



Gazette

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WHAT'S HAPPENING?

- Tue Oct 9 HRRC Meeting AR 10:15 am
- Tue Oct 9 MC HOA Meeting AR 4 pm
- Thu Oct 11 FWC Bear Presentation AR 1-3 pm
- Fri Oct 12 Bulk Trash
- Sat Oct 13 Paradise Pride Dance FH 7 pm
- Mon Oct 15 HR HOA Meeting FH 4 pm
- Tue Oct 16 Potluck FH 5 pm
- Thu Oct 18 Coffee w/ Birdy AR 9:30 am
- Thu Oct 18 Movie & ice cream AR 1:30 pm
- Tue Oct 23 Florida Hospital Diabetes Class AR 1-4 pm
- Fri Oct 26 Bulk Trash
- Sat Oct 27 Golf Big Fore Kids Golf Tournament North Course 8:00am
- Mon Oct 29 Seminole Hard Rock Casino Trip FH 8 am
- Tue Oct 30 Flicks & Coupons AR 11 am-1 pm
- Tue Oct 30 Alzheimer/Dementia Group AR 2 pm
- Wed Oct 31 Flu Shot Clinic AR 9 am-1:30 pm

FUTURE EVENTS

- Sun Nov 4 Highlands Ridge Christian Fellowship AR 3 pm
- Wed Nov 7 Body Transformations Info. Class with Noraeen AR 4 pm
- Fri Nov 9 Bulk Trash
- Sat Nov 10 Welcome Back Dance FH 7 pm
- Mon Nov 12 Veteran's Day Ceremony FH 8:30 am
- Mon Nov 12 HR HOA Meeting FH 4 pm
- Tue Nov 13 HRRC Meeting AR 10:15 am
- Tue Nov 13 MC HOA Meeting AR 4 pm
- Thu Nov 15 Coffee w/ Birdy AR 9:30 am
- Thu Nov 15 Movie & Ice Cream AR 1:30 pm
- Fri Nov 16 Adopt A Road FH 8 am
- Thu Nov 22 Thanksgiving Potluck FH 1 pm
- Thu Nov 22 Thanksgiving
- Thu Nov 22 HR Office Closed
- Fri Nov 23 HR Office Closed
- Fri Nov 24 Bulk Trash
- Mon Nov 26 Grateful Hearts Wood Painting Shop AR 2 pm
- Tue Nov 27 One Blood Drive FH 12-5 pm
- Tue Nov 27 Alzheimer/Dementia Group AR 2 pm



FWC Bear Presentation

Come to the office to sign up!
 Learn some information about local wildlife.
 October 11, 2018 in the
 activities room from 1-3 pm

Diabetes Class

Hosted by Florida Hospital
 Come sign up in the office!
 Learn about nutrition,
 medications, exercise, etc.
 October 23, 2018
 in the Activities Room 1-4 pm



It's right around the corner!



Flu Shot Clinic

October 31, 2018
 AR 9 am-1:30 pm
 Sign up in the office



Flicks and Coupons

If you'd like to clip coupons
 while watching Mama Mia 2
 come to the activities room
 on October 30, 2018
 from 11 am-1 pm.
 Sign up is in the office!



**Body Transformations
Information Class with
Noraen**

She will be discussing cellulite reduction, weight loss, wrinkle reduction, tightening and firming skin, and increasing collagen production for the face, neck and body. Come sign up in the office!



Veteran's Day Ceremony

Monday, November 12th, 2018
at 8:30 am in FH

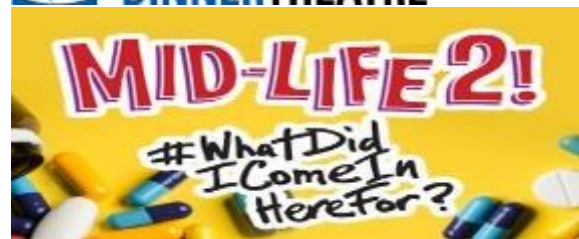
If you'd like to participate please come to the office to sign up or email: activities@highlandsridge.com with the veteran's name, branch and how many in your party.

Arts and Crafts Fair
Saturday, December 8, 2018

9:00 am—1:00 pm
\$10/person
Max. 2 tables/person

Please come to the office to sign up!

**BROADWAYPALM
DINNER THEATRE**



Saturday, January 26th, 2019
\$85.00/person

Sign up by January 4th, 2019
Leave FH at 8:40 am & return 6:20 pm



**Sebring Safe house Donations
Our Highlands Ridge Volunteers are:**

Arbor Green:

Norma Kessler 3027 Oakhill Dr. (863) 382-9448

Marina Cove:

Kathy Wood 2829 E Spinnaker Dr (863) 314-9643

Hidden Creek & Carter Creek:

Dot Pansius 3254 Pebble Creek (863) 385-4566

North Course:

Linda Sosely 4268 North Course Ln (954) 594-2324

Scottish Links & Oak Run:

Cathy Miner 3400 E St. Andrews Dr (863) 273-2854

REMINDERS:

We update the Resident Directory so often that if you would like to purchase an updated version you will need to order one & it will be completed the next business day.



Please keep in mind that the speed limit is 20 miles per hour in Marina Cove & throughout Highlands Ridge.

Our cover photo comes from Lou Albrecht's backyard in Marina Cove. The Bear was photographed in mid-afternoon enjoying a quick snack!



Our third annual Quarter Raffle will be coming up on Feb. 10, 2019 at Founders Hall at 1 p.m. We usually try to have about 70 items for this raffle. It's an event that Marina Cove puts on to benefit a couple of organizations in the area. That will be determined at the BOD meeting in Nov.

In order for this to come together we are looking for baskets that you may have around that you are willing to share with us. WE will fill them and make them ready for the raffle. If you are coming down from the north this is a good time to check your homes and see what is available. If you already live here then we would like to be able to reuse one you received last year .

Other chances for all to help is to bring something from your area such as sports memorabilia, maple products, cherry boxes, etc. that you think others would like. If shopping isn't your thing we will always be happy to receive a monetary donation so that we can purchase gift certificates and other items that will help fill the baskets.

Details will follow as we get closer/

Thanks for all your previous support.

Kathy Fenoff , Marina Cove Board of Directors

Mah-Jongg Classes for Beginners

Friday, October 19 to November 9 (4 weeks)
1:30pm to 4:00pm Founder's Hall

Please Call Mary McLean
(863) 385-2568

Sherry Sharbert
(863) 453-3458

Eileen Cifelli
(484) 343-3920

If you are interested please come and join!



Mizuno Cimarron O.S. Women's Golf Clubs Gradual Flow Weighting, Oversize, Right handed
4,5,6,7,8,9,P,S Irons/ 1, 3&5 Woods
\$125 OBO **Please Contact David or Karen Coy (863) 304-8783**

Room Air Conditioner 6500 BTUs, 115 Volts, 6.1 AMPs \$50.00 **Contact Mike Sorenson (863) 214-4076**

**SALE
ITEMS**

Frigidaire— 95 pt. Dehumidifier Brand new, 3 speed Retail \$449.00 \$200
Contact Gary Thompson (847) 525-4533

A watercolor painting of Founder's Hall (Circa 1990's) **FREE**
Contact Sue Palmer (863) 991-0563

4 Solid Wood Dining Chairs— rounded top with spokes & design in middle of spokes, very good condition. \$100 obo
2003 1/2 Ton V8 Chevrolet Silverado Crew Cab LT Black (rust along rocker panels-both sides) A/C needs replacement, 170,000 mi, engine good condition, power windows, heated front seats, Radio/CD player \$4500.00 OBO **Contact Don or Laurie Flotow (863) 657-2488**

Men's Bicycle 26" 21 gears, Great condition & High Top Bar with 2 swivel bar stools, Perfect for outdoor use! \$145 for bar & stools (40in x 5Ft & 30in depth) / Large tan Recliner \$30 Please contact **Phyllis Reeves (757) 291-2709**

CRITTER SITTERS of Highlands Ridge. Professional care of your pets in your home by Hank and Denise Beauparlant, available year round. Pet First Aid and CPR certified. Years of dog and cat rescue experience. Professional relationship with on call veterinarian. For information call **Denise at 863-368-0208 or Hank at 863-449-0086**

Turtle Hitch Mount Cargo Box - Cargo Box tilts down for access to rear of vehicle. Secure Lock ensures gear is locked prior to driving. Carries 13 cubic feet of cargo. Wired taillights and license plate adapter. Roughly 54" long x 25" wide x 24" high. Like new. **Contact Ron Robinett @ 863-385-8206**

Local Resident Jim Jackson in Arbor Green has worked in the Antique Business for 50 years. Has bought & sold collectables in London & Shipped European Furniture to Houston for auction. Mr. Jackson has also had his own Antique Store where he refurbished antique furniture & appraised items for insurance purposes. **If anyone would like an evaluation on any items please contact Jim (303) 883-3775**



Keep Paradise Clean

Hurricane Packet Information

The next road cleanup will be:
 Friday, November 16, 2018 8am FH
 Call us (863) 471-1115 and put your name on the crew list so we can get the correct number of vests and garbage pickers! Lunch will be served at 11:30 a.m. in Founder's Hall compliments of the Residents Council. The Highlands County Recycling Department provides all the equipment and garbage bags.

All we need is You! You can walk or use your golf cart.

Gardening gloves are recommended.

PLEASE COME HELP!

We cover all of Powerline Road, from Arbuckle Creek Road to Highway 17, Whitehouse Road and Altwater Road from Highway 17 to our North Course Entrance Gate.

The 2018 Hurricane Season began on June 1, 2018 and will end November 30, 2018. So far it has been an uneventful season but that doesn't mean you shouldn't have a plan! The HRH Administrative Office has a Hurricane packet available with great information & tips for preparing for a hurricane or any other emergency. If you have any questions please call the office. You can also sign up for the Highlands County Emergency Alert Program (Alert Highlands). Register at www.hcbcc.net. Look for the Alert Highlands Logo under news and announcements.

Waste Connections Information

Your Trash/Recycling pick up is still every Friday please set your cans out before 7am, please do not set them out the night before. October Bulk Trash Days are every other Friday and are as follows:

- Fri Oct 12
- Fri Oct 26

If for any reason your trash, recycling, or bulk trash is not picked up on the scheduled day by 8pm please put them away and set them out the following day. HRH Admin will try to advise residents if trash pickup will be delayed. If you are on Facebook please go to Highlands County Board of County Commissioners page and like it! They try to update as well!

Paradise to the Rescue! Please Donate your ...

- | | |
|--|---|
| Manufacturer's Coupons | Box Tops & Labels for Education |
| In Administration For Troop's Families | In Administration |
| Aluminum Can Tabs In Founder's Hall for Shriner's Children's Hospital | Domestic Violence Shelter Women's Shelter To HR Volunteers |

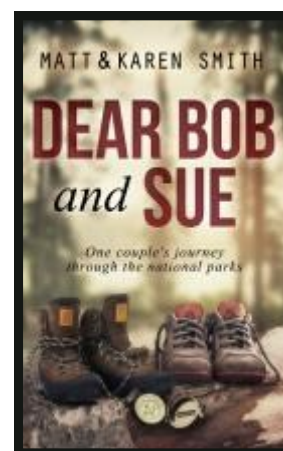
Book Club News

By: Mary Harden, *Resident*

The book club will officially be reconvening on October 11, 2018 at 1:30 pm. Our selection for this month will be *Dear Bob and Sue*, by Matt and Karen Smith. The Smiths are visiting all 59 of the national parks and the book is their way of sharing their journey by sending a series of emails to their friends, Bob and Sue. They share some humorous and quirky observations and are at times irreverent, unpredictable and sarcastic, all in the spirit of humor.

All are welcome to join us in the library to discuss the book and please bring your suggestions for upcoming months' selections.

See you there!!

**Chaplain's Chat**

By: Rev. Bill Commons, *Resident*

**HIS NAME WAS RICHARD**

He was age 16, a street fighter who ran with the gangs. Violent. Angry. He lived in the Hong Kong housing projects where we served the needs of the refugees from mainland China and the poor, through the Christian Social Service Center we started and led.

His parents were peasant farmers from China. After they escaped from Communism to freedom in the city of Hong Kong, his dad worked selling fish in the open-air markets 14 hours 7 days per week. When home in their tenement building's one-room apartment, his dad was sleeping, exhausted. So Richard roamed the streets, surviving with his fists.

One night he came in off the streets to see what was going on in our Center, where many other similar teens were involved in classes and sports activities. We became friends. As a Buddhist, he was curious when he learned the Good News in the Bible about the *One True God* who loves all people with an everlasting love, wants to forgive all our sins and make us His children if we will turn to Christ in repentance and faith.

Richard pondered the requirement Jesus taught in John 3:3&7, "You must be born again." Gradually he understood what that means: the first birth is physical, but **we all need a spiritual birth** also, to enter God's family by confessing our sinfulness, believing that Christ died on the Cross to pay the penalty for our sins personally, and that He rose again to be our eternal living Savior.

Eventually Richard made the crucial decision, came to personal faith in Christ as his Savior and Lord, and was "born again" into God's forever family. His life was radically transformed into a young man of integrity and compassion who allowed Jesus' love to be poured out through him into the lives of other troubled teens. After a few years, when a church was formed, he was chosen the first church treasurer and became a leader in reaching others.

Emerging from generations of poverty, Richard attended college and entered a career with a world-class insurance agency where he thrived as a businessman with a serving spirit, helping hundreds from mainland China and Hong Kong. As a teen he rode a broken-down bike. 45 years later he met me at the Hong Kong airport in his fancy car and we embraced, sharing tears of gratitude as we celebrated the joy of knowing and serving our Lord!

The first meeting of the Highlands Ridge Christian Fellowship (HRCF) FOR THE NEW SEASON IS SUNDAY AFTERNOON, NOV. 4, 2018

3-4 pm in the Activities Room. Come and bring a friend!

CRITTER CORNER

By: Denise Beauparlant, *Resident*

There are weeks in Dog and Cat rescue that will forever be imprinted on memory, this was one of those weeks. Sebring Angels Rescue, Inc. is an all-volunteer foster-based rescue that primarily focuses on rescuing dogs from the euthanasia list at Highlands County Animal Services. So what does foster-based mean? Well primarily, it means we do not have a facility, so we must rely on the kindness and generosity of people to open their homes and hearts to a rescue dog. Rescue dogs are not broken; in fact, most times they are so grateful to feel love that they are eager to please.

One of those selfless people came forward this week. We were asked if we would be willing to take on a young black lab mix that had been hit by a car and left on the side of the road to die. It quickly became evident that she had a fracture in her spine, but a strong will to live. A woman and her husband volunteered to drive her to an orthopedic specialist in Sarasota. From there she was quickly transferred to a Veterinary Neurosurgeon who advised he could operate on her immediately. We named her Grace and she underwent 4 hours of surgery on Friday evening. Amazingly, she was released from the hospital on Saturday afternoon. The wonderful couple who offered to transport her stepped forward to offer to foster her as well. This would entail changing her position every few hours, monitoring her urinary catheter, giving her meds and within a few weeks, they will be doing her therapy. People like this are truly angels on earth!

We have been fortunate that many have stepped forward to donate; we still however have a long way to go to pay for Graces surgery. If you are willing to help, you can go to our Facebook page where you can donate direct. Alternatively, you can mail a donation to Sebring Angels 4200 Sebring Pkwy, Sebring 33870. It is through the generosity of people that we are able to help these wonderful dogs.



The Highlands Ridge Ceramic Ladies would like to extend a “Welcome” to a creativity visit. Class is from 9:00 am to 11:30 am on Thursdays in the Meeting Room. If you enjoy a coloring book or coordinating colors for a room... Then you will see what we do while turning something plain into something “uniquely different.” Fun is always part of our Vision of surprise.

Attention Poker Players

Texas Hold'em ladies tournament Monday 5:00 p.m.
 Omaha Hi/Lo all players Tuesday 6:00 p.m.
 Texas Hold'em all players Thursday 6:00 p.m.
 All games are held in the Activities Room.
 Tournaments are held every week if we have enough players and no other conflicts.
 Please call or e-mail Steve or Georgia Trissell for details. 863-873-2676 - strissell2835@comcast.net



Attention Cribbage Players

Recruiting cribbage players for Monday nights at 6:30 in Founder's Hall. Lessons available and we are willing to teach for a lifetime enjoyment.

All are welcome!

Please contact John & Pat Yirsa at (517 899-8195





Chorale News

By: Karen O'Laughlin, *Secretary*



Hello Highlands Ridge!

Welcome back to those who have been away for the summer (that would be me) and those who will be returning soon. The dog days of summer are behind us.....but it will be some time before those cool northern breezes descend upon us here in Paradise. But when they do we are the envy of most of our country. Let's just hope the breezes won't be hurricane strength! Last year at this time, lord knows, we were all struggling to get HR back to some kind of normal. Let's pray there is no repeat of that. I am so happy to be back in our little Paradise. I love going away, but I much prefer being home with all of you. I know I for one cannot wait to see what our fabulous chorale directors have chosen for us to sing at our Christmas Concert.

Just a quick note to remind our chorale members that we will be having our Welcome Back Breakfast on October 6 at 8:30am in Founder's Hall. It's always fun to see those that have returned from their northern homes. And we get to hear what others have done during their time away from HR. We will also be picking up our music that we will be learning for the Christmas Concert we will be performing in Founder's Hall on December 1. It'll be here before you blink! Our first rehearsal will then begin the following Tuesday, October 9 at 3:30pm in Founder's Hall.

Now, if there are any new residents that would like to join a fun, talented group that loves being together and enjoys singing, or any resident that has considered joining our chorale, please contact either of our directors, Sue Shellhammer or Cindy Becker for a quick, and I promise, painless audition. We need more voices. We've had several members move away or have had to stop for health reasons. Rehearsals really don't interfere with golf very often.....ask any member that golfs. We have a great time. We truly are a family. So if you feel the urge to try something new, please join us. We'll welcome you with open arms and warm voices.

See you all soon!

Diamond Tours^{inc.}
Bringing Group Travel to a Higher Standard[®]

Amelia Island, St. Augustine & Jacksonville Bus Tour

Monday, February 18 – Thursday, February 21, 2019.
 Pickup is at 8:00 am at Founder's Hall on
 February 18, 2019.

The price is \$349.00/ person double occupancy, \$329.00/ person triple occupancy and \$484.00/ person single occupancy. and checks can be made out to Diamond Tours. A deposit of \$75.00 must be submitted by Thursday, October 18, 2018 if you'd like to attend.

Full payment is required by Tuesday, December 18, 2018. You can cancel up to two 2 weeks prior to the trip date and receive a full refund. This trip will also have outside travelers going to the same destination.

If you'd like to attend please come into or call the office. You can also email activities@highlandsridge.com





Grateful Hearts Stenciling Class

Monday, November 26th, 2018
2:00 pm in the Activities Room

Sign-up by November 2nd
Pine wood painted with mineral paint
14x12 inches
\$48.38



**Movie & Ice Cream List
Oct 18th - Chappaquiddick**

Plot: Based on historical events, this suspenseful thriller examines the infamous 1969 death of Mary Jo Kopechne, who drowned after Senator Ted Kennedy drove off a bridge on Chappaquiddick Island, and the moral and legal complexities that play out over the following week.
Actors: Jason Clarke, Kate Mara, Ed Helms, Jim Gaffigan, etc.



Nov 15th - Tucker: The man & His Dream

Plot: A car designer goes up against the whole auto industry with his revolutionary car designs.
Actors: Jeff Bridges, Martin, Landau, Joan Ellen, Frederic Forest, etc.

REMINDER: *Senior Fitness Class*

B.Y.O.B. or "Build Your Own Bones" is a special class designed for those with limited mobility, allowing you to stay seated for all exercises. Is your back bothering you? Is arthritis a problem? Is your balance a problem? Our class follows video instruction with music and consists of core strengthening, stretching and chair dancing! Easy and fun!!! Please bring a small towel for stretching; everything else is provided. A one time fee of \$5.00 covers your equipment. Stop in any Monday/Friday, 11:00 a.m. - noon in the Activities Room, next to the library. ALL ARE WELCOME !!!!! For further information, contact Bobbie Hutchinson at bobbie614@hotmail.com or 863-471-0655.



Welcome Back Dance

Saturday November 7, 2018
Founder's Hall
7pm



Snacks provided~BYOB
Tickets are available now!



Valentine's Day Dance

Saturday, February 16th, 2019
Founder's Hall ~ 7:00-10:00 pm
Featuring Tom McGannon
Desserts only, BYOB



The Ridge Report

By: Birdy Whitehouse, *Property Manager* ~ birdy@myhighlandsridge.com



Hello Everyone and Welcome New Residents of Highlands Ridge!

Fitness Together Classes: Fitness Together Classes will continue to be Monday, Wednesday, and Friday till October 22, 2018. Starting Monday October 22, 2018, classes will be Monday through Friday at 8:00 am in Founder's Hall.

HR Site-Built Homes: Reminder on common area facility late fees: late fees of \$1.50 per day will accrue after the 5th day of the month on any unpaid common facility fee. The late fees will be retroactive to the first day of the month and will continue every day thereafter until the common area facility fee has been paid. To avoid these late fees, please make sure your common facility fee is in our office by the 5th day of the month. We do offer ACH from our bank.

Signs: Management is working with local vendors on replacing our street signs within the community. Thank you for your patience. Yes, it is that time of the year—political signs everywhere! Let's not forget that Highlands Ridge **does not** allow any type of sign in your yard except a sign advertising that the home is for sale.

Speed Limit is 20 mph! The speed limit throughout the community is 20 mph. We have many residents, guests, and vendors walking, cycling, etc. It is important for everyone's safety to abide by the posted speed limit.

Attention Marina Cove Residents: The CPI letter, trash invoice, and the ad-valorem charge all will be sent out in the middle of September. The new lot rent will take effect January 2019. The trash invoice of \$173.00 will be due October 31, 2018. The ad-valorem invoice will be due January 1, 2019. These two invoices will not be drafted. Please pay with a check or money order.

Reminder on lot rent late fees: late fees of \$5.00 per day will accrue after the 5th day of the month on any unpaid lot rent. The late fees will be retroactive to the first day of the month and will continue every day thereafter until the lot rent has been paid. To avoid these late fees, please make sure your lot rent is in our office by the 5th day of the month. We do offer ACH from our bank.

Please do not drive through any vacant lots or any other resident's lot; it is a violation against our Rules & Regulations.

RV/Boat Storage Area: HRH will be increasing the storage rents for the upcoming year 2019. The small storage lot will be \$200.00 plus tax and the large lot will be \$275.00 plus tax. This invoice will be mailed out December 1, 2018 and is due by January 1, 2019.

FH Area: HRH management is currently working with a company to install/engrave new memorial bricks around the fountain by the FH pool. If you already paid for a memorial brick, you will not have to pay again. If you are interested in a new memorial brick, please sign up at the office. Once, we have a definite price, size, etc., we will notify you. If you haven't had a chance to check out the new roof at Founder's Hall, please do so. It is quite beautiful!!

Thank You: HRH would like to give an extra big "Thank You" to the residents who helped with September's Adopt A Road cleanup!!! It was a very hot and humid day.

Let's Keep Highlands Ridge Beautiful!





HAPPY HALLOWEEN!

WELCOME TO PARADISE

PHONE & EMAIL UPDATES

Briggs, Randy & Kim
3224 E Pebble Creek Dr
Avon Park, FL 33825
(330) 620-9244 Randy
(330) 620-0833 Kim
rdavidbriggslaw@gmail.com
bocakim@gmail.com

Jaglowski, Jack & Barbara
2878 S Dockside Dr
Avon Park, FL 33825
(360) 863-2145 Jack
(815) 603-5338 Barbara
jackjaglowski@yahoo.com
cwib1@comcast.net

Kopel, Ed & Martina
2900 E Fairway Vista Dr
(309) 912-5622 Ed
(309) 945-3484 Martina
ed@kopel.net
martina@kopel.net

McAdams, Robert & Ton Long
3261 E Anglers Stream
Avon Park, FL 33825
(352) 213-0618 Robert
(352) 283-6817
robertgmcadams@hotmail.com
tonclong@hotmail.com

Bennett, Jerry (863) 304-8919
Home Phone

Clark, John
jmcj3325@gmail.com

Erickson, Rodney & Margie
(231) 852-0579 Rod
(231) 852-0130 Margie
maggymay49454@yahoo.com

Evans, Ed & Ann
(863) 443-3112 Ed
(863) 873-9723

Groeneveld, Arnie & Marlene
armolly@gmail.com
(616) 878-0042
(616) 301-4588 Cell

Hoogterp, Judy (863) 304-8919
Home Phone

Jones, Don & Sally Currie
(607) 661-6603 Don
(863) 873-9537 Sally
No landline

Pansius, Dot
pansiusd@yahoo.com

ADDRESS UPDATES

Thompson, George & Kathryn
245 Oak St. Apt 716
Sebring, FL 33870
The Palms of Sebring
(863) 314-8510

Boo,
Y'ALL 





Highlands Ridge HOA

By: Willie Faye Myers, *Secretary*

Greetings from the HRHOA. Welcome back to those returning to Paradise from your summer adventures.

At our September Board meeting, Birdy Whitehouse gave us the local updates. You may see them more than once in this publication, but in case you missed it.....

There will be a presentation by the Fish and Wildlife Commission in the Activities Room at 1pm on October 11 to speak about bears in their environment and other wildlife that we have in Paradise. Veteran's Day ceremony will be November 12, 2018 at 8:30 at Founder's Hall. It is sponsored by Cornerstone Hospice, and a World War II veteran will be in attendance. A beautiful new roof is in place at Founder's Hall. The Memorial Bricks will be relocated around the fountain at Founder's Hall. Trees and benches will be added to create a memorial area for residents to enjoy.

The vacant lots have recently been mowed, giving the Community a nice appearance to residents and guests. Thanks to Walt Chevillet for his persistence to get the project done.

The Architectural Committee received 5 applications which were approved. There are a total of 9 approved applications awaiting completion. Please remember to complete an application and secure approval before beginning your project(s).

Concerning the lack of maintenance of the debris dumpsters by Waste Management—
Dumpsters have not been serviced on the scheduled pick up dates, mostly due to new criteria relating to lightning policy. Information was verified by the Highlands County Commissioners Office. In inclement lightning weather, the Waste Management trucks do not make the pickup for delivery to the landfill. Please contact the Highlands County Commissioners Office to voice your complaints, and not to the Administration Office. It is a Highlands County policy.

Our next Board meeting date has been CHANGED to October 15 in order to meet quorum requirements.

We hope to see you at Founder's Hall at 4pm on that day.



Marina Cove HOA

By: Bobbie Hutchinson, *Secretary*

WELCOME.....all Marina Cove residents and guests! The listing below provides contact information for your **MARINA COVE BOARD OF DIRECTORS**. Your input is always welcome! Our next board meeting is on Tuesday, October 11, 2018 at 4:00 p.m. in the Activities Room. Please join us!

NAME / TITLE	EMAIL ADDRESS	PHONE #
Bill Rapp/ President	buffjean1@gmail.com	(863)402-1982
Rick Wilson/ Vice President	rw84287@hotmail.com	(813)765-1707
Sherri Scott/ Treasurer	pug202@gmail.com	(405)464-7391
Bobbie Hutchinson/Secretary	bobbie614@hotmail.com	(863)471-0655
Bill Commons/Director	haguefish@gmail.com	(717)770-0582
Kathy Fenoff/Director	corvette@myfairpoint.net	(863)314-6306
George Lawson/Director	georgelawson3@comcast.net	(863)314-0310



October is Breast Cancer Awareness Month!



Do you want to become a Pink Warrior? Join Florida Hospital's Pink Out!

Breast Cancer Early Detection

Breast cancer is the most common type of cancer among women in the United States. Early detection is key in the treatment of breast cancer. There are steps you can take to detect breast cancer early when it is most treatable.

Recommended Screening Guidelines:

Mammography. The most important screening test for breast cancer is the mammogram. A mammogram is an X-ray of the breast. It can detect breast cancer up to two years before the tumor can be felt by you or your doctor.

Women age 40 - 45 or older who are at average risk of breast cancer should have a mammogram once a year.

Women at high risk should have yearly mammograms along with an MRI starting at age 30.

Some Risk Factors for Breast Cancer

The following are some of the known risk factors for breast cancer. However, most cases of breast cancer cannot be linked to a specific cause. Talk to your doctor about your specific risk.

Age. The chance of getting breast cancer increases as women age. Nearly 80 percent of breast cancers are found in women over the age of 50.

Personal history of breast cancer. A woman who has had breast cancer in one breast is at an increased risk of developing cancer in her other breast.

Family history of breast cancer. A woman has a higher risk of breast cancer if her mother, sister or daughter had breast cancer, especially at a young age (before 40). Having other relatives with breast cancer may also raise the risk.

Genetic factors. Women with certain genetic mutations, including changes to the BRCA1 and BRCA2 genes, are at higher risk of developing breast cancer during their lifetime. Other gene changes may raise breast cancer risk as well.

Childbearing and menstrual history. The older a woman is when she has her first child, the greater her risk of breast cancer. Also at higher risk are:

- Women who menstruate for the first time at an early age (before 12)
- Women who go through menopause late (after age 55)
- Women who've never had children

Want to make a difference? Join Florida Hospital & the Pink Army!

Pink on Parade came to life in 2013 as collaboration between Florida Hospital and Olga Ivanov, MD, Medical Director of the Comprehensive Breast Health Center at Florida Hospital Celebration Health.

Since its inception, Pink on Parade has brought together over 3,500 participants and has raised nearly \$300,000 to benefit women battling breast cancer in our community. A portion of these proceeds has already been provided to patients recovering from breast cancer surgery as a holistic health experience. Patients who are eligible for this package receive one-on-one counseling with a cancer-certified dietitian to develop a nutrition plan that can help prevent a re-occurrence of disease. Patients also receive metabolic testing and a functional movement assessment from an exercise physiologist. This important relationship paves the way for a healthy recovery. Lastly, patients are treated to a lymphatic massage. The vision for Pink on Parade is to be an annual event attracting thousands of participants to raise funds for breast cancer awareness, research and treatment.

Since 2013, you've helped make a difference in the lives of women in our Community!

~ \$195,068 Raised to help women battling breast cancer

~ 5,125 Participants in completing the Pinkest 5k in Celebration

~ 200+ women have received vital support for being a Breast Cancer Survivor

Want to join the Pink Army please go to www.floridahospital.me to register!



**LGA NEWS**

By: Nancy Owens, *Vice President* HRLGA18@gmail.com



As I sit here and ponder what we should talk about in October, I can't help but look back to what we were talking about last year. HURRICANE IRMA...One year ago we were cleaning up after Irma. While most of us suffered no great loss, some did experience serious problems, but thankfully no one was hurt or injured. Regardless, all of us had major clean up; tree removal, no power for up to 9 days, no air and limited ice (Hey, don't laugh.... it's a serious problem protecting Cocktail hour!)

What sticks in my mind as I look back, was how all of us pitched in and helped each other clean up, get gas, and get water. How we came together not only to clean up our own damage but our neighbors that were away. How we helped Joe and Pam and the entire team, to clean up the courses. It does take a village and we are thankful to live here.

Now we are watching Hurricane Florence hit the East coast, our thoughts and prayers are sent out to all, but we send special thoughts to our snowbird friends and family that are away from here. May they be safe and back with us soon.

Jo Lathwell has created the games for October thru December, we will have them posted at both courses and as always, they will be added the Highlands Ridge Golf Web Site. Thank You Jo for all your work.

Just a reminder of some of the up and Coming events

- 1) Our snowbird friends will start to return to Paradise.
- 2) 21st annual HIGHLANDS RIDGE DIVORCE OPEN 2018. Once again there will be early registration on Oct 12th. As always any early registration will be eligible for the gift basket(s) drawing.
- 3) November 12 is our WELCOME BACK SCRAMBLE AND LUNCHEON. Fun festivities are in the works and this is always such a great day to renew our friendships.

"Of all the hazards, fear is the worst" Sam Snead

Housekeeping:

If you are new to Highlands Ridge and want more information regarding the LGA please reach out to any member of the LGA or to Pat Olesek Plolesek@gmail.com or Joan White joanwhite37@icloud.com, we would love to have you join us.

LGA Dues we Due April 1st, if you haven't paid please make check payable to HRLGA for \$20.00 and drop off to either Georgia Trissell or the North Course ClubHouse.

Lots of improvements are happening on our golf courses, let's remember to keep our carts off ground under repair, new sod and too close to the greens. These improvements will only, in time, make our courses great.





MGA News

By: Phil Hunter, Secretary



As I write this, many of us are watching the weather very closely as the East Coast awaits the arrival of Florence and the rains and flooding being predicted. Our thoughts and prayers go out to all those affected.

Hopefully we will all be able to return safely to Highlands Ridge this fall and in plenty of time for the November 8th MGA WELCOME BACK SCRAMBLE. Don't forget that your \$20 MGA dues are due before you play and include the Hole-in-One insurance and meals for both the Welcome Back and Going Away Scrambles. What a great deal!

We'll be using the new MGA Blended tees (see last month's article) in all our events so no players will hit just from the white tees. We'll make sure all our members know exactly which tees will be used, so there'll be no confusion.

And don't forget to sign up for the 21st Divorce Open to take place Nov. 15-17 at both courses. This year's committee is working hard to make it another huge success.

Last month I shared some rule changes coming in January regarding: 1)Fixing spike marks in your putting path. 2)Putting with the flag in 3)Less time allowed to look for a lost ball 4)Dropping the ball at knee level and 5)Removing loose impediments in penalty areas and bunkers.

Other rule changes include: 1)Players will be able to ground their club in penalty areas 2)No penalty anymore for your ball hitting you 3)You may drop out of a sand bunker and take a 2 stroke penalty 4)Take a 2 stroke penalty for hitting OB and dropping 2 club lengths in the fairway no closer instead of hitting 3 off the tee and 5)No penalty for a double hit

Your MGA Board will provide you with more specifics and details so we're all on the same page during our events.

Safe travels to all as you return to Highlands Ridge.

The Voice from the Clubhouse

It was a sunny Saturday morning, a little before 8 a.m., I was on the first hole at The Oaks of St. George Golf Club and beginning my pre-shot routine, when a piercing voice came over the clubhouse loudspeaker: "Would the gentleman on the woman's tee back up to the men's tee please!"

I could feel every eye on the course looking at me. I was still deep in my routine, seemingly impervious to the interruption. Again the announcement: "Would the man on the woman's tee kindly back up to the men's tee."

I simply ignored the guy and kept concentrating, when once more, the voice yelled, "Would the man on the woman's tee back up to the men's tee please?!?!"

I finally stopped, turned around, cupped my hands and shouted back: "Would the jerk with the microphone please keep quiet and let me play my second shot!"





CONTACTS

Administration
Phone: 863-471-1115
Fax: 863-471-3398

The Tavern
863-453-7600

Golf Courses
North: 863-453-9991
South: 863-471-2299

Highlands County
Sheriffs Dept.
EMERGENCY 911
Non-emergency
863-402-7200

Highlands County
Recycling
863-655-6400

Animal Control
863-655-6475

Duke Energy
800-228-8485 Outages
800-700-8744 Service

City of Sebring
Utilities Department
863-471-5112 /
471-0166

Century Link
1-800-788-3600

Comcast Cable
1-800-934-6489

Waste Connections
Garbage Collection
863-655-0005



21ST ANNUAL HIGHLANDS RIDGE

DIVORCE OPEN 2018

Thursday, Nov. 15 & Friday Nov. 16

Shotgun start at 12:30 Members—\$60.00 per couple,

Non-members—\$100 per person

Price includes Awards & Buffet

Please make checks payable to HRLGA

Awards Night Saturday Nov. 17

Cocktails at 5:00 (BYOB)

Early Bird Registration is Oct. 12, at South Course 10:00am to 2:00pm to be eligible for the drawing of a \$50 gift card from the Pro Shop

Sign up is available at the North Course Pro Shop

Registration cutoff date in November 2nd at 4:00pm

Flighted even with (4) 9-hole formats over 2 days

Overall winners of each flight paying 6 places

Closest to the pin and Putting contest

Participants must have an established GHIN or other valid handicap at the time of the tournament

Renters for 3 months or more are eligible to play

Come and join us for the

21st Annual golfing event at Highlands Ridge!

Any questions please contact any of the following

Divorce Open Committee Members:

Ken & Deborah Reimer, Marilyn & Rod Cooper, Dave & Cynthia Wucher, Mary Ann Wick, Sue Thompson, Dwight Griffin, Bob Morrill and Sonny & Sherry Baltzell



Recycle Me

