

# It Can Happen To Anyone!

You are single, have a decent job, healthy, comfortable and financially stable. Then one day you wake up to a situation that changes your life overnight.

That's what happened to Elizabeth Handley on April 30, 1996. After many years of working with computers Elizabeth woke up with De Quervain Tendinitis in her left wrist and hand. Three days later she had De Quervain Tendinitis in her right wrist, hand, lower and upper arm. One and a half years later she was almost immobilized with pain that never stops and that now has gone into knees, legs and feet.

The pain began slowly and gained momentum making it impossible for her to continue the repetitive work with computers. For the last one and a half years Elizabeth has been unable to do any work that requires much use of these parts of her body. She has had fair days and bad days, but seldom any

good days. Vocational Rehab worked faithfully with Elizabeth for months. With so few working parts this was not successful.

Always having been ambitious, active, with a never-say-die attitude she "made-do" with a small income from her former marriage and what she had in her saving account. Expenses were still more than income. Health Insurance helped but was not easy to pay for.

Another giant blow came when Elizabeth was diagnosed with breast cancer six months ago. After breast surgery and reconstruction surgery her health insurance, held over from her working days, expired on June 17, 1999.

After permanent Tendinitis problems became a part of her life Elizabeth applied for Social Security Disability. She is still waiting for news about that. A big problem appears to be that as each new Medical Specialist enters her life everything starts over, apparently

at the beginning. Another new start appears to be about to happen as another new Doctor came into the picture. Elizabeth has to have Chemotherapy because cancer cells were found in a lymph node.

As all of these problems have grown so have the bills that now are growing astronomically every day.

A special Fund to help Elizabeth get through these newest problems had been set up at:

**Elizabeth Handley  
Special Funds  
Bank of America  
790 Stevens Street  
Medford, OR 97504**

Or sent to any Bank of America Branch in Oregon

Any donations into this Fund will be greatly appreciated, used for her health care, other expenses, and hopefully will grow enough to also help with further Cancer Research.

# Pendleton Man Receives Providence's First Heart Transplant

THE ASSOCIATED PRESS

**A 51-year-old Pendleton truck driver is the recipient of the first heart transplant performed at Providence Portland Medical Center.**

Terry Lee Miller was at the top of the hospital's list and received the heart Sunday night.

He was admitted three weeks ago and had been waiting for an available heart.

Lisa Godwin, a hospital spokeswoman, said Miller came through the surgery successfully and is recovering in the cardiac intensive care unit.

Godwin said doctors will watch for potential signs of rejection, which can always be present after transplant surgery.

Miller is listed in critical condition, which is always the case after a transplant.

Surgery began at 6 p.m. Sun-

day. The procedure typically takes about six hours.

Miller suffers from an oversized heart, a condition that killed his father at the age of 53. Miller's own health declined rapidly after he first began having breathing problems 18 months ago. Prior to that, his health was never a concern.

That all changed, however, on June 1, when his condition worsened and he had to take time off. After tests at Oregon Health Sciences University, he was admitted to Providence on June 22.

Dr. Gary Ott, surgical director of cardiac transplantation for the Providence Heart Institute, performed the surgery.

For 14 years, Portland's only heart-transplant program was at Oregon Health Sciences University. OHSU recently hired Dr. H. Storm Floten, who performed the hospital's first heart transplant operation 14 years ago, as its new

director of heart and chest surgery.

The university's heart transplant program has been forced to rely temporarily on a surgeon from San Francisco after program head Dr. Adnan Cobanoglu unexpectedly left, citing personal reasons.

# Portland Management Expert Named DHR Personnel Director

A management consultant and former telecommunications executive with more than two decades of experience in organizational development, business management and community relations has been chosen to be the new personnel director for the state Department of Human Resources.

Donnie Griffin, 47, principal consultant for The Griffin Group, Portland, and instructor at Marylhurst University, will begin work Aug. 16 in the DHR Director's Office in Salem. He will be responsible for hiring and other personnel-related policies for all DHR divisions. DHR has 9,500 employees and 160 field offices throughout the state that provide public assistance, child protection, health and other services.

Griffin has consulted in areas of executive coaching, team building, training and organizational change for clients in business, government and non-profit organizations.

From 1976 to 1996, he held various positions with U S West Communications in Seattle, Denver and Portland. He has been general manager of US West's 911

# Intel, Nike Managers Quit Jobs for Internet Venture

THE ASSOCIATED PRESS 7/31/99

PORTLAND, Ore. (AP) — Cross the fierce techno-geek brains of Intel with the high-gloss sports marketing brawn of Nike, and all sorts of possibilities come to mind: A) Sports watches that double as information appliances.

B) Chip factories relocated to Pakistan. C) Running shoes that come with a tax break.

Then there's Lucy.com. Two managers from Intel and Nike have quit their jobs and hopped into the maelstrom of today's e-commerce industry. Their plan: Sell women's athletic apparel and footwear on the Internet.

It's true that just about every athletic footwear company and apparel brand, not to mention the retailers, are taking to cyberspace themselves.

But Steve Hochman, 33, ex-Intel, and Sue Levin, 36, ex-Nike, feel their focus on women and their skills set them apart from the pack.

Some deep-pocketed financiers and big-time players in the technology world agree.

Lucy.com, which in only six months has built a staff of 13, has attracted \$4.5 million in venture capital and is in the process of closing a second round.

Lucy.com not just the e-commerce market leader but the leading seller of women's athletic apparel and footwear, period.

The blunt-spoken Levin, Lucy.com's chairwoman and chief executive officer, said that although Nike and other vendors have in recent years finally begun to produce compelling new women's products, industry retailers have failed to promote and market the category.

"The limiting factor on the (women's) market growth is retail — the crummy state of retail," Levin said.

Lucy.com has reached agreements to get products from Nike, Adidas and about 10 other large companies. It hopes to have 15 to 20 vendors aboard by the time the Web site is launched in October.

To some degree, the bloom is off the Internet rose, a fact Levin and Hochman are well aware of. But they say they're more interested in building a sound, solid business than in becoming paper billionaires.

"Look, if we're in this just for the IPO, we're idiots," Levin said. "We're too late."

Hochman, who joined Intel in 1995, said he caught the start-up bug while working for Intel's new business unit in Hillsboro. Part of

and external business plans and new product ideas.

With an eye on funding, he contemplated what a local start-up might offer that would convince a venture capitalist to invest here instead of other technology hotbeds.

In September, he ran his idea for a women's-only e-commerce operation by Levin, a personal friend and U.S. women's brand director at Nike.

She told him the niche presented enormous promise. The women's market for athletic footwear and apparel totals a whopping \$23 billion.

But Levin was taken aback by Hochman's next suggestion: that she join the effort.

She said no thanks. "My mind was elsewhere. I was happy at Nike," she said.

Hochman again approached Levin in December with a refined business plan. Almost in spite of herself, she was impressed.

By February, the duo gave notice to their respective employers.

Just weeks later, venture capitalists were extending term sheets. Eventually, the company accepted \$4.5 million for Silicon Valley venture firms Foundation Capital and Sutter Hill.

The company is currently closing a second, interim round of funding, though Levin would not

# Poll Shows Bush, Gore With Comfortable Leads in Oregon

THE ASSOCIATED PRESS 7/31/99

PORTLAND — A poll shows Vice President Al Gore and Texas Gov. George Bush with comfortable leads for their parties' presidential nominations, and gives Bush a double-digit lead over Gore.

The telephone poll was commissioned by The Oregonian and KATU-TV July 23-28 and interviewed 501 registered voters. It has a margin of error of 4.5 percentage points.

The poll showed Gore trailing Bush 49 percent to 37 percent with the rest undecided.

Bush's supporters welcomed the results, which indicate about a fifth of the Democrats would stray

to Bush in a contest between the two front-runners.

"Democrats all over are taking a good look at Bush," said U.S. Sen. Gordon Smith, R-Ore., state director for the Bush campaign. "They'll find he's a man with whom they can do business."

Gore supporters countered saying the race has hardly begun. They noted that Gore got 54 percent of the Democratic support to former U.S. Sen. Bill Bradley's 23 percent.

Gore spokesman Roger Salazar said the gap between Bush and Gore would close.

The poll showed Gore's strength in Oregon to be women and younger voters. Bush had only a 6 point advantage with women compared to

a 17-point advantage among men. Among 18-34-year-old voters the two ran about even.

In both subsamples the margin of error is higher than it is in the overall poll.



## WOMEN'S HEALTH FOCUS

Jennifer Hays, Ph.D.  
Baylor College of Medicine  
Houston, Texas

### Osteoporosis: What you can do today

menopause, we become easy targets for osteoporosis.

No matter what stage of life you're in, there are things you can do to help prevent bone loss and maintain bone density. Here are some ways to increase your chances of walking into the future straight and tall:

- Eat a diet rich in calcium. The amount of daily calcium recommended for women by the National Institutes of Health depends on the age group: ages 11-24, 1,200-1,500 mg.; ages 25-50, 1,000 mg.; ages 51-64 (on estrogen therapy), 1,000 mg.; ages 51-64 (not on estrogen therapy), 1,500 mg.; and age 65 or older, 1,500 mg. Good sources of calcium are low-fat dairy products; dark-green, leafy vegetables, such as broccoli, collard greens, and spinach; tofu; and calcium-enriched products such as orange juice, cereals, and breads. Unfortunately, most of us don't get anywhere near enough calcium

from our diets, so check with your doctor about taking a calcium supplement.

- Get regular weight-bearing exercise. Ask a friend to walk with you, take the stairs instead of the elevator, and check with your gym about tailoring a weight-lifting program for you.
- Drink in moderation only.
- Don't smoke.
- Ask your doctor about new drugs to prevent and treat osteoporosis. You might be a candidate for hormone replacement therapy or for other drugs that help reduce bone loss and increase bone density. None of us wants to end up in a wheelchair or unable to lift our grandchildren or our groceries. So talk to your doctor now about creating a custom-made plan for preventing osteoporosis.

Please don't miss your opportunity to remain strong and active for the rest of your life.

## EDUCATION CRISIS TEAM

Upcoming meetings:

**Thursday, August 12, 1999**  
and  
**Thursday, August 26, 1999**

**7:00 p.m.**  
**Self Enhancement, Inc.**  
**3920 North Kerby Avenue**  
**Portland, Oregon 97227**

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- ◆ **The Urban League, Self Enhancement, Inc., the Albina Ministerial Alliance and the Black United Front are forming Education Crisis Teams to reverse the educational crisis that is crippling our children.**
- ◆ **Please join us on August 12<sup>th</sup> and August 26<sup>th</sup>. We will discuss specific steps our community must take to rapidly improve our children's poor academic performance. The plan's dual focus is on holding Portland Public Schools accountable for providing children a quality education and the development of a community-wide mobilization to address this education emergency.**
- ◆ **All participating organizations agree this education crisis is causing irreparable harm to children and severely limiting their future. This crisis is impairing the ability of children, families and our community to successfully compete in today's technology-based economy.**
- ◆ **Our choice is clear, respond to this emergency and take the necessary steps to prevent our children from joining the growing ranks of dropouts and high school graduates that possess few marketable skills.**
- ◆ **Please plan to attend these meetings. Our children need us, we have promises to keep.**

**Bishop A.A. Wells ... Tony Hopson ... Lawrence Dark ... Ronnie Herndon**