

3550





Ed Parker
Co-editor



Jim McGill
President

At its July meeting, the Foundation advisory committee recommended a Foundation legal reorganization that would increase resident oversight of Foundation financial management while reducing costs. The change can't happen without a vote by residents to approve the proposal.

3550 supports the proposed reorganization and recommends that residents vote yes, provided that the final version, after legal review and approval by the Mirabella Portland and Mirabella Portland Foundation boards, is not substantially different from what the Foundation advisory committee recommended.

The June 2021 issue of 3550 included an article that was critical of an earlier proposal to dissolve the Mirabella Portland Foundation as a separate corporation and transfer its assets to its parent organization, Mirabella Portland. The primary criticism was that the proposed arrangement would reduce resident participation in Foundation decisions.

The new plan would also transfer the Foundation assets to Mirabella Portland. It would replace the Mirabella Portland Foundation, which currently has three resident members on a nine-member board, with a Mirabella Portland board committee that would have five resident members. Three members would be elected by residents in the same way resident Foundation board members are elected. The resident association (RAMP) president and vice-president would also be members. Those five residents would constitute a majority of the new board committee.

3550 believes that the new proposal successfully addresses resident and 3550 concerns about the previous version. However, the proposal should be withdrawn if there is significant resident opposition. Increasing donations to Foundation funds is more important than small cost savings.

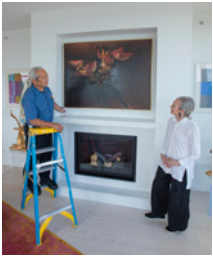
Whatever happens with the reorganization, 3550 urges support for RAMP foundation advisory committee fund-raising activities, including the Sept. 22 Fall Fête.

With the changes we have experienced over the last few years, we all are pondering: "What will life be like in the next few years?" or "What will the new normal be?" Of course, there are no definitive answers; life will unfold, as it will. Many drivers of change were underway even before Covid. To name some: the effects of rapidly evolving technology, including social media; political shifts; international interdependencies, that is, globalization; and different values and life views of younger generations.

The questions stirred me to look for a name for what we are enmeshed within. With thoughts of our late dear colleague, English professor Sivia Kaye, front of mind, I found "liminal." It is defined as "the middle stage, the in-between period during which the new status has not been reached." Exactly where we are. Welcome to the "liminal era!"

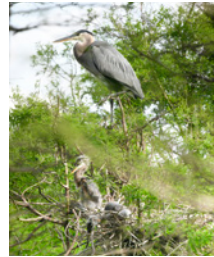
And so, what is happening? An apt characterization might be that we are engaged in "a great realignment." Indeed, we (individually and collectively) seem to be doing just that. What does that imply for us at Mirabella? We have been making many adaptations, seemingly unceasing, caused by the pandemic as well as by the noted broader transformations. We residents, and Sharon McCartney and her staff, have had to institute changes in the short term, but are also engaged in longer-term thinking about how to keep Mirabella attractive and vigorous.

Mirabella must continue to be appealing to keep its rooms full. Indeed, this is a responsibility of administration, but as residents, we too contribute to its realignment. I applaud the Mirabellans and the staff who are working to keep Mirabella an attractive place to live. As I depart my RAMP leadership role, I note my deep affection for Mirabella and its residents and staff, and look forward to its "post-liminal" future.



Front Cover

Longtime staff member Duc Tran and resident Carol Schwartz check out his placement of one of the Schwartzes' paintings. Photo by Robert French



Back Cover

Johanna King took this great blue heron photo in Florida in April, but it is the same species of heron we see nesting in view of Mirabella on Ross Island.

~ The Inside Scoop ~

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3550 Recognized for Publication Excellence

For the fourth year in a row, members of the all-volunteer staff of 3550 won multiple awards in the 2022 Apex awards competition for communications professionals.

This year, the Apex judging panel reviewed 1,213 applications from publications large and small from calendar year 2021 for different categories of writing, editing and photography.

For its 2021 publications, 3550 won one grand award and five awards of excellence.

Founding editor Steve Casey and current co-editor Ed Parker shared the grand award for writing for stories about the Mirabella Portland Foundation in the June issue.

Steve also won an award of excellence in news writing for his story "Can Portland Survive the Apocalypse?" which appeared in the March issue.

Staff writer Rita Brickman Effros won two awards of excellence. Her June story "That Gut Feeling Is Real" won in the health and medical writing category. Her September "Trees Are Social Creatures" article won in the technical and technology writing category.

Staff writer Pete Swan won an award of excellence in feature writing for his "Portland's Ship in the Sky" story about the Portland Aerial Tram in the June issue.

Staff photographer Stanley Berman won a photography design and illustration award of excellence for his March issue "Walls of Protest" photo essay on Portland's street art following the Black Lives Matter protests.

All the back issues of 3550 are available at www.3550magazine.org.

AUXART Zidell Project to Open

The large construction made of lightweight lengths of wood just south of the warehouse in Zidell Yards is the brain-child of Portland installation artist Philip Krohn.

Krohn is the founder of AUXART, a nonprofit arts organization that produces large sculptural works that provide an ephemeral environment for music, sound and movement.

Salvaged from the reject pile of a molding mill, the long, pliable pieces of wood are held together with old bicycle inner tubes. The wind chimes viewers will hear are made of scrap wood and tin cans.

It took Krohn and a group of co-workers weeks to complete the wave-like, serpentine construction along with a seating area to prepare it for musical performances and other sound-immersion experiences.

Krohn and company intend to celebrate the links among people, animals, the land and the river and to highlight the rejuvenating and spiritual components of those links. Seth Nehil is the sound designer.

The site will be open to the public from mid-August through October, after which it will be dismantled. A schedule of events will be posted on the AUXART website, auxart.net, where participants can also get updates and make tax-deductible donations.

– Johanna King



Photo: Johanna King

Philip Krohn's installation in Zidell Yards will be an entertainment venue.

Facility Services Changes

Picture a juggler tossing many balls in the air and keeping them aloft. That’s the position of director of facility services as described by Mirabella’s outgoing director, Brian Wycoff.

Asked what his work consisted of, Brian said, “It depends on the day.” He might work with the budget, help his managers with problems, assist contractors or just “walk the building.”

He also worked with vendors and was the go-to guy for Mirabella’s emergency planning, dealing with the fire marshal’s visits.

On workdays Brian generally fielded about 15 emails but on a “really busy day” might have had 40 to 70 to attend to, possibly from the gas vendor or security services. For that reason, Brian suggested that residents who were dissatisfied with work done on their apartment contact Richard Gomez, his maintenance manager, or if the problem involved renovation, Dominic Harris. Michael Hardin handles technology issues.

Now Ray Younger, Mirabella’s new director of facility services, has arrived to fit the position’s various tasks into a coherent whole.

The task of hiring new employees is split. Rick Thompson, facility services’ assistant director, does most job interviews. Mary Mace, lead housekeeper, sees to housekeeper applications and Steven Gibbons, lead valet, deals with inquiries about that position. Brian handled interviews for managerial-level positions.

Asked about his position as assistant director of facility services, Rick Thompson says he works on “day-to-day stuff,” checking with his crew and helping as needed to see that the work gets done. Aware that Brian had the “big picture,” Rick often helped with ordering materials or handled residents’ complaints. “We’re all on the same team,” he explained after detailing his varied tasks.

Richard Gomez, maintenance manager, also handles



Photo: Richard Mountis

Facility Services director Ray Younger said he likes the sense of unity he feels at Mirabella.

day-to-day operations, assigning and following up on residents’ work orders, occasionally explaining that a repair could not be completed because of a missing part.

This writer has experienced Richard’s expertise. One weekend evening our smoke alarm went off for no reason. The maintenance men on duty had no idea how to shut it off. After two hours of its shrilling, while our cats cowered in the closet and I tried to read in the hallway, Richard arrived and turned the alarm off in a few seconds. It was easy — if you knew the secret.

Crises as small as a malfunctioning smoke alarm or as threatening as bad air from forest fires fall under the purview of Mirabella’s facility services. Ray Younger will pick up the balls that are his responsibility, perhaps pause to get the feel of them, and then start tossing them aloft.

— Nancy Moss

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Foundation Plans Party

The **Mirabella Portland Foundation** is having a fund-raising party on Sept. 22.

The planning committee, chaired by Naomi Matusow, calls the event a "Fall Fête." The French-themed party will feature music by Felix Lilly, tasty hors d'oeuvres, desserts, wine, drinks and a silent auction.

Residents attending the Fall Fête will have a chance to bid on a vacation getaway at Pacific City, Black Butte Ranch or Santa Fe. Resident-offered auction items include a dinner for six prepared by Jane Wachslar and Lynne DeVries, a cocktail party for 12 donated by Tom and Janet Schmitt, a handmade crib-sized quilt from Barbara Snow, a framed oil painting by Yvonne Branchflower, handcrafted wooden pens and wine stoppers by John Green and birdhouses by Kim Batcheller.

Local restaurants, Gallo Nero, Il Terrazzo and Hot Lips Pizza have donated gift certificates, while Frank Wine Bar will provide two light meals with the purchase of two glasses of wine. Spa gift certificates include French haircut by Fahti, Be Smooth French facial, massage by Sarah Haroldsen, manicure and pedicure by both Rex Nail & Spa and Adore Day Spa. An introductory glider ride gift certificate promises an exciting adventure.

Tickets at \$100 per person, purchased in advance, will entitle the holder to two drinks with additional drinks available at the cash bar. Donors may designate which Mirabella Portland Foundation fund receives their donations: resident assistance, employee scholarship, health center, medical transportation, employee hardship, cultural enrichment or unrestricted.

"While the purpose of the event is to raise money for several important funds, we hope people will have a good time with games, music and good food, all for a great cause," said Matusow. "Join us on Sept. 22."

New Businesses Come to Emery

The **Emery on Moody Avenue** will host some new businesses. Lilia restaurant is moving into the space vacated by Pizzicato. Lilia is owned by Republica, which was Portland Monthly's restaurant of the year in 2021.

Geezer Gallery (<https://www.geezergallery.com>) will replace Three Paws; Mirabella resident Bill Stevens' work has graced past Geezer Gallery shows.

The Flynn Creek Circus (<https://www.flynncreekcircus.com>) will be performing Sept. 22-25 in the space next to the Emery.



Photo: Stanley Berman

Dee Poth, Lynne DeVries and Naomi Matusow plan the foundation's fall fundraising event.

Mirabella Author Published Memoir on 100th Birthday

It is not unusual for Mirabella residents to publish memoirs. What is unusual is to have the memoir published on the date of the author's 100th birthday and have the author available to sign copies.

Mirabella resident Mil Walker (formally known as Millidge P. Walker III) titled his memoir "Asian Encounters: Early Life, Travels, and Family."

His 100th birthday and the publication date for the book were both June 19, 2022. He was born on that June day in 1922 in Shanghai, where his father was a missionary professor of mathematics and engineering at St. John's University.

The book tells of his travels in Asia and elsewhere, including his automobile trip across Africa with his wife, Irene Tinker, in the early 1950s. He also tells of his public job as a diplomat for the U.S. Department of State, which was a cover story, because he was in fact employed by the Central Intelligence Agency (CIA).

A copy is available in the Mirabella library. It may also be purchased from Amazon.

Art Committee Accepts Sculpture

Mirabella's art committee, with Executive Director Sharon McCartney's approval, has accepted the alabaster sculpture *Bird Form* made by Richard Crook in 1989.

A gift from the estate of Sivia Kaye, *Bird Form* presently graces the Pennoyer Street lobby.

Sivia's daughter Beth said, "Sivia particularly appreciated her Mirabella neighbors and wanted to give back to the community that enriched her life. *Bird Form* was the most beautiful piece in her collection, and I felt it belonged at the Mirabella."

Sivia's estate also donated five two-dimensional pieces to the Mirabella Foundation for sale.



Photo: Ron Mendonca

Bird form sculpture donated by estate of Sivia Kaye.

Alamo Manhattan Construction Continues

The Alamo Manhattan construction project in Block 41 (between the extension of River Parkway and the river) and Block 42 (between River Parkway and Bond Avenue) is proceeding apace.

In Block 42 the exterior framing has topped out at the designed six stories. The Tyvek covering has been applied and the parapet has been erected.

Inside, the subfloors have been laid and the stud walls have been built. Now, the lengthy interior work has begun: sheet-rocking the interior walls, and installing plumbing and wiring conduits and heating, ventilation and air conditioning vents.

In Block 41 the many reinforced concrete columns ascend higher. The ground-floor concrete — temporarily leap-frogged to address other priorities — has now been poured.

The beginning structure of the tower can be visualized and the flying trusses have done their job for the pedestal-level construction.

One can see that the Block 41 interior stud walls are entirely constructed of metal. What one cannot see is the complex array of underground utility conduits (six-, eight- and 10-inch tubes carrying water, sewer, electric and fiber-optic lines) connected to the building.

An easy-to-see development was the removal of the mysterious wooden-frame structure in the river.

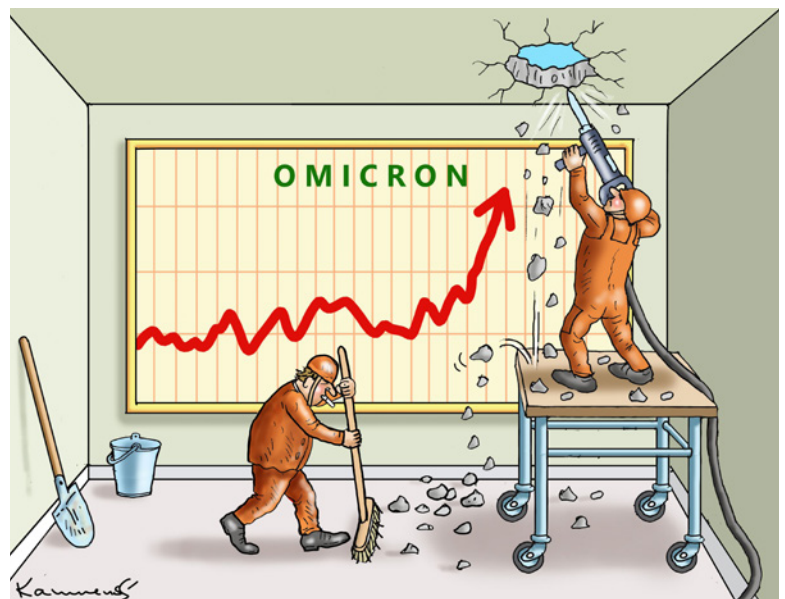
A flotilla of tug, scow and derrick-barge operated by

Mark Marine attacked the problem. First, workers deconstructed the framing above the water level. Then, in late July, the contractor returned to extract the pilings that supported it.

Since the structure was in navigable waters, the U.S. Army Corps of Engineers was involved in oversight and permit issuance.

Curiously, no one seems to know the original purpose of that in-river "platform." Perhaps one of our Mirabella neighbors remembers what it was used for!

— Pete Swan



Opinion: Portland's Government Can Be the Best

By JOHN FOREMAN & ED PARKER

In a single election this November, Portland could jump from having the most antiquated city government in the country to one that becomes the best.

Portland's Charter Review Commission studied, listened and then proposed dramatic change in how the city is governed. The proposals include most of the recommendations the City Club of Portland approved nearly unanimously after their extensive earlier study.

Under the proposals, city council members will become full time legislators with the job of listening to their constituents, studying the problems of the city and setting public policy. They will turn over to the mayor and a professional city administrator the job of turning policy into action.

Gone will be the silos operated by city council members who now set policy while also managing city bureaus. Citizens should be able to find one city office or one city council district office to solve their problems rather than having to visit multiple feudal kingdoms with limited power and separate personnel offices and procedures.

The mayor will lose the power to vote on council matters except to break ties. That's not a serious loss of power. If the mayor can't persuade half the council to agree, that vote wouldn't matter anyway.

The mayor would gain significant new power to hire and supervise a city administrator to oversee all city bureaus. Mayor Ted Wheeler says he opposes the change to the mayor's role because it will make the mayor an employee of the City Council. If a prospective mayor does not want

responsibility and accountability for running the whole city, then perhaps a different mayor should be elected.

No other city official would have the broad powers and responsibilities of the mayor. We suspect that city council members interested in solving constituent problems will be coming to the mayor for help more often than the mayor will be going to council members for help, a dramatic difference from the present system.

Each City Council member would be elected in one of four districts instead of by all voters in the city, bringing residents of all parts of the city closer to the council members who would represent their interests. The new system would increase the number of city council members to 12 with three members elected from each of four geographic districts.

Commissioner Mingus Mapps opposes the multimember districts because he feels it would diminish the accountability of each member. We think that the new system will preserve accountability because each member will still be required to individually vote. Voting and taking public positions on issues allows voters to see which council members best represent their interests

Multimember districts have the potential to increase diversity, giving citizens in each district a choice of council members to approach to solve local problems. Council members who are more responsive to their constituents are more likely to be re-elected. Multimember districts should also reduce negative campaigning because candidates may be more likely to run as teams.

Perhaps the most controversial change is ranked-choice voting. Ranked-choice voting allows voters an opportunity to mark their second, third or additional choices of candidates. If their first-choice candidate is eliminated, their second-choice vote can determine who would win. This process would guarantee that the ultimate winners would have broad support from the voters.

This is sometimes called an instant-runoff system because it avoids having primary elections for city positions followed by general elections. Instead of having some council members and possibly the mayor selected in low-turnout primary elections, all voters in general elections would have their voices heard in city elections.

Ranked-choice voting also eliminates the time and expense of campaigning in both primary and runoff elections. It also tends to diminish negative campaigning because candidates will be less likely to offend the supporters of other candidates whose second-choice vote they wish to solicit.



“It was self defense. He wanted to discuss gun regulation.”

Reducing negative campaigning and polarization of the electorate is a highly desirable goal.

Finally, Mayor Wheeler, Commissioner Mapps and others have expressed concern about the proposals being presented to the voters in one integrated package. Commissioner Mapps has said the single vote violates “the spirit of the law.” The law in question is the single-subject rule which, as a legal opinion from the Portland city attorney dated March 2, 2022 points out, applies only to initiatives to amend the Oregon Constitution, not proposals to amend a city charter.

The ballot proposal contains dozens of new powers and the repeal of many old ones. It is a composite of interrelated sections bringing multiple improvements that have proven successful in other jurisdictions. It is true that no other city has combined most of the currently known best practices into a single integrated whole. This integrated package of best practices would enable Portland to leap from the worst to the best in the way municipal government is organized.

In our opinion, opposition to voting on the whole package is a procedural way to attempt to kill the measure, possibly

for individual political ambitions. If voters don’t want the net benefit of the comprehensive reform package, they can vote no.

Portland voters have declined to reform Portland’s failing form of government eight times since adopted in 1917. Will the ninth attempt finally succeed? There is a clear consensus on the need for change.

The proposal before the voters in this year’s November election may not be perfect. However, the question voters will have to decide is whether the proposed city charter changes would be an improvement over the current city charter.

Will elusive perfection be the enemy of the good? Or will the prospect of improvement finally overcome traditional resistance to change? The voters will decide.

We recommend a yes vote on the city charter reform proposal. Portland needs to change its form of government now. Fixing the many flaws one at a time would take too long. The Charter Review Commission has produced a comprehensive, thoughtful proposal that deserves the support of Portland’s citizens. •

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RAMP Bylaws Revision Delayed

By JUDY SEUBERT, ED PARKER, JOHN FOREMAN

The Residents' Association of Mirabella Portland (RAMP) bylaws committee is nearing completion of the first top to bottom revision of the organization's bylaws since they were first adopted in 2011.

The three of us, listed as co-authors above, were appointed by the RAMP council to perform a comprehensive review and propose revisions. The council asked residents to provide comments on their draft revision by the end of July. We, the bylaws committee members, appreciate the detailed, thoughtful comments, questions and suggestions provided by residents. Thank you. We expect to have a new improved draft available in September that includes most of the changes suggested by residents.

If residents approve a proposed reorganization of the Mirabella Portland Foundation legal structure, further changes to the bylaws will be required. See the Foundation reorganization story on page 24.

The new RAMP council taking office in October may choose to put the bylaws revision on the agenda for a resident vote at the March semi-annual meeting. We feel that it is more important to get it right than to rush the process.

Meanwhile, we wish to take this opportunity to comment on some of the questions raised by residents in response to the draft revision.

Question: Why use the term member instead of resident?

Answer: According to both the present and proposed bylaws, RAMP is a member-directed organization. In the current version of the bylaws, the terms member and resident were used interchangeably, as if they were synonymous.

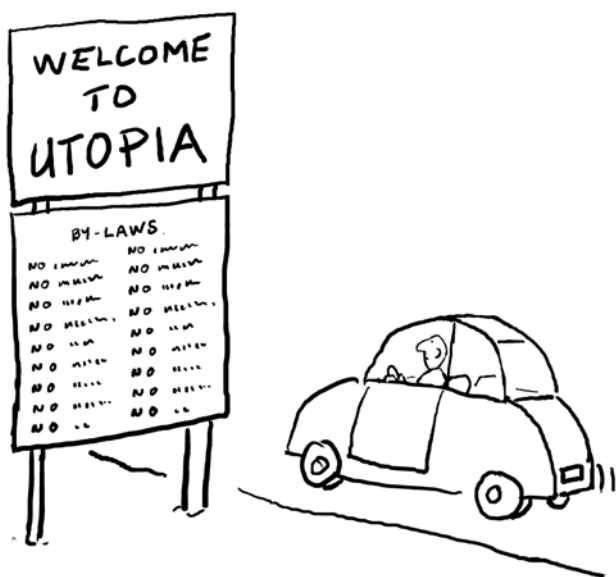
Since everyone with an agreement permitting them to live at Mirabella is automatically a member of RAMP, we are the same people. So, why should it matter whether we call ourselves residents or members? The answer is that our role as residents of Mirabella is to benefit from and abide by the terms of our agreement with Mirabella. Our role as members of RAMP is to work together to improve the quality of life here, including advocating on behalf of residents with the Mirabella administration.

The difference in roles is a little bit like the difference between employees following the terms of their employment contracts in one role and, in a different role, being members of a labor organization looking out for the welfare of themselves and fellow members. We reside in Mirabella. We do not reside in RAMP.

To make the RAMP bylaws internally consistent and unambiguous, the bylaws committee chose to consistently use one of the two names used for its members in earlier versions. Member was the name chosen because it fits the type of organization RAMP is legally and makes explicit the difference between the responsibilities of Mirabella residency and RAMP membership.

Question: Recognizing the aging demographic of Mirabella's residents, how can RAMP assure that all residents are able to participate in RAMP decisions?

Answer: It is difficult for people with limited mobility to participate in face-to-face RAMP meetings. Broadcasting RAMP meetings on channel 981 helps to keep them informed but does not allow them to participate in RAMP decisions. Absentee ballots, including for people who are in the building but cannot attend in person, make it easier for all residents to make their voices heard. Permitting absentee ballots for voting on amendments to the bylaws and contested elections of officers and representatives also makes it easier to meet the quorum requirements needed for anything to get approved when absentee voters can be counted for quorum purposes.



Question: Why should we permit the RAMP council to hire legal counsel?

Answer: People asking this question seemed to believe that there is something adversarial about even the possibility of hiring an attorney. This is very far from the experience of most attorneys. We all share the same goal: avoiding adversarial proceedings.

Both lawyers on the bylaws committee confirmed that getting legal advice would reduce the likelihood of legal issues evolving to an adversarial stage.

Pacific Retirement Services (PRS) has made it clear that they will not give legal advice to RAMP in even the most non-adversarial situation: PRS required RAMP to withdraw an application to have its name recorded in the Oregon Secretary of State's business registry because the name of a Mirabella employee appeared on the paperwork. This was a purely administrative filing. In that case, the papers were refiled without the advice of counsel, but it might have been preferable to get it right the first time.

The decision-makers at Mirabella and PRS regularly rely upon legal advice to guide their actions. PRS declined to provide legal services to RAMP based on the legal advice of their own legal counsel. They are not going to be surprised or offended if RAMP takes the opportunity to seek legal counsel should the need arise. Former lawyers living at Mirabella may be unable to give legal advice if they have not been licensed to practice in the state of Oregon or have not maintained their continuing legal education credits and/or paid their legal malpractice insurance fees.

RAMP may also wish to seek advice of counsel to file paperwork with government agencies with respect to neighborhood issues such as requesting enforcement of noise ordinances.

We live in a litigious society. We wish to avoid being part of that trend, but we may need an attorney's help to defend against a frivolous lawsuit. Because of rules based on court deadlines, waiting for a bylaws amendment to hire counsel could lead to a bad outcome. •

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Join other residents for the 2:00 PM performance on October 9. Transportation provided by the Mirabella.

Michael Linsmeier, Christopher Kaiser, Eva Burton. Photo by Jingzi Zhao



Photo: Robert French

Terry & Polly McGraw

When Terry Met Polly” was not quite like “When Harry Met Sally,” but it almost rhymes and is nevertheless a good story.

Terry had been dumped (Polly’s words) by his fiancé and was drowning his sorrows at a Windy City bar where Polly was sort of doing the same, rebounding from breaking up with the boyfriend she moved to Chicago for.

Resident Profile:

Terry & Polly McGraw Two Pianos and a Dog

By PAMELA LINDHOLM-LEVY

Terry told Polly he was a musician. It wasn’t the whole truth. He was indeed a jazz pianist, but his current gig was as a pediatric resident at Loyola University School of Medicine, where he had also attended medical school.

Polly no doubt told Terry the whole truth. She was the showroom manager for a furniture company representative at the Chicago Merchandise Mart. At any rate, the two hit it off and their story continued. When Terry finished his residency Dr. and Mrs. McGraw were off to Harlingen, Texas, where Terry had been assigned by the U.S. Public Health Service to a two-year stint in a clinic and hospital. Google maps shows Harlingen 28 miles north of the Mexican border and 27 miles west of the Gulf of Mexico.

The children Terry saw had grown up in poverty in migrant families. They had not had vaccinations against the typical childhood diseases. He saw diphtheria, whooping cough and infections more advanced and dangerous because the children were not brought for treatment at the outset. One mother did not recognize infection at all. She thought her son had been harmed by an “evil eye.”

Terry and colleagues carried out a study of the efficacy of the measles vaccine. Their findings led to the current widespread practice of giving measles boosters to teens.

The parents of the children Terry and staff treated in Harlingen have stayed in his memory for all these years because they were so grateful for the help they had never had before.

The McGraws’ daughter was born in Texas. Terry found that based on his experiences in Harlingen he liked hospital work and wanted to learn more about an additional aspect of pediatrics. The family moved to the Philadelphia area so Terry could take a residency at the University of Pennsylvania Medical Center in anesthesiology and pediatric intensive care, called critical care medicine. The McGraws’ two sons were born during this time.

Terry’s first job in his new field was in Cincinnati, where the family stayed for five years. In 1993 he was recruited by OHSU to start its first pediatric pain management service at Doernbecher Children’s Hospital.

Now living in Beaverton, Polly became a volunteer at an alternative high school that had continuing education for teen mothers to get their diplomas or GEDs and learn some life skills. Polly says that for a couple of years of what she calls “babysitting” she got to cuddle the students’ infants and toddlers. The facility included a kitchen, laundry and clinic. There was also paid staff in this program that had been running for 25 years. Then, as Polly puts it, “They ran out of teen moms,” and the program closed five years ago.

When she could, Polly had taken classes in the various places they lived to try to finish the bachelor’s degree she had started at Monticello College in Godfrey, Illinois, due north of St. Louis. On the day college recruiters came to her hometown high school in Mentor, Ohio, she was offered a full scholarship to this two-year women’s college. It was established in 1838 by an enlightened riverboat captain who believed that educating women educates a whole family. Post-Monticello, a short time at Ohio University showed Polly that she didn’t know what she wanted to do.

She needed a job, so applied to be a proofreader at Mother Earth News in Ohio. She wasn’t hired for that, but the publication needed a typesetter, so Polly learned on the job. She took some interior design classes, and then made that fateful move to Chicago.

During the moves with Terry, she took classes at Loyola, Temple and University of Cincinnati, finally receiving her bachelor’s degree from Portland State.

Terry grew up in Redondo Beach and Palos Verdes Peninsula, California. At age 6 he began piano lessons, and in high school and medical school played in jazz combos. He says he was too focused on getting into medical school to play during his undergraduate years at UC Davis, but in Chicago he began performing again. He plays music from the iconic American songbook and newer jazz. He also composes at his two keyboards and computer arrays in his Mirabella apartment. He recorded two CDs as fundraisers for Doernbecher and sold hundreds. Willamette Week judged one of those CDs best local jazz ensemble

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(Continued from previous page)

album of the year. He plays at The Madeleine parish in northeast Portland and accompanies the choir. Before Covid curtailed his gig there, Terry played at the Cameo restaurant and lounge in Vancouver. He hopes to return in safer times. Meanwhile, we heard him perform with the Mirabella Players Aug. 9.

Terry is glad he chose science over music. "It's been a wonderful career," he says. Besides seeing patients at Doernbecher, he taught pediatric pain management to medical students and residents. He is grateful that his pursuit of music was encouraged by OHSU and Doernbecher.

Gun control legislation is a passion of Polly's. She has urged the Oregon legislature toward this end. She belongs to Moms Demand Action and has been active in the Brady Campaign to Prevent Gun Violence. She and Terry participated in the Soul Box Project, in which people make small, decorated, hand-folded origami boxes, each representing one victim of gun violence whether by murder, accident or suicide.

The McGraws learned about the Soul Box Project when the son of a friend of Terry's died by suicide. Terry and Polly made a soul box in the young man's honor and continue

supporting its mission. The project was founded by Portland artist Leslie Lee. Soul boxes have been displayed across the country, including the National Mall in Washington, D. C. The goal is to influence individuals and policymakers by a completely different, visual call to action.

After their children grew up, the McGraws moved from their large home in Beaverton, first to Northeast 24th Avenue in Portland and then to Northeast 36th Avenue near Grant High School. They say the neighborhood was quiet until the Saturday nights when kids returned to the school grounds to party. While that was not exactly what drove them to move to Mirabella, they do appreciate the quiet here.

They looked for a retirement community where the residents were interesting and active, like themselves, and where healthcare options were available. It needed to be dog-friendly to a part-Corgi named Sara, adopted from their daughter-in-law's mother during her last illness. After visiting local retirement communities, Terry and Polly chose Mirabella Portland, where two pianos are not too many for one apartment. •




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

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Largest Floating Drydock

By PETE SWAN

Did you know that Portland is home to something very large and very rare? Portland's waterfront has many interesting and unique features. One of them is the mammoth floating drydock at the northwest tip of Swan Island. It is believed to be the largest such dock in the Western Hemisphere.

A floating drydock is a flat-bottomed, open-ended, high-walled facility that shipyards need for work below a ship's waterline (for example, plate replacement, painting or repairs to propeller, shaft or rudder).

Even if no repairs are needed, International Maritime Organization (IMO) rules require at least two ship's-bottom surveys (requiring drydocking) to be done in any five-year

period. Those rules allow no longer than 36 months between surveys. In the U.S., the surveys, and the attendant certifications, are typically performed by American Bureau of Shipping surveyors.

The drydock on Swan Island is named the Vigorous and is owned and operated by Vigor Industrial.

Vigor was rescued from near bankruptcy in 1995 when it was purchased by Portland entrepreneur Frank Foti. After a six-year period that Foti characterized in the Portland Business Journal as "craziness ... [where Vigor was] teetering financially," finances became stabilized. Then Foti started acquiring other ship-repair facilities in Alaska and Washington.

Vigor became diversified, producing parts for nuclear

(Continued on next page)



Photo: Vigor Industries

Despite the bright red paint, the ship bringing the components of the dry dock to Portland is called the Blue Marlin.

(Continued from previous page)



Photo: Robert French

A Matson cargo ship in the Vigorous drydock in 2022.

power plants and missile systems as well as doing ship repair and building ferries for use on Puget Sound. It was later merged with MHI Holdings, a ship-repair company out of Norfolk, Virginia. MHI Holdings controls repair yards at 12 locations around the world and employs nearly 2,500 workers.

The Vigorous was designed by Heger Dry Dock of Hopkinton, Massachusetts. It was fabricated by Shanghai Zhenhua Heavy Industries in China.

The dock is 950 feet long (more than three football fields) and 227 feet wide with an inside breadth of 192 feet. The wing walls rise 52 feet above the pontoon deck (the flat floor).

With an 80,000-long-ton vessel aboard (a long ton is 2,240 pounds), the Vigorous would still have 18 inches of clearance above the water.

Equipped with ballast tanks in the pontoon and the wing walls, and a total of 20 125-horsepower pumps, the dock can sink itself deep enough for a large ocean-going ship to enter. The time required to flood the dock to maximum submergence is 2 1/2 hours; the reverse process takes three hours.

Once the ship is properly positioned, much of the dock's ballast is pumped out. This leads to the dock rising. That, in turn, causes the water between the high walls to run out the open ends. The result is a ship that is then high and dry inside the dock where workers and equipment can access all of its

underside.

Building the dock in a shipyard in China is one thing, but how did it get delivered to Portland on the far side of the Pacific Ocean? Given the vicissitudes of an ocean crossing and the awkward configuration of the dock components, a tug would not do.

A marvel of ocean transport was needed. The Blue Marlin (named for the fish despite its bright red hull paint) is a semi-submersible, heavy-lift ship built in Taiwan.

The Blue Marlin can accommodate a crew of 60. It has a loaded draft of 33 feet, is propelled by an 11,950 horse-power engine and can cruise at 14.5 knots (16.7 mph).

Such semi-submersible ships are sometimes referred to as "float-on-float-off" vessels. The Blue Marlin can almost submerge itself completely so that its cargo can be floated in above it to a predetermined stable position. Then it de-ballasts and rises to secure its cargo for the ocean voyage.

But, given that the Marlin is only 742 feet long with a cargo-deck length of 587 feet, the Vigorous had to be built in three sections: a 576-foot-long center section and two 156-foot-long ends. All three were nested onto the heavy-lift ship.

The Blue Marlin was owned by Dockwise Limited at the time of this delivery. That company has since been acquired by Boskalis, a Dutch company that owns a total of 11 heavy-lift ships, more than 600 vessels total, and has 11,700

world-wide employees. Specialized ocean carriage is a big business.

The delivered price of the Vigorous was said to be more than \$50 million.

Once the Blue Marlin arrived at Swan Island, the process was reversed. It partially submerged and, with assistance from several tugs, the three drydock components were floated off.

Heger Dry Dock designed temporary alignment guides: one installed on each of the wing walls and five on the pontoon. Using those guides, tugs maneuvered the three sections, nudged them together and held them there while welders completed the union.

The Vigorous is now positioned next to a long Vigor pier supporting two traveling cranes that can reach over to any drydocked ship.

Getting a ship into a drydock is no simple matter. For large ships, four assisting tugs position the vessel stern-to-shore at the dock's entrance. Mooring lines are then attached, five on each side. These lines run to powerful capstans (vertically oriented drums that wind the lines in) positioned at intervals along the wing walls. This winding gently pulls the ship toward the shoreward end.

Other lines perpendicular to the keel are needed to keep the ship aligned with the keel blocks on which the ship's keel will rest.

The many dozens of blocks (both keel and side blocks) are positioned on the pontoon deck to become the cradle upon which the ship will rest. They may have concrete bases, then an oak hardwood portion capped with white pine softwood.

The weight of the ship must be evenly distributed along the blocks to avoid distortions to the vessel's framing. This means that the blocks are positioned so that only the strong longitudinal beams of the ship transfer the weight to them.

Many drydocks use a diver to check the blocks just before the ship lands on them.

The long rows of blocks are positioned by mathematical calculations accounting for typical wind direction and velocity, the ship's center of gravity and torsion stresses on the keel, among other factors.

The side blocks are custom-shaped to the contour of the hull using the ship's blueprints. The wood caps compress. That squeeze factor must be equal for adjacent blocks.

Since the cross-section of most ships' hulls curves from the keel to the near-vertical sides, the side blocks must be angled in toward the hull. Without additional reinforcement, that angle cannot exceed 15 to 20 degrees from vertical. That limit guards against kickout where the loading forces would send the block hurtling outwards, leaving that portion of the ship without support.

Besides support, the blocks' function is to create enough rise between the pontoon deck and the bottom of the ship to allow workers and their equipment to move and work under the ship.

It may have occurred to you that if a reason for drydocking is to paint the ship's bottom, there will be unpainted areas where the ship rested on the blocks. So, yes, the ship may have to be refloated and the blocks repositioned; the U.S. Navy requires two such re-positionings for its ships.

I learned many things about drydock operations from skimming portions of Heger Drydock's 295-page Dockmasters' Training Manual, and from a very helpful Vigor dockmaster, Ken Swingle.

Although the public cannot access the yard or the drydock, one can get a nice view of the shipyard and the drydock from the top of the bluff on the campus of the University of Portland or from a boat on the water.

The Vigorous is a Portland treasure, despite its story being little-known here. •



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Portland Remembered

By ARLETHA RYAN

Between 1985 and 1996 I documented places and events that touched my life. I either rendered these images on canvas/panel or printed woodblock prints using water-based inks on archival handmade paper.



Paintings photographed by Robert French

Portlandia and crowd.

In 1985 sculptor Raymond Kaskey's statue traveled to Portland by barge and was lifted by crane onto a flatbed truck. A crowd gathered to watch its delivery. My painting shows people reaching up to the statue Portlandia as it hangs from a crane.

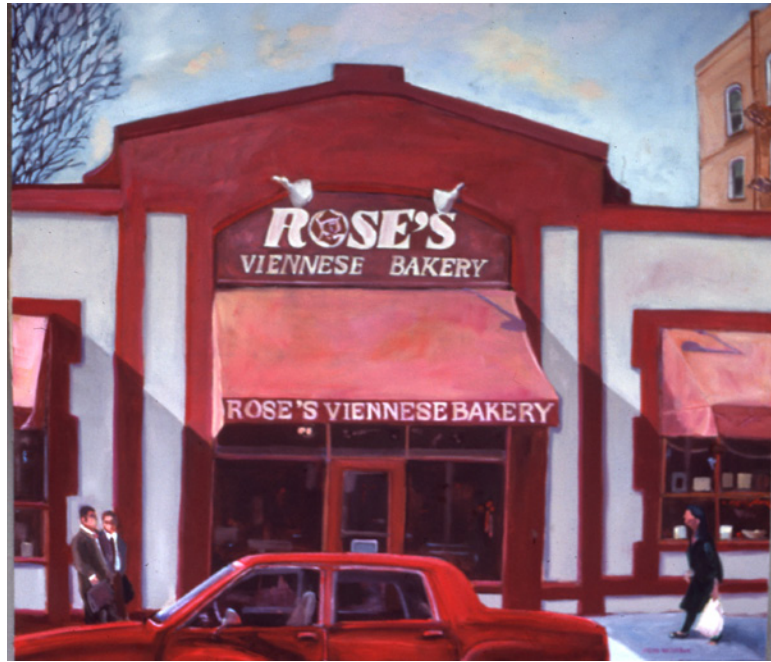
Founded in 1971 and occupying a full city block, Powell's City of Books is the largest used and new bookstore in the world. I printed an edition of 10 with five artist proofs of a woodblock showing book lovers in Powell's.



Pioneer Courthouse Square is known as Portland's living room. During construction, residents who donated funds could have their names engraved on a brick. I was there once when it started to rain and umbrellas opened up.



Rose's Viennese Bakery,
located on Northwest
23rd Avenue,
featured pastrami
sandwiches so thick
it was a challenge
to take a bite and
seven-layer
Viennese cakes.



Portland has had many
open-air markets.
This one, near
Southwest Yamhill Street
and Second Avenue,
was stocked with fruits,
vegetables and
dairy products; it also
featured a fish monger
and a deli.



The St. Johns Bridge, built in 1931 and farthest downriver of the Portland bridges, is a suspension bridge. I hand-pulled a limited edition of 30 prints.



After the horrific flood in 1996, people carried sandbags to shore up the riverfront. The Morrison Bridge is in the background.



*Fort Vancouver,
established in 1825,
was one of the first
permanent settlements
west of the
Rocky Mountains.
Traditionally it hosts
a Fourth of July
fireworks display.*



*These row houses
on upper Southwest
Yamhill Street were
removed to
make room for the
new MAX tracks.*



*Completion of Downtown
Portland's performing
arts building
with its beautiful glass
decorated dome
gave many wannabe
performers something
to dream about.*



Foundation Reorganization Proposed

By ED PARKER

Do you ever wonder who oversees the money you donate to the Mirabella Portland Foundation to support residents and staff?

The Residents' Association of Mirabella Portland (RAMP) Foundation advisory committee, at its July 6 meeting, recommended a Mirabella Portland Foundation reorganization plan to give residents more control over Foundation matters.

The RAMP council, at its July 20, 2022, meeting, asked for resident comments on that reorganization plan.

The new proposal replaces one that was withdrawn after resident objections last year. Both versions call for dissolution of the Mirabella Portland Foundation and transferring its assets to Mirabella Portland. Both organizations are non-profit corporations able to receive tax-deductible donations from contributors. Both organizations are required by law to respect donor intentions in their use of donated funds.

Mirabella Executive Director Sharon McCartney told 3550, "Mirabella and Pacific Retirement Services management fully support the proposal but are not insisting on it. The proposal was initiated by Mirabella residents."

Depending on resident reactions, the council may recommend that the boards of directors of both organizations approve the reorganization. A vote of approval by residents of the legal documents implementing the proposal would

also be needed before the reorganization could take effect.

The new proposal calls for a committee of the Mirabella Portland board to replace the current Mirabella Portland Foundation board. The Foundation board has nine members, three of whom would be residents. The new committee would have seven members, five of whom are residents. Three of the resident members would be elected by residents for three-year terms in the same way they are now elected to serve on the Foundation board. Current resident Foundation board members would serve out the remainder of their terms on the new Mirabella Portland board committee.

The committee would also include a Mirabella Portland board member, Mirabella's executive director and the RAMP president and vice-president.

The RAMP Foundation advisory committee would continue its fund-raising and policy advisory role unchanged from the current arrangement.

The terms of the reorganization would include assurances about fund management, policy transparency and donor confidentiality provisions that address the concerns that residents raised about the version proposed last year.

In addition to increased resident oversight, the proposal would reduce legal, banking and management costs by combining the two corporations into one non-profit charitable organization. •

**A vote
of
approval
by
residents
is
needed**

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PRS CEO Answers Questions

By NANCY MOSS



Photo: Courtesy of PRS

Eric Sholty, CEO Pacific Retirement Services

Pacific Retirement Services (PRS) Chief Executive Officer Eric Sholty believes in the future — and thinks Mirabella residents should, too. Each new glittering light fixture, each strip of carpet laid enhances Mirabella's appearance and benefits current residents, he says.

Refundable entrance fees only happen when residents' apartments are occupied by new residents. "For you to receive your refund, I have to resell your unit," Sholty points out. Keeping Mirabella stylish and up-to-date helps everyone.

And the retirement home field has become more competitive today, Sholty says. Mirabella was unusual in having an indoor pool and jacuzzi; now "a pool is standard," according to Sholty.

PRS practices what it preaches: 70-year-old Rogue Valley Manor has gone through 10 renovations.

The smart growth Sholty is looking for is "deliberate and intentional," he says, not hit-or-miss. Taking on a new project, he explains, one should know the desired locations as well as the market. Of PRS's 12 retirement communities, 10 are in the West. "We know exactly where we want to grow," Sholty says, adding that PRS has turned down possible opportunities in Oklahoma, Tennessee and Illinois.

Asked about the future of healthcare floors in its facilities, Sholty says that he is "committed to healthcare" but admits that it's a "challenging, tough market" because of both staffing and government restrictions. Covid has increased the

difficulty of finding and keeping healthcare employees.

Added to that, payer sources, which range from Medicare through Medicaid and private insurance and private pay, are dwindling, he says, and adds that "We don't differentiate according to insurance." PRS treats its healthcare patients equally.

For instance, if a resident still needs care after the 100 days of Medicare support following acute care have run out, PRS will support that person. "Some need more than others," Sholty says, adding that "PRS's commitment to healthcare is the same as it was 30 years ago." Many retirement communities have abandoned healthcare areas because of the difficulty maintaining them.

Although still committed to supporting residents who need care, PRS may reduce the amount of space given to healthcare. For example, where Mirabella has 40 beds on its second floor, Mirabella at ASU, PRS's newest facility, has 20. PRS "will shrink the size of healthcare systems across the continuum," Sholty says.

Tax code requires for-profit subsidiary

Asked about the relationship between non-profit and for-profit elements, Sholty says that PRS is a not-for-profit 501(c)(3) organization. However, PRS also manages a couple of for-profit entities, including a retirement community organized as a condominium where residents own their apartments. The tax code requires PRS to have a for-profit subsidiary to manage organizations that do not have non-profit legal status.

For-profit retirement homes taking over non-profits is "happening every day," Sholty says. He mentioned one facility where PRS submitted a bid for \$85 million, but a for-profit topped that with a \$115-million-dollar bid. For-profit retirement homes are "blowing the socks off the market."

Their number will never include Mirabella, Sholty states.

Asked for an achievement close to his heart, Sholty points to a just-completed strategic plan identifying new initiatives that he presented at a July board meeting. Believing in "transparency of process," Sholty will be going on the road to sell what he calls "operational war plans" to the 12 PRS retirement communities.

His 25 years spent managing retirement communities have made Eric Sholty not only a believer in the promise of the future but a leader with a plan to shape it. •



Photo: Ron Mendonca

Dawn Farley

The only other kitchen view I've had was in my native Ireland, Dawn Farley remembers, "where I opened the Garden Café in Russborough House, Wicklow, a state-ly manor house with a view of the Dublin mountains."

As executive chef there she developed a farm-to-fork philosophy, serving produce from the property's three-acre garden in the summer and teaching locals to cook different cuisines in the winter. She led school tours and revealed how cooking had evolved from the icehouses and early kitchen equipment.

Staff Profile:

Dawn Farley

Farm-to-Fork Executive Chef

By PRISCILLA COWELL

Dawn loved good food from childhood, and her mother encouraged her talent for cooking. "When I received a culinary degree from the Dublin College of Catering I realized I had found my niche," she says. "Cooking constantly evolves and I never stopped learning."

Dawn moved to Portland after she and her husband, also a trained chef, visited his family here. Together they explored the vibrant pre-pandemic restaurant scene and found it to their liking.

She became executive chef at Kells Irish Restaurant and Pub in downtown Portland, a large popular restaurant where she could encourage her standards for freshness and quality, seeking out the best farms and growers in the area.

Her next challenge was as executive chef at Raven and Rose, where diners enjoyed fine dining in the ambience of a carriage house restored from the horse-and-buggy era. An on-line review summed up Dawn's cuisine: "The food is delicious and refined but also has a home-cooked feel to it, and many dishes I would label as English soul food." Dawn agrees. Like so many beloved Portland restaurants, though, Raven and Rose fell victim to the pandemic.

When asked if it was difficult to move from restaurant work to a retirement community, Dawn smiles broadly. "It was the potential for growth that attracted me. And the staff have been so lovely and welcoming to me."

In Aria she plans to expand the farm-to-fork mentality, expanding the community of local vendors and taking

advantage of seasonality and smaller companies, especially for seafood, a passion of hers.

"Being an executive chef is like conducting an orchestra," says Dawn. "It requires hiring, training, creating menus, setting and maintaining standards of excellence, mentoring new people, choosing vendors, making certain that everything is fresh and sustainable, watching the budget and getting input from the community in planning menus."

Dawn outlines the culinary personnel who prepare the daily meals, holiday special menus and barbecues at Mirabella: "We have two talented sous-chefs, Thomas in Aria and Jeremy in the Bistro, and we are looking for a chef de cuisine, who will work directly under me."

[Editor's note: Since this interview, Tony Westman has joined Mirabella as chef de cuisine.]

When the kitchens are fully staffed, in addition to the two pastry chefs who work in the early morning, Aria has four line cooks and also four prep cooks, who are as skilled as the line cooks. The Bistro has two line cooks.

"The cooks carry out the executive chef's vision, but they are encouraged to be creative and have fresh ideas," she says. "I give them the support they need to get to the next level. When I hire I seek experience, but I hire attitude."

Dawn will be very involved in the planning for reopening the new dining area on the west side of the 24th floor. She will be free to balance her vision of maintaining her standard of quality and getting input from the community in developing menus. She is enjoying talking with residents about what they would like that space to offer.

Asked if she planned to transform the Aria lounge into a traditional Irish pub with Guinness Stout and Harp Lager on tap, she laughs. "Wouldn't that be lovely? I'd come out and sing. But it's not going to happen. Well, maybe on St. Patrick's Day."

Dawn is sad that many of her friends in the Portland restaurant business were forced out of their jobs by the violence and property destruction in Portland during the multiple demonstrations and restaurant closures during the pandemic. She thinks this has caused many to leave the industry permanently. "In the past, exceptional food carts have provided the impetus to build bricks-and-mortar restaurants. I hope this will happen again."

After work Dawn and her husband enjoy cooking, exploring new restaurants and listening to their huge vinyl collection of Irish music. She plans a return trip to Ireland in the fall to visit family and possibly refresh her Irish lilt. •



Dawn Farley 1978
school photo.

Wastewater Surveillance A.K.A. Poop Research

By RITA BRICKMAN EFFROS

Have you ever wondered what happens to the water that goes down your various drains? Basically, this so-called wastewater (aka sewage) is all the “used” water that flows out of your kitchen sink, dishwasher, washing machine and toilet. It can contain shampoo, laundry soap, bits of food and, of course, all the stuff that goes down the toilet.

In response to the Covid-19 pandemic, the Centers for Disease Control (CDC) launched a national effort to track the presence of SARS-Cov-2, the virus that causes Covid, in wastewater samples throughout the U.S. The idea for this was suggested by a CDC scientist, appropriately named Dr. Eric Gross, and is currently being spearheaded by Dr. Amy Kirby, an environmental microbiologist.

People infected with SARS-CoV-2 can shed some of the virus in their feces. The viral genetic material can be identified in human stool, allowing epidemiologists to capture data on the spread of Covid. Although these studies cannot estimate the actual number of Covid cases, they can predict trends far earlier than clinical case studies. Wastewater data can thus serve as an early warning signal to inform public health decisions.

To optimize and standardize detection of Covid, scientists at the CDC collaborated with local utility companies in Atlanta to obtain “practice” samples. Wastewater is first filtered to remove the big stuff, such as furniture, teddy bears, tree branches and tires. At this point, before any further treatment is done, the wastewater can be tested for Covid.

Biosafety restrictions — lab coats, eye protectors, gloves and N95 masks — are enforced to prevent any possible infection of researchers dealing with wastewater samples. Although the risk for Covid is extremely low, other infections, such as pinkeye or E. coli and norovirus, must be prevented.

One of the questions being addressed regarding Covid is whether the amount of virus shed is the same for symptomatic vs. asymptomatic cases. It is also not clear how shedding might change when variants are in the mix. The effect of harsh chemicals in the wastewater on viral material is also still unknown. Finally, the amount of time the shed viral particles are in the sewage pipes might also be a factor.

Wastewater research is not new to the current pandemic. It began more than 60 years ago in the campaign to eradicate polio. The poliomyelitis virus can cause acute paralysis, but this outcome is rare.

Most infected people are asymptomatic, but because the virus is shed in the stool, it is easily spread during food preparation or by hand-to-hand contact. It was, therefore, essential to identify neighborhoods where polio was circulating to intensify vaccine efforts where it was most needed.

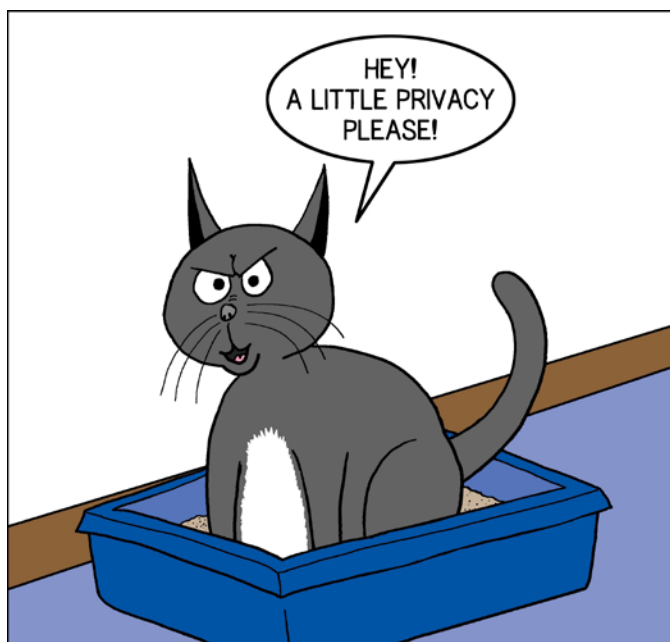
The first polio vaccine was developed in the 1950s. Ten years later came a new, improved vaccine consisting of a liquid mixture of weakened virus incorporated into a sugar cube. A fun fact related to this vaccine was that the writer of the lyrics, “a spoonful of sugar makes the medicine go down” came up with the idea on the day his son received this sugar cube vaccine.

The field of wastewater surveillance has exploded recently due to collaboration between the CDC and various academic laboratories. The university labs have been particularly helpful in optimizing testing methods, allowing the CDC to concentrate on managing the large datasets.

Research on wastewater is now being reframed as environmental microbiology. Scientists involved in this field are a bastion of puns/joke phrases, such as: “what can your poo doo for you?” and “your number two is our number one”. On the national level, the selling point of the umbrella organization (National Wastewater Surveillance System, NWSS, pronounced “news”) is “when you do your business, we get the news.”

Scientists studying wastewater are often asked unusual questions by the lay public. For example, can you get Covid from inhaled farts? The answer is no. But aerosol from vomit can transmit Covid.

In addition to actual pathogens in the stool, wastewater is also filled with excreted medications. Among the most



common are beta blockers, anticoagulants, painkillers and lipid-lowering drugs. There are so many drugs present in wastewater that one researcher quipped that it may be cheaper to get your prescriptions by just sitting in a creek.

Improper disposal of leftover or expired medications leads to increased pharmaceuticals in groundwater, the soil and seawater. For example, different parts of the world have varying levels of estrogen in their soil and wastewater, depending on the amount of hormonal birth control being used.

Wastewater is also filled with antibiotics, which makes it like a giant cocktail party for bacteria present in sewage to evolve mutations that confer resistance to antibiotics. This environment also serves as a would-be training ground for bacteria to test the efficacy of certain genes that make them resistant to antibiotics.

Since wastewater also contains DNA, questions of privacy have arisen. Currently, samples are only used for the good of the community and not for any personal identifying features. For example, evaluation of overall mental health of a community might be done by measuring the level of anti-depressant meds in the wastewater.

One of the active areas of basic research on wastewater relates to the norovirus. Except for large outbreaks on cruises,

most norovirus infections remain undocumented. Patients rarely seek medical attention, because the symptoms usually disappear within a day or two. To learn more about this pesky infection, researchers try to recruit volunteers.

Recruiting subjects for norovirus research turns out to be rather challenging, despite the monetary remuneration offered. One reason relates to unjustified fears that their DNA will enter some sort of database. More common, however, is the general stigma around poop, even one's own. This factor needs to be taken into consideration since it may bias the experimental data.

It turns out that many dog owners train their pets to poop in the toilet (and to flush afterward!). This could cause confusion in wastewater surveillance research. Fortunately, scientists can distinguish between human and non-human samples.

There is wide variation in people's bathroom schedules; some folks may poop five times a day and others once a week. This factor needs to be considered when analyzing data on pathogens and pharmaceuticals.

Wastewater surveillance has recently been instrumental in detecting a possible resurgence of polio in a London neighborhood. It is speculated that the sewage-derived virus came from a person who was recently in a country where the live

(Continued on next page)

Boaters relax on the beach on the northern toe of Ross Island in the Willamette River not far from Mirabella. Wastewater managers seek to reduce the amount of harmful material getting into the river.

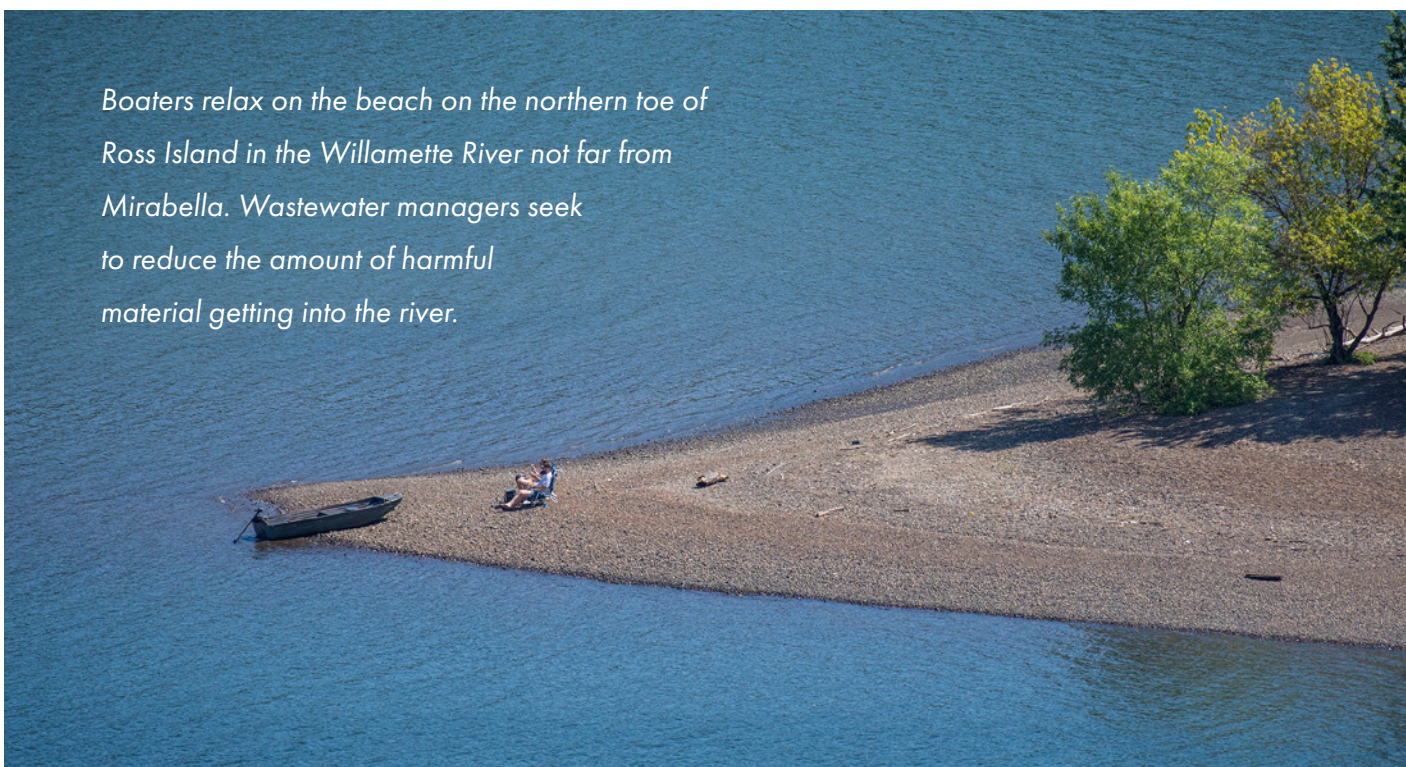


Photo: Robert French

(Continued from previous page)

polio vaccine is common. Vaccine-derived polio can, in fact, cause small outbreaks. Health officials in the U.K. are now reaching out to parents of kids under age 5 who need to get their vaccines updated.

For Covid, tallies of cases are becoming less reliable as Americans increasingly rely on at-home tests. Wastewater surveillance, together with sequencing, can provide a sense of what variants are circulating. Leveraging these data with our sources, such as school closings and flight cancellations, can enhance our understanding of the true extent of the ongoing epidemic. Unlike other types of surveillance,

wastewater studies do not depend on people having access to healthcare, people seeking healthcare when sick or the availability of Covid testing.

In addition to research done on wastewater, resources from the “used” water helps in other ways. On a local level, the Columbia Boulevard Wastewater Treatment Plant in North Portland, using biology, chemistry and physics, is able to recover valuable resources that can create renewable energy and return nutrients to the soil. Once treated, the water is sent to the Columbia River and back into the water cycle. All this happens in about 24 hours from the time you have flushed your toilet or washed your dishes. •

Drug Disposal Kiosk in South Waterfront

By MARY FINNERAN

You may now dispose of expired or unwanted medications a few steps away at the OHSU pharmacy in the Center for Health and Healing (CHH), building 2.

The pharmacy is participating in an Oregon program to keep drugs out of its waste disposal and water supply systems. There is a kiosk about the size of a large mailbox into which you can deposit closed containers of unwanted medications.

The pharmacy is on the ground floor of CHH2 at the northeast corner of the building, across Gibbs Street from the Daily Café. The kiosk is against the wall to your left as you enter the pharmacy.

It couldn't be easier to clear out your medicine cabinet.

The program is approved by the State of Oregon and is run by the Drug Takeback Solutions Foundation.

What is accepted: medication in any dosage form, in the original container or a sealed bag.

Not accepted: herbal remedies, pet medications, vitamins,

supplements, cosmetics, other personal care products, medical devices, batteries, mercury-containing thermometers, sharps, illicit drugs.

Safe disposal is important for public health because unused or expired prescription medications can lead to accidental poisoning, overdose and abuse. Unused prescription drugs thrown in the trash can be retrieved and abused or illegally sold. Unused drugs that are flushed contaminate the water supply.

Those who cannot make it to a kiosk drop-off location can order mail-back envelopes. Visit the mail-back section of www.medtakebackoregon.org to order a mail-back package.

Inhaler and auto injectors must be disposed of differently than traditional medications in pill form. Following is a link to the website where you can request auto-injector and inhaler mail-back envelopes to be delivered to your home:

safemedicinedrop.com/mail-back-request-oregon-ext •



“Don’t—they’ll just spend it on drugs.”

A Memorable Wedding

By JOHN FOREMAN

One of the unanticipated consequences of being appointed judge of the Superior Court of Arizona in Maricopa County in 1985 was that I was authorized to sign marriage licenses and to perform wedding ceremonies in Arizona.

Shortly after I was sworn in, I was asked by a young lawyer in the firm in which I practiced before my appointment to perform the ceremony in his wedding. He and his fiancé planned to be married in Fountain Hills, in front of the fountain. Although I knew him only casually, he and his fiancé seemed like a nice young couple. What could go wrong?

The ceremony was scheduled for 5 p.m. on a late spring afternoon at a park next to the fountain that gave the city its name. Real estate developers at the periphery of the Phoenix metropolitan area learned that the most important concern expressed by potential buyers of residential property in the middle of the desert was whether there was an adequate supply of water for swimming pools and grass lawns.

The developer of the patch of desert upon which Fountain Hills was built decided that the best way to convince potential buyers of the abundance of water in their town was to shoot a geyser of it into the air from a concrete water-lily sculpture in the middle of the small lake around which the town was built.

The developer made one concession to his profligate use of a precious resource by reducing the amount of time his 560-foot-tall humidifier would throw away 7,000 gallons of water each minute to only the first 15 minutes of each hour and only from 9 a.m. to 9 p.m. That is why the wedding ceremony was scheduled to begin at exactly 5 p.m.

The location of the ceremony was in a small grassy park near the fountain. The late afternoon of the ceremony was warm for Arizona, but not unseasonably hot. A canopy had been provided for sunshade over rows of chairs on each side of an aisle formed by a plastic footpath. The footpath ran up a gradual rise to an open front that faced directly at the lake and the fountain.

I arrived shortly before 5 p.m. No black robe is cool on a sunny day in Arizona. However, I had my lightest robe, a notebook with the ceremony the couple had scripted and the wedding certificate. My job was to stand at the front of the assembled group, look dignified, say the "magic words" at the appropriate time and see that the wedding certificate was properly signed and filed.

As I stood at the front, I was able to see the friends and relatives who were looking past me at the fountain. On one side was the groom who had greeted me when I arrived. The

groom's area of expertise was corporate securities law. He dealt with wealthy clients and was very good at his job.

He and his family looked like they had just stepped out of the summer formal at the best country club in Pennsylvania where his family lived. They were perfectly clothed and coiffed. They displayed no ostentatious jewelry, but they oozed established wealth and status. They were calm, relaxed and completely at ease.

On the other side of the aisle the first two rows were vacant. I was informed that the bride and her family were to arrive shortly. I knew from my only prior conversation with the couple that her family was from Milwaukee, where her father had started a brewery. Her family came from a different part of town as well as a different part of the country from the groom.

As the appointed hour drew near, I began checking my watch. I noticed those on the bride's side of the aisle doing the same. As I stood in my black robe in the late afternoon in Arizona, beads of sweat trickled down my back. When I looked up, I saw the groom and his family. They were calm and composed. When I looked across the aisle, I saw the bride's friends consulting their watches and whispering with each other.

At 5 p.m. the world-famous fountain erupted in all its glory. A moment before I had been regretting the wind was not blowing gently to offer some respite from the heat. As the water rose in the air, I was relieved that the wind was not blowing toward us.

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"Go into Settings, Privacy, Activity Controls, Web Activity, Manage Activity, and deselect Giant Snake."

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Five minutes after 5 came and went. Then, 10 minutes after 5. At 15 minutes after the hour the timing mechanism worked to perfection and the fountain stopped. The incongruous, gigantic watery pedestal that we had been admiring in the middle of the Arizona desert slowly slid down into the lake. The mild roar of the water from the fountain stopped and the silence was deafening. Still no bride.

Then I heard excited talking from the bride's side and someone pointed across the lake. As I turned, I saw a stretch limousine careening around a corner. It turned onto the road that circled the lake and headed toward us. The limo was followed closely by at least one other car. The cars traveled the remaining distance to the parking lot below where we were located at a speed clearly above the posted limit. They skidded to a halt a few feet from the white plastic runner that ran up the aisle.

Out of the limo sprang the bride with a lovely white dress and a very red face. Her father appeared from one of the cars and moved to her side. He put on his coat — I believe it was called a morning coat. It was a nice pale grey, a definite contrast to the dark tuxedos worn by the groom and his family. It was also at least one size too small.

As the father of the bride struggled to get into and button his coat, he was helped by his wife and the bride. He turned to offer his arm to his daughter near one of the posts that held up the far end of the canopy. As he brushed against the post the back of his tightly stretched coat caught an exposed screw on the post. The result was an audible ripping sound. At the other end of the aisle running the length of the canopy, the groom and I waited and tried to figure out what had occurred.

After a brief exchange of shaken heads, the bride grabbed her father's arm. She nodded toward someone at the back and a portable stereo began playing the wedding processional. The father and the bride took deep breaths and began marching up the aisle toward me.

As I said, the bride had a beautiful white dress. She also had a pair of white stiletto heels. I became aware of her choice of shoes as she marched up the aisle because the stilettos began to puncture the plastic runner from which the aisle was made. When the sharp heels punctured the plastic, the runner adhered to the spike on the heel of her shoes.

As this process repeated itself the bride began to shake her leg to try to free her shoe from the impaled plastic. It appeared she was performing some sort of pagan ritual dance. Finally, someone from the audience stepped out and pulled the plastic from her shoe.

The bride made the rest of way to the front, treading gently to avoid further punctures. Her father bowed stiffly and retired to the side where his wife tried to deal with the split down the back of his coat. The groom smiled and nodded to the bride as if to calm and reassure her.

I began the brief script they prepared. All went well until I reached the vows. I turned to the groom and asked him if he took the bride to be his lawfully wedded wife. He replied, "I do," and began to recite the vows that he had prepared for the occasion. He looked deeply into the eyes of his bride. He spoke with conviction and obvious feeling.

When he was finished, I turned to the bride and asked if she took the groom to be her lawfully wedded husband. She looked as though I had spoken to her in a foreign language. Her smile faded

and she looked up at me with a classic deer in the headlights look.

As I looked at the bride, the red coloring in her cheeks that had faded began to return. She stammered. She turned toward the groom and grabbed him by the shoulders. She forcefully exclaimed, "I forgot ... but I love you and I want to marry you!" With that she kissed him. I realized it was time for the punch line and said, "By the power vested in me by the State of Arizona, I pronounce you man and wife."

Whoever had the sound system in the back row recognized their cue and began playing the wedding recessional. An audible sigh of relief escaped the audience followed by laughter and some cheers as the bride and groom walked down the aisle.

As I watched the now happy couple, I could not help but wonder whether their marriage would be as exciting as their wedding. I lost track of them and do not know if the contrast in family cultures was too great a bridge for love to cross.

I did not see them years later when I served my time on the domestic relations calendar. There I spent my time dealing with angry, unhappy people and used the power vested in me by the State of Arizona to dissolve many marriages. None of those stories had a happy ending. •



Hebe Greizerstein

Hope and Housing for Seniors at NW Pilot Project

By PAMELA LINDHOLM-LEVY

“Most people are homeless because they can’t afford housing,” said Laura Golino de Lovato, executive director of Northwest Pilot Project (NWPP), one of Mirabella Portland’s holiday charities in 2021.

Skeptics and critics who have read a lot of crime pieces in *The Oregonian* and on the app NextDoor might say that the homeless are drug addicts, the mentally ill and people who prefer to live outdoors in tent clusters.

The NWPP client population is homeless because it can’t afford housing. They are 55 years old or older, people who worked all their lives and had no retirement programs, people who live on Social Security at \$990 per month or SSI (Supplemental Security Income) at \$810 per month. More than 21,000 seniors in Multnomah County rely on disability checks that top out at \$794 per month. All these incomes are “the lowest of the low,” as Golino de Lovato terms them.

NWPP’s goal is to get every client out of a bad situation and into a safe, affordable place to live. Shelters and tiny houses are not the answer for this age group.

How do people in need find NWPP? What happens after that? NWPP works with partners such as Central City Concern; Transition Projects, Inc., which for 50 years has provided shelter and services to those in need; Rose Harbor day shelter for women; JOIN; as

well as city and county housing services that refer people who need them. Some clients have learned about NWPP by word of mouth. Whatever the path into its office, NWPP provides the client with an assessment team to find out the client’s needs, whether long-term, short-term or both.

Some low-income seniors just need a tweak in rent or advice on how to manage a monthly rent increase. Some have been evicted and are street people in tents or couch surfing with friends. Some may be living in their car, and, like people living on the street, subject to violence and harassment.

The assessment includes what location would work well for the client, including access to transportation or proximity to healthcare, grocery stores or pharmacies. NWPP also can arrange for transportation to medical appointments, housing-related appointments and other needs that help maintain seniors’ sense of health and independence.

Some clients have barriers to housing because of histories of eviction. A criminal record may block people from obtaining housing. For many clients, negotiating with landlords and property managers can be too daunting to contemplate.

Case manager advocates are assigned to provide whatever help clients need, including appealing for forgiveness of past issues and keeping the client from getting discouraged in what can become a long process. Case managers may handle follow-up advocacy and mediation when a client has a conflict with neighbors or landlords. NWPP aims for retention of clients in their new living arrangements where they may suddenly feel strange and isolated.

NWPP does not own or manage property. So, what is the source of housing? It comes from lists provided by partner organizations both private and public. Community

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Photo: Courtesy of Do Good Multnomah

Do Good Multnomah’s new veteran-specific affordable housing project started welcoming veterans in March 2022. Do Good Multnomah was another Mirabella holiday charity in 2021

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Development Corporations have built 67 buildings in the metro Portland area. These units remain affordable, and more are needed. Some landlords are encouraged through a tax credit incentive to set aside below-market-rate units in generally market-rate buildings and put them on the list. There are many of these apartments in local buildings alongside market-rate units. Some are subsidized by the Department of Housing and Urban Development (HUD). HUD requires agencies such as NWPP to work in partnership with similar local services.

When a client under NWPP's wing has found and secured an affordable apartment and is ready to move in, NWPP provides furniture, bedding and kitchen and household supplies. The office has a community room with sofas and meeting space that will be open again when Covid is no longer a threat. NWPP employees look forward to seeing clients congregate there for friendship and encouragement.

The client population is almost equally men and women. People of color make up 43%. Eighty percent of the clients are disabled. In the age group NWPP serves, drug addiction is less of a problem.

NWPP as a 501(c)3 non-profit cannot lobby, but it can urge legislators and city and county leaders to increase the housing supply, preserve existing affordable buildings, develop new ones and use all available public housing subsidies. It asks owners to keep rents as low as possible and to be flexible with applicant criteria.

Eighty percent of NWPP's funding goes to assistance. Executive Director Golino de Lovato says that there is always more need than housing supply. Today an even greater need outstrips supply, but on a positive note, there is new money from the 1% Portland metro supportive housing services tax on personal and business income over a certain level. The Joint Office of Homeless Services was created to distribute the funds to groups like NWPP with its 50-year record of accomplishment in Multnomah County.

Susan Emmons Place, a new apartment building at Northwest 18th Avenue and Hoyt Street, has been named to honor the woman who directed NWPP for 31 years. Northwest Housing Alternatives built and manages the building and has developed other such properties around Oregon.

NWPP aims to get every senior who needs a home into a home. •

Portland: A Place for the Birds

By PETE SWAN

Chapman School, a long-time Portland elementary School with some 520 students, is nationally known among ornithologists and bird-watchers.

A place on its lawn (or adjacent Wallace Park) will be — Covid policies permitting — a great seat to view an annual Portland September tradition.

What is the tradition? It is the arrival of up to 16,000 Vaux's swifts on their way from summering in Alaska and Pacific Northwest forests to warmer winter climes in Central and South America. Their migration will take some as far south as the Amazon basin.

According to Wikipedia, the annual Chapman School event is the largest aggregation of Vaux's swifts in North America.

When the birds arrive at the school, they go into a lazy, arguably circular, holding pattern approximately 200 feet above the chimney. Do they have a bold leader or merely need one daring individual who will be the first to venture inside?

After quite a few minutes of swooping closer and closer to the chimney top, one darts in. That triggers a mass entry

as the others promptly follow. Do they descend in a graceful spiral or do they simply plunge straight in? That is hard to tell; if you are watching, you can decide for yourself.

The birds have visited Portland regularly since the late 1980s. They prefer to rest in hollow trees or old-growth forests. They adopted chimneys as a substitute when their preferred habitat declined.

Due to the nature of their feet, they do not perch; instead, they cling to vertical surfaces with feet that attach like Velcro. They have close cousins known as chimney swifts and, yes, favorite places for all swifts to nest or to rest are inside hollow trees, silos, caves, abandoned wells and chimneys.

The birds are in the air constantly when not resting overnight or when parents are not taking turns incubating their four to five eggs. Their nests, 3 inches by 4 inches, are made of twigs cemented together and to a chimney by their saliva.

Their bodies are not more than 5 inches long and their wings beat rapidly. They catch several thousands of insects daily in flight, and even mate in the air. If they are feeding chicks, insects they catch are collected in a saliva-coagulated bolus in their throat and brought back to the nest.



Can you spot the eagle lurking on the chimney's rim?

Our avian visitors stay at Chapman School for as long as 10 days before continuing their southward journey. They use this stopover to accumulate fat reserves to sustain them on their onward flight.

Because the birds were attracted to their school's chimney, school administrators suspended use of the furnace and chimney in 1982 during the birds' stay (and the children wore sweaters to class).

In 2001, the Portland Audubon Society, along with the Collins Foundation, the Metro Central Enhancement Grant Committee and the Autzen Foundation, contributed \$60,000 to pay for the purchase and installation of an alternate furnace with its own chimney. Northwest Natural Gas donated engineering expertise to the project. The birds no longer had to contend with smoke, and the children could take off their sweaters.

This famous brick chimney rises 60 feet from ground level to top, and the diameter of the opening at the top is 5 feet. It is believed that the birds seldom cling deeper than 22 feet from the top opening.

The reason these birds are called Vaux's swifts is because a species cannot (by custom) be named after the scientist who first identified it. So, the ornithologist who identified

the bird, John Townsend, named it after a friend, American mineralogist, William S. Vaux. Vaux went on to become vice president of the Philadelphia Academy of Natural Sciences (now part of Drexel University).

The time of year to migrate is driven by the release of hormones triggered by the length of spring and autumn days.

How do the birds manage to find Chapman School on their long trip south? Many birds have millions of minute crystals of magnetite in their head and neck and thus can use the earth's magnetic field to navigate.

Scientists have found that migrating birds of some species can sense the dip of the field. Because the lines of magnetic force start and finish near (not at) the north and south poles, the force lines curve from one pole to the other. The dip means the angle of ascent or descent. The birds can then relate the perceived dip to latitude.

Cross-breeding experiments have indicated that migration direction looks like an inherited trait.

However the swifts do it, they stay on their southward vector and arrive at their favorite school. •

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