Ramos on road to recovery

Sandy resident comes back from accident

by SCOTT NEWTON
Staff writer

Anita Ramos always has been active, either working, raising a family, or playing sports such as softball and volleyball.

Last week, during a spell of sunny weather, Ramos was out working on her volleyball skills with her sister, Kellie, in preparation for a family get-together at Easter.

But Ramos is making some adjustments in her style of play; she is confined to a wheelchair.

Ramos, who lives with her husband, Richard, and two children in Sandy, was injured in October in an automobile accident. After several surgeries and 2½ months of physical therapy, she is trying to get her life in order.

"I give my family a lot of credit," she said. "They have handled it. I have always believed in a strength in God, but you don't know his powers until something like this happens."

Ramos, who is paralyzed from the chest down from a spinal cord injury, has good but limited use of her hands. She has found adjusting to her new life a trying ordeal.

One day she sent her husband out fishing because she felt he needed some time to himself. Her 6-year-old daughter had been helping her with the laundry, but when it came time to move the clothes from the washer to the dryer, her daughter was outside playing.

Unloading the washer and turning on the dryer represented a major victory, and she called her parents in Eagle Creek to tell them the good news.

Her parents, William and Edith Rutledge of Eagle Creek, her sisters, and her husband all have played a part in her recovery, she said.

Anita Ramos says she receives support from her daughters, Tamy, left, and Rachel.

Her father and her husband have been remodeling the home to make it more accessible for her, but they ran out of money for improvements before the work was done. About that time, members of the Kiwanis Club of Sandy heard of her plight, and a crew headed by Bob Montgomery, a building contractor, made further renovations. The Kiwanis Club also purchased a special oven that allows Ramos to cook from her wheelchair.

Ramos is trying to get back into a regular routine, which includes getting her two daughters, Tamy, 6, and Rachel, 5, up to start the day. Tamy attends school part time. Until the Kiwanis Club remodeled the hallway — eliminating a difficult corner — she could not take her chair into the children's room.

Ramos' husband has worked for 6½ years at Oregon Bulb Farms. She also formerly worked for Oregon Bulb Farms, where she was a foreman. On the night of the accident, she had worked the night shift at a warehouse in Aurora. She took some friends home to Beaverton, stayed for a short time, and then headed back to Sandy. The fog had grown thicker while she was at her friends' home.

She was driving down Farmington Road when she hit a patch of loose gravel, and the four-wheel-drive vehicle she was in went into a spin. The pickup hit an embankment and flipped; Ramos was propelled out the front windshield. The pickup flew over the top of her. A "guardian angel" was watching over her, she said.

Despite numerous surgeries, a rigorous physical therapy program and feelings of anger and depression, Ramos found the energy to lecture one 18-year-old in rehabilitation for having a bad attitude.

Ramos admits she had a motivating factor to help her through rehabilitation: She was anxious to get home to her husband and two daughters. "I think if it hadn't have been for my family, I would have given up," she said.

Though her family has rallied to her support, Ramos said the accident had an effect on their friends, some of whom suddenly stopped coming by.

"I have had to convince my friends that I'm the same person I was before the accident," she said.

Life in a wheelchair is difficult for Ramos, a 1979 graduate of Estacada High School, but she is trying to become more independent.

She does have one request that her husband and father have been slow to act on. "I want a punching bag to help me release my frustrations," she said.

Girl Scouts set workshop

"Keeping Your Cool When Life is Cruel" is the topic of a workshop to be offered by the Columbia River Girl Scout Council on Saturday, April 11, from 8:45 a.m. to 3:45 p.m. at St. Michael's Catholic Church, 18090 Langensand Road.

It is being sponsored by the Sandy/Estacada Youth Services Team. There is a $5 charge for admission.

Topics to be discussed include eating disorders, human sexuality, chemical abuse, teen-age suicide and family problems.

To register, call Karrine McDevitt at 620-4567.

School plans garage sale

The Sandy Cooperative Preschool and Kindergarten will hold a garage sale Saturday, April 11, and Sunday, April 12, from 10 a.m. to 5 p.m. at the Sandy VFW Hall, 38452 Proctor Blvd.

Public notice

TIMBER FOR SALE, UNITED STATES DEPARTMENT OF THE INTERIOR, BUREAU OF LAND MANAGEMENT. ORAL AUCTION OR SEALED BIDS as hereinafter designated will be received by the District Manager, Bureau of Land Management, 1717 Fabry Road, S.E., Salem, Oregon 97302 ,at 9:00 a.m. PACIFIC STANDARD TIME on Wednesday, April 29, 1987, for all timber marked or designated for cutting. Before bids are submitted, full information concerning the timber, the conditions of sale and submission of bids should be obtained from the above District Manager. The right is hereby reserved to waive technical defects in this advertisement and to reject any or all bids. The United States reserves the right to waive any informality in bids received whenever such waiver is in the interest of the United States. This sale notice, first published on April 3, 1987, constitutes the decision document for purposes of protests and appeals, under 43 CFR subpart 5003 - Administrative Remedies. Protests of any sale listed below must be filed within 15 days after first publication of this notice.

IN CLACKAMAS COUNTY, OREGON: O&C: ORAL AUCTION: All timber designated for cutting and removal on certain Federal lands on E1/2SW1/4, Sec. 11, T. 4 S., R. 2 E., W.M. estimated for the purpose of this sale to be 1,154 M. bd. ft. No written bid for less than $104,899.75 will be considered. Minimum deposit with written bid $10,500.00.

All timber designated for cutting and removal on certain Federal lands on Lots 1, 2, and 3, Sec. 1, T. 6 S., R. 2 E., W.M. estimated for the purpose of this sale to be 3,019 M. bd. ft. No written bid for less than $225,987.65 will be considered. Minimum deposit with written bid $22,600.00.

Ruby L. Silver
Contracting/Ordering Officer
SP0487-01
4-2, 4-9

PUBLIC NOTICE
Alder Creek - Barlow Water District
A Budget and Board meeting wil be held at the Bill Flatt residence, 20220 E. Forest Fern Dr., Sandy, OR 97055 at 7:30 p.m. on April 14, 1987.

Donald G. Campbell
Board President
SP0487-04
4-9

PUBLIC NOTICE
CITY OF SANDY
It is the responsibility of all property owners within the City of Sandy to keep their property clear of weeds or noxious growth. (This means grass over ten inches in height, tansy ragwort, milkweed, thistles, and blackberries.) A list of contractors will be available at the City Hall to assist you in maintaining your property.

Property which is not so cleared may be subject to nuisance abatement under Chapter 8.24 or court proceedings under Chapter 8.28 and 1.18 of the Municipal Code. Prosecution of violators of these provisions will begin May 1, 1987.

Ken Reinke
Code Enforcement Officer
SP0487-3
4-9, 4-23, 4-30

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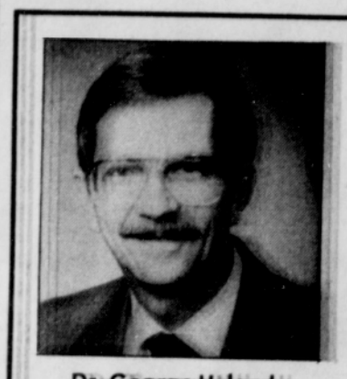
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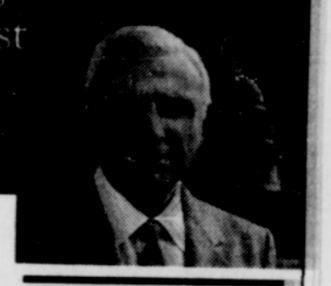
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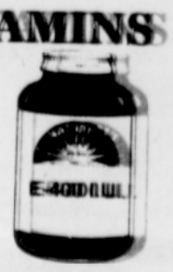
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