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01

PHASE III
and
TOWNHOMES
HOA
NEWSLETTER

The Ridge Runner

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The President's Corner

Happy New Year Residents of Rolling Ridge:from the Phase III Board of Directors!

We are on our way to another fast passing year, as they all seem to do; especially as we get older! Hopefully all of you had a very Happy and Prosperous Holiday Season. With the fast pace, Winter will soon be disappearing and Spring will abound. Please continue to keep sidewalks clear of snow and ice, use the sidewalks when walking, wear warm clothing, and wear high visibility/reflective clothing when walking/jogging.

You may have noticed the development is almost completely filled with homes, as only a few unsold lots remain. Berkshire Commons (across the street) will commence sometime this year as plans are in place by the developer to start the infrastructure construction.

Again, Happy New Year.

Respectfully,

John E. Shoop

President of Phase III Association. ❀

WELCOME TO THE NEIGHBORHOOD

Rolling Ridge is a friendly and growing community. If you see new neighbors out and about, make sure you stop and say hello to welcome them to the community.

Michelle Kratzer
14 Crestview Drive

Tis the season for S.A.D.

Submitted by: M Matt Krolikowski

(Rolling Ridge Resident and HOA Board Member)

Some folks may have heard of the term or illness known as seasonal affective disorder or SAD. It occurs primarily during the winter months when most of us are “cooped up” in our homes due to the bitter cold weather. Seasonal Affective Disorder (S.A.D.) is really a type of depression. It does not mean that one is weak or has a character flaw nor that they are a product of a poor upbringing. If you or someone you may know are like most people with seasonal affective disorder, symptoms usually start in the late fall as we lose sunlight and days become shorter and the temperature begins to drop. Often SAD continues on into the winter months. You may feel moody, have low energy, and often lose interest in activities that you normally enjoy, a symptom known as anhedonia. Seasonal affective disorder may cause depression in the spring or early summer, however this occurs much less often.

Treatment for SAD includes light therapy (phototherapy), psychotherapy and sometimes medications. Don't brush off that yearly feeling as being simply a case of the “winter blues”, cabin fever, or a “seasonal funk” that you have to tough out on your own. It is important and there is no shame to take steps to keep your mood and motivation steady throughout the year.

Winter-onset SAD symptoms may include the following:

- Depression (feeling down, sad or melancholy)
- Hopelessness
- Anxiety (nervous) i.e. hand wringing, difficulty falling asleep, fearfulness in the absence of threat to one's well-being or health
- Loss of energy (anergia)
- Heavy, “leaden” feeling in the arms or legs (low motivation or drive or energy)
- Social isolation or withdrawal
- Excessive sleeping
- Loss of interest in activities you normally enjoy
- Appetite changes, especially a craving for foods high in carbohydrates (sugars)
- Weight gain (as a result of overeating)
- Difficulty concentrating or agitation i.e. short fuse or easy to anger

In some people with bipolar disorder, spring and summer can bring on symptoms of mania or a less intense form of mania (hypomania). This is known as reverse seasonal affective disorder. Signs and symptoms of reverse seasonal affective disorder include:

- Persistently elevated mood less desire for the need of sleep
- Hyperactivity
- Agitation, quick to temper
- Excessive enthusiasm out of proportion to the situation
- Rapid thoughts and pressured speech

When should one see a doctor?

It's not unusual to have some days when you feel down i.e. the “Monday morning blahs”. But if you feel down or depressed for days at a time and you can't seem to get motivated to do activities you normally enjoy, you need to see your doctor. This is particularly important if you notice that your sleep patterns and appetite have changed or if you feel hopeless, think about suicide, or find yourself turning to alcohol or other agents to provide relief of these feeling or for relaxation. ✨

If you have some local news like someone's graduation, birthday, milestone anniversary, accomplishment, or perhaps an article that might be of interest to Rolling Ridge residents, contact the editor for inclusion in this newsletter.



Annual Meeting

Rolling Ridge Phase III -- all single family & townhome owners
Monday January 27, 2013 at 7 pm at Milton Borough building

Meeting will include election of board members and approval of the annual budget. If you cannot attend, please send your proxy and ballot to the admin office or give them to another homeowner who is attending. Without a quorum, neither the election of board members or approval of the budget can be accomplished. ❖

Our Community Needs You!

An attractive feature of living in a community association is that it eliminates much of the responsibility of home ownership. But the price of that convenience is sometimes the creation of an atmosphere for apathy. As owners in community associations we tend to allow that elite group known as "them" or "they" to operate the Association, attend related meetings and make important community decisions. We need to realize that "them and they" are always made up of "I, we, you, and us". We all tend to be too busy to participate in association affairs and expect others to stay up-to-date on the affairs of our community association. If our association is to be successful, individual owners must become active and participate in association affairs. We welcome and look forward to your participation! ❖

Pictorial History of Milton, PA

<http://www.miltonhistory.org>

The following is copy on the home page of the above website. It was developed by a Milton resident. I found the website interesting, and thought you may also.

Submitted by Carol Henderson, newsletter editor

This site is dedicated to Alan Laurence Hill (1903-2005), my father, who provided the inspiration for the thousands of hours of work that made it possible. He lived at 738 N Front St. until 1929, when he went away to college.

Milton, Northumberland County, Pennsylvania, is a small town with a colorful and often tragic past. Like most towns, it started with agriculture and mills, then became a manufacturing town of significant size. Sawmills and planing mills were built early on, with the first steam-powered sawmill constructed in 1832. Bark from lumbering was used in the tannery. The building of railroad cars became a major industry, as did the manufacture of iron and steel. The town was both supported and plagued by the west branch of the Susquehanna River, and fell victim to many fires, including the great fire of 1880.

Take a pictorial walk down Front Street as it was over 100 years ago, and see what life in Milton was like for our ancestors. Enjoy the architecture of the old homes and businesses, see the horse-drawn service wagons, early cars and trucks, and canal boats.

The Milton Families section contains genealogical information for many of the old milton families. It paints a picture of how the town changed over the years, and what became of some of the descendants. Additional information and corrections are always welcome. ❖

Rolling Ridge Info

SNOW REMOVAL

The Milton Borough requires that all sidewalks be cleared within 24 hours after a snow event. Single family homeowners who have sidewalks at their properties are responsible for clearing them. The Association clears the sidewalks around the tot lot at the corner of Woodsedge Drive and Rolling Ridge Drive and the small sidewalk from Greenbriar Drive to the break in the fence along Golf Course Road.


WALKING TRAIL

The Association does not maintain the walking trail during the winter months. Snow and ice will not be removed. Walking on the trail during the winter is at your own risk.

PLANNING FOR SPRING

Please remember that any work done on the outside of your home may require approval from the Architectural Review Committee. This includes landscaping, sheds, patios, decks, satellite dishes, etc. If you are considering work in the spring please contact Tom Lang for single family homes at 570-742-3361 or the administrative office for townhomes at 570-742-3455 to discuss your project. Forms can also be found on the website at www.rolling-ridgeassociation.com.

SELLING YOUR HOME:

If you are going to sell your property, Pennsylvania State law governing planned communities requires that the Association issue a re-sale certificate before closing. This certificate lists any violations of covenants & restrictions for your property, any fees owed to the Association for the property, and financial information about the Homeowners' Association. It is required by the law and can invalidate your sale if it is not issued. As the Architectural Review Committee needs to approve the resale certificate, the administrative office asks that you contact us as soon as you list your property so we can get you and your realtor the documents you need. The fee for the resale certificate is \$25.00. Anyone looking to purchase your property must also be given copies of the covenants & restrictions which are available from the administrative office and also on the website at www.rolling-ridgeassociation.com. 



For all your real estate needs, whether you are buying or selling, please give Rolling Ridge resident Terry McLaughlin of Villager Realty a call 523-3244 - office or 490-1002 - cell.

ANY work done on the outside of your home such as adding landscaping, sheds, patios, decks, etc., must be approved by the ARC committee.

For single family, contact Tom Lang

For townhomes, contact Pat Sheatler

***If you do the work without approval,
you are in violation of the covenants and restrictions.***