

Gazette



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WHATS HAPPENING?

- Sun Nov 4 Highlands Ridge Christian Fellowship AR 3 pm
- Wed Nov 7 Body Transformations Info. Class with Noraean 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
- Thu Nov 22 Thanksgiving Potluck FH 1 pm
- Thu Nov 22 Thanksgiving Day
- Thu Nov 22 HRH Office Closed
- Fri Nov 23 HRH 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
- Fri Nov 30 Adopt A Road FH 8 am

FUTURE EVENTS

- Sat Dec 1st Chorale Christmas Concert
- Fri Dec 7th Bulk Trash
- Sat Dec 8th Arts & Crafts Fair FH 9 am
- Sat Dec 8th Holly Jolly
- Mon Dec 10th HR HOA Meeting FH 4 pm
- Tue Dec 11th HRRC Meeting AR 10:15 am
- Tue Dec 11th MC HOA Meeting AR 4 pm
- Thu Dec 20th Coffee w/ Birdy AR 9:30 am
- Thu Dec 20th Movie & Ice Cream AR 1:30 pm
- Fri Dec 21st Bulk Trash
- Mon Dec 24th HRH Office Closed
- Tue Dec 25th Christmas
- Tue Dec 25th HRH Office Closed
- Tue Dec 25th Christmas Potluck FH 2:00 pm
- Mon Dec 31st New Year's Eve
- Mon Dec 31st HRH Office Closed
- Mon Dec 31st New Year's Eve Dance FH 8 pm

Save ^{the} Date



Body Transformations Information Class with Noraean

Wednesday, November 7th, 2018 in the activities room at 4:00 pm. She will be discussing cellulite reduction, weight loss, wrinkle reduction, tightening and firming skin, and increasing collagen production for the face, neck and body. There will be wine and cheese! 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.

Grateful Hearts Stenciling Class

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

Sign-up deadline has been changed to November 9th, 2018

Pine wood painted with mineral paint
14x12 inches
\$48.38





Come donate
blood at our
One Blood Drive

Tuesday, November 27, 2018

FH 12-5 pm

Please come to the
office to sign up!



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

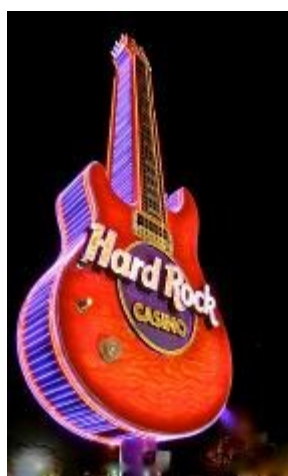


Saturday, January 26th, 2019

\$85.00/person

Sign up by January 4th, 2019

Leave FH at 8:40 am & return 6:20 pm



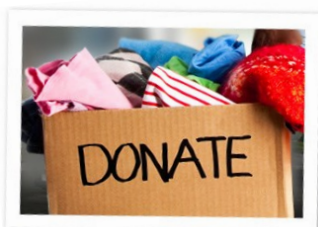
Bus trip to
**Tampa Seminole
Hard Rock Casino**
Monday, January 28,
2019

\$26.00/person

Pick up at FH: 8:00 am

Drop off at FH: 4:30 pm

Please come to the
office to sign up!



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:



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

This month's cover photo is by: Bob & Brenda
Johnston. This photo was taken on Hole 9 on the
South Course behind the Golf
Villas on February 28, 2018.





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.



Movie & Ice Cream List



***Nov 15th - Going In Style**

Plot: Three elderly friends and retired steelworkers are outraged to learn that their pension fund has been raided by a shady corporation. Soon, they decide to rob one of the corporation's banks to get their money back in this rousing crime comedy.

Actors: Michael Caine, Morgan Freeman, Alan Arkin, Matt Dillon, Ann-Margret

Dec 20th - Book Club

Plot : Four lifelong friends have their lives forever changed after reading 50 Shades of Grey in their monthly book club.

Actors: Diane Keaton, Jane Fonda, Candice Bergen, etc.



*** Movie was changed**

All are invited to the **Highlands Ridge Christian Fellowship Thanksgiving Party on Sunday, November 4th** from 3pm– 4pm in the Activities Room. Come for signing, sharing, refreshments and a brief Thanksgiving Bible Study. Bring a memory to share of God's blessing in your life, old or new, or a prayer request so we can lift you or your loved ones before the Lord.! We look forward to seeing you there, we have so much to be thankful for here in Highlands Ridge! - Thank you Chaplin Bill Commons

Marina Cove Food for Families

Saturday, November 10th Bring donations to Founder's Hall Between 8:00 am – 11:45 am Non-perishable food and cash accepted We will also be picking up at 9:00 am throughout the park. You will receive a bag on the flag of your mailbox a few days before to put your goods in Open to all HR Residents



Oxygen Generator with 1 large portable bottle and 2 small portable bottles with a refilling unit \$50 Please contact **Bill or Edi Reed (863) 273-1463**

SALE ITEMS

2004 Acura TSX. One owner, garage kept, sunroof, 88000 miles. Leather. Great shape. **Ken. 382-9184**

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

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

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**

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**

CRITTER SITTERS of Highlands Ridge. Professional care of your pets in your home by Hank and Denise Beauparant, 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**

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**

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 Crews 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**



Keep Paradise Clean

Hurricane Packet Information

The next road cleanup will be:
 Friday, November 30, 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 Altvater 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 for us here in Highlands County but that's not the same for the northern part of our state. For those of you that would like to donate please visit www.redcross.org. 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.

Paradise to the Rescue!
Please Donate your ...

Waste Connections Information

- | | |
|--|---|
| 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 |

Your Trash/Recycling pick up is every Friday please set your cans out before 7am, please do not set them out the night before. November Bulk Trash Days are changed due to the Thanksgiving Holiday. **Bulk Pickup is Friday November 9th and Saturday November 24th.**
 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!

Book Club News

By: Mary Harden, *Resident*



Library and Book Club News

Our wandering residents are returning and circulation is picking up at our community library. Stop by soon and check out our new arrivals section and see what else is new on our shelves.

I recently found "The World According to Bob", by James Bowen. A sequel to the international phenomenon "A Street Cat Named Bob" by the same author, it continues the tale of a street cat that rescued a street musician and changed his life. It's a cute tale and gives some insight into the life of a street musician and services that are available for a recovering addict in England.

Another winner, "Little Beach Street Bakery", by Jenny Colgany, is set in a quiet seaside resort on the Cornish coast. Polly moves to the small village because she is going through a bankruptcy and has lost her flat and her business. To keep her mind off her troubles, Polly throws herself into her favorite hobby: baking bread. Her love for baking, although merely therapeutic at the start, turns into a thriving business. It's a heartwarming tale.

Both are available at your community library!

A small group gathered for the first book club meeting on the 11th of October. We had a brief discussion of "Dear Bob and Sue". Although the book was an interesting approach to travel writing, we were not totally thrilled with the book. We did however enjoy looking at some photos of the national parks!!!

Our next meeting will be November 8th, at 1:30 in the library. We will be discussing "Death in Live Oak", by James Grippando, one of our Florida writers. Hope you can join us!!



Chaplain's Chat

By: Rev. Bill Commons, *Resident*



Hit By a Car.....and THANKFUL!

Sometimes blessings come wrapped in crisis, pain or heartache

She was an orphan, adopted in Hong Kong by a Chinese couple who treated her like dirt. They made her their servant, belittled and shamed her, told her she was worthless and the cause of all their troubles.

So one rainy night as a teen Monica (not her real name) ran away from home and headed for the harbor to end her miserable life. As she staggered along the street, weeping, confused and bewildered, she stepped off the curb suddenly and was hit by a car driven by a missionary nurse, Ruth, who slammed on the brakes but still hit the girl hard enough to knock her to the ground. Ruth and her sister, Dortha, also a missionary nurse, rescued Monica and took her home where they nursed her back to health.

As the missionary sisters ministered to her medically, they also prayed over her and told her the amazing story of Jesus, God's eternal Son, who came to earth to save us from our sins and to give us hope in this broken world. Having been raised by Buddhist parents who taught her to worship idols and ancestors, Monica rejoiced to know the One True God and embraced the Gospel. Transformed by Amazing Grace, this Chinese teen grew strong in faith and eventually married a talented young Chinese pastor and schoolteacher. Together they planted and pastored thriving churches in Hong Kong and later in Toronto.

I had the privilege of teaching Monica's husband in the Bible college there, married them in 1970, and together we started our first Chinese church in the inner city. That church grew and planted several daughter churches in the succeeding years.

Monica looks back with **great thanksgiving** for being hit by a car many years ago, a painful rescue from suicide and the beginning of a new and fulfilling life as a born-again Christian!

CRITTER CORNER

By: Denise Beauparlant, *Resident*



Well as many of you know we recently had to bid farewell to our “big white dog” Cassie. She wandered into our yard 13 years ago an emaciated shell of a puppy. Dr. Young estimated that she was only a year old. The following years she blossomed into a 110 lb. lab mix, who amazingly got along well with all the household cats and the puppy we added to the mix four years later. Those of you who are pet lovers know the bond between you and your pets is an amazing experience. Research has now proven that we are healthier and happier when we share our lives with the unconditional love of a pet. I have personally found that rescue pets, both cats and dogs, are so appreciative of a home that they very rarely exhibit behavioral problems. Many rescue dogs are also very easy to housebreak. Cassie never had an accident in our home from the day we took her inside. Nevertheless, as we age, so do our pets. As I come in contact with folks my own age I hear the same stories of the older pet who is coming to the end of their time with us. Probably the hardest day of your life when you have a pet is making that decision. I recently read one of the best explanations of the decision making process. Think about how your pet was say 5 years ago. Were there things they enjoyed doing that have fallen by the wayside? For me I realized several months ago that Cassie had lost her strong prey drive. She no longer had the energy to lunge and bark at squirrels, geckos, golf carts or bikes. She had great difficulty getting down to a lying position and getting up was even more difficult. Her appetite had decreased and the subsequent weight loss soon became visible. She slept most of the day and spent the nights next to our bed, long gone the ability to get into the bed. All the signs it was time to say goodbye. I am grateful to a caring vet, who supported our decision and made Cassie’s transition to the Rainbow Bridge a painless one. Of course, our hearts are broken, but the gift of love she gave us during her years in our lives is priceless.

Hello Animal Lovers!

I haven't talked to you for awhile and just wanted to update you on the Highlands Animal Shelter. Happy to say, we were out this past Saturday, and A lot of the cages were empty!!! We had a lot of adoptions last week, and of course that makes room for the new ones to come in. As always , your donations are always needed, such as food, rugs, sheets, towels, anything you think a dog can use. Something new to mention, I have heard that there are those who unfortunately, for whatever reason, can no longer care for their pet, and do not know where to turn for help. If this should happen to you, please call Wendy Gindea 863-314-8702, and I will help you find them a good home! Meanwhile we appreciate the donations so keep them coming! Thank you in advance! - Wendy Gindea

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 call John & Pat Yirsa at 517-899-8195





Chorale News

By: Karen O'Laughlin, *Secretary*



It's beginning to "feel" a lot like Christmas.....at least in Founder's Hall every Tuesday afternoon and Saturday mornings! Yes, that only means the Highland's Ridge Chorale is learning the Christmas songs that we'll be singing for you at our concert December 1 at 7:00pm. We are pretty much a full chorale now. Only a very few haven't arrived as yet. But we do have some new voices that joined us this year and we are excited to have them! Hope they enjoy it as much as we "oldies" enjoy it year after year.

So as we are starting our new season, we will also be starting another Patrons program. More information will follow in the next few months.

Mother Nature played a bad hand to our neighbors to the north. It looks absolutely horrific up there on Mexico Beach & Panama City. There, but by the grace of God, one right turn at the right moment, it could have been us in that path of Michael. It just shows you how lucky we were last year....as bad as it was, it could have been so much worse. We are blessed. Let's hope the storms are over but unfortunately we still have 6 weeks of the storm season to get through! Keep your fingers crossed that no more storms make it land!

It's still not too late if there is anyone out there that is thinking about joining our little family! It's only an hour and a half (1-1/2) rehearsal twice a week. So it really doesn't interfere with any other activities you may have. We have such a good time! So please, consider joining us. If you'd like, you can come listen to us at a rehearsal just to check us out. We are in Founder's Hall on Tuesday afternoons from 3:30-5pm and Saturday mornings from 8:30-10am! We'd love to see you! Then just a quick audition with one of our directors and you'll become one of us.....

Time flies quickly these days, so mark your calendar now! The concert is early this year! **December 1, 2018, 7:00pm.** Be there for another performance of the magnificent Highlands Ridge Chorale!!!!



WAM/BAM

(Weight Accountability Motivation / Behavior Accountability Maintained)

You may have seen the acronym WAM/BAM and wondered what that means. We are a weight loss management group that provides accountability, motivation and behavior modification in order to achieve and maintain your weight loss goals. We meet weekly on Thursday mornings in the Meeting Room at Founder's Hall. Private weigh-in is from 7:30 – 8:00. Meetings are from 8:00 – 8:30. Join us for diet tips, motivation, support on your weight loss journey and fun. Questions? Contact Deb Martens at 863-385-5031 or email:dhmartens41@gmail.com.



Highlands Ridge Fishing Club

By: Dennis Birkholz, *Secretary*



The Highlands Ridge Fishing Club resumes monthly meetings on Monday, November 5th. We meet the first Monday of the Month in the Meeting Room at 7pm. We welcome anyone interested in fishing the many lakes in Highlands County. You do not need a boat to join, we try to match you with a boat owner. There are no membership fees and we have one or two monthly tournaments, usually on Wednesday mornings. If you would like to join us, please stop in a meeting! Officers are; President– Dennis Cox, Treasurer– Bruce Martens & Secretary– Dennis Birkholz

The **Highlands Ridge Residents Council** would like to announce the **Annual Holly Jolly** will be **Saturday, December 8, 2018** in Founder's Hall. More information will follow.

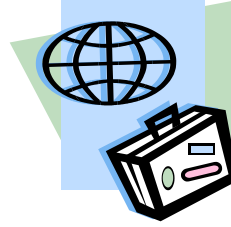
**Holly
JOLLY**

Mah-Jongg Classes for Beginners



November 9, 16 & 30th &
December 7th
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



7 Night Danube River Cruise Information Day

Thursday, February 14, 2019
Andrew Baldini with Collette Tours will be doing a presentation in the activities room at 4:00 pm.

He will be discussing a 7-night Danube River Cruise departing September 25 - October 5, 2019.

If you'd like to participate please come into or call the office to sign up!

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.



21st Annual Highlands Ridge Divorce Open 2018

Thursday, November 15 & Friday November 16
Shotgun start at 12:30 pm
Members-\$60 per couple
Non-members-\$100 per person
Price includes Awards & Buffet
Please make checks payable to HRLGA
Awards Night Saturday, November 17
Cocktails at 5pm BYOB

BOCCE BALL IS BACK!

Please join Ralph & Judy Mete
Every Sunday, Starting November 4th at 1pm
Everyone is welcome!



New Year's Eve Dance

Founder's Hall – December 31st
Music by TOO SMOOTH
Cost pp is \$15. Table of 8, \$120
Tickets will go on sale Nov. 1st.
Checks only. See flyer for more info.



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!

Welcome Back: It is that time of the year when we have our northern friends back for 3 to 7 months out of the year! We are so glad to see your smiling faces. We have lots of fun events planned for the next 7 months, so, don't wait till the last minute to sign up for an event! Please see page 2 for the many activities and events. Please note: if an event is advertised then we have tickets and/or sign ups are going on.

Attention Marina Cove Residents: The trash invoice of \$173.00 is due by October 31, 2018. There will be a \$45.00 late fee if payment is not received by the due date. The ad-valorem invoice is due January 1, 2019. The new lot rent will take effect January 2019. These two invoices will not be drafted. Please pay with a check or money order.

Remember that Management must approve any exterior change to your home. This includes new landscaping, painting your shutters, driveway, and additions. The management request form is available in the administrative office. Please do not drive through any vacant lots or any other resident's lot; it is a violation against our Rules & Regulations.

HR Site-Built Homes: Please remember to read your monthly HOA's minutes. The minutes are posted on the FH bulletin board and are on the HR website. Also, be sure to read the HOA's gazette article each month, there is important information in the "Did you know?" section.

RV/Boat Storage Area: Don't forget the storage rents will increase in the upcoming year 2019. The small storage lot will be \$215.00 with tax and the large lot will be \$295.63 with tax. This invoice will be mailed out December 1, 2018 and is due by January 1, 2019. We can't draft this invoice so, bring in your check made payable to HRH.

FH Area: HRH management is currently working with a company to install/engraved 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.

Signs: Management is working diligently 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 and Marina Cove **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.

Thank You: I would like to say "Thank you" to the HR residents who participated in the first BBBS golf tournament held here at the north course. As I am writing this, the tournament is three days away but I am sure it will be a fun and successful day!!

Let's Keep Highlands Ridge Beautiful!



Welcome to Paradise



Dieffenbach, Eugene & Alberta
3008 Oakhill Dr
Avon Park, FL 33825
(518) 209-1628 Eugene
(518) 307-8133 Alberta
eugene.dief@yahoo.com

Eddinger, Larry & Audrey
3285 E Anglers Stream
Avon Park, FL 33825
(610) 334-8547 Audrey

Gardner, Terry
4244 North Course Lane
Avon Park, FL 33825
(954) 968-1460
polarkraft1924@gmail.com

Gast, Charles & Paula
3105 Oakmont Drive
Avon Park, FL 33825
(260) 366-3065 Charles
(260) 366-3300 Paula
chip.gast@gmail.com
paulag7@sbcglobal.net

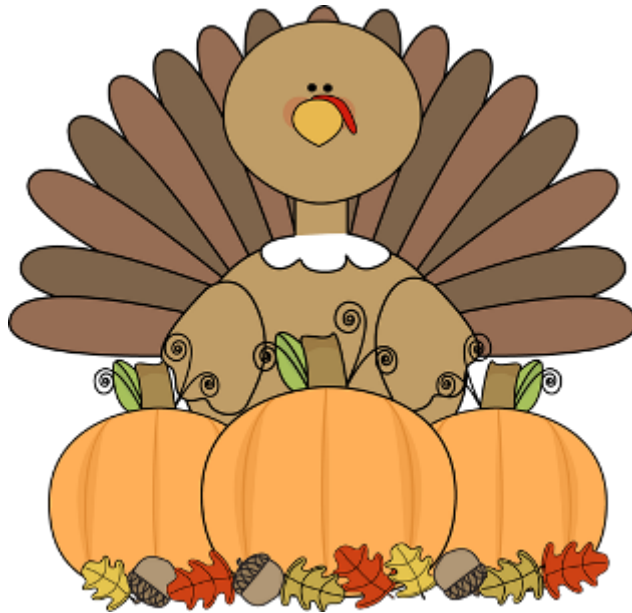
Schwartz, Thomas & Sharon
3329 E Pebble Creek Dr
Avon Park, FL 33825
(843) 267-4485 Tom
(843) 267-5981 Sharon
tjsindigo@gmail.com
sharonschwartz49@yahoo.com

Phone & Email updates

Morgan, Bud & Irma
Email: buderma@comcast.net
please remove landline & use:
(863) 449-7273 Bud
(863) 449-7285 Irma

Morris, Michael & Deborah
lyyt1990@yahoo.com

Todd, Jean
jwttodd36@icloud.com



thank you

I would like to thank the many Highlands Ridge friends that visited Jim in his final hours and the receipt of many sympathy cards and flowers. A special thank you to Paul Scruton who coordinated accommodations in the home of Robert Morrill for our family members at this difficult time and thank you Bob and Martha. On August 3, 2018 Jim's Celebration of Life was held in Buckeye Lake, Ohio at the Buckeye Lake Yacht Club where he was once Commodore. Jim certainly enjoyed the friendships he established in Highlands Ridge during the past seven years and I will try to continue to share those same friendships. Love, Becky Thompson



Highlands Ridge HOA

By: Willie Faye Myers, *Secretary*



Greetings from the HRHOA.....

At our October meeting, Gary Nielson was appointed as an interim Board member, filling a vacancy created in September.

This month's Covenants....Did you Know?

- Weapons and fireworks shall not be used in the subdivision.
- All lot owners are required to water and weed their lots.
- No artificial grass, plants, or other artificial vegetation are permitted.
- Approval forms are required whenever paint is applied to exterior surfaces.
- All waste and recycle carts must be stored inside the residence except on pickup day.
- Outside lamp post lights must be maintained to light every night.

The next Board meeting will be on November 12, 2018 at 4 pm in Founder's Hall.
We hope to see you there!



Marina Cove HOA

By: Bobbie Hutchinson, *Secretary*



WELCOME BACK SNOWBIRDS !!!

It's so exciting to see our friends and neighbors returning to **'PARADISE'**! Please check out all the fun upcoming activities and get involved. Look for notices on bulletin boards and check your emails. If you are **NOT** receiving emails, please submit your correct information to the Administrative Office; emails will keep you current on what's happening at HR. Office is open Mon-Fri, 9 a.m. – noon and 1:00 – 4:00 p.m.

Listed below is contact information for MCHOA board members:

NAME/TITLE	EMAIL ADDRESS	PHONE #
Bill Rapp, President	buffjean1@gmail.com	863-402-1982
Rick Wilson, V.P.	rw84287@hotmail.com	813-765-1707
Sherri Scott, Treas.	pug202@gmail.com	405-464-7391
Bobbie Hutchinson, Sec'y.	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



November is
Alzheimer's Awareness
Month!



National Alzheimer's Disease Awareness Month

President Ronald Reagan designated November as **National Alzheimer's Disease Awareness Month** in 1983. At the time, fewer than 2 million Americans had **Alzheimer's**; today, the number of people with the **disease** has soared to nearly 5.4 million. **Alzheimer's is the most common form of dementia**, a general term for memory loss and other cognitive abilities serious enough to interfere with daily life. Alzheimer's disease accounts for 60 to 80 percent of dementia cases.

- **Alzheimer's is not a normal part of aging.** The greatest known risk factor is increasing age, and the majority of people with Alzheimer's are 65 and older. But Alzheimer's is not just a disease of old age. Approximately 200,000 Americans under the age of 65 have younger-onset Alzheimer's disease (also known as early-onset Alzheimer's).
- **Alzheimer's worsens over time.** Alzheimer's is a progressive disease, where dementia symptoms gradually worsen over a number of years. In its early stages, memory loss is mild, but with late-stage Alzheimer's, individuals lose the ability to carry on a conversation and respond to their environment. Alzheimer's is the sixth leading cause of death in the United States. Those with Alzheimer's live an average of eight years after their symptoms become noticeable to others, but survival can range from four to 20 years, depending on age and other health conditions.
- **Alzheimer's has no current cure, but treatments for symptoms are available and research continues.** Although current Alzheimer's treatments cannot stop Alzheimer's from progressing, they can temporarily slow the worsening of dementia symptoms and improve quality of life for those with Alzheimer's and their caregivers. Today, there is a worldwide effort under way to find better ways to treat the disease, delay its onset, and prevent it from developing.



American Diabetes Month

More than 30 million people in the United States have diabetes, but 1 out of 4 of them don't know they have it. There are three main types of diabetes: type 1, type 2, and gestational diabetes (diabetes while pregnant, which can put the pregnancy and baby at risk and lead to type 2 diabetes later).

With type 1 diabetes, your body can't make insulin (a hormone that acts like a key to let blood sugar into cells for use as energy), so you need to take it every day. Type 1 diabetes is less common than type 2 diabetes; about 5% of the people who have diabetes have type 1. Currently, no one knows how to prevent type 1 diabetes.

Most people with diabetes—9 out of 10—have type 2 diabetes. With type 2 diabetes, your body doesn't use insulin well and is unable to keep blood sugar at normal levels. If you have any of the risk factors below, ask your doctor if you should be tested for diabetes. The sooner you find out, the sooner you can start making healthy changes that will benefit you now and in the future.



**LGA NEWS**

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



Well here we are, finally! November and the start of the 2018/2019 LGA season. We have so much planned and so much to look forward to; I'm excited to be a member of such a wonderful organization with some pretty amazing women and with that thought, let us welcome **Donna Landers** to the LGA. Donna has been such a valuable member of this community for so long we are thrilled that she has joined the LGA. I thought I would give you all a sneak peak at the upcoming events. Remember if you are interested in volunteering to help you can reach out to any of the officers and we will point you in the right direction. Also check for flyers and sign up sheets throughout the season!

November 5, 7 and 9th is our Round Robin South Course 8:00 shotgun start and Brunch at the Grille on the 9th. Look for flyers and sign up sheets.

November 12 is our Welcome Back Scramble and Lunch at the SC. 8:00am shotgun.

November 2nd is the last day to sign up for the **Divorce Open**. The **Divorce Open** will be held November 15&16 on both courses 12:30 shotgun start with the Banquet on November 17th.

December 5th is the Choose up 8am Shotgun North Course with lunch following.

December 10th is our Christmas Scramble 12:30 shotgun South Course with Dinner afterwards.

January 14&16 is 18 2x4 South Course and North Course respectively. 12:30 shotgun on the 14th and 8:00am shotgun on the 16th with lunch and a meeting following.

February 4,6 and 8th Round Robin South Course 10:30 tee times and 8am shotgun on the 8th with brunch following.

February 25th is our mixer with our 9 hole LGA friends, 8am shotgun at the South Course with 9 holers hosting lunch afterwards.

March 4th choose up South Course 8 am shotgun with lunch following

March 25 Member - Guest invitationals South Course 8 am shotgun and lunch following.

April 3rd Farewell Scramble South Course 8am shotgun meeting and lunch to follow.

LGA play times

South Course 8am May thru October, then 9am November thru April

North Course 8am April thru December, then 11:00am January and February

As you can see we have a fun filled schedule plan for our 2018/19 season. Be sure to look for flyers, sign up sheets and again, if you would like to volunteer just give a shout out.

President; Deborah Reimer deborahreimer53@gmail.com

Vice President; Nancy Owens nowens2010@gmail.com

Secretary; Pat Olesek polesek@sbcglobal.net

Treasurer; Georgia Trissell strissell2835@comcast.net

Games Chair; Jo Ellen Lathwell kjlathwell@gmail.com

Social Chair; Becky Hobbs rjhobbs46072@gmail.com

"In golf, as in life, it is the follow through that makes the difference." Dr. Seuss





MGA News

By: Phil Hunter, *Secretary*



We are all very fortunate that the hurricanes missed us this year, but we feel sad for those north of us that were hit so hard. Keep those people in your thoughts and prayers. The sign-up sheet for the Nov. 8th WELCOME BACK SCRAMBLE is now at the North Course. Teams will be arranged according to handicap with an A,B,C,D player on each team. A meal and meeting will follow play. Ron Swan, our new President, will lead the meeting and will explain the plans/changes your Board has proposed for this year. You'll also receive a calendar of events. Please make a check out (HRMGA) for \$20 for this year's dues and sign up as a blended tee player (white and gold) or as a gold player. Reminder that no one will play just white tees anymore, and the blended tees will be the gold tees decided upon by your Board, not the ones on the score cards. MGA members age 80 and above will be able to play several red tees too. We'll be sure you know exactly which tees you'll play from for the rest of the year. Your \$20 dues include payouts for holes-in-one, meals for the WELCOME BACK and GOING AWAY SCRAMBLES and allow you to play in all MGA events. You can leave your check at the North Pro Shop or give it to Sam Cline, our MGA Treasurer. Please always check for updates/postings, etc. each month at both courses for upcoming events. You should also be receiving monthly e-mails to keep you informed. If you are not getting them or have questions, you can contact Phil Hunter at phunter1@twcny.rr.com

On Tuesday, Nov. 20th there will be a 2-MAN SCRAMBLE at the South Course. It'll be a shotgun start at 8:00 a.m., and your gross score will be adjusted according to your combined handicaps.

Congratulations to MGA members, Cecil Rose and Don Brown, for their holes-in-one on hole #6 at the North Course. Because they were playing with another MGA member, they both received a \$50 payout from the MGA. Cecil's was in Sept. and Don's was in October.

And don't forget that the new USGA rules of play will begin in January. We'll be sure all our MGA members are up-to-date on those changes that are designed to speed up play and to make the game even more enjoyable.

Happy golfing!



LGA News

By: Mary Ann Beyer, *President*

Hello 9 Hole Golfers. I am looking forward to returning to HR in a week or so. From the reports I have received it sounds like you who stayed thru the Summer will be happy when temperatures drop a little. We have an exciting season planned for the 9 Hole Ladies this year. Starting off with the Welcome Back Tournament on Weds. Nov. 7th and the Luncheon on Thurs. Nov. 9th. Be sure to look for posters in the screen room so you get registered in time. I'm sure you have read that there will be lots of new USGA Rules coming out in January. Your Board will be working diligently to provide those rules to you. Please be sure to pay your dues of \$17 as soon as you can, they are due by Oct. 31st. Please drop off your check payable to: "HR 9 Hole LGA" to Susan Ingram at 4014 Carter Creek, Avon Park, FL, 33825.

GOBBLE!



GOBBLE!



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

**Highlands Ridge
Annual Arts & Crafts
Fair**

**December 8th, 2018
8:00 am-12:00 pm**

**Come join us at Founder's Hall!
Tables are \$10.00/person (resident)
& \$15.00/person (non-resident)
Maximum 2 tables/person**

**Please call or stop by the
Highlands Ridge Administrative Office
to reserve your spot!
(863) 471-1115**



Recycle Me

