



# Cedar Mill News

Volume 2, Issue 4

April 2004

## Featured Business

### Simply Divine Massage

The first time Sandi Fitts-Freeman encountered massage was at a party where some "LMTs" (Licensed Massage Therapist) were giving footrubs. "I didn't grow up in a touchy-feely family," she says, "but that's changed now." It felt so wonderful that she was hooked, and this experience led her to study massage.

Sandi had spent the first part of her working life in factory and warehouse work, but she knew she had to find something else. In 1988 she finished her training at the Oregon School



of Massage and in 1989 she got her license. She worked for several years as a therapist in a clinic in Cedar Mill, at one point providing chair massage for employees of Mentor Graphics. "That was a great start. I got a plaque for doing 1600 massages!" she laughs.

Financial pressures forced her to go back into assembly work for several years, but she kept up her license, and finally opened her massage studio in Cedar Mill in 1999. For a while she worked three twelve-hour days at her assembly job and "spent the rest of my time here," she explains.

"Here" being the unique geodesic dome on Filbert just east of McDonalds. The little dome was originally built as a play structure for a church that used to be located on Murray. It was later enclosed and served as a space for youth groups, and then became a recording studio for Luis Palau when his headquarters was located nearby. Now it houses Sandi's

office and two therapy rooms. "I love the location here, between the commercial and residential areas. I've become friends with a lot of the neighbors," she mentions.

In 2001 she was diagnosed with cancer. She's fine now, but she says, "having massage during my own cancer experience was the one time each week when I felt in control, and there wasn't something icky or painful happening. It was truly a blessing, and I want the same thing to be available to other people." To help bring this about, Sandi has become involved with the non-profit The Caring Touch Fund, which provides grants for up to 10 half-hour massages to low-income elderly, chronically ill, and dying Oregonians.

Clients are paired with participating LMT's, who are reimbursed \$25 for each massage through the fund. The LMT's apply to the fund, to ensure that they have training and experience in working with medically

*Continued on page 2*

## Teufel Development update

On April 19, 2004, Polygon Homes and MGH Associates will hold another neighborhood meeting to discuss their plans for the Teufel Nursery property. The meeting will take place at 6 pm in the Community Room at the Cedar Mill library, and it's open to all interested persons.

At the last community meeting on March 9, the conceptual plan for the development was presented to a roomful of residents, including neighboring landowners. Many questions were posed, from concerns about density and impacts on traffic to design issues and preservation of streams. If the permitting process goes smoothly, development is expected to begin this summer at the north end of the property.

The development will include a mix of townhouses and apartments, which will all be

offered for sale. Commercial development is not expected for at least five years, so the Teufel Nursery Store will remain where it is for now.

A "green street" will connect the site from north to south providing car-free travel for cyclists and pedestrians. A public plaza is planned for an area at the southwest corner of the Beaverton School District property. Trails will connect the north end of the development with the western boundary on Barnes and the southern edge of the property (also on Barnes).

"Northwest Lodge" is the design theme for the development, paying homage to the pioneer history of the region. Extensive plantings will recall the nursery, and several large trees

will be preserved. Overlooks will be developed above Cedar Mill Creek for viewing and as places to gather.

Cornell Road adjacent to the property will be somewhat realigned and widened as part of the development. Some area residents see this

as an ideal time to get Cedar Mill Creek out of the culvert by building a bridge. This will be an expensive project and not lightly undertaken, but environmentalists and creek-lovers hope it can be incorporated into the plans.

The conceptual map is available on the Cedar Mill website at [cedarmill.org/teufel](http://cedarmill.org/teufel). More information will be available on the site soon.



see [cedarmill.org/teufel](http://cedarmill.org/teufel)

## Cedar Mill Business Association

Tuesday, April 20, 2004. 12 noon

Place: Cedar Mill Community Library

Topic: Keeping our wonderful library

Speaker: Peter Leonard, Cedar Mill Library Director

Join us for lunch to hear about how the library is funded, and how you can help keep it going

FREE lunch, courtesy of China Rim (bring your own beverage)

Next Meeting

## Sunset High's Special Education Program needs your help

Tracy Ramberg, a Special Education teacher at SHS, says, "We have a lot of students in our program who are from lower socio-economic standing. Many of these students are not able to afford school supplies, school clothes, gym clothing, etc. In addition we have some students in our department, and in Sunset High at large, who would like to compete in school sports but cannot afford the sports fees (\$150 per team sport). Some of the students I work with are very talented athletes, but cannot afford these fees. They miss out on activities that would tie them to the school and motivate them to graduate."

Sunset Special Education is a federally mandated program serving students with academic disabilities, including learning disabilities, emotional disturbance, ADHD, hearing impairment, and communication (language) disorders.

Tracy says, "Each school is able to decide how they are going to run their program. At Sunset we offer English, social sciences, math

and study skills/social skills classes. We teach kids to adapt to their disabilities and accommodate for their needs so as to be successful in school and in life. We try to get them on track and then switch them back into general education classes but some students have to take one or two classes with our department for the duration of their high school careers.

Tracy says there has been more than one



Carol Damm, Elise Guest and Tracy Ramberg, SHS Special Education teachers

student who began their high school career at other schools, only to fail 50% of their classes. After enrolling at Sunset and taking resource classes, most of these students are able to learn the curriculum and pass their resource classes. Many continue their success when enrolled in the

general education classes.

The program can use donations of school supplies, new or lightly worn clothing, sports uniforms, and especially money for sports scholarships. Donations can be made through the Sunset High Boosters Club – be sure to specify it's for the Special Education Program. For more information call the school at 503-259-5050.

*Massage, continued from page 1*

fragile individuals. Therapists often visit clients at home or in the hospital, so there is a real commitment involved. The fund was started by LMT's who recognized that often those who most need massage don't have the resources to pay for it.

This fund is available to any Oregon resident who qualifies. Sandi says, "many of us know someone elderly, chronically ill, or dying. If they have little in the way of financial resources, we want them to know about the CTF." Information is available at [caringtouchfund.org](http://caringtouchfund.org) or by phone at 503-799-5912. And they're always interested in recruiting more therapists into their program. A fundraiser will be held on April 24 in Metzger, with a silent auction, free desserts, chair massage, and a DJ dance. They are soliciting donations for the silent auction and pledges for desserts. They are also challenging groups to donate gift

baskets filled with items representing a theme of some sort (e.g.; gardening, relaxation, movies, automotive). Contact Sandi if you want to donate or participate in the auction.

Sandi's regular hours are weekdays 9 am-7 pm but she'll make special arrangements when needed. Her standard price for a one-hour massage is \$50, and she offers gift certificates, "Frequent Relaxer" discounts, massage packages, and a "refer-a-friend" bonus. Contact her at 503-520-9434 or [sandiff@netzero.com](mailto:sandiff@netzero.com). Visit her website: [simplydivinemassage.com](http://simplydivinemassage.com) for more information.

## History in the News

### The Cedar Mill Garden Club

By Nancy Olson, co-author, Cedar Mill History

The first meeting of the Cedar Mill Garden Club was held in 1946 in the Leedy Grange. Thirty-nine women became charter members, electing aptly named Rose Stalder Hohnstein president and setting annual dues at one dollar.

The group came together to share information on vegetable and flower gardening and landscape techniques. They also stated their desire to preserve native plants and birds, and members agreed to "encourage any civic enterprise with regard to beautifying and planting."

Activities of the organization included landscaping the front entrance of Union Cemetery on NW 143rd and the Cedar Mill School grounds on NW Cornell Road. The Club was also responsible for maintaining and preserving a native vegetation area in Cedar Mill Park adjacent to the School. Plants included Deer and Maidenhair ferns, trilliums, various mosses, Piggy Backs and Butter Cups. Other functions were pumpkin and sunflower growing contests as well as the support of 4-H scholarships.

The group is still quite active, meeting on the third Wednesday of each month. Meetings include discussions of issues of interest, a guest speaker and light refreshments. They are currently meeting in Beaverton, but may be moving the meetings back to the Cedar Mill Library. Roma Leuthold is the only charter member still active in the group.

The club supports The Oregon Garden, the Japanese Garden, and a gardening program at Vose School, among other projects. A fundraising plant sale is scheduled for April 30 and May 1 at a private home at 12600 SW Douglas (near Beaverton Rite-Aid). Look for a great selection of perennials. For more information about the club contact Ruby Warren, 503-292-4962 or [cdwrbbwarren@msn.com](mailto:cdwrbbwarren@msn.com)

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## Bales recycles produce waste

Since early December, a company called Nature's Needs has been collecting fruit and vegetable waste from Bales' produce department. This material is composted at their facility in North Plains and turned into high quality humus for soil enrichment.

Before the material gets collected for composting, however, gleaners from four different organizations go through produce and bakery items that are no longer up to



recycling produce at Nature's Needs

Bales' standards. Six days a week, useable food is collected for distribution to needy Oregon families.

"It's easy for us," says produce manager Ted Beckman. "And its cut down on what we send to a landfill by at least 30-35 percent. The Farmington store has been doing it for about six months, and it was working well for them, so we decided to do it too."

Nature's Needs also collects Bales' cardboard which is also composted. "They charge us for the pickup, so it's not really a money saver, but from our end it's a pretty good deal to keep this material out of a landfill," says Beckman.

Nature's Needs sells their humus to the public, in bags or in bulk. More information is available at their website:

[www.naturesneeds.com](http://www.naturesneeds.com).

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- Include my business in the Cedar Mill Website Business Directory ([www.cedarmill.org/biz](http://www.cedarmill.org/biz)).
- Contact me about creating a web page linked from the Cedar Mill Website Business Directory.

Class One Voting Members: a person, firm, or corporation who owns business property or operates a business within the Cedar Mill area. Number of full time equivalent owners and employees in your business:

1-3 persons:	\$60.00
4-10 persons:	\$85.00
11+ persons:	\$110.00

Class Two Non-Voting Members: a person, or organization having a demonstrated interest in the Cedar Mill Business Association area and whose membership the Board of Directors approves by majority vote.

Regular Associate members:	\$60.00
Non-Profit Organizations:	\$35.00

Please send this form with your check, payable to:  
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 P.O. Box 91177  
 Portland, OR 97291-0177

**Measure 34-77** Tuesday May 18, 2004 Election

WASHINGTON COUNTY COOPERATIVE LIBRARY SERVICES

**Read all about it**


*Local Option Levy to Restore and Maintain Countywide Library Services*

**The Levy Would:**

- Restore funding for operations and maintain public library service levels through 2009.
- Restore and maintain central services and outreach programs that support and link member libraries.

**The Levy Would Cost:**

The typical homeowner \$43 in additional property tax in 2004. This assumes an average assessed value (different from market value) of \$165,000 and a fixed tax rate of 26¢ per \$1,000. The five-year levy is estimated to raise a total of \$48 million for library operations.



**Measure 34-77**  
**Read All About It:** [www.WILInet.wccs.lib.or.us](http://www.WILInet.wccs.lib.or.us)

Information reviewed by the Oregon Secretary of State, Elections Division for compliance with ORS 260.432

## Earth Day, Cedar Mill style

You are invited to celebrate Earth Day close to home on April 24<sup>th</sup> from 9 am-1 pm by joining your neighbors to restore Jackie Husen Park. We will be focusing on the removal of invasive Himalayan blackberry and English ivy. Jackie Husen Park is located at 10955 NW Reeves St., just east of Cedar Hills Blvd. We will be meeting at the entrance. Please bring heavy-duty leather work gloves, loppers, a shovel and a long-sleeved shirt. Some equipment will be available and refreshments will be provided. Questions? Call Melissa at 503-645-

3539. You can pre-register for the event at [www.solv.org](http://www.solv.org). Sponsored by Tualatin Hills Park & Recreation District, SOLV and Rock Creek Watershed Partners.



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