

3550



September 2014

a publication by and for the residents of Mirabella Portland



Steve Casey
Editor

At least we aren't Hillandale. The moneyed residents of the gated Georgetown community had a premium-grade hissy fit after neighbor Janet Yellen took leadership of the Federal Reserve Board, and part of the package was a Secret Service security detail.

The 42-acre, Washington, D.C. sanctuary of 268 town homes, governed by 50 pages of rules, takes freedom from unpleasantness as a civil right. Hillandalians, reported the Wall Street Journal, sniffed at the agents' "most ridiculous" blue uniforms. They were aghast at their SUVs. They got a positive case of the vapors upon seeing agents' guns and, *sacre bleu*, those pizza boxes. Oh, and some of the feds were *fat*.

Of all the tut-tutting, Yellen neighbor George Hill said wryly:

"Very intelligent and articulate and expressive people live in neighborhoods like ours, and I think sometimes they over-articulate and over-express."

The point being that when high-achievers are most demanding that things be done their way, tolerating no personal inconvenience and the interests of others be damned, they look not commanding or compelling but shallow and silly.

We are not immune.

Unlike one-issue Hillandale, here it seems at times as if there are so many rifts, actual and potential, that Mirabella could become the Yugoslavia of retirement communities. Controversies can pit older v. younger, left v. right, modest v. affluent, hale v. frail, selfless v. self-important. The undercurrent is that my wants trump yours.

Witness the now-legendary kerfuffle about the town car, but also issues about dining, lighting, administration, about music and movies and maintenance and parking and programs.

Surely, we do approach differences on many issues with respect and restraint. We are quick with help for a neighbor.

And when some in the 'hood got their knickers in a twist about a new restaurant and bar opening on Bond, our consensus seemed to be "Oh, chill, for Pete's sake."

So maybe it was just spring fever and over-expressing season is over.

Wouldn't that be lovely?



Rolf Glerum
President

When contemplating a subject for this final column of mine, I really thought I had a whale of an idea.

Surely, I surmised, Portland Mirabella must have numerous unique qualities among all the PRS communities, ones that really put us above all the others and allow us Number One status.

So I went to Adam Payn for help. (You all know Adam Payn; he's the marketing man who leaps tall mountains in a single bound.) If anyone has historical knowledge of Mirabella's strengths (and weaknesses) from top to bottom, it's Adam.

Well, was I in for a surprise.

When I put the question to him, he leaned back in his chair, stroked his (newly-bearded) chin, and laid it on me. "Portland Mirabella has a few unique aspects (3550, 30 floors, Platinum LEED status) among other PRS properties, true, but the single most prominent and unique aspect of this community, without a doubt, is its people."

But of course.

Anyone who has lived here, even for a few months, must realize how true that is, and I say that not as braggadocio, but as fact.

The talent and breadth of experience found among Mirabella's 350+ residents is absolutely remarkable. We boast professors, painters, teachers, writers, sculptors, sailors, scientists, playwrights, lawyers, doctors (MDs, DMDs, PhDs), CEOs, military heroes, entrepreneurs, farmers, flyers, (whew! are we through yet?) stitchers, woodcarvers, musicians, business owners, athletes, comedians (and tragedians), authors, poets, engineers and all-encompassing volunteers.

Take a building full of over-achievers, mix in a bunch of enthusiasm, creativity, imaginative thinking and a wry sense of humor, and you come up with an environment that exudes excellence.

Call it Mirabella Milieu.

On The Cover: Photographer Ron Mendonca captured Sandy and Wayne Ericksen and Judith Smith receiving flowers from vendor Amy Lor at the popular South Waterfront Farmers' Market.



Dining managers: Dining services director and executive chef Todd Albert, front row, right, has management team in place. Front row, l to r, Monika Reider, Shaina Mysliwicz, both assistant dining room managers, Albert. Rear, Dan Harrison, dining room manager; Anthony Schroeder, Sean Eveland, both chefs de cuisine, Ben Klosterman, sous chef. Photo by Bob French

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Neighborhood Urgent Care Center Still in Limbo

by Steve Casey and Nancy Moss

Ranking with “grocery store” atop Mirabella residents’ wish lists, “urgent care” is a hot community topic.

Given Mirabella’s close relationship with Oregon Health & Science University, most residents first think of OHSU as the urgent care clinic provider of choice – perhaps in its new building opposite the Center

OHSU’s Dr. Craig Newgard was quoted in The Oregonian last year as saying people going to the ER with relatively minor injuries result in “wasted health care spending.”

However the economics shake out, for the patient getting treated – quickly, and without prolonged exposure to a room full of germ-laden sick people –urgent care is more attractive than waiting for hours to be seen in a busy Emergency

occupancy.

Brian Newman, an OHSU vice president, has offered to talk with some Mirabella residents in September, but committee members fear that decisions on what clinics will occupy the building will have been made by then. ☼

SOUTH WATERFRONT URGENT CARE

for Health & Healing, due to open in 2018, or in a vacant spot in one of the South Waterfront’s many residential structures.

But, so far, OHSU has not committed.

In a way, that’s understandable.

Like a grocery store, an urgent care clinic – which is a profit-making venture, not a public utility – needs a large enough population base to be economically viable.

It is “a low-margin, high-volume proposition,” according to a recent New York Times article on urgent care’s growing popularity among investors.

Certainly, some residents have an unrealistic view of what an urgent care center can do for them.

Urgent care centers around Portland are not open late at night, for example, and some do not take Medicare.

When physicians’ offices are closed, or appointments hard to come by, many people with an illness or injury that is not an emergency but does need quick attention head for the often-busy Emergency Department.

Department, where more serious, often life-threatening illnesses and injuries will always take precedence.

Mirabella’s Resident Health Committee has unsuccessfully sought an OHSU promise of an urgent care clinic in the neighborhood.

Still, said committee chair Doug MacKinnon, “I am hopeful that OHSU will include urgent care in its new outpatient building in the

3550 Health Care Coverage

South Waterfront.”

The committee has been unsuccessful in establishing ongoing communications with OHSU.

At least one resident wrote OHSU president Joe Robertson and has not received a response.

Pacific Retirement Services CEO Brian McLemore and Mirabella’s executive director, Anthony Sabatini, say there are no ongoing urgent care discussions at this time.

Meanwhile, with a target of a June 2018 opening for the new building along Bond between Curry and Whitaker, it is widely believed OHSU is planning the building’s

Additional Nearby Urgent Care

The June issue of 3550 had a list of urgent care centers near Mirabella, and our own eagle-eyed Linda Wood noted an omission.

“We have had excellent service at the Portland Clinic’s downtown location,” she wrote. “It did take Medicare when we were there several months ago. They are a short distance by car, have a free (to patients) parking lot and are only a block away from the streetcar NS line.”

There is another location, in Tigard, which is still not far from Mirabella, Linda notes.

Portland Clinic Urgent Care - Downtown

800 SW 13th, Portland 97205
503-221-0161
Mon – Fri 9 a.m. to 6 p.m.

Portland Clinic Urgent Care-Tigard

9250 SW Hall Blvd., Tigard
97223
503-293-0161
Mon – Fri 8 a.m. to 8 p.m.
Saturday 9 a.m. to 5 p.m.

It's late, the doctor's office is closed and you have a medication question. Is there someone you can ask? If you are covered by Medicare and enrolled in a so-called "Medi-gap" plan, a Medicare supplemental insurance plan, the answer may be "yes."

United Healthcare has a relationship with AARP and offers a number of Medi-gap plans which include access to a Nurse Health Line 24/7.

3550 Health Care Coverage

Just call and speak to a registered nurse, who can help with medication questions, finding ways to treat back pain, advice on living with heart disease, diabetes, high blood pressure, joint pain and a variety of issues.

The nurses can also direct you to after-hours facilities for treatment, if that is what you require.

While no substitute for in-person visits with a physician, the health line – included as part of the insurance plan – is help only a phone call away.

Check your insurance coverage to see if you have this or a similar benefit.

Knoll Receives Major Award in Poland

Paul Knoll was honored at a conference in Warsaw in late June for his career of scholarship and teaching about the medieval and Renaissance history of east central Europe, particularly Poland.

Paul is a history professor emeritus at the University of Southern California. He and his wife, Sue, are Mirabella residents.

The "Distinguished Achievement Award" from the Polish Institute of Arts and Sciences of America came at the International Congress of Polish Studies in late June.

The award is given periodically rather than annually. Paul was the first honoree since 2007.

He has served on the institute's board since 1986, and on the editorial board of its scholarly review for 20 years.

Throughout his 50-year academic career, Paul has been honored for scholarship, teaching and academic service, including honors from the American Council of Learned Societies, the National Endowment for

the Humanities and the Fulbright Foundation.

"Even though I'm not Polish and have no Polish heritage," he told 3550, "I got excited about the field of Polish history as the result of an inspiring professor while in graduate school."

And he paid it forward.

"Dr. Knoll has trained a pipeline of prominent scholars and provided inspired instruction to generations of students," the award citation notes.

In 2009, scholars Paul fostered in the U.S. and Europe published a volume of studies, subtitled "Essays in Honour of Paul W. Knoll."

Refugee and émigré scholars from the Polish Academy of Sciences established the Polish Institute

of Arts and Sciences of America in 1942. After WWII, they chose not to return to a Communist Poland and it became an American institution engaged in studies of a wide



Mirabella's Paul Knoll, right, receives Distinguished Achievement Award at international conference in Poland. Presenting award is institute president, Prof. M.B.B. Bikupski

range of Polish life and history.

In addition to his academic achievements, Paul has become adept at discovering fine dining and drinking establishments in Warsaw.



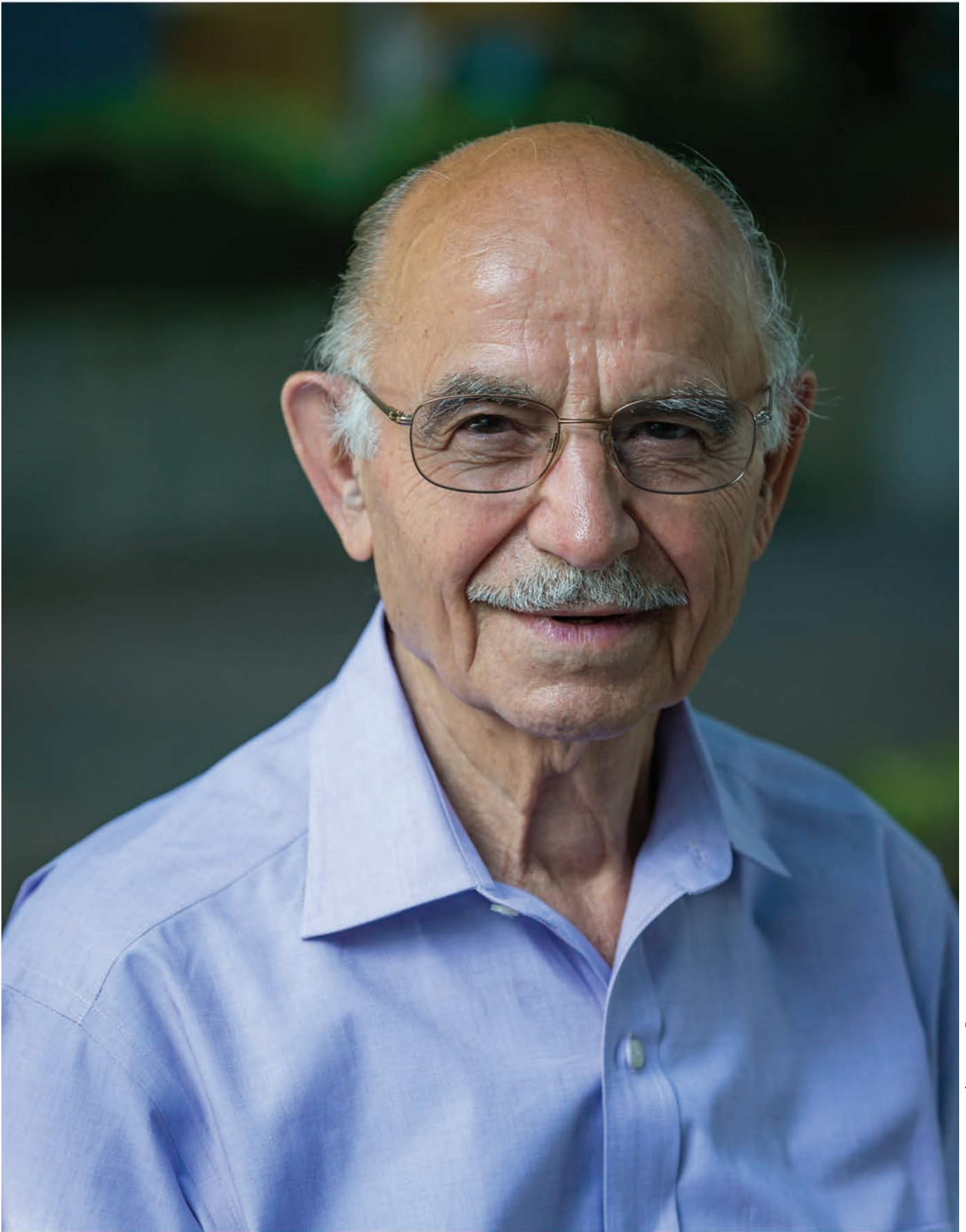


photo by Ron Mendonca

Stan Tsoumas

In June 1944, 14-year-old Stan Tsoumas and his father were coming home from the family tobacco farm in Greece when German soldiers stopped them, took their mules, and marched them back toward their village.

Stan's father told his son to slip away, go to a nearby house for water, and not come back.

The soldiers killed Stan's father that day, along with 77 other people from their village of Limnes, "for no reason at all," Stan reflected recently.

Three months before the German occupation ended, "I became head of the family," Stan said. That family included his mother, grandmother and two younger sisters.

Resident Profile: Stan Tsoumas ***Staying True to Family***

by Nancy Moss

During the German occupation, Greek schools were closed. Because Stan had to care for the family tobacco farm, his formal education ended in the seventh grade. He didn't speak or write English.

Because his father had been killed, Stan qualified to come to America as a displaced person, if someone sponsored him. His Portland uncle, part of the Maletis family, bought him a ticket and a small English dictionary. Asked at the American consulate in Athens why he wanted to go to America, Stan said, "So I can help my family."

It was a promise he would keep.

But first came hard work. Stan worked as a busboy at Jolly Joan's, a large restaurant with employees, on Broadway and Washington, and learned English in night school.

Then he switched to Columbia Distributing, which handled wine and beer, and worked in the warehouse. Union wages meant he earned \$40 rather than \$25 a week.

In Northwest Portland, the railroad hired Stan to pick up pieces of lumber that had been used to keep the cars from rolling. He was careful, Stan said; in 1904, his paternal grandfather was killed working for the railroad in Ogden, Utah.

After a year, Stan bought his first car, a used Chevy. His uncle had told him, "You gotta learn English. You gotta learn how to drive. Here is my truck!" With his uncle's help, Stan taught himself to drive.

In 1953, Stan bought a brand new Ford, "from the showroom!" he says proudly. The next year, when Stan's apartment-mate wanted to go to New York to pick up his son,

Stan left his job to drive across the country with his friend. "Wherever there was a relative or friend, we stopped," Stan says.

On the way back from New York, in Hammond, Indiana, they ran out of money. In one restaurant, Stan heard the owner speaking Greek; he asked for a job, became floor manager and worked in their deli. "When you need a job, you take any job," he says.

His future wife Arma worked across the street from him in a shoe store. Her boss kept telling her about the Greek boy across the street. "I'm not interested," she said. When she visited the restaurant, however, her waitress disappeared—and she met Stan. They were married in 1956.

In 1955, Stan and a friend decid-

ed to open a restaurant. The friend put up \$1,500, Stan \$500. Later the friend sold out his share. Arma worked there as a cashier. "When you run a restaurant, you do everything," she said recently. "Wash floors if you have to."

Later, Stan sold that restaurant and bought another, in 1957, which had big banquet facilities. However, in 1960, after a steel strike devastated Hammond, the restaurant went bankrupt; they had to start all over again.

"Only now I'm an expert in everything," Stan said with a grin.

He worked as a cook at the Black Hawk, a well-known steakhouse. One night the chef got drunk, and the kitchen manager asked Stan to fill in. He became working chef, "a very good job," Stan says. He prepared the specials of the day, in a restaurant that might serve 1,000 for lunch and 2,500 meals a day.

In 1964 the Tsoumas family, which now included three children, drove from Indiana to Portland, where Stan's American odyssey had begun.

After a brief stint as a waiter at Farrell's Ice Cream Parlor, Stan got the chef's job at the Imperial Hotel on Broadway and Washington. He also worked as a waiter at Top of the Cosmo, now the Red Lion Hotel. Today Stan prides himself on his versatility, willingness to take on more than one job, and what must have been almost inexhaustible energy.

In 1965, Stan brought his mother over from Greece; in 1966 his sister, her husband and two children. He had both a house and a job for them. A year later, his sister, her husband and five children came over. "Everyone's here, like I promised," Stan says.

In Portland, Stan bought and sold a number of restaurants, buying and building up run-down places.

(see TSOUMAS, p. 27)

Deep in the clear waters of the Great Barrier Reef, novice scuba diver Sheri Soria saw the shark.

In an explosion of movement, Sheri swam for all she was worth. Toward it.

“They say your first shark will tell you what kind of diver you are,” she recounted recently.

“There was a group of about 10 of us diving, someone put up the ‘shark’ signal and I went full bore, camera outstretched, toward that shark.

“I’d been swimming with a bunch of people right with me and I looked around and they were all about 30 feet behind me on their

without the “shy” gene. Yet, she’s largely unknown here.

Mirabella’s pastry chef the last three years, Sheri is known by name – it’s printed on every menu – but not by face, as she labors away while the building sleeps, working in a tiny section of kitchen off by herself or, two days a week, with her assistant, Jen O’Brien.

That first shark encounter came before her time at Mirabella, and was followed by other shark dives in Fiji and in Honduras. Most of her dives, however, have been for the thrill of the sport and the beauty of the underwater world – like swimming with dolphins in New Zealand.

A single mother of two, Sheri recently remarried and introduced

all the way over there, I figured why don’t I get (scuba) certified and so I did. We went to Papua New Guinea for two weeks and I was a trauma nurse – with no training whatsoever – and then went to Australia.”

The group went to Brisbane, only to find the best diving was at the Great Barrier Reef, with access from Cairns, 1,000 miles to the north.

“So I changed my booking and went out myself to Cairns, took out a couple of boats and went diving.” And met the shark. And, soon, met Mirabella.

“I was running out of money and decided it was probably time to get a job,” she said with a smile. “I had worked 15 years and never took a vacation, and I never went anywhere, I never called in sick, I

Staff Profile: *Sheri Soria* Serving Sweets, Swimming with Sharks

by *Steve Casey*

knees, and I thought ‘Ohhhkay, this is good, I’ll just take my pictures from here.’”

The website Trip Advisor is rich with banter among divers about shark sighting at the Great Barrier Reef. There are those who don’t want to put a toe in the water, there are those – like Sheri – who are fearless.

Yes, divers say, there are shark attacks from time to time, but most sharks are not vicious, just victims of bad PR.

Still, when it’s you in the water and this creature is eyeballing you, it is a – you know – S H A R K.

In that encounter, Sheri said, “I learned what kind of diver I am.”

Full speed ahead, whether traveling, scuba diving, or creating pastries in Mirabella’s kitchen, she’s an enormously engaging riot, a one-woman parade seemingly born

her new husband to the sublime pleasures of scuba diving.

“I dive with Adventure Sports, and they have a tradition that when you get to your 100th dive it’s a ‘naked dive.’ Rylan and I were engaged and knew we were going to St. Lucia, so I sort of planned my 100th dive for our honeymoon,” she said. “I upheld the tradition. I have proof!”

That first diving adventure, a lark in Australia after a brief medical mission to Papua New Guinea, was during a two-year hiatus from work.

“My cousin did missions trips all over,” she said, “and I went to Papua New Guinea with him and his foundation.

“I’ve always wanted to go to Australia, and when I was little I wanted to work in the ocean, to work with the animals, to be a marine biologist. When I knew I was going to fly

worked hard, and so I didn’t feel badly about taking that time off.”

A graduate of Western Culinary Institute, Sheri was from the start attracted to baking. She did an internship and summer job at an Idaho resort, was a baker and bakery manager for Fred Meyer for 10 years, then returned to hands-on baking with Black Rabbit, a McMenamins restaurant, until the woes of the economy pushed her out the door and into her two-year adventure.

Her workday begins at three in the morning, making all the breakfast pastries.

“I have things in the oven and I’m multi-tasking and it’s hard to get downstairs for a break, she said, “but I can take my break and have breakfast about five.”

Tomorrow comes to the kitchen before today has dawned for many
(see *SORIA*, p. 26)



Sheri Soria

photo by Bob French

Mercy Corps Lives Up to Its Name

by Adrienne Casey

Cassandra Nelson first visited Aleppo, a historic Syrian city dating from 5,000 B.C., to see the remains of its ancient civilization. A tourist in 2006, she saw a functioning, flourishing modern city, the country's largest.

Returning last year, she found a bombed-out shell of a town, with

Syria's raging civil war has left more than 130,000 people dead – at least half of them noncombatants. It has sent 2.5-million Syrians – 80% of them women and children – scurrying across borders, seeking safety in Turkey, in Jordan, in Lebanon, even in Iraq.

Inside Syria more than six million people need assistance, and life gets darker day by day.

organization (NGO) is there.

And is in South Sudan, where assaults on civilians have driven many into the bush, and to incessant hiding and hunger.

And Nigeria, where bloody attacks rip at an already tenuous existence in a hungry and thirsty country, where the population wails in the wake of the insane mass abduction and likely murder of girls by Boko Haram.

And the Central African Republic, where the "Lord's Resistance Army" terrorizes villages already living hand to mouth.

And the Philippines, Indonesia, Haiti, Sri Lanka, India, Pakistan – where natural disasters make emergency aid a matter of survival.

And countries around the world, where micro-loans and investments have helped bring people out of desperate poverty by giving them a stake in the local, and world, economy.

Wherever they go, Mercy Corps staff members address the direst problems first, dividing up tasks with other NGOs according to resources and skills of each.

This charity is unlike a local helping agency that runs on volunteers. While there are a very few volunteer roles at Portland headquarters, there are no volunteers sent abroad and support comes mostly from reaching for a checkbook.

Karen and Bill Early are long-time, faithful supporters of Mercy Corps. From an idea of Bill's sprang a Mercy Corps website.

"In my work with Jeld-Wen, I was involved in starting up businesses in a number of countries – Latvia, Poland, Indonesia for examples," Bill told 3550.

"I had seen how beneficial our



Young Syrian girl at Lebanon refugee camp.

Photo by Cassandra Nelson. All photos © Mercy Corps

people living among smoldering ruins, trying to survive in a ruined economy.

This time, she was there to work.

Nelson is on the front lines for Mercy Corps, a Portland-based international charity in its 35th year of operation, with a mission which is at once breathtakingly simple and profoundly complex: Do good and relieve suffering in desperate regions the world over.

She recently brought the story of her work in Syria to a captivated audience at Mirabella's Willamette Hall.

The story is not pretty but is all too familiar in the Middle East.

Syria is part of the region known as the Levant, a vast area not precisely defined but which is generally taken to include Syria, Lebanon, Israel, Palestine, Jordan, Cyprus and Iraq, with spillover into Turkey and Egypt.

It is the area claimed by militants who stunned the world in June, waging successful warfare under the banner of ISIS, the Islamic State of Iraq and Syria; known also as ISIL, the Islamic State of Iraq and the Levant.

In a world of hot spots, it doesn't get much hotter.

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building factories in these countries had been, not just for our employees but for the whole communities and even the countries.

“When the World Trade Orga-

observed.

Indeed, the charity describes part of its mission as “exploring market-driven solutions to poverty.”

With 35,000 employees world-

Navigator. Of the funds it raises, more than 83% is spent directly on programs and less than a nickel on the dollar goes for fundraising.

Of Mercy Corps’ overseas staffers, 93% are from the countries in which they work.

“It’s why they’ve had very little conflict in these countries, even while there is a lot of conflict going on,” Bill said. “They are not Americans, they are countrymen.”

The Earlyls have seen the work in person. Individually or together, they have visited efforts in Honduras, Nicaragua, China and North Korea, and are particularly pleased Mercy Corps follows relief efforts with continuing projects

to get communities on their feet.

Their biggest reward from involvement with Mercy Corps?

(see *MERCY CORPS*, p. 12)



Mehnaz Akhtar, 22, teaches Pakistani women sewing and embroidery skills and earns about \$38 a month. Photo by Miguel Samper

nization came to Seattle (in 1999), there were protestors saying American companies were taking advantage of people in those countries. I got to thinking about telling the other side of the story,” Bill said.

He thought a website could show that globalization could improve the lives of people in underdeveloped countries, and discussed that with church friend Ells Culver, co-founder of Mercy Corps.

That idea eventually became globalenvision.org, part of the Mercy Corps web presence, and “the idea of economic development being a positive thing has become one of the cornerstones of Mercy Corps,” Bill

wide and a budget of some \$240 million, Mercy Corps receives a four-star rating from Charity



Girl pauses at schoolroom door in Eritrea. Photo by Thatcher Cook.

Editor’s Note: We continue our profiles of charities supported by Mirabella residents.

(MERCY CORPS *from*, p. 11)

“Seeing all the good work they do around the world,” said Bill. “That we’re certainly incapable of doing,” said Karen, finishing his sentence.

It is a common theme.

Like the Earlys, Cornie and Bill Stevens met Ells Culver at Trinity

Cathedral, and Cornie has been a Mercy Corps supporter since day one, although she considers her contributions modest.

“I am just fascinated by what they do, and all I do is the (lecture) sessions they have here at Mirabella,” she said.

Like many, Cornie is impressed

by Mercy Corps’ disaster relief work.

“Cassandra (Nelson) is always wandering into Syria and Lebanon and that whole Levant area,” she said.

“The fact they go into these god-awful places and they are accepted and can do as much as they do I think is just amazing.” ❀



In Niger, Tchima Tsahiru, 20, tends community garden in her village. Photo by Sean Sheridan.

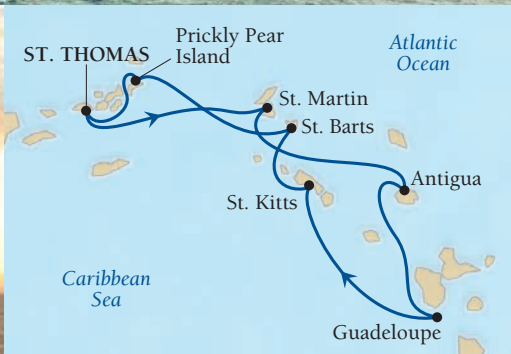


Children schooled, comforted at Jordan refugee camp. Photo by Cassandra Nelson.



Mercy Corps counselor aids young boy at refugee camp in Jordan. Photo by Cassandra Nelson.

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Pursuit is on for South Waterfront Grocery Store

by Ed Parker

The potential for a full service grocery store in the South Waterfront is good - in the long run.

But, in the words of economist John Maynard Keynes, "In the long run we are all dead."

Analysts peg grocery store profits at 1.3 - 3%. With margins that small, grocery chains are a volume business and require a sizeable population.

Full-service grocery stores, typically using about 25,000 square feet of space, need about 13,000 residents in the neighborhood they serve to be economically viable, according to a 2011 Portland grocery store market study commissioned by the Portland Development Commission (PDC).

The current South Waterfront population is about 4,000 residents. If River Place residents are added to the mix, on the assumption they would come south to shop, the total exceeds 6,000.

Still, there may be a way to make it happen, even in the short term.

One possibility is to attract a smaller grocery store, perhaps about 10,000 square feet. The second possibility is to persuade the PDC to subsidize (with a lower land price or reduced taxes) a store in a location that is more accessible to the South Waterfront, but sited to draw customers from a larger area.

One such site under discussion is the PDC-owned lot on Moody directly across from the Marriott Residence Inn.

Another possibility is a hybrid. A combination of somewhat reduced size and financial incentives might bring a smaller store to a new building on - for example - Zidell or Oregon Health & Science Univer-

sity (OHSU) property in the neighborhood.

Interest in the neighborhood is certainly there.

A recent petition drive sought 2,000 signatures urging the City of Portland to use urban renewal funding to assist in bringing a popular grocery store to Portland's South Waterfront neighborhood or River Place. According to John Ross resident Judith Alie, who led the effort,

and Mirabella resident Peter Fenner are leading the overall effort to get a local grocery store.

They work with John Tate, an Atwater resident who is board chair of the South Waterfront Community Association (SWCA). Fenner is also a member of that board, along with Mark Williams of OHSU and a soon to be named Zidell representative.

According to Anthony Sabatini, Mirabella's executive director, Mira-



photo by Curtis Guthrie

Florence Hardin shopping at full-service grocery store

more than 2,100 people - including some 220 from Mirabella - had signed the petition by early July. Irene Tinker, chair of Mirabella's South Waterfront Committee, coordinated the Mirabella signups.

Roger Gertenrich, a Meriwether resident and former mayor of Salem,

bella pays \$51,218 a year in dues to SWCA.

He said Mirabella currently pays \$740,150 a year in local property taxes, \$80,989 of it designated for urban renewal. The PDC administers urban renewal funds. The south waterfront is in the North Macadam

urban renewal area.

The South Portland Neighborhood Association, which represents the Lair Hill, South Waterfront, Corbett, Johns Landing, Terwilliger and Fulton neighborhoods, also supports the concept of using urban renewal funds to subsidize a grocery store.

Their chair, Ken Love, and SWCA's Tate sent a joint letter to the PDC on April 28 supporting the concept, and specifically the PDC-owned lot on Moody.

Other possible sites include the Zidell property north of the barge building operation and South Waterfront lots owned by OHSU.

Zidell has been working hard on getting a grocery store here.

Matt French, managing director of Zidell Yards, says Zidell is "very supportive of having a grocery store in the neighborhood" – and specifically on their property. Zidell's next development is to be a residential building on the west side of Moody near the Emory.

French said Zidell is attempting to interest a grocery store in locating in their next development on the east side of Moody and has flexibility to meet grocery store access needs in that location. He has not discussed subsidy possibilities with the PDC because he thinks the timing of such discussions will work better when he has a grocery store interested in locating there.

He said it takes about two years for a new building to be completed once a decision to proceed is made, so it will be at least two or three years before a grocery store is likely.

Proponents of a PDC subsidy cite reduction of traffic caused by South Waterfront residents having to drive to other neighborhoods to shop, and increased attractiveness of the neighborhood for additional development once a grocery store is available.

The PDC's 2011 market analysis found that while success of a large

grocery in the South Waterfront was doubtful, with a creative operator, a smaller store could succeed.

Looking to the future, the report said:

"A South Waterfront location also holds some promise in the next 3-to-5 years as more projects come online. There is an underserved market there, but it is small. The current residential/employment base is insufficient for full service store

entertain a small format store, but still need convincing of the timing and foot traffic of the Life Sciences Center and other development."

Grocery store prospects for the South Waterfront are better now than when the 2011 study was done because of the recent openings of new residential buildings and the additional buildings now under construction or planned.

The Gibbs Street pedestrian



Tina Chong's Urbana Market serves Mirabella's neighborhood

success.

"The driving question of all grocers is what does the future development look like and when will it occur? All need considerably more certainty about proposed projects and need more developments out-of-the-ground before they will seriously consider a full service store. None are interested in being the neighborhood's lead retail anchor at this time . . . Two grocers would

bridge could serve to bring in customers from the other side of the I-5 freeway. When the Tillicum Crossing bridge opens next year it could bring customers from the other side of the river.

The newly opened collaborative life sciences building will bring more people into the neighborhood daily. New apartment buildings are under construction or planning review.

(see *GROCERY*, p. 23)

Living Single at Mirabella

by Beverley Healy

Four years ago in Maine, too many evenings were spent at home eating dinner from a tray in front of the television.

Now, after nearly three years at Mirabella, I order out from Aria or the Bistro several nights a week and – you guessed it – eat from a tray in front of the television.

What is wrong with this picture?

More than 100 residents, or about a third of the population here, are single men and women. As expected, women are in the majority, outnumbering men 98 to 19.

In an effort to take the social pulse of those, like me, living single in Mirabella, each single resident received a survey of 20 questions.

The response was a surprisingly high return of 60 survey forms.

The results, reported here, do come from informal polling, and statisticians please do note that no science was applied or correlations attempted. The replies were anonymous.

One cluster of questions asked if the single person had made close friends here and, if yes, whether meals often were shared with couples, or other singles, and did they go off campus for events or meals together. Slightly more than half answered yes to all four questions.

Of our responding singles, most (35) have lived at Mirabella between 18 months and 3-1/2 years. Six arrived in the first year and six in the past year.

When asked if they were happy

to be here 54 of the 60 said yes, many with exclamation points. There was only one flat no, but a handful of equivocations, as in not sure, so-so, and mostly.

Four respondents had not been married, and those four were among the people happy to be living here. Comments on many surveys from those with marriages lasting up to

seems to hold fast to the notion that it's easier for our families and ourselves to make eldercare decisions sooner rather than later.

When the survey asked if the continuing care component had played a role in the decision to move here the majority of respondents, 53, said yes.

People with no children in the area still said they're happy with their decision.

When asked if they'd made close friends here, 55 said yes.

Of those who reported having lived elsewhere as a single, 21 said it's better at Mirabella, three said it's worse, 11 said it's both, nine said it's neither – just different.

When it comes to primary health care, 28 use OHSU, six use Good Samaritan and the rest go to providers throughout the region, probably reflecting pre-Mirabella life in the Portland area.

Our respondents were given an opportunity to make additional comments about the single life at Mirabella,

and while many left the space blank, several offered poignant comments.

Of those, most reflected a deep satisfaction with life as we know it.

One person, however, said, "I feel like a stepchild feels."

Another offered:

"This issue is a sore subject with me. As a single person I feel 'left



66 years pointed to the loneliness experienced after losing a spouse and observing the couples in Aria socializing with one another or sharing a conversation at a quiet table for two.

One of the most significant questions, "do you have adult children living in the region?" brought 53 yes responses. Our generation

out' of the social landscape in our community. This is especially true at evening sit-down meals. One only has to observe the scene in Aria East to realize that the room is dominated by couples with other couples. It is exceptionally rare that I am invited to dine with these residents. I am certain they have no compre-



hension of what it feels like to be unattached.”

In an attempt to find ways to create opportunities for singles to know one another a bit more than an elevator conversation allows – and to socialize more with couples – two ideas have emerged, with the initial planning undertaken.

First: On September 17, from 4:30 to 5:30 p.m., Willamette Hall has been reserved for the first of two Singles Happy Hours.

Wear your nametag, bring your preferred beverage, and if your last name begins with A through J, also bring a bowl of peanuts, pretzels or popcorn. Set-ups will be provided.

Meet and mingle with others outside your usual circle and at 5:30, leave Willamette Hall in a group of four or six and head for dinner at Aria or the Bistro.

The second month, on October 8, last names beginning with K through Z bring the snacks but the rules remain the same, with every-

one leaving Willamette Hall in the company of new dinner companions.

We represent an entire generation, with a 30-year age spread from 62 to the late nineties. What a wealth of experiences to compare and contrast.

Second: We pick up where the now defunct Welcoming Committee left off as every new resident arrived.

Each resident couple willing and able, please use the new resident directory to identify two singles you don't know and one evening a month in-

vite them to meet in Aria East and share a table at dinner. Don't feel constrained to limit this option. Two nights a month would be even better.

I can't wait!

Like any new ideas, these will be subject to scrutiny and comment within the community.

Let's try for two months, and perhaps emerge with different but better notions of "Social Engineering for the Singles Set." ❀



Makeup!

Mirabella Players Go On the Road

The play's the thing, but makeup's the ordeal.

When Nancy Moss took her "May Madness" series of short plays on the road to Holladay Park, one actor (pictured above) who prefers to remain anonymous remained in good spirits while getting ready to go on stage.

"May Madness" played Willamette Hall back in, you know, May.

The lighthearted presentation involves about a half-dozen plays, some written by Moss, some by others.

It received raves when performed at Mirabella.

The troupe plans a Christmas show for Mirabella in December.

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DREAM**
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Oct. 4 – Nov. 16

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CITIES**
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Feb. 21 – Mar. 22

**TWIST YOUR
DICKENS**
(MAIN STAGE)
Nov. 22 – Dec. 24

**THE PEOPLE'S
REPUBLIC OF
PORTLAND**
(ELLYN BYE STUDIO)
Mar. 21 – Apr. 19

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SANTALAND
DIARIES**
(ELLYN BYE STUDIO)
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CYRANO
(MAIN STAGE)
April 4 – May 3

**VANYA & SONIA &
MASHA & SPIKE**
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OF RAIN**
(MAIN STAGE)
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As a former resident of New York City and Washington, D.C., surely I had been exposed to some of the greatest performing art and objects of art in the world.

What could compete with Broadway for performance art and the Smithsonian for creative art? What could Portland possibly offer?

I was in for a shock.

The sensory opportunities - seeing, hearing, touching, even tasting and smelling are endless in this town.

On this page you will find four of Portland's art companies that this



by Adrienne Braverman

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Monica Huggett, Artistic Director



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newcomer particularly enjoys.

While they are personal selections, all have proven popular with Mirabella's art patrons, many of whom have been season ticket holders and generous donors for many years.

We offer this as a public service to readers and to the arts organizations, which were given this space gratis as our contribution to Portland's art community.

Tips for readers:

Many theatres offer senior discount tickets or perhaps a Mirabella discount. Always be sure to ask.

Likewise, do get a copy of the Portland art community annual, the 2014-2015 artslandia, and you will have a better view of the entire art scene here in our artsy town.



OREGON BALLET THEATRE

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KEVIN IRVING / ARTISTIC DIRECTOR

OBT Exposed / Pioneer Square
AUGUST 25–28, 2014
TIME: 11:00am to 6:30pm daily
*Free to the public

OBT 25 / Keller Auditorium
OCTOBER 11–18, 2014
TIME: Th-Sat 7:30pm; Sun 2:00pm

GEORGE BALANCHINE'S
THE NUTCRACKER / Keller Auditorium
DECEMBER 13–27, 2014
TIME: T, F, Sat, Sun 2:00pm & 7:30pm;
Th 7:30pm; Dec. 24, Noon

CINDERELLA / Keller Auditorium
FEBRUARY 28–MARCH 7, 2015
TIME: Th-Sat 7:30pm; Sat & Sun 2:00pm

IMPACT / Newmark Theatre
APRIL 16–25, 2015
TIME: Th-Sat 7:30pm; Sat & Sun 2:00pm

THIRD RAIL

REPERTORY THEATRE

MIDDLETOWN

By Will Eno
SEPTEMBER 26–OCTOBER 19, 2014
VENUE: Winningstad Theatre
TIME: Th, F, Sat, 7:30pm; Sun, 2:00pm

THE MYSTERY OF IRMA VEP

By Charles Ludlam
DECEMBER 5, 2014–JANUARY 10, 2015
VENUE: Winningstad Theatre
TIME: Th, F, Sat, 7:30pm; Sun, 2:00pm

THE NIGHT ALIVE

By Conor McPherson
FEBRUARY 20–MARCH 14, 2015
VENUE: CoHo Theatre
TIME: W–Sat, 7:30pm; Sun, 2:00pm

BELLEVILLE

By Amy Herzog
MARCH 27–APRIL 18, 2015
VENUE: CoHo Theatre
TIME: W–Sat, 7:30pm; Sun, 2:00pm

STATIC

By Dan Rebellato
APRIL 24–MAY 17, 2015
VENUE: TBA
TIME: Th, F, Sat, 7:30pm; Sun, 2:00pm

Barging Ahead



Tony Hoppe
Barge Builder

Photos by Bob French

Story by Steve Casey



For about 18 months, we watched enormous sheets of steel turn into Zidell Marine's latest and longest barge, the Dr. Robert J. Beall.

In late August, as this issue of 3550 hits the streets, the behemoth barge was to slide into the Willamette, writing a new chapter in the history of one of Portland's oldest surviving privately held manufacturing companies.

The 422-foot Beall is an articulated barge –not pulled by a tug, but pushed by the tug from the stern, connected by a massive coupling. Add in the tug, and it's an impressive 500-foot ocean-going vessel working West Coast waters.

Zidell vice president Bill Gobel talked about the Beall and barge construction in a 3550 interview earlier this year.

"Physically, it is the longest barge we've ever built," he said. "But in tonnage, we've built larger."

The Beall is fashioned from 6-million pounds of steel, built to carry 83,000 barrels of petroleum. Construction employed a steady crew of more than 50 workmen, at times reaching into the 70s.

It is the 331st barge built by Zidell, the 31st built since 1995. Harley Marine Services of Seattle is the customer. Its mated barge, to be called the Emery Zidell, is being built in Louisiana. Demand for double-hulled barges accelerated after the Exxon Valdez ecological disaster in Alaska.

"When we build a barge, we expect 30 to 40 years of life out of it," Gobel said. "It's cyclical and we've seen some lean times. We even closed the barge division for awhile."

The cost of barges varies widely, with an inexpensive one running \$2 million or so, and top of the line barges costing more than 10 times that, according to Gobel.

A far cry from when barges were built of wood, Zidell's new one is fully tricked out.

It has multiple safety systems, extensive computer systems monitoring its 12 tanks, vapor piping to prevent buildup of gasses, systems to contain any potential spills, sophisticated loading and unloading systems, lifts and pumps, and an engine room to power all that.

All those safety improvements drive up the cost of a barge, said Tony Hoppe, manager of marine construction, as does the need for speed on the water.

If barges can be pushed or pulled at eight knots instead of six, that represents a considerable savings in transportation time and cost to the user, he said.

Gobel and Hoppe were less than thrilled about an August launch date.

"Barge launching depends on

Back in the days of wooden barges, Emery Zidell had a vision: use the recycled steel plate from scrapped ships to build a steel barge. Zidell went on to pioneer steel barge construction, including building some of the industry's first double-hulled barges.

Fifty years and over 300 launches later, Zidell barges are known to be among the best-built on water, hauling sand and gravel, lumber, grain, chemicals, petroleum products and wood chips on oceans and river systems around the world.

In addition to the sale of custom-built barges, Zidell manages a diverse fleet for lease and charter.

--From company publication "The Zidell Story"

two things," Gobel said. "Finishing the barge, and the water level. In low water, there's no launch. August isn't the best time, but it will probably be okay."

Hoppe said high water is a problem, too. If the river is too high, the stern could sink into the water as the forward part of the barge continues down the ways. So when to launch is a day-by-day decision.

Zidell isn't the only barge game in town. Gunderson Marine and Vigor Industries are two other Portland-based barge builders.

But it's Zidell that Mirabella and other South Waterfront residents and workers watch every day, and Zidell that has gone out of its way to
(see ZIDELL, p. 22)



(ZIDELL *from*, p. 21)

be a good neighbor.

Watching barges being built and launched is a favorite pastime of many who live and work in the South Waterfront. In the short run, at least, that will continue.

The company owns choice riverfront property running north from the Tram to the new Tillikum Crossing bridge. It is actively exploring development opportunities for that property, leaving many to wonder about the fate of the barge operation.

Already, though, work on the next barge, far smaller at 28,000-barrel capacity, is underway in the South Waterfront plant.

“We have to finish that one by the end of December,” Gobel said.

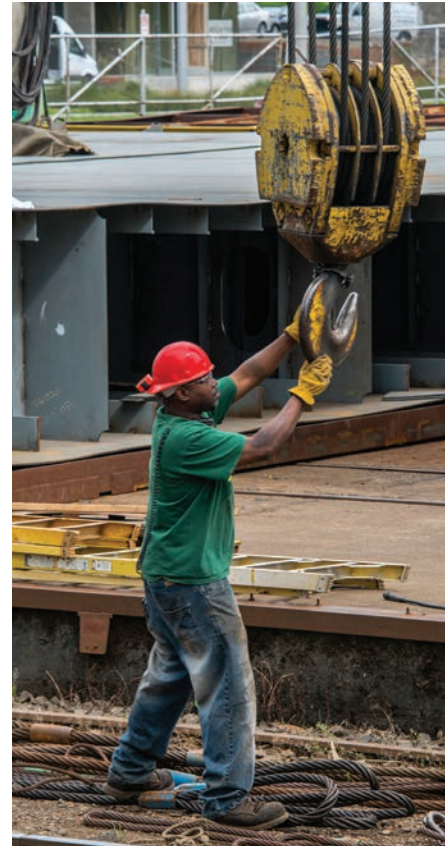
“It’s going to be a floating gas station,” Hoppe said during a tour of the Zidell yard and the Beall in June. “It’s going to Alaska, and can offload 10,000 gallons or whatever the customer wants and then go on to the next stop.”

Gobel has seen every aspect of barge building and more during his 54 years with Zidell – as long as the company has been building barges.

For years before getting into barge building, Zidell’s primary business was dismantling ships, an enterprise started by Sam Zidell after WWII when he purchased six decommissioned U.S. Navy aircraft carriers for \$78,260.

A booklet on the company’s history notes:

“At the time of the first auction for decommissioned World War II ships, a navy was sized by the total tonnage of ships. By that measure, Zidell went home with one of the world’s largest navies.”



Tony Hoppe stands by a barge “Do It Yourself Kit”-the sheets of steel from which the 3,000-ton barge is made.



From atop Zidell's latest barge, it's easy to see why Mirabella residents keep such an eye on on all phases of barge construction.

GROCERY *from*, p. 15)

While a June 27, 2014 letter from PDC's executive director, Patrick Quinton, was highly skeptical about urban renewal money being sufficient to make a large store in the South Waterfront a financial success, he left the door open to the subsidy of a smaller store.

In the letter to Gertenrich and area residents – with copies to PDC chair Tom Kelly and Mayor Charlie Hales – he said “(W)e support the community’s interest in smaller scale grocers, such as the Fred Meyer presence proposed earlier this year,” and encouraged residents to work directly with grocers.

The earlier attempt to locate a 9,000 square foot Fred Meyer store in the Atwater looked promising, but the board of its parent company, Kroger, turned down the concept.

Fred Schwartz of the Atwater residents’ association board told 3550 he heard informally that the problems of getting access for its big trucks and the lack of parking were issues.

Molly Malone, an Atwater resident who is a Fred Meyer vice-president, said the main reason was the “space available just wasn’t large enough for Fred Meyer to do what Fred Meyer does best.”

Meanwhile, as we wait for “in the long run” to happen, the 1,300 square foot Urbana Market convenience store across from Mirabella’s back door provides a limited inventory. Owner Tina Chong has been serving South Waterfront since 2007, and adds what customers ask for to her inventory, if it’s possible in the space she has.

She said she signed the grocery store petition because she knows how important it is to the neighborhood. ☼

Wrapping Up Summer:

There is a world of fascinating restaurants and bars within easy striking distance of the South Waterfront. We hope you enjoyed some this summer. This is the second of a 3550 series on easily accessible fun spots.

Morrison Block Delights Again

by Nick Cowell and Priscilla Cowell

On a summer's day, with downtown but a short streetcar ride away, you find yourself on SW 10th just a short stroll from Morrison Street.

In the last issue, we explored Habibi and MUCCA. Here are the other two: Persian House and India House. Bon appétit.

Persian House

For 23 years, this small family-run restaurant has featured the Mediterranean-style food that we now know is so good for our health. Turns out it is delicious and low priced as well.

The lunch buffet has 13 dishes, beginning with a salad



bar, subtly spiced lentil soup, baked chicken, lamb balls, rice flavored with turmeric, dill, or veggies and olives, and eight different vegetable stews to spoon over the rice. A surprising best in show among the veggie stews was spinach and sweet prunes. The eggplant and tomato stew was runner-up. None of the dishes is particularly spicy,

so the fresh natural flavors of the vegetables shine.

Dessert of rice pudding is included, if they have any left.

We ordered from the menu and had faloudeh, a home-made ice cream intensely flavored with pistachios and rose water that is not to be missed. Beer and wine are available, but we sipped Persian black tea flavored with cardamom, jasmine, and rose petals as we gazed at the antique Persian carpets hung on the walls, each a finely woven picture.

Guests are warmly welcomed. We were made to feel like family when one of the owner's family talked about her experiences leaving Iran after the revolution and making new homes abroad.

1026 SW Morrison St., open M-Sat. 11:00-3:00 and 5:30-10:00, (503) 274-0628

India House

Fresh white paint, oil paintings of the old city of Lahore, and Mogul murals make a pleasing impression as you enter India House. The owner and manager, both Pakistanis who came to Oregon to attend college, opened the restaurant 22 years ago.

Their chef of 20 years is Punjabi Indian, so his cooking is northern Indian, with some meat dishes verging on the richer Pakistani cuisine.

Around noon workers from nearby offices flock to the small tables and comfortable red leather booths for a quick buffet lunch of salad, potato samosas, vegetable pakoras, nan bread, rice with peas, chicken curry, lamb meatballs, Tandoori oven chicken, and a rotating variety of vegetable and lentil dishes. The alu saag (spinach and potatoes), and vegetable korma in cream sauce were especially tasty, and the Tandoori chicken was outstanding.

The a la carte dinner menu is also available at lunch-time. The manager asked the chef to serve us ginger chicken in cilantro sauce and dessert of gulab jamun (milk balls in sugar syrup and pistachios) so we could sample the dinner offerings. We finished with cardamom-flavored Indian tea and felt transported back to Peshawar, Pakistan, where we lived and ate for three years.

Wine and Indian beer are available. The chef is happy to provide take-out dishes from the dinner menu in foil pans ready to reheat at home.

1038 SW Morrison St. (corner SW 11th), open M-F 11:30-2:00, Sat 3:30-10:00, Sun 11:30 on. Reservations or take-out orders (503) 274-1017.



With Ethnic Eats and Elegant Drinks

Spurging at Storied Heathman Hotel

by Carole York

The Heathman Hotel and Bar proved a delightful happy hour venue for a recent family celebration.

The historic hotel sits next to the Arlene Schnitzer Concert Hall, a short block from the Portland Center for the Performing Arts and the Newmark Theater, and offers an extensive happy hour wine and beer list.

We enjoyed the Heathman's version of a Negroni – house-bottled Aviation gin, Carpano Antica vermouth, Campari and Combier Pamplemousse – found on its menu of 11 signature cocktails.

That list includes creative variations of the Martini, Old Fashioned, Margarita, and Daiquiri. Oh, and 50



Shades of Gin - Part 2, inspired by the book, "Fifty Shades of Grey," partially set at the hotel. The drink, the menu says, is "A Sin'sual blend of Tanqueray Gin, Ransom Old Tom Gin, St. Germain, French Blackberry Liqueur, Lemon Peel Essence."

Those drinks range from \$10 to \$14; wines by the glass go from \$9 to \$20 for the NV St. Louis Roderer Champagne Brut; bottled and draft beers fetch \$5-7.

Local Oregon spirits include whiskey, vodka, gin, brandy, liqueurs, \$8-12, and single malt scotches, most \$12-15, with a few pricier selections.

Also on the menu are two specialty non-alcoholic choices, a sparkling raspberry rosemary lemonade, \$6; and cucumber lime cooler, \$5.

Presentation and lovely garnishes - gold flecks on an upscale Manhattan, for example - enhanced the experience.

Exceptional culinary selections, small cold plates with a French flair, include Pacific oysters, olives, spicy nuts, classic Caesar salad, artisan cheeses, chef's pickled peppers, butter lettuce wedge, \$2-9.

We shared the country rabbit pate, potted duck confit rillette, and charcuterie. Hot plates include sausage and biscuit, Carlton Farms pork cheek, and burgers, \$6-13.

We shared creamy lemon risotto, Manila clams, and duck confit poutine, the French Canadian version of gravy cheese fries, but much better. The menu changes daily in order to present locally grown and seasonal ingredients. Desserts, with an emphasis on chocolate, are sinfully scrumptious, \$5-7.

The Heathman Restaurant and Bar's lounge, with cinnamon brown paneling and marble accents, is inviting, even on showery days, with large windows and warm recessed lighting; service is impeccable.

Located at 1001 SW Broadway between Salmon and Main, its parking is limited, although valet parking is available. Taking the streetcar and walking a few blocks is definitely the best way to go.

Reservations can be made on line or at 503-790-7752. Happy Hours are 2 p.m. to close every day.



When we put our name on something, we believe in it.

Zidell has some upcoming events on the property and we would love to see you there!

September 19th - FEAST Night Market
www.feastportland.com

September 27th & 28th - Project Pabst
www.projectpabst.com



SHAKA! Mirabella's pastry chef, Sheri Soria, on one of her more than 100 dives. Sheri loves swimming with dolphins and encounters the occasional shark. *Photo courtesy of Sheri Soria*

(SORIA from, p. 8)
of us.

“We try to prep the next day’s desserts, to work a day ahead so when we come in, that day is ready,” she said.

Sheri plans her desserts on a five-week cycle, with a featured dessert each day. “We make about 60 servings of that item,” she said. “We make two secondary desserts as well, making about 30 of each of those. I always try to have a pie or a fruit item, and I try to have a chocolate option.

“This is from working here three years; I learned that if I don’t have a chocolate item I hear about it.” ☼

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A Baking Secret from Mirabella Pastry Chef Sheri Soria

“People wonder why, when they frost their cakes, they get crumbs all over the place. There is a secret every business uses.”

After making the cake itself, let it cool. Then wrap it airtight and pop it into the freezer.

“At that point you can freeze it for six months,” she said. But you probably won’t.

When ready to frost it, “remove it from the freezer and thaw for 20 minutes, or until you can cut the cake, then fill or ice it as is. The cake will continue to that after it’s iced and will remain moist. It won’t fall apart and you won’t get crumbs everywhere.”

Now, 3550 has not tested Sheri’s secret. If you do, your editor is willing to serve as a judge of how well Sheri’s method has worked. A tough job, but you don’t have to thank me.



Spectacular Independence Day fireworks on the Willamette River and all around Portland as seen from Mirabella's roof. Time exposure photo courtesy of ace photographer, Todd Albert.

(TSOUMAS from, p.7)

He boasts of opening the first fish and chips place in Portland, but had to sell quickly when a number of competitors sprang up. He also owned a business selling restaurant equipment.

For recreation, he and Arma went on camping trips in a converted bus, taking a number of families and as many as 20 children.

After a son-in-law's grandmother moved into Rogue Valley Manor in Medford, Stan read about Mirabella, and talked to marketing director Adam Payn. Stan and Arma were among the first to put down a deposit.

He doesn't always agree with culinary decisions made here – "They did it again!" he sometimes complains – but recognizes that Mirabella has requirements different from those in the dining rooms he ran.

The immigrant story of the young person who comes to America, works incredibly hard, and reaches success and fulfillment never grows old in the retelling. Outwardly modest, Stan comes to life when he talks about the life he has made for himself and his family. ❀

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Rumor Mill

by Sheri Winkelman

One of the many upsides of living at Mirabella is the feeling of community.

While each of us probably doesn't care for everyone here, most of us have found friends with whom we feel comfortable and, when in need, comforted.

One of the downsides, in the opinion of many, is the lack of diversity. While we have a few residents of Asian or Hispanic origin, what we don't have are any African Americans. But that doesn't mean we don't have racists.

The following two rumors have been verified and are offered for your consideration.

The first is milder, though still unfortunate. A woman playing in the Friday social bridge group used the "N" word and, when asked never to say it again, repeated it under her breath, thus asserting her right to use any word she pleased.

Does this mean she's a racist or could she be

simply unaware of the history and hurtfulness of that word? The latter seems doubtful but let's give her the benefit of the doubt.

The other incident is more egregious.

One of our residents hired a dog sitter to stay in her apartment while she was on a trip and this was approved by administration. When she returned, other dog owners asked for his contact information since they found him most pleasant.

However, one of our residents had the arrogance and sense of entitlement to ask Megan Huston to ban him from the building. What was the problem? Was the dog sitter rude or slovenly? Perhaps he mistreated the dog? What exactly did the dog sitter do wrong?

Apparently his only "crime" was that he was black, which was the basis for the resident's complaint. Of course Megan disabused the resident of the notion that his skin color mattered at all.

The good news is that everyone who knows of the dog sitter story has been appalled.

In fact, many have expressed the desire for more diversity in our population and, indeed, efforts are being made to do just that. If it happens perhaps the resident who objected to the dog sitter would then either have an attitude transplant or move out.

Our residents believe there is no place here for racism.



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Rolling Back the Clock with Fast, Fun Aerobics

by Nancy Moss

You're back at a high school dance, moving to music like the Supremes' "Stop in the Name of Love" or the Marvelettes' "Mr. Po-oh-ohstman." You've got some cool moves you'd like to make – but people might be watching.

At Mirabella, you can boogie your heart out at Tony Cibik's core aerobics class, on Thursday and Saturday morning at nine. Tony combines encouragement, "You're pushing me today, I love

3550 Health Care Coverage

it!" with reminders to "Keep that core nice and tight" or to stop for a breather and take a drink from the water bottle that all participants bring.

After some warm-up stretches, the class moves into enthusiastic dance moves that activate all of the body's muscles.

Having planned the core aerobics curriculum to meet a demand for challenging classes that lead to a higher heart rate, Tony focuses on interval training: building to get people's heart rate up, then building to lower it. Periodically, he has participants march in place to slow themselves down, or sip from their water bottle.

Tony follows principles laid out by Amy Ashmore, a Las Vegas-based personal trainer with a Ph.D. in kinesiology from the University of Texas.

"Recent research shows that regular aerobic exercise can decrease biological age by 10 years or more," Ashmore wrote. Aging hearts that beat more slowly and pump less blood can be revitalized. In his core aerobic class Tony applies the ideas spelled out in her article, "Slow Down Aging with Interval Training."

(The full text of the article is at <http://www.idealife.com/fitness-expert/amy-ashmore>)

Aside from general heart health, Tony says core aerobics helps people with Parkinson's, whose joints benefit from fluid movements.

His students are believers. Florence Hardin says that her cholesterol returned to normal and she has stopped

taking statins because of core aerobics. Fran Herrall describes herself as "lost without it."

Karle Wagner's chair exercise class focuses on a slightly different Mirabella population. Karle recommends it for people who may be athletic but are injured in some way, who want to "get the blood flowing, the



photo by Curtis Guthrie

Tony Cibik, at upper left, puts Core Aerobics class through its paces.

joints warmed." Residents either stand or sit in chairs; the class can accommodate someone in a wheelchair.

Moving to "Sweet Georgia Brown" Dixieland style, exercisers begin with a warm-up – moving and stretching legs, arms and shoulders to increase both heart rate and circulation to their joints. They turn next to weights, with class members choosing the weight that suits them.

From using weights, the class moves to tapping their toes, which Karle tells them improves their gait, keeps people from shuffling, and helps navigate bumpy Portland sidewalks. They work with triceps, diminishing those "kimono sleeves" on aging upper arms. After exercises with plastic tubing, participants toss and then bounce a studded rubber ball and finally squeeze a small plastic football-like shape to strengthen their grip.

The class ends with applause.

Frieda Grayzel says that after three falls she is "progressively strengthening" herself. "You start at nothing (see CORE p. 30)

(CORE, from p. 29)

and work your way up.” And, she adds, “it’s fun.” Mary Bosch says the class keeps her going and, “if I miss a few classes, I fall back.”

Residents who take Karle’s beginners’ tai chi class do so for balance. Barbara Ivey’s doctor told her tai chi was “probably the most important class you could take.” Marge Carothers agrees, backed up by Karle who says research shows tai chi improves people’s sense of balance.

Originating in Chinese martial arts, tai chi stresses softness and flowing movements, “almost as if you’re doing it in water,” Karle tells her class. She reminds them to bend their knees, so muscles not their skeleton, do the work.

Mirabella fitness classes, as led by Karle and Tony, create a sense of camaraderie, of people doing something they both believe in and enjoy.



Wolves

Why am I

still

distant even as you

are near? Because

there are ghosts that

travel across my skin, even
as you

touch it, whispering

about the wolves
which lie

just behind my
path

by Taylor Pittman

YES Project Awards Scholarships

The YES Project has awarded a total of \$5,600 in scholarships for the coming year to four Mirabella employees.

Nhat “Chuckie” Le, who works in home care, skilled nursing and assisted living, and is planning to attend Portland Community College, has been awarded \$1,800.

Matthew Nobel works in skilled nursing. He plans to attend Portland State University, and receives \$1,000 in aid.

Assistant pastry chef Jennifer O’Brien, Mt. Hood Community College, receives a \$1,000 scholarship.

Sierra Udland, a nutritional services aide planning on PSU, receives \$1,800 in scholarship funds.

The YES Project is financed by private donations and administered by the Oregon Community Foundation. “YES” stands for “Your Employee Scholarship.”

Mirabella hourly employees are eligible to apply.

Separately, the Mirabella Portland Foundation also awards scholarships to employees. Its first grants were made last year, totaling more than \$10,000.

In both cases, payments are made to the schools, not the individual students. ❀

Support Group to be Started

Starting in September, Megan Huston and Kenlin Wilder will lead a support group for caregivers of people with dementia. Hosted by Mirabella, sessions will be open to the community.

Huston recently trained to run support groups at the Alzheimer’s Association. Wilder, who is interested in working with older people, also trained at the Alzheimer’s Association. Wilder received an MBA from Boston College and an MS in Mental Counseling from Walden University. She specializes in grief, trauma, and recovery.

Support groups can help caregivers deal with stress. One woman who was a caregiver for her spouse for eight years said that her support group helped her understand and manage her feelings of anger. Listening to others made her more aware of what was likely to happen in the future, she said.

The group’s first meeting will be Tuesday, September second at 6:00pm in Mirabella’s Park View Room. Huston says, “Its goal is to create a safe and confidential environment for caregivers to come together and support each other through the challenging complexities of dementia.”



Taylor's New Poetry Volume

Taylor Pittman, a former Mirabella server, practicing poet and contributor to 3550’s debut issue, is out in late September with a new volume of poetry.

“A Whimsical Ghost” is set for release September 23. It’s a book in print, ordered online.

It will be available through www.blurb.com and – Taylor says

– possibly at Amazon. “A Whimsical Ghost” will sell for \$15.

All poetry is by Taylor, with artwork by Anne Ferguson.

At press time, it was a work in progress, with new poems and pages being added daily.

Taylor, who recently spent time visiting her parents, is now in a new job in Clackamas.

Did You Know?

by Sheri Winkelman

Like many of you, I have long-term care insurance. Paying over \$2,000 a year is hard enough, so imagine my disappointment when I received a letter from MetLife alerting me to a nearly 50% hike in my annual premium.

What to do?

Although every case is different, I'll use my situation as an example in the hope that it might be helpful if you are also facing increases.

My options include cancelling the policy, reducing the daily benefit, reducing the number of years covered from five to three, or some mix of those. I sought the counsel of Sharon McCartney, Mirabella's health care administrator, and it turns out I'm only one of many residents who come to her each year

long-term services and supports for older adults (LTSS) in a study funded by AARP and two non-profit foundations looked at (1) affordability and access, (2) choice of setting and provider, (3) quality of life and quality of care, (4) support for family caregivers, and (5) effective transitions.

Oregon ranked 3rd out of all 50 states and the District of Columbia.

Without insurance, LTSS is unaffordable for middle-income families in all states.

On average, nursing home costs would consume 246% of the median annual household income of older adults. Even home care would take 84% of median income, which the typical older family could not sustain for long.

One LTSS area where Oregon does well is the number of health

3550 Health Care Coverage

with questions.

First of all, Sharon told me to keep my policy. Since the average stay on the second floor is 2.5 years (usually less in skilled nursing than memory care), reducing my coverage to three years was a good bet. With the current rate for Mirabella residents being \$231 per day, reducing my coverage from a rate already lower would be problematic.

A MetLife chart shows average rates for Portland as \$82,125 for a semi-private room in a nursing home, and \$39,550 for assisted living.

The rates for Mirabella residents are \$88,000 for memory and skilled nursing private rooms, and \$46,400 for assisted living (may vary by apartment).

A state-by-state comparison of

maintenance tasks that nurses are permitted to delegate to direct-care workers, thus reducing costs.

Success in transitioning nursing home residents back into the community is another area where Oregon receives high scores. Oregon placed second by helping 15% of patients who had already spent more than three months in a nursing home. That may not sound like a lot but was significant compared to a much lower national average.

After receiving excellent advice from Sharon and my financial advisor, I decided to reduce the number of years covered by my policy.

I am unlikely to need care for more than a couple of years, and by keeping the yearly premium at its current level I will better be able to handle future increases.

As I tried to plan what long-term care insurance was best for me, I wondered why my premium was going up by 50%, and who got to set the rate.

Long-term care policies were first offered 35 to 40 years ago, and premium rates were determined by average mortality rates, claims experience, policy retention rates, competitive pricing and the rate of return on premiums paid.

The original pricing strategy turned out to be a losing proposition for insurance companies.

People lived longer and thus used more of their benefits.

Claims were higher than anticipated.

Letting policies lapse didn't occur as often as expected and prices were artificially low because of competition.

Finally, the rate of return on investment of premiums was overly optimistic.

In essence, the actuaries were dreadfully wrong. The result is that many insurance companies have pulled out of the long-term care business completely.

If it is available, one advantage of long-term care insurance is that once accepted, an insured will not see his or her rates increase just because of advancing age. The lesson here is to purchase the policy as early as possible.

Rates may increase, as companies make their case to state insurance commissioners, and to guard against increases that will put you out of the market, shop carefully at the beginning. A solid policy, with a reputable company, offering benefits you are likely to need, at a reasonable cost, is your best bet.

Yes, premiums may go up, but if you have chosen well, they will increase only in a measured manner. And leave you confident your health and finances are protected.

-Sheri Winkelman

Congratulations to our duplicate bridge champions. Regular partners **Guy Woods** and **Ed Parker** won over players all around the West, placing third among 1,182 pairs playing the same bridge hand on the same day in the “Sectional Tournament at the Clubs” contest. **Fred Morris, Laurie Hardin, Betsy Bullard** and **Jean Davis** ranked in the top six Mirabella master point winners in the quarter.

More champions among us—hooray. **Art Moss** is the current table tennis champion after defeating **Andy Lau** in the final match of last quarter’s table tennis tourna-



with Marge Carothers

ment. Sixteen residents entered the tournament, and Art won all of his matches, including the final against Andy. Check the wall near the Activity Room to see the new “Ladder” on which staff and residents challenge each other to move up the ladder when they win three out of five 11-point games. Jump in—**Charlotte Beeman** and **Ronnie Rudolph** can explain it and add you to the players’ list.

Ever wondered how our committees and interest groups are formed? In the case of the dining committee, it’s always a work in progress. Chair **Norm Bengel** says “We have some regulars, but others come and go depending on whether they have something to discuss.” Most committees and groups have minutes posted both on MiraNet and in the big binders in the library, found at the computer center. It is a great way to learn not only what is going on but also how hard all of our terrific volunteers are working.

The new community garden is in full swing in its new location between Macadam and Moody and Curry and Gaines. A number of Mirabella folks are enjoying their veggies and flowers grown at the new site. There are around 35 beds, as compared to the 90 plus at the previous garden, but regulars are grateful to have been lent a spot—thanks to OHSU.

Need a little extra help or brush up on your Mah

Jongg? **Susan Berg** is offering to help - even introductory private lessons to first timers. Just give Susan a call at 6719. Or, anyone just wishing to watch a class is invited to drop in on Monday at 10 a.m in Park View, Wednesday at noon in Willamette Hall, or Saturday at 3:30 p.m. in Park View. Susan says she has extra 2014 Mah Jongg cards available, should anyone wish to purchase one.

The Mirabella Players, formerly called On Stage, have been going on the road. They took their earlier show for us to Holladay Park in July. **Carrell Bradley, Toni Tidman, Ron Mendonca, Larry Braverman, Norman Bengel, Marleen Tulas, Dot Lukins, Don Marshall, Rolf Glerum, Rosie Batcheller** and **Nancy Moss** were our thespian ambassadors.

The Science Interest Group has met every fourth Wednesday to be enlightened by presentations from **Bob Melvin, Gil Meigs, Ed Parker, Bruce Howard, Ronnie Rudolph, Hebe Greizerstein, Pieter Rol** and **Walter Greizerstein**. **Andy Lau** is among those attending regularly and enjoying the meetings, to the point a need for new accommodations has been looming. Check with **Walter**, 6829, for any changes.

John Branchflower reminds of book selections for the Afternoon Book Club, through 2014. The books, which spark interesting discussions each month, are listed on MiraNet.

We’re proud of our Mirabella ladies who have now completed 60 quilts for little ones taken from abusive homes and are going into a foster care family. Our quilters will continue meeting once a month in the fall. Go, ladies, go. Call **Mary Zehrung** at 6686.

Mirabella’s Bible Discussion (an ecumenical group) continues to grow, meeting the 2nd and 4th Monday of each month at 3:30 p.m. in the Park View Room. **Bettie Schweinfurth** tells us they are studying several of the 30 parables Jesus used to teach his followers, best known of which are the Good Samaritan and the Prodigal Son. All are welcome.

Canasta players alert!!— **Ron Weber** says those playing the Morningside rules brought up from the California desert are now playing on Mondays at 2 p.m. in the Bistro. Those playing the Hoyle rules (a game introduced by Maggi Travis) are now playing Tuesdays at 2:30 p.m. in the Bistro. If you are a beginner or have never played, try the Hoyle rules on Tuesday. Morningside rules are more complicated and better for experienced players. ☘

A Few Changes 'Round This Man's Castle



As I have tried to explain to my lovely wife, Adrienne, at least a thousand times, I am not sarcastic

or cynical; I'm simply a realist.

She may not buy that, but here's why I'm right:

Positive people see a glass half filled with water as half full; negative people see a glass half filled with water as half empty. When I see a glass half filled with water – or one half empty with water for that matter – I smell it to be sure the water is not polluted.

Larry Braverman

So with that “realistic” attitude, it's not surprising that I am skeptical about the way any operations are run, including Mirabella's.

Were I in charge there would be numerous changes – designed to increase our safety, enhance the reputation and beautification of Mirabella, and, most important by far, reduce our monthly fees. Here's Larry's Law:

First, to ensure our around-the-clock safety, the maintenance staff will henceforth check batteries for emergency call pendants every 12 hours. This may prove irksome at times, especially in the middle of the night. However, the staff will try very hard not to awaken us when they search around our dark apartments for pendants.

For our added safety, residents may not use the Mirabella fitness

center unless their blood pressure reading is lower than 120/80, they successfully complete balance tests and swim three laps in the pool... underwater.

This will save lives and reduce insurance costs. The point is that only people who are fit should be allowed to exercise. That's why we call it the fitness center.

To enhance the beauty of our lovely home, slippers, pajamas, and bathrobes are banned outside apartments, including from decks and patios. Sweat suits and shorts are permitted only after approval of the Esthetics Advisory Committee.

The popular Mirabella Dress Code is hereby amended for dining in both Aria East and West. Men must wear jacket and tie to every dinner – bow ties allowed only with tuxedos – and women must wear dresses that cover the knees – full-length gowns encouraged. The same outfit must never be worn on two consecutive days.

Okay, these requirements won't make us safer or save us any money, but we sure will look good.

While our safety, health and appearance are important, holding the line on fees takes precedence. This

means we must seek and destroy waste at every turn. To wit:

Housekeepers will no longer change sheets, vacuum floors, empty trash, or clean toilets. Come on, people, these are simple tasks. To be honest, I don't think that we need *any* housekeeping services. I have no doubt that Adrienne could easily do them all by herself.

We must park and retrieve our own cars. If we can handle the absurdly dangerous traffic patterns in the South Waterfront, we can certainly negotiate a simple garage.

Coffee in the Bistro, of course, still is free to residents. After all, some things are sacrosanct. But cups, milk, sweeteners and napkins will cost you.

Elevators are by reservation only. We must call the concierge at least 15 minutes in advance. This saves electricity and reduces maintenance costs, not to mention that it encourages us to stay put in our apartments, which, incidentally, also enhances both safety and beautification.

Hopefully, you will find these changes worthwhile. If not, I don't want to hear about it. Talk to Adrienne.



Adrienne Braverman, clearly pleased with abolition of housekeeping wrought by husband Larry cleans apartment while plotting revenge.



We have a winner – Ed Parker drew the winning ticket in the July 4 raffle of a week in October at a Puerto Vallarta condo, donated by Norman and Barbara Bengel. Ron Weber was the beaming winner. Raffle raised \$2,375 for the Employee Assistance Fund of Mirabella Foundation.

Second Back Alley Sale

Featuring fine jewelry and collectibles plus furniture, clothing, books, household items and small appliances

Willamette Hall

Sale will benefit the Employee Scholarship Program. Last year's sale raised \$10,000 for the program

Thurs., Sept. 11, 8 a.m. to 4 p.m. Staff only

Fri., Sept. 12, 8 a.m. to 4 p.m. Staff and Residents only

Sat., Sept. 13, 9 a.m. to 4 p.m. Open to all

Sun., Sept. 14, 9 a.m. to 2 p.m. Open to all

Park View

Joining the Bike Brigade

by Ron Weber

Whether for sport, fun, or on errands, bicycling is a way of summer life for several residents and staff of Mirabella Portland.

For seniors, bicycling is an alternative to jogging, providing low stress on calf muscles.

Take Stan Tidman, for example.

He's been biking quite a while, having started when a student in Eugene while rooting for the Ducks. He got in the habit of biking to class rather than driving. Then at his various jobs in California he reports, "I biked to work whenever my job site was close to home."

After moving to Portland, he just kept biking as a form of exercise, usually in fair or sunny weather.

Twice or three times a week he heads out south along the Willamette River to the Sellwood Bridge, then east to the Springwater Corridor on the east side of the river, then north all the way to the Steel Bridge near the Lloyd Center, then back west along the bridge, and finally back south through Tom McCall Park and then along the OHSU and Zidell properties by the river back to Mirabella.

All in all, that is about an 11-mile trip.

Then there is Anne Clark.

She says she "bike(s) more out of necessity than for just sport and exercise, biking all year round." More than 25 years ago in Philadelphia, she gave up her car and began biking regularly to work or running errands in all weather.

Anne said biking to the store is not without the occasional difficulty.

Once, on a biking shopping trip to Safeway, she had too many items in her saddlebags and she had to take the streetcar back.

"This was challenging, getting on the streetcar which was crowded with rush hour travelers and having to ask people to make way for my bike and its packages," she said. "But it worked and I got home safely."

Also challenging was a 33-mile outing with three male friends on the "Providence Ten Bridge Bike Pedal."

This is an annual bike-riding event where the riders cross the Willamette River 10 times from the Sellwood Bridge at the southernmost point to the northernmost at St. Johns Bridge.

The grade to the Fremont Bridge was difficult. Her riding buddies "stuck behind me and guided me up to the top where the downward grade allowed me to coast."

She's taking it easy in the next event: "Once was



Anne Clark and Stan Tidman get ready to ride

enough and this year I'll just do the 24-mile Eight Bridge Pedal." (well, by her standards, anyway, but mind you this is a woman who races dragon boats).

Given the biking culture of Portland, staff members also regularly ride to work.

Among them are marketing director Adam Payn, Bistro and Aria server Jen Burns (who's also an enthusiastic dragon boat racer), and maintenance tech Evan Corcoran.

Even for experienced riders, the fun and exercise is tempered by a need to be vigilant in Portland traffic. And not even that will always save you, as Adam found out in July.

"I was biking down SE 6th Avenue," he said, "when a driver who was parallel parked didn't look and cut out in front of me sending me flying and totaling my bike. I ended up battered and bruised. I sure was glad I was wearing a helmet."

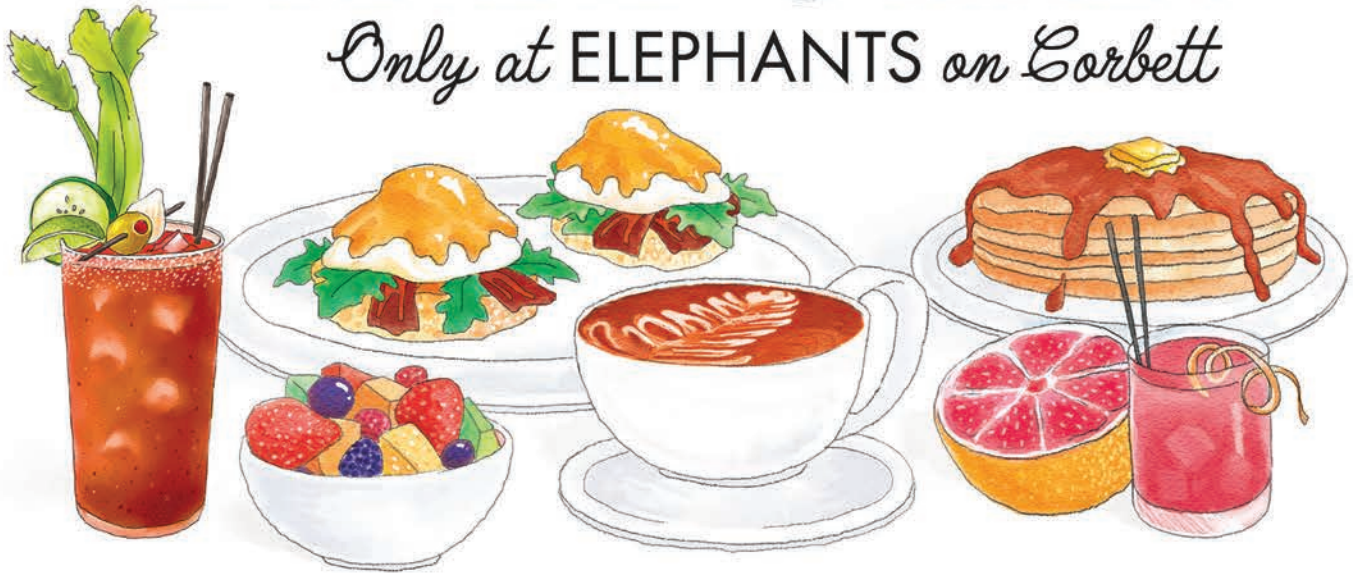
After arriving safely at Mirabella, riders stow their bikes in a storage room that has been quite a jumble, but now is tidy.

By now all bikes stored there are accounted for, with bikes assigned to specific racks.

Good exercise, good fun. Stay safe out there.

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