

HIGHLAND 55 CLIFF NOTES



The Official Newsletter of the Highland 55 Community

HAPPY FEBRUARY!

We would like to extend a warm and enthusiastic welcome to all of our new residents! It is exciting to have new friends in the neighborhood! We hope everyone is settling in and enjoying your new homes.

As we all know, February has long been celebrated as the month of romance, and a time to let family and friends know how much you appreciate them. Sheri and I will never pass up an opportunity to tell each of you, that we appreciate you very much, we are very thankful that you are making Highland 55 such a wonderful and warm community. You make our jobs exciting and fun!

Sheri & Cathy

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A Chef for Highland 55?

*Hafer Park at sunset.
Don't forget to take a walk!*



follow us on
Facebook & Instagram



OFFICE HOURS:

Monday - Friday 9-5:30

Saturday - Noon - 4

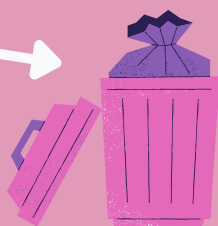
GATE HOURS:

Everyday - 7am - 7pm

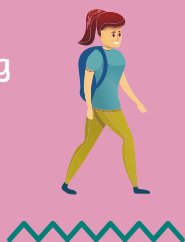


We are kindly reminding everyone NOT to place ANY trash out on Saturday's or Sunday's. You are welcome to use our new trash receptacle located between units 12 & 13. We want H55 looking clean at all times.

NO TRASH ON WEEKENDS!



Thank you to everyone who shared their enthusiastic interest in the "H55 Hikers" walking club. We will begin walking once the clubhouse is open! Looking forward to getting the exercise!



It's Super Bowl Sunday! February 7, 2021

Kansas City Chiefs vs. Tampa Bay Buccaneers

Raymond James Stadium in Tampa, Florida will set the stage for the 55th Super Bowl on Sunday, Feb. 7th where the Kansas City Chiefs will play the Tampa Bay Buccaneers. Quarterback Tom Brady will be leading the Buccaneers. Patrick Mahomes will be looking for the Chiefs second Super Bowl victory in a row!

If you are a pro football fan then you know this should be a great game! The Chiefs will be making their fourth ever Super Bowl appearance representing the AFC. The Bucs will be making just their second Super Bowl appearance. Kick-off is set for 5:30 P.M. The three-time Grammy award R & B band, **The Weeknd**, will headline this years half time show. Not sure why "The Weeknd" is spelled that way. I guess it is a "cool" band thing. :)

Did You Know.....?

Did you know that Budweiser, Coke and Pepsi will NOT air commercials during the Super Bowl this year? Budweiser will donate the money it would have spent on the ads to coronavirus vaccination awareness efforts, while Pepsi will focus on a new campaign to lead into the halftime show. Coke is sitting this year out all together due to lagging sales because of the pandemic.

Did you know that Super Bowl Sunday is the second biggest eating day of the year? So choose your snacks wisely!!

What happened last year?????

The Kansas City Chiefs beat the San Francisco 49's 31-20
Also, earlier this year, the Chiefs beat the Buccaneers by a close score of 27-24

Who do you think will win Super Bowl LIV?



A Big Shout Out!!

We would like to extend a great big thank you to Bob and Mary Wallace for this gorgeous Peppermint Amaryllis. It delighted everyone that entered the office. It made us smile to listen while Rod stopped in and spoke to "her" everyday! It really was something of beauty on these cold days. Thank you!!

New mailboxes are being ordered, and will be installed once the clubhouse and fitness center are complete. It will be bitter sweet for Sheri and I. I know each of you are looking forward to receiving your mail any time of the day or night, however we will miss our visits when you stop by to pick up your mail . We will keep you "posted"!!



February Book Recommendations.....

THE DUTCH HOUSE BY ANN PATACHETT
BEFORE WE WERE YOURS BY LISA WINGATE



Clubhouse & Fitness center construction UPDATE!!

*We are thrilled to have interior paint wrapping up this month!
Our beautiful front doors are installed. Floors are going down, kitchen appliances will be arriving soon and concrete will be poured around the exterior! We are getting so close!!!
We are thrilled with all of the details of our clubhouse and are busy planning a fun OPEN HOUSE for all residents! We can't wait for everyone to enjoy our beautiful space!!!!*



A Brief History of Pickle Ball

After playing golf one Saturday during the summer, Joel Pritchard, congressman from Washington State and Bill Bell, successful businessman, returned to Pritchard's home on Bainbridge Island, WA (near Seattle) to find their families sitting around with nothing to do. The property had an old badminton court so Pritchard and Bell looked for some badminton equipment and could not find a full set of rackets. They improvised and started playing with ping-pong paddles and a perforated plastic ball. At first they placed the net at badminton height of 60 inches and volleyed the ball over the net. As the weekend progressed, the players found that the ball bounced well on the asphalt surface and soon the net was lowered to 36 inches. The following weekend, Barney McCallum was introduced to the game at the Pritchard's home. Soon, the three men created rules, relying heavily on badminton.

They kept in mind the original purpose, which was to provide a game that the whole family could play together.

Why Call It Pickleball??

Okay, now you know how it all started but the question we're all thinking still remains: why do they call the game pickleball?

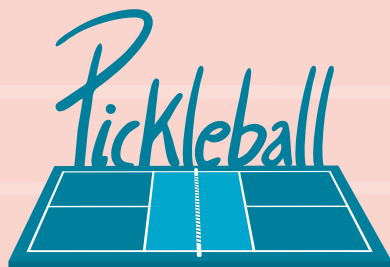
According to the U.S.A. Pickleball Association, the origins of the name differs between different accounts.

Joel Pritchard's wife, Joan, started to call their game pickleball because the combination of different sports reminded her of the pickle boat in the crew where oarsmen were chosen from the leftovers of other boats.

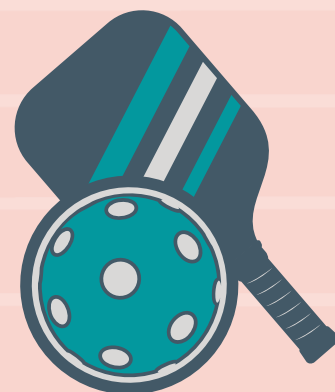
But according to Barney McCallum, they named the game after Pritchard's dog, who was named Pickles!

Despite the sour taste of actual pickles, their dog was sweet and known to run off with the ball while it was still being played!

Depending on who you ask, both accounts of the game's name may actually be true. At the start, there wasn't any name for pickleball until an official one was needed when the game started to gain traction. With the laid-back nature of pickleball, it's only appropriate that it was named in a similar fashion.



Be sure to pick up the next issue of Highland 55 Cliff Notes to learn more about pickleball. We are excited to offer pickleball lessons to H55 residents when the fitness center is open!!!

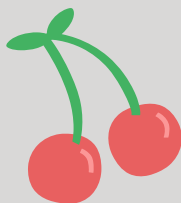


VALENTINE'S DAY IS A HOLIDAY WHEN LOVERS EXPRESS THEIR AFFECTION WITH GREETINGS AND GIFTS. IT IS ALSO CALLED ST. VALENTINE'S DAY. THE HOLIDAY HAS EXPANDED TO EXPRESS AFFECTION BETWEEN RELATIVES AND FRIENDS. HAPPY VALENTINE'S DAY!!

Valentine's Day Chocolate

Covered Cherries

(to make in advance)



2-1/2 CUPS CONFECTIONERS' SUGAR
1/4 CUP BUTTER, SOFTENED
1 TABLESPOON 2% MILK
1/2 TEASPOON ALMOND EXTRACT
2 JARS (8 OUNCES EACH) MARASCHINO CHERRIES WITH STEMS, WELL DRAINED
2 CUPS SEMISWEET CHOCOLATE CHIPS
2 TABLESPOONS SHORTENING

DIRECTIONS START A WEEK EARLY. (YOU WON'T BE SORRY)
IN A SMALL BOWL, COMBINE THE SUGAR, BUTTER, MILK AND EXTRACT. KNEAD UNTIL SMOOTH AND PLIABLE. SHAPE INTO 1-IN. BALLS AND FLATTEN EACH INTO A 2-IN. CIRCLE. WRAP ONE CIRCLE AROUND EACH CHERRY AND LIGHTLY ROLL IN HANDS. PLACE WITH STEMS UP ON WAXED PAPER-LINED BAKING SHEET. COVER LOOSELY AND REFRIGERATE 4 HOURS OR OVERNIGHT.
IN A MICROWAVE, MELT CHOCOLATE AND SHORTENING; STIR UNTIL SMOOTH. HOLDING ON TO THE STEMS, DIP CHERRIES INTO CHOCOLATE; ALLOW EXCESS TO DRIP OFF. PLACE ON WAXED PAPER UNTIL SET. STORE IN A COVERED CONTAINER. REFRIGERATE 1- WEEK BEFORE SERVING.



A Valentine Poem

*On Valentine's day, you're on my mind:
You're a special person, one of a kind
You're a pick-me-up, a happiness
parfait,
So I wish you joy on Valentine's Day.*

By Joanna Fuchs

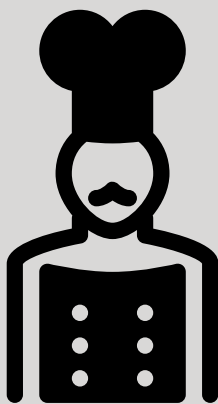
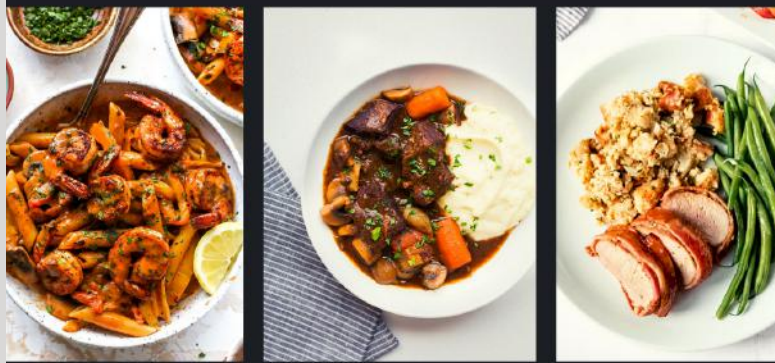
At Highland 55 we want to focus on an active and healthy lifestyle. We have discovered a chef in the Edmond area who will make and deliver delicious, healthy meals to our residents. When our clubhouse opens we will introduce Chef Darin Hand and have him here to answer any questions you might have. We are excited about this opportunity to make meal time enjoyable and easy. Let Cathy know if you are interested in knowing more about this yummy opportunity!!

WELL

AT HOME

To-Go Meals

REDISCOVERED



**DON'T COOK
DON'T PAY FOR EXPENSIVE TAKE-OUT
DON'T CHOOSE FAST FOOD
CHOOSE "WELL"**

A PRESET WEEKLY MENU
WITH INDIVIDUALLY PORTIONED CRAFT MEALS
PREPARED WITH QUALITY INGREDIENTS
AND ELEVATED CULINARY METHODS