



APPLICATION FOR EXEMPTION FROM SITE PLAN REVIEW

Applicant Linke M. Stilphen

Application Date _____

Applicant's Mailing Address 222 St. John St., Ste 252

Project Name/Description Gardens of Atlantis

2065 Washington Ave Ext.

City of Atlanta

CBL. ~~_____~~

Description of Proposed Development:

See Cover sheet

Denied

Please Attach Sketch/Plan of Proposal/Development

Applicant's Assessment
(Yes, No, N/A)

Planning Office
Use Only

Criteria for Exemptions:
See Section 14-523 (4) on back side of form

- a) Within Existing Structures; No New Buildings, Demolitions or Additions
- b) Footprint Increase Less Than 500 Sq. Ft.
- c) No New Curb Cuts, Driveways, Parking Areas
- d) Curbs and Sidewalks in Sound Condition/Comply with ADA
- e) No Additional Parking/ No Traffic Increase
- f) No Stormwater Problems
- g) Sufficient Property Screening
- h) Adequate Utilities

A	yes	
B	N/A	
C	NO	
D	NIA	
E		
F	NO	
G		
H	yes	

Exemption Granted _____ Partial Exemption _____ Exemption Denied

Not a permit. Applies to zone change.

Applicant's Signature [Signature] Date 12/1/04

White - Planning Office

Pink - Inspections

Yellow - Applicant

Sec. 14-523. Approval required:

- a. Yes - The proposed development will be located within existing structures, and there will be no new buildings, demolitions, or building additions other than those permitted by subsection b of this section.
- b. I will not be expanding the buildings more than 50 square feet.
- c. The proposed site does not add any new curb cuts, driveways, or parking areas ; the existing site has only one curb cut and will not disrupt the current circulation flow and parking on-site, there will be no drive through services provided. I will only need only expand the existing parking area for several additional spaces
- d. The curbs and sidewalks adjacent to the lot are complete and in sound condition, as determined by the public works authority, with granite curb with at least four inch reveal, and sidewalks are in good repair with uniform material and level surface and meet accessibility requirements of the American s with Disabilities Act.
- e. The use does require additional parking on the site, and the project will not significantly increase traffic generation.
- f. There are no known stormwater impacts from the proposed use or any existing deficient conditions of stormwater management on the site.
- g. There is no evident deficiencies in existing screening from adjoining properties.
- h. Existing utility connections are adequate to serve the proposed development and there will be no disturbance to or improvements within the public right-of-way.

THE VISION: GARDENS OF ATLANTIS A HEALING ARTS CENTER

Mission Statement:

Gardens of Atlantis - A Healing Arts Center will be dedicated to assisting people in achieving their highest possible potential, and encouraging a community of health, creativity, support, and self renewal.

Statement of Purpose:

My vision is of a supportive and heart-centered community with many and varied individuals currently working in the healing arts field. The support for this enterprise will be in the form of professionals offering healing modalities, educational classes and activities.

The intent is to allow people to step out of their everyday lives, to relax, renew, heal, and get in touch with their own Energy and Spirit. The atmosphere will be comfortably elegant, quiet and respectful to all who enter. Gardens of Atlantis will encourage a focus on creating a more positive lifestyle and finding a healthy purpose that will in turn support a healthier, happier, more creative and harmonious community. People will not have to travel a great distance to feel they are on vacation, and be able to experience different types of healing sessions, education, and activities under one roof.

Description of Business:

Gardens of Atlantis - A Healing Arts Center

Legal Status: S Corporation

Location: Portland, ME

Tax ID #: EIN 54-2149701

Phone: (207) 774-3794

email: messageu@gwi.net

Web-Site:

Owner/Director: Linda M, Stilphen 69 Middle Street Saco, ME 04072

Office: (207) 774-3794

Accountant: John Palanza - Macomber & Palanza 169 Ocean St. S. Portland, ME 04106 (207) 767-5113

Attorney: Eliot Field Law Offices at 11 Summer Street Wiscasset, ME 04578

(207) 882-9446

Banker: People's Bank (Bank One)

Insurance Agent: State Farm

Gardens of Atlantis will be in a three story Historical Mansion to give the illusion of escaping to a different era and environment. It will have a non-clinical feel to it, though will promote healing in many forms. The philosophy behind the direction of the Center is unique. I pledge to assist each and every participant in Gardens of Atlantis with achieving their goals - be it personal, professional, or spiritual. There are individuals who are currently awaiting the birth of the center so they can become a part of this unique and special place.

Market Analysis

People need assistance in creating a more health-focused life for themselves and their families. Gardens of Atlantis approaches this task on all levels - From the Mind, Body, Spirit to the Home, Outdoors, and Connection to Community.

Trends in today's lifestyle continue to become focused on health and alternative healing solutions to our stressful environment. Intuitively people gravitate toward activities and practices that help them to alleviate pain, reduce stress and find balance in their lives in a healthy way. Yoga, Pilates, Dance, and Movement classes will be a large part of the Center's focus. These forms of fitness classes have increased dramatically in recent years and continues to grow. According to an article about yoga in The Christian Science Monitor, *"More than 18 million people...now practice the 5,000-year-old art.... It's estimated that more than a million more start each year."* And - according to the Sporting Goods Manufacturers Assn, *"On average, yoga devotees participate in their discipline about once a week, or 55 times a year."*

People are recognizing the need to make healthy changes in their lives to correct the root causes of pain and stress. According to the AMTA, *"18% of the adult U.S. population had a massage in the past 12 months". and "average 7 visits per year".* People are becoming less likely to seek a physician's approach to pain by taking drugs and chemicals designed to treat symptoms with lots of dangerous side effects. An article in AMTA Magazine states, *"Among emergency room patients, 31% report they have used massage in the past for painful conditions", and, "medical practioners ranked massage therapy highest (74%) in terms of being perceived as always or usually effective."* Statistically, *"Consumers spend between \$4 and \$6 billion annually on visits to massage therapists", which is "About 18% of the 629 million annual visits to alternative healthcare providers"....*

Maine, and especially the Portland area, is populated with many "Healers" and highly creative, intelligent, affluent people. A respite or vacation away is not always possible for local Mainers, where a few hours to escape to a place designed for their own personal health time and space is very desirable and possible. This is an ideal demographic to appeal to for support of Gardens of Atlantis since many are busy with families, work and related functions. Cumberland county alone has over 62,000 residents age 35-60. In addition, Maine attracts thousands of tourists who are looking for a connection to health, nature and the ocean's healing properties and experience. They may also be looking for amenities they are accustomed to having access to in their home states.

Gardens of Atlantis will use herbal and ocean-based products to enhance the healing process. Maine has many natural resources to draw upon to aid in creating a full and healthy lifestyle.

Competition

True North would be the closest business offering some, though not all services Atlantis will have. There is nothing quite like Gardens of Atlantis that I have found in existence to date. I feel people are really looking for a more holistic approach to their health and lifestyle. Atlantis will offer more therapies than many are even aware of, to facilitate healing and overall health. When I describe the Center to clients and practioners, everyone has positive reactions. I am told over and over again that this is the type of place they are looking for and not finding.

Personal Qualifications:

I am completely committed and passionate about the creation and success of Gardens of Atlantis. I will pour all of my energy and resources into making this business a reality, and an enormous contribution to the Portland community and the State of Maine.

For the past six years I have been growing and working my own Massage Therapy practice in my Portland Office. I have a strong clientele and am able to support myself with this business. In addition, I have worked at the Cliff House Spa in Ogunquit, at their invitation, as Massage Therapist. I have made many contacts at the Cliff House with tourists who have asked for my business card so they can find Gardens of Atlantis when they return to Maine.

Prior to Massage Therapy, I worked for L.L. Bean, Inc. for 18+ years in a variety of positions including Assistant Buyer for Women's Apparel, Assistant to the Senior Director of Manufacturing, Human Resource Assistant, Customer Service Representative for the President (Leon Gorman), Product Development Clerk.

I have a Bachelor's Degree in Social Science with a strong Human Resource and Business Management focus. I was on the Dean's List most of the time. (Statistics was biggest my challenge.)

Feb 1998 - June 1999: I worked as Office Manager for Grampa's Garden for a short span while transitioning from L.L. Bean to my full-time practice. I also assisted in opening their Retail Store on Market Street in Portland.

July 1999 - July 2000: I worked at Paradiso Day Spa as a contractual Massage Therapist.

I am native to Maine. I grew up on Orr's Island and I am the daughter of a Lobsterman. I know the value of hard work, integrity and dedication.

In 1997, I purchased a Greek Revival home in the historical district of Saco, ME. This will become rental income property once I move into the property for Gardens of Atlantis.



PORTLAND MAINE

Planning Division
Sarah Hopkins, Development Review Services Manager

Re: 2065 Wash. Ave Ext.
Spa use

Dear Ms Stilplem,

Sorry for the delay in getting back to you on your exemption request.

We did review your proposal, but found that the proposed use is not permitted in the residential zone.

A zone change would be a possible course for action, but quite honestly, I'm not sure that a zone change would be approved.

Please give me a call so we can discuss this further.

Sincerely,

Sarah Hopkins

389 Congress Street, 4th floor • Portland, ME • (207) 874-8720 • Fx 756-8258
Email: sh@portlandmaine.gov

cc: Marge Schumacher

LINDA M. STILPHEN, LMT
222 ST. JOHN STREET, SUITE 252
PORTLAND, ME 04101
(207) 774-3794

City of Portland Planning Division
Portland, ME 04101

11/11/04

Dear City Planner:

I am applying for a zone change for the property located at 2065 Washington Avenue Extension. It is currently a Residential property and I am needing a Mixed Use classification prior to my purchasing this site. I am searching for a property I can reside at and open my Healing Arts Center, Gardens of Atlantis. This property has the needed space and layout that I have been looking for. I am hoping that this change can be made within 30 days, which is the term of the purchasing contract. There is currently an in-law apartment over the two car garage.

The only changes I would like to make to the property to accommodate the business, would be to insulate and sheetrock the garage for a four season useable space; replace the existing second story deck on the back of the house with a better quality construction adding a ground access stairway; (Fire escape, etc.) and, I would need to expand the current pavement for several additional parking spaces. Changes would be made within the next two years.

The main house would serve as the business location. I would renting out four of the rooms for professional office spaces. I would also wish to have a small cafe on-site to serve the clientele for this business. This would not be open to the general public so the traffic would not increase from this segment of the business.

Thank for you consideration of this proposed change and look forward to discussing my project further with you. My business plan is enclosed for additional information.

Sincerely,

Linda Stilphen, LMT

:attachments