

3550



March 2021

a publication by and for the residents of Mirabella Portland



Ed Parker
Co-Editor



Barbara Gaines
President

THE NEW NORMAL WON'T BE LIKE THE OLD NORMAL. AND IT will take a while to get there.

Now that most of us have been vaccinated, we may be tempted to give a sigh of relief and relax our vigilance. That could be a mistake.

The virus that caused the pandemic continues to evolve. It recently has become more contagious. Further mutations are possible. The scientific understanding of the virus, the disease, possible treatments, vaccinations and other prevention measures will also evolve.

Vaccine trials showed that our vaccinations should be up to 95% effective in protecting us from the virus variant circulating during the trials. The best current evidence indicates they should also be effective against the more contagious variants now circulating.

But while the virus continues to circulate in the general population, we still risk being in the 5% instead of the 95% or being at risk from a mutated virus. Even without symptoms, we might still transmit the virus to someone else.

The percentage of a population needing to be vaccinated before a virus stops circulating ("herd immunity") depends on how contagious the virus is. According to the World Health Organization, that measure is 95% for measles and 80% for polio. What it will be for this new disease remains to be seen.

With excellent support and advice from Mirabella administration, we have followed the mask-wearing, physical distancing and frequent-hand-washing routines that have kept us safe. Mirabella will ask us to comply with all federal, state and local government guidelines for as long as they remain in effect.

Until the virus stops circulating among the people that we meet outside Mirabella, we should continue safe practices. We shouldn't let down our guard now.

Expect the new normal to continue like some of the present. We may keep some new skills, including using Zoom to socialize. What kept us safe from Covid-19 also kept us safe from common colds. ■

WHEN I LEFT YOU IN DECEMBER, I SAID RAMP WOULD pivot to things we could control in these pandemic times and pause everything else. I had planned to use a survey from a sister campus to assess how we might move forward. A brief review of our committee minutes proved that to be unnecessary. It gives me pleasure to report a few of the productive changes our committees have accomplished.

Our committees and interest groups are improving how they operate, making good use of Zoom. Thanks to Pam Levy's work on the Miranet pet page, our 14 dogs and 21 cats have real personalities with identified homes, a photo gallery and, if your imagination works like Pam's, a book club.

The foundation committee established a set of fundraising goals for the first half of 2021. The library committee will try out a new checkout system for better inventory control and accountability. The woodshop committee rewrote their safety protocols and converted their policies to a reader-friendly question and answer format.

Committees surveyed residents to find their preferences for channel 981 programs, fitness and wellness concerns, and needs for transportation to medical appointments. We now have thoughtful Thursday on channel 981 on a regular basis. We have new fitness and wellness classes with more information about the classes developed by our new wellness coordinator, Jamie Mathieu, making us better able to maximize our wellness level. The resident health and transportation committees jointly proposed to administration a new medical transportation fee schedule. The green subcommittee of buildings and grounds continues its employee scholarship work through the Bottle Drop program. They also helped us better understand the issues of climate change by contributing two programs to the thoughtful Thursday line-up.

I want to personally thank our committees for their commitment to making life at Mirabella a positive experience in this unusual time. I also want to thank them for keeping their focus while embracing necessary and useful changes. ■



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 Rachel Iatarola,
 Mirabella's
 chef de cuisine, works to
 increase the variety of
 Mirabella dining menu
 choices. See profile on
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 Robert French



BACK COVER:
 Resident photo
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100% Vaccination Participation Is Amazing

MIRABELLA NURSES ADMINISTERED 477 doses of the Pfizer Covid-19 vaccine in four different clinics at Mirabella on Jan. 21 in a process with no problems or delays.

Every Mirabella independent living resident was vaccinated in the 24th floor clinic. Yes, 100%. It is unheard of to have 100% agreement and participation in anything when that many people are involved, but Mirabella did it.

Residents of the second-floor health center and assisted living got their second vaccine doses the same day. A separate staff clinic in Willamette Hall gave second doses to staff who had previously had their first dose and first doses to staff who were not eligible or otherwise missed the first opportunity earlier.

Executive director Sharon McCartney won her bragging rights competition with the executive director at Mirabella Seattle, which reported 98% participation among their independent living residents.

“What an amazingly overwhelmingly beautiful day! I am so proud of our staff and how well they powered through 477 vaccinations. And getting a chance to see



Bill Renwick, first Mirabella independent living resident to get a Covid-19 vaccination, being checked in by executive director Sharon McCartney. Photo by Stan Berman.

all of our residents in person, some for the first time in over nine months, was unbelievably delightful,” Sharon said.

She reported that plans for the second dose clinic on Feb. 11 needed only minor changes since few opportunities for improvement were found.

—Ed Parker

Portland Businesses Say Downtown Unsafe

BUSINESS OWNERS IN DOWNTOWN PORTLAND SAY THE central city, with its boarded-up windows, graffiti and sprawling homeless population, is not safe.

In a survey conducted over the last six weeks of 2020, more than 60% of downtown merchants said the area is unsafe, a plurality citing the Covid pandemic as the single greatest cause, not only because lockdowns have dried up the river of downtown customers who keep businesses alive, but also because without those customers in stores, hotels, restaurants, bars and other businesses, the streets have been abandoned to those who do mischief. Perhaps 2% said the area was “very safe.”

The survey was conducted by Downtown Portland Clean and Safe, a nonprofit promoting a healthy downtown.



Bill Renwick getting his vaccine shot. Photo by Stan Berman.

Among the findings:

- Covid has kept customers and workers away from downtown.
- The number of homeless on downtown streets has risen substantially during the pandemic.
- Vandalism, including smashed windows and graffiti, have followed the sometimes-nightly protests that turn ugly late at night when protesters go home and vandals and other criminals take over.
- A third of downtown businesses said they plan to relocate within two years. Of those, 94% plan a move out of the central city.
- Some 57% reported a decline in revenue, and of those 83% believe recovery will not come for at least two years, some seeing recovery only after more than three years.
- Downtown is filthy. Some 86% of respondents said cleanliness needs to improve – citing leavings of the large homeless population and substance abusers, as well as graffiti and vandalism.

Moss Play Headed to Short-Play Festival

IF MIRABELLA HAD A PLAYWRIGHT LAUREATE, THAT WOULD BE NANCY Moss, who also serves as co-editor of 3550.

Her play “Detained,” which was selected for the 2020 Fertile Ground festival of plays, has been picked once again for local staging, and this time you don’t have to leave home to see it.

It is to be presented virtually during the Chapel Theater Play Festival, by the Chapel Theater in Milwaukie, Ore., during the short-play festival in early March.

The play is based on a real incident in Spokane, in which a young Hispanic man was taken off a bus.

“What makes it fun,” Nancy told 3550, “is that the Hispanic guy was a comedian – so I get to write some jokes, jokes I thought a Hispanic guy might write.”

The festival operators selected short works by local playwrights and cast local actors in them.

The theater says plays will be “released online to audiences” March 5 through 7, with tickets available through the theater website, www.chapeltheatremilwaukie.com.

At press time, how exactly one would watch the presentation was apparently unresolved. More information should be available by 3550’s publication date from the theater’s co-artistic director Illya deTorres at (971) 350-9675.

The theater website says, “We will pre-record each play and release four plays each night for three nights. Audiences and a panel of judges will be given a week to watch each play, at which point they can vote on a multitude of preferences.”

—Steve Casey

South Waterfront Protests Resume

PROTESTS, VANDALISM AND UGLY CONFRONTATIONS RESUMED IN South Waterfront on Jan. 20 and again on Jan. 27 as demonstrators gathered in Elizabeth Caruthers park and were greeted with tear gas and non-lethal weapons when they approached the Immigration and Customs Enforcement (ICE) building on Bancroft street.

Mirabella staff, who monitor social media to learn when protests are planned, took in all outside furniture and trash containers and expanded security staffing. There were no Mirabella impacts except for police sirens, flashing lights and crowd noise.

Parents of children at the Cottonwood School of Civics and Science, a public charter school on Bancroft, adjacent to the ICE building, are concerned about the continuing protests. The school hopes to reopen this spring.

“There have been lots of tear gas and munitions used by ICE to disperse protesters, and we’re seeing the munitions coming into our play yard,” Amanda McAdoo, director of the Cottonwood school, told Oregon Public Broadcasting. ■



Grffiti at entrance to ICE building after Jan. 27 protest. Photo by Robert French.



Protesters gather in Elizabeth Caruthers Park for Jan. 20 march on ICE. Photo by Robert French.

Mirabella Charged Up for an Electric Car Future

by *Mary Finneran*

IN DECEMBER, MIRABELLA INCREASED TO SEVEN THE NUMBER of electric-vehicle charging stations. Mirabella is also exploring the possibility of having a loaner electric vehicle for resident use.

The funds came from a grant from Portland General Electric through an organization called SAGE (Seniors Advocating for Generational Equity). SAGE is a Portland-based organization that encourages older Americans to lead in cleaning up the environment for future generations. Mirabella residents Bob and Cecelia Huntington are founding members of SAGE.

Renee Hix, director of marketing, says, "Prospective residents who have electric vehicles, or are planning to purchase one, are very happy to hear that we have charging stations. In fact, I've talked with prospects who've said this is a high priority as they consider which community they will select."

Rick Thompson, assistant director of facility services, has worked closely with the resident green subcommittee to make this project happen.

Mirabella established a relationship with SAGE's executive director, Steve Higgs, through Portland's consortium of six continuing care retirement communities. Higgs serves as an advisor to the consortium's steering committee. In August 2019, he invited CCRCs to apply through SAGE for the PGE grant.

Mirabella resident Judy Seubert, a member of Mirabella's green team, worked with Thompson and executive director Sharon McCartney to prepare Mirabella's application.

As part of this project, Mirabella residents may soon have the option of signing up for an electric vehicle car-share program. The Pacific Retirement Services legal department is attempting to resolve liability and insurance issues to make this possible.

Mirabella car owners rent regular parking spaces for \$110 per month. To offset the electricity cost, electric vehicle owners pay \$125. ■



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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New River Rules Improve Water Sport Safety

THE OREGON MARINE BOARD ON JAN. 27 APPROVED NEW rules to make water sports safer and protect riverside property in the section of the Willamette River near Mirabella.

The ruling was the culmination of a three-year effort by a coalition of paddle and rowing sports organizations, marina owners, floating home moorages and the

The stretch of river between the Hawthorne Bridge and the Waverly Marina (near the Sellwood Bridge) will be a pass-through-only zone for wake-producing motorized watercraft.

Willamette Riverkeeper, a non-profit environmental organization devoted to protecting the river.

The stretch of river between the Hawthorne Bridge and the Waverly Marina (near the Sellwood Bridge) will be a pass-through-only zone for wake-producing motorized watercraft. Jet boats must follow the pass-through-only rules.

No towed or wake-jumping sports will be allowed. Personal watercraft, such as jet skis, will have a five-mile-per-hour pass-through speed limit. Jet ski circling and jumping will be prohibited.

Mirabella residents who are dragon boat paddlers, including Anne Clark and Ed Parker, are delighted with the ruling. They have seen dragon boat callers or tillers knocked overboard by unexpected wakes. Kayakers, rowers and paddle boarders are similarly pleased. Motorized water sports folks and their spectators, not so much.

Mirabella resident Barbara Short, a dragon boat paddler who has served on the board of the Portland Golden Dragons and on the board of DragonSports USA, is a strong supporter of the new rules. She said, "The Willamette River between the Hawthorne Bridge and the Waverly Marina is a popular haven for water sports enthusiasts with small non-motor recreational boating. Small sailboats, crew boats, sculls, outriggers, canoes, paddle boards, kayaks and the like are out virtually every day in both the main channel and the Holgate channel.

"When high-powered craft moving fast enough to pull a water skier plow through this peaceful scene, it puts the smaller crafts in danger, both from the sudden, large wake and the danger of collision. At the very least, larger, more-powerful motorboats should be limited to a five-mile-per-hour speed limit in this area of the Willamette. We are not saying prohibit boats with motors. We are saying, let's make it safe for everyone who wants to enjoy our river."

The new rules will go into effect May 1. The Marine board also approved new, but somewhat less restrictive, rules for the stretch upriver from the Waverly Marina to Willamette Falls.

Shoreline property owners supported the new rules because smaller wakes from passing watercraft will reduce shoreline erosion. River ecologists supported the rules to protect the habitat of the river's aquatic species.

—Ed Parker



"I'm trying to Google what I was thinking about twenty minutes ago."

Internet and TV Changes Planned

by Ed Parker

CHANGES ARE COMING TO MIRABELLA INTERNET AND television services.

A project to provide “free” internet service to all residents was stalled by the Covid-19 pandemic because it was not safe for contractors to enter resident apartments to install the necessary equipment.

Before the pandemic, Mirabella’s contractor, Gigabit Now, started installation of high-speed, secure, wired and wireless (Wi-Fi) service that will serve every Mirabella residential apartment. Installation will resume once it is safe for contractors to enter apartments to complete the project.

When completed, Internet service will be paid for through our Mirabella fees. Technical support will be provided by a Mirabella facility services team led by Michael Hardin.

When the conversion is completed, residents will no longer need to pay Comcast for internet service. Consequently, residents should not agree to long-term contracts with Comcast. Mirabella promised to help with the return of rented Comcast internet equipment.

After the internet project is completed, Mirabella will seek proposals from cable TV vendors to replace a contract with Comcast that currently provides expanded basic TV services to all residents at no charge.

Residents should not pay Comcast for basic TV service because Mirabella pays for it out of resident fees. The original contract term has expired, but the contract is currently continuing with a 60-day cancellation option.

Residents should pay Comcast only for additional, optional “pay TV” services such as HBO or a “package” of channels over and above basic TV, and (temporarily) for internet services.

When speaking with a Comcast agent, residents should make sure the agent understands that they are getting basic TV service under a bulk rate contract with Mirabella Portland and should not pay a second time for the same service.

The intent of the planned request for proposals from TV providers is that the winning bidder will provide service comparable to or better than what Mirabella now buys from Comcast. One improvement many residents want is one or more high definition (HD) channels for in-house use to improve the quality of Comcast’s low-resolution channel 981.

After the two projects are completed, residents should be able to purchase pay TV services not included in the free expanded basic service, including those not offered by the winning TV contract bidder, with service provided over Mirabella’s free Internet service.

Mirabella executive director Sharon McCartney appointed an ad hoc media committee to advise her with respect to these two projects. Residents Teresa Goodwin, Rusty Davis, Steve Lipsey and Ed Parker serve on that committee. Michael Hardin and Pacific Retirement Services’ chief information officer, Steve Eichen, attend committee meetings. ■



“But on the plus side, I’m picking up HBO.”



“With a real live woman right here, why would you turn to the Internet for an argument?”

The Race to Herd Immunity: Vaccines Are the Ticket

by Rita Brickman Effros

OPERATION WARP SPEED, THE FEDERAL EFFORT TO DEVELOP and distribute a vaccine against the Covid-19 coronavirus, has succeeded phenomenally in the development stage. More than 200 vaccines are in various stages of development, and several have been approved for use.

By contrast, the distribution of the vaccine is far from fulfilling the goal of warp speed.

Dr. Anthony Fauci, director of the National Institute of Allergy and Infectious Diseases, said “we are not where we want to be, but I think we can get there if we really accelerate.” President Biden has promised improved federal leadership and funding, but he warned that it will take a while.

Mirabella residents had the good fortune to get vaccinated early, thanks to great behind-the-scenes work by executive director Sharon McCartney. She was gratified that 100% of Mirabella independent living residents signed up for the vaccine.

Forecasts by Goldman Sachs are encouraging. They predict that about one quarter of Americans will have received their first shot by April 1, half by June 1 and three quarters by mid-autumn.

The idea of a vaccine protecting against disease derives from the work of a clever doctor, Edward Jenner, in the 1700s. He observed that milkmaids who contracted cowpox never came down with the related human disease of smallpox.

Based on this observation, Jenner collected pus from the sores of a milkmaid and injected it into a small boy, James Phipps. Later, when Phipps was injected with pus from a smallpox patient, he did not contract the disease. Thus, the word vaccine was coined, based on the Latin word for cow, vacca.

Viruses multiply by dumping their genes into cells and hijacking the cell machinery to make more viruses. Covid-19 viruses are studded with protein spikes that breach cell walls to start the process. A successful vaccine must interrupt that hijacking process.

The Covid-19 vaccine development story is a tale of how scientists performing basic research on one virus ended up with a strategy to address the current pandemic. The research began more than 20 years ago, with many insights gleaned along the way.

On a Saturday morning in January 2020, hours after the genetic code (DNA) of the Covid-19 virus was deciphered, Barney Graham, deputy director of the Vaccine Research Center, National Institute of Allergy and Infectious Diseases, went to his lab to start the Covid-19 vaccine research.

He used an x-ray crystallography technique that he and colleague Jason McLellan had been using to study a different virus. It allowed them to discover the structure of the Covid-19 spike protein.

A synthetic copy of part of that protein could then be used to teach the body’s immune system to target that part of the real virus. The spike on the virus that helps it attack human cells can also be the landing pad or target for the antibodies that can destroy it.

The information gained and techniques learned in Graham’s government lab were transferred quickly to potential vaccine manufacturers because research labs do not have high-volume manufacturing capabilities.

The currently approved vaccines use two different



Residents in waiting line for vaccine. Photo by Robert French.

techniques. The Pfizer and Moderna vaccines are both based on injecting genetic material from the artificial spike protein. This stimulates the body to create antibodies to the virus. The Astra-Zeneca/Oxford University strategy uses

(see Race p. 10)

(from Race p. 9)

a harmless virus to transport the spike genetic information, leading to a similar immune outcome.

Both vaccine strategies stimulate not only an antibody response, but also the additional arm of the immune system known as T cells. So-called killer T cells destroy cells that harbor the Covid-19 virus.

As countries around the world rush to vaccinate their citizens, scientists are having a heated debate. The question is whether it is wise to hold back vaccines for the second booster dose or to give as many people as possible the first dose.

Many European countries are already using their vaccine supply to get first doses to more people. Preliminary data suggest that even the first shot provides some protection. A study by Pfizer and BioNTech of 44,000 people showed that within 10 days after the first dose, there was a significant reduction in the incidence of Covid-19.

It is not known how long the protection from the first dose will last, but even a delay in the second shot does not seem to affect the immune response. Some studies show



Mirabella resident Dee Poth getting her first Covid-19 vaccine. Photo by Robert French.

that a delayed second shot may lead to eventual improved immunity to the virus.

Some vaccines, such as the flu shot, are less effective in older adults. Fortunately, the Pfizer/BioNTech vaccines elicit similar immune responses in younger people and

people over 65. Research on other Covid-19 vaccines is currently addressing their effect on older adults.

There is, however, room for optimism. Preliminary studies in Israel on 102 people showed that those vaccinated had higher antibody levels than those who had recovered from Covid-19. The study also suggests that folks who are vaccinated are unlikely to be infectious, although this has not

“Scientists believe it is urgent to immunize as many people as possible before the virus evolves.”

been conclusively proven. The people in this study received the Pfizer vaccine, the one used at Mirabella.

In order for a virus to survive, it must constantly make more copies of itself. During this process, certain mutations – errors in the genetic copying – may arise. Newer versions of Covid-19 are more contagious than the original.

Fortunately, thus far the vaccines have been effective against the newer versions of the virus. However, the continued mutation of the virus underscores the need to vaccinate a sufficient number of people worldwide as quickly as possible.

The race between the virus and vaccination is critical. Scientists believe it is urgent to immunize as many people as possible before the virus evolves to the point of making the current vaccines impotent.

There are several ideas on how to fix the unusually slow rollout of the Covid-19 vaccines. One suggestion is to make it a lottery.

Another idea would be to target the hot spots – the towns and neighborhoods where the incidence of infection is highest. Some economists have even proposed using financial incentives, but that policy risks sending an unintended message. Behavioral research suggests that the offer would imply that the vaccine is not a thing of value, or even that it’s risky.

One goal of vaccines is to achieve herd immunity. The term originated with respect to actual cattle herd infection. Herd immunity happens when enough people are vaccinated that the virus can no longer spread widely in the population. If each infected person, on average, infects fewer than one other person, the disease should eventually become rare.

The proportion of individuals necessary to have been vaccinated to achieve herd immunity to Covid-19 is not known. However, Dr. Fauci estimates that number may be as high as 90%. Hard as it is to hear, Fauci feels that this is what is needed to bring the virus to a halt.

After vaccination, it is still essential to keep your guard up. First, vaccines do not offer perfect protection. The

effectiveness of the Pfizer vaccine is 95%, but that leaves 5% still vulnerable. Also, we don't know whether vaccinated people can spread the virus.

An informal survey of 700 epidemiologists showed that fewer than one-third of them would change their behavior once they are vaccinated. Scientists suggest that vaccinated people should still wear masks and avoid large groups and indoor gatherings.

There are challenges to achieving herd immunity to Covid-19. One relates to the misconceptions regarding side effects from the vaccine.

As of mid-January, about nine million people in the U.S. have received at least one shot of either the Pfizer or Moderna vaccine. So far, the only serious side effects were 29 severe, but non-fatal, allergic reactions. Many people had a variety of transient side effects, including sore arms.

Having side effects to the vaccine is not a bad thing. These minor discomforts are part of mounting an immune response. As our body gears up to produce antibodies to the virus, it also releases substances that can cause inflammation. These so-called cytokines can cause fever, fatigue, headache, shivering and other symptoms.

These side effects are normal. Yet, misinformation regarding side effects might dissuade people from getting vaccinated. Because of this, most physicians advise complete openness regarding the possible side effects and emphasizing that these discomforts are temporary and are the normal part of how vaccines work.

Other barriers to achieving herd immunity are the misinformation perpetuated by anti-vaxxers and a general wariness of the medical establishment. Lessons from the polio vaccine may be relevant.

During a period when polio plagued the country, many teens and young adults were reluctant to get the vaccine. But then, Elvis Presley received his vaccine on live TV on the Ed Sullivan show.

Presley's decision to publicly get his polio shot was possibly the needed catalyst for convincing more young people to accept the vaccine. Having more popular figures, such as actors, musicians and athletes, get vaccinated in public might have a similar effect on Covid-19 vaccine acceptance.

There has never been such an enormous, international collaborative effort focused on a single disease. And with at least two vaccines that are safe and effective, there is a real chance of ending the coronavirus pandemic by sometime next year.

But this cannot happen if trust in the vaccine is eroded. Thus, successful scientific development must be matched by similar warp speed in public education. Never have the stakes been higher. ■

A Covid-19 Journey: ICU to Mirabella

by Nancy Moss

"WHAT PEOPLE DON'T UNDERSTAND ABOUT COVID," says Erin Barnes, Mirabella's Assisted Living and In Home Care nurse, "is, if you beat it, that's not the end."

Erin has seen patients who recovered from Covid-19 and were sent home, only to return with a "horrible pneumonia that lasted."

A trained intensive care unit nurse, specifically neurological ICU, Erin worked in Alameda Hospital, a community hospital in Alameda, Calif. She had been there a week when the hospital got its first Covid-19 patient. "It wasn't long before our entire ICU and hospital were full of Covid-19 patients," she says.

Covid-19 has "created a new mental health crisis for many people," Erin says. She had "young healthy coworkers" who got Covid-19, were sick for weeks and now must use inhalers every day for the rest of their lives.

Covid-19 "devastates the body, not just for the short term." The disease can have "lasting effects on the body," she said. So-called long haulers live with its after-effects, even after what seemed a mild case. A recent AARP magazine article describes "far-reaching insults" that Covid-19 can have on the brain.

Erin says she "cried every day on her way home from work" and started being treated for depression.

Erin stopped being an ICU nurse because of her experience with Covid-19; her painful experience with the disease enables her to help residents facing medical problems. She has been working at Mirabella since late October. Erin appreciates Mirabella's staff and residents and "hopes to work here for a long time." ■



Illustration by Frank Parker.

Can Portland Survive the Apocalypse?

by Steve Casey

A TRIFECTA OF DOOM HAS ATTACKED THE HEART OF PORTLAND. The horseman called Plague rode into town 13 months ago, teaming up with the city's legion of homeless and, starting in May, the unchecked hubris of those who conjured riots from nightly protests.

The apocalyptic result has been a war zone of boarded up buildings; assaults by and upon law enforcement; lost jobs and shuttered businesses; scores struggling to avoid eviction, and a once-admired city that has become a national punch line.

In his look-back at 2020, Pulitzer Prize-winning humor columnist Dave Barry wrote:

"On the diplomatic front, the Trump administration announced that, after tense high-level negotiations, it has reached a peace agreement under which U.S. troops will be withdrawn from Portland, Ore., where for many weeks protesters have been seeking social justice via a combination of peaceful demonstrations and arson."

Since the May 25 death of George Floyd under a Minneapolis police officer's knee, violent clashes with police and repeated trashing of businesses large and small have destroyed Portland's look and demoralized thousands of people who live, work, play, visit, shop in and care about the city.

Floyd's death propelled millions of Americans, including thousands in Portland, into the streets in peaceful protest. Almost from the beginning, though, after most protesters went home to bed, the night was claimed by those who blended into the protesting ranks but had come to destroy.

Night after night, local and national television news coverage showed fires and smashed windows and tear-gassed streets and wounded protesters, presidential bloviating and heavy-handed federal officers. Many

Portlanders got phone calls and emails from friends around the world asking, "Are you okay?"

In the South Waterfront we were generally okay, despite several minor skirmishes near the Immigration and Customs Enforcement (ICE) compound at Macadam and Bancroft, after staging at Caruthers Park, directly opposite Mirabella.

When looking for someone to blame for all the lawlessness, many turn their eyes to Ted Wheeler, some to District Attorney Mike Schmidt.

As mayor and police commissioner, Wheeler took pretty much of a hands-off approach to the 2018 occupation of land surrounding the ICE facility in the South Waterfront, and he seemed reluctant to take meaningful enforcement action in the wake of downtown rioting in 2020.

Then on New Year's Day 2021, after yet another night of vandalism, he promised a "zero-tolerance" policy toward property damage by anarchist and so-called anti-fascist forces and said he asked the state legislature to increase criminal penalties for those who repeatedly commit property damage.

Soon enough, though, he walked back some of the tough talk.

The reaction to that talk had been mixed.

"There are some mayors who want to watch innocent people get tear-gassed instead of making actual changes to their corrupt, racist police force," one reader commented on Facebook.

"You're about eight months too late, Ted," wrote another.

"You spent last year

coddling the rioters, tiptoeing around the protesters who ran interference for them, and doing nothing to support the police or push back against the hysterical demands to 'defund the police.' Now you've got a boarded-up downtown no man's land that people avoid in fear for their own safety, and who knows how many businesses that will never reopen. Keep up the good work, Ted."

"Zero tolerance" has zero chance of working unless the district attorney is on board, and he's not.



Protest-damaged Stevens-Ness, a 100-year-old company, sold legal and business forms. It shuttered its walk-in store in 2020. Photo by Robert French.

Schmidt, who ran on a platform of criminal justice reform, declined to prosecute hundreds of “low-level” misdemeanor cases brought after violent protests, saying “the district attorney’s office will presumptively decline to pursue criminal charges which result solely from the participation in a protest or mass demonstration.”

On the no-prosecution list: criminal trespass, escape, interfering with a police officer, disorderly conduct, harassment and even riot if not accompanied by a separate serious charge.

Eric Morfitt feels abandoned.

Controller of the family-owned upscale women’s store Mercantile Portland, Morfitt said the store has suffered repeated attacks by vandals.

On May 29, 2020, the store was looted and vandalized badly enough that it took four months to get going again, Morfitt told 3550 in an interview.

“The loss will probably be about a million dollars,” he said.

“We are still boarded up. We keep our doors locked all the time and let customers in one at a time. We plan to install a gate, and some kind of security in front of our windows,” he said.

The police response?

“They have not pursued any investigation on our case,” Morfitt said. “I’ve given them hours of video from five different cameras showing people who’ve come in, and they are the same people on video going into other stores.”

Still, he said, “I don’t blame the police,” because Portland has a critical shortage of officers, and the city has a default anti-police attitude and high tolerance for people merely “acting out.”

Across the street from Mercantile Portland is another frequent victim of downtown riots.

The store underU4Men has been attacked “multiple times,” according to owner Steven Lien.

His store takes up a quarter of a city block, with windows facing two streets. The windows were smashed twice in riots, once again by a homeless person.

Lien’s 16 windows cost \$3,800 apiece to replace – and \$600 a window each time he calls a contractor out at night to board them up.

“Business is down in every business in Portland,” he told 3550. “Unless you are in the business of replacing glass.”

Lien and Morfitt are not alone.

Shops, government offices, statues, parks, streets have all been defiled in the wake of a movement that set out to affirm that black lives do indeed matter, but became a launch pad for nightly violent assaults in the name of anti-capitalism, anti-colonialism or some cause du jour.

The vandalism and looting hit even such non-political entities as the Oregon Historical Society, twice, and the beloved elk statue.

Other targets included capitalist icons Chase Bank,

Tiffany’s jewelers, Starbucks and Apple – because, well, gee, they are capitalist icons.

Sophy Li is not an icon, merely boss of the Golden Horse Seafood Restaurant.

While the restaurant has not been physically damaged, debris from nighttime rampages clutters the outside. Her business is down 50% and she has laid off half her staff.

“It’s getting worse,” she told 3550. “Looks like no future right



underU4men, a retailer of men’s underwear, workout and resort gear and grooming, is still open but struggling in the downtown business district. Photo by Robert French.

now.”

For his part, Morfitt plans to keep Mercantile Portland downtown, at least for now.

“We do think Portland downtown is still the best location for our business,” he said, “but nothing is off the table. Business is not going to look the same downtown for a very long time. I think that’s a broadly accepted view.”

He blames local government and wishes ordinary people would let elected officials know the trashing of Portland – not just downtown – matters to residents.

“I think the crux of the issue is policy,” Morfitt said. “To me, there’s not enough sense of outrage about what people are doing to our shared space.”

His employees are demoralized, he said, “... our sales people, in particular. This is their career. We have real relationships with our customers,” Morfitt said, “and it hurts when they don’t want to come in, it hurts when we pay

(see *Apocalypse* p. 14)

(from Apocalypse p. 13)

this enormous rent to be downtown, it hurts when we care about downtown. It's very personal."

It is very personal, too, for Barry Menashe, founder of family-owned commercial real estate firm Menashe Properties and the son of Mirabella resident Ruth Menashe.

Even without Covid-19, he notes, the concentration of homeless people downtown deters shoppers, diners and tourists from bringing life to city streets, which would discourage violent rampages.

And that is personal, he told 3550, because he lost both a brother and a sister who had been living on the streets.

"I'm very sensitive to it," he said.

The effect of homelessness and riots, even in a post-Covid world, he said, will be that "business travel and social travel will be very much cut off from Portland, Oregon. We want our Portland back."

His goal is a "clean and thriving" downtown, and to get there "our leaders need to step up."

"We have a police department and we have a mayor and we have rules," he said. "People who do bad things

"Business is down in every business in Portland. Unless you are in the business of replacing glass."

—Steven Lien

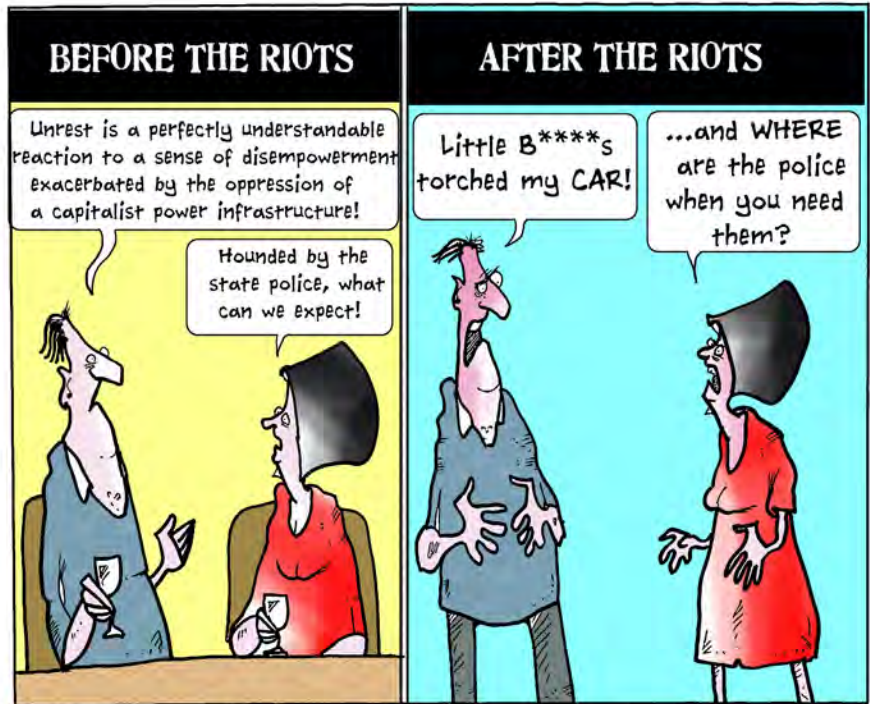
have to have repercussions. We can't have people breaking into places and smashing things."

To be sure, it has not only been people on the far-left fringe who have been doing damage. The same kind of right-wing fringe elements that assaulted the Capitol in Washington have been a hostile presence in Portland, but less frequently.

A large group of locals have taken a conciliatory but still determined approach to saving Portland's sinking ship.

In December, the Rose City Downtown Collective was formed, saying the business community "is done passively waiting for help – we are here to help each other, clean up downtown and work with elected officials to make it happen."

Made up of downtown businesses, organizations and nonprofits, its formation announcement says the group "could not be more proud to support the protests for civil rights happening in the heart of our great city," but stands



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foursquare against "the ongoing chaos and criminal destruction that is happening night after night, often after the protests are done, taking the attention away from the actual movement."

The collective says it will help businesses that have been vandalized, work to establish an "action plan" for downtown, and promote cleanups of the area.

"We are fighting for the future of Portland," its public statement says.

Members include small businesses such as a hairstylist and a shoe company, as well as restaurants and hotels, jewelers, stores, the Portland Trail Blazers, lawyers, real estate firms, bars, exotic dancer establishments, galleries and others.

While it all seems pretty grim now, some remain optimistic.

"As Covid dissipates, we will start getting people back in the hotels again," store owner Steven Lien said. And that, he said, will put "eyes on the streets," helping to dissuade criminals and restore a healthy city. ■

Psychology of Violent Dissent

IT MAY BE ANTIFA AND FELLOW TRAVELERS RAMPAGING THROUGH Portland, the nutters from QAnon and sundry deplorables staging a violent attempted overthrow of the United States Congress, the so-called Proud Boys and other neo-Nazis coming to town to battle folks on the left, or angry folks blocking off streets and part of a neighborhood by Portland's "Red House."

Or it could be hitting a mayor or showing up at the home of someone with whom protesters disagree.

Why do some people think the purity of their views makes it okay to trash other people's property, scare their family or take them hostage?

How did political disagreement become a permission slip for violence?

Two observers offer their takes: one from the viewpoint of riot victim, one as a nationally respected psychologist for more than 50 years.

Downtown business owner Steven Lien, a repeat victim of window-smashing at his store, sees the broken glass as a symbol.

"The protests and the riots have morphed from the Black Lives Matter rebellion against the police to where it's now more about the haves and the have-nots," he says. "My feeling is the glass has become a symbol and the have-nots can see through to what the haves have. That's what the new riots are when you see glass breakage; it's about anti-capitalism."

Psychologist and Mirabella resident Joe Matarazzo sees it more universally.

Many of the actors are propelled by narcissism, he said.

"A mild degree of prosperity, along with modest vigilance and control by the present ruling arm of the populace, is often a necessary feature of a successful society," he told 3550.

"When this ruling group becomes lazy or otherwise nonfunctional, an opportunity opens for a smaller, sullen and disenfranchised element of that society to express itself," he said.

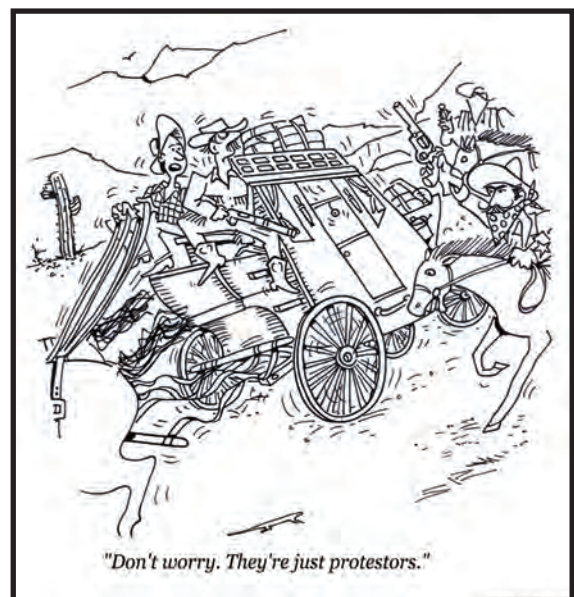
If early, small disorderly acts are not dealt with, they get more severe, and "unhappy segments of society slowly and without planning begin to coalesce," he said.

The disaffected could be veterans without jobs or bright futures, college students weary of regimented schedules, homeless people, even successful people whose star power and influence has faded, he said.

"Over time, each of these sources, and other groups unhappy with their lot, discern that their police and elected officials are no longer the fortresses of societal control they once were," he continued.

"The result is, at first, small, uncoordinated actions of civil disobedience which over time grow, combine and provide proof that an orderly functioning society is based on trust and, ordinarily, not strength."

—Steve Casey



Will Portland Modernize Its Governance?

by Ed Parker

WILL PORTLAND CHANGE ITS UNIQUE FORM OF GOVERNMENT to make it fairer and more manageable?

In December, the mayor and city commissioners appointed a 20-person charter commission to recommend changes to how the city council is elected and how the city departments (called bureaus) are managed. Each of the five council members selected four people from among 300 applicants.

They are working on a complete overhaul of the way Portland has been governed since 1913. Any eventual changes to the city charter must be approved by voters.

Currently, Portland's city council members — a mayor and four commissioners — are elected at-large, citywide. Once elected, council members are appointed by the mayor to run the city bureaus, which operate in separate silos, each reporting to a specific commissioner.

Portland is the only U.S. city with more than 100,000 people that does not separate the legislative branch

plan, that plan will be submitted to the city council, which may submit it to voters.

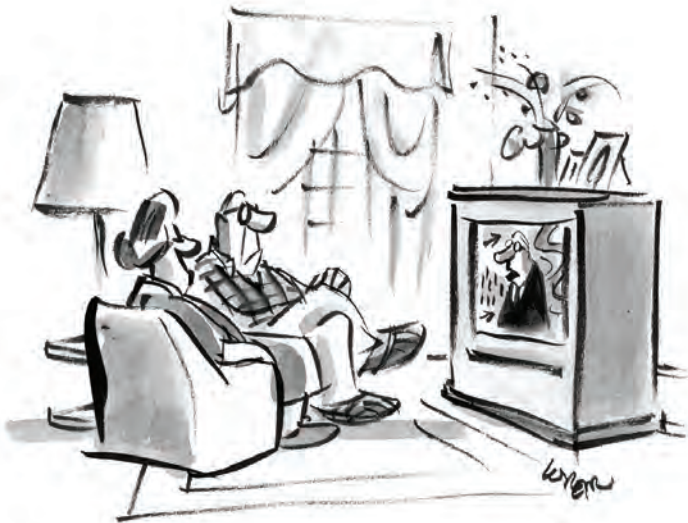
The movement to reform city management has been gaining strength.

In late November, Portland City Club members approved the second of two reports calling for major change. Both reports were passed with a better than 90% majority.

The City Club, which turns 105 this year, is a nonpartisan, independent, membership-based organization which



"Let's never forget that the public's desire for transparency has to be balanced by our need for concealment."



"Turning to the City Hall forecast, this brief period of contrition will be followed by increasing testiness, leading to major squalls on Monday."

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(city council) from the executive branch responsible for city management. Council members must be both policy makers and bureau bosses, although they may have zero executive qualifications.

If a super-majority of 15 or more members of the charter commission agree on a new governance plan, it will be submitted directly to voters. If a lesser majority agrees on a

studies city government and urban life, conducts research projects and advocates for reforms.

The latest City Club report says, "there is no voting system that can be applied in at-large elections to make them equitable," particularly in Portland where most voters

Portland is the only U.S. city with more than 100,000 people that does not separate the legislative branch (city council) from the executive branch responsible for city management.

are non-Hispanic whites.

It recommends that council members be elected by district to increase geographic representation. The club said Commissioner Jo Ann Hardesty, elected in 2018, is only the

second representative elected since 1995 who lives east of 82nd Avenue.

The City Club understood that their recommendation to have council members elected by district could solve the fairness problem. They also understood that council members elected by local districts should not manage city departments that serve everyone because they might favor services for their own district over the rest of the city.

The City Club recommends a council/manager form of government in which council members establish policies and regulations, but do not run the day-to-day operations of city bureaus. All city bureaus would report to a single city manager.

The club also recommends that the size of the council be increased from five to between nine and 19 members.

In ranked-choice voting, voters may mark their second and third choices. If nobody gets more than 50% on the first count, the lowest-ranking candidate is eliminated, and the second choice of their voters gets added to the first-choice count of their second-choice candidates. The process may continue until one candidate gets more than 50%.

One advantage could be less negative campaigning because candidates will want to get the second-choice votes of voters who support others.

Ranked-choice voting has been successfully used in Benton County, including the 2020 November elections, in races with three or more candidates.

The City Club also recommends multi-member districts in which two or more candidates are elected to represent a district. One advantage of multi-member districts is the reduced likelihood of negative campaigning when more than one candidate will win.

According to the city's website, the charter commission members "must be reflective of the City in terms of ethnic and racial diversity, age and geography." More than half of those selected are people of color. Three live in ZIP codes that could put them east of Interstate 205. Members were appointed to a two-year term beginning in December of 2020.

Will they develop a plan to make Portland's elections fairer and the management of city bureaus more efficient? Will voters approve their recommendations?

Stay tuned. ■

“Ranked-choice voting has been successfully used in Benton County including the 2020 November election.”

The latest report includes a detailed study of alternate voting methods. It recommends ranked-choice voting as fairer than "first past the post" voting in which the winner is the person with the most votes.

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by Pamela Lindholm-Levy

"AT LEAST IT'S NOT ALASKA," RACHEL IATAROLA AND HER husband, Bob Borowiecki, laugh to each other when they have a particularly difficult problem.

The couple are prized additions to Mirabella's staff, Rachel as chef de cuisine and Bob as activities coordinator in Mirabella's health center.

In 2017, Rachel and Bob were hired to run the tea house on the grounds of Jewell Gardens, a seasonal attraction in Skagway, Alaska. Rachel was executive chef and Bob her sous chef. They were assured everything would be in order and adequate for what they were expected to do: bake scones, tea breads and quiche; make soups, feed the staff and run a full-menu restaurant.

Just in case, Rachel and Bob packed equipment they might need into Bob's 2000 Honda Civic: their professional knives, Vitamix immersion blender, stand mixer, crock pot, rice cooker, 50 pounds of rice, 20 pounds of dried beans, lots of spices and canned goods. They started out driving from Portland.

That year, winter lingered up north. Part of their route was over a snowy, windy high-altitude pass on what the Canadians call the Hell Highway, northeast of Vancouver, B.C. Stopped by U.S. border patrol at the Alaska border, they were suspected of smuggling food to sell in Skagway. Rachel says, "Apparently, normal people don't drive five days through B.C. and the Yukon with a trunk full of beans." When they reached town, they met the myriad reasons they say "At least ..."

First, the cabin they were promised turned out to be more like a small shed, 8-by-8 feet. That was true of the other "cabins" tourists could rent on the property. Rachel and Bob's bed consisted of twin cots supported by railroad ties and rocks. Yes. Rocks. To be more comfortable, they tried adding more rocks, rearranging the rocks, taking

"Self-directed breaching of the border was frowned upon by the (Canadian) border patrol."

away rocks. Nothing really helped. They discovered the only window in the cabin was stuck open. Bob finally was able to fix it.

The owners provided no winter protection for the restaurant. The oven was broken, electrical cords were frayed, and even, once fixed the oven was so small that batches of baked goods had to be made one after another. The refrigerator and freezer were not commercial grade. It was hard to keep help for more than a couple of days.

Furthermore, the produce that arrived after eight days on the Alaska ferry from Seattle was mostly unusable. The owners' son would sneak in an unlocked door and steal ice cream. On a hike, an eagle flew over and dropped what eagles might drop in their flight (not salmon).

Animals weren't shy about wandering into town. Rachel and Bob only heard about, but did not witness, the effects of a hungry bear that ate just about everything from every place in town. The food did not settle well in the bear and passed through in large quantities. Skagway was a mess.

Then there was the earthquake. It wasn't a big one, perhaps a 4.5, but Skagway is in a tsunami zone and there's always that danger. Another danger was that the several glass-blowing shops in town could explode in the quake and start fires. There was one safe way out of town, although it required driving up a huge hill.

Up the hill was Canada. Self-directed breaching of the border was frowned upon by the border patrol. The Canadians probably didn't appreciate it either, but Rachel and Bob decided it was better than being swept out to sea or drowned in their "cabin." Border patrol seemed not to have been on duty. Rachel and Bob eventually turned back and found a mess in the restaurant and kitchen. They stuck

Staff Profile:

Rachel Iatarola and Bob Borowiecki — a Future Helping People

it out until the season was over. They say, "It was a good bonding experience."

Bob grew up in the Chicago area. He inherited a family tradition of Polish specialties. His pierogi sound heavenly. He studied classics and ancient history in college, then went to culinary school in Charleston, S.C. When he wanted to learn more about bread, he knew the Pacific Northwest had exceptional bread bakers. He says he is incredibly happy he chose Portland. "I made 400,000 sticky buns at Grand Central Bakery," he recalls. Rachel worked there as well, as culinary lead on the breakfast shift. Over her career she figures she has cooked a million eggs.

Bob's interests changed after he and Rachel worked in various other food-related places. One was in South

(see Rachel p. 18)



Photo by Robert French

Bob Borowiecki and Rachel Iatarola

(from Rachel p. 18)

Carolina, where chefs were needed. It sounded like a challenge. They lasted eight months, what with one thing and another, including a racist atmosphere. Eventually, Bob realized he was more drawn to people than food. Two and a half years ago he became activities coordinator for Mirabella's health center.

The realities of Covid changed Bob's interaction with residents in profound ways. Families cannot visit residents who desperately need them. Bob created FaceTime video connections to keep family contacts. He and the residents miss canine visits from Wrangler, a therapy dog. The pug parade, sponsored by Pacific Pug Rescue, was also canceled. Bob's 12-year-old black pug, Charlie, did not take part. Bob and the residents no longer have "tea-time," which was a sort of all-inclusive stay-at-home travel experience of the teas, treats, travel memories and culture of a particular country, including Bob's reading to the residents

Rachel likes the challenge of the rotating food here, unlike restaurants, where the menu is static.

about the chosen place.

Bob now spends more one-on-one time with the residents, with the bonus that he knows them better. He says he learns from them and from the staff. He also learns at Portland State, where he has only two more quarters for his degree in sociology. Following that, he plans to start a master's in divinity degree at Maitripa College, a Tibetan Buddhist college in Portland, where he is already an ordained lay member. His goal is to become a non-denominational or Zen Buddhist chaplain in a hospital, hospice, prison or pediatric grief setting. He is curious about many things and how they work, but most of all Bob loves people.

Rachel came from her home state of Indiana to attend Portland's Western Culinary Institute. During her externship at Terwilliger Plaza she met Amie Schroeder, wife of Mirabella Executive Chef Anthony. Rachel stayed at Terwilliger for four years. The couples became friends.

Rachel and Bob met online in 2011. Their wedding was in July 2014 in Hood River. After the party, Amie and Anthony escorted Rachel and Bob to their room, which faced the Columbia River. It had a sliding glass door someone had mistakenly left open. The room was full of small flying things attracted to the light. What to do? Rachel and Bob couldn't spend their wedding night in the same room with all those insects.

Someone had an idea. There was a lot of hair spray left from wedding coiffures. How about spraying into the air so

the insects' wings would stick open or closed? At any rate they would die. It worked, but the insects fell all over the room, including all over the bed. Luckily, an unlocked door led to an adjoining room that was not taken.

Like Bob, Rachel is drawn to people issues. She volunteered at Lines for Life, a suicide and crisis intervention hotline. At first, she was interested in becoming a dietitian teaching nurses about nutrition, and also using that expertise in prisons. Two years ago, she began taking courses at PSU. Now she is interested as well in criminal justice and wants to work in prisons or with families affected by incarceration. Her goal, like Bob's, is to help people. She has two years to go on a bachelor's in social work degree and wants to continue to an advanced degree.

Rachel was hired at Mirabella in February 2020 as sous chef. When the chef de cuisine left shortly thereafter, Rachel took his place. She spends a lot of time with menus and recipes on what is called the cycle menu, because some dishes reappear every five weeks. At the same time, she is adopting new recipes and providing new tastes for the residents. She hopes the food has become more interesting.

She likes the idea of ethnic food with its exotic flavors. A vegetarian herself, Rachel is open to all sorts of food for residents. She likes the challenge of the rotating food here, unlike restaurants, where the menu is static. Rachel has some ideas to bring residents and food closer together, and to create a bit of a hospitality atmosphere in dining.

At home, Bob wishes he had more time to make bread. Rachel likes to make vegetable curries with rice. They like to work on their house and garden when there's time. When school is on, it's pretty much study, study, study while providing warm connections and tasty food to Mirabella residents. ■





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Photo by Ron Mendonca

Carol Edelman

by Priscilla Cowell

CAROL EDELMAN AND HER HUSBAND ALFRED, BOTH Cornell-trained architects, arrived in Portland in the late 1960s at the perfect time for them, Carol says. "Portland was on the rise, the arts and government were progressive, the city was the right size for raising children, and we loved our new home in Willamette Heights, backing up to Forest Park."

Born and raised on Manhattan's upper west side and educated at Hunter College Model School and Music and Art Magnet School, she was primed for progressive Portland.

Carol and Alf met at Cornell and married after graduation. After a year as a Korean War draftee, Alf accepted a job teaching architecture at the University of Oregon, where the dean, Carol says, was looking for new young Turks.

Resident Profile: Carol Edelman Godmother of Interior Architecture

Carol applied to three architecture firms, but it was the 1960s, and she heard, "Love your resume, but my wife would never let me hire a woman, and the drafting boys wouldn't know how to treat one." Instead, she worked at Bon Marche department store as assistant display director. When she filled storefront windows with nude manikins wearing only hats or shoes her director declared it the best display ever.

Alf turned down tenure after four years and took a job in Seattle, where he and Carol had hoped to settle. A recession soon ended that venture. Alf was offered a position in Portland by his ex-dean at U of O. The Edelmans moved to Portland and never left.

Having decided that they would have separate careers, Carol had to carve out her own niche. She had gone into architecture because she loved interiors and enjoyed working with people. She saw that Portland was at the forefront of a movement to promote sustainability, repurposing and redesigning old buildings while maintaining as much of their beautiful wood, glass and other original materials as possible.

"I realized that I could do things with architecture that other architects couldn't," she recalls. She created her own interior architecture design firm, Edelman Associates

Architects. Two decades later, she took on partners and added them to the company's name.

One of her early collaborations was with Spencer Beebe, the environmental visionary founder of Ecotrust. He wanted to redesign a hundred-year-old warehouse in Northwest Portland to be a vehicle for saving the environment, part of his goal to keep the world in balance. Making sure that her work represented his vision to reuse material and make it easy to get around, Carol incorporated retail, meeting rooms and offices, leaving the center of the building open.

A large deck at roof level became a beautiful venue for outdoor parties and large meetings. Ninety-eight percent of the original materials were used in the rebuilding. Now known as the Ecotrust Building, it was the first restoration in the country to earn a LEED gold award and is still much used by the community.

Hired to create the interior for a New York chef to open Portland's first gourmet Chinese cuisine restaurant, Carol surveyed the four-story space with its clerestory windows and wondered how she could transform it. She was skilled at bringing together the people she needed for a project and called her friend Larry Kirkland, an artist who collaborated with design professionals to create large-scale multi-dimensional public art works. "He fashioned a multicolored flying dragon to fill the enormous space," she recalls. Uncle Chen's became very popular for its interior design as well as its cuisine and closed only after chef Chen was murdered on a return trip to China.

The head of Kaiser Permanente wanted his Portland clinics to lose their drabness and to appeal to families. He turned to Carol's firm. In a pioneering move, she hired artists to create lively, colorful works that could be touched and moved around. "Children and doctors loved them," Carol said.

"I latched on to developers like Bill Naito and John Gray who had vision, and became involved in projects that brought unique buildings up to date and addressed needs that weren't apparent when built," she remembers. Some of her firm's significant projects were the interiors of Sun River Resort, Salishan Lodge and Conference Facilities, the University Club, Mount St. Helens Forest Learning Center, Columbia Gorge Interpretive Center, the Tropical Rain Forest and Alaska Tundra exhibits at the Portland Zoo, and the Iron Horse Golf Club in Missoula, Mont.

Asked to update the historic Crater Lake Lodge interior, Carol tried to interpret what visitors to the lodge were looking for. She found that what they wanted after a day spent in nature was good food, comfort and the classic look and feel of the early lodges that had been reached by

(see Edelman p. 24)

(from Edelman p. 23)

train. Her firm won major awards for that project, as well as for many others.

When Carol's husband, who had always been active and outdoorsy, died at age 60, she returned to playing the piano, which she had left as a child in favor of singing. She had sung in choirs all her life, sometimes with Alf, and playing the piano just for herself became a solace. The Edelman family's connection to music is as strong as ever. Carol's son, Joey, and his two sons are all professional musicians.

Alf had been an investment partner in a small pizza chain called Hot Lips, and Carol was advised to buy out the partners. She did and offered the business to her artist daughter Jeana and son-in-law Dave Yudkin, whose mother Elaine is a Mirabella resident. They expanded their restaurant empire in Portland and make some of the best pizza in town.

Carol spent 20 years living in the second apartment building to be built during the creation of the Pearl district and then moved to Mirabella when a fall left her with balance issues. She still has a twinkle in her eyes, a delightful sense of humor and a hearty laugh. "I am definitely an 'others' person," she says, "and I love living in

Mirabella because I can always be around people and dogs."

The June 2020 issue of 3550 contains a news article about the Honored Citizen award given last October to



Interior of historic Crater Lake Lodge, one of Carol Edelman's firm's most acclaimed projects.

Carol Edelman by the Architectural Foundation of Oregon. It refers to her as "Oregon's godmother of interior architecture." ■

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—Donald Marshall, Mirabella resident

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Walls of Protest by Stan Berman



John Lennon Wall

Anti-government protest messages proliferated on the John Lennon Wall in the late 1980s following dismantlement of the Prague Spring reforms. The communist regime was long gone when I snapped this photo in July 2000. Anti-government slogans had given way to messages of love and peace, images of Lennon and quotes from Beatles songs, and the Wall was accessible to anyone who wanted to draw or paint on it. The haphazard appearance was quite different from the meticulously crafted work on many of Portland's boarded up building fronts on SW Harvey Milk Street (below).



World Trade Center



COLVIN

Fifteen year old Claudette Colvin was arrested in March 1955 for refusing to give up her seat on a Montgomery, Ala. bus to a white woman. Later she was one of four plaintiffs in *Browder v. Gayle*, which held that “the statutes and ordinances requiring segregation of the white and colored races on the motor buses ... violate the due process and equal protection of the law clauses of the Fourteenth Amendment to the Constitution of the United States.”



Portland Apple Store



PIONEER PLACE



Bruce

Larnell Bruce was run over in Gresham, Ore., on Aug. 10, 2016, by a Jeep driven by a white supremacist. He died three days later. The driver was found guilty of murder and sentenced to life with a minimum of 28 years.



Portland Apple Store



Arbery

Ahmaud Arbery was shot to death on Feb. 23, 2020, after being pursued by armed white men near Brunswick, Ga. Prosecutorial efforts against the three men involved in the shooting have so far been inconclusive.



Coping With Covid-19 Proved Strength of Corporation As PRS Looks to Expand Its Retirement Mission

by Steve Casey

THERE CAME A TIME LAST YEAR THAT COVID-19 COULD HAVE scuttled the nation's senior living industry.

Infection and death in residential communities and nursing homes made facility operators and prospective residents question whether congregate living was still a viable senior housing model.

But for the new president and chief executive officer of Pacific Retirement Services (PRS), Mirabella's parent company, the corporation's prompt and coordinated response to the health crisis has proven the value of well-managed communities.

Eric Sholty, who began his senior living career as a teenage maintenance tech at a California community, took the top PRS job in January, with the retirement of 35-year company veteran Brian McLemore.

While some smaller or poorly run facilities have gone on the market, Eric says the way PRS has responded proves the worth of strong senior communities in protecting residents' safety.

"Are there risks in congregate living?" he asked rhetorically in a 3550 interview.

"Sure. There are risks in everything. But the only reason we made it through (Covid) the way we have is our sheer size and breadth."

Unlike stand-alone facilities, communities under the PRS ambit got support and direction from corporate experts in health care, dining, facilities management and administration. Debbie Rayburn, the company's chief healthcare officer, has kept PRS' 37 affiliate, affordable housing and

managed communities up to speed on fast-changing Covid guidance and protocols.

"We were very aggressive when we needed to be," Brian said, "aggressive getting the word out and adopting protocols, using the resources of Debbie and our medical partners."

Before January, Eric served as PRS' chief operating officer, making him a major player in the company's Covid response. That effort included overcoming the virus outbreak among incoming residents and staff at the opening of Mirabella at ASU, in Tempe, Ariz.

Although retired as CEO, Brian McLemore doesn't end his active



Retiring PRS CEO Brian McLemore. Image by PRS photographer Jared Hail.

participation with PRS until this month, staying on to work with Eric during the transition.

Brian and Eric sing off the same page about the company's response to Covid, its growth and its future.

"We feel the group response (to the pandemic) has been far more effective than we have seen in some stand-alone communities," Brian told 3550.

"Our residents are far safer and more involved than those in single-family homes," Eric adds.

Mirabella Seattle had a bit of a canary-in-the-mineshaft role, as Washington state was the hardest hit area in the country in the pandemic's early days.

"We were one of the first, we went to lockdown early," Brian said. "We saw in Seattle what was going on and that was immediately learned and rolled through the system."

The PRS retirement world has undergone vast changes since Brian joined in 1986, hired to develop affordable housing communities.

"In 1986, we had one community – Rogue Valley

and memory care and assisted living have become separate from the highly-regulated skilled nursing units.

The industry is poised for more change, Brian says.

"One of the problems we're facing is where are the middle-level communities?" he asks. "Mirabellas are right for people who have planned well for retirement," but they are at the top of the price heap.

"The real driver today is labor. It's very hard to do a low-end model of this. If you provide people the same type of services, the labor piece is about the same," he says, noting that the cost of a housekeeper or concierge or cook doesn't change much no matter the facility.

Eric notes, however, that "two of our more successful communities" – Holladay Park Plaza in Portland and University Retirement Community in Davis, Calif. – are in the "middle income" market.

"We are going to continue to grow," Eric says of PRS' future. "PRS will grow because we believe in our company, we believe we are experts in the industry, but we won't be restricted by any age group or system. Everything is up for discussion.

"My hope is that we are going to broaden our mission of who we serve." Eric said. "My belief at my core is that we need to serve all seniors, not just Mirabella seniors, not just low-income seniors, but all seniors."

And maybe some folks who are decidedly junior. Like kids. There is precedent.

Glenridge Terrace apartments in Medford, an affordable housing community, is the only PRS property that has children living there – 83 kids in the 50 units

Eric notes that some 20% of the homeless in Oregon today are children, and they could become part of the company's mission. Will that happen? At this point, no one knows.

Growth will be guided, he said, by the goal of becoming "the best version of us." ■

PRS has grown from one retirement community to a not-for-profit corporation with 3,000 employees and 5,000 residents of 37 communities in six states.

Manor," he said. "When I was hired, my job was to start affordable housing growth. It's really gone from a very local, very small company," he said, to a not-for-profit corporation with 3,000 employees and 5,000 residents of 37 communities in six states, and some \$1.7 billion in assets.

"The biggest change from when I came to town is the growth in the memory care and assisted living portion," Brian said. "People in those categories used to be cared for in skilled nursing, in 200-, 300-, 400-bed facilities," in old style nursing homes with two to four residents to a room,



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Thank You, Beverly Anderson, Wherever You Are

by Steve Casey

THE NEW BOSS OF MIRABELLA'S PARENT CORPORATION OWES HIS career to Beverly Anderson.

Now chief executive officer of Pacific Retirement Services, Eric Sholty was a 19-year-old with no experience dealing with "seniors," and was just looking for a paycheck when he signed on as a maintenance technician at a California retirement home.

"I had this perception that I was going to smell urine and (the place) was going to be dusty and dirty and residents would drool," Eric told 3550 Magazine.

The weekend before he started that job, Gene, Beverly's husband of 50 years, died.

Gene had been in assisted living. Beverly moved in to be with him, and was with him as he passed, then went back to her independent living apartment.

In the weeks that followed, Eric made repairs, hung pictures and did the things maintenance folks do, and had many conversations with Beverly. He learned about her life, her long marriage, her dedication to Gene through his last days. And her indomitable spirit that carried her through the rest of her life. That relationship changed his outlook and made him appreciate – maybe even revere – the accomplishments, strength, character and resilience of older people.

Eric was moved by the couple's mutual devotion and by Beverly bravely and successfully building an active life alone.

"Obviously, I never met Gene, but his wife loved him, and she was so thankful for the non-profit mission, which left an indelible mark on my life," Eric added in a note.

"While I am proud of many moments and accomplishments in my career, none are as important as the 19-year-old maintenance technician whose life changed because of her story."

It brought him an admiration and respect for his elders and hooked him on a career in senior living and care which motivates him still.

"This is at my core, and how I intend to lead us into the future," he said.

As PRS' chief operating officer before his ascension to the corner office, Eric's biggest and most enduring professional crisis was no doubt Covid, but there have been others. Like a triple homicide.

A resident was murdered at a facility Eric ran in 2012, one victim of three a man killed before fatally turning his gun on himself. The shooter who killed his wife and two female relatives? A licensed marriage and family counselor going through a bitter divorce.

As COO, Eric's task has been to direct the day-to-day operations of the corporation. He became CEO on Jan. 1.

Brian McLemore, his predecessor, ended a 35-year career with PRS, as CEO for the last decade, and is responsible for a huge chunk of the corporation's growth and strength. Brian retired in January but has been helping Eric in his first few months as CEO.

Brian and his son have formed a consulting firm, working with stand-alone not-for-profit retirement communities, "repositioning campuses and helping them grow," he said. ■



New PRS CEO Eric Sholty. Photo courtesy of PRS.

Be Kind to Our Sewers

by Kathy Suri

AFTER MOVING INTO MIRABELLA, NEW RESIDENT NIGEL decides to cook a chicken for his wife Rose. It looks and tastes delicious. But what to do with the grease in the pan, he wonders afterward.

Looking at the disposal in their sink, he thinks, why not throw it there?

Nigel does not know that much of Portland's 2,500 miles of sewer pipes were installed before 1930 – years before garbage disposals came into common use. Portland's pipes were not designed to handle ground-up vegetables or other things people now toss into the disposal.

Of the problem foods, fats, oils and grease (FOG) are the worst culprits. The City of Portland spends about \$100,000 a year cleaning and repairing sewer lines clogged by grease, and about \$12 million a year to treat wastewater containing high concentrations of food waste.

FOG in the pipes can turn into fatbergs, a rock-like mass of waste matter in a sewer system caused by the combination of flushed non-biodegradable solids, such as wet wipes, and congealed grease or cooking fat. Scientists now know that fatbergs are formed by a process of saponification: fats, oils and grease turn into soap by the action of heat in the presence of alkali.

In September 2017, Thames Water announced the discovery of a 130-ton, 820-foot rock-solid fatberg in London's Whitechapel neighborhood. A piece of it is on display at the Museum of London.

Before pouring his chicken fat down the disposal, however, our hero Nigel recalls reading an article like this one and pours it instead into a nearby empty milk carton, where it can harden.

He has heard that Portland has fine environmental services. He hopes to help keep it that way.

Here are the city of Portland Environmental Services guidelines:

Scrape food scraps into the trash.

Use the strainer in the sink to catch scraps; empty it into the trash.

Pour grease into a can or carton, let it harden and then throw in the trash.

Minimize use of your sink's garbage disposal.

Wipe pots and pans with dry paper towels before rinsing or washing them; then throw the paper towels in the garbage. ■



Gross fatbergs grow and block our sewers. Photo courtesy of Portland Bureau of Environmental Services.

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Jamie Mathieu: A Passion to Heal

by Nancy Moss

WHEN WELLNESS COORDINATOR JAMIE MATHIEU was a teenager, her father suffered a heart attack.

Watching him carry out a rigorous cardio rehab program and regain his active life inspired Jamie to be a “wellness resource for people” that is “all-encompassing.”

Working with college athletes, baseball and soccer players, Jamie made videos of them performing, swinging a bat or passing a soccer ball. By watching the videos frame by frame and freezing key ones, she was able to isolate the body part that caused the problem. “Strengthen your right triceps,” she might advise, and then create an exercise program aimed at that part.

With a population injured to knee or hip replacement,

heart surgeries and the chronic conditions that can plague the elderly, Jamie hopes to “benefit the community” and “improve the lives of people” through thoughtful exercise.

Her 9 a.m. Wake the Body Up class, listed as “gentle” and featured on both Zoom and Channel 981, eases

participants into their day with instructions such as “Give yourself a little hug” and “If you feel tension in your lower back, keep this move slow and gentle.” Gentle is a key word in this class.

Asked how she can reach residents who say that their only exercise is walking to the elevator and back, Jamie urges them to “give it a shot.”

She is open to feedback and suggestions and promises to come up with “innovative ideas” and thinking that lead to “creative wellness programs.”

Jamie says that her father’s recovery from his heart attack was “profound and almost shocking to me.” Working with residents in what she describes as a “hybrid” job, combining physical training and administration, Jamie hopes to

achieve a program that leads to progress that, while maybe not as dramatic as her father’s, is as real. ■



Jamie Mathieu. Photo by Robert French.

Walking the Halls, Climbing the Stairs

by Nancy Moss

AS WINTER RAINS LIMIT WALKING OUTSIDE, SOME RESIDENTS have taken to Mirabella’s halls and stairways. No need to schedule gym or pool time; just put on a pair of comfortable shoes and head for floors four to six.

The fourth floor provides the most steps, says Marge Carothers. Larry Braverman, too, walks and runs along that floor, slowing down a bit to greet residents he passes. A tennis player and gym rat, Larry walks/runs until he feels he’s had good exercise. Muriel Mendonca and Lois Wheeler also walk the fourth floor together, stopping to talk to “whoever we meet along the way,” Muriel says.

Polly Grose walks for 40 minutes in the morning and then 20 in the afternoon.

When a sore shoulder kept me from exercise class, I discovered surprising benefits in walking Mirabella’s floors. Starting at floor four, I took the stairs up to five and six, using a Clorox wipe on the railing, then made my way back down.

I found unexpected benefits in the process. Aside from intriguing art on apartment ledges, some doors sported wreaths; here and there small bags of cookies left on ledges spoke of generosity, one resident’s gift to a friend. A corner window had a nice river view.

On the fifth floor, I counted 330 steps, less than the fourth floor’s 379. Doubling that to include the sixth floor



Victoria Roberts

"Ah, the ecstasy of moving all the right muscle groups."

above and adding Marge's fourth floor below, reached by the stairs, meant legitimate exercise.

Residents can adjust floor walking to their level of fitness. Bruce and Olga Howard use their walkers on the fifth floor, extending out to the outside terrace. Rain or shine. Bruce says "looking at the world outside" helps his mental health.

A more intense regimen than floor walking is climbing the stairs. Theone Ellis frequently walks up to her ninth-floor apartment. Some residents pace their stair climbing by walking up one flight and then along the hallway to the other stairwell for the next flight up.

To stay fit for dragon boat paddling when it finally resumes, Anne Clark and Ed Parker walk down from their 21st floor apartment to the first floor and then climb the



Ed Wilson

"My wife has been walking five miles a day. I think she's somewhere in the middle of Pennsylvania now."

stairs to the 30th floor. After sitting on the top step long enough to get their breathing and heart rate back to normal they walk back home.

Anyone whose body says slow down can pause to rest while stair climbing; a floor walking/stair climbing routine can adapt to anyone's level of fitness. I passed one resident taking what she said was a "gentle walk."

While winter provides what looks like a legitimate excuse to avoid exercise, some residents use our halls and stairs to keep fit. ■



C. Burdette

"That's great, but you still have to walk more."

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Welcome The Dylan To The Neighborhood

by Pete Swan

A new apartment building has been growing like Jack's beanstalk right before our eyes. It is another Alamo Manhattan property, The Dylan. The project is sited between Moody and Macadam avenues and Lane and Abernethy streets.

Alamo built and owns The Ella, a residential building between Moody and Bond. Alamo also plans to break ground for additional residential units next summer on its four-square-block property on the river north of the Spaghetti Factory.

The old warehouse that previously stood on The Dylan site was demolished in just a week and, soon after, excavation began. To create the volume for the underground garage, monster backhoes and dump trucks spent a busy two months. Meanwhile, welders and concrete workers were busy building the foundation and retaining walls around the perimeter.

After the deepest floor was poured, countless reshores (mechanical jacks) were placed to support the forms for the next level. Vertical columns were poured with reinforced concrete. Special connecting flanges branched out from each column. They "marry" the next concrete floor to the columns and thus transfer the weight downward. More elaborate concrete work formed the next two floors once street level was reached.

The Moody-level floor will have the administrative and leasing office, more parking on the west side, a lobby and mailroom, and multiple retail spaces along Moody and on Lane. A fitness center and activity space will be on the second floor.

Increasing the concrete floors' strength was accomplished by an elaborate system of red-colored embedded cables that could be tensioned. Once the concrete had cured, the floor was carefully checked for levelness, and then "polished" with rotary smoothers.

The structure changes from all concrete and metal to wood flooring and wood-framing on the third floor and upward (the building code allows up to five such stories). Alamo and its contractor, Andersen Construction, have lots of experience in erecting concrete and wood buildings.

Andersen did all its own concrete work but, like most general contractors, subcontracted the trade-specialized work such as framing, plumbing, wiring, sheet-metal, cabinetry, painting and roofing. There have been as many as 120 workers on the site. Andersen is proud that its Portland-area projects have gone over 477 days without

a significant on-the-job injury. Each worker must fill out, electronically, a health questionnaire before reporting for his or her daily shift.

The logistics were simplified by taking advantage of Alamo's ownership of the riverfront property, which was used as a delivery and storage yard for many of the components. From there, it was less than a three-block haul to the Bancroft Street dock from where the towering crane



Photo (above) of construction in progress of the Dylan, and below of the crane were both taken by crane operator Jeremy Campbell.



could hoist the materials to the working level on the then-highest floor — a local version of just-in-time deliveries. There is also a temporary, exterior freight elevator for less-bulky items. “Mast-climbing work platforms” are positioned on inside walls of the courtyard to allow work on all levels of the building.

The 232 residential units will be 12% two-bedroom units, 8% studios and 80% one-bedroom apartments. All will have air conditioning and those units facing Macadam will have premium glazing to mitigate traffic noise. All units will be cable- and Internet-ready. Common areas will have Wi-Fi.

The interior courtyard, which will eventually include a water feature, starts on the second floor, and there will be a terrace on the seventh level. The resident parking garage will have 173 stalls with its entrance and exit on Abernethy. There will be ample indoor bicycle parking. Two elevators will serve the building.

When your reporter toured the project on Jan. 6, the tradespersons had made substantial progress. Water and sewer lines were in place, the fire-suppression sprinkler pipes were installed, electricity lines had reached each room, sheet-metal work had begun and tubing for air-conditioning refrigerant was being installed.

So, who has the best overview of the project? You guessed it: the crane operator. His name is Jeremy Campbell. Jeremy climbs a 180-foot ladder to his control

cab every weekday at 6:30 a.m. He can rotate his 164-foot jib (boom) 360 degrees, and the crane can lift up to 13 tons. He packs a lunch and spends his lunch break in the cab, sometimes browsing YouTube.

Jeremy has worked with large cranes for 17 years. He started his career as an oiler and rigger for mobile cranes, then worked his way up (pun intended) with on-the-job training until he was certified as a tall-crane operator. He said he operated the huge mobile crane that assisted during the take-down of the tall crane at Oregon Health and Science University’s Center for Health & Healing II when its construction was completed.

He enjoys his job despite the constant need to be alert and precise in controlling this massive equipment. He receives a lift schedule each day that identifies the day’s jobs. More-spontaneous jobs, such as lowering full scrap bins, are often interspersed. He is in constant radio contact with his bellman, who guides him from below in picking up loads and tells him exactly where to land them. Jeremy said his least-favorite

duty is having to roll out in the “trolley” along the jib to personally conduct a monthly inspection.

Brian Krawczyk, Andersen’s project manager, is an Oregon State construction management graduate, and has worked for Andersen for seven years. He says The Dylan is on schedule for completion in the fourth quarter of 2021. ■

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The Way It's S'posed To Be

by Judy Seubert

CUSTOMS CAN CHANGE FROM ONE GENERATION TO the next. My granddaughter Athena, aptly named for the Greek goddess of wisdom, showed me how it happens.

When Jim and I moved to Portland, I hung a wall of a dozen or so family wedding photographs in our bedroom. There are wedding photos of Jim's parents and grandparents in the 1930's and 1890's and photos of my parents' wedding in 1941 and my mom's folks' wedding party in 1920. There are photos of all our family members present at each of my three siblings' weddings in the 1960s and 70s. Of course, Jim's and my wedding photo is there, hanging smack dab in the middle.

One day when I was explaining to 7-year-old Athena who was in the photos, we came to the photo of Jim's and my wedding party. It is typical: bride and groom in the center; maid of honor, my sister, Marge, next to me; 8-year-old flower girl, Laurie, next to the maid of honor. On the other side of the groom was the best man and next to the best man was my 11-year-old brother, Dick. It was a very small wedding party, as things go these days.

Pointing to Laurie and Dick in the photo, Athena asked, "Are those your kids?"

"No," I explained. "My kids are your dad and your Aunt Susie. They weren't born until several years after Grandpa and I were married."

Athena looked puzzled. "But where are your kids?"

"Well," I explained, "back in those days people did not usually have children until AFTER they were married, not before."

Without losing a beat, Athena replied indignantly,

hands on hips, "Well, that's not fair. They missed out on THEIR wedding!"

Clearly, Athena's mindset had been formed by the fact that her parents had been living together for 10 years and she and her older sister, Kaliska, were 3- and 6-years' old, respectively, before mom and dad had their wedding.

It turns out that as Andy and Jewelie were planning for their big day in the months before the wedding, the girls, then somewhere between 2 ½ and 5, were not all that excited about shopping for dresses or shoes, especially Athena, who was reluctant to give up her Wellingtons for Mary Janes. So Jewelie had tried to gin up the girls' enthusiasm for the event by convincing them that this was

"their wedding." To Athena, that was clearly the way it is SUPPOSED to be. First you make the family, and then the wedding. ■



Athena as imagined by illustrator Hebe Greizerstein.



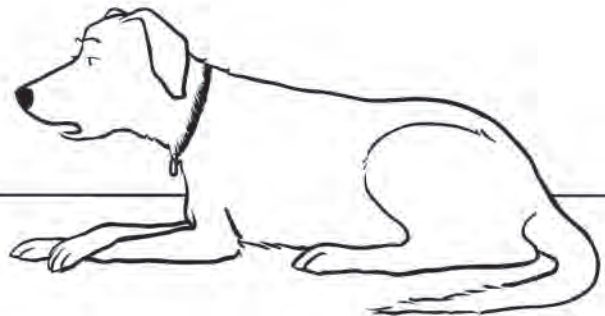
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"I would not be opposed to a cat tax."

GREGOR

Portland Diary

by Nancy Moss

I
LATE NOVEMBER AFTERNOON, WE WALK ALONG THE GREENWAY. A WINTER tree, empty of leaves, contains crows. More fly in from across the river. A few caws, maybe a signal, and the treed crows fly off, first a few, then more and more until the tree is almost empty. Just past the tree, a grassy field now holds about 200 crows.

A cacophony of crows.

II
One resident is a seamstress who makes meticulous, beautifully crafted clothes, the other, a computer whiz, helps people with basic or advanced technological problems. They exit the seamstress's apartment, both looking pleased. The computer whiz has a pair of slacks hanging over one arm.

I have just witnessed a bit of Mirabella's new quarantine barter economy in action.

III
In the dog park, dogs abandon the restraint they exhibit on leash. Today a small, sleek black dog chases a fluffy white Bichon Frise in a sustained dash as their owners look on. After a few circuits they reverse direction, still speeding. The dog pursued, the Bichon Frise looks as joyful as the dog in pursuit.

IV
Two dogs: a contrast
Today the dog park is a sea of mud, glistening with puddles. A Weimaraner-looking dog races to find the ball thrown by a tall man at the other end of the park, locates it and tears back to drop it at his feet, ready for another dash across the mud.

Nearby, a stout woman in a puffy brown coat holds a tennis ball, ready to throw it. Her stout bulldog, impassive, looks at her and does not move. ■

