

# Highlands Highlights



**March Contact Info**

**Regular Office Hours:**

Monday 9 am – Noon  
 Wednesday 9 am – Noon  
 Thursday 1 - 4 pm

**Office E-mail:**  
[office@kchighlandshoa.com](mailto:office@kchighlandshoa.com)

**Community E-mail:**  
[Hinet@kchighlandshoa.com](mailto:Hinet@kchighlandshoa.com)



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**HOA Board Notes** *Submitted by Steve Hall, HOA President*

For me, March has always been a time of transition. As winter wanes and days begin to get longer, I start to think about what lies ahead. It seems that we have quite a bit to tackle. First, however, a few notes about this winter are in order.

The Clubhouse Interiors Committee has done a fantastic job on the kitchen upgrade. We commend the Committee for keeping the Clubhouse available for activities, and for encapsulating the work area to avoid getting dust throughout the building. We sincerely thank the volunteers—your efforts on behalf of the Community are recognized. Additionally, thank you to those who have respected the Committee's placards and have stayed out of the area during construction. Keeping out of the area was critical for the safety and convenience of everyone and to prevent inadvertent damage to new materials.

On other items this winter, the Board has had to think long and hard about a number of subjects, including involvement of the HOA with off-site activities and issues with advertisers, to name a few. As we think about these issues, there seems to be a common-sense approach evolving. First, we carefully consider what precedent we might be setting. We thoughtfully consider long-term policy implications as we think about individual issues. Second, we are concerned about protecting the financial interests of the overall Community by avoiding unnecessary risk. Third, we are interested in maintaining a lean organization by avoiding unnecessary processes and overhead. This helps keep the costs down for all of us.

During the November meeting, HOA members indicated that constraining the growth of annual fees is a top priority. We are using this feedback and working within the authority given to us by the Community through our governing documents to arrive at a consistent position. An overview of this position includes the following generalizations. Don't involve the HOA where there is no benefit. Avoid bringing on new bureaucracy and the associated cost increases. Protect the HOA from risk by paying close attention to and carrying appropriate insurance. Favor people freely assembling amongst themselves. Let members and advertisers use various communications channels, while keeping the HOA out of the content of those communications. Keep the HOA out of involvement with off-site activities; interested neighbors can better coordinate these activities.

In looking toward the remainder of the year, there may be some opportunities for us to rethink some of our existing approaches in order to put the HOA on a better long-term trajectory. A few areas concern me. A top concern is the very large water bill which keeps growing. Second, the housing market has been softening, perhaps raising concerns about 2019 revenue. Third, there may be some structural changes to the bylaws that might be considered to put us in a better future position. Fourth, the annual spending on grounds maintenance is significant. However, these are simply a few of my thoughts. More important is, what does the Community think — how might we maintain our high standards while spending less. Stay tuned for some fun ways we will be bringing the Community's ideas to the forefront, as we work together through the year.

# Condo News

## Condo Board Notes

Submitted by Quila Bowlés

**Late breaking news:** At the Highland Park Condominium Association Annual Meeting on February 21<sup>st</sup>, out-going Chair, Zoe Allen, gave a final report, and also honored four volunteers for their hard work and Community contributions: Sandy Bergeron, Judy Sutton, John Beck, and Shel Siegel.

A new Board of Directors was voted in, effective immediately. The new Board elected the following officers: Ed Salzman, Chair; Sherry Kilpatrick, Secretary; Wayne Staley, Treasurer; with Penny Pershey and Ron Laande, Directors. Congratulations to these great folks who have stepped up to represent our Community.

**Editor's Note:** Look for a full report from the new Chair, Ed Salzman, in the Highlights April issue.

## A community Investment

Many of us can probably relate to the following statement: "I pay my assessment each month, which is all I am required to do by our Association, so don't bother me about my obligation to participate in committees, serve on the board, or attend meetings."

Fortunately, not all owners feel that way, but it is a sentiment that is shared by some Association Owners who could contribute much to the betterment of their community.

Let's suppose you invest \$200,000 with a financial brokerage firm whose responsibility to you is to do everything possible to preserve, maintain, and enhance that investment. The only responsibility you have to them is to pay their transaction commissions. However, during the course of your relationship with this firm, you attend investment workshops to learn what your money is doing, read your transaction summary in order to understand where your money is, and take an active role in the choices that will guide the placement of your investments. Would your attitude be the same toward your brokerage firm as it is toward your Homeowners Association?

Participation is needed in order to contribute to the betterment of our Homeowners Community and improve the quality of life for everyone in it. Every member of our Community has knowledge, skills, and experience that our Association would love to have access to. Consider the desire to be a successful Community member with the same passion that you would desire to be a successful investor.

--with author permission,  
Tigard Life, January/February 2019

## Condo Landscape Committee

From the meeting held Tuesday, February 13th:

The Committee met with Jean Jung, the rep from Brightview (our landscape contractor). There are a number of proposals on the table that will be voted on at the next Board Meeting, which takes place after the Annual Meeting. They mostly relate to new drainage around three garages and the annual lime application to the lawns.

Brightview is presenting some expensive projects that we did not budget for, so those will require more consideration. Discussion was held regarding the spring irrigation system inspection and repairs which should start within the next few weeks as weather improves.

## Condo Driving & Parking Areas

As you all know, our *Submitted by Zoe Allen*

two **traffic roundabouts operate in a counterclockwise direction**. Correction--you know this, but a significant minority choose to simply ignore this rule. How much time do you save by ignoring the rules? 10 seconds? Do you really want to injure a pedestrian who doesn't expect you to be coming from the wrong direction, or another driver who is obeying the rules? Please, **do not drive the roundabouts in the wrong direction!** By the way, the Oregon DMV Manual states, "Traffic moves in one direction, counterclockwise, around the center island."

It's never okay to block a neighbor's garage door, not even for a few minutes. If you do, you must stay with your vehicle so it can be moved immediately if necessary.

Parking is permitted in the no parking zone in front of a building entrance while you unload groceries, etc., but be ready to move your vehicle if asked to do so--don't just leave the car there unattended. Please remind vendors that they should not park in no-parking zones unless absolutely necessary, and must be available to move if asked.

# HOA Committee Reports

## Clubhouse Interiors Committee

Submitted by Jo Hendrickson

The kitchen is mostly complete! Our new flooring has been delayed until later in March due to product unavailability. This has been quite a journey--from changing out a few cabinets to renovating the entire kitchen. Oh, how grand it looks, and now is so very inviting. The white subway tile backsplash is classic and timeless along with the new quartz counters. As a senior community, we have included some conveniences like roll-out shelves, new larger sinks, and we also have a new coffee maker. The wall has come down behind the ranges, making conversations so much nicer.



Figuring Things Out!

My Committee and I cannot express enough gratitude for the design, time, and effort provided by our own Don Gates. He put his life on hold to volunteer and put this project together. A significant amount of time went toward obtaining samples for the Committee to view, and then finally working countless hours to bring the project to fruition.

Alongside Don was Jim Peffers. He gave up valuable golf time to assist Don in volunteering numerous hours to create our new kitchen. These men deserve a huge "Thank You" from the Community for their efforts. This new look would not have been possible if it were not for their generosity. Also, thank you to Shel Siegel and Bill Hendrickson for their added touches. Shel assembled drawer roll-outs along with painting, and Bill installed the cabinet hardware and constructed the drawer dividers.

Additionally, thank you to this Committee, and Denette Peffers, for packing up the kitchen and putting it back together. Many duplicate and unused items were boxed and taken to various second-time-around organizations. If I have forgotten anyone involved during this process, I apologize. I cannot express enough what an outstanding, warm Community this is, and I feel blessed to be a part of our Highlands family. We sincerely hope everyone will enjoy our new kitchen, so when you have a moment, take the time to come by the Clubhouse and see our new look.

### CI Committee:

Jo Hendrickson, Chair  
 Linda Lucero, Kathy Bodyfelt, Lawanda Hallam,  
 Helen Scofield, Joyce Biglione, Bobbie Siegel,  
 and Don Gates



Installers working on counters...



New Coffee Area Serving Counter

## Newcomers /Activities Comm.

Submitted by Lucianne Phillips



The Newcomers and Activities Committee Living Well Speaker Series continues to offer interesting speakers for our Residents. Additionally, work is continuing in order to help make Newcomers welcome.

The following activities have been on hold pending discussions with the Board of Directors regarding the *off-site policy*: Dining Group, Highlands Travelers, Events and Outings, Walkers and Hikers Group, and Wine Tasting.

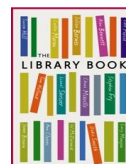
## Library Whisperings

Submitted by Bobbi Siegel, Librarian

Our library has a large selection of Western-themed books for your reading pleasure.

We also have several audible or "read-aloud books" on discs which are great for keeping Highlands Residents company during the dreary winter days and evenings.

Be sure to check out these library options!



### Great Writing...

#### Red Tape Holds Up New Bridges...

You mean there's something stronger than duct tape?!

# March Activities

## Movie Nights

Submitted by Nancy Crandell



### MARCH MOVIE NIGHTS WILL BE THE 1ST AND 3RD FRIDAYS AT 7 P.M.



**March 1<sup>st</sup>**—Join us in Manhattan as an exceptional Full Moon works its magic in a quirky Italian family and we enjoy “**MOONSTRUCK.**” Cher and Nicolas Cage star in this warm and funny 1987 American romantic comedy of family and finding love. This film is a joy to watch.

**March 15<sup>th</sup>**— The magic of “**CHOCOLAT**” happens when it comes to a tranquil, old fashioned French town and a mystery woman opens a very unusual chocolate shop. Johnny Depp, Juliette Binoche, and Judi Dench star in this charmingly lighthearted fable that received five Academy Award Nominations.



## Small Ship Cruising Done Perfectly

Submitted by Wendy Gardner

Please join us in welcoming Andy Magistrale of **AMERICAN CRUISE LINES Thursday, March 21<sup>st</sup>**, at 7:00 p.m. in the Clubhouse Boardroom.



American Cruise Lines offers more than 35 itineraries, ranging from 5-22 days in length, on the most modern fleet of small cruise ships in the U.S. Visit the most desirable destinations in the Pacific Northwest, New England, the Southeast, and the Mississippi River regions.



We look forward to sharing more exciting travel adventures with you. Refreshments will be served, so please RSVP via e-mail to [wendygardner2014@att.net](mailto:wendygardner2014@att.net) or call Wendy at (818) 807-7063. (cst 1003143-10)

## Bible Study

Submitted by Ron & Anna Willis

Bible Study has been affected by weather conditions, and the February 5th meeting was cancelled—the second cancelation this year—the first one, due to the New Year’s Holiday. We now look forward to our regularly scheduled dates.



**Tuesday March 5<sup>th</sup>** – We are pleased to welcome Justin Vanier to our list of speakers. He has been on staff at a church in Beaverton since 2014. His focus in ministry is to disciple young people, teach the Bible, and organize evangelistic outreaches for the youth in the community. He has also led short-term mission trips to the Philippines and Costa Rica, both of which focused on Evangelism outreach.

**Tuesday March 19<sup>th</sup>** – Another new speaker to our Bible Study is Caleb Beickel. Caleb grew up in a pastor’s home, and has served in several ministry positions as pastor and associate pastor. He has also served as a missionary in the Philippines, and currently is involved in a lay capacity with his church in Sherwood. He and his wife Sarah enjoy serving as members of the choir and teaching Jr. Church. He loves spending time in the Word and considers I Timothy 1:12-15 his life passage.

We look forward to hearing from Justin and Caleb. Please feel free to join us for Christ-centered messages that both encourage and challenge us in all areas of our lives. Each study begins at 7:00 p.m. and includes singing, a wonderful message from the Word, prayer, and ends with a time of refreshment and fellowship.

## Happy Hour

Submitted by Bobbi Siegel



Highlands Happy Hour is every Friday at 5 p.m., or a little earlier. Join your neighbors for food, drink, and fun—just bring a dish to share and the beverage of your choice.

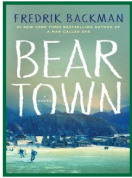
Yes, our Clubhouse kitchen is getting updated; however, Happy Hour is managing with paper plates, etc. Also, tickets are being sold at Happy Hour for our Corned Beef Dinner on March 16<sup>th</sup>.

So, come join the group!

## March Activities

### Book Club

Submitted by Judy Sutton



The Highlands Book Club meets on the third Wednesday of each month at 1:30 p.m. in the Highlands Clubhouse. For a variety, one month we select a fiction, and the next month, a non-fiction book.

In March, we will be reading **Bear Town** by **Fredrick Backman** (author of *A Man Called Ove*). **Bear Town** is a novel about a town that "...has always been told it is second-best. Now its junior ice hockey team has a chance to become champions. But it's what happens off the ice that will change this town forever." If you enjoyed *A Man Called Ove*, chances are you will also enjoy Backman's **Bear Town**.

Hope to see you on **March 20th**. Coffee and treats are provided. FYI, April's book selection is **The Suspicions of Mr. Whicher** by **Kate Summerscale**. For more information contact Judy Sutton at (503) 639-1752.

*May you have the hindsight to  
know where you have been,  
The foresight to know where  
you are going,  
And the insight to know when  
you have gone too far.*

Irish Proverb

### Living Well Speaker Series

Submitted by Linda Dufresne



#### Bring on Spring Gardening!

Chris Lamar, Coordinator of the Speakers Guild for Clackamas County Master Gardeners, will be our featured speaker on **Sunday, March 24<sup>th</sup> at 2 p.m.** at the Clubhouse.

Chris will discuss: 1) Flowers, bulbs, and shrubs for landscaping small yards and patios; and 2) Vegetable varieties for small space gardens.

Bring your green thumbs and we'll see you there! Family and friends are welcome.

### NEEDLE ARTS & CRAFTS

If anyone has an interest in knitting or other needlecrafts, come and check out the Needle Arts group that meets in the Clubhouse Living Room on **Friday afternoons at 1:00 p.m.** The group has a knitting expert who is very good at helping someone new or who just needs some assistance fixing a 'boo-boo' in their project.

We enjoy sitting in our comfy Clubhouse chairs and sofas, and have a good time with lots of lively conversation while working on projects. Come when you can and join in on the fun!



### Dining Activity

Submitted by Pat Combs

#### Mark your calendars for fun, food, and friends!

After a hiatus, the activities begin and the choice for March is:

**Happy Hour at Trees Restaurant, Tuesday, March 26<sup>th</sup> 4-6 p.m.**

20510 SW Roy Rogers RD #160, Sherwood, OR 97140 (503) 822-5583

Trees is a local restaurant that provides quality food and a casual atmosphere in a beautiful forest setting. Happy Hour is in the bar. The Happy Hour menu is wonderful and inexpensive!

Orders can also be made from the regular menu.

Their menu can be viewed at: <https://www.eatattrees.com>

Reservations have been made for 20, but we can certainly accommodate more.

We would like to give them a "heads up" on an approximate number of people to expect, so please sign up at the Clubhouse. Reminders of this activity will be e-mailed through Hi-Net.

Please contact Pat or Fran for any information needed. We look forward to seeing you!

Pat Combs, (971) 371-2188  
[combsfamily11@gmail.com](mailto:combsfamily11@gmail.com)

Fran Hardiman, (541) 604-6611  
[fran1009@hotmail.com](mailto:fran1009@hotmail.com)



# March Special Event



## *St. Patrick's Day Dinner*

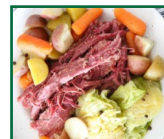
Submitted by Gary Melott, SE Co-Chair

**Saturday, March 16<sup>th</sup> at 5:30 p.m.**

It's been too long since we've had a corned beef and cabbage dinner. In honor of **St. Patrick's Day**, Special Events is planning that faire. Kam & Kam will be catering our event. The menu will be:



- Corned Beef and Cabbage
- Colcannon (Potatoes with Leeks and Cabbage)
- Roasted Onions, Asparagus,
- Brussel Sprouts and Carrots with Bacon
- Irish Soda Bread with Butter
- Baked Cinnamon Apples and Ice Cream



Tickets are \$19.00 per person. Admittance to the dinner is by ticket only — no sales at the door. Tickets are being sold at Friday's Happy Hour, March 1<sup>st</sup> and 8<sup>th</sup> from 5-7 p.m. and at the Clubhouse on Saturdays, March 2<sup>nd</sup> and 9<sup>th</sup> from 11 a.m. to noon (March 9<sup>th</sup> is the last day to get tickets). Please make your checks out to *HOA Special Events*.

If you have any questions, call Gary at (503) 598-4636.



## Announcements

### *The 'Good' Ripples Outward!*

Submitted by Nancy Crandell



To date we have received notes from the *Good Neighbor Center* and *Caring Closet* thanking us for our Cookie Bar Donations. *Caring Closet* said that our donation will buy 35 pairs of shoes for children in need. When I delivered the donation, I found out that over 1,000 children had been referred to the *Closet* since the start of the school year.

The receiver at *Bethlehem House of Bread* nearly teared up when she saw the check and said it would help "soooooo" much. I also found out that these three groups work interactively for our community, helping each other when they get cross donations. So, we have found a good trio. They all want flyers next year to pass out at their centers!

Don Gates reports that we donated three van loads of toys from our Toy Tree. He took them to the fire station, and they were very surprised: "All this from the Highlands? Wow! Thank You."

A huge thank you to all our cookie bakers, workers, and tasters. We were able to express love to those in need in our local community.

### *CPR Coming to KC Highlands!*

Submitted by Denette Peffers

**Date/Time: Thursday,**

**April 11<sup>th</sup> 6 -7:30 p.m.**

Did you know that most people who survive a cardiac emergency are helped by a bystander? TVFR is offering compression-only CPR training, as well as a review of the AED (Automatic External Defibrillator) at no cost.

- Learn how to identify cardiac arrest in adults and teens.
- Learn the importance of taking immediate action while waiting for EMTs to arrive.
- Practice chest compressions on mannequins.
- Review how and when to use our AED.

No rescue breathing is needed, and best of all, **THE CLASS IS FREE and THERE'S NO TEST!**

Even if you aren't able to perform chest compressions, you are encouraged to attend as you can learn how you can assist someone in need in other ways.

**There will be a sign-up sheet on the Clubhouse bulletin board beginning March 16<sup>th</sup>. Class is limited to 35.** Feel free to call or e-mail if you have questions.

Denette Peffers  
(503) 318-3984  
[djp851@gmail.com](mailto:djp851@gmail.com)

# Community Information

## Condos Neighborhood Watch

Submitted by Sandy Bergeron



**Reminder:**

We will have our Condo Neighborhood Watch meeting **Tuesday, March 19th at 4:00 p.m.** in the Clubhouse Boardroom.

Toward the goal of making life in our Community easier and safer, please bring a show and tell item, or idea that you'd like to share at the meeting. Everyone is welcome to attend.

Sandy Bergeron, Condo NW Coordinator  
(971) 255-3790  
[sandber31638@gmail.com](mailto:sandber31638@gmail.com)

## Reminder to House Residents

Submitted by Mabel Weber

### SIGN UP FOR BACKFLOW VALVE TESTING!

Please refer to your February *Highlights* newsletter regarding the requirements for your annual backflow testing at the **houses**.

Mabel will be in the Clubhouse office to help anyone who needs assistance in signing up. Please bring your credit card with you. It is needed to input the information in the application. The Clubhouse Office hours are Mondays and Wednesdays from 9-12 and Thursdays 1-4. If you have questions, please call Mabel at the Clubhouse office during those hours.

### IN MEMORIAM

Our resident from 12533 SW Bexley Lane, Joanne Findtner, passed away January 17th.

A memorial celebration of her life has already taken place.

Our condolences go out to the family.

## Photo Traffic Lights Update

Submitted by Quila Bowlés

Traffic data has been submitted to ODOT—a required step in the process to obtain permission to install the technology. Pacific Hwy (99W) is a state highway managed by ODOT. Completion for each of the three intersections is 10 days after the permit and construction begins.

Nationwide, photo enforcement shows impressive results in reducing red light violations, and there is a direct correlation between those and intersection traffic crashes—the most common type of crash. Several of our local cities all experienced notable success with the operation of their photo enforcement programs. The resulting goal is to improve safety on our local roads.

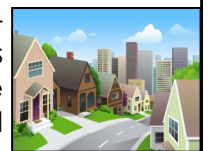
Regarding the program, the link [http://www.tigard-or.gov/police/photo\\_traffic\\_enforcement.php](http://www.tigard-or.gov/police/photo_traffic_enforcement.php) provides the following update: Tigard motorists may see initial testing of the equipment as early as April 2019. Watch for a more identifiable go-live date. There will be a significant public educational campaign as the program is phased in.

—Tigard Life, January/February 2019  
by Jim Wolf, Public Information Officer

## Houses Neighborhood Watch

Submitted by Connie Holt

Thank you all for doing such a great job watching out for each other. This goes for the condos too. We are one great Community and a watchful eye is always appreciated.



At our last meeting, we were all OK with “doubling up” on giving out the Emergency Contact Sheet to new Residents. Mabel will continue to put the ER contact sheet in the Welcome Packet to give to each new Resident. The Block Captains will also have copies of the ER contact sheet and can discuss this with new Residents at their discretion.

There is also a Checklist Sheet that is included in the Welcome Packet. If you would like to have a copy of this to have on hand, they are in the Clubhouse or see Mabel for a copy. It has great information for new Residents moving into our Community. Thank you!

Connie Holt, (503) 936-9297  
Houses Chief Captain



Traffic is ridiculous this morning...

### Reminder...

**Beef Bend Rd. is closed** from SW 137th Ave. to Roy Rogers Rd. **through March 5th.** Go to [GetUsThere.org](http://GetUsThere.org) for more information and updates.

# Items of Interest & Sponsors...

## Recycling 2019—Part 2

Submitted by Zoe Allen

In January, we discussed most of the new recycle rules established by Washington County and Pride Disposal relating to plastics.

**Plastic bags.** This is one very important item that was forgotten completely in the first segment. You must **never place plastic bags of any kind in our recycle bins or containers.** This has always been true, and the rule hasn't changed. *It is probably the most violated recycling rule, not just here in King City but all over the country.* Pride Disposal takes the recycle items they pick up either to their own sorting station or to another contractor. The machines that sort mixed recycled items cannot handle plastic bags. They get stuck and stop the machines from operating until they can be untangled from the equipment by hand and thrown out, ultimately to be sent to the landfills.

There are several retail locations in our area that accept clean plastic bags for recycling: *Safeway, Target, Fred Meyer, Whole Foods, and Albertsons,* to name a few. There is usually a large bin near the front entrance where you can drop them off.

If you are unable or unwilling to recycle plastic bags this way, then you must place them in the garbage. Why not fill them with actual garbage? That helps keep the garbage bins from getting so nasty and dirty. By the way, there are still companies around the country that can recycle plastic bags into new products and that's where the retail stores send used bags.

*If you're anything like me, your car has a trunk full of reusable shopping bags. **Let's remember to actually take the bags into the store when we shop.** That's a sure fire way to reduce plastic bag use.*

**Styrofoam.** What to do with Styrofoam was given short shrift in our last article. First; **no Styrofoam of any kind** should be thrown in the recycle bins. That includes the colored shells that are used for packing meats, poultry, vegetables, fruit, deli or baked goods.

This and all other Styrofoam can be recycled by a local company in Tigard called **Agilyx**, located at

13240 SW Wall St., just past the Potso Dog Park. Wall St. can be accessed from Hunziker Rd. and is not hard to find. There are two large bins in the parking lot, so you can drop off items at any time. If you have questions, Agilyx's phone is (503) 217-3160.

There are some volunteers (in the Condos) who make periodic trips to drop off our Styrofoam. *It would be great if the HOA could provide a spot in one of the Clubhouse storage rooms to keep the collected Styrofoam until there's enough to make a trip to Agilyx. Why not get the whole HOA enthused about keeping this product out of recycle bins and containers, out of the garbage, and out of the landfills?*

Once Styrofoam goes to a landfill, it takes centuries to decompose. The fact that there is a company right here in our area who has patented a method to process a petroleum product out of Styrofoam, and has customers who will buy that product, is wonderful for the environment.



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*Kris Simpson*

Oregon Principal Broker / Owner

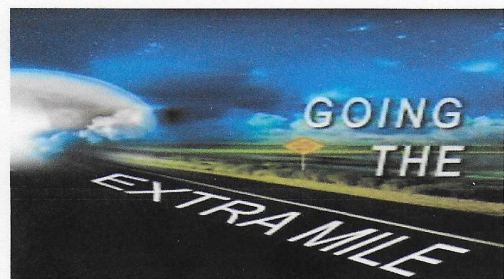
503-367-5817

Kris@PassagesRealty.com

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May the wind at your back not be the result of the corned beef and cabbage you had for lunch.



Happy St.Patrick's Day



## More Items & Sponsors...

### Did You Know? — First Day of Spring



The **spring equinox** (also called the March equinox or vernal equinox) is on **Wednesday, March 20, 2019**, at 5:58 p.m. EDT. This marks the astronomical **first day of spring** in the Northern Hemisphere. Enjoy these spring equinox facts and folklore!

#### What Does the March Equinox Mean?

The word *equinox* comes from the Latin words for “equal night”—*aequus* (equal) and *nox* (night). On the equinox, the length of day and night is nearly equal in all parts of the world. With the equinox, enjoy increasing sunlight hours with earlier dawns and later sunsets.

#### What Happens on the March Equinox?

On the March Equinox, the Sun crosses the celestial equator from south to north. It’s called the “celestial equator” because it’s an imaginary line in the sky above the Earth’s equator. If you were standing on the equator, the Sun would pass directly overhead on its way north. Equinoxes happen two times a year when the Sun rises due east and sets due west for all of us on Earth!

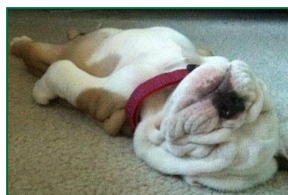
While the Sun passes overhead, the tilt of the Earth is zero relative to the Sun, which means that Earth’s axis neither points toward nor away from the Sun. (Note, however, that the Earth never orbits upright, but is always tilted on its axis by about 23.5 degrees.) After the spring equinox, the Northern Hemisphere tilts toward the Sun, which is why we start to get longer, sunnier days.

By Catherine Boeckmann  
www.almanac.com



**Editor:** Quila Bowlés.  
*Editor retains the right to edit and make copy corrections as needed.*  
**Proofreaders:**  
Mary Lou Steben,  
Susan Keltner, and  
Connie Armstrong

Got a case of the Mondays...



**Change Your Clocks FORWARD 1 Hour Sunday, March 10th**

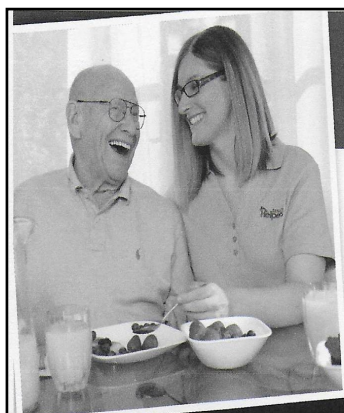
### How Much Sleep Is Enough?

The amount of sleep you need each day will change over the course of your life. Although sleep needs vary from person to person, the chart below shows general recommendations for different age groups.

Age	Recommended Amount of Sleep
Newborns	16–18 hours a day
Preschool-aged children	11–12 hours a day
School-aged children	At least 10 hours a day
Teens	9–10 hours a day
Adults (including the elderly)	7–8 hours a day

If you routinely lose sleep or choose to sleep less than needed, the sleep loss adds up. The total sleep lost is called your sleep debt. For example, if you lose 2 hours of sleep each night, you’ll have a sleep debt of 14 hours after a week.

*Life isn’t about waiting for the storm to pass...  
It’s about learning to Dance in the Rain.*  
—Author Unknown



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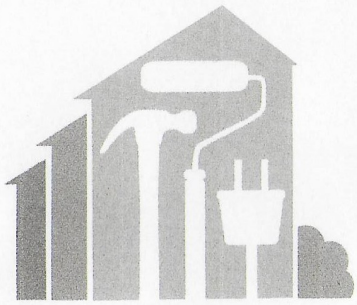
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## Sponsors...



### Highlands Handyman LLC

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Minor Plumbing

Minor Electrical

Deck Resurfacing

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## Your neighborhood resident handyman

*A Veteran Owned Business*

# Karen Harris



### Client Testimonials

**KAREN:** Thank you so much for all your help with the purchase of my home. And thank you for coming by to visit! And thank you for the very generous card. I appreciate your kindness.

**Joan J.**

Dear **KAREN:** It was a pleasure working with you on the sale of the house. Your calm reserved professionalism has been very much appreciated.

**Christina and Duane L.**

**KAREN** I can't begin to thank you for all your help, patience, and understanding. So, thank you again **KAREN** for everything. You're pretty special.

**Paul W.**

**Karen,** you have a selfless heart. It is reflected in your approach as a sales professional. Kind regards.

**Pat B.**

**Ken Miller**  
& Associates  
REALTORS®

503-608-0883  
karen.harris@live.com



## Sponsors...

"My goal is to provide an uncompromising level of information and service to those few individuals who want to make intelligent Real Estate selling or buying decisions."

**Vicki Miller**



### CLIENT TESTIMONIALS

*VICKI I just wanted you to know how much I appreciated all your hard work and help to get the condo sold. It was a big load off my plate to have that chapter finished.*

**Cindy**

*Thank you so much for making this dream come true VICKI. I so appreciate all you have done for me. Can't say it enough*

**Sophie**

*"OUTSTANDING Customer service" describes VICKI MILLER! VICKI spent much time and effort in finding me just the "right home." VICKI worked with me on a very personal basis and helped me understand what I needed and wanted. VICKI is knowledgeable and always available not to mention her professionalism and positive attitude!*

**Linda L.**



[vickimillerrealestate.com](http://vickimillerrealestate.com)

**503-730-0870**

Oregon Licensed Real Estate Principal Broker

# KC Highlands Calendar March 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
	<p style="text-align: center;">Q: Why do people wear shamrocks on St. Patrick's Day?</p> <p style="text-align: center;">A: Regular rocks are too heavy!</p> <p style="text-align: center;">—Author Unknown</p>				9 Walking Aerobics 10:30 Coloring 1 Needle Arts 5 Happy Hour <b>7 Movie Night</b>	<b>Private Event</b> 9 am–7 pm
3	4	5	6	7	8	9
	10 Zumba Exercise <b>11 Condo Maintenance</b> 2 Dominoes	9 Walking Aerobics 10 Coffee Hour 1 Bridge 7 Bible Study	<b>10:30 A/L Comm. Meeting</b> 2 Dominoes 2 Mahjong 7 Mixed Poker	10 Zumba Exercise 7 Hand & Foot	9 Walking Aerobics 10:30 Coloring 1 Needle Arts <b>2:30 Library Committee Meeting</b> 5 Happy Hour	
10	11	12	13	14	15	16
 <b>Daylight Saving Time Begins</b>	10 Zumba Exercise 2 Dominoes	9 Walking Aerobics 10 Coffee Hour <b>10:30 Condo Landscape</b> 1 Bridge	2 Dominoes 2 Mahjong 7 Mixed Poker	9:30-4 Sewing Group 10 Zumba Exercise <b>5:30 Condo Board Meeting</b> 7 Hand & Foot	9 Walking Aerobics 10:30 Coloring 1 Needle Arts 5 Happy Hour <b>7 Movie Night</b>	<b>5:30 St. Patrick's Day Dinner</b>
17	18	19	20	21	22	23
 <b>St. Patrick's Day</b> <small>Everyone's Irish On March 17th.</small>	10 Zumba Exercise 2 Dominoes	9 Walking Aerobics 10 Coffee Hour 1 Bridge <b>4 Condos Neighborhood Watch Meeting</b> 7 Bible Study	 <b>Spring Begins</b>	10 Zumba Exercise <b>3 Clubhouse Interiors</b> 7 Hand & Foot <b>7-8:30 Highlands Travelers</b>	9 Walking Aerobics 10:30 Coloring 1 Needle Arts 5 Happy Hour	
24	25	26	27	28	29	30
<b>2 Living Well Speaker Series</b>	10 Zumba Exercise 2 Dominoes <b>7 CPO4K Meeting</b>	9 Walking Aerobics 10 Coffee Hour 1 Bridge <b>4-6 Dining Group</b> <b>7 Finance Committee</b>	2 Dominoes 2 Mahjong 7 Mixed Poker <b>7 Hand &amp; Foot</b>	10 Zumba Exercise <b>6:00 Town Hall</b> <b>6:30 HOA Board Meeting</b>	9 Walking Aerobics 10:30 Coloring 1 Needle Arts 5 Happy Hour	
31						

**Clubhouse Office Hours:**

**Mondays, Wednesdays 9 – 12 and Thursdays 1 – 4.**

**For changes, please check the calendar on the Clubhouse front door window or watch for updates on Hi-Net.**