

Providence Women's Health invites you
to enjoy the sixth annual

*A Day
for You*

A program nurturing the needs of women of all ages and
in all stages of life through humor, hope and health



Keynote Speaker

Linda Dano

Emmy Award-Winning Actress

Join us for "A Morning with Linda Dano." This beloved daytime star will share her thoughts on healthy living, including her insights as a caregiver for her late father, who suffered from Alzheimer's disease.

Saturday, October 12
7:45 a.m. – 4:30 p.m.
Oregon Convention Center
Portland, Oregon

A Day for You is an all-day conference for women and about women. Providence Health System physicians and experts will share the latest information on women's health topics, including heart care, cancer prevention, skin care, hormone replacement therapy, the secrets of optimal aging and much more.

Register online at www.providence.org/adayforyou:

\$30 for Providence Health Plan members
if registered by Oct. 8

\$35 for general public if registered by Oct. 8

\$40 if registered after Oct. 8

A Day for You
is brought to you by

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Providence | Women's Health

A caring difference you can feel

Register online at www.providence.org/adayforyou
or call the Providence Resource Line at 503-216-6595.

POLICE

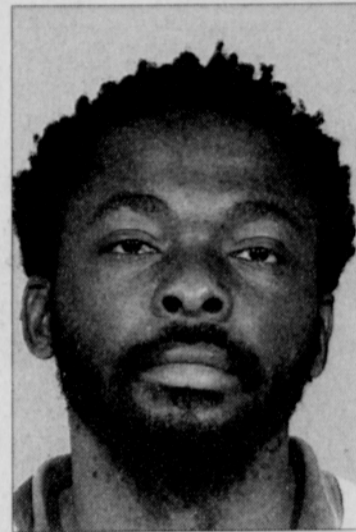
Room Started on Fire in Attack

A man described as a transient is facing seven counts of arson, accused of spraying a room of people with flammable liquid and lighting the room on fire.

The victims were able to escape and didn't get burned, although they did suffer some irritation from the chemical, police said.

In addition to the arson charge, Bjarne Alex Lewis, 32, faces counts of assault, possession of a destructive device and criminal mischief.

Police said the incident hap-



Bjarne Alex Lewis

pened Sept. 25 at the "JOIN" community outreach center in southeast Portland.

Witnesses told police Lewis was caught spraying a flammable liquid in a room at the center, and then as they tried to stop him, he sprayed them and lit the room on fire. He's also accused of trying to light a homemade destructive device.

The suspect fled on foot and was stopped by another witness, police said.

Damage to the community center was placed at \$2,000.

Vancouver Killer Gets Life Term

(AP) — A man who stunned Vancouver investigators last spring by confessing to the fatal stabbing of a Clark College instructor in 1996 has been sentenced to life in prison without parole.

Richard J. Hampton, 49 was sentenced Thursday by Clark County Superior Court Judge Edwin L. Poyfair to 13½ years in prison for manslaughter in the shooting death of his wife, Donna, 45.

Wearing handcuffs, Hampton read a prepared statement of apology to relatives of Vern Qualman,

who had been his instructor at Clark College, but said nothing to the two dozen people who wore buttons bearing his wife's picture in the courtroom.

Qualman vanished on May 28, 1996, and a camper found his body two weeks later near Sunset Falls Campground at the Clark-Skamania county line in the Gifford Pinchot National Forest.

Hampton was arrested after his wife, a fifth-grade teacher, died of a gunshot blast May 12 at their home.

He claimed the gun discharged

while he was cleaning it as the couple watched television, but investigators said her wounds and the couple's stormy marriage made that account unlikely and he was charged with first-degree murder.

While in jail, Hampton said the burden of keeping Qualman's murder a secret was more than he could bear and confessed, saying he was enraged by what he believed were pranks the instructor was playing on him in a machine technology class.

Two Accused in Old Town Stabbing

One man has been arrested for murder and another is wanted on a murder charge in connection with a downtown stabbing death.

Eric Tim Turner, 43, is being held in jail on one count of murder in the Sept. 12 death of Walter Russ, 37.

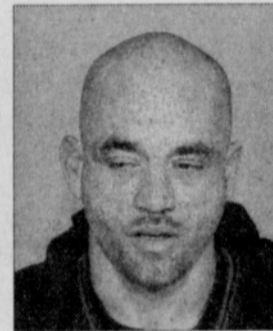
A second suspect in the case, identified as Ray Shawn Smith, 38, is charged with murder, robbery and assault.

Police believe Smith frequents the Old Town area and may be hiding in the Portland area.

Anyone with information is asked to call Detective Stu Winn at 503-823-0768 or Detective Barry Renna at 503-823-0255.



Eric Tim Turner



Ray Shawn Smith

LEGAL NOTICE

African Americans and other non-Caucasians could get benefits in a settlement about Metropolitan life insurance policies sold before 1973.

A settlement has been proposed in a class action lawsuit about whether, before 1973, Metropolitan charged more to insure African Americans and other non-Caucasians than it charged to insure Caucasians. People included in the settlement could get cash or other valuable benefits, like increased insurance.

If you're in the settlement, you may send in a claim form to get benefits, or you can exclude yourself, or object. The United States District Court for the Southern District of New York authorized this notice. The Court will have a hearing to decide whether to approve the settlement, so that the benefits may be paid.

WHO'S INCLUDED?

You could get benefits if you or a relative fits the description in the box to the right. Still not sure? Get a detailed notice at the website or by calling for free. If this settlement applies to one of your family members who died, you could get their settlement benefits. Many policies were sold door-to-door, perhaps in your old neighborhood. Do you know someone who had a policy? Let them know about the settlement.

WHAT CAN YOU GET FROM THE SETTLEMENT?

Generally, people who still have their life insurance coverage will get increased insurance benefits. If the settlement is approved, these people can ask for cash instead, but in a lower amount than the increased insurance benefits. People whose policies already paid a death or maturity benefit will get cash. Most people whose policies terminated for other reasons will get five years of free death benefit coverage, and some of them will get cash. For some policies, the settlement provides other additional

benefits. A detailed notice has more information about the settlement benefits. You can get one by calling or going to the website.

HOW DO YOU GET THE BENEFITS?

If you're in the settlement, send in a claim form to get benefits. The detailed notice package has everything you need. Just call or visit the website below to get one. **Claim forms are due by April 23, 2003.** You don't have to have your policy number, but it will help Metropolitan find the policy to see if it qualifies. If you're not sure your policy is included, you can file a claim anyway. Filing a claim doesn't mean you'll get benefits.

Are you in the settlement?

For any Metropolitan life policy below, insuring an African American or other non-Caucasian:

- ① Were you ever insured under one? OR
- ② Did you ever own one? OR
- ③ Were you paid a death benefit from one?

The Metropolitan life policies are:

- > "Industrial" policies sold door-to-door from 1901 through 1964. (Less than \$1,000 coverage; premiums collected door-to-door)
- > "Ordinary" policies sold from 1901 through 1972. (If sold at higher than standard rates)
- > "Ordinary" policies sold from 1960 through 1972 with \$4,500 to \$5,000 of coverage. (With an "M" in the policy number)

Did you say yes to one of the questions? Or, do any questions apply to a family member who died? If so, you could get benefits.

Did your neighbor have a policy? Tell them about the settlement.

Settlement benefits include cash payments or other valuable benefits, if you qualify.

Claim Forms are due by April 23, 2003.

YOUR OTHER OPTIONS

If you don't want settlement benefits, or to be legally bound by the settlement, you must exclude yourself by **December 30, 2002**, or you won't be able to sue, or continue to sue, Metropolitan about the legal claims in this case. If you exclude yourself, you can't get any benefits from this settlement. If you stay in the settlement, you may object to it by **December 30, 2002**. The detailed notice explains how to exclude yourself or object. The Court will hold a hearing in this case (*Thompson v. Metropolitan Life*, No. 00-CIV-5071 HB) on **February 7, 2003**, to consider whether to approve the settlement and the attorneys' request for fees and expenses. The fees and expenses won't reduce the settlement benefits.

You may ask to appear at the hearing, but you don't have to. Find out more with a free call to 1-800-960-2381, by visiting www.lifesettle.com, or by writing to Settlement Administrator, *Thompson v. Metropolitan Life*, P.O. Box 61, Minneapolis, MN 55440-8511. **Please do not contact the Court.**

White Powder Hoax Shuts Down Capital

Threatening letter was addressed to Gov. John Kitzhaber

(AP) — A second round of tests done in Atlanta, Ga. found no smallpox or anthrax in the white powder that laced a threatening letter addressed to Gov. John Kitzhaber, the governor's spokesman said.

The state Capitol was evacuated Wednesday afternoon after the suspicious envelope was found in a third-floor mailroom. Tests done at the site Wednesday indicated the powder was not anthrax, but officials kept the

Capitol closed until further testing could be completed at the Centers for Disease Control and Prevention in Atlanta.

"They would not open the building if it wasn't safe. If there was any doubt, they would not be opening the building," Towslee said.

The letter also listed a Pakistani return address, the FBI said.

A mailroom worker and three state troopers who were called to the scene were initially kept in

the mailroom to quarantine them, but were given showers and sent home, said Dr. Grant Higginson, state public health officer.

Kitzhaber was not in the Capitol when the envelope was discovered. He was giving a speech at a forestry conference at Willamette University. He later went to the Capitol.

Higginson said there have been many anthrax scares around Oregon since Sept. 11, 2001, but all were hoaxes.

Boyfriend Charged in Fake Abduction

(AP) — A Clackamas County Grand Jury has returned charges against a 19-year-old who allegedly helped a Lake Oswego teenager fake her abduction last July.

Tyler Wagner was charged with theft, identity theft, unlawful use of a weapon, criminal mischief and disorderly conduct.

A plea of not guilty was entered on his behalf by his lawyer. He is

free on his own recognizance pending a Dec. 19 trial.

Sixteen-year-old Sarah Roberts faces juvenile charges that include initiating a false police report, theft, identity theft and disorderly conduct.

She allegedly faked her own abduction on July 21, triggering a massive search in Tryon Creek State Park. In fact, she later turned

up in Seattle with Wagner and a friend, Erika Park. Park also faces juvenile charges.

Charges against Wagner include stealing a pistol, a jacket and money from the Park home. He also is accused of stealing credit cards from Roberts' aunt and running up 14-hundred dollars in charges on the Seattle trip and of firing the pistol at the Park family house.

Vancouver Targets Crosswalk Safety

The Vancouver Police Department Traffic Unit is promoting traffic safety through a series of crosswalk safety enforcements.

Five members of the unit conducted enforcements at cross-

walks at 13th and C Street and at Fourth Plain and T Street last week. The detail resulted in 17 verbal warnings and 8 crosswalk violations by drivers.

Vancouver officials say they are using a "three E" approach to improvement of traffic safety for the citizens of the city: Enforcement, Engineering, and Education.

Money Troubles Stop Prison Construction

A decision was made Friday to postpone the October sale of bonds to build state prisons in Lakeview, Madras and North Bend.

Interim Corrections Department Director Benjamin de Haan said there are too many fiscal uncertainties to precede with the sale.

"Given the state's financial situation, it makes sense to wait for the

December revenue forecast and the outcome of the January vote to temporarily increase income taxes before incurring additional long-term debt," de Haan said.

The department is looking into the ramifications of its decision.

"The prison construction schedule is tightly tied to the prison population forecast," explained de Haan. "Prison beds are timed to

open precisely when they are needed."

De Haan said the state would look "at every nook and cranny for housing the anticipated inmate population."

"Because it takes two to three years to build a prison, the effects will be strongly felt toward the end of 2004," de Haan said. "We are looking at all of the options."

1-800-960-2381

QUESTIONS?

www.lifesettle.com