

3550



March 2019

a publication by and for the residents of Mirabella Portland



Steve Casey

Editor



Linda Wood

President

WELL, B-BYE, UMPQUA BANK.
The signs in front of our local branch say “We’re closing our doors” at 3 p.m. on April 9.

Customers got letters saying it’s time to clear out safe deposit boxes because the branch is closing.

The teller counter has little signs announcing the branch is closing.

It’s fair to assume the branch is, *you know*, closing.

Somebody ought to tell the PR folks. “We don’t want to say we’re closing,” a corporate manager told 3550 in a phone call.

Umpqua’s external communications manager, Kurt Heath, also sent 3550 an email saying “Umpqua is committed to serving our South Waterfront store customers, including those at Mirabella.”

Just not in person.

By bank logic, Umpqua can take care of your banking needs without you ever meeting a bank human. After all, there’s online banking and ATMs.

Online, we lose coffee and cookies, a home for neighborhood meetings and events, regular paper-shredding services and friendly, familiar smiles. We lose a personal relationship. Our connection to the bank becomes more tenuous.

“We’ll have an ATM still located there for use, and our Plaza store, just a short distance away, will continue providing in-person store banking services for customers,” Heath said.

That branch — at SW First and Columbia — is 1.5 miles from Mirabella, a 7-minute drive in light traffic or 16 minutes first on a streetcar, then by foot. The existing South Waterfront branch is 66 feet from Mirabella.

While Mirabella has no accounts at Umpqua, the Residents Association of Mirabella Portland (RAMP) has several, and has no plans to switch banks.

The news is that our friendly neighborhood branch is doing a disappearing act.

The corporate spin is that the Roseburg-based bank still loves you and wants your business.

Pssst: They’re closing. ■

LAST SPRING, RESIDENTS HAD THE OPPORTUNITY TO RESPOND TO THE following question on the Engagement Survey: “What improvements or new services would you be willing to pay additional fees for?”

This question was answered by 97 people. Those who said they were willing to pay more fees were almost evenly balanced by those who said fees should not increase for additional services.

The only item for which a significant number of residents said they would be willing to pay more fees was more town car vehicles and/or more drivers, resulting in an improved ability to get rides.

This item should be considered by the Finance Advisory Committee when it considers next year’s budget. Whether more vehicles or drivers, or both, are the answer would depend on data that the transportation department (a/k/a valet office) is collecting about ride requests that cannot be accommodated now.

Costs of any proposed solution should be weighed against the benefit that could be achieved. And any cost increase must be weighed against the concerns of a significant number of residents who do not want to pay for additional services.

Several survey respondents said they would pay more for services that are already available from Mirabella on a fee basis, or from a nearby business offering a Mirabella-negotiated discount. These items are meal plans with two meals a day, more housekeeping services, and car wash and detail services.

One person requested a dietician; consultations with Mirabella’s dietician are already available free of charge.

If you want to use any of these services, contact resident services director Megan Huston, who can direct you to the proper staff or to relevant information.

If you mentioned one of these items, I hope this information will help you get the extra services in which you are interested. ■



ON THE FRONT cover: This photo composite by Ron Mendonca is one dystopian take on what possibly could be Portland's future in the age of climate change. Or not. Please see story on page 6.



ON THE BACK COVER: Summer's really coming and Alaska is a popular destination for cruisers on vessels large and small. Steve Casey took this shot of charming Haines from the deck of one last May.

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Springtime Neighborhood Events Planned

SOUTH WATERFRONT COMMUNITY RELATIONS, THE ENERGETIC team that brings all sorts of events and celebrations to the neighborhood, has three items on its calendar between now and your next issue of 3550.

On March 27, the community relations team again partners with Bloodworks Northwest to offer the second annual South Waterfront blood drive, from noon to 6 p.m.

The bloodmobile will be parked on SW Bond, in front of Subway, between Gaines and Pennoyer.

Bloodworks is the nonprofit which supplies blood to Providence and Legacy hospitals throughout Oregon.

April 20 is the annual "SOLVE It for Earth Day Spring Cleanup." Volunteers work to remove trash and keep the neighborhood looking good. It starts at the community relations office, 3715 SW River Parkway.

May 30 marks the second annual South Waterfront Street Fair, from 4 p.m. to 8 p.m. on SW River Parkway between Gaines and Lane. Bands, food and drink, neighborhood conviviality, maybe some surprises. What's not to like?

And in case you're wondering when the summer Farmers' Market opens, that would be June 6.

Looking farther ahead, executive director Pete Collins says they are planning a Winter Farmers' Market for the 2019/2020 season, to start on a November date yet to be determined. ■

1,100 New Dwelling Units Sought

ANOTHER, AND MORE AMBITIOUS, PLAN HAS BEEN PROPOSED TO the city for the four-block, 9.8-acre vacant site immediately north of the Old Spaghetti Factory.

"The Landing at Macadam" contemplates buildings ranging from six to 17 stories, together creating 1,140 residential units, 28,389 square feet of ground level retail space and 994 parking spaces.

The property consists of blocks 41, 42, 44 and 45, which run along SW Bond Avenue between SW Lowell St. and SW Lane St.

A "design advice request" hearing was scheduled before the city's design commission last month, but at press time had not been held.

The applicant is Alamo Manhattan Properties, LLC.

A smaller development had been proposed for that site earlier. ■

New PRS Hire Hastens Meal Tracker

WITH THE ADDITION OF A NEW CORPORATE DINING manager, the recently launched Meal Tracker program should be able to shorten the time it takes to get new entrées onto the Mirabella menu, according to Mirabella dining boss Armin Alcantara.

Meal Tracker is the program providing detailed nutritional values on each dish. It was described in the December 2018 issue of 3550. Armin recently announced Pacific Retirement Services' (PRS) hiring of Rachel Geddis as corporate nutritional services manager. While she will work for the corporation in many locations, he said she lives in Portland – so we can expect to see her frequently.

Armin told 3550, "I've gotten a lot of positive feedback (for Meal Tracker) that we're transparent with the menus."

Before a new dish can hit the dining table, it must first get a thorough nutritional analysis and be approved by Todd Albert, corporate culinary director. Until now, shepherding new recipes through that process was left to Todd, in addition to his other PRS-wide responsibilities.

There also may be changes coming in dining policies, Armin told 3550, although nothing is planned for the short term.

"Down the road, I want to create a better dining experience for the residents," and part of that involves taking a look at allowing residents to take leftovers – like an uneaten half of a sandwich – home, whether they are signing for the meal or using a meal credit. No decision is imminent.

Meanwhile, dining services is preparing for a busy month of May, with Mothers' Day (May 12) and Memorial Day (May 27) calling for special festivities. ■



"I'm sorry, but you can't take the leftovers home. They're all newly patented items, and cannot leave the premises."

Garden Party Fundraiser Set for May

TWO AUCTIONS AND A GARDEN PARTY TO SUPPORT THE Mirabella Foundation’s resident assistance fund are on the calendar for May 22 and 23.

Polly Grose, foundation committee member and chair of the event, said all residents are invited to the May 23 garden party, to be held on the fifth-floor terrace at 5 p.m. Wine and hors d’oeuvres will be served, and a live auction is planned at the event.

Tickets are \$20 each.

The day prior, May 22, the foundation committee has scheduled a silent auction in the Park View Room.

Information on how to buy garden party tickets and make reservations will be provided as the date grows closer. ■

YES Project Update

THE YES PROJECT, A PRIVATE SCHOLARSHIP FUND FOR MIRABELLA employees which is administered by the Oregon Community Foundation (OCF), now has an account balance of more than \$155,000, according to OCF associate program officer Megan McElroy.

“YES” stands for “Your Employee Scholarships” and was started several years ago by Dave and Linda McCammon, who were Mirabella residents at the time. Unlike the scholarship program of the Mirabella Foundation, the YES Project has no official relationship with Mirabella.

The minimum award for any scholarship at OCF is \$1,000, according to John Branchflower. He and fellow Mirabella resident Laurie Meigs are the donor representatives on the YES Project selection committee.

John said the scholarship is endowed, “so (even) if no other person donates, Mirabella employees will still be able to apply for over \$6,000 in annual awards in perpetuity.”

Typically, between 4% and 5% of the fund balance is available for awards each year, as investment returns allow the fund to grow over time.

The four recent scholarship winners include Morgan Breedwell, who received \$2,500 for studies at Colorado State University; Julie Tran, who received \$3,000 for study at Concordia University, and India Tufa, who won \$3,000 for studies at Portland State University. The fourth winning employee asked to remain anonymous.

Prospective donors can contact John or Laurie for information and assistance. ■

Stephanie Cook Named Health Center Boss

FROM THE ADMINISTRATOR-IN-TRAINING PROGRAM TO THE SECOND ranking job at Mirabella is quite a leap, and many eyes will be on Stephanie Cook, who was hired into that demanding slot in late January.

Her appointment is conditional upon her finishing the program, then passing both her state and federal licensing examinations.

Stephanie holds a bachelor’s degree in health care and is mid-way through a master’s program in health care administration. She also holds the full confidence of Sharon McCartney, Mirabella executive director, herself a long-serving health care administrator.

Those two jobs are the only Pacific Retirement Services (PRS) positions on the Mirabella staff. All others are Mirabella employees.

“While the health care administrator position is the second biggest position we have in our building,” Sharon told 3550, “I am confident that with Stephanie’s management experience, leadership already displayed and history with the company, she will flourish with the support of myself and our (PRS) chief of health care, Debbie Rayburn.”



Stephanie Cook

A native of Fresno, Calif., after college Stephanie spent what she has called “four wonderful, crazy years exploring and learning about the bio pharma industry” in San Francisco. After a two-year return to Fresno, Stephanie and her husband moved to Portland, where she became executive assistant and foundation coordinator at Holladay Park Plaza.

Participating in the prestigious administrator-in-training or AIT program, she rotated through various Mirabella departments doing a deep-dive into their operations. The Health Center was a deeper dive than most, as the sudden departure of administrator Mary Ann Lagazon resulted in Stephanie being placed in that spot, under Sharon’s close supervision.

“She already has the support of the staff,” Sharon said, and has built relationships with residents in the short time she’s been there.

“I look forward to many years at Mirabella,” Stephanie says reassuringly, given the recent period of instability in the health care administrator job.

(The AIT program was described in the March 2018 issue of 3550, available on our website, www.3550Magazine.org.) ■

Pacific Northwest ‘Wins’ in Climate Change; Enormous Threats Seen But Worse Elsewhere



Costal erosion worsens from rising ocean, warmer water, bigger waves. The rip-rap installed on Oregon’s Salishan spit was not enough to protect all the houses from December 2018 storm waves.

by Ed Parker and Steve Casey

FIRES ROARING OVER VAST ACREAGE LEFT KINDLING-DRY BY climate change.

Fresh water supplies threatened, agriculture left vulnerable, floods taking out roads and settlements, unhealthy air, lack of recreation, transportation snarled, an economy left staggering.

That’s the bad news from the latest National Climate Assessment released by the federal government. The only sliver of a silver lining? It won’t be nearly as bad in the Pacific Northwest as it will be almost everywhere else in the country.



It’s not like we didn’t see this coming.

Way back in 2014, a New York Times story quoted University of Hawaii geography professor Camilo Mora as saying “If you do not like it hot and do not want to be hit by a hurricane, the options of where to go are very limited.

“The best place really is Alaska,” he told the Times. “Alaska is going to be the next Florida by the end of the century.”

Clifford E. Mass, an atmospheric science professor at the University of Washington, predicts Seattle, Portland and surrounding areas will see an influx of climate refugees as global warming progresses.

Climate change recently claimed a massive corporate casualty after high winds knocked power lines down onto land that global warming had turned into a tinderbox, setting afire more than 200,000 acres and 3,256 structures, and claiming 22 lives.

Now California’s largest electric company is going into bankruptcy, driven by a possible \$30 billion liability. PG&E and its wholly-owned subsidiary, Pacific Gas & Electric, have been tied to at least 17 major fires in 2017 and more in 2018, some of which sent smoke into Portland, choking the air for days.

The National Climate Assessment, which is mandated by law, is the product of more than 300 experts within and without the federal government. It is based on thousands of climate studies and the work of 13 federal agencies.

It was released on “Black Friday,” the Friday of Thanksgiving weekend, presumably because it sharply contradicts repeated assertions from the Skeptic-in-Chief that climate change is a hoax.

Asked about the report, President Trump said, "I don't believe it."

Scientists do.

One section of the 1,656-page report deals with Oregon, Washington and Idaho, describing how climate



OF COURSE SOME SPECIES HAVE ADAPTED BETTER TO GLOBAL WARMING THAN OTHERS...

change has already affected the region and what else is coming.

Forest fires of greater frequency and intensity are damaging the wood products industry. Ocean warming, increased acidification and algal blooms are harming fish and shellfish harvests.

The report lists the assets of the region that will be most damaged: clean air, abundant water, low-cost hydro power, vast forests, extensive farmlands and outdoor recreation. Higher sea levels, storm surges and large waves are already causing increased coastal erosion.

The region has warmed by about 2 degrees Fahrenheit since 1900. The rise will continue because possible mitigation effects cannot happen quickly enough.

The average winter precipitation is likely to increase over the long term, but with increased variability so that some winters may have droughts. More of the precipitation will come as rain, so there will be less snowpack and lower summer streamflow. This will damage freshwater fisheries and harm migrating salmon.

It will also damage the outdoor recreation economy, threatening summer boating, hiking and fishing activities. Winter recreation businesses will also suffer. Most of



"I hate to admit it, but a man with a big carbon footprint makes me hot."

Oregon's ski resorts are at elevations that will get more rain and less snow. Mount Ashland ski resort has already had one season where it was unable to open at all.

The changed timing of water availability will have a negative effect on irrigated agriculture in the Willamette Valley and elsewhere. Northwest wine producers will have to adapt to higher temperatures and longer growing seasons. There will be opportunities as well as risks as the prime growing areas for higher quality and higher value varietals shifts further north. (Alaska pinot noir, anyone?)

Mitigation of water availability problems may be difficult because of legal water rights issues that give little incentive to those with primary rights to share with holders of secondary rights.

Special crops, such as fruit trees, will suffer both insect-borne diseases and from a mismatch between the earlier flowering times and the later availability of pollinating insects. Heat stress will affect livestock.

The good agriculture news is that the warmer climate and longer growing season will lead to increased yields for dryland wheat production. The longer growing season will also be good for forests west of the Cascades that have more moisture than for drier eastern forests, which will be at greater risk of disease.

Coastal erosion and landslides affecting roads will put rural communities without diverse routes at risk of being cut off. Costs of maintaining roads will increase.

Health risks will increase from the poor air quality resulting from longer fire seasons. The Oregon Health Authority recorded spikes in cases of salmonella and E.coli during months with extreme heat in 2015.

(see *Climate* p. 8)

(from Climate p. 7)

Adapting to change can be stressful and the increased stress can lead to poor health.

Oregonians most at risk from climate change are rural people, lower income people, homeless people and those in tribal communities. People and places with fewer economic resources will have fewer opportunities to mitigate or adapt to the consequences of change they can't control.



And it's not like no one local paid attention.

Washington Gov. Jay Inslee said in his "state of the state" address in January that the state needs to do more to address "the imminent threat of climate change."

Inslee, who is mulling a possible 2020 presidential bid, highlighted climate as his top issue, naming low snowpack, warming ocean temperatures and wildfires that impacted air quality as his major concerns.

"I don't know of any other issue that touches the heart



"Long term I'm worried about global warming — short term, about freezing my ass off."

of things so many of us care about: our jobs, our health, our safety and our children's future," he said in prepared remarks.

The City of Portland and Multnomah County have been working jointly on climate resilience plans for several years. Their most recent progress report was made in 2017. A new progress report is expected this year.

"In short, Portland's future climate is projected to be characterized by hotter, drier summers with an increased frequency of high-heat days, and warmer winters with the potential for more intense rain events," the 2017 report said, explaining that day and night temperatures will

rise, drought will be more common, wildfires will be more frequent and intense, and floods will follow in winter as will landslides.

"While these changes in the climate are significant,



Portland is unlikely to suffer the severity of impacts related to hurricanes, intense drought and sea-level rise as many cities around the world will face," the report said.

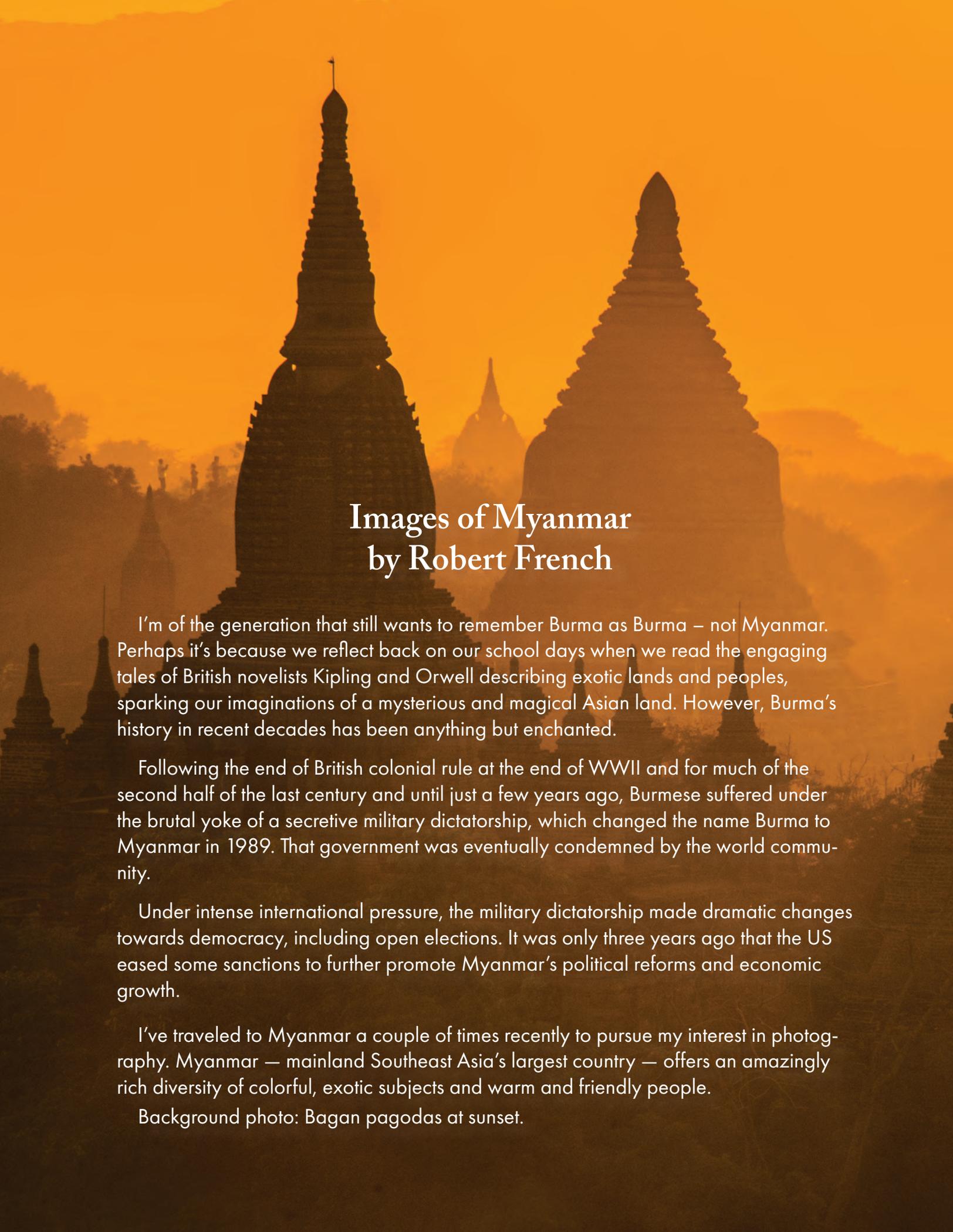
The joint climate action plan has 171 tasks planned for completion or to be significantly underway by next year. In 2017, 5% of those actions were completed, 83% were on track, 5% were in progress but facing obstacles and 7% were not started.

Local plans include actions to reduce climate-warming carbon emissions, increase energy efficiency, increase recycling and composting, expand the urban forest canopy to cover at least one-third of the city, reduce flooding and landslide risks, and reduce carbon emissions from city and county operations by 53% from 2006-2007 levels.

Or there's always Alaska. ■



"We are trying to discourage carrier bag use."

The background of the entire page is a photograph of several pagodas in Bagan, Myanmar, silhouetted against a bright orange sunset sky. The pagodas are tiered and conical in shape, with the most prominent ones in the foreground and others receding into the distance.

Images of Myanmar by Robert French

I'm of the generation that still wants to remember Burma as Burma – not Myanmar. Perhaps it's because we reflect back on our school days when we read the engaging tales of British novelists Kipling and Orwell describing exotic lands and peoples, sparking our imaginations of a mysterious and magical Asian land. However, Burma's history in recent decades has been anything but enchanted.

Following the end of British colonial rule at the end of WWII and for much of the second half of the last century and until just a few years ago, Burmese suffered under the brutal yoke of a secretive military dictatorship, which changed the name Burma to Myanmar in 1989. That government was eventually condemned by the world community.

Under intense international pressure, the military dictatorship made dramatic changes towards democracy, including open elections. It was only three years ago that the US eased some sanctions to further promote Myanmar's political reforms and economic growth.

I've traveled to Myanmar a couple of times recently to pursue my interest in photography. Myanmar — mainland Southeast Asia's largest country — offers an amazingly rich diversity of colorful, exotic subjects and warm and friendly people.

Background photo: Bagan pagodas at sunset.



Throughout Myanmar, Buddha statues are ubiquitous, such as these in the Kaw Kun cave.



Young Buddhist nuns prepare ingredients for their evening meal.



Traditional fishing methods such as net casting are still common in Myanmar.



Fishermen on Inle Lake use cone-shaped baskets to trap fish.



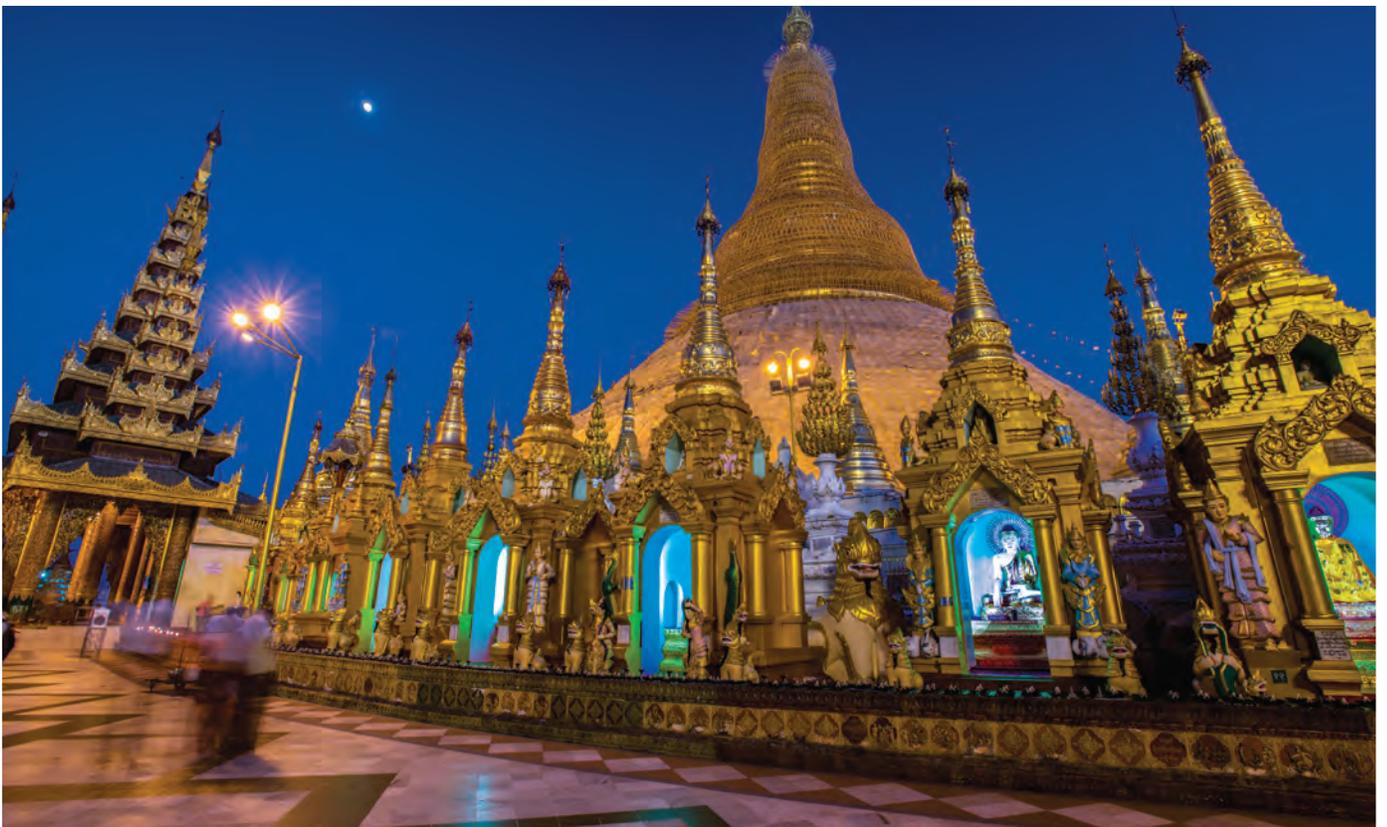
Thousands of pagodas dot the landscape at Bagan.



Early mornings see monks heading out of their monastery to begin collecting alms in the local villages.



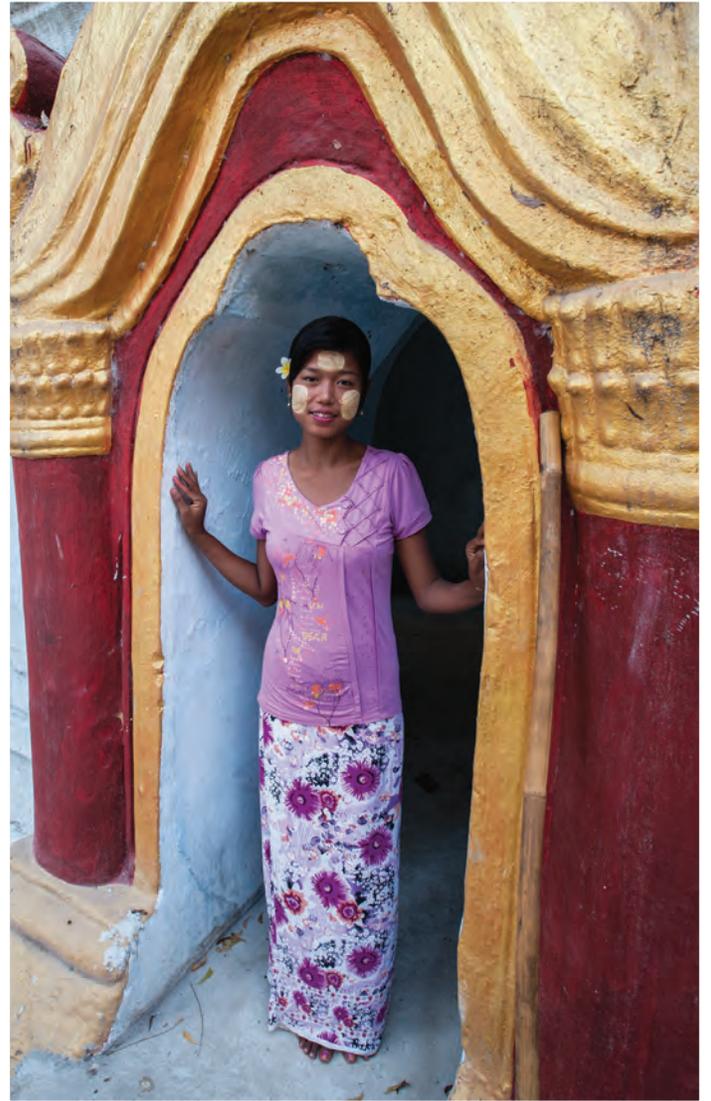
The U Bein bridge in central Myanmar was built of teakwood in 1851 and carries foot traffic across Taungthaman Lake on a $\frac{3}{4}$ -mile span.



Shwedagon pagoda in Yangon is considered one of Buddhism's most sacred sites in the world. The massive main stupa is said to be embellished with 27 metric tons of gold leaf.



Golden Rock, the Kyaiktiyo Pagoda, is precariously balanced on a mountain cliff and draws religious pilgrims from throughout Myanmar.



Many Burmese spread thanaka paste on their faces for cosmetic beauty and skin protection.



Monks studying in a Yangon monastery classroom.

DID YOU KNOW THAT **GERALD SULLIVAN**, "MR. ENERGY" of our maintenance staff, can really twirl a rifle?

While many of us were getting seated and settled for our Veterans Day celebration, Gerald checked on a skill from many years ago: *twirling an unloaded rifle*. He proved to himself and any onlookers that he had not lost his talents.

I am sure the Marines were equally impressed.

Margaret Toppel was instrumental in getting Indiana University to recognize the contributions and accomplishments of women athletes prior to Title IX. This past fall, she was recognized for her efforts, and joined in ceremonies recognizing male and female athletes who competed for the university 50 years ago.

This was the first time that Indiana University recognized men and women athletes equally.

In her freshman year, Margaret worked out with the men's swimming team. In her sophomore year, she and two other female swimmers started the women's swimming team. This team competed in the women's intercollegiate championships that year.

And she's still at it. A former Olympian, Margaret is a world record holder in her age group and was named a Masters Swimming All-American for 2018. She swims competitively for the Multnomah Athletic Club.



Need to re-up your driving license and have DMV fever? **Jane Wachslar** recommends you do that deed at the Lake Oswego DMV. She came back ecstatic about the prompt and courteous service she received there. She was in and out quickly.

It seems there have been a lot of anonymous gift-givers leaving presents on shelves outside apartment doors.

Here's a quiz: Who found which gift?

- 1 Pink tissue paper-wrapped gift addressed "Merry Christmas from the Easter Bunny".
- 2 Perfect earrings
- 3 Robert's Rules of Order from 1906.

Found by:

- a **Joyce Roe**
- b **Linda Wood**
- c **Sivia Kaye**

Okay, folks, match 'em up.

A request: please consider using the phrase "no organ recitals" when a neighbor starts describing in great detail the human body and its ailments – and you really feel

you are getting waaay more information than you want or need.

In the mood for something lighthearted? For a little frivolity, perhaps you'll join the Frog Sodality.

To be a full-fledged member you must know the meaning of the word "sodality" and join your fellow members on and around the couch in the Bistro at 9:45 on most Tuesdays and Thursdays. Founding members include your humble columnist, along with **Nick Cowell** and **Fred Morris**. Good luck in getting anything sensible from this bunch.

A guided tour to the frog is offered to those interested. No charge.

It's amazing how this place comes together in trying times. Within an hour of learning our concierge coordinator, **Adam Hampton**, had suffered two strokes and was in the hospital, **Toni Tidman** and **Claire Weber** had made a huge "get well" card and set it up outside the mail room for residents to sign. All day, there was a lineup waiting to sign. The card cheered him up so much it may be the reason he was released from the hospital soon after surgery and sent home to recover.

Some 30 independent living residents toured the Health Center on the second floor. The intention was we should "go to learn" as we were toured about by Mirabella's executive director, **Sharon McCartney**, our health services administrator before her promotion. Thanks to Sharon's excellent guidance, we all learned a lot. Many commented that it was really a concern for their future health care needs that brought them to Mirabella. We felt reassured our decision was well placed in Mirabella Portland.

The resident health committee will continue to work closely with our administration to educate residents about what services are available, how to access those services, what reimbursement is available and other items residents feel they want to learn about.

For openers, everyone should be encouraged to start the paper work to register for home care before that service is needed so there won't be a delay when you need a bit of help. **Brittany Ury** manages assisted living and home care. Call her at 503-702-3236 to begin the short and easy process.

In closing we call upon our readers to answer: What first quote do you remember your parent told you? Email me at **bettynoyes@mac.com** or drop a note in my in-house mail box, 1706. ■

New OHSU Buildings Fully Open in April

OREGON HEALTH & SCIENCE UNIVERSITY'S THREE-YEAR, \$360-million, 750,000 square foot South Waterfront construction of two new buildings is all but finished. The towering Center for Health and Healing South, or CHH2, opens in April.

CHH2 is a 14-story health care facility. The first seven floors are for ambulatory care and complex outpatient surgery, and an outpatient recovery unit. The top half of the building will house the Knight Cancer Institute's infusion clinics and clinical trials space.

The Rood Family Pavilion opened to pediatric patients in late January and will house adults as well starting in April. It has ground-level space for an urgent center, but no decision was made by press time as to whether an urgent care center will in fact open.

A public celebration of the project's completion is to be staged in April.

OHSU gave 3550 an advance look. ■



Photos by
Ron Mendonca



Photos, clockwise from top left: Young boy enjoys game at Ronald McDonald Charities-run pediatric section of Rood Family Pavilion; patient check-in on ground floor of the new CHH2; Aaron Clemens, director of an OHSU research lab, shows blood-testing equipment to Mirabella executive director Sharon McCartney; well-equipped game room at Rood housing for cancer patients occupies kids at play.

Minding the Store on the Second Floor

SINCE MIRABELLA FIRST OPENED ITS DOORS SOME EIGHT YEARS ago, residents and outside patients of the second floor Health Center have effusively praised the care they received.

With some exceptions.

As with any enterprise run by people, perfection is a moving target, a laudable but elusive goal. And when it comes to health care, patients and their families often find anything short of perfection unacceptable.

"It's a tough industry," noted Sharon McCartney in a 3550 interview.

Sharon, Mirabella's executive director, served as its first health services administrator and twice has done double duty running both the community as a whole and the Health Center specifically when there were administrator vacancies.

Despite the challenges of modern American medicine, Sharon's goal is to ensure that patients receive the warm, personal care they require.

One of those challenges is salaries.

Residents have said the Health Center has been running short staffed because nurses leave for more money elsewhere.

While Mirabella nursing staff turnover is actually lower than the national average, Sharon says, hospitals do pay their nursing staff more than nursing homes can, because the more specialized services hospitals offer result in higher reimbursements and thus higher revenue.

But working on the second floor holds its own attraction for many nurses.

Sharon notes that nurses and managers attracted to personal care thrive on the relationships that are part of long-term care. They have time to understand a patient's sense of humor or special needs.

Some turnover is inevitable.

"Health care tends to be a high stress area," Sharon notes. Practitioners sometimes burn out. There has been more turnover among certified nursing assistants (CNAs) than among nurses, she said, and those changes are noticeable.

CNAs graduate from their programs in December and June, the two periods when new faces begin to appear on the floor.

Mirabella has launched a preceptor program, providing mentors for incoming staff, which may help to keep the turnover rate stable. While the preceptor effort was aimed primarily at experienced nurses, Sharon is pleased that four CNAs are presently participating in the program.

Some patients have noted communication misfires between Health Center staff on the one hand and patients and family on the other.

Sometimes the glitches stem from unanswered phones and sometimes reveal a deeper procedural problem. Weekends seem to be more troublesome than weekdays.

Sharon points out that both a charge nurse and a manager are always on duty, either on site or available by phone.

Patients argue that communication — particularly in the critical and often emotional realm of health care — is something that needs constant tending, training and improvement.

One resident with a spouse in the memory care unit praised the staff but mentioned the importance of a friend or relative being an advocate for a patient, paying close attention to his or her needs. Our American health care system, with its many moving parts, requires this.

Overall, the Health Center continues to win praise, even from those who see opportunities for improvement.

Sharon believes the second floor staff is excellent.

"We attract people who want to get to know people," she says.

"It's a good place to come in for a landing," agrees a resident with a spouse who has experienced long-term care on the second floor. ■



"I suggest placing it up here. Over time it will eventually end up where you want it."



Photo by Ron Mendonca

Al and Barbara Bullier

by Rolf Glerum

ASK A BARTENDER FOR A B AND B AND YOU'LL GET A BRANDY and Benedictine ... or a travel agent and you'll find a Bed and Breakfast ... or a circus fan and you'll hear Barnum and Bailey.

But ask any old-time Portlander in the real estate business (or in any business, for that matter) and the answer will probably be Bullier and Bullier.

Al Bullier (Albie to his friends and even to his wife, Barbara) grew up with real estate in his blood. Al's father, Albert Sr. and uncle, Leon, founded their first commercial and industrial realty company in 1928, and the firm pros-

Resident Profile: Al and Barbara Bullier

pered from the beginning.

Al joined the company in 1951 and became a partner in 1955. He served as president from 1972 until 1996, when the firm was acquired by Colliers International, one of the world's largest real estate conglomerates. He retired in 2007.

The Bulliers can trace their roots back to the 1850s, when the patriarch and Al's great-grandfather Leon, a barber, immigrated from Paris, France, and settled in San Juan Bautista, Calif., near Hollister. The family moved to Portland in 1880.

Barbara's ancestry dates back to her grandfather, Thomas Pettijohn, an honest-to-God Oklahoma cowboy who drove cattle through the great plains to the markets in Montana. One brutal year in the 1880s he lost his entire herd to bad weather.

One horse survived, which he rode to Oregon and acquired a federal land claim for timberland in Keasey, about 50 miles west of Portland. There he and his wife, Grace, raised four children, including Barbara's mother, Thelma, and three of Barbara's uncles. The land has passed down five generations and is still owned by the Bulliers' son, Wade, and his three children.

The impact of the Bulliers in Portland can best be put into three categories: business, public service and, in Al's case, athletics.

Business. Many of Portland's prominent buildings and industrial sites bear Bullier and Bullier fingerprints: U.S. Bank Tower ("Big Pink," as it's known colloquially), the Bank of California building (now the Union Bank Tower), First Interstate Bank building (now the Wells Fargo Center), Naito family investments (The Galleria and Montgomery Park), Payless Drugs (now K-Mart), Canadian Imperial Bank, the 200 Market building (the "Black Box" to some) and the downtown YMCA, among them.

Al's business success comes from his optimistic attitude. "A big part of being effective is psychological," he said. "Knowing you can do it is being more than half way there."

Barbara enrolled in Oregon State College in 1948, met Al that same year, and married him two days after Christmas 1950.

She started her active volunteer career as a stay-at-home mom raising their three kids. Her first paying job was in the Fine Gifts Department of the J. Thayer stationery store in Beaverton. She then worked for Meier and Frank department store for 20 years in the creative merchandising department, a job that came to her as a direct result of her volunteer work with the Portland Rose Festival.

This leads us to the second category of ...

Public Service. Al's business acumen led to his service on more non-profit boards or commissions than one can count, many as president. A partial list: Oregon State Real Estate Commission member; State Land Conservation and Development Commission (LCDC) member; Washington County Planning Commission member; Portland Board of Realtors president; National Association of Realtors director; Portland Rose Festival Association president.

"I was not a great student personally," Al admits. "But I am proud of the fact that I served on the Beaverton School Board and as a trustee for two major university foundations, U of O and Pacific University."

Barbara's volunteer record is equally impressive: PTA; Boy Scout Mothers; Multnomah Club Women's Committee member; Pittock Mansion board member; Sunset Symphony board member; wardrobe chair for the 1977 Rose Festival Court.

"It was like outfitting 14 daughters, each a different size and shape, for a wide variety of public appearances every day," Barbara explained. "Every few years, I host a court reunion and invite as many of these now-50-something women as I can locate to the year's Rose Festival. It's an absolute joy."

Athletics. Al excelled athletically as a participant, a spectator and a supporter/promoter. He played football

(see Bullier p. 20)

(from Bullier p. 19)

and ran track at Grant High School, was a three-year varsity letterman in track at the University of Oregon, running sprints and relay for UO coach Bill Bowerman, the legendary inventor of the waffle-iron running shoe sole and co-founder, with Phil Knight, of Nike.

Bowerman asked Al to be the official starter for many high school and small college track meets, including several NCAA invitationals.

Al was also a principal, with several other sports enthusiasts, in organizing and promoting the Oregon Indoor Track Meet, a popular open invitational that ran for many years in the newly-built Memorial Coliseum.

Al's stories about Bowerman, Knight, Nike and other track notables abound. He remembers one memorable moment at a 1949 contest of the eight Pacific Coast Conference track teams. Just before the starter's gun for the 100-yard dash, Al glanced over to the next lane and there was USC super-star Mel Patton, a double gold-medal winner in the 1948 London Olympics.

"Here I was, a skinny little sophomore, lining up to race one of the world's fastest men," Al recalled. "I didn't panic ... but I didn't win, either." ■



Al guesses this undated photo at the U of Oregon is from 1950. In 1949 he had a crew cut, and when he married Barbara in 1950, "I had to look and act like an adult."



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Mirabella Visits the Pot Store



ARCHITECT ANNIE NIEDERGANG, AT LEFT, WHO DESIGNED marijuana dispensary Farma, and Andrea Sparr-Jaswa, Farma’s education director, met a dozen Mirabella residents to show off the store and hold a “Cannabis 101” discussion.

The January session covered topics like the difference between THC and CBD, how to know what dose of what strain works best for you, and talking with your doctor about cannabis use. Shopping at the dispensary followed.

Annie is resident Jane Wachsler’s daughter. ■



“Mother, are you sure your marijuana use is purely medicinal?”



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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by Nancy Moss

LEFT AS AN 8-MONTH-OLD BY HER BIOLOGICAL PARENTS ON A TRAIN in China, a racial outsider in her adoptive home in Utah, prep cook Emily McNary has found both a challenge and a hard-won sense of community in competitive bicycling.

In leaving her on the train, her biological parents were being kind, Emily says. It means, she has learned, “my parents wanted me to be found.”

Under China’s one-child policy, enforced by the Communist party, unwanted babies — generally girls — often were left in fields to die. Emily was one of the lucky ones.

When found, she was taken to an orphanage near Hangzhou in southeast China and ultimately was adopted by the McNary family, who took her to her new home in Utah. At the orphanage, she was lucky again — a couple became foster parents and looked after her. After all these years, they remain in touch and close.

At the orphanage she was given the name of Hong Ye or Red Leaf. Of those early years she remembers only “flickers, dreams.”

Growing up in Utah, which along with Oregon is one of America’s whitest states, Emily realized, “I was definitely different from everybody else.” With the McNary family she led an “outdoorsy life,” hiking and enjoying Utah’s dramatic scenery.

As an 8-year-old, Emily began figure skating, taking lessons at her club. At the 2002 Olympics in Salt Lake City she and five other skaters shared the stage with Kristi Yamaguchi during the opening ceremonies. Back in China the orphanage showed the opening ceremonies on television.

Asked about her daughter’s achievement, Emily’s mother protested, “This is all her. I’m not a tiger mom.”

But at age 16, especially when her skates were stolen, Emily realized, “I didn’t fit in with the other figure skaters.” Even with Yamaguchi and Michelle Kwan’s success, racism appeared at the skating club level.

After graduating from high school, Emily traveled to China with her mother in 2010. She found it “surreal being surrounded by people who had similar hair and facial structure” to her. There, she could easily pick her adoptive mother out of a crowd; her mother had more trouble locating Emily among the Chinese.

“There was a lot of culture shock, and I thought I had prepared by reading up on China’s political history,

but there is a major difference in social structure and day-to-day mannerisms,” Emily reflects.

“China is still a country deep set in old traditions, but obviously capable of being a super power and functioning in the 21st century. When I say old tradition, I mean they believe in superstition, like there are lucky and unlucky numbers, good and bad spirits, and specific ways that one should honor family, friends, coworkers,” she says. “There seemed to be a lot of respect towards others and the surroundings that aren’t always so apparent here in the United States.”

She got a better look at modern China than most tourists.

“Since my foster mom and her husband showed us around, we were not closed off from the day to day life of Chinese citizens, as some tour groups can be very structured and subjective,” she says.

“We stayed in Hangzhou, the same city my orphanage was near. It is largely centered around the arts. My foster grandpa, Lily’s father Gao-Youlin, turned out to be a world class oil painter, China’s first in fact. He was the director of oil painting for the University of Hangzhou, and had a lot of liberal thoughts in his bones.

Staff Profile: Emily McNary

“Getting to listen to his stories of how he had to run away to Russia during parts of Mao’s reign to not be imprisoned for his art was humbling.” Emily says. “His passion for life and always trying to be the best you can no matter what setbacks will always be instilled into me. I am very lucky to have had my life in the good hands of all those who have brought me to where I am today.”

After high school, Emily went to Cottey College in Missouri, a women’s college where she had won a scholarship. She searched Craigslist for cheap housing, and the house she found turned out to be full of bicyclists.

Emily had found a new home, a “good community,” she says.

After Cottey, she went to the University of Utah, where she started pedicabbing. The “bike scene” became her life, Emily says. Pedicab riders generally dressed up in showy costumes to attract customers. She became part of the Fixie,

(see McNary p. 24)



Photo by Robert French

Emily McNary

(from McNary p. 22)

or fixed gear, culture, where it was “cool to explore the city via bike and be outside instead of sitting indoors.”

At the University of Utah, Emily majored in environmental studies. Running a café for the Natural History Museum of Utah, she put her ideals into practice, causing a change in the utensils they used. She worked with local food vendors and increased the café’s composting. “People don’t realize how the impact of industrial cooking affects the environment,” Emily says.

In 2015 she moved to Portland and, once again using Craigslist, found work at Mirabella. As part of the kitchen’s prep team she starts and has a hand in every item served to



Cycling athlete Emily McNary trains hard and loves it. Photo by Robert French.

residents. Prep teams portion, cut and cure meats and chop raw vegetables.

In Portland, once again Emily “met a lot of people who enjoy biking,” she says with understatement. She mentions “secret social rides every Thursday” where time and location travel by word-of-mouth. “You can’t just look it up,” she says.

And she began racing track bikes, which she calls “fast, dangerous and exciting.” Velodrome racing, with its

sharply banked oval track and top speeds approaching 50 miles per hour, attracted her. I want to try that, she thought.

Velodrome racing requires extensive training. Emily averages four to five hours of practice a day; sometimes just two hours, other days as many as eight. Practice includes not only riding but yoga, weightlifting, stretching and strengthening her core. She does not have a coach but designs her workout from her figure skating experience which “helped shape my ability to focus and listen to my body.”

When the racing season begins in March, Emily will compete with riders from Seattle and Canada as well as Portland. She hopes to go to the national championships, to be held in Los Angeles in July.

“My parents are proud of me,” Emily says, noting they recognize how determined she is, and that they have helped her make “choices conducive to my happiness.”

Given Chinese politics, Emily will not seek out her birth parents; it’s probably safe to say that her goal, and her willingness to work hard to achieve it, would amaze and delight them. ■



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Drug Prices Increasingly Out of Reach

by Bruce Howard and Steve Casey

IT'S STILL THE GUN-SLINGING WILD WEST AT YOUR LOCAL DRUG store, with the Big Pharma Gang riding in to pillage not the town bank, but the bank accounts of working Americans who need medications to survive.

"Big Pharma" is the nickname given to the U.S. pharmaceutical manufacturing industry, which Americans are increasingly seeing as working for maximum corporate profits at the expense of maximum patient benefit.

We see evidence of that daily as medications are delivered to the Mirabella concierge desk.

Consider this:

- American per capita drug spending has more than doubled over the last 20 years, according to the Kaiser Family Foundation. It's even outpaced price hikes in other areas of health care.

- The Washington Post reported late last year that a 2016 antitrust lawsuit over two drugs has blossomed into a price-fixing investigation by 47 states into at least 16 companies and 300 drugs.

"This is most likely the largest cartel in the history of the United States," Joseph Nielsen, an assistant attorney general, told the Post.

That investigation involves the \$104-billion market for generic drugs, supposedly much more friendly to patients' pockets than drugs still under patent protection and available only as brand-name medications. Brand-name price-jacking is even worse.

- New specialty drugs, under patent exclusivity, roll out with shocking prices. According to Robin Feldman in the Washington Post, "current therapies for hemophilia are priced at \$580,000 to \$800,000 a year; Novartis plans a \$475,000 price tag for ... Kymriah, which treats non-Hodgkin's lymphoma."

- Prices for common medications to treat diabetes, high cholesterol and asthma have been jacked up, in part by a strange scheme of price-setting and rebate agreements, the result being that higher-priced drugs often are treated more favorably by health plans. The price of insulin doubled between 2012 and 2014, according to the Health Care Cost Institute, a nonprofit funded in part by insurance companies Aetna, Humana, Kaiser Permanente and United Healthcare.

- The power of Big Pharma was clear when Congress enacted a prohibition on Medicare negotiating drug prices with manufacturers, even though the Veterans Administration does. Instead, prices for drugs under Medicare's Part D program are set by drug makers and insurance companies.

That there's something wrong with this picture is not exactly a news bulletin.

Efforts to rein in drug prices have been made for years, and during his 2016 campaign, Donald Trump, channeling Bernie Sanders, said drug makers have been "getting away with murder." While he appointed Eli Lilly executive Alex Azar as secretary of Health & Human Services, he also launched a tweet-storm against drug companies raising prices.

In October — just before last year's mid-term elections — President Trump proposed an "international pricing index" as part of a "demonstration project" in half the country, to set prices for drugs covered by Medicare's Part B, not the

wide-range of drugs covered by Part D.

Still, drug companies and some Republican office-holders got in a diether, while many Democrats greeted the proposal with skepticism.

The Part D program is the drug plan for some 40 million Medicare beneficiaries. It reportedly covers 75% of drug

(see *Drug Prices* p. 26)



"The most common side effect of this medication is a loss of disposable income."

CartoonStock.com

(from Drug Prices p. 25)

costs, with seniors paying the other 25%. The more prices go up, the more seniors pay.

Since the Medicare drug market is so huge – amounting to an estimated 29% of all national pharmaceutical retail spending – cost-control advocates say we can do a lot better.

Who is “Big Pharma”?

OF THE 10 LARGEST DRUG MANUFACTURERS IN THE WORLD, five are American.

They are Johnson & Johnson, Pfizer, Merck & Co., AbbeVie and Abbott Laboratories.

Number 11 is Eli Lilly, the former business home of Health & Human Services secretary Alex Azar.

(Number 12 is Amgen, hit by a combination of iffy trial results and an adverse legal ruling on its scheme to protect its Restasis patent from generic competition by selling the patent to a New York Indian tribe, then leasing it back. The court said “nah.”)

The five foreign drug makers in the top ten are: Roche (Switzerland), Novartis (Switzerland), Bayer (Germany), GlaxoSmithKline (United Kingdom) and Sanofi (France).

Together, they enjoyed revenue of some \$444 billion in 2017, the last year for which figures are available.

Healthline.com reports that advocates “point out that Medicare Part D pays 73% more than Medicaid and 80% more than the Veterans Administration for brand-name drugs, and that Democrats estimate Medicare negotiations would save seniors at least \$15 billion a year if Part D prices were in line with Medicaid and the VA.

Having retaken the U.S. House of Representatives in January, Democrats plan to push for allowing Medicare to negotiate prices, and to force drug makers to be more transparent with their pricing. Based on his prior comments and tweets, they may find an ally in the unpredictable President Trump.

As usual, it will be hard to reach a bipartisan consensus. Sen. Orrin Hatch (R-Utah), who is No. 2 in the Senate in receiving Big Pharma’s lobbying funds, has told his Republican colleagues to oppose Trump’s proposals because they would deprive patients of future treatment breakthroughs and further erode necessary competition.

In January, Sen. Chuck Grassley (R-Iowa), chairman of the Senate Finance Committee, and Sen. Amy Klobuchar (D-Minn.) introduced bipartisan legislation that would

allow legal importation of drugs from Canada. It is opposed by Big Pharma.

“For decades, safe and affordable prescription drugs have been for sale just across the border, but legally out of reach for American families,” Grassley said. “It’s long past time for Congress to help the millions of Americans who struggle to pay exorbitant prices for medication. Our bill would do exactly that.”

But with the other hand, he slapped away a Democratic priority, saying he would not advance any legislation allowing Medicare to negotiate drug prices.

“I don’t want to mess with the government negotiating prices with the private sector,” he said.

There is more to the drug issue than the ultimate price, of course.

Big Pharma is rightly proud to be the global leader in developing breakthrough drugs.

American drug manufacturers comprise half of the 10 largest drug manufacturers in the world. The Chinese are catching up, looking to capture the second largest world market for pharmaceuticals. Chinese drug firms are working on new blockbuster therapies for cancers and other diseases, which will be more affordable than comparable drugs from multinationals. The Chinese have already obtained many FDA approvals for generic drugs sold in the US market.

The industry’s lifeblood is research and development (R&D) and drug makers rank near the top of all U.S. industries in their expenditures on R&D.



“You the guy who asked for the least expensive generic alternative?”

CartoonStock.com

The companies complain about the costs of R&D required to obtain Food and Drug Administration approval of new medications, particularly since there's only a one-in-nine chance a new potential drug will make it to market after animal testing and controlled trials.

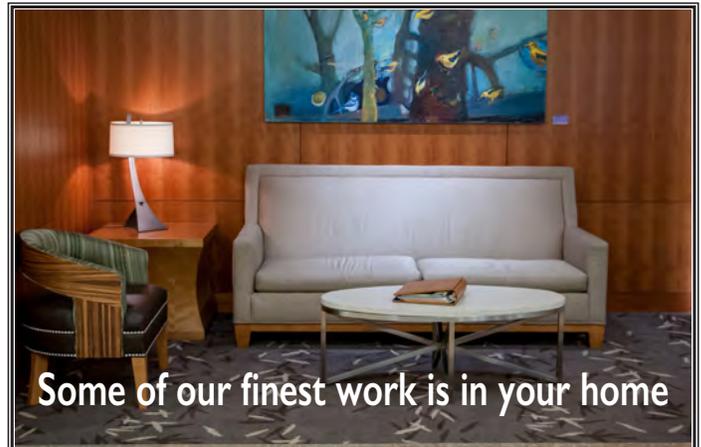
The complaints are valid, to a point. But drug companies spend more money on marketing than on R&D. Most of that marketing is not directed to consumers in the ads that bombard us on the telly, but goes to the health professionals who prescribe their drugs.

The industry faces other hurdles as well, among them possible legal challenges.

Drug companies are sued for allegedly hiding negative side effects of new drugs, for allegedly biased trials or alleged negligence.

For example, Pradaxa, the expensive anti-coagulant some at Mirabella rely upon, was never tested in the demographic for which it is most likely to be prescribed – the elderly.

Next issue: The bizarre way drug prices are set. What do pharmacy benefit managers manage, anyway? ■



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Tilikum Crossing: Our Exceptional Neighborhood Bridge

by Edward Weiner

ON A CLEAR NIGHT, THE VIEW TO THE NORTH FROM ARIA EAST is magnificent. Diners enjoy the Portland cityscape and three bridges crossing the Willamette River – the Marquam (Interstate 5), Ross Island (US Hwy 26) and Tilikum Crossing.

That last is Portland's 12th bridge and the first span over the Willamette in the Portland area since the Fremont Bridge was constructed in 1973. It is an American trend setter – the first of its kind in the United States.

Tilikum Crossing is a large-scale river crossing limited to pedestrians, cyclists, public transit and emergency vehicles. Private automobiles are not allowed to cross – leading one Mirabella resident to propose it be named “the Auto-ban.”

After its September 2015 completion (on time and under budget), the U.S. Department of Transportation put an image of Tilikum Crossing on the cover of its 2016 budget publication (a big book), replacing the usual promotion of a long stretch of highway or a freeway cloverleaf.

Designed by Donald MacDonald, a Northern California architect who also designed the new eastern span of San Francisco's Bay Bridge, Tilikum Crossing has white cables that are angled to mimic the slopes of Mount Hood in the distance.

Pedestrian and bike paths on both sides jut outward at the bridge's towers, leaving empty spaces between the paths and the main bridge. These holes create an updraft, reducing the impact of wind on walkers and bikers.

The full name of the bridge, Tilikum Crossing, Bridge of the People, honors the Multnomah, Cascade, Clackamas and other Chinookan peoples who lived along the Willamette and Columbia rivers for some 14,000 years.

The Chinookan tribes were not homogeneous. They were composed of different people speaking different languages. Chinook Wawa was one of those languages that served as a bridge among the different people. Tilikum, a jargon word from the Chinook Wawa language, means people, tribe or family. It is an apt word to have been chosen for the name of our neighborhood river crossing.

Tilikum Crossing is 1,720 feet in length and 75.5 feet wide (110.5 feet at the towers). It is a four-pier cable-stayed bridge. Two of the piers are on land and two are in the water at the towers. The towers are each 180 feet high, holding up 3.5 miles of continuous cable. The paths on the side for cyclists and pedestrians are each 14 feet wide. The maximum speed for light rail and buses is 25 miles an hour.

Portland has long been an innovator in the move to alternative transportation.



Tilikum Crossing photo by Robert French.

In the 1970s, there was a public outcry against the construction of a new freeway. Funds for that project were redirected to the MAX, one of the nation's first light-rail lines. In 2001, Portland became the first American city to introduce modern streetcars, while its industrial neighborhoods were transitioning to a mix of residential and commercial use.

Our South Waterfront neighborhood, a former shipyard at the west end of the Tilikum Crossing, is now home to Mirabella Portland, high rise condo towers, apartment buildings and the riverfront campus of Oregon Health & Science University, one of the city's largest employers.

On the river's eastern bank, where the Oregon Museum of Science and Industry is located, there is another transitioning industrial district, part of which is being rezoned for mixed-use development. There was a need to connect the changing areas, neither of which had the road infrastructure to support the increased traffic of an additional auto bridge. In 2008, the City Council approved the new bridge crossing for MAX trains, street cars, buses, bikes and pedestrians.

In 2011, the necessary permits and approvals were obtained for the \$134 million project then known as the Portland-Milwaukie light-rail bridge, with TriMet as project manager and Nebraska-based Kiewit Bridge and Marine as outside contractor. Fast forward to September 12, 2015. Portlanders opened the Oregonian to read:

After much anticipation and plenty of parties, Portland's new bridge, the Tilikum Crossing, Bridge of the People, is now open to walkers, joggers, bikers and TriMet riders.

TriMet also flew open the doors to its new Orange MAX light rail line and invited the public to free rides around town. The new line, which links the city's South Waterfront to the Central Eastside and on down to Milwaukie, will change commutes for a lot of locals.

The Tilikum Crossing, which connects the Southwest Waterfront to inner Southeast Portland just south of the Marquam Bridge, is the first bridge to be built over the Willamette River in more than 40 years, the first cable-stayed bridge in the Pacific Northwest and the longest pedestrian-only bridge in North America.

But Wait: There's More: Tilikum Crossing is equipped with river mood lighting designed by installation artists Anna Valentina Murch and Doug Hollis. Some 178 LED modules illuminate the cables, towers and underside of the deck. Software translates environmental data streamed from a U.S. Geological Survey river monitor near the Morrison Bridge into cues that change the lighting effects based on the river's speed, height and water temperature.

The base color is determined by the temperature of the river water. The speed of the river controls the pace at which the colors change and move across the bridge. The height of the river is displayed by a secondary color moving vertically up and down the pylons and cables.

Last summer, I was privileged to join friends for a private walking tour of some of Portland's bridges.

While Tilikum Crossing was not on the tour, we visited several different types of bridges, spoke with the operator of the Morrison Bridge and went below deck to observe the machinery while the lift was in motion. It was a grand adventure and I learned a lot, including the difference between a cable-stayed bridge (Tilikum) and a suspension bridge (Golden Gate). For further information regarding bridge tours, contact PDX Bridge Tours — www.pdxbridge-tours.com.

Portland has many nicknames: Rose City, Rip City, Stumptown and Portlandia among them. My favorite, however, remains Bridgetown. ■

Meal Credit Hacks You Can Use

LIKE ANY OTHER FOREIGN CURRENCY, THE EXCHANGE VALUE OF A "meal credit" varies.

Generally, it buys a standard meal — for lunch or dinner that's entrée, soup, salad, dessert and a beverage.

But personalized permutations are available, notes Bistro shift supervisor Damon von Maxwell.

One meal credit will also buy:

"Good for Winter" — four bowls of soup

"Bacon Lover" — four "sides" of bacon, a total of 16 slices

"Just Desserts" — two slices of cake or pie and two double-scoops of ice cream; or just four double-scoops of ice cream; or four root beer floats; or eight cookies

"Lighter Option" — an entrée-size salad with a choice of protein, a bowl of soup and frozen yogurt.

There's no reason to be trapped in the same-old-same-old at breakfast, either.

What Damon calls "Best Bang for Your MC Buck" would be a breakfast order of two eggs any style, which comes with a choice of meat; toast; a choice of fruit or hash browns, and three veggie or cheese add-ons to your eggs, plus two sides. And all that comes with two — count 'em, two — beverages.

Pumping pure protein? You can get three sausage patties, or three chicken apple sausages or three slices of grilled ham, or 12 slices of bacon.

Damon says folks often forget about some of the available side dishes, including cottage cheese, applesauce, Greek or peach yogurt, a bowl of soup, whole fruit or onion rings. ■

The Many Lives of Historic Portland Department Stores

by Rolf Glerum

RESEARCHING THE HISTORIES OF PORTLAND'S ONCE-THRIVING-but-now-defunct department stores can turn up some dizzyingly boring material: old sepia prints of box-like buildings and stern-looking, mustachioed (white) men, and financial reports now of interest to no one.

So here's what we're going to do. Let's look at the personalities of the major department stores of yesteryear, as seen through some anecdotes.



The historic Meier & Frank Building (later Macy's), in downtown Portland, is listed on the U.S. National Register of Historic Places. This view from Alder Street – and across the intersection of 6th & Alder – shows the building's north and west façades. Photo by Steve Morgan.

Meier and Frank

This venerable institution was to Portland as Macy's was to New York or Marshall Field was to Chicago.

Founded in 1857 by Aaron Meier and Emil Frank, the store operated under that name until 2006, when it was sold to Federated Department Stores and renamed Macy's, Inc.

Among its many unique attractions were the city's last white-gloved elevator operators calling out each floor, and the huge clock on the main floor that served as a meeting spot for downtown shoppers.

In its early days, a jokester gave M&F the sobriquet of *Murphy & Finnigan*, an innocent play on (Irish) words for the Jewish-owned department store.

The name stuck, and even Meier and Frank themselves started using it on occasion. Every St. Patrick's Day, M&F ran its full-page newspaper ads as coming from Murphy & Finnigan.

A strong Mirabella connection to M&F is seen through resident Laura Meier, widow of Roger Meier, who died in 2006. He was descended from Julius Meier, president of M&F and Oregon governor from 1931 to 1935. Roger and Laura were among Portland's major supporters of the arts, a reputation that Laura continues to this day.

Lipman's

Founded by Adolphe Wolfe and Solomon Lipman in 1912 and situated directly across the street from Meier and Frank, Lipman's got into a spirited (and sometimes contentious) rivalry with its neighbor.

Originally known as Lipman-Wolfe & Company, the store in its early years established several "firsts" in Portland's retail history, among them the first use of an elevator in a department store, the first to use firm prices on all goods, thus eliminating the haggling that was the common practice, and the first to make change down to the penny instead of the nickel.

Lipman's originated the popular Cinnamon Bear, a kids' favorite, a man dressed in a woolly bear suit and counting off the days until Christmas. He even had his own radio program, begun in 1937 and still heard locally on station K103 during the holiday season.

Lipman's was sold to Marshall Field in 1979 and rebranded as Frederick and Nelson. The store closed for good in 1986, and is now occupied by the 220-room Hotel Monaco.

Olds & King

Here is the third member of the “Downtown Big Three” club, although its location was about four blocks west of its two competitors.

Founded in 1878, the store has had several locations and several names – Olds, Wortman & King, Rhodes Department Store, the Galleria and, today, Target. When the 10th and Morrison store opened in 1910, it was the only store in the Pacific Northwest to occupy an entire city block. The gala opening ceremonies also featured the first fashion show to be held in Portland.

Charles F. Berg

Housed in one of the city’s few buildings with an art-deco facade, this upscale women’s apparel store held forth on SW Broadway from 1930 until its sale in 1983.

The gold-fronted building still remains, however, and contains offices and small ground-level shops.

Every December during the 1960s and 70s, the hot ticket of the month was for “Berg’s Men’s Night Out,” an invitation-only party with free champagne and zesty hors d’oeuvres. Beautiful women modeling elegant apparel, from hats to shoes and everything in between, sashayed down the runway just like the Parisian haute couture salons.

The producer and master of ceremonies of this annual extravaganza was the urbane Homer Groening, father of The Simpsons creator Matt Groening and one of Portland’s most prominent ad men. Following the fashion show, the store was open to the guests for Christmas shopping for their wives or girlfriends ... or maybe both.



Montgomery Park Building in northwest Portland, Oregon in 2012. Photo by Another Believer.

Montgomery Park Building

When Montgomery Ward built this building in 1920, it was the largest store and warehouse in Portland.

“Monkey Ward’s,” as some called it, went bankrupt in 2001 and the huge structure was purchased by local developers Bill and Sam Naito and converted into offices.

Rather than rename the building (and purchase a costly new roof sign), the thrifty brothers simply replaced the sign’s “W” and “d” with “P” and “k” and called the structure Montgomery Park.

When the building was a Ward’s warehouse, order-pickers used roller skates to get around on the wood floors.

Another unusual use of the building was the growing of hydroponic tomatoes, which for some reason someone thought was a swell idea. One or two entire floors were converted to lake-like ponds (weighing several tons). Poor farming and worse marketing killed it off in a season. ■

Portland Diary

by Nancy Moss

On the Streetcar

At the Tenth Avenue and Johnson platform, Portland Streetcar personal rep David Loftus saw two men eagerly chatting with each other through the open streetcar door after one of them had boarded.

They hugged each other and briefly delayed the train’s departure as one of them thrust his arm between the closing doors to retrieve the other’s business card.

The man who had boarded approached Loftus and exclaiming, “That’s how Portland is,” explained that he had left his large gym bag at that stop half an hour earlier, only realizing his mistake five stops later, at NW 18th and Northrup.

He finally made his panicked way back to the Johnson street platform to find a young man sitting beside his bag; the man had skipped his own train to guard the lost bag until the owner’s return.

Walking a Dog

Lisa Andrus-Rivera had just finished walking Annie on the Greenway and was turning to go up Curry Street when a car pulled up next to her and a woman got out.

“May I pet your dog?” she asked.

Lisa nodded, and the woman petted Annie’s soft coat. “Thanks. I feel so much better,” she told Lisa, then got in her car and drove away.

Later that day, learning about the massacre in the Tree of Life synagogue, Lisa figured out why the woman felt the need to pet a friendly dog. ■

Violin Virtuoso Turns Impresario

by Amy R. Kaufman

FOR EIGHT YEARS, WALTER GREIZERSTEIN HAS PERFORMED AN annual concert at the Mirabella. Each year he vows it will be his last.

Born in Argentina in 1935, Walter received his violin at age 5. His father said, "Walter, you are going to be a violinist," and it was so.

When he stands at the podium, his famous teacher appears before him, ready to punish the boy who hasn't practiced enough.

Twice a week his mother took him for lessons at the conservatory of Aaron Klasse, a mentor to virtuosos such as Jascha Heifetz and Mischa Elman. Walter and his mother took two subways and a train to get to Conservatorio Klasse in Buenos Aires.

After taking class on the floor, one by one the students had to stand at the podium and play by memory the piece they had been studying. If Klasse was displeased, he would pick up the student's music and throw it out the window.

"He threw my book when the streetcar was going past," Walter recalls. "I had to run and get it, and the book was cut in half by the streetcar." He went home and resumed practicing, hoping to return next time with his book intact.

His love affair with the violin has lasted nearly eight decades as his skill, and his desires for a finer instrument, grew.

A chemist by profession, Walter traveled extensively on business. Instead of sightseeing, he would visit violin shops, playing fine violins on the pretext of buying one. During those years he continued to study the violin and performed with community orchestras. Until 2003, he played the violin his father had given him in childhood.

At last, he and his wife, Hebe, considered the purchase of a violin made by Leandro Bisiach (1864-1946), one of the leading Italian violin makers of his era. They made an appointment with a shop in Boston, and Walter played 20 violins before deciding on a \$60,000 Bisiach.

"The violin is the instrument of the Jewish people," Walter says. "No matter what the trials of Jewish life, there is always a violin in the background."

In 2013, his daughter Miriam passed away. She played the viola, and father and daughter had often played Mozart's *Sinfonia Concertante* together. In that tragic year, Walter performed the *Sinfonia* at the Mirabella with Adam

LaMotte on viola and Janet Coleman at the piano, in honor of Miriam.

Though he is punishing his hands, Walter continues to practice the etudes that prepare him for "impossibly difficult" passages.

Decades of technical exercises yielded to youthful passion when Walter played his favorite music for the gypsy violin at the Mirabella last September.

Was that concert his last?

"Every time, I say I won't do it again," confesses Walter. "Then I forget I said it and go for another concert. Afterward, I say I shouldn't have done it."

Even if he calls it quits to his own performances, his role as Willamette Hall impresario continues at full speed.

He is the relentless force behind the First Tuesday and Third Tuesday series of concerts, the vast majority of them classical, but seasoned with some jazz and pops on the calendar now and then. Many classical concerts are done in cooperation with Portland State University's music department.

While the concerts are offered through the programs committee and the foundation committee, it's fair to say they wouldn't exist without Walter's strong advocacy.

He has brought musicians of international stature to Willamette Hall, including members of the Oregon Symphony and Portland Opera.

When he first saw Willamette Hall in 2011, did Walter envision producing concerts here?

"I always imagine halls full of music," he says.

Amy Kaufman, a freelance writer, is a Mirabella concierge. ■



Walter Greizerstein

Performing Arts Schedule

Portland Center Stage

128 NW 11th Ave
503-445-3700

Buyer & Cellar

Now thru Mar 3

Tiny Beautiful Things

Now thru Mar 31

Until the Flood

Mar 16 thru Apr 21

Crossing Minisose

Apr 13 thru May 5

Breath of Life

May 4 thru Jun 16

Native Gardens

May 18 thru Jun 16

A Doll's House, Part 2

Now thru Mar 3

Wolf Play

Mar 10 thru Apr 7

The Revolutionists

Apr 28 thru May 26

Lakewood Theatre

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

Taking Steps

Mar 1 thru Apr 7

Singin' In the Rain

Apr 26 thru Jun 9

Wildcat

Apr 12, 13

Portland Opera Broadway Series

Keller Auditorium
222 SW Clay St.
800-273-1530

Come From Away

Now thru Mar 3

Aladdin

Mar 27 thru Apr 7

School of Rock – The Musical

May 21 thru May 26

Broadway Rose Theatre

12850 Grant Ave
Tigard, OR
503-620-5262

A Grand Night for Singing

Mar 28 thru Apr 28

Into the Woods

May 30 thru Jun 30

Shaking The Tree Theatre

823 SE Grant St.
503-235-0635

Escaped Alone

May 3 thru Jun 1

White Bird Dance

Newmark Theater
1111 SW Broadway
503-245-1600

Parsons Dance

Apr 4 thru 6

Savion Glover

Apr 9,10

Philadanco

Apr 24

Portland Playhouse

602 NE Prescott
503-488-5822

Crowns

Mar 13 thru Apr 7

Portland Opera

Keller Auditorium
222 SW Clay St.
800-273-1530

As One

Mar 22 thru Mar 30

Big Night Concert

May 11

Artists Repertory Theatre

1515 SW Morrison St
503-241-1278

PSU Chamber Choir

Lincoln Hall
503-725-3011

Mozart Requiem

Mar 8 and 10

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WOLF PLAY

by Hansol Jung
directed by Dámaso Rodríguez

MAR 10 - APR 7

A LONE WOLF IS ALWAYS
SEARCHING FOR ITS PACK.



THE REVOLUTIONISTS

by Lauren Gunderson
directed by Lava Alapai

APR 28 - MAY 26

WHO RUNS THE WORLD?
GIRLS!

**Bag & Baggage
Productions**

253 E. Main St, Hillsboro
503-345-9590

The Island In Winter
Mar 7 thru Mar 24

Triangle Productions

1785 NE Sandy Blvd
503-239-5919

Straight
Mar 7 thru Mar 23

Love, Loss & What I Wore
May 2 thru May 25

**Portland Baroque
Orchestra**

503-222-6000

The Road To Dresden
Mar 15, 16, 17

*LeClair Rameau & The
Age of Enlightenment*
Apr 6

*Mozart's "Jupiter"
Symphony*
Apr 26, 27

Portland Playhouse Spring Show

The Portland Playhouse show "Crowns," opening March 13, explores "the power of the hat."

The story of a young woman moving from Brooklyn to South Carolina to escape a family tragedy, it explores a tradition more important to mothers and grandmothers than to today's young women, who tend to go bareheaded. Brian Weaver, Portland Playhouse artistic director, says women teach the newcomer "her heritage through hats."

He is excited about the show's director/choreographer Padtro Harris, choreographer of "The Color Purple" on Broadway.

The Playhouse continued its six-monthlong remodeling project, adding a community space for classes, meetings and rehearsals to its newly renovated main stage at 602 NE Prescott. "We are restoring the 120-year-old building to its 1904 glory," Weaver says.

— Nancy Moss

**Portland Youth
Philharmonic**

(call for venue)
503-725-3307

Jeremiah Symphony
Mar 2

Cushion Concerts
Mar 17

**Metropolitan Youth
Symphony**

Arlene Schnitzer Hall
1037 SW Broadway
503-239-4566

Firebird
Mar 3

America's Florence
May 21

**Friends of Chamber
Music**

(call for venue)
503-224-9842

Mandering Quartet
Mar 18, 19

Dreamer's Circus
Apr 7

Oregon Symphony

Arlene Schnitzer Hall
1037 SW Broadway
503-228-1353

Green Eggs and Ham
Mar 3

Mendelssohn's "Italian"
Mar 9, 10, 11

Pablo Villegas
Mar 16, 17, 18

*100 Years of Nat & Natalie
Cole*
Mar 24, 25

*Pink Martini/ Hotel
Amour*
Apr 1

*Monterey Jazz Festival
Tour*
Apr 2

Emanuel Ax
Apr 6, 7, 8

Peter and the Wolf
Apr 14

Tribute to David Bowie
Apr 22

Sci-Fi At the Pops
Apr 27, 28

Music of the Rolling Stones
May 2

Amadeus In Concert
May 4

Peer Gynt
May 11, 12, 13

Mahler's First Symphony
May 18, 19, 20

Boyz II Men
May 22

Milagro Theater

525 SE Stark St
503-236-4174

La Segua
Now thru Mar 2

Jump
Mar 3 thru Apr 13

Wolf At the Door
May 2 thru May 25

**Oregon Repertory
Singers**

First United Methodist
Church
503-230-0652

White Light
Apr 27, 28

Capella Romana

503-236-8202
St. Mary's Cathedral

The Tallis Scholars
Apr 7

*Psaltikon: The Day of
Resurrection*
May 4

Theater Vertigo

2110 SE 10th Ave
503-306-0870

A Dark Sky Full of Stars
Apr 12 thru May 11

**Oregon Ballet
Theater**

Newmark Theater
1111 SW Broadway
503-248-4335

Director's Choice
Apr 11 thru Apr 14

Body Vox

1201 NW 17th Ave
503-229-0627

Pearl Dive Project
Apr 4 thru Apr 13

St. Patrick's Day Around the Corner

ST. PATRICK'S DAY – THE DAY EVERYONE BECOMES IRISH – IS FAST approaching.

March 17 is always St. Patrick's Day, except at Mirabella. Since March 17 is on a Sunday, the St. Paddy's menu will be served on Monday, March 18.

On that date, Mirabella will pay homage to the patron saint of Ireland with a traditional Irish dinner of corned beef and cabbage in Aria, washed down with offerings of Guinness.

(Please note: Guinness is a stout. Stout is technically one



form of beer, but "Guinness" is to "beer" as "BMW M5" is to "sedan." Thick and dark Guinness, normally served by the pint or half-pint with a rich head of foam, is an acquired taste; once acquired, never lost.)

No word yet on adding brown bread or Waterford Blaa and Irish stew to the menu, or stocking the lounge bar with Paddy's, Bushmills and Redbreast 15.

Dining boss Armin Alcantara, always a reasonable man, promises there will be no green beer, a truly vile substance useful only in discoloring the Chicago River. ■



Campbell

"I'm playing St. Patrick in the school play. I need a miter and 10,000 snakes by Friday."

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