

3550



December 2020

a publication by and for the residents of Mirabella Portland



**Nancy Moss**  
*Deputy Editor*



**Barbara Gaines**  
*President*

**F**OR MY FIRST 3550 STORY, EDITOR STEVE CASEY POINTED OUT that I had buried the lede – the sentence that states what the article is about – in my third paragraph. He suggested that that was not the best place for it and pointed out a couple more questions I could have asked the OHSU official I was interviewing.

The revision, I had to admit, exceeded my first effort.

“Does it sing?” Steve would ask about something I had written, meaning, I think, that the writing took over, that my fascination with my subject overcame any tedious hunting for words or fussing with sentence structure. My story about Lewis Goodman’s American Sign Language (ASL) classes for fellow residents, where I tried to show that Lewis was a sign language comedian, felt that way.

Steve tends to be sparing with his praise. “Nice job” or “I like this” would provide a brief burst of joy. Briefly, I was a teenage girl bopping to her favorite hit song.

Fellow editor Ed Parker remembers Steve editing his “sometimes too serious stories” to make them brighter and more readable. Steve’s spare compliment was that a story of Ed’s gave the magazine “more gravitas.” Ed hopes he didn’t mean that it served like a boat anchor to weigh the issue down.

Steve has a nose for news, a sense, either innate or born of experience, of the story lying in a welter of facts. He has the tact and persistence to question policy, finding the questions that need to be asked of an administration that does not always enjoy being asked questions.

Somehow Steve has managed the business, artistic and writing sides of 3550, welding them into a vigorous, stylish and prize-winning whole. He does it with gusto, evidenced by his “World headquarters of 3550 magazine” answering machine message, which I hope he keeps, even as he steps aside from the top role.

We all worked hard, but Steve made it fun. ■

**W**E HEAR A LOT ABOUT THE “NEW NORMAL”. WIKIPEDIA defines it as “a state to which an economy, society, etc. settles following a crisis, when this differs from the situation that prevailed prior to the state of the crisis”.

Robert A. Heinlein first used the term the new normal in his 1966 science fiction novel, “The Moon Is a Harsh Mistress.” Since then it has described other novel flu events, several substantive economic downturns, needed community development approaches, even the 2012 presidential debate.

Unlike much of the rest of the world, Mirabella’s new normal does not mean additional, prolonged food or housing insecurity or lack of access to a vaccine when one is developed.

We can look at what Covid-19 means to us and our future because we have listened to experts and have community safeguards in place. We have an opportunity to think about how we want to envision life at Mirabella. We are slowly reopening venues like the library, gym and pool, and increased dining options after necessary pauses initiated by the state, our administration and PRS.

But now it may be time to switch our language from “pause” to “pivot”. Pivot can be defined as the ability to assess the situation and see what options you do or do not have, and shift to the next opportunity. As we move through the autumn surge/second wave of rising cases, it is more imperative than ever that we carefully think through which pivots we can realistically make.

We know residents are concerned with safe ways to interact face to face with others, both in Health Care and Independent Living. Possibilities include allowing visitors into the building, increasing dining options that foster more spontaneous interaction, becoming vaccinated when it is possible, and continuing to follow guidelines from our public health authorities.

We plan to have actual data from the recent RAMP-sponsored community survey to help us make informed pivots in 2021. ■



**O**N THE COVER:  
Toni Tidman's  
Santa and reindeer  
pose against a winter back-  
ground. Photo by Stanley  
Berman.



**B**ACK COVER:  
The golden glory  
of autumn is on full  
display in Oregon's Wine  
Country near Dundee.  
Photo by Robert French.

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### 3550 MAGAZINE

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## Christmas Charities Seek Donations

MIRABELLA'S TWO 2020 CHRISTMAS CHARITIES, Community Transitional School and Northwest Pilot Project, are old friends, having been featured in previous years.

Community Transitional School (CTS), described in the March 3550, serves homeless children, ages 4-14, who live with their families throughout Portland and the greater Multnomah County.

CTS provides flexible transportation to and from school,



which public schools are not able to provide. In 2019 CTS buses logged 33,674 miles, serving 206 students who compiled a 90% daily average attendance record.

The school has four combined-grade classrooms, each taught by a certified teacher supported by instructional assistants and volunteers, who are prominent in the school's hallways.

Northwest Pilot Project (NWPP) has been addressing the needs, particularly housing, of low-income seniors in Multnomah County. It guides clients "through a complex and stressful process of finding affordable housing". Last year NWPP helped 700 people find housing.

COVID-19 has hurt both charities. After intending to open in the fall, CTS had to change its plans when "Governor Brown added further safety metrics". For NWPP "Social unrest and the unstable housing situation" have caused "high levels of stress among low income seniors."

Mary Gray heads fundraising for CTS and Gwen Luhta for NWPP. Residents who wish to donate can put the envelopes they have received in a box at the concierge desk. ■

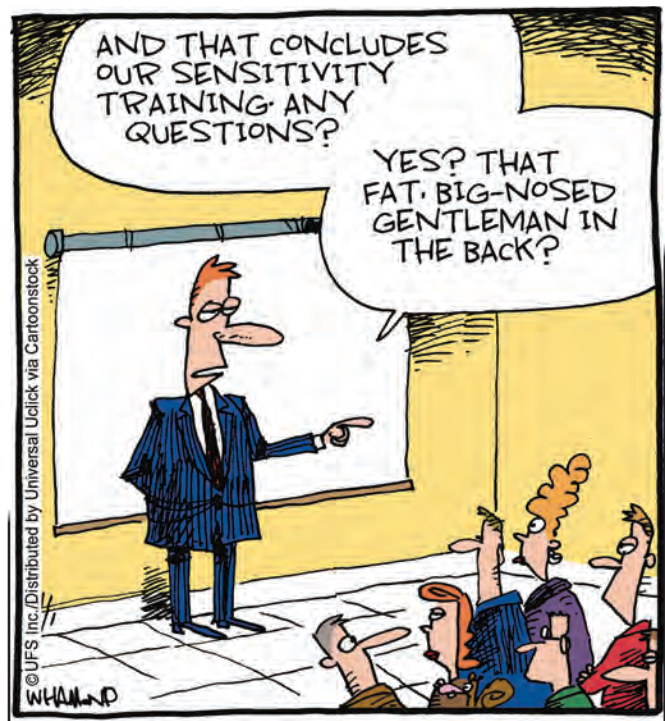
## Covid Delays Mirabella Program

by Pamela Lindholm-Levy

THE ONGOING COVID-19 RESTRICTIONS HAVE DELAYED implementation of the cultural assessment reported in the September 3550 (Foundation Funds Study of Resident-Staff Interactions) which raised questions about the use of the employee hardship fund for this study.

Responding, Mirabella executive director Sharon McCartney believes "the fund can be used for the cultural assessment as it collectively benefits the staff of Mirabella." After getting to and from work safely during the social unrest in Portland since the end of May, workers have had to face some peers' and residents' discrimination and racism.

It has been suggested that PRS funds be used for the cultural assessment; however, although the project could improve resident-staff interactions, PRS does not fund operations of its individual communities. The cultural assessment project would be considered such.



The initial scope of the consultant's contract includes the assessment to "take the temperature of our place." Once the study of staff-staff and resident-staff interaction is completed, the consultant will provide problem-solving techniques limited by the contract. Additional services at additional cost would require approval of the foundation board.

In the event the employee hardship fund runs low, Sharon believes residents care about employees' day to day welfare in the workplace, and would support replenishment. ■

## 3550 Adds Deputy Editor

PAMELA LINDHOLM-LEVY, REPRESENTED in this issue by a news story, her profile of Kathy Suri and a fragment of memoir, is 3550's new deputy editor. Pam's book "Count the Mountains" can be found on Amazon. Known for her love of cats, Pam may inject more cat-friendly material into future issues.



## Moss Monologue for Fertile Ground

YOUR 3550 MAGAZINE DEPUTY EDITOR (AND, WITH ED Parker, co-editor effective next month) Nancy Moss, who also is a founder of Mirabella Players and an award-winning playwright, has a thirst for competition.

Her latest comes as part of Portland's upcoming annual Fertile Ground festival. That playwriting competition runs Jan. 28 to Feb. 7, 2021 and pays its respects – that would be the polite word – to the demands of Covid-19.

Nancy will write a three- to five-minute monologue on the general theme, "Sequestered Soliloquies" for the festival. It's a timed event; she will have 24 hours to write her monologue, and will work with actors and a director from Bag and Baggage Theatre to develop it.

"Sequestered Soliloquies", of course, deals with the diabolical disasters that have characterized calendar year 2020 around the world.

Naturally, this year's festival will be virtual, with no in-person productions.

—Steve Casey

## Caseys' Cute Canines Charm on Christmas Card

TWO OF MIRABELLA'S CANINE RESIDENTS ARE THE STARS of the Oregon Humane Society's (OHS) annual holiday card this year.

They are Mickey and Maggie, the furry kids of Adrienne and Steve Casey, the successful bidders for this honor at the OHS "tail wag" auction in September.

They were photographed at Hoyt Arboretum by Phido Photography owner Teran Buckner, who specializes in outdoor photos of pets with and without their humans, and who organized the shoot.



Maggie (left) and Mickey star on Oregon Humane Society's 2020 holiday card. Photo by Teran Buckner, [www.phidophotography.com](http://www.phidophotography.com)

OHS has long enjoyed the support of a number of Mirabella residents. ■

# WONDERFUL JEWELRY & GIFTS PDX

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The collage features several items: a pair of silver feather earrings, a gold ring with a black and gold pattern, a heart-shaped gold pendant with intricate cutouts, a necklace with blue and white circular links, and a piece of colorful, patterned fabric.

# Goodbye 2020 and Don't Come Back

All photos on this and the following page are by Robert French.



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As wildfire smoke approaches the Portland area, it shows up overhead as an ominous overcast layer, obscuring the sky. Within a day or so, the smoke settled fully down to ground level, suffocating the entire region.

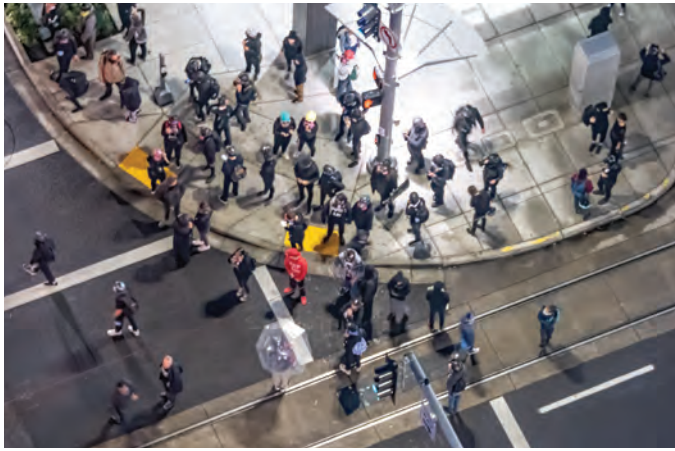
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For several days in late September Portland had the worst air quality of any city in the world. One Mirabella resident measured 25 (pm2.5) or “healthy” in his apartment, while the hallway registered 225 or “extremely unhealthy” and outside air as 400, or “hazardous.” The clear message: Stay inside.

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Peaceful protests devolved into mindless rioting as the months wore on, some of it taking place in Caruthers Park, which served as a staging area for people planning to march on the ICE facility at the end of Moody St. Some came to protest, some came to fight.



Wednesday afternoon 8/26/20



Thursday morning 8/27/20

## Time Traveler

**Time traveler:** Hey, what year is this?

**Me:** 2020

**Time traveler:** Has it happened yet?

**Me:** What?

**Time traveler:** The disaster.

**Me:** Do you have the slightest idea how little that narrows it down?

## Come on down, 2021. We've waited soooo long

This year brought us months of rioting in the nation's streets, much of it centered in Portland. It brought pestilence to the entire globe, with the USA being able to claim "We're number one!" It brought fires and brought smoke that choked our city. It brought racial turmoil, a volatile economy, massive unemployment and turned our homes into our offices and schoolrooms.

Oh, yeah, and then there was an election so divisive that the body politic will reel for decades.

We may not have had a plague of locusts, but we did have murder wasps.

Here's a look at the year whose like we hope never to see again.



CartoonStock.com

# Goodbye 2020 and Don't Come Back



**MEMO** MIRABELLA  
PORTLAND

Date: October 28, 2020  
To: Mirabella Residents  
From: Sharon McCartney, Executive Director  
Subject: COVID-19

This morning, I learned that one more employee in Mirabella's skilled nursing center has tested positive for COVID-19. This is our second positive case among skilled nursing employees. This case was identified through surveillance testing of staff and residents. We have already contacted those families whose loved one received care from this person.

Sadly, we also learned that a resident living in memory support has tested positive for the virus. This is our first resident case at Mirabella. We have already contacted their



... but at least we had the Naked Bike Ride





# How To Keep Physically, Mentally Fit in Stressful Times



Fitness instructor Ally Britton demonstrates a move as she leads a cardio class on Zoom and Channel 981. Photo by Stanley Berman.

## Bryant Symkowiak Lured to Arizona's Mirabella

**M**IRABELLA AT ASU LURED AWAY MIRABELLA PORTLAND'S popular wellness coordinator Bryant Symkowiak with the promise of warmer weather and the challenge of starting a new program.

"It's a unique opportunity," Bryant says of the chance to create a wellness program from scratch.

Never having visited Arizona, except for a trip to the Grand Canyon, Bryant looks forward to exploring the state's mesas and canyons, as well as enjoying its lower cost of living. After often-cloudy Oregon, he welcomes its yearlong sunshine.

Asked what he takes from his present job, Bryant says, "The experience. You guys are like family. I'm being sincere," he adds, with a grin that dispels all doubt.

Bryant started his new gig with our employee-poaching sister community at Arizona State University in mid-November. ■

## A Healthy Body, Healthy Mind: All Start With Exercise

**A** CONFLUENCE OF EVENTS – THE APPROACH OF inclement weather, increased solitude forced upon us by Covid-19, to say nothing of the stress of a bizarre election, and the departure of popular wellness coordinator Bryant Symkowiak – have brought Mirabella residents a re-examination of and perhaps change to our exercise program.

Kaiser Foundation patients know that their doctor's first question is likely to be, "Do you exercise?"

The three 3550 articles following this one point out that exercise is the best way to preserve and even improve an aging body and mind.

And yet, and yet. . . Isaac Newton observed that a body at rest tends to remain at rest. That first step, the first turn of the wheel of a stationary bike, remains the most challenging. For someone sitting in her apartment listening to the rain outside, the idea of changing into work-out clothes and starting to move vigorously may seem like a chore.

Why is that so, asks Lynda Mounts, chair of Mirabella's Fitness and Wellness committee. Why don't more residents

participate in exercise classes? Would providing more variety and different levels of exercise for people with varying needs increase residents' participation?

"We know continuing to move is critical to enjoying life," she points out, and adds that "trying to reach people to find out what they want would be helpful."

To that end, resident services director Megan Huston plans a survey where residents can share their opinions and have some say about possible changes in Mirabella's Wellness program.

A past survey, Megan observes, had a disappointing response. But perhaps that was because it came during the summer, when sunshine beckoned and walks along the Greenway led ramblers past leafy trees with the river glittering beyond.

Now winter lies ahead, promising this year a season stripped of our usual enjoyments: family dinners with hugs, concerts, happy hours, plays.

As a strategy in facing this bleak season, physical exercise plays an important part, and with mental health techniques can chase away the gloom. ■

# Our New Normal: Painful But Not Fatal

by Steve Casey

## INTERNET MEME:

Q: If 2020 was a drink, what would it be?

A: Colonoscopy prep.

The world was doing well – except for those pesky fires in Australia – until March, or so we thought, when it became clear a virus called SARS COV-2, nicknamed Covid-19, was going to change our lives, perhaps forever.

In 2020, by press time Covid-19 had killed more than 233,000 Americans and a million people worldwide, shredding the economy and causing us to worry about our friends and family, to say nothing of ourselves. Then followed the most divisive, bitter and consequential election in American history, concurrent with months of relentless racial justice protests, soon enough hijacked by the bizarre-left and crazy-right and becoming mindless street riots.

And more: Fires burned huge chunks of the West, smoking our city, while climate change brought more hurricanes to the Southeast.

We looked outside and saw, in the words of the theme to the TV series “Monk,” that “it’s a jungle out there.” A scary place indeed.

2020 brought loneliness, fright, frustration and anger so deep our bones ache.

With the holidays – a fragile time for many – it’s going to get worse.

Physically and mentally, this year has been a public health disaster, with many of us suffering from those conjoined twins, depression and anxiety.

Mirabella resident Joe Matarazzo, Ph.D. has seen a lot of the evil twins and has some words of comfort, as does OHSU geriatric psychiatrist David Douglas, M.D.

A clinical psychologist since the 1950s, at 94 Joe is physically active and mentally vigorous.

A past president of the American Psychological Association, he was the founding chairman of the medical psychology department at OHSU, leading it from 1957 to 1996.

While psychiatrist David Douglas is now dealing with the most severely mentally ill seniors, his specialty offers another world of options for mentally struggling folks in our demographic.

The advice of doctors Douglas and Matarazzo: get moving physically, stay connected socially, keep your brain active and prevent the paralysis of emotion that darkens your mind.

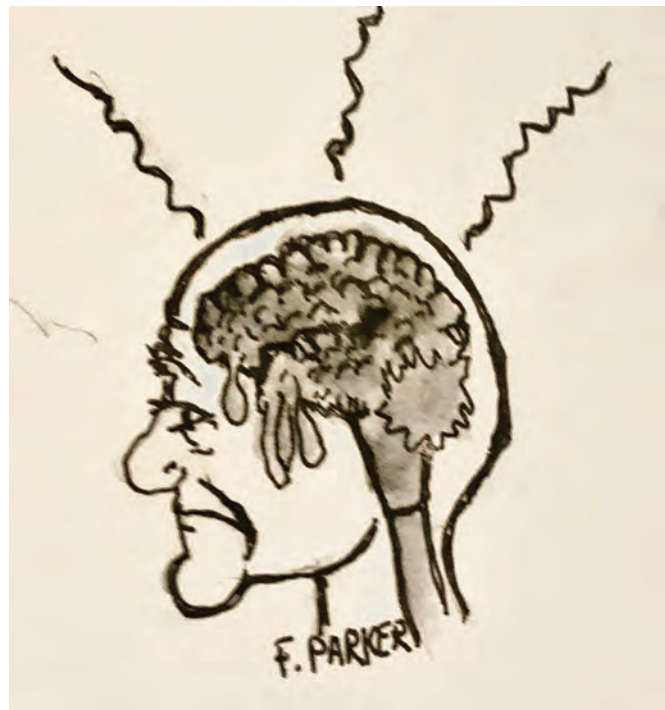
“Telling my patients to exercise is better than any pill I can prescribe,” Douglas said.

Regular physical exercise is healthy for the mind and body, he said, and doing without it is “a recipe for mental decline.”

Now director of a locked psychiatric unit at Tuality Healthcare, an OHSU affiliate, Douglas notes that geriatric psychiatrists work closely with patients’ primary care

and other physicians, understanding any underlying medical conditions and having access to psychiatric medications.

Geriatric psychiatry has been a recognized medical specialty for some 30 years, he said, but with only 1,400 board-certified practitioners in the country, that’s “not nearly enough given the demand” as our population ages. “The psychiatric problems of older patients are more likely to be affected by medical problems and the physiology of aging than are those of



other patients,” Douglas said.

Whether the doctor be a psychiatrist or psychologist, he said, the “two specialties work hand in hand.”

An emeritus professor at OHSU’s medical school, Joe Matarazzo agrees. In his 50 years of practice, he told 3550, “I’ve had lots of experience with depression and anxiety, and I found them to be cruel. Cancer is cruel, but you can’t feel cancer, normally. You feel anxiety and depression every day.

"Covid has brought out anxiety in people worldwide," he notes. "Covid is death staring you in the face. It's a menace that's hanging right over you and you don't know when it's going to grab you. It makes you scared; it makes you more lonely and depressed."

He cites research showing that 28 percent of Americans aged 65 and up – 11 million people – and almost half of all women 75 and older live alone.

"You need to do nothing more than walk through the corridors of Mirabella or through Aria or the Bistro and the number of women over men is startling," he said.

"In this age of computers, television and Twitter, 40 percent of us still feel alone. Loneliness is cruel, it's heavy. Depression is black. It's immediacy-centered. There's no bright light in the immediate future. You almost never see depression without anxiety, or anxiety without depression."

While drug treatment has been available for both disorders since after World War II, drugs work for only 40 percent of patients, Joe said.

A treatment technique called cognitive behavioral therapy, popularly known as "talk therapy," emerged around 1960.

Therapists help depressed patients to imagine happy thoughts, Joe said, "getting away from those thoughts that are keeping you depressed and anxious. You do that by reflecting back on a time you were truly happy."

If it sounds too simple, Joe is proof it works.

He beat loneliness and insomnia by going back mentally to an idyllic time in his childhood, he told 3550, picturing himself relaxing with best friend Louie in the summer sunshine on the banks of a creek.

Each patient has to find that happy place for him- or herself, he said – instead of being paralyzed by Covid or fires or politics, focus your mind there.

"You have to keep working at it," he said. "It won't happen the first time or the second or maybe the 20th. But eventually it will."

Combine that with activity, he said, by finding something that will keep your mind and body moving and involved.

"The treatment for loneliness is people," he said. "When you are socializing, you can't be thinking those depressing thoughts. If you can't get out, you can still socialize. You have your favorite program on TV, you have your friends who can socialize with you on Zoom" or FaceTime or the phone, or email. "Visit your neighbor. Talk to a good friend at least once a day."

Even in normal times, Joe was a strong advocate of opportunities to socialize. He was a force in establishing a happy hour at the Aria bar and sought places residents could visit casually over coffee.

With the world in turmoil, we face more persistent anxiety – over the welfare of our kids, our country, our health.

"Much of my practice was treating anxiety," Joe said.

Anxiety itself comes in a couple of forms," he said – chronic, where people are anxious all the time, and acute, which can be life threatening.

Chronic anxiety, Joe said, "is annoying and heavy and it hurts, but it's not as mean as an anxiety attack, or panic attack, which is acute."

Fans of the HBO series "The Sopranos" will remember mob boss Tony Soprano's panic attacks. "You are sure you're going to die, you can't breathe, you feel like you're having a heart attack," Joe said of panic attacks, which in a less severe form can be common stage fright.

"I hit upon a technique, he said. "You have to repeat over and over and over – it's a panic attack, it's painful but not fatal. You say that over and over – it's painful but not fatal – if you are going to give a speech or go in for an interview. 'It's painful but not fatal.'"



When we became inmates tucked away in our rather posh cells this Spring, our easy socialization at Mirabella took a hit. No more group dinners, no cocktails at one another's apartments, no Trivial Pursuit or mahjong or book club meetings face to face, or even elevator gossip.

But Mirabella administration and residents all rallied to find work-arounds: Zoom meetings and personal chats, movies or music or lectures each evening on channel 981, free ice cream and root beer floats now and then, and the resident-created Google groups devoted to sharing information or laughs.

During lockdown, fitness classes on Zoom and channel 981 kept exercise options alive, and good weather brought residents outdoors, to hike or just to relax in the sun.

*(see New Normal p. 12)*

*(from New Normal p. 11)*

As soon as state restrictions were lifted, resident services director Megan Huston and wellness coordinator Bryant Symkowiak started scheduling residents for private times in the constantly-sanitized gym. When possible, the pool was opened.

"Since the pandemic, protests and fires, Mirabella has put our best efforts towards providing as much normalcy and safety as possible," Megan said. "We thank residents for their support, collaboration, feedback and patience." ■



## Beating the Blues

**A**LL THE PERILS OF 2020 HAVE MADE LONELINESS AND anxiety common. To keep mind and body healthy and happy, noted psychologist Dr. Joseph D. Matarazzo, a Mirabella resident, offers these beat-the-blues and stay-in-shape tips.

- **EXERCISE.**
- Visit your neighbor.
- Talk to a good friend or family member at least once a day, in person, online or on the phone.
- Meet virtually with people with whom you share an interest or hobby.
- Volunteer – at Mirabella, at your church, at a charity. Even if virtual, interaction with people lets you accomplish something for others.
- Beat depression by going to your personal “happy place” (see main story), to achieve a positive frame of mind.
- Anxious about a current event or the future? Remember, worrying is normal. If it’s truly frightening, try repeating to yourself 20 or 30 times, “these symptoms are frightening, but not fatal.”
- If your anxiety is a frequent occurrence, if you have a depression that lasts six months or more, see your physician, who can assess you and discuss treatment options ranging from talk therapy to medications.
- **Go exercise again.**

# Give the GIFT OF LOVE



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Visit [www.oregonhumane.org/tribute](http://www.oregonhumane.org/tribute) or call Erin at 503.802.6766 to make your gift today.

## No Winter Workout Worries Around Here

by Nancy Moss

AS THE RAINS AND DAILY DARKNESS INCREASE, WE ARE HEADING into winter. Restless residents may want to sample Mirabella's array of virtual exercise classes.

"Eating alone will not make a man well," Hippocrates told us 2,500 years ago. "We must also exercise."

Wellness coordinator Bryant Symkowiak has offered Seated Stretch and Strength every Monday, Wednesday and Friday at 10 a.m. on channel 981. This class "incorporates cardiovascular training and stimulates the heart



Bryant Symkowiak stretching. Photo by Stanley Berman.

rate," he says, adding that it is "safe, functional and a good workout."

As Bryant encourages his unseen class – "Nice job! Let's go! It's Workout Wednesday" – Elvis's "All Shook Up," provides a background beat. Working arms and legs, with wide rubber bands to provide extra resistance, residents should increase their heart rate and improve aerobic fitness. People with more modest goals can modify the moves to suit their limitations.

Mirabella's most strenuous offering, Bryant says, is Ally Britton's cardio combo class, on channel 981 and Zoom at 10:15 a.m. on Tuesdays and Thursdays.

Ally, who has taught cardio classes for 28 years, has a background in dance. Aside from tap dance, a former Mirabella class, she has taught ballet, jazz and hip hop.

Ally addresses "all the components of fitness, including cardiovascular endurance, muscular strength and endurance, balance, flexibility, kinesthetic awareness—knowing where your body is in space – and brain reactivity."

I can attest to this last one.

Knowing that people my age tend to be slow at learning new things and having demonstrated this characteristic on countless occasions, I sometimes find Ally's class challenging.

Moving quickly, to "Hello, Dolly," ("You're still growin', you're still crownin', you're still goin' strong,") I am sometimes a step behind as we switch from hustle right to hamstring curl double or from box step right to mambo. My brain feels that it is being asked to do something challenging, like dissect a frog or solve an eighth grade algebra problem.

Luckily, Ally's students on Zoom are postage stamp size; my classmates are unlikely to notice me. And I can always stop my Zoom video feed for complete privacy.

Ally's students should feel free to modify her moves, which are traditional aerobic ones, to fit their comfort level.

"I want people to be successful," she says. She welcomes newcomers to her classes.

Justice Knepp's classes – Pilates (9 a.m. Saturday), Seated Total Body (10 a.m. Saturday) and Seated Yoga (11 a.m. Saturday), all on Zoom – are quiet, with no pop music throbbing in the background. Justice fills the time, instead, with careful reminders to "listen to what your body tells you" or "You can go small and slow here, if you like." "Get as much space between your fingers as you can," she tells us as we stretch out our arms. No body part is too small to be addressed.

Certified as a yoga instructor, Justice has worked with Parkinson's Wellness Recovery (PWR). PWR has developed "core exercises that counteract movements that get slower and smaller," a tendency of many Parkinson's patients and, in a less dramatic way, of old people in general.

"If you exercise and exaggerate the movements, you can train the brain," Justice says, and slow the deterioration that comes with Parkinson's.

(see *Virtual* p. 14)

*(from Virtual p. 13)*

Justice's stomp, for example, is a large, emphatic movement, which, she says, helps build bone density. Her four core exercises come from her work with PWR.

Every now and then Justice's three-legged dog Hamilton, a result of her work with dog rehab, may wander into the scene or curl up for a nap.

Justice's yoga is "accessible," she says, not just for people who can "bend themselves into a pretzel." She gives careful directions to people with different skills.

Harvard Medical School's HEALTHbeat magazine says that yoga "can transform your health on many different levels," that it helps relieve lower back and arthritis pain.

Sarah Haroldsen, Mirabella's other yoga teacher, has class on Thursday at 1 p.m.

Mirabella resident Rusty Davis says of Sarah's class, "Using short guided meditations to start and instructions on how to modify a pose, she can get most people moving and feeling better. Sarah has made a world of difference in



Justice Knepp stretching

how I feel and move every day."

Another resident, Don Marshall, says he has taken yoga for years under expert instructors and that "Sarah is a master, teaching with love and empathy."

Nicole Johnson also teaches yoga on Monday at 1:30. Bob French, who attends her class, says, "Because yoga intertwines practices in breathing and meditation, I come away feeling better both physically and mentally." He praises Nicole for adjusting the exercises to Mirabella's population.

Nathaniel Girard, who teaches Tai Chi and Qi Gong Wednesday and Friday at 9 a.m., says that these exercises improve balance by establishing a different, lower center of gravity. "Everything is rounded, rhythmical," he explains,

adding that, "It should be fun." Tai Chi takes people to the limits of their stability then brings them back, thus improving their sense of balance.

Writing in The New York Times, Gretchen Reynolds reminds us that, "physical exercise protects brains and minds from some of the declines that otherwise accompany aging."

When rain drops spatter against their window and clouds darken, Mirabella residents can protect their brain and preserve their body by tuning in to channel 981 or to Zoom.

Today in Seated Total Body, as rain poured down outside, Justice said, "Oh, I see lots of folks joining in. Hello, everyone.." ■

## Thoughts on Exercise

WHEN I PLAYED TENNIS, AN AD-IN POINT WHERE I HIT the ball deep down the line for my partner to put away at net gave me a sudden burst of satisfaction. That's probably true for a golfer hitting a straight shot down the fairway or someone watching the prow of her sailboat knife through the water.

It took me a while to adjust to standing in front of a computer or my TV screen repeating, "Down, take it open;" or "Side and Center!" and following the image of a teacher demonstrating a move to classmates who were small rectangles on top of her larger image.

There's no denying, the ecstasy was gone. Instead, I felt faintly ridiculous.

If virtual exercises don't give us the glow of joy, the excellent teachers Mirabella provides can, I think, increase our sense of well-being. Two articles in this issue of 3550 suggest these classes can also extend our life.

—Nancy Moss

## Pingpong Bounces Back

MIRABELLA RESIDENTS CAN ONCE AGAIN ENJOY PING-pong, starting at noon in the activity room when it is unscheduled. Two players from different households must wear masks. The maximum number of players is three, who can switch in and out. Paddles and balls will be stored in the activity room.

Interested residents can contact wellness coordinator Bryant Symkowiak's replacement (not named at press time) who will be scheduling the room.

"The number of people playing is steadily increasing," says pingpong enthusiast Gene Matusow. ■

# Get Addicted to Exercise: the Drug of Choice

by Rita Brickman Effros

PEOPLE HAVE SOUGHT THE FOUNTAIN OF YOUTH FOR CENTURIES, leading to many quack remedies for aging. From dog testicles and mercury to human growth hormone and alkaline food, there is no shortage of quack fixes against getting old.

We now know that sweat is what actually feeds the Fountain of Youth. Exercise is one of the best medicines for reducing the rate of morbidity and mortality. Yet many people avoid exercise even though physical activity is a vital part of good health.

Late in 2019, researchers representing nine countries and a variety of academic disciplines met in Denmark to reach a consensus on the role of physical activity during aging. Their report also highlighted the effects of physical inactivity. For example, sedentary behavior may be an independent risk factor of health status for older adults.

Physical inactivity in older adults fuels a trajectory toward disease and increased risk of premature all-cause mortality. Some of the conditions associated with inactivity include metabolic dysfunction, cardiovascular diseases, some types of cancer and loss of muscle mass. Overall, this translates into increased years of ill health.

An earlier study dramatically underscored the effect of physical inactivity. In 1966, researchers at the University of Texas Southwestern Medical School recruited five healthy young volunteers for the so-called bed rest study.

At first, spending three weeks resting in bed sounded like the opportunity of a lifetime. But the devastating changes quickly became apparent: faster resting heart rate, increased blood pressure, reduced ability of the heart to pump blood, rise in body fat and reduced muscle strength. Overall, in just three weeks, these 20-year-olds developed physiological features characteristic of men twice their age.

Exercise affects almost every system in our body. In the circulatory system, for example, physical activity stimulates expansion of our peripheral circulation, increases cardiac output and elasticity of our arteries.

Walking generates mechanical stress in our skeleton, which stimulates bone growth and repair. Physical activity even acts on the nervous system; inactivity correlates with diminished mental health and some forms of dementia.

Many other aspects of poor health are prevented by physical activity. Top of the list is fat. Exercise prevents the accumulation of excess fat, especially belly fat, which contributes to inflammation.

Exercise lowers the levels of sugar and unhealthy cholesterol in our bloodstream. It also reduces the level of stress hormones and revs up metabolism.

If exercise is actually medicine that is beneficial to health, instead of going through the bother and discomfort, why not just take a pill? Among the many over-the-counter formulations, antioxidants such as vitamins C and E have been extensively studied.

Interestingly, those who took antioxidants actually showed more oxidative damage to their muscles, possibly because the pills suppressed the body's own normal antioxidant mechanisms.

Dr. Kenneth Cooper, who coined the term "aerobics," performed longitudinal studies on more than 18,000 adults over several decades.

His research confirmed his belief that there is more to health than just not being dead. Both men and women who were more fit were half as likely to suffer from chronic diseases such as diabetes and Alzheimer's. If they did get sick, it was at a later age.

Exercise has also been shown to enhance the immune response to the flu vaccine. Although the studies focused on athletes, it had been previously shown that older adults who had higher levels of inflammation demonstrated reduced responses to the vaccine. And since exercise decreases inflammation, it is possible that it would also



(see *Choice* p. 16)

*(from Choice p. 15)*

enhance the responses not only to flu, but also to future Covid-19 vaccination.

Given the importance of physical activity as we age, the National Institute on Aging (NIA) has produced a set of guidelines on exercise. Most people tend to focus on one type of exercise or activity, but four types are highlighted.

Each has its benefits, and variety helps reduce boredom and the risk of injury. The main categories include endurance, strength, balance and flexibility.

Endurance, or aerobic activity, increases your breathing and heart rate. Examples of aerobic exercises include brisk walking, yard work, dancing and swimming. Building up at least 150 minutes of activity a week that makes you breathe hard is suggested.

Aerobic exercise causes cross-talk between muscle and fat. This ultimately leads to reduced glucose (sugar) usage by fat cells, and greater energy in muscle cells.

Exercises that focus on strength can make a big difference in quality of life. Strong muscles help you stay independent and make everyday activities, such as getting up from a chair or carrying groceries, feel easier.

Keeping muscles strong can also help with balance and prevent falls. Strength exercises include lifting weights, even up to your own body weight, and using a resistance band.

The third category of exercise recommended by the NIA focuses on balance. Tai Chi, a "moving meditation," involves shifting the body slowly and precisely, thereby enhancing balance. Other strategies involve standing on one foot for 30 seconds, or toe-to-heel walk.

Finally, the NIA emphasizes the importance of flexibility training. Stretching can improve flexibility, making it easier to reach down and tie your shoes, or to look over your shoulder while driving.

During this period of Covid-19 isolation, a recent Journal of Neuroscience article is highly relevant. The study showed that exercise makes it easier to bounce back from too much stress. Although the study involved mice, it may be applicable to humans since we share a substance called galanin that is the main cause of this effect. Galanin is produced throughout the body and is associated with improved mental health.

You need not do formal exercise to reap its benefits. Tasks like housework or gardening have been shown to result in better moods and sleep quality. In addition to chores, try marching in place while you watch TV, walking "laps" around the house, or climbing indoor stairs several times in a row if you are able.

A few Mirabella residents walk the halls, using one of the Terrace floors to achieve the desired distance.

Small wonders that surround us can be consciously noticed, leading to the interesting concept of "Awe Walks". A recent study in the Memory and Aging Center at UC San Francisco focused on the effect of combining awe and activity to see if the combination might somehow augment the effects of each.

Subjects were instructed to try to look at their surroundings with "fresh, childlike eyes" during a 15-minute daily walk. The awesome can be anywhere, from a sweeping panorama to sunlight shining on a leaf. The main point is to focus on the world outside your head.

Control subjects were given no specific instructions for their 15-minute walk. Interestingly, there was a small but significant difference in the groups' sense of well-being.

With the pandemic and other stress-inducing concerns, looking around for small wonders while you exercise seems like a simple thing that has no downside. It can even be done indoors during winter weather.

So, although exercise may not be the fountain of youth, it is clearly able to help people age more slowly and live healthier lives. In fact, the Harvard Alumni study suggests that people who exercise regularly over their lifetime can gain two extra years of life expectancy.

The Roman poet Cicero wisely claimed that "no one is so old that he does not think he could live another year". Exercise, even just 30 minutes of brisk walking daily, can go a long way toward this goal. ■

AT PRESENT, JUSTICE, SARAH AND NICOLE HAVE ONLY Zoom classes. To learn how to navigate Zoom, contact Megan Huston. To find the Zoom ID number of a class, go to Today's Events on the MiraNet and click on the blue name of the class. That link also provides the class's password. Mirabella resident Teresa Goodwin has offered to help anyone who has trouble getting on the MiraNet.



**"For the elevated blood pressure, exercise and cut down on salt. For the rash, exercise and cut down on salt. For the headaches, exercise and cut down on salt."**



# Portland Diary

by Nancy Moss

**A**S I WALK THE GREENWAY ALONG THE RIVER, A BIKE RIDER comes whizzing toward me, one hand on the handlebar, one hand fussing with his helmet. I freeze. "Don't worry, I wouldn't hurt you," he says as he speeds by. I choke back my old-woman response: "Two hands would be safer!"



River Guardian photo by Art Moss

## II

In the morning the rising sun lights up the face of the River Guardian statue as I approach the river. Inspired by images found in petroglyphs and pictographs in the Columbia River Gorge, the face is enigmatic, keeping its secrets, like the "shadow spirit" the nearby plaque tells me it represents.

## III

A jogging couple approaches me, bandanas around their necks. As I draw near, they raise them to make face coverings. Two women walk together, one with her mask in her hand. As I draw near, she lifts it so it fits loosely on her face. "No, totally!" she tells her friend, continuing their conversation.

Next I pass a woman wearing her black mask under her chin so she can smoke her cigarette. Double whammy on you, I think, feeling virtuous.

## IV

A resident tells me she ordered toilet paper from Amazon in March, was told it was "on its way." In June she received a package, from Poland, of rolls of nubby paper. She was happy to find 'real' toilet paper in the shop across the way, uses the supply from Poland as paper towels.

## V

My friend David, a Portland Streetcar customer rep, met a couple from Baltimore on a streetcar, visiting Portland on their West Coast swing. "You know how people say New York City is nice to visit but they wouldn't want to live there?" said the man. "Well, Portland is nice to visit and we would like to live there."

Like a small bunch of lavender: nice to savor in difficult times. ■

## YES Project Scholarships Awarded

**T**WO EMPLOYEES IN MIRABELLA'S HEALTH CENTER HAVE WON YES Project scholarships to study nursing.

The Oregon Community Foundation, which administers the YES Project, announced that Cassandra Boddington and Julia Mendelson each received a \$4,000 award. Cassandra is a sophomore at Portland Community College and Julia is a freshman at Sumner College. Both want to become registered nurses.

The YES Project is a scholarship program for Mirabella employees, but is independent from Mirabella, and is not the same as the scholarship program offered by the Mirabella Portland Foundation.

Started several years ago by then-residents Dave and Linda McCammon, it offers "follow your dream" scholarships to hourly employees without regard for their field of study.

Mirabella resident John Branchflower is the contact for employees who want information about applying for the YES Project stipends, or for residents interested in becoming donors. ■



Photo by Robert French

## Katherine Suri

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by Pamela Lindholm-Levy

"MOMMY, MOMMY, KATHY'S A HIPPIE." KATHY Brownell and Ashok Suri were greeted by Kathy's 8-year-old niece at the door of Kathy's sister's apartment in Washington D.C. Kathy wore bell bottoms and had let her hair grow long. Bearded Ashok wore jeans and flannel.

Kathy and Ashok had driven in Kathy's '56 VW bug from Ithaca, New York on a cold December day. The car had no heater, no gas gauge, a defroster that, as Kathy recalls, cleared two little balloons on either side of the windshield. After a sleety, miserable drive, Washington provided a warm overnight on the way to Waynesboro, Virginia. Kathy had felt sorry for this Indian chap so far from home and had invited him to join her family for Christmas.

A "Guess Who's Coming for Dinner" scenario was 2½ hours away.

Kathy grew up in a conservative small Virginia town

## Resident Profile: Katherine Suri Living an Interracial Life

where Blacks, never seen in the white section, lived on the far side of town. Schools were segregated. Blacks came to see movies at the Wayne Theater, but only at specified hours. Kathy says she never saw them coming or going.

At Radford College, a teachers' college Kathy attended as an undergraduate, women students could not wear pants on campus. Casual dress still meant dresses there and in Waynesboro.

Kathy completed a biology degree and found a job in Silver Spring, Md., at the Biomedical Research Foundation. Here, Kathy met Chinese scientists, an Indian woman, a man from Mexico and a Ph.D. candidate from South Korea who had escaped from North Korea. The head of the institute and a number of employees were Jewish. Her world was opening up.

The science world was opening up to computers, although this was still the punch card era. Kathy's team collected data on the structure of the myriad proteins and eventually created The Atlas of Protein Sequence and Structure.

When Kathy arrived in Ithaca to begin a master's program at Cornell University, she saw her first Afro hair-style. She learned what WASP meant, and that she was one. Many foreign students were from Canada and looked

like her. Indians, from India, were the second largest group. On the very first day she met a friend of a friend, Ashok Suri.

Call Cornell culture shock number one: Kathy saw bearded men, ragged clothes and jeans. Fairly soon Kathy fit right in, with bell bottoms and long hair. When she brought Ashok home to Waynesboro, Kathy's parents greeted him warmly. Kathy says of her parents, "They both get a tremendous amount of credit for welcoming Ashok into the family under the disapproving eyes of their neighbors."

Kathy's father took the pair down to see the town. Kathy recalls being oblivious to people who stopped on the street wondering about this strange bearded man who was neither white nor black.

Ashok noticed.

A year later when Kathy and Ashok planned to be married by a justice of the peace, friends in Ithaca objected to such a spartan event, putting on a wedding for them which included two Nobel Prize winners, one already awarded, one to be honored in the future. One of the two was Ashok's Ph.D. advisor.

In 1969 the Suris moved to California, Ashok with a Ph.D. in quantum mechanics and Kathy with a master's in ecological and evolutionary biology. At first they were dormitory preceptors at the University of California Santa Cruz, where Ashok was professor of quantum mechanics. Eventually they moved nearer Stanford University, where Ashok was also a post-doctoral fellow at the Stanford Linear Accelerator Center.

Tasked with finding them an apartment in Palo Alto, Kathy had a long list of requirements, including the price and the number of electrical outlets per room. She found a place owned by someone who kept saying it was available to "the right kind of person." However, when Ashok came with Kathy later that day, the owner claimed the apartment was already taken. The message was quite clear but Kathy says, she "didn't get it."

Ashok did.

"Being a WASP shields one from those vicissitudes which people of any other color or ethnicity encounter almost daily," Kathy says.

Culture shock number two: In 1972, Ashok took Kathy to India to meet his family.

Their flight arrived in Delhi about 4 a.m., met by an uncle, aunt and two cousins. Six people plus luggage squeezed into a car not much bigger than a VW bug.

During the drive Kathy was alarmed to see bodies wrapped in blankets, lying on the sidewalks. When one

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(see Suri p. 20)

*(from Suri p. 19)*

of the bodies was seen to rise up, pick up his blanket, and walk away, she realized the many misconceptions she carried. She was astounded and sad to see so many beggars.

A few years later, back home in California and two days before their first child was born, Ashok had a major heart attack. He survived and got to see his son, Michael, when the infant was only a day old because Kathy and Ashok were in the same hospital. Five years later their daughter Sharon was born.

When her children were quite young, two subjects filled Kathy's years as an aerospace technologist at NASA at Moffett Field near the family's home in Mountain View, Calif.: mice and cats.

NASA's Life Sciences department study group trained astronauts there. When the space program evolved from astronauts strapped into seats to their mobility within Sky Lab, a number of them experienced debilitating motion sickness. The structures in the inner ear, which is our leveler, couldn't detect up from down during weightlessness. Kathy's project to give cats motion sickness resulted in her paper most often requested by other scientists.

Flashes of cosmic rays can create neurological damage, especially on the retina, and space travel also produces other physical changes. To study these, Kathy packed up pocket mice that got to fly for 14 days on Apollo 17, including around the moon. Pocket mice would fit on your thumb from knuckle to the end of the nail. They don't need much: food and oxygen. Kathy settled her mice in tubes inside a canister. Off they went, and upon return their tissues were studied.

Ashok attempted to change his diet and lifestyle to counteract the effects of the two-centimeter scar on his left ventricle. It wasn't enough; he died of congestive heart failure in 1992. While Kathy knew how fragile his health was, the children didn't and were unprepared and devastated to lose their father.

Michael became an artist. His large sculpture hangs on the wall of Aria East, and other pieces are in the first-floor Terrace elevator lobby. He encouraged his mother to investigate what he knew would be a great place for her to live and be near him and his daughter, Nash.

Since 2018 when she moved in, Kathy has become an invaluable resident, working on the green team and as leader of the mobile emergency preparedness team being prepped for the Big One.

For 2 ½ years Kathy's daughter lived in Senegal as a Peace Corps volunteer. Visiting Sharon and experiencing life in a Senegalese village, where her daughter had the best hut, has been a travel highlight for Kathy.

Sharon lives in Portland now and is doing graduate work.

Kathy's introduction to living at Mirabella, where residents reached out to her, has left her with warm feelings and the belief that she did the right thing in leaving California and moving into Mirabella. ■



The Suris in 1988, counterclockwise from the top: Ashok, Michael, Sharon, Kathy.

# Happy Holidays And A Far Better Year Ahead from the staff of 3550



IN MARCH 2020, COVID-19 STRUCK. MIRABELLA RESIDENTS found themselves isolated in their apartments, unable to gather for meetings, exercise classes, or cultural events. Suddenly every meeting was on Zoom on their computers.

"Not every resident had a computer or wanted to learn how to participate in the Zoom technology," recalls Michael Hardin, an indispensable member of our community since he became Mirabella's telecommunications coordinator in 2018, tasked with offering tech support to residents and staff.

Michael and the Mirabella media committee realized that the one medium almost everyone could experience together was the Mirabella in-house TV channel 981. The programs committee envisioned expanding the content of 981.

What if Zoom could be linked to channel 981 and residents could watch not only movies and tapes, but live Mirabella events and Zoom meetings on their TV screens?

Not sure it could be done, Michael managed to locate and install the needed piece of equipment. This linkage created a veritable lifeline to the whole Mirabella community.

Residents were now remotely exercising together, meeting together, watching an expanded array of evening entertainment and attending coffee socials, RAMP and town hall meetings, where they were able to hear people ask questions and speak with each other, all on their TV sets.

Residents who were comfortable using Zoom could actually participate in the meetings. We felt like a community again.

Pre-Covid-19, before the computer app Zoom became ubiquitous, Michael was already enabling residents to use technology that was new to them. He created a computer conference call between a book group and a classroom of eighth graders so they could see each other and discuss a book they had all read. When a favorite tai chi instructor left Mirabella, Michael showed the classes how to use the audio equipment in Willamette Hall so they could practice to the instructor's audio tapes.

Michael is still providing individual tech support. "I have set up communications between residents and their families if they don't have Zoom," he said. "And I assist the second floor in hosting Zoom meetings with patients and their families who can no longer visit their loved ones in person."

In a medical emergency, Michael recalls: "A resident was sent to the hospital and needed her insulin. I was allowed to enter her apartment and set up a Face Time connection with the family, who could tell me where to find the insulin."

When Tony Starlight performed in Willamette Hall for Mirabella's 10th anniversary party, Michael found that the video camera could not pick up the audio so the audience could hear it. He quickly solved the problem, averting a major disappointment to residents who were glued to Channel 981 and sipping their celebration prosecco.

Michael has a dedicated laptop that can stream anything to 981. He is working hard on the other task he was hired to do, bringing standard definition, which the Mirabella audio-visual system currently has, up to high definition. He says confidently, "This will provide a permanent fix for the horizontal white line on the screen," which has become an annoying, if all too familiar, part of the 981 offerings.

Before the COVID pandemic shut it down, Michael headed up a project to install fiber optics in every apart-

## Staff Profile: Michael Hardin Indispensable Man

ment, providing faster Internet speed than Comcast is currently providing. He plans to finish the project post-pandemic when it's safe for outside contractors to enter the building.

Mostly self-taught, Michael is intent on furthering his IT expertise: "I have been very pleased to receive Mirabella Foundation employee scholarships which enable me to take classes in Information Technology at community college, heading for an AA degree in tech support."

Asked about his future in telecommunication, Michael points out that the trend is toward specialization. "Three areas that interest me are security, which I feel is becoming ever more important, systems administration, and network engineer, designing networks."

If you spot Michael behind the concierge area he may be working with the Mirabella access controls to check on the security of building entrances, another of his responsibilities.

Born and raised in Carbondale, Colo., a small town near Aspen on the west slope of the Rockies, Michael recalls, "I lived my first 18 years in the same house, along with my four-years-younger fraternal twin brother and

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(see Hardin p. 24)

Photo by Ron Mendonca



**Michael Hardin**



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(from Hardin p. 22)

sister." He remembers enjoying hiking and camping with his family.

Since Michael's father had a regular radio show in Carbondale, on KDNK Community Access, Michael "spent a lot of time in and around the station growing up." In high school he had his own radio program on KDNK and "developed a love of and appreciation for community-supported radio."

Michael had a radio show at the University of Redlands as well as during his semester abroad at the University of Edinburgh, Scotland.

Now he lives with two roommates in a house on which



Michael from his radio days of yore.

Michael, predictably, does all the maintenance. He enjoys video games, walking through Portland's many beautiful parks and playing with his pets, currently a one-eyed tuxedo cat named Scar.

Although he feels that Mirabella residents are becoming more comfortable with communication technology, he invited them to request his tech support for their computers, or to set up Zoom. Michael suggests, "Call in a work order to 6561. I'll be glad to come to your apartment, masked, gloved, and appropriately distanced, and help. Or we can talk by telephone or video call." His work on resident-owned devices incurs a \$60 an hour charge. ■



# Blue Hour Photography in the Urban Landscape

*by Robert French*



Bangkok, Thailand

FOR MANY PHOTOGRAPHERS, THE SO-CALLED BLUE HOUR OFFERS THE PERFECT TIME OF DAY TO CAPTURE THE FULL BEAUTY OF CITYSCAPES. The blue hour is a short-lived period between daylight and darkness.

I prefer to create my twilight urban landscape photos by taking multiple exposures of the same scene at different camera settings. Later, I put computer software to work stacking the images on top of one another in perfect alignment. This technique of combining images with different exposures preserves the full range of detail in dark and light areas that are difficult or impossible for the camera to capture in only one shot. The resulting images more accurately portray what the human eye sees.

Blue hour photography ideally is planned out in advance. And it's necessary to pre-position at the location with camera gear set up and ready to shoot. Duration of a blue hour is not really an hour. Depending on the location on the planet, the prime window of opportunity may be as short as 20 minutes before losing the desired light effect.

The images shown here are in foreign countries. So before leaving home, I pre-planned, scoping out exact shooting locations with the aid of Google Earth and Street View. Other software or smart phone apps indicate the exact time window of blue hour for a particular location. ■



Amsterdam,  
The Netherlands



Sydney, Australia

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Salzburg, Austria

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Hong Kong

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Singapore



Kuala Lumpur, Malaysia



Dubai, United Arab Emirates

# Surviving Well Must Be Learned, Practiced

by Ed Parker

**W**E LEARNED HOW TO SURVIVE A CONTINUING pandemic without going stir crazy, even with a week of hazardous air quality.

We will also survive the worst disaster nature can throw at us — a magnitude 9 Cascadia subduction zone earthquake. We know that, because we understand the risk, have prepared, and regularly practice how to respond.

On Oct. 15, for the fourth year Mirabella participated in the Great Shakeout drill. The event both demonstrated readiness and highlighted opportunities for further improvement.

Before Mirabella prepared, many residents shared one of two different views of the predicted Big Quake, both of which are demonstrably wrong.

One view was that the disaster would be so great that most of us won't survive (or won't want to survive). The other view was "I have survived California earthquakes. It is not that big a deal."

California has earthquakes more often than Oregon does, but big earthquakes in California are about magnitude 7 and last about 30 seconds. The predicted Cascadia earthquake, which will affect Northern California, Oregon, Washington and British Columbia, is likely to be a magnitude 9.

Why is that a big deal? Because a magnitude 9 is 1,000 times stronger than a magnitude 7 quake and is likely to shake for more than four minutes.

That will do a lot of damage and could leave South Waterfront without electricity, telephones, Internet, running water, plumbing or usable roads and bridges for several months.

But it will not kill us unless we fail to drop as soon as the shaking starts, before we get knocked down, and cover and hold on to avoid being hit by falling objects.

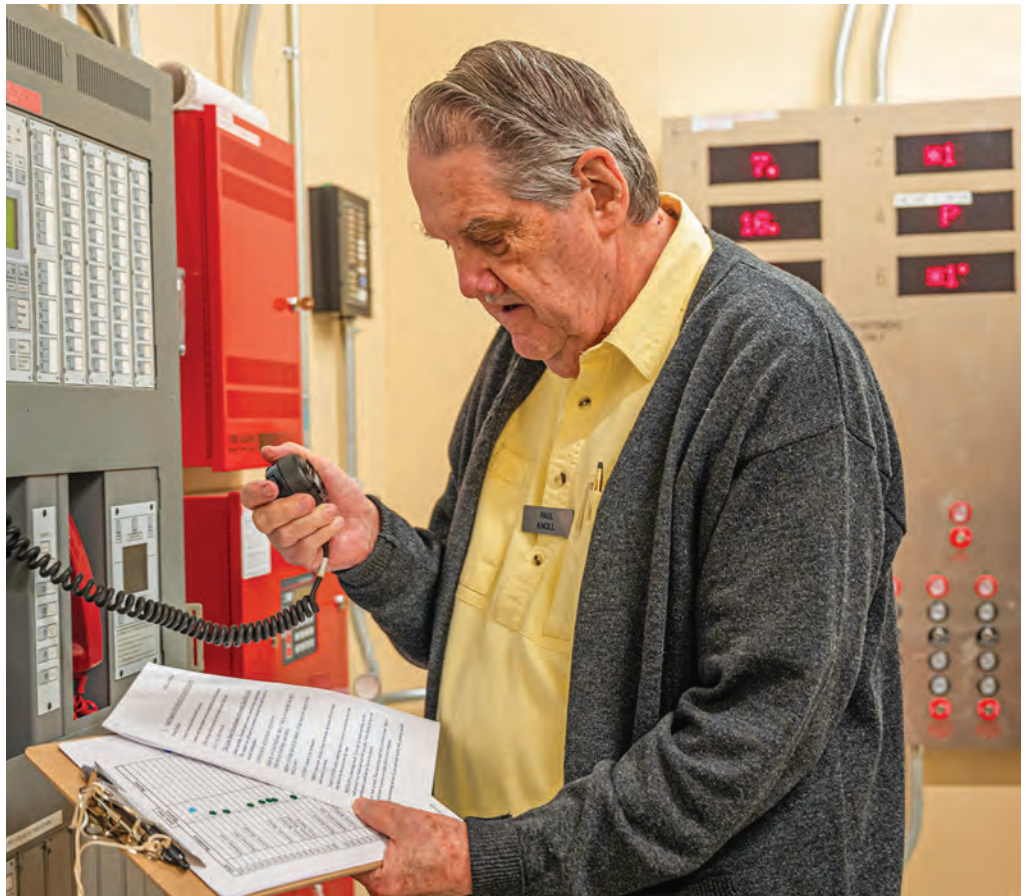
Post-earthquake life will be more difficult than during the pandemic because it will likely be weeks before we get outside help, including from professional emergency responders. They will be busy dealing with the

mass casualties from both the coastal tsunami and from collapsed older buildings in other parts of Portland and elsewhere.

South Waterfront high-rise buildings, including Mirabella, were built to structurally survive the expected quake and allow us to practice "urban camping" with a roof over our heads.

Mirabella administration and its parent company, Pacific Retirement Services, will do all they can to support us, but impassable roads and bridges may make it impossible for outside help to get here or to transport us to safety elsewhere.

During the October drill, residents practiced the first post-earthquake steps. After getting up from the initial "drop, cover and hold on" stage of simulated shaking, residents collected the emergency response clipboards from



Emergency preparedness leader Paul Knoll runs Mirabella's Great ShakeOut 2020. Photo by Stanley Berman.

their trash rooms and began working on the emergency response checklist they found there.

Residents checked on their neighbors to see who was here and that they were okay. A mobile team checked public areas of the building and recorded the names of

residents they encountered. In a real emergency, the teams would have conducted triage to find and treat any injured person who could be saved.

Both the mobile team and resident floor teams participated in an emergency radio drill to confirm radio contact with the building incident command center. All teams filled out a resident roster form that indicated who was present

*Having good plans in place will make it easier for us all to recover from a disaster*

and their medical status.

The command center tabulated the team reports on a master resident list to determine who was accounted for and who was missing. In a real disaster they would also note who needed medical assistance and activate the resident medical team.

Residents discovered opportunities to improve the radio check-in and data collection processes in future drills. Having good plans in place will make it easier for us all to recover from a disaster and adapt to the changed circumstances, just as good plans are helping us survive the pandemic.

Mirabella's administration helped in the Great Shakeout by participating in the resident radio check-in drill on behalf of assisted-living residents and by conducting a separate emergency response drill with health center staff.

Mirabella residents also participated in a South Waterfront neighborhood radio drill.

Vigilance yields resilience. Continuing to drill and improve our procedures means we will survive and be resilient. ■



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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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# Sharing Our Meaningful Memories

## My Taste of Honey

by *Gwen Luhta*

I WAS FOURTEEN AND READY for adventure.

Barrie, Ontario's one-room country school, where I had gone through grade eight, had closed for the summer. My mother asked me if I would like to help a woman who needed assistance around the house. I said yes, so off we went in our DeSoto 8 automobile.

Fred and Edna Sith lived about five miles from our farm, in a huge old red brick farmhouse with a vast veranda. They did not run a real farm like ours but an apiary, and made honey. For several weeks I did the dishes, picked vegetables from

their garden, cooked meals, made beds and cleaned the house.

The highlight of that summer came when their grandson arrived from Toronto to help his grandfather Fred harvest the honey. Rod was a tall, handsome young man. I could not take my eyes off him.

Fred taught us how to scoop up a handful of honeybees without getting stung. Don't put your hands on top, he warned us; put them on the bottom and then scoop the bees up.

It was a good summer learning how to work for others and how honey was made. Rod paid more attention to making the honey than to the little farm girl who made his meals. ■



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## I Really Need This Job

*'I really need this job.  
Oh, God, I need this job.  
I've got to get this job.'*

by Pam Lindholm-Levy

**A** YEAR AFTER I ACTUALLY GOT THE JOB, THESE LINES FROM "A Chorus Line" resonated when I heard them on the new Broadway cast album.

When I needed the job I was a newly divorced mother of a boy 3 and a girl 6. In the spring of 1974 the monthly maintenance, a nicer term for alimony, which is what movie stars got when they divorced in Reno, barely covered expenses: the house payment, the preschool tuition, piano lessons, car repair, not to mention the heating bill for a house that never seemed to be warm enough, a house that was too big for the three of us and yet one we seemed to fill with music, toys and friends.

I didn't think the job would suit me, but as I said, I really needed this job. The tip had come from the wife of someone in my ex's office who worked in the same lab. As a bonus it was only two miles from home.

The lab was looking for someone for tuberculosis bacteriology. My experience with TB work in the small lab I had worked in before hadn't been interesting. We processed specimens and smeared a sample out on glass slides, stained them, and must I admit, let them sit in a box until, on some quiet afternoon, there was nothing left to do but examine them.

At the microscope, scanning three times across and back, I sang Broadway songs to myself just as I had at Blue Lake

cannery in Salem when I worked there summers during high school and college: "South Pacific," "Oklahoma," "Guys and Dolls," "Kiss Me Kate." Ask me today and I'll sing one for you. 'Some Enchanted evening, you may see a stranger.....'

How wonderful that in this new job I didn't have to look at stained slides. Someone else did. I worked with the bacteria after they grew up in petri dishes, which happened about once every two years in my old job. Here, there was a whole ward of TB patients, so we expected positive cultures. I would sometimes tell the bacteria that they could potentially kill me, but I wasn't going to let them. I was going to run them through a series of tests and then I was going to kill them.

There's another song from "A Chorus Line" that came to fit my job: 'What I Did for Love.' I ended up loving my job. There's a saying that one is blessed to be at one with one's work. I was blessed. ■



## First Lesson in Volunteering

by Mary Bishop

ONE COLLEGE CHRISTMAS VACATION. I RECEIVED A surprising lesson in volunteering.

My father's friend Sam Diack, a doctor, a World War II veteran and a science enthusiast, stopped by, and I came by to listen to them.

After a bit I started to slip out of the room. But Sam pounced. "What are you up to while on vacation?"

I sputtered, "Well, a paper." In truth I was sitting around hoping for a phone call and date.

"I have just the job for you. Come to OMSI at nine tomorrow."

The fact that I did not really know what OMSI was – few people did although it had been in existence since 1896 – or where it was seemed no problem so the next morning I was off to NE Hassalo St. where OMSI was.

The area was new to me, but I found the modest brown bungalow – no large OMSI sign – and marched up the stairs. The door opened to a small hall with a room to the right set up as an office with a desk and files and Sam. On the other side was a room with a gyroscope, a gerbil clambering around a wheel and a black phone.

Sam greeted me with a smile. "This is going to be easy." The first red flag. "All you have to do is call this list and remind these doctors of their gift to OMSI." Second red flag. I did not really know what OMSI was but felt there was no backing down.

So into the room with the gerbil I went and started dialing. I relaxed a bit when nurses answered the call and kindly took messages. This was easy.

Then disaster. A doctor – the first male voice – answered. I gave a weak spiel and ignited an eruption.

"What depths has Sam gone to, getting a young girl to make his calls? You tell him to take his \*\*\*\*\* request and \*\*\*\*\*"

I hung up, dashed across the hall and told Sam what had happened.

He roared with delight, "You did it. You hit pay dirt. You are wonderful."



I was totally perplexed. The doctor had been furious. Why did this work? Why was Sam pleased? I certainly wasn't.

Years later when I started volunteering for United Way, I realized what a valuable lesson I had received on that December day. First, listen carefully before you plunge. Second, know your organization before you ask for money. Third, know your donors before you ask.

But the best lesson I gained was that volunteering is rewarding in surprising ways. ■

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Su Thai Kitchen offers red, green, yellow and pumpkin curry, which features tender chunks of pumpkin in a spicy sauce, and with either chicken, pork or tofu added, for only \$8 – unless you want to add an extra dollar to the tip jar.

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Food cart hours are 11 a.m. to 5 p.m., Monday through Friday. You can call them at 503-462-5746.

*Review and photo by Nancy Moss*





# How Cleaned-Up Was My River?

by Pete Swan

**Y**OU MAY HAVE HEARD, “DON’T EAT FISH CAUGHT IN THE LOWER Willamette” and mutters of carcinogens found in the bed of the river. Projects to remediate these problems have taken years. One of them, on our doorstep, lies several years in the past, the other in the so-called downtown reach just recently completed.

Even before it began building sea-going barges, Zidell operated the largest ship-breaking operation in the United States where it dismantled approximately 340 World War II Liberty (cargo) ships. According to War History Online, the scrap from the ships contained cancer-causing asbestos and PCBs (polychlorinated biphenyls).

Other records speak of PAHs (polycyclic aromatic hydrocarbons), TPHs (total petroleum hydrocarbons),

and copper, chromium, lead, and mercury. Much of the remnant metal was sold and hauled away. Nevertheless, contaminated fragments remained on land, some of which leached from the bank into the river.

Zidell agreed, in 1994, with the Oregon Department of Environmental Quality to voluntarily clean up the site. The National Marine Fisheries Service issued a biological opinion in 2011 that allowed Zidell to largely avoid costly dredging of sediment, and instead approved lower-cost caps over the contaminated sediment.

Even so, hot spots along the riverbank had to be removed. Sixteen acres of contaminated soil/sediment had to be “capped” with clean sand, dirt, and gravel and at least 15,000 native plants were placed along the bank. In all, 194,000 cubic yards of fill were required and 20,000

*(see Cleanup p. 34)*

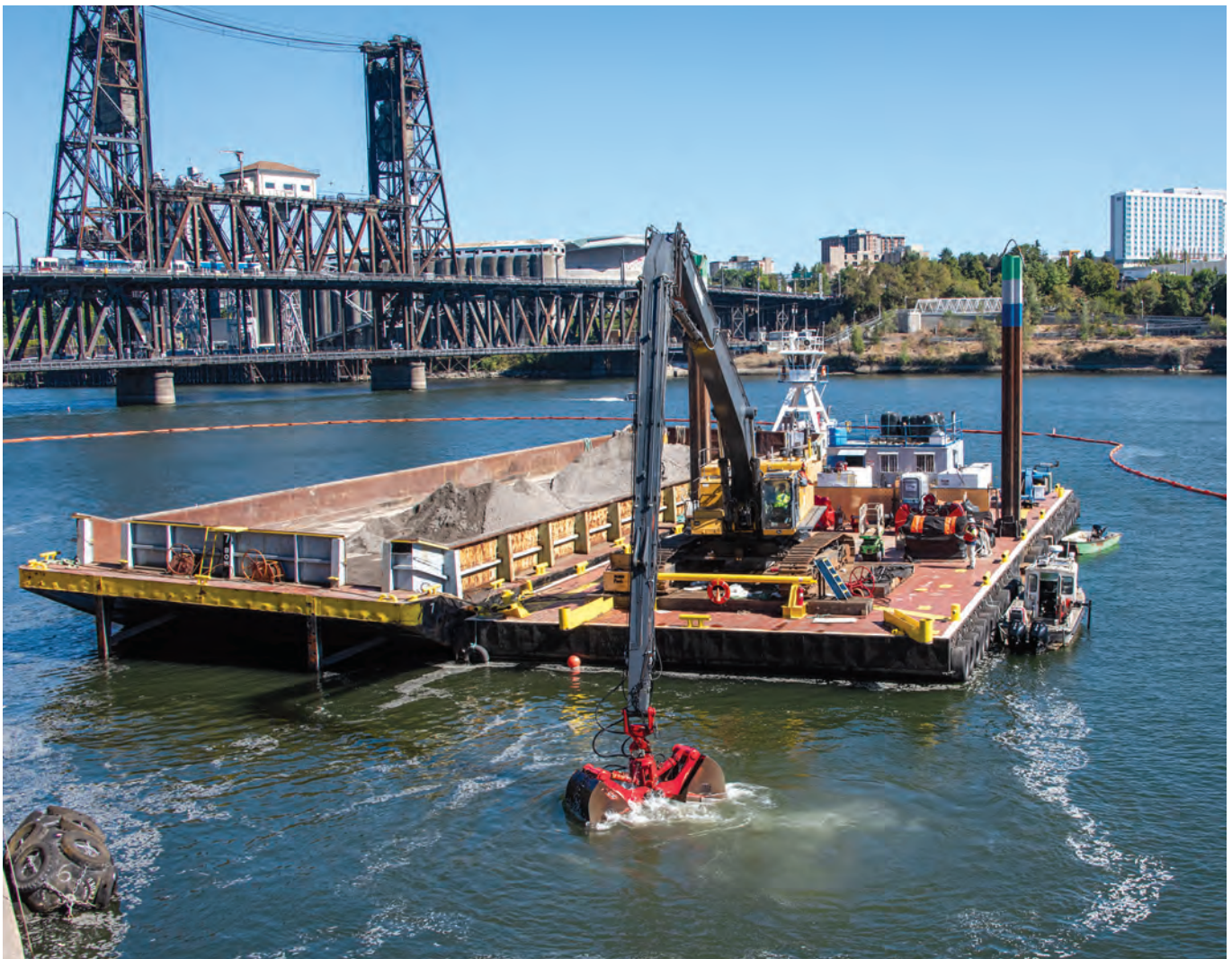


Photo by Robert French.

cubic yards of contaminated soil was removed from the land portion of the project.

Zidell hired the Vancouver, Wash., firm of Maul, Foster, Alongi, [MFA] to engineer and emplace a mat composed of two layers of a geocomposite material sandwiching a one-centimeter layer of "granular activated carbon and an apatite mineral". This mat was laid along 3,000 feet of

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*Walking or biking along the downtown Greenway this summer, you might have seen an unusual flotilla on the west side of the river.*

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bank and onto the near riverbed. MFA also removed 2200 pilings from Zidell's stretch of the river (requiring a permit from the U.S. Army Corps of Engineers).

MFA commissioned an 18-minute advertising video of the project, which can be viewed by going to the MFA home page and, under videos, clicking on Zidell. This mat-cap solution was estimated to be at least 10 times less expensive than dredging. Under water and further from the bank, Zidell added smaller (as opposed to boulders), 2½" smooth rocks on top of a soil cap because that was known to be more salmon-friendly.

Zidell spent more than \$20 million on the cleanup. The War History Online website stated (quoting a report from Oregon Public Broadcasting) that Zidell was "able to get much of their money back from insurance companies and from the federal government which supplied the ships." The project was finished in 2012.

Fast forward to the present day. Walking or biking along the downtown Greenway this summer, you might have seen an unusual flotilla on the west side of the river just upstream of the Steel Bridge. This was the hardware component of the clean-up of the old Portland Gas Manufacturing (PGM) site. The project was undertaken by PGM's ultimate successor-in-interest, Northwest Natural Gas.

The cleanup plan was formulated (with DEQ oversight and approval) by Anchor OEA and carried out by Severson Environmental Services. Although some reaches of the river are Superfund sites (under jurisdiction of the federal Environmental Protection Agency), the PGM site is not a Superfund area.

PGM (aka Portland Gas Company) came onto corporate being in 1859 and made methane gas from coke. Its gas was used to fuel lamps along early-Portland's streets. When electric lines and incandescent lights became readily

available, PGM's lamp-lighting market vanished. Its last plant closed in 1957.

Earlier, DEQ's Downtown Portland Sediment Characterization project [DPSC] had found PAHs, PCBs, TPHs, pesticides, and metals in river sediment. The physical phase of the PGM cleanup began in mid-summer and concluded this October. Due to fish migration, the work needed to be finished by October 31.

Twenty-two carefully positioned core samples were taken and analyzed to determine chemical characteristics, contamination, establish three-dimensional profiling, and evaluate dredgability and treatability. A high-resolution sonar scan, integrated with an inertial motion sensor, was then used to develop a 3-D dredging plan.

An impressive array of technology and equipment was involved in the PGM project. An 800 hp tug was in the flotilla to reposition the barges. It included a moonpool, a 40' x 40' watercraft that drops impermeable curtains from the surface to the river bottom to surround the dredge and thus reduce turbidity.

The dredge, a barge-mounted 60-ton digger, was kept on position by real-time kinematic software (DREDGEPACK) accurate to one-tenth of a meter. The human operator could see, on a screen, a three-dimensional view of the underwater dredge bucket accurate to within three-tenths of a foot. Even water-depth fluctuations resulting from tide or barge loading were taken into account by DREDGEPACK.

A water-management barge with a 182,000-gallon capacity de-watered the dredge spoil. The water leaving that barge was not returned to the river but sent to the city-owned treatment works for further purification.

Scows with watertight cargo bays received the spoil and transported it to a Portland berth where the spoil was amended by adding/mixing (5% of total) Portland cement.

The amending process reduced leachability upon ultimate disposal. Following amendment, five spoil samples were analyzed to ensure detection of benzene, chromium and other toxic, corrosive, or ignitable compounds. The last transport leg took the treated spoil to The Dalles where it was transferred to a landfill.

The penultimate phase of the project was to cap the remaining sediment. The cap consists of sand, gravely sand, "armor stone" and granular activated carbon. These materials arrived by scow and were deposited by the same equipment that did the dredging.

An ongoing phase of the project will be to implement the Monitoring, Performance, Education Contingency Plan.

These costly and technical efforts certainly have furthered the commendable effort to clean and restore our river. But for now, don't eat the fish! ■

# Dog Day Overnight

I'LL NEVER FORGET THE EMERGENCY PHONE CALL WE GOT RECENTLY from our beautiful daughter, Suki.

My lovely wife, Adrienne, and I had just snuggled in together on our sumptuous blue leather couch with a large box of heavily buttered popcorn to enjoy yet another exciting evening of TV in our den.

Suki's voice, usually sweet and low, was high and very loud this time, her speech rapid, basically a scream. It made me so nervous that I dropped most of the hot buttered popcorn on Adrienne's gorgeous antique hand-woven silk Persian rug. Adrienne, also now screaming, immediately sprung to action – not to take the call, but to save her rug – while I slipped discreetly into the bedroom with the phone so that I could hear Suki yelling. My heart was pounding so hard I could hardly hear Adrienne, still shouting in the den.



Larry Braverman

"What's wrong?" Suki asked, suddenly calm. "Is everything all right there? Why is mom screaming?"

"Nothing out of the ordinary," I replied discreetly. "Why were you yelling?"

"We need help," she explained. She and her husband, Roger, and their two babies had been invited to go to a friend's mountain cabin for the long Thanksgiving weekend, but their dog, Ollie, was not included. Ollie, short for Oliver, is a mix of collie and lab, black as coal, large as a small pony, and has the personality and soft brown eyes of a doe.

"Can you babysit him, just for one night?" she asked plaintively, the way one's kids manage to do so skillfully. "We will bathe him twice," she promised, "and brush him until his skin squeaks."

"Sure," her mother chirped sweetly on our living room extension, her voice now totally under control, before I could scream out a decent excuse as to why not. Of course, at this point it was too late to voice a legitimate concern ... without coming across as the heavy, as I usually (read always) do.

And so, the "die" was cast ... so to speak. In other words, we were dead. Ollie was ours for Saturday night.

I suspected from my limited experience with Ollie that there were five potential catastrophes awaiting us, which I wisely kept to myself.

Ollie would pee and/or poop on our sumptuous blue leather couch; or

Ollie would pee and/or poop on Adrienne's gorgeous hand-woven silk Persian rug; or

Ollie would pee and/or poop in the crowded Mirabella elevator; or

Ollie would pee and/or poop in front of the always busy

concierge desk; or

Ollie would manage to do all four of the above during his single night stay at our apartment.

And so, after Suki hung up, I cleverly lay down the required ground rules if I were to go along with this madness.

Suki would deliver Ollie to us while Adrienne would be responsible for the simple task of taking Ollie for walks, as needed, and/or cleaning up all of Ollie's messes; I would take care of the complex ordeal of transporting him back to Suki's house first thing Sunday morning.

I pointed out that my huge responsibility subjected me to the enormous potential risk of Ollie peeing and/or pooping in the car while being transported down I-5 by yours truly. I didn't mention that I planned to secretly calm him down with an extra large dose of Organic Stress Diffuser Pet Relaxer for Dogs.

As it turned out, Ollie was hardly any problem at all. Adrienne merely took him for a walk every time he twitched — I think it added up to about 20 times, including several strolls between midnight and 5 a.m., which I personally found very irritating because it interrupted my sleep.

In the short intervals between walks — with no babies to bother him — Ollie napped either on our sumptuous blue leather couch or on Adrienne's gorgeous antique hand-woven silk Persian rug.

Frankly, there was no way to stop him, short of tying him to the toilet. Besides, Suki had bathed him twice and brushed him squeaky clean. It was obvious to me that Ollie thought he was in dog heaven.

The only problem was, when his short glorious holiday vacation was over, he didn't want to go home.

In fact, Adrienne had to drag him out the door, into the crowded elevator, and past the always busy concierge desk to our car where I was sitting patiently, reading the Sunday New York Times.

And, oh yes, on the return trip to Suki's house, despite my brilliant plan, he messed up our once-immaculate vehicle — including the Times -- so badly that I had to have the car professionally cleaned and fumigated. Frankly, I don't think the car will ever be the same. I know the Times won't.

"You never want to give Ollie any stress relaxers," Suki gently informed me much too late. "He's allergic to them. Believe me, we have tried."

Now guess who was screaming.

*Editor's note: Former 3550 columnist Larry Braverman cheered us with his warm and humorous stories. With his permission in this holiday season, here is one he wrote about caring for his daughter's dog over Thanksgiving. It first appeared in December 2014*

# Frog Ferry Finances, Sustainable Services Studied

*(Editor's Note: The Frog Ferry proposal was also described in the March 2020 issue of 3550.)*

by Pete Swan

**A**S A TOURIST WOULD YOU LOOK FOR A WAY TO EXPLORE Portland's riverfront? As a resident of the Rose City would you enjoy a tranquil way to get to OMSI or to Lake Oswego? As a commuter from Vancouver, how about a way to avoid the horrors of I-5 or 205 traffic? The folks behind the Frog Ferry proposal think they have the answer. Their idea has gone from a run-it-up-the-flagpole-and-see-who-salutes-it dream to a specific concept complete with funding for an operational feasibility study.

Susan Bladholm is the president of Friends of Frog Ferry. She has served in the Oregon Department of Economic Development, was the director of corporate marketing for the Port of Portland until 10 years ago, then worked for an economic development non-profit, Greater Portland, Inc., and Erickson Helicopters. She turned her attention full-time to the Frog Ferry project two years ago.

Bladholm is also a licensed pilot and got her first flying lesson at age 16. Along the way, she was the founder and executive director of Cycle Oregon.

Bladholm has visited Seattle, San Francisco, and reached out to Washington D.C. and Boston to learn about those cities' ferry services. She appears to be a master at networking and getting pro-bono contributions of service and knowledge.

The Friends of Frog Ferry is now an Internal Revenue Code 501(c)(3) corporation. There are six persons on its board of directors.

The name "Frog Ferry" is derived from native American mythology. Snake and Coyote gave Frog the secret of weavable fiber. Frog then wove the first fishing net, thereafter used by the Chinook people of the Columbia River.

In 2019 Friends of Frog Ferry received a \$200,000 STIF (Statewide Transportation Improvement Fund) grant. This year, they received a \$300,000 grant from the Murdoch Trust.

The Friends envision seven catamaran-type, pedestrian-only vessels having a seating capacity of one-hundred persons. The double hulls will be of a composite material,

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**The Chinook say that Snake and Coyote gave Frog the secret of weavable fiber; Frog wove the first fishing net.**

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a feature that should make for a relatively quiet ride. The engines will run on R99 (diesel) fuel that is said to offer an 88% reduction in harmful emissions. The boats would have a top speed of 24 knots (over 26 mph), but wake sensitivity issues would call for slower speeds.

The ferries would run from Vancouver to downtown Portland. When that first phase was shown to be an economic success, a later phase, with a route from downtown to West Linn and Lake Oswego, could be activated. The boats operating in Phase 1 would be 90 feet long, have a capacity of 100 passengers, and would necessarily have a sleek, low profile to pass under the Steel Bridge. Smaller, 65-footers seating 70 would be used for the up-river service.

The hoped-for utilization would be 3,000 passengers a day and 800,000 per year. The Vancouver/Portland express-service trip is estimated to take 55 minutes with one stop at Cathedral Park in St. Johns. The ferries are projected to run every 30 minutes during rush hours. The express service, oriented toward commuters on work days, would be offered year-around.

An express service would start in Vancouver (or Portland), have only one intermediate stop at Cathedral





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Park, and finish in Portland (or Vancouver). Other proposed stops (not on the express runs) are Swan Island, the Convention Center (Duckworth Dock), downtown (Salmon Street at Naito), OMSI, Milwaukie, Lake Oswego and Oregon City. The latter three stops will await the second phase and would require a separate ticket for the smaller boats. Special service might also run for Blazer games or Rose Festival events. One "downtown" stop could well be in the South Waterfront. The entire distance from Vancouver to Oregon City would be 21.6 miles.

Terminal sites will be based on location, accessibility (parking, public transit), and available infrastructure. Build-out of the terminals is envisioned to include covered gangways to a float, lighting, security, and ticketing machines. The docks will require some open space, lighting, ticketing machines, as well as being easy to approach and moor.

An early study modeling demand has already been delivered, but the study was predicated on PBOT and Tri-Met data which only pertained to surface transport. Nevertheless, the conclusion was that there was "adequate demand" to justify further planning. A 2021 report by an out-of-state consulting firm will have data from other cities

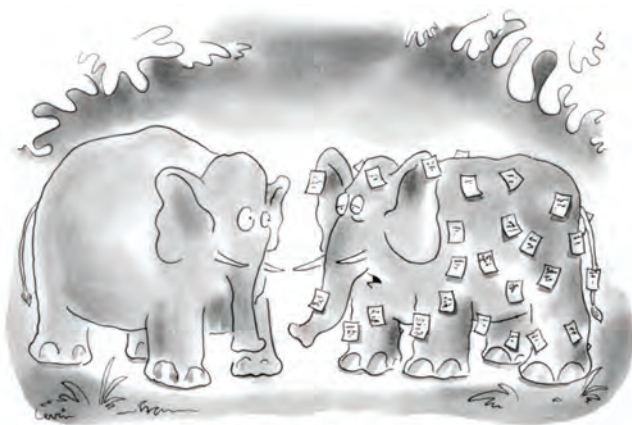
and should be more accurate in forecasting ridership on the ferries.

Projections for funding show capital costs of at least \$40 million (that includes the seven ferries), and recoverable annual operating costs of \$6.8 million plus an annual subsidy of \$2.5 million. Ticket prices are modeled at \$5 a ride; seniors, veterans, and low-income passengers would be charged \$3. Young children may be charged a presently undefined discount price. That ticket revenue would cover only 45% of the modeled operational costs, thus the need for the subsidy.

The Friends recognize the need for a public/private partnership and will be actively seeking both partners and sponsors. There is also a possibility of federal funding with an 80/20 (fed/local) ratio.

In 2021, the Friends expect to receive a "triple bottom-line" and ridership demand report to further refine modeling and to flesh out any prospectus.

The planning goal is to have an operational service by 2024. So look ahead a little, and you may see yourself riding a Frog Ferry! ■



*"As I get older, I find I rely more and more on these sticky notes to remind me."*

CartoonStock.com



# Sex Education?

By Kathy Suri

REMEMBER, AT ABOUT THE AGE OF 4, GETTING IN THE CAR with Mom, Dad and my sister Laura and asking the question: "How can they tell whether a baby is a boy or a girl when it's born?" Mom told Dad that he should explain this and while I have no idea what he said, there were lots of hems and haws and tremendous embarrassment among all the adults.

It was pretty clear that this particular subject matter was not one my folks could talk about easily. Later on, when we lived out in the country, I witnessed our dog connected to another dog and yelping as if both were in pain. I asked Mom what was happening, and her answer didn't elucidate the event for me.

Fast forward to fourth or fifth grade, where they show girls the film on menstruation. The egg popped off the ovary and traveled down the fallopian tube to the womb. If the film showed a sperm, there was no indication how it got there.

Movies in the 40's and 50's were a lot tamer than the stuff you've seen even at an early age. A kiss on the lips was very sexy stuff, so when I

started contemplating how the sperm made it to the egg, I concluded that it passed between the lips; Nobody had explained internal anatomy to me.



When I was 16, my friend, Taffy Copper, who went to a country school, enlightened me with the real facts. I was absolutely astounded and wasn't sure I believed her. So we ran down and I asked

Mom if this were so. She confirmed that indeed it was.

When I became a parent, I faced dealing with sex education with my kids. My first line of defense was a little book, "Where Did I Come From". Of course, I didn't anticipate my daughter Sharon's sharing the book with our neighbor Gina over the fence.

Gina gave me some funny looks, but I think she has forgiven me. ■

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# Remembering Rolf

by Nancy Moss

**A**T FIRST, MIRABELLA RESIDENTS WITH PHYSICAL LIMITATIONS had to bend down and strain to enter its town car or make their way slowly up the steep steps of its bus.

Then Rolf Glerum and the Glerum family donated funds for the specially equipped NancyVan, named for his wife, a Mirabella resident who faced those challenges before she died. The van still takes residents to their destination in comfort.

Both stylish and practical, the NancyVan typified Rolf.

Rolf also dreamed up Creativity on Display (COD), a monthly showcase for Mirabella's artists and photographers. He not only started COD but photographed each monthly artist and kept a meticulous scrapbook, a record of COD's history.

As a Mirabella Player Rolf's Mr. Haha Jones, in Truman Capote's "A Christmas Memory" embodied a Really Scary Indian who hid a warm heart.

Rolf was RAMP's third president, serving from 2013-14. Perry Walker, RAMP's first president, says that Rolf was

a "good listener, a thoughtful observer" whose "sense of humor made tasks more enjoyable."

A lifelong Republican, Rolf started Defenders of Democracy, residents from both political parties who believed President Trump was destroying American democracy. They invited speakers and used email to share articles.

Writing for 3550, Rolf called upon intimate Portland knowledge gained during his long career as an advertising executive, as he invited readers to join him in exploring the city's past. He would explain the origin of street names, the foibles of past politicians, talk with gusto about restaurants and storied bars where a good time was surely waiting. In his genial company the past came alive.

Rolf was a Swiss army knife of a man, unassuming but helpful in unexpected ways. ■



Rolf Glerum, India 2017.

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*—Donald Marshall, Mirabella resident*

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