the story from Sue, wrote a letter to Sharon and others chronicling the event. He described the episode to residents at the coffee social.

Sharon and facilities director Brian Wycoff told residents there are a couple of takeaways from this:

For residents, if you experience what you believe is an emergency — you smell smoke or gas, for example — first make sure you are safe, even if that means leaving the premises, and second, call the concierge or call 9-1-1 and then the concierge, so a report can be made and the problem attended to immediately.

Resident Bev Healy commented at the social that “talking to someone on the elevator is not the same as reporting it.”

For staff, if a resident asks a maintenance staff member for something routine, tell the resident to submit a work order; but if the resident describes a real or potential emergency (gas leak!), drop whatever you are doing, report it and go investigate.

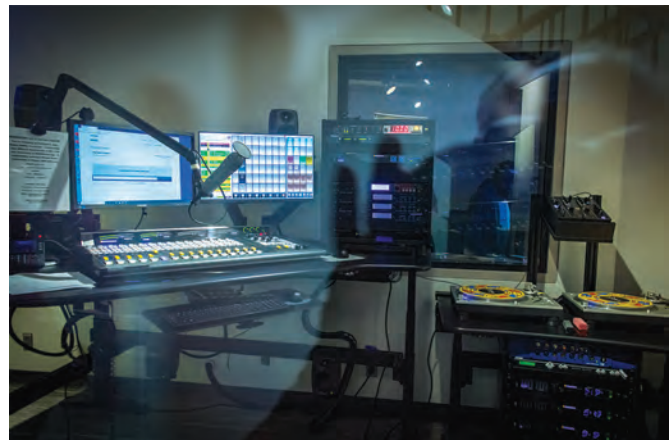
“And if at any time you feel there is an emergency and you don’t feel you are getting the proper response, come see me or call me,” Sharon said. ■

## OPB Open House

MIRABELLA RESIDENTS HAVE LONG SUPPORTED OREGON Public Broadcasting, and “sustainers,” who make monthly donations, were invited to a mid-January look at the newly renovated studios which help OPB expand its news coverage.

“The building was originally designed for in-studio television production — not the 24/7 daily rush of stories we now produce for TV, radio, web, social media and more,” the station said in a news release.

OPB president and chief executive Steve Bass told Mirabella residents in a talk last July that the public broadcasting operation was expanding its reach, taking on



investigative reporting and additional news coverage.

The new facilities and what OPB calls “transformed technology” support that effort.

News and information were originally a secondary part of the OPB mission, but the news ecosystem has changed 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. ■

# Innovative School Reaches Homeless Kids

by Nancy Moss

THE CAR PULLS UP ALONG A MODEST CINDERBLOCK building in northeast Portland; I walk inside. Cheryl Bickle, Community Transitional School (CTS) principal, meets me in the cafeteria, where about 70 first-through eighth-grade students are eating at long tables. Kindergartners have already eaten.



Volunteers work one-on-one with students, often the best way to help kids with any kind of learning or behavior issue. Photo by Robert French.

Today's menu is strawberry pancakes (packaged), cereal, milk and canned pears. "They're usually pretty hungry at breakfast time," Bickle tells me. The school heats but does not cook food; it pays for delivery of school lunches.

There is a low buzz of conversation as students eat. When one of them raises a hand, a student with a plastic container of cereal goes over to pour out more. One of these providers, Aurora, moves past me. "Excuse me," she says. As students finish eating, two girls stand up and begin sweeping the floor.

After breakfast, students line up outside the bathroom. On the hallway wall is a bulletin board with pencil drawings of sneakers on top of student-written haiku. "Hungry

for paper/I like to copy and write/I type, click, bssh, BEEP!" one reads.

Andikiss, a fifth-grade student waiting in line, tells me he is writing a book with a friend about a girl who has lost her father.

Community Transitional School, one of Mirabella's two Christmas charities, serves the children of Multnomah County's homeless. It's now in its 30th year, with Mirabella residents Bev Ormseth and Bob Ridgley as long-time supporters.

The school provides a bus to pick up and return students; public schools cannot handle transportation for families who move so often. In 2018-19, CTS buses logged 33,670 miles.

The school feeds children two meals a day. Thinking of kids who may not get dinner, CTS schedules a late lunch at 1 p.m.

Every Friday, the police bureau's Sunshine Division provides food bags for the children. The Dental Foundation of Oregon sends its Tooth Taxi twice a year to provide free exams and services.

The school had 90% attendance during the 2017-18 school year; a student with perfect attendance for a month gets to go to the school's clothes closet and choose something.

Today, after the bathroom break, Bickle leads a math class for 20 third- to fifth-grade students.

"Lincoln needs water," she observes, and attends to the class guinea pig. While students concentrate on their work sheets, she helps a boy up in front of the room. "Quinn runs three miles, three times a week," she says. "How much does he run in six weeks?" While he works on this, an aide has taken another student aside to help her. For the next few minutes the only sound is the scratching of pencils.

Having finished their work sheets, students approach Bickle's desk one by one. After giving each her attention, she summarizes their work. "You guys have all forgotten fractions," she says and reviews improper fractions, using examples close to their experience. If they have 17 pieces of gum and there are 25 people who want it, they will not have enough for everyone. That is a fraction.

She reminds them that story time is next; the children line up for the next class. In the hallway, two middle-aged tutors, a couple, work separately with kids one-on-one; the man told me he was on the school's board.

(see *School* p. 8)

*(from School p. 7)*

I have seen the elements of good teaching: quiet kids on task, working hard; individual attention for those who need it, a summary of what students have learned at the end of class.



Student artwork

The two girls signaling to each other across the room suggest that there is energy here to be unleashed, perhaps in the playground in the school's back yard. In class they follow clearly defined rules.

Juli Osa Fullerton, the Community Transitional School's development director, told a Mirabella audience that the school's 180-230 children a year were behind their peers, both academically and socially, that they often came from single-parent families and tended to have low self-esteem. Those things do not appear as they chat together in the cafeteria, signal to each other across a classroom or move easily through the hall.

A wall in the school's office, however, contains small sheets of printed student writing titled "I wonder."

Chocolate, a CTS fifth grader, wrote:

"I wonder if I'll ever meet my dad  
and if he'll ever come visit me.

I might be scared to talk to him,  
but I still want to tell him about me and ask him,  
"Have you ever thought about me?" ■

## Moss Mini-Memoirs

**C**OME POLISH UP WRITING SKILLS AND HAVE A GOOD TIME doing it.

3550 deputy editor and playwright Nancy Moss is offering Mirabella residents two sessions of memoir writing and memory sharing.

The meetings are to be held at 2 p. m. on consecutive Fridays, March 20 and 27, in the Artists' Studio. ■

## Building Systems Check-up

**A** THREE-MONTH PHYSICAL EXAMINATION OF MIRABELLA'S heating and air conditioning system wraps up in early April, providing data that will help the community's management prepare to keep the building healthy for years to come.

"The building is 10 years old, old for a commercial building," facilities director Brian Wycoff told 3550 in an interview, "and it's at a point where major equipment is going to be needing replacement in the foreseeable future."

The study by Enviser, a national building-health company with a local branch, is to tell Mirabella "how we are operating, what the problems are, what we need to do to future-proof the system," Brian said.

The project team included two full time engineers, mechanics helping feed information to the engineers, control team analysts and folks from the Energy Trust of Oregon, he said.

Brian said the project originated with his predecessor, John Hart, and is "kind of a holistic" look at building operations. Is the system functioning as designed? Are all fire smoke dampers open? Was replacement of a motor done correctly? Are the readings proper?

Residents have said there's too much air blowing in one area, not enough in another. "We will look for causes," he said.

The survey could pinpoint other trouble spots as well: has there been damage to ducting, or was it improperly installed, for instance.

Simultaneously, Brian tested out a high-tech thermostat in several apartments and the administration office, anticipating replacing the hard-to-use thermostats that came with every residence.

"Our system is aging," he said. "They don't make the thermostats we have any more. And what I hear from most people is 'I can't figure it out.'"

The new thermostats will "bring more power back to the resident to do what they need to do for their space," Brian said.

This is because the tested units are easier to use, provide more information, and enable residents easily to program temperature changes for a week or more at a time.

Ron and Muriel Mendonca were the first to get a new thermostat to try, and they report that they love it.

The new thermostats also measure air quality, which has rekindled perennial concerns about perceived pollutants in the building. *Please see separate story on air quality on page 15.*

—Steve Casey



# Sharon Hits 'Pause' on Proposed TV Pact

by Ed Parker

**Y**OU OBJECTED. MANAGEMENT LISTENED. After many residents became concerned over a potential shift of television provider from Comcast to DirecTV, fearing a host of issues ranging from the need to learn a new system to schlepping Comcast devices back to the company, Mirabella's executive director put the



*"You'll need an unobstructed view of the southern sky."*

switchover proposal on hold.

The ultimate decision may well be to switch providers, but Sharon McCartney decided to let the Comcast contract expire in June and continue "month to month" until after a separate switchover of Internet provider is completed. That decision was possible because the planned TV change was not "a done deal" and no contract had been signed.

Sharon said Comcast service can continue until canceled, with a 60-day cancellation option. She said no TV change will be made until after all residents are successfully converted to the long-planned new Mirabella Portland fiber optic and Wi-Fi Internet service.

She also pledged that when it is time to consider a new longer-term TV contract, she will consider Comcast, DirecTV and Dish as possible vendors. Dish is a satellite vendor that includes Pac 12 sports network channels, while DirecTV does not.

What is moving forward now is the change in how we access the Internet, although the switch should be all but

painless for residents.

Pacific Retirement Services (PRS), Mirabella's parent company, signed a contract in January with Internet vendor Gigabit Now to provide 100 megabit-per-second Internet access to every Mirabella apartment.

The service will be "free." That means the Internet service will be paid for through the monthly fee residents pay Mirabella.

Steve Eichen, PRS chief information officer, told 3550 that the move is intended to "future-proof" Mirabella in an era of rapidly changing information technology. He also said it was intended to assist in marketing the retirement community to prospective future residents. That should help residents or their estates get a timely payment of their refundable entrance fees after the residents move on.

The service will be provided through "fiber to the home" fiber-optic cables connected to each Mirabella apartment. It will include a secure, private Wi-Fi connection that reaches wirelessly everywhere in each apartment and a router that will allow wired connection of multiple user devices.

Because the service will include direct fiber-optic connectivity to the Internet, it should provide consistent high quality for streaming movies, sports events or TV shows from the Internet.

Transition to the new Internet service should begin in April. Steve Eichen said it would take 90 days from contract signing to install the new fiber connection from the building to the Internet. Once that happens, the apartment-by-apartment conversion will begin. Completion date is uncertain.

Comcast assured Mirabella management that residents may still use Comcast email addresses after they stop paying Comcast for Internet service. Comcast email addresses that are not used for three months may be disconnected.

When a new TV vendor is selected later, Mirabella management will consider including more than minimal "basic" service in the channel selection included with Mirabella monthly fees, Sharon said.

Sharon says that when user equipment needs to be returned to Comcast after discontinuation of service, Mirabella management will help with the returns so that residents should not need to travel to a Comcast facility.

She appointed four residents to a committee advising management on the two media projects. The resident members are Rusty Davis, Teresa Goodwin, Steve Lipsey and Ed Parker. Resident concerns should be directed to any of those committee members. ■

## Why Webers Wandering Off to Land of Lakes

*Editor's Note: Residents do move from Mirabella from time to time, as will happen in any community. It is unusual, however, for two presidents of the Residents Association of Mirabella Portland (RAMP) to wave bye-bye. So we asked Ron Weber, who resigned his presidency to make the move, and Claire Weber, who earlier served as president, to tell us what's behind the much-talked-about move to the "upper Midwest."*

by Claire Weber and Ron Weber

**W**HY MOVE TO MINNESOTA? WHY MOVE NOW? When you read this, we should have just finished our four-day drive to our new home in St. Paul, Minn., the city we left in 1964. But in mid-January, we learned our new place would not be ready until April 1 (and we don't even want to think about moving in on April Fools' Day) so we delayed moving from Mirabella until the end of March. Which led 3550's editor to sing what he thinks is a popular country song, "How Can I Miss You If You Won't Go Away?"

That editor, apparently hard up for March stories, asked us to write a short piece about why we are moving out of Mirabella. So here it is.

We have been repeatedly asked why we are really leaving and also why we are leaving now and not later. We understand there are several elevator speculations involving Mirabella food, too many cats at Mirabella (not possible), too much rain in Portland and various other deep state conspiracies. None of those theories is true. So, as Joe Friday used to say on *Dragnet*, here are "just the facts, ma'am."

We don't look at this as "moving out of Mirabella" or "leaving Oregon." We view this move as going forward to a new place and embarking on a bit of an adventure as we return to our (geographic) roots.

Our friends here may not realize that we tend to get restless after about nine or 10 years in one location, so we then move on to a different state, usually hundreds of miles away. (Some friends in the past assumed that our moves

proved we were in the witness protection program, which we can neither confirm nor deny.)

We have lived in seven states since 1963 and, for periods of a few months to a year, in about 10 countries in Europe, Asia and Africa. We like exploring new places so our travel has taken us to well over 90 countries.

We have lived in Portland for nine years and in Mirabella for eight. We have both been pleased to participate in various community activities, including RAMP. But as our Portland tenure lengthened, our wanderlust began to crop up and we started to think about moving again. Unexpectedly, we both immediately agreed we wanted to return to our roots in St. Paul.

We started to check out senior living options in St. Paul, assuming we would sooner or later find something we liked and would negotiate a move a couple of years from now when Ron was done with his RAMP work.

Surprisingly, our research showed that a 95-unit senior

residence was currently under construction and scheduled to open March 1, 2020. The facility had all the basic features we wanted, as it is a not-for-profit with independent and assisted living, memory care and care suites (apparently the Minnesota term for skilled nursing). We were immediately attracted by the location, which is in a modest urban residential neighborhood that is very familiar to us both.

The place is located four blocks down the street from Ron's childhood home, and only a bit further from mine. The problem was that finding this place put us in a time crunch. We had expected to plan the move at our leisure but there was no guarantee that there would be any available apartment in a couple of years, much less our preferred floor plan. So, we committed to the move, gave notice to Mirabella and began to down-size once again.

We are anticipating the interesting experience of living in a place where we know the names and locations of all the streets but where the residents and community have dramatically changed over the past 50-plus years.



Photo by Ron Mendonca.

We recognize that Thomas Wolfe may be correct— one cannot truly go home again to one’s youth and we are certainly “returning” to a totally different area. The Cathedral Hill neighborhood has always been diverse, including black and white residents. Now, as a result of St. Paul’s decades of welcoming refugees, the Hmong population has become well established around our new home. Our new neighborhood has elected Hmong officials to both the city council and the state legislature, which will provide us with opportunities to broaden our cultural horizons and certainly to check out new cuisines at nearby restaurants. It will be an adventure and we consider ourselves fortunate to still be able to appreciate the fun of new challenges.

Now, in view of the elevator rumors, we will briefly summarize some important, and not so, considerations about our move as follows:

First, the move has nothing to do with the meal plan. Seriously, no one drives half way across the country, to Minnesota, in the winter, just because they didn’t get enough pie choices.

Second, it will be fun to live in what might be a “swing state” during a presidential election. We experienced that before in Wisconsin and it certainly will add extra excitement to our lives, not to mention the interminable political ads on television and the Internet.

Third, for the first time in decades, we will live where people do not have an accent.

Fourth, please remember it is St. Paul and not Minneapolis. Minneapolis is a neighboring but (in our opinion) less interesting city.

Fifth this is a fiscally prudent decision because we will save \$175 a year right away. In Portland, we have paid \$175 a year to Comcast for Major League Baseball on television in order to watch the Minnesota Twins games. In Minnesota, the games are on free TV (and we can attend actual games).

Sixth, we remember that the winter weather can be kind of brisk. But we don’t care because when there is a blizzard or it is minus 20 or 30, we do not have to go out to school or work. Retirement is good.

Finally, we will be able to buy the world’s best candy bar, the Pearson’s Nut Goodie™, which happens to be made in St. Paul and only sold regionally.

Of course, we will miss much about Mirabella, primarily the friends we have made here. Mirabella is truly fortunate to have so many residents who work to make the community helpful and supportive. ■



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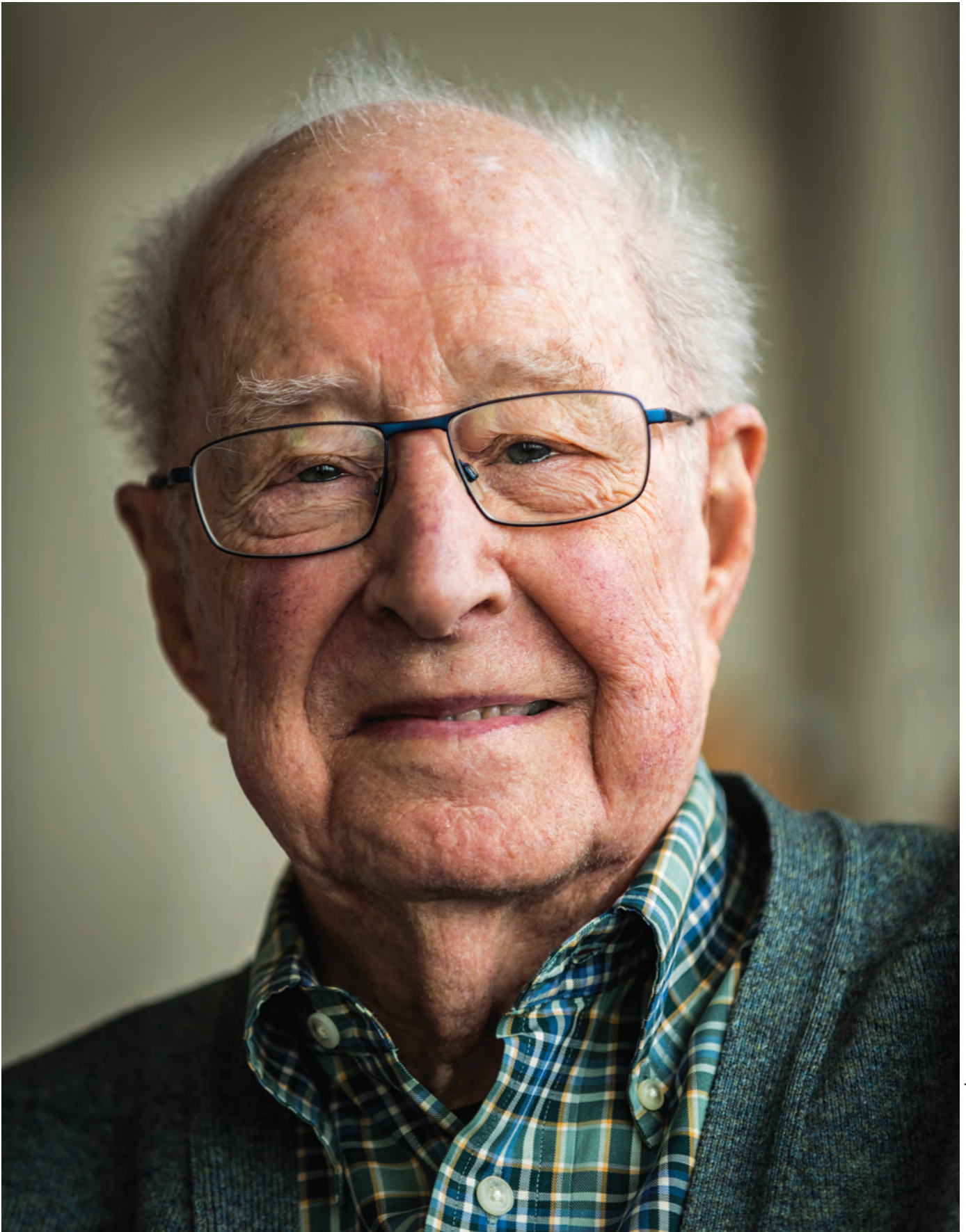


Photo by Ron Mendonca

## Malcolm Marsh

by Priscilla Cowell

**M**ALCOLM MARSH IS HIMSELF A DISTINGUISHED MEMBER of a distinguished Oregon family of lawyers and politicians, tracing his Oregon roots to the early 1850s when his mother's forebears came to Oregon from Virginia by ox cart.

When Malcolm retires in May, he will have been a practicing lawyer for 32 years and a federal judge of the United States District of Oregon for another 32.

Malcolm's father, Francis Marsh, and his father's identical twin brother Eugene Marsh, who emigrated from Iowa to the Willamette Valley, both served as president of the Oregon State Bar. His uncle Eugene also was speaker of the Oregon House of Representatives and president of the Oregon Senate.

The name Malcolm was chosen to honor his Victorian intellectual mother's love of Shakespeare and Scottish

## Resident Profile: Malcolm Marsh

ancestry. He and his brother grew up as Depression kids on a farm in McMinnville, where the family raised chickens, pigs and dairy cows and grew apple and cherry trees, and everything was handmade.

An average student in high school, he says, he decided to become a forester, while his brother was set on law.

In 1946 at age 17, he enlisted in the Army and was immediately sent to Nara, the ancient capital of Japan, where the victorious American Army wanted to place troops. He was trained in artillery and traveled all over the island of Honshu.

"The Army makes you a man, not a boy," he says. "During that period I became determined to go to university and become a lawyer." His brother became a forester.

When his 18-month Army commitment was up he entered the University of Oregon. He went on to the University of Oregon School of Law and found the academic work easy and to his liking. He married his sweetheart, Shari Long, and went to work for his father in his private law practice in McMinnville.

"My wife gave me some good advice at this point," he remembers. "My uncle was practicing law in Salem. Shari pointed out that if I worked for my father I would always be

'my father Frank's boy.' If I went to Salem I could be myself. So we moved to Salem." There, Malcolm Marsh eventually was inducted into the prestigious American College of Trial Lawyers and was named Salem's First Citizen.

Malcolm spent 32 years in a busy and successful practice in Salem as a trial attorney specializing in product liability lawsuits, handling 20 to 25 major cases a year, each involving a great deal of research. His cases included asbestos and the automotive and insurance industries among many others.

For 14 years, he handled salmon issues. He remembers those as his most interesting cases because salmon intersect with water conservation, tribal rights, shipping and timber in Oregon, the whole northwest region and part of Canada.

While practicing in Salem, he became friends with Mark Hatfield, who soon would be governor, and by 1987 was a U.S. senator. Sen. Hatfield led President Ronald Reagan to nominate Malcolm for a federal judgeship. After confirmation, Judge Marsh moved to Portland where his district court is located. (Sen. Hatfield's widow, Antoinette, is a Mirabella resident.)

As a U.S. District Court judge for Oregon, Malcolm presided over cases that involved federal regulations such as the Americans With Disabilities Act, the Endangered Species Act, and Social Security appeals.

In one case, marbled murrelet birds were picking off young salmon from the fresh water around an island in

---

*"Because most people enter a courthouse against their will, I suggested creating a very welcoming ground floor and installing a variety of art work, some with humor, designed to make people feel more comfortable."*

*—Malcolm Marsh*

---

the Columbia River that had formed from Mount St. Helen ash. This pitted one endangered species against another. Fortunately, the lava island disappeared into the Columbia and the birds returned to their original home, mooted the matter.

His highest profile trial came when three women followers of the Bhagwan Shree Rajneesh attempted but failed to assassinate the U.S. attorney for Oregon who had investigated their cult activities.

After finding all three guilty and sentencing them to five years at a women's prison, Marsh showed his merciful side. He shortened the sentences of all three women, teachers who had begun and run a successful school in the prison.

*(see Marsh p. 14)*

*(from Marsh p. 13)*

One, who was allowed to move to Australia to be with her terminally ill son, later wrote a book about how she had been duped by the Rajneeshees.

"The Bhagwan was an evil person. He knew exactly what he was doing," concluded Malcolm.



Judge Marsh at his federal court swearing-in, 1987.

He took senior status (a quasi-retirement) in 1998. His replacement, Anna Brown, also recently took senior status. Last year, Malcolm's former judicial position was filled by Karen Immergut, daughter of Mirabella resident Ed Immergut who passed away in 2018.

When the Mark O. Hatfield United States Courthouse was being designed in Portland, Malcolm represented the court in planning the 16-story building.

"Because most people enter a courthouse against their will, I suggested creating a very welcoming ground floor and installing a variety of art work, some with humor, designed to make people feel more comfortable," he explained.

He added a deck with sweeping views of Mount Hood and the Willamette. Malcolm has led Mirabella residents

on two tours of the new courthouse and his own personally designed courtroom.

Based on visits to many different courtrooms around the country, he also instigated changes to the new courtrooms.



Law clerk Kelly Zusman with Judge Marsh in 2004. Photo by Gary Sussman.

He moved the jury box further to one side to make the jurors observers and moved the trial participants in order to maintain clear lines of sight and convey a sense of each participant's place in the proceedings. These changes now are incorporated in courtrooms in Seattle, Minneapolis and California.

He has been a widower for 10 years. He has one son, who lives in Oregon. One of his daughters lives next door in the John Ross and keeps close tabs on him, while the other lives in Washington state and phones him almost every day. "I am comfortable and pleased with Mirabella," says Judge Marsh.

Kelly Zusman, his long-time law clerk and now chief of the U.S. Attorney's appellate unit, wrote a 2004 tribute to her former boss in the Oregon State Bar Journal.

Describing his intellectual heft, appetite for hard work and fairness, as well as his love of fishing the Rogue River, she concluded:

"He represents the best that this country and, more particularly, the state of Oregon offers. He is, in the finest sense, a true son of the state of Oregon and makes one proud to be an Oregon lawyer." ■

# Repeated Tests Say Building Air Quality OK

by Steve Casey

TESTING SOME NEW THERMOSTATS, WHICH MAY REPLACE THE existing units in each apartment, has stirred up a years-long concern about the air in the building, while producing no convincing evidence Mirabella has any air quality problem.

Ed Parker and Anne Clark have one of the test thermometers in their home, and regularly got air quality readings ranging from “fair” to “poor.” They could get a “good” reading by leaving their deck door open for a time, letting in plenty of outside air.

After replacing the thermostat — which he now believes was not defective — and checking readings against two hand-held meters, Ed says he does not believe there ever was an air quality problem.

“The readings have been usually ‘fair,’ but with a lot of volatility,” Ed said. The fair reading is for ‘volatile organic compounds’ (VOC), aka ‘smells,’ which can be good (plants, cooking smells) or bad (paint, etc.). The thermostat can’t tell the difference between good and bad organic compounds. In our case the reading goes into the higher (supposedly less good) ranges when the apartment has cooking or baking smells. Filters don’t filter smells.

“When first installed (the test unit) was probably picking up the effects of cutting through wall-board to install the device. The hand-held air quality testers also tested ‘particulates,’ aka dust particles, which the thermostat didn’t test. Those readings are consistently low, deep into the ‘good’ air quality range,” he said.

Ed’s conclusion?

“I was happy with our air quality before the new thermostat raised the questions and I continue to be happy with the air quality after all the fuss. The manual for the air quality tester says it is normal for the VOC in a household to vary widely by time or location.

“By ‘widely’ they mean the readings may be more than 10 times higher at one time than another,” he said.

“I believe we have been fussing over normal variations in household smell measurement.”

Ed also praised facilities director Brian Wycoff for his diligence in tracking down a reason or explanation for the seemingly high readings.

Other residents have reported sinus trouble, allergies and other difficulties, but none has been shown to be a result of an air quality problem.

“Every six months or so we hear concerns about air quality in one apartment or another, and we’ve had an outside firm come in on multiple occasions to check. There’s never been an air quality problem,” Sharon McCartney, Mirabella’s executive director, told 3550.

“I never had asthma until I moved in here,” reports Art Moss, a former Hawaii resident. Like others who report

having symptoms, Art is careful not to say the building is the cause. Indeed, even those most concerned for health reasons about air quality agree that the cause of any perceived symptoms is a mystery.

Some suspects are a resident’s change of climate, such as moving here from a desert or the tropics; seasonal allergies; particulates from traffic on nearby freeways.

Some residents have taken precautions, purchasing their own air quality meters and air purifying units.

Residents who believe there is a problem can get their apartment tested, but likely will pay for it.

“I’d never stand in the way of someone doing a test,” Sharon said.

Facilities staff will first assess the resident’s concern. If they find nothing wrong in the apartment, but the resident disagrees, the resident can have an outside company run a test. If the test shows the air is fine, the resident pays for the testing. If it shows a problem, Mirabella will pay for the test and work with the resident to get the issue resolved.

While air quality is not the focus of the three-month building survey now about to wrap up, what the study shows may help determine if there are any structural issues causing air problems, Brian said. ■



“Do the particulates in the air seem extra large today?”

---

by Pamela Lindholm-Levy

“I'M STRONG,” TAMAR RAPAPORT SAYS AS SHE CARRIES wrapped silverware piled high on a metal tray that looks like it might have come from a surgical suite.

More likely it's from the kitchen, since this was seen and heard in Mirabella's Aqua Vita Lounge as Tamar and her burden headed to a shelf in a cabinet that's privy only to staff.

Tamar serves breakfast in the Bistro and works most evenings serving in Aria East or the Lounge tables. She may be found behind the bar as well. She has an Oregon Liquor Control Commission license to serve alcoholic beverages. Though not a trained bartender, she can turn out the basics, and makes a great Spanish coffee, thanks to training from Matthew the bartender.

One positive aspect of serving drinks at Mirabella, she says, “You don't have to check IDs.”

Tamar is waiting to find her passion.

She earned an associate's degree in math early, having done home schooling and then going to community college at age 16. She liked calculus, and likes, as she says, patterns rather than proofs, and she loves Sudoku.

But right now she loves her jobs, which have little to do with math.

Besides being a server at Mirabella, she works at Jake's Grill in the Sentinel Hotel, doing catering and special events. Instead of Mirabella-black, there she wears a white coat and bow tie, and they must be just so. She seems to be in uniform most of the time.

Her boss at Jake's calls her “ant,” because she's tiny but can lift heavy things such as pans full of silverware. Still, she draws the line at table tops and other heavy furnishings in the banquet hall. The woman knows her limits.

And knows her contradictions.

She admits to being a klutz, but can balance plates and glassware on a tray.

She says she is accident-prone, but likes to roller skate.

She claims to have no patience, but enjoys training new employees. She doesn't want to evaluate them, though, likening that to being a teacher and having to fail students, ruining their academic standing.

Strong, but topping out at 4-foot-11, she has worked on the Portland Spirit's small sister ship “Explorer,” where she would not have been chosen to portray the mascot of the voyage named “Bigfoot Cruise.”

Tamar is a young American woman with deep Israeli roots that stretch from Eastern Europe to Iraq to Yemen. Her mother's great-grandfather left Yemen for Israel in 1920 because he believed the rumor that the Messiah had returned. While that turned out not to be the case, Great-Grandfather stayed. Tamar's mother's grandfather made

his way from Iraq as a boy because all of his family had been murdered.

Before World War II, Tamar's paternal grandfather brought his father's remains to Israel for burial. Unfortunately, he returned to Poland and during the war was taken by the Nazis and sent to a work camp in Siberia. He had the strength and fortitude to survive, and made his way to Israel sometime around that country's founding in 1948.

These forebears settled in Netanya, which is north of Tel Aviv and south of Haifa. They left lots of descendants, whom Tamar and her family visit about every 18 months. There are always special family celebrations, especially weddings, because there is so much family.

## Staff Profile: Tamar Rapaport

Near Netanya is the historic Roman city of Caesarea, with its amphitheater, hippodrome, market, drowned seaport, and national park status. Tamar loves visiting this ancient ruin.

Tamar's parents meant to return to Israel after completing their educations in the U.S., father as a civil engineer and mother as a teacher. No one told them Boston might be cold, and they arrived in 1985 without winter clothing. All turned out well.

After completing their degrees and living in New Jersey, where Tamar's brother was born (he's now getting his Ph.D. in civil engineering at PSU, specializing in water transport), and Pennsylvania, where Tamar was born, Tamar's father received a job offer from Nike that he couldn't refuse. The Rapaport family came to Portland and stayed.

Tamar's mother teaches Hebrew and is a whirlwind of activity. She takes recently arrived Israelis under her wing. Tamar says her maternal grandmother showed the same high energy. Getting to know Tamar, energy appears to be passed down from mother to daughter.

With two other Jewish young women, Tamar lives in a small house near Peacock Lane. What do they do to counteract the street's over-the-top Christmas display?

They decorate big time for Hanukkah.

(see Tamar p. 18)



Photo by Robert French



**Tamar Rapaport**

*(from Tamar p. 16)*

This small house hosts lots of friends who like to play cards, a pastime in which math skills are a plus, and intense debate parties.

The one thing this house doesn't hold, thank you landlord, is Tamar's large Maine Coon cat, Moses, who currently bunks with a friend. Unlike her cats who have crossed the Rainbow Bridge, he does not have a Beatles-inspired name like Maxwell Edison and Lucy in the Sky with Diamonds did.

Tamar's name is not associated with the name Tamara or with the tamarack tree, which is not even found outside northern North America. Her father told her that her name has something to do with the date palm.

She prefers to think she shares a name with a goddess found in the myth about supernatural beings in the Caucasian kingdom of Georgia. Tamar, according to that legend, was the goddess who enslaved the Morning Star, controlled the weather and rode on a serpent.

Well, your 3550 staff is all about fact checking, and learned that Tamar was not a goddess but a 12th century Georgian queen, also called a king, as the language did not define gender in titles.

Chosen by her father, George III, to reign with and succeed him, she spent many years in her own right defending her status and expanding Georgia's borders all the way from the Black Sea to the Caspian.

This lineage, the surname of which will not be attempted here, was claimed to reach back to David II, king of the Israelites, a fitting connection with our Tamar.

Being a goddess or a "king," you pretty much get to be whatever you want to be. ■



*"I think I've acquired some wisdom over the years, but there doesn't seem to be much demand for it."*

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*"My advice is to learn all the tricks you can while you're young."*

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## Stress Is a Killer – Chilling Is Good Medicine

by Rita Brickman Effros

*Editor's Note: Mirabella resident Rita Effros earned her Ph.D. in immunology from the University of Pennsylvania and was on the faculty of the David Geffen School of Medicine at UCLA for nearly 40 years. Her research was devoted to the effect of aging of the immune system. She is a past president of the Gerontological Society of America.*

**C**AN CHRONIC STRESS NEGATIVELY AFFECT OUR HEALTH and how long we live? A relatively new area of research, called psychoneuroimmunology, suggests the answer is yes. Researchers in this growing field study complex interactions among the nervous system, the immune system and the brain. One of the earliest leaders was a Danish immunologist named Nils Jerne, who pointed out several interesting similarities between the brain and the immune system

First, both the brain and the immune system are involved in the critical task of distinguishing between foreign substances such as bacteria, viruses and parasites (which immunologists call "non-self") and items that are a normal part of our body ("self").

Also, both systems involve the processes of learning and memory. This is more obvious with respect to the brain. But learning and memory are also the basis of vaccination.

The immune system is exposed to a part of a virus or bacteria in the form of a vaccine. An immune response develops and ultimately remembers the first encounter, thereby protecting us from an actual infection. Finally, the brain and the immune system can be considered "sensory organs"—in fact, the immune system is often called the "sixth sense."

Research in the growing field of psychoneuroimmunology has provided an understanding of the biological basis for the ancient notion that the mind can play a role in health, disease and even lifespan itself.

It turns out that there are actual neural connections between the brain and multiple parts of our immune system, such as our lymph nodes, spleen and our gut.

The outcome of many of the brain/immune system interactions is an increased level of inflammation within our body. Intermittent episodes of inflammation are critical for our survival. Indeed, inflammation is an evolutionarily conserved process that protects us from bacteria, viruses, toxins and infections. It involves both immune and non-immune cells that act to eliminate these foreign substances, and promote tissue repair and recovery.

But certain social, environmental and lifestyle factors can promote a state of sustained inflammation. And prolonged, chronic inflammation is associated with a host of diseases. These include stroke, cancer, diabetes, osteo-



*"No, no, that's not a sin, either. My goodness, you must have worried yourself to death."*

porosis, depression, muscle loss and some autoimmune and neurological diseases.

The question arises, then, what are the factors that contribute to this state of chronic, sustained inflammation within our bodies? And is there something we can do to suppress this unwanted effect?

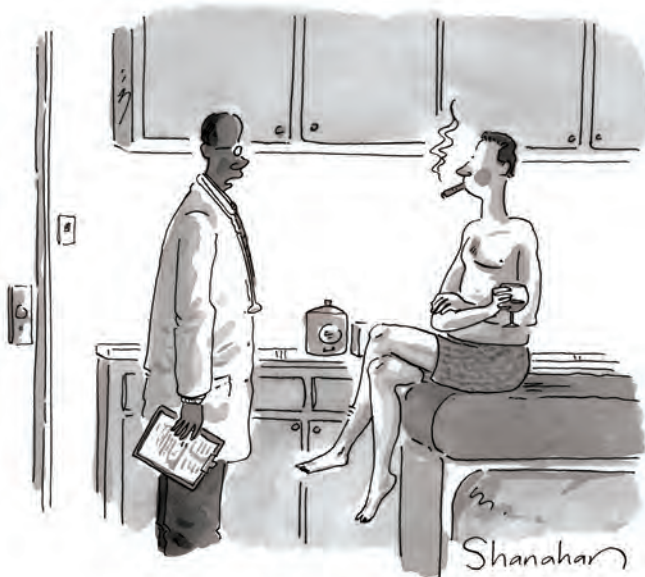
A major player in chronic inflammation is psychological stress. The types of stressful situations can range from pre-exam stress of medical students, traffic jams, social

*(see Stress p. 20)*



atherosclerosis, osteoporosis, AIDS and certain types of cancer.

Now, senescent cells are not the cause of anything. Instead, they are they are like the canary in the coal mine,



*"You should relax less."*

the harbinger of increased health risk.

Given the numerous associations between negative health outcomes and stress, inflammation, telomere shortening and cellular aging, preventive and treatment strategies are essential to consider. These are being investigated in laboratory experiments and in lifestyle interventions.

Biomedical researchers are working on methods to decrease the number of senescent cells. Studies in mice allow certain genetic manipulations that are clearly not applicable to humans. Nonetheless, this type of research has shown that killing off senescent cells can decrease

certain age-related symptoms. Physical removal of senescent cells is another approach that is being considered. Finally, methods to retard telomere shortening are also being investigated.

There are several lifestyle activities that are known to mitigate the effects of chronic stress on our brain-body axis.

It is clear that nutrition plays a major role in our health. Certain dietary components, including some vitamins, can reduce inflammation and even positively affect mood. Conversely, the current obesity epidemic is predicted to exacerbate the inflammatory milieu within our bodies and even increase several known diseases of aging.

Exercise is well known to not only enhance immune function, but also to reduce psychological stress. Interestingly, tai chi has been shown to improve immune function. One possible mechanism for this effect may relate to its meditative quality. Indeed, mindfulness meditation has been shown to reduce psychological stress.

In sum, the key role of stress and inflammation in health and longevity is increasingly being understood. Although we cannot control our genetic heritage, we do have control over how we deal with stress. There are numerous life style choices that affect us, no matter what age we are. ■

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and another door opens,  
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# Welcome to Spring

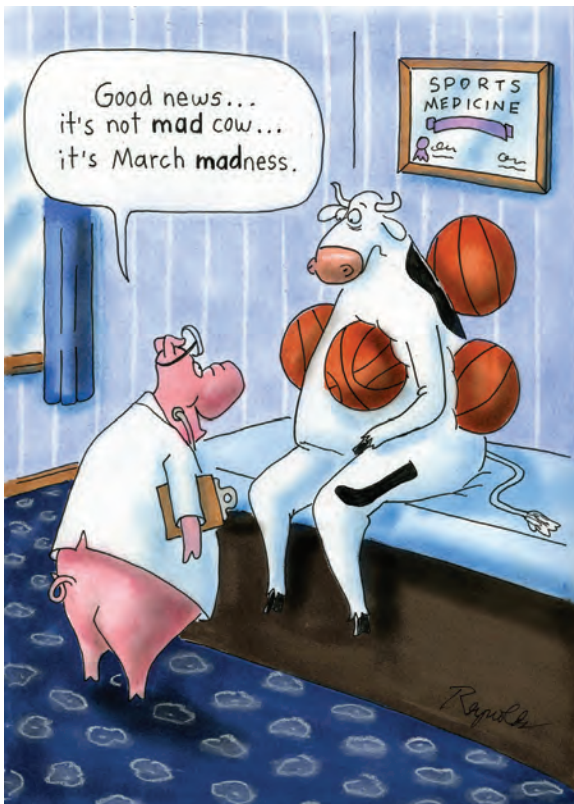


*"I don't know, Doc, a man can 'spring forward' and 'fall back' just so many times."*



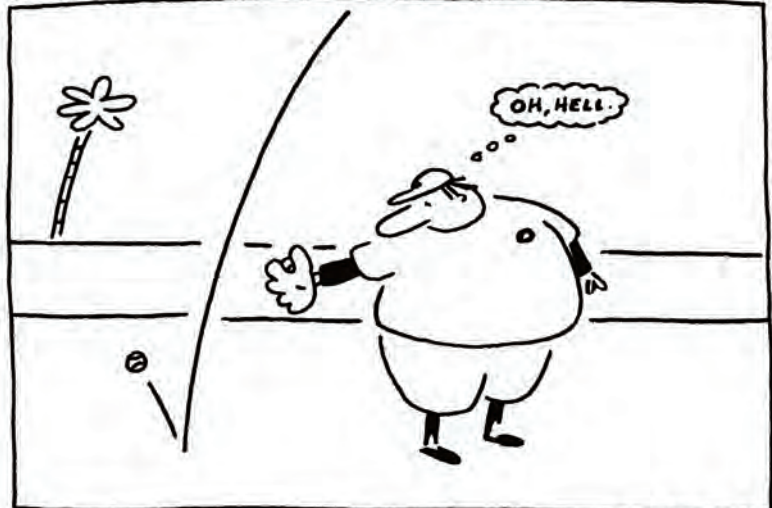
*"End of February, McIntosh. Time to think about our spring plantings."*

Spring training is underway  
Daylight savings time starts March 8  
The first day of Spring is March 19



Good news... it's not mad cow... it's March madness.

## WHY THEY HAVE SPRING TRAINING



C. Barzotti

# Children of the World: A Photo Essay by Beth Wolff





Sri Lanka, children asking for pens



Croatia, girls enjoying nail polish

I AM A GETTY PHOTOGRAPHER WHO DEVELOPED A LOVE OF VISUAL ART AND PICKED UP some skills during 25 years of traveling the world with my husband, Richie.

One thing I learned is that children everywhere have so much in common — curiosity, love, energy, pride. Those are universal, but life's opportunities are not. These pages capture kids enjoying childhood and kids who had to become adults too soon.

I hope you join me in loving them all.



Amazon River, three kids eating in front of hut





Sri Lanka, young mom with son



Papua New Guinea, three boys loving the camera



Brazil, happy and affluent girls



Komoda, Indonesia, boy selling dragon trinkets



Amazon River, happy family and chickens



Amazon River, portrait of village girl



Cairo, Egypt, older girl with beautiful beads



Jordan, young girl at prayer



Brazil, river boy and city girl having vastly different chances in life



Papua New Guinea, young girl



Amazon River, young girl



Myanmar, two young monks

# Woodshop Attracts Residents, Prospects

by Nick Cowell

**H**AVE YOU EVER SAT ON THAT WOODEN BENCH AT THE BEGINNING of the walk from Bond Avenue to Mirabella's front door?

Have you ever looked for a book in our library and noticed wooden bookends keeping the books in place on the shelves?

Did you know that both bench and bookends were made in our woodshop by Mirabella residents?

Some of us who have no reason to go to the parking floor don't know what or where the woodshop is. Bob Ivey, one of the earliest residents here, has been an artist, a master wood worker, and an adviser and helper to residents who had an interest in or problems with almost anything made of wood.

In its early days, Mirabella was happy to let Bob set up his extensive woodshop here. Later he gave it as a gift to Mirabella.

Many residents do not know how they can participate in woodshop activities. Recently there has been considerable improvement. Fred Morris, the new chair of the woodshop committee, Cliff Gray (who recently found an experienced instructor), Kim Bacheller, and Toni Tidman are determined to generate increased interest in the woodshop.

This all started with an instructor's sessions with 12 residents. The next steps for these and other newcomers is to learn in detail how to operate more of the machinery, and how to do it very safely.

Renee Hix, Mirabella's director of sales and marketing, says she often shows prospective residents the woodshop, and many show interest. Now that she can tell them instruction is available, she thinks some will be encouraged to participate.

Interested residents can find out much more by reviewing the frequently asked questions on the woodshop committee's site on the Mirabella MiraNet. A sampling of the kinds of questions there:

What are the requirements for a resident to use the woodshop?

Are there classes for residents to learn the safety procedures and how to use the equipment?

Are any of the materials the residents need provided by the committee?

Can residents get help from committee members when working on a project?

What is the responsibility of residents who use the woodshop to maintain and clean it?

To see answers to these and many other questions go the MiraNet and click on RAMP at the top of the page, then click on Groups and Committees at the bottom, then on the last picture at the bottom of the page marked Woodshop.

Fred Morris, the committee chair, welcomes questions, so don't be shy.

Beginners are welcome — as are those seeking help on their own projects from experienced woodworkers. ■

## Thank you, Bob



**B**OB IVEY, SHOWN ON THE 3550 COVER IN DEC. 2015, was a master of wood turning. Friend and student Kim Batcheller said Bob got his first lathe at age 15 from his dad.

He worked on the design of Mirabella's woodshop and gave the community his vast array of tools. He was teacher, wood finder and inspiration to wood-working residents.

Bob died on January 24. ■

# Preventing Falls Step by Step

by Nancy Moss

IT CAN BE A DIP IN THE SIDEWALK. A CURB THAT IS STEEPER THAN expected. The edge of an area rug on a hardwood floor. Unexpected slight differences can cause falls, which may lead to serious consequences.

Falls are the leading cause of both fatal and non-fatal injuries to people 65 or older, as well as the single largest cause of concussions, says Colleen Gilroy, physical therapist and OHSU volunteer; 40% of concussions are due to falls. She adds that one out of four people over age 65 will fall in a year, as will half of those over 80.

One solution is to plan.

"Thinking ahead is what it's all about," says Bryant Symkowiak, Mirabella's wellness coordinator. Especially on uneven ground, pedestrians can focus on walking from heel to toe, as if they were squeezing the last bit of toothpaste out of a tube.

People should remember to pick their feet up as they walk, Bryant adds, for scuffing their feet is a sign to lift feet higher.

Focusing on the act of walking and the ground ahead, rather than the light coming through the trees or daffodils in bloom, may seem limiting but can be safer, especially if a path or sidewalk is uneven. We should take our time and avoid rushing; "If we are in a hurry, we're apt to be more careless," Gilroy points out.

Bryant's balance and agility class leads residents in gentle exercises to improve their balance. To a recording of "My Girl" by the Temptations, the class moves around a circuit, doing tasks such as stepping back and forth between two widely-spaced hula hoops and walking over a spaced series of plastic blocks, each forming an obstacle eight inches high, which makes participants lift their feet to get over the blocks. Two less-mobile residents remain at one station doing exercise.

"It's all about the company," says Norman Bengel of the class. "We feel comfortable with one another."

OHSU's Brain and Spinal Cord Injury Prevention Program recommends people "keep moving" by beginning an exercise program to improve leg strength and balance. Gilroy says that tai chi helps people maintain a center of support. "Go up to the edge of what you can do," she suggests. Then "bring yourself back."

Mirabella tai chi instructor John McKinney explains that his students "train at the edge of postural stability," that he wants students to "experience instability safely." He asks people to approach the stance where they are just about to lose stability and then quickly pull back.

Mirabella offers three tai chi classes, one of them resident-led, each of which involves from 15 to 20 people a week.

After going over tips to avoid falling, Gilroy described fall recovery: how to get up from a fall. First, assess yourself, from the bottom up. "You are in charge of you," she says. Take a deep breath to check for rib fractures. Then roll on one side and work your way to a sitting position. "Scoot on your butt" to something solid like a chair or a phone where you can call for help.

Consequences from a fall may be transient or severe. One Mirabella resident spoke of being "out of kilter" after a fall and needing a few days to recover. Another ended up having to use a cane "for the rest of my life." She does therapy and is working up to a greater range of activity. "It's a matter of being disciplined," she says.

"Being disciplined" can mean being part of a class like tai chi or Bryant's balance class. It can mean doing exercises Gilroy suggests such as "march on spot" — lifting legs up repeatedly as though marching, while holding on

to the back of a chair, or "sit to stand" — moving from a seated to a standing position. Getting up on tiptoes over and over, holding on to the back of a chair for support, will lead to stronger ankles.

Most falls are not inevitable, Gilroy says. Doing exercises at home on a regular basis, walking along the Greenway for an extended time or taking classes with other people can extend our active lives. ■



# Frog Ferry Plans Hop Into South Waterfront

by Edward Weiner

**A** NEW TRANSPORTATION OPTION IS BEING PROPOSED FOR OUR neighborhood, one that looks both practical and fun.

It's called the Frog Ferry, and it may be but a pipe dream or it may become one of Portland's favorite ways to get around, for business or pleasure.

Modern urban planners have figured out that the era of the suburban commuter with a two-car garage is becoming a thing of the past, and South Waterfront is a pace setter for alternatives to the automobile.

We are connected to downtown by the Portland Streetcar. We are connected to the airport, outer neighborhoods and suburbs by the MAX train. Our newest bridge, the Tilikum Crossing, does not allow private vehicles. The Greenway is designed to be a car-free pedestrian and bicycle path to downtown. We even have a sky tram to Oregon Health & Science University (OHSU's) hospital at the top of Markham Hill.

We are located along the Willamette River. So why not a commuter ferry? There is an enthusiastic group of futurists who believe it is coming.

Friends of Frog Ferry is a non-profit organization that is researching a public passenger ferry service along the Willamette River. According to its website, Portland is the last major metropolitan river city in the nation that does not have water-based transit.

The goal is for a public agency to provide up to four 149-passenger commuter ferries that will operate from Vancouver, Wash., at the north end to a southern terminal in Oregon City. There would be seven stops between the terminus points: Cathedral Park/ St. John's, Portland Convention Center, Salmon Street, OMSI, OHSU/Zidell, Milwaukie and Lake Oswego. The boats would carry passengers and bicycles, but not cars.

As of this writing, Friends of Frog Ferry is studying several important issues, including selection of a vessel and commercial operator, and feasibility of the concept. It expects to complete those tasks this year, along with a finance plan that would include federal and other public money.

Its representatives are optimistic that commuter ferry service between St. John's and Milwaukie will begin by the end of 2023. However, there are numerous federal, state, county, Metro and city agencies whose approvals would have to be obtained before the dream could become reality.

Look south to the San Francisco Bay, criss-crossed with commuter ferries that carry people from the East Bay and Marin and even the Napa Valley to work and other pursuits in the place columnist Herb Caen dubbed "Baghdad by the Bay."

Those ferry services have thrived and are well-integrated with other public transportation agencies.

Why the name Frog? Again, according to the Friends of Frog Ferry's website, it has to do with the reverence with which the frog was held by the Chinook-speaking peoples who lived along the Willamette and lower Columbia river basin and conducted commerce along the rivers in their canoes. Plus, it is a really catchy name.

According to the Portland Tribune, Portland is a West Coast leader in declining rentals for high end apartments. This changing economy will have an adverse impact on the new residential buildings being planned for the South Waterfront. However, if the tadpole completes its metamorphosis and develops into a grown-up frog, with a ferry port in our neighborhood, we may have a counterpunch.

Of course, South Waterfront does not currently have a dock.

The other three projected stops in downtown Portland do. OMSI owns and maintains a dock. There is a dock at the Waterfront Park Seawall that is owned by Portland



Parks and Recreation and currently leased to Portland Spirit. The Rose Quarter Eastbank Esplanade has Duckworth Dock that is owned and maintained by the Portland Bureau of Transportation.



The obvious choice for a docking facility in our neighborhood that provides a convenient connection to the Portland Streetcar and MAX train is the northeast corner of the Zidell property — yes, precisely where Live Nation has proposed to construct a music venue.

So, if we root for this tadpole to metamorphize, we might well be welcoming a situation where music lovers

are arriving by boat, in addition to cars, bicycles, scooters, MAX trains and streetcars, to attend concerts and otherwise enjoy the hospitality of our neighborhood.

The South Portland Neighborhood Association has identified three projects as being most important to our neighborhood: (a) extension of Bond Avenue as a one-way street over the Zidell land, which would reroute the north-bound street car and permit Moody Avenue to be a south-bound one way street; (b) completion of the Greenway over both the Zidell land and the so-called Willamette Blocks that are owned by Prometheus and currently the subject of development permits being sought by Alamo Manhattan; and (c) improvement of the south portal, including an improved signal, realignment of Lowell Street and an additional turn lane onto North Macadam Avenue.

These projects are dependent on tax increment funding provided by redevelopment agencies. How will these projects be impacted by the Frog Ferry proposal that includes a neighborhood docking facility? Time will tell.

But for many, the Frog Ferry sounds like a proposal we should all hop aboard.

**Editor's Note: James Paulson, one of the Frog Ferry proponents, hopes to present Frog Ferry to Mirabella residents. Check your friendly bulletin board, Miranet and Musings for date and time. ■**

The advertisement features a woman with short blonde hair and glasses, wearing a green hoodie, crouching in a field of tall green grass and hugging a large, fluffy grey and white dog. In the top left corner is the Oregon Humane Society logo, which consists of a house-shaped icon divided into four quadrants containing a paw print, a heart, a dog, and a cat, with the text "OREGON HUMANE SOCIETY" below it. The title "Friends Forever™" is written in a large, white, cursive font across the top. At the bottom, a dark grey banner contains the text: "ENJOY THE PEACE OF MIND that comes from knowing your pet will be cared for if there's ever a time you can't. A gift from your estate is all you need to ensure your pet receives the care and loving home you want them to always have." Below this banner, the contact information "Contact Gary Kish at: 503-802-6799 legacyteam@oregonhumane.org" is displayed in white text.

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# Is Prometheus Bound? Stay Tuned

by Pete Swan

THE FOUR-SQUARE-BLOCK PROPERTY NORTH OF THE OLD Spaghetti Factory has been a source of mystery for some time now, and its future is still in doubt.

The property is owned by Prometheus, a San Mateo, Calif., entity that has given an option to Alamo Manhattan, a developer based in Dallas, Tex.

Speculating on future development has been something of a local parlor game, Alamo Manhattan has made three trips to the city's Design Commission, and opposition to its ambitious development plan came from both city design commissioners and the public at one recent hearing.

The proposal before the city's Design Commission as 3550 went to press called for some 1,232 residential units, 20,000 square feet of retail space, and parking. The two blocks at the river were to contain high-rise buildings with mid-rise buildings on the two western blocks.

(After a muted reception in its first two at-bats with the Design Commission, however, some observers predicted that that proposal would significantly change by the time of the third hearing — now rescheduled for March 5 and 12.)

Meanwhile, a pre-fab, temporary office set up on the property is in use by Andersen Construction as it builds another Alamo Manhattan project, the Ella II apartments now underway.

The Design Commission gives its advice based on sets of city guidelines. A "design advice review" comes before a building permit application is filed, and is intended to give applicants preliminary feedback on their plans and commissioners' suggestions for improvement.

After each hearing, Alamo and its architect returned with more refined plans and three-dimensional renderings addressing the commission's concerns.

Even after dealing with the Design Commission, Alamo will still have to satisfy the land-use (zoning) requirements and obtain the necessary building permits before beginning actual construction.

Fourteen people testified at the Dec. 12 hearing, all of them opposed for various reasons ranging from protection of bird habitat and greenway encroachment (or crowding), to interference with views from the John Ross and Meriwether, to traffic, and the cosmetics of the high-rise towers' mass on the east-west axis.

It appeared to this reporter that commissioners no longer had concerns about the height of the 25-story and 21-story towers or the project's set-back from the river, but had reservations about other issues.

One observer noted that Alamo Manhattan has a long way to go and that the developer had hit a major road-block. But the general sense at the hearing seemed to be that the developer had complied with city guidelines even though its architects would have to redesign some of the exterior details. ■



"Is the homework fresh?"



"The years 1966 through 1995 are blank because I was on tour with the Grateful Dead."

## Tweaks and Experience Help Points Plan Win Acceptance

by Steve Casey

FIRST, THERE WAS THE \$20 DESSERT.

Then came the \$10 dinner roll.

Two hiccups as the new points-based meal plan settled in to Mirabella.

Cheered by many residents as a vast improvement over the one-size-fits-all “meal credit” scheme, and greeted only skeptically by others, the dining plan did not easily find its way into the flow of accepted community life.

Armin Alcantara, Mirabella’s dining director, and Todd Albert, culinary director for all of Pacific Retirement Services, were the point men devising and implementing replacement of “meal credits” with a “declining balance” plan, wherein residents purchase meals individually priced on the menu — just like an outside restaurant, those prices paid in “points.”

It was a tough sell.

But as the plan begins its sixth month, several revisions have given it more value to residents, made it easier on diners and servers, met with acceptance and even applause, but in the process it has cut cash revenue from sales of alcohol and guest meals in half.

An ad hoc resident committee formed to study the impact of the plan offered a set of seven recommendations; all but two have been accepted.

Two of the most frequently requested changes are offering half portions in the Bistro and Aria East, and “grandfathering” in residents who lived here prior to last Oct. 1 and who prefer the “meal credit” plan.

Advocates of those are battling .500, as both Armin and executive director Sharon McCartney have determined there will be no grandfathering, but have agreed to offering small plates starting this month.

“We’re still figuring that out, as to what we want to offer,” Armin said in a January interview. It’s between offering all entrees or just selected entrees as small plates.

“I think it will be whatever we have on the menu, offering half-portions for some percentage off the price,” he said.

Another recommendation, to provide pricing parity between venues for items offered both in the Bistro and Aria, bit the dust. “It’s a whole different style of dining. They are two totally different types of restaurants,” Armin said. So, no sale.

But diners at the all-inclusive buffet (20 points) now get, as requested by the committee, non-alcoholic beverages

included as part of the price, instead of being charged an extra point, and Armin and Sharon have accepted the rest of the committee recommendations.

There have been glitches.

Early on, one diner in Aria East did not care for the desserts offered on the menu but did like a dessert set out at the buffet. Walking over and taking the dessert would result in an extra charge of \$20, the resident was told; essentially the entire price of the all-inclusive buffet. For a dessert.

Now, Armin said, all desserts offered in the buffet are available, plated, brought to you by a smiling server, for the regular dessert price of (give or take) \$3.

The \$10 roll caper was a flat-out error in the Bistro, Armin said, and should not have been charged.



*“What’s wrong with that quiet little table for two in front of the Rangers game?”*

But there was no one on duty with apparent authority to fix the problem, the affected resident complained. A valid complaint, Armin said: “If there’s something wrong, we’re trying our very best to correct it right away, not wait until the next day.”

Overall, Armin said, many residents are saving money on the new plan. Purchases that used to be charged to resident accounts — like bagels, soup, small meals in the Bistro — are now paid for by points, not extra cash.

Being able to purchase alcohol and guest meals with points has given residents a lot more leeway, but also tanked that category of Mirabella's customary revenue.

"Right now, our revenue has dropped by half," Armin said. "That's something Todd said would happen, but I want to make sure we're not going to go way under at the end of the year."

If Mirabella's food and alcohol spending goes up and revenue declines, the shortfall has to be made up some-



*"Sorry, folks—it's not what you ordered, but everyone is getting fettuccine until we fix the computer."*

CartoonStock.com

where, and the usual suspect is resident monthly fees.

Armin said he will be reviewing pricing of menu items, to make sure dining prices are "appropriate."

Other changes are coming to a dining venue near you.

The ad hoc committee's final recommendation:

"Understand that most residents are more concerned with food or service quality than with the point plan."

Armin says he gets it.

There has been an oft-repeated comment that food quality today is not as good as it was in the past. One complaint centers on "boring" menu items that recycle every five weeks, and have for years.

Those days are numbered, Armin said, noting that the kitchen has new chefs and cooks and those folks are being solicited for their recipes and their creativity. New dishes will be added and the menus will change more rapidly and with more seasonal awareness, he said.

"Before, we had been serving stews and chili in the summertime and cold soups in the winter," he said.

He is gradually introducing higher-end entrees, at higher point prices, than Mirabella could offer under the "meal credit" plan, which equated a \$9 Bistro omelet with a \$26 steak.

Also, by the end of the year, servers should be equipped with electronic pads that enable them to record an order tableside, instantly sending it to the kitchen. That,

he said, should speed up meal delivery time and enhance accuracy, as well as give the server — who doesn't have to go stand in front of a point-of-sale machine to record the order — more time for customer service in the dining venue.

Sharon said administration also is planning to improve traffic flow around the Bistro counter and point-of-sale area with a remodel that is easily a year away.

As reported in the last 3550 Magazine issue, a reservation system is under study.

Mirabella Seattle and Holladay Park Plaza (HPP) have such systems and they work well, Armin said, with HPP reporting a monthly increase in the number of residents making reservations.

In an earlier discussion, Todd (who had served as Mirabella's executive chef, then dining director, before taking his PRS job) said diners and staff both like reservations. Diners find a reservation tends to keep them out of a mosh pit at the hostess desk at Aria, and the staff gets a better handle on how many customers they are likely to have.

There would be no requirement of having a party of at least seven people, or at least one outside guest, before being allowed to make a reservation.

At Mirabella, reservations could be booked through a computer app or website (Open Table, most likely), or a phone call as is done now, with residents having the option of wandering up to the desk as a walk-in, as most people do now.

Dining administration will encourage reservations, but not require them, and will guard against abuse of the system by people who, for example, try to tie up a particular table for nights on end.

Change may also come to the Aqua Vita lounge.

"I want the residents to be able to enjoy our lounge," Armin said. "Everyone likes to socialize. I talked to the welcoming committee, and people are looking for a place to have a social time. That's one of my big goals since I came here.

"My strategic plan is to get rid of some of the big tables in Aria East, to bring in more two-tops and four-tops from the lounge, and turn the lounge into more of what it was intended for: drinks and socializing with residents, and small bites."

Small bites?

Yes, actual pub grub, he said.

Whether planning to dine at Aria or not, a resident can visit the lounge, have a beverage, alcohol or non-, maybe snack on small bites, and socialize.

"Every day will be a happy hour," he said. ■

# Things You've Always Wanted To Know About South Waterfront But Never Thought To Ask

by Rolf Glerum

## **Q. Who owned this property pre-Mirabella and what, if anything, was on it?**

A. The property was owned by Oregon Health & Science University (OHSU), which was searching for a senior living community to add to its campus. Mirabella filled the bill and purchased the (unoccupied) land in 2007.

## **Q. Why does a hook 'n' ladder often accompany the ambulance on calls?**

A. The main reason is staffing. Normally, ambulances carry two paramedics, fire trucks carry three. The latter are better equipped to provide Advanced Life Support (ALS) if needed. Also, some patients need more than two people to transport them into the ambulance.

## **Q. How many pets are in Mirabella?**

A. There are about 30 dogs and cats. Sorry, no budgies or gerbils.

## **Q. What is the history of the Ronald McDonald House?**

A. The first Ronald McDonald House was opened in Philadelphia in 1974. There are now 214 houses in 24 countries providing free lodging for parents and families who have children being treated in nearby hospitals. The South Waterfront Ronald McDonald is in the Rood Family Pavilion and serves families whose children are being treated at Portland-area hospitals.

## **Q. Who designed and built the huge log monument at the east end of SW Curry?**

A. Entitled "Cradle," and financed by the Portland Regional Arts Commission, this giant piece of street art (8'6" x 19'9") was designed and built by artist Buster Simpson. It consists of four heavy concrete anchors, three cedar

logs, and many feet of steel cable to tie it all together. According to the artist, "Cradle is a sculptural offering to the Willamette River, once a wild river with vast amounts of woody debris. We have tamed it and become its steward by default."

## **Q. How did Mirabella get its name?**

A. The word Mirabella comes from the Latin/Italian root meaning "beautiful viewpoint." It was also the name of a high-fashion women's magazine published from 1969 to 2000 and named after Grace Mirabella, an editor of Vogue. Interestingly, resident Maribel Cadmus' first name shares the same root as Mirabella.

## **Q. What are the official boundaries of South Waterfront?**

A. According to the city's district street plan (updated 2009), "The South Waterfront District of the Central City of Portland lies along the Willamette River and south of downtown. The district boundaries are the River, Interstate 5, the Marquam Bridge and SW Hamilton Court."

## **Q. What is the seating capacity of Willamette Hall?**

A. According to the Fire Marshall, it's 358, but that's with everyone standing elbow to elbow. Realistically, there is room for about 140 chairs, plus those who want to sit in their walkers.

## **Q. What is planned for the two remaining lots on the north side of SW Curry?**

A. Both lots are owned by OHSU, which has no immediate plans for development. The dog park near the Greenway is donated to the South Waterfront Association and the neighboring lot is reserved as a construction staging area, as needed.

## **Q. What is the current estimated population of South Waterfront?**

A. The last estimate we could find is approximately 4,500 (and growing).

## **Q. Is a 7-Eleven store planned for the Umpqua Bank space?**

A. Not at this writing. Sources tell us that facing intense resistance from the neighborhood, 7-Eleven officials have decided to abandon the project. Presumably, the landlord's realtor is looking for other prospects. Some 1,000 South Waterfront residents are said to have signed a petition opposing the 7-Eleven.



**Q. Is a New Seasons store planned for the Prometheus development?**

A. The development itself, let alone any grocery store, has hit a major roadblock with the Portland Design Commission according to the December 13 issue of the Daily Journal of Commerce (DJC). The current design calls for five buildings, including 1,200 residential units in two riverfront high-rise buildings (250 feet high) and three mid-rise structures (73 feet high). "The commissioners were nonplussed by Alamo Manhattan's proposal, saying they were unsure how to even begin evaluating what one commissioner described as an incomplete land-use application for a massive redevelopment," said the DJC. While the future of this development remains a mystery and a further review by the Design Commission was pending at press time, sources say the proposal is apt to change significantly. Stay tuned. (Editor's Note: For more, and a slightly different take on the proposal's status, see Pete Swan's story on page 33.)

**Q. Is a brew pub planned for the closed City Rotisserie restaurant in the Ardea Apartments? Or a Chinese restaurant?**

A. No brew pub, but instead a Mediterranean coffee shop named Ovation Coffee & Tea. It'll be open for breakfast and lunch and features exotic pastries. The March opening was advanced and Ovation opened mid-February. A Chinese restaurant was indeed due to fill the empty space in the John Ross facing Pennoyer, but that plan fell through.

**Q. How many volumes are in the Mirabella library?**

A. As of August 2019, there were 2,162 non-fiction, 299 biographies, 418 large print and 3,793 fiction. Total: 6,672. We also have 100 CDs and 400 DVDs. Read On!

**Q. What is the relationship between OHSU and Mirabella?**

A. The two enjoy a joint affiliation, which includes extensive research projects (Orcatech), telemedicine programs, a second floor physician and, notably, the close proximity between Mirabella and the three OHSU buildings. There is no financial connection.

**Q. Who owns SW Pennoyer?**

A. This two-block-long private street is jointly owned by two buildings on each side: Mirabella and Meriwether on the north and John Ross and Atwater on the south.

**Q. What is the future of the community garden plots on SW Moody and Gaines?**

A. Thanks to support from OHSU and many South Waterfront residents, the 55-bed garden plot continues to

thrive. We are told that the plot's landlord, OHSU, has no immediate plans for development. So, Garden On!

**Q. Is there a connection between the Ross Island Bridge and the John Ross condos?**

A. Not only is there no connection, there is no modern "John Ross." The bridge and island were named after Oregon Pioneer Sherry Ross, who traveled the Oregon Trail in 1845 and filed a land claim for the island, where he operated a dairy farm. The most famous John Ross in history was the chief of the Cherokee Indian Tribe, who died in 1866. No word on his lodging facilities.

**Q. What controls the on and off flow of water in the Caruthers Park splash pad?**

A. The splash pad at Elizabeth Caruthers Park is activated by motion sensors. These sensors detect motion and start the controller, which activates the electric valves to allow water to start flowing. The controller will then run a program for the spray pattern and stop after that program is finished. These sensors sometimes can be activated by passing cars.



This is the only splash pad in the Portland park system like this — all others are activated by a push button that starts the program running from the controller.

**Q. How does 3550 differ from Musings?**

A. 3550 is an independent, award-winning magazine, written and published by the residents of Mirabella. Musings, on the other hand, is published by Mirabella administration. While all or parts of Musings may be included as physical handouts or online for prospective residents, the marketing department does not produce it. 3550 is a quarterly magazine, produced by a resident gaggle of editors, writers, artists, photographers, an ad rep and a business manager. 3550 and Musings have different profiles, staffs and purposes. ■

# 3550 Arts & Entertainment

## Portland Center Stage Promises Variety

**P**ORTLAND CENTER STAGE ARTISTIC DIRECTOR MARISA WOLF promises that its upcoming production of E. M. Forster's "Howard's End" will be "lyrical, moving and spirited." She says that the show's tale of two sisters struggling to inherit their family's home shows "women at the center of owning property and living well" in 19th-century England, where laws could restrict women's rights.

This season's charming "Christmas at Pemberly," which imagines a comic sequel to Jane Austen's "Pride and Prejudice," featured a multi-racial cast unusual for Regency England. "Austen is for everyone," Wolf explains, adding that the play's authors, Lauren Gunderson and Margot

Melcon, urged directors to use a "diverse approach" in casting.

The important thing, Wolf maintains, is choosing actors who are right for the work.

Anyone following PCS's season would note its variety: an old classic, "MacBeth," done by a cast of three women; a modern staple, "Hedwig and the Angry Inch," stylishly over the top as it portrayed gender fluidity.

Wolf promises an "energetic" approach to next year's season, vowing to be "highly entertaining" as PCS chooses works that promote "robust conversation" among viewers. PCS's present season, which features "Cambodian Rock Band" along with "Howard's End," lives up to that standard.

—Nancy Moss

## Performing Arts Schedule

### Portland Center Stage

128 NW 11th Ave  
503-445-3700

*The Curious Incident of the Dog in the Night-Time*  
Now thru Apr 5

*9 Parts of Desire*  
Mar 7 thru Apr 19

*Howards End*  
Apr 18 thru May 17

*Cambodian Rock Band*  
May 30 thru Jun 28

**Portland Playhouse**  
602 NE Prescott  
503-488-5822

*Pipeline*  
Now thru Mar 15

*Thurgood*  
Apr 18 thru May 3

**Artists Repertory Theatre**  
1515 SW Morrison St  
Call 503-241-1278 for venue

*Incident*  
Now thru Mar 8

*Looking for Tiger Lily*  
May 2 thru May 31

**Lakewood Theatre**  
368 S. State St., Lake Oswego  
503-635-3901

*The Odd Couple*  
Mar 6 thru Apr 12

*Funny Girl*  
May 1 thru Jun 14

**Portland Opera**  
Keller Auditorium  
222 SW Clay St.  
800-273-1530

*Bajazet*  
Mar 20 thru Mar 28

*Big Night Concert*  
May 9

**Portland Opera Broadway Series**  
Keller Auditorium  
222 SW Clay St.  
800-273-1530

*Disney's Frozen*  
Mar 15 thru Mar 22

*The Illusionists*  
Apr 2, 3, 4

*The Book of Mormon*  
May 12 thru May 17

**Broadway Rose Theatre**  
12850 Grant Ave  
Tigard, OR  
503-620-5262

*Ain't Misbehavin'*  
Mar 26 thru Apr 26

**Shaking the Tree Theatre**  
823 SE Grant St.  
503-235-0635

*The Antipodes*  
Apr 12 thru May 16

**White Bird Dance**  
Newmark Theater  
1111 SW Broadway  
503-245-1600

*Rennie Harris Funkedified*  
Mar 5,6,7

*Camille A. Brown & Dancers*  
Apr 2,3,4

*ChangMu Dance Co.*  
Apr 15

*Dance Theater of Harlem*  
May 12,13

**PSU Chamber Choir**  
503-725-3011  
Lincoln Hall

*Eric Whitacre Storms Portland*  
Mar 1

*Consolation of Apollo*  
May 24

**Bag & Baggage Productions**  
253 E. Main St, Hillsboro  
503-345-9590

*The Measure of Innocence*  
Mar 5 thru Mar 22

*Fallen Angels*  
Apr 30 thru May 10

*Emerging Artists Show*  
May 29 thru Jun 7

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**Triangle Productions**

1785 NE Sandy Blvd  
503-239-5919

**Willy Russell's Blood Brothers**

Mar 7 thru Mar 21

**My Buddy Bill**

May 7 thru May 24

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**Portland Baroque****Orchestra**

503-222-6000

**Theatrical Concerti**

Mar 13,14,15

**The Four Seasons**

Mar 21

**Bach Sonatas**

Apr 17

**Trinity Episcopal & PPO**

Apr 24,25

**English Echoes**

May 8,9,10

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**Portland Youth****Philharmonic**

Arlene Schnitzer Hall  
1037 SW Broadway  
503-725-3307

**Brahms's Fourth Symphony**

Mar 7

**Nielsen Sinfonia Espansiva**

May 3

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**Metropolitan Youth****Symphony**

Arlene Schnitzer Hall

1037 SW Broadway

503-239-4566

**Regina Carter Plays Four Sisters**

Mar 8

**Dance Party – Then and Now!**

May 24

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**Friends of Chamber****Music**

(Call for venue)

503-224-9842

**Jerusalem Quartet**

Mar 30,31

**Bang On a Can All-stars**

Apr 15

**Amarcord**

Apr 19

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**Body Vox**

1201 NW 17<sup>th</sup> Ave

503-229-0627

**Nineteen Twenty**

Mar 26 thru Apr 4

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**Oregon Symphony**

Arlene Schnitzer Hall

1037 SW Broadway

503-228-1353

**Harry Potter & Goblet of Fire**

Mar 1

**Dance Party!**

Mar 8

**Berio's Sinfonia by Rose Bud**

Mar 14,15,16

**Nas: Illmatic**

Mar 19

**Prohibition Party**

Mar 21,22

**Beethoven's Ninth**

Apr 4,5,6

**Kristin Chenoweth: For the Girls**

Apr 16

**Revueltas' Night of the Mayas**

Apr 25,26,27

**China Forbes: 50!**

May 2

**Chris Botti**

May 4

**Joshua Bell**

May 9,10,11

**Bronfman Plays Mozart**

May 16,17,18

**The Dandy Warhols**

May 21

**An African-American Requiem**

May 23

**Ravel's Bolero**

May 30,31, Jun 1

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**Milagro Theater**

525 SE Stark St

503-236-4174

**The Corridor of the San Patricio**

Mar 19 thru Apr 11

**The Living Life of the Daughter Mira**

Apr 30 thru May 23

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**Oregon Repertory Singers**

First United Methodist Church

503-230-0652

**South by Northwest**

May 2,3

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**Capella Romana**

503-236-8202

**Tchaikovsky's Divine Liturgy**

Mar 14

**Kyr All-Night Vigil**

M2ay 3

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**Theater Vertigo**

2110 SE 10th Ave

503-306-0870

**Everything You Touch**

Now thru Mar 28

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**Oregon Ballet Theater**

Newmark Theater

1111 SW Broadway

503-248-4335

**Beautiful Decay**

Apr 9 thru Apr 12

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