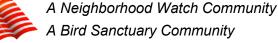
Residential Community

GULF HILLS NEWS



February 8, 2018





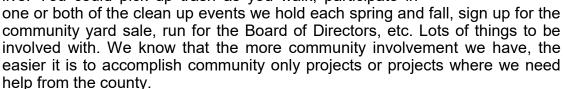
From the President

Dave Philo, President, Gulf Hills Civic Association

Happy New Year to all. I hope your holidays were enjoyable and safe.

What about this cold weather we have had. Since I wasn't able to get all of my plants inside, I will be doing a lot of planting of new plants this spring. I'm sure I wasn't the only one to have this problem. Maybe the garden club should think about having a spring plant sale.

As we start another year I want to encourage all residents to get involved in the community. There are lots of things individuals can do to help make Gulf Hills a better place to live. You could pick up trash as you walk, participate in



Our annual meeting will be held on March 20th at 7 PM at the hotel. Troy Ross will present the state of the county briefing as he has done for the past few years. Troy will probably have representatives from the various county departments that we deal with to keep Gulf Hills as nice as we can. If any of you would like to run for the board, please get your name to any board member so we can get you on the ballot.

I hope to see all of you at the annual meeting.

From the Lighting Commission Chairperson

As the chairperson on the lighting commission, I have noticed several street lights not working or the light blocked by tree branches or vines. I am having Mississippi Power drive thru to see what can be done to "unblock" those lights. Possible answers are 1. moving the street light to another pole or 2. having a tree service come and trim



the branches or vines from around the light. There are several street lights in adjoining poles which we will probably move to other locations where the street is in a dark area. If you have suggestions concerning the street lights in your area, please email me @ vanmarnold@gmail.com with your concerns.

Gulf Hills Annual Civic Association Meeting

The annual meeting of the Gulf Hills Civic Association has been set for Thursday, March 20, 2018, at 7:00 PM at the Gulf Hills Hotel. Included in the agenda is the election of four board members. After the annual meeting, a social will be held with refreshments being provided by the civic association. Membership is required



for voting at the annual meeting, The social is for all Gulf Hills Residents. If you have not already submitted your annual membership dues, a membership application is on page 7.

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Water and Aspirin



MAYO CLINIC - DRINKING WATER, very interesting!!!

A cardiologist determined that heart attacks can be triggered by dehydration.

Good Thing To Know. From The Mayo Clinic. How many folks do you know who say they don't want to drink anything before going to bed because they'll have to get up during the night?

Heart Attack and Water - Drinking one glass of water before going to bed avoids stroke or heart attack!

Correct time to drink water... Very Important... From A Cardiac Specialist!

Drinking water at a certain time maximizes its effectiveness on the body:

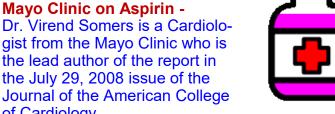
- 2 glasses of water after waking up helps activate internal organs.
- 1 glass of water 30 minutes before a meal helps digestion.
- 1 glass of water before taking a bath helps lower blood pressure.
- 1 glass of water before going to bed avoids stroke or heart attack.

Water at bed time will also help prevent night time leg cramps. Your leg muscles are seeking hydra-

tion when they cramp and wake you up with a Charlie Horse.

Mayo Clinic on Aspirin -

gist from the Mayo Clinic who is the lead author of the report in the July 29, 2008 issue of the Journal of the American College of Cardiology.



Most heart attacks occur in the day, generally between 6 A.M.. and noon. Having one during the night, when the heart should be most at rest, means that something unusual happened. Somers !

and his colleagues have been working for a decade to show that sleep apnea is to blame.

1. If you take an aspirin or a baby aspirin once a day, take it at night.

The Reason: Aspirin has a 24-hour "half-life"; therefore, if most heart attacks happen in the wee hours of the morning, the Aspirin would be strongest in your system.

2. Aspirin lasts a really long time in your medicine chest; for years. (when it gets old, it smells like vinegar).

Please read on.

Something that we can do to help ourselves - nice to know. Bayer is making crystal aspirin to dissolve instantly on the tongue. They work much faster than the tablets.

Why keep Aspirin by your bedside?

It's about Heart Attacks -There are other symptoms of a heart attack, besides the pain on the left arm. One must also be aware of an intense pain on the chin, as well as nausea and lots of sweating; however, these symptoms may also occur less frequently.

Note: There may be NO pain in the chest during a heart attack.

The majority of people (about 60%) who had a heart attack during their sleep did not wake up. However, if it occurs, the chest pain may wake you up from your deep sleep. If that happens, immediately dissolve two aspirins in your mouth and swallow them with a bit of water.

Afterwards: - Call 911. - Phone a neighbor or a family member who lives very close by. Say "heart attack!" - Say that you have taken 2 Aspirins. - Take a seat on a chair or sofa near the front door, and wait for their arrival andDO NOT LIE DOWN!



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Solar Power on Gulf Hills!Kim and David Belcher, Elaine and Jamie Dent

After much research into solar, Dave and I decided that instead of just buying into a solar franchise, we actually couldn't find one reason not to put solar panels on our house. We started the process with SunPro Solar in March 2017 and by May, we were commissioned and producing our own power! Our summer monthly power bill went from nearly \$400 to \$125! Not only did SunPro install our system, but they taught us how to make the most out of our power production. They did a pressure check on our house and sealed up all the little places where air was leaking. Then, they even replaced all of our traditional light bulbs with energy-efficient LED bulbs, wrapped our hot water heaters, and put in new digital Nest Thermostats! I love being able to adjust it from anywhere! We also received enough air a/c filters to last a year.

There are two ways to "go solar". After producing the power, you can store it in batteries or sell it back to the grid, which is what we did. As the panels produce power, whatever is not used at that moment is sent back to the grid. As Mississippi Power "buys" it back at a determined rate, it further offsets your bill. So during the day, you are using solar and unused power is returned back...you will see your meter run backwards! As you know, it doesn't produce power at night, so you are using normal power at that time. The power we are receiving from the panels has reduced our power bill by about 80% and we expect that number to go up as we approach a full year with solar. At this rate, we will likely see a complete return on our investment while living here for the next 3-4 years. In our decision to go solar we have found several benefits: saving TONS of money, reducing our carbon footprint, increase in home value, and we won't pay taxes for 3 years! (The tax rebates roll over each year until you use them all- which is about 30%) We are so thrilled in our decision to go solar and love talking about it and showing people how it works. Feel free to stop by and check it out or just to meet some new neighbors!

Jamie and I looked into solar powering



our home after Katrina and felt it was costprohibitive. We have both remained interested in solar power and it took our neighbors across the bayou (Belchers) doing it for us to get recommitted. We spoke to the Belchers as well as a good friend in Ocean Springs who solar powered his home over three years ago. Both of them used Sun Pro Solar so we called for our estimate. The estimate and education are free and Sun Pro will tell you if you are not a good candidate (ie. house facing wrong direction or too much shade.)

We decided to get panels for our home. After careful consideration and research, we decided to buy enough solar power to meet 50-60% of our yearly need. The solar panels are expensive and we wanted our monthly output of money to remain about the same. It has actually decreased...we pay Mississippi power a lot less than before solar and pay for the solar panels over time with a low monthly payment. We are very pleased! We wish we had purchased the solar panels earlier as saving money monthly, not using costly energy and helping the environment are all wonderful things to do.

Editor's note. I contacted SunPro Solar, and they added the following:

The 30% federal tax credit is available for 2018. We don't just put solar on any home because we offer a 25 year production guarantee so we make sure you are a good candidate.

The solar panels come with 24/7 online monitoring. They are built to last and have 25 year warranty on both panels and inverters.



Present this coupon in store for 15% off *Minimum \$30.00 purchase*



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From Our Sheriff - Mike Ezell

The rash of car burglaries throughout the county isn't letting up. Since early last fall, our investigators have handled hundreds of these crimes. In 2017, there were 301 car burglaries and in January of this year, 34 were reported.

These burglaries are occurring in ALL unincorporated areas of the county. Citizens are leaving money, credit cards, computers, guns, and phones in the vehicles. In 99% of the cases, the vehicles are left unlocked.

We cannot emphasize enough how important it is that you lock your vehicles, regardless if they are parked in your driveway, garage, or in front of your home. Do not leave valuables in them.

If you see anything suspicious, call the sheriff's department. Help us help you.



Editor's Note

Several of our residents have inquired about the Sheriff's Phone App. We have reprinted it below for your convenience toward installing this app on your mobile devices.

ANNOUNCING THE NEW JACKSON COUNTY SHERIFF'S DEPARTMENT PHONE APP



DOWNLOAD ON YOUR PHONES **TODAY** FROM





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- **DIRECTIONS TO COUNTY OFFICES**
- PHONE ACCESS TO DAILY CRIME REPORTS AND PRESS RELEASES
- PHONE NUMBERS AND DIRECTIONS TO ALL JACKSON COUNTY MUNICIPAL LAW **ENFORCEMENT AGENCIES, HOSPITALS AND** AMBULANCE SERVICES
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GUF HILLS ResideNHI PHILL SON ResideNt-PHIL SMITH

Gulf Hills Garden Club News Mary Ann Westfall

Christmastime in the Memorial Garden, with the twinkling lights and decorations, is an opportunity for everyone passing through Gulf Hills to enjoy the spirit of the season. The lights wrapping the trees and filling the flowerbeds would be beautiful enough, but for the past few years, this holiday magic has been enhanced by the handmade wood artwork of Gulf Hills resident Pat DeHaan.

Centerpiece of DeHaan's contributions has been a nine-foot tall reindeer, sparkling with glitter, shiny bow



and golden bells, which is illuminated by spotlights. A new addition to the scene this year was "NOEL" spelled in separate wood letters with mirror adornments.

Hanging from the oaks, among other ornaments, were dozens of painted wood stars - each individually designed and decorated. Three-color wood candy canes stood tall around the center flowerbed as well as along the memorial brick feature path. Twinkling clear lights and tinsel garland between the candy canes added a special touch.

Each of these decorations is individually crafted by DeHaan, from the concept drawing, to cutting the designs out of plywood, to hand painting every inch of each piece and finishing with any necessary hardware before it can be installed. DeHaan does give credit to some special helpers she met years ago while working at Gulf Hills Hotel, where she is employed.

According to DeHaan, Dr. Mark Stavros, from Florida State University College of Medicine and Singing River Hospital, stayed at the hotel with his family around the fourth of July seven years ago. The eight Stavros children saw her working on a wood project during some time off while at work, and after observing her for a while, asked if they could help. DeHaan gladly obliged.

Each year she plans different projects, partly to surprise her helpers who return to stay at the hotel and assist her each summer, and partly to add a little something different to our Memorial Garden holiday display as well as her own home.

The project that has given DeHaan the most satisfaction to make is a life-size nativity scene.

which you may have seen this year on display in her front yard at the four-plex on Shore Drive.

"I lost my brother last January. I had been talking with him for years about making a nativity scene, says DeHaan. "I decided this was the time to finally go ahead and do it."

The lovely scene, complete with 3-D embellishments on the camels and wise men, took about eight months to complete



and was a joyous surprise to drivers along their way on Shore Drive. DeHaan has donated the entire project to Faith Christian Center in Ocean Springs. In early 2009, when DeHaan was a new employee of Gulf Hills Hotel, there was discussion of what the hotel could do to decorate for Mardi Gras. She volunteered to make some decorations, and as they say, the rest is history. She has since made decorations for Easter, Christmas, 4th of July and more. She even made a 19-foot long pink Cadillac decoration for the hotel for Cruisin' the Coast.

Self-taught, DeHaan first started refinishing furniture during the early days of her marriage, then later, as a divorced single mother raising four children, she taught herself how to repair things as a matter of necessity. She eventually started working with wood and enjoyed it so much it became a hobby.

She is already planning her projects for decorating the Memorial Garden next holiday season

Please return this form with
Your membership dues to:

Ocean Springs, MS 39566-0475

I have enclosed payment in the amount of \$30.00 for my Gulf Hills Civic Association membership dues for the year 2018. If you have already paid dues for this calendar year 2018, Please disregard.

Please fill in your name,
Address, phone number, and
Email address.

Mail to the address above.

If the mailing label has PAID by your name, you have paid your 2018 dues.

call us for a quote:

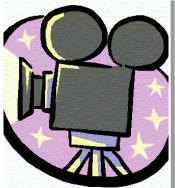
We've been Discovered!

Donna Brown, GM. Gulf Hills Hotel

Many of you were probably aware of the massive amount of activity back in October, November and early December that was going on in, near and around the hotel, golf club, tennis courts, waterfront and homes on Paso drive leading up to the hotel and golf club. Yes, we were the site chosen for a

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made for TV Lifetime movie! The Production company is the same one that produced the movie MIS-SISSIPPI SHARKS which was produced in and around the Ocean Springs Inner Harbor and shown on the Sci-Fi channel last summer; and the Lifetime movie shown this past December, CHRISTMAS IN MISSISSIPPI! Both movies, but especially the Christmas movie on Lifetime TV, portrayed Gulfport, our Coast and Mississippi in the best possible light. The movie made here at Gulf Hills will be a murder mystery and is scheduled for release sometime late spring/ early summer. The movie title is ... MY MOTHER'S MURDER. We were delighted and

honored that Executive Producer, Daniel Lewis, chose our location after doing extensive scouting for this particular movie. We fit their needs perfectly and now the rest of the world will soon see what we here in Gulf Hills have known for decades...we have History, Heritage, Heart and the Scenery, the environment, and the people. Stay tuned. We'll let everyone know the release date. We've been discovered, y'all! The best is yet to come!!!

Be Neighborly

1. Clean up after your pets.

SURANCE AGENCY

Writing Homeowner's Policies with Wind.

- 2. As you walk around Gulf Hills, pick up trash.
- 3. Obey traffic laws.
- 4. When you have a party, be thoughtful of your neighbors.

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Editor—Van Arnold vanmarnold@gmail.com
Contributing Writers:
Mary Ann Westfall
Donna Brown
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Rubbish Reminder

Rubbish (no-household garbage) pickup is scheduled for the second week of every month and all limbs and debris need to be put out by 7:00 am Monday of that week.

Use the landfills whenever possible -- especially during the dry spells in an effort to prevent fire hazards -- Plus the Seaman Landfill is free to residents! Limitations of Rubbish Pick-Up

The maximum volume of trash, trees, debris and/or vegetation that Jackson County may remove per pick-up per month is 3 cubic yards

Contact the Solid Waste Department with any guestions on the type of items that can be picked up at 228-872-8340 or the website:

www.co.jackson.ms.us/departments/solid-waste/



Lighting District Reminder

Gulf Hills Lighting Commissioners, ask that you report outages or malfunctioning streetlights to Mississippi Power at 800-487-3275. Give Mississippi Power the address closest to the light. The District is being charged for each light, working or not. Remember, the lights are for our safety.

Garbage Pickup Reminder



Household garbage pickup is scheduled each Tuesday. On major holidays (New Years, Memorial Day, 4th of July, Thanksgiving, Christmas) pickup will be postponed a day. Check the holiday schedule in the newspaper or on TV.

Join Gulf Hills Yahoo Groups

The sole purpose of the Gulf Hills Yahoo Group site is to keep us informed about activities from neighborhood watch observations suspicious characters/ vehicles, to strange acting animals that could inflict



disease to our loving pets. So if you have not already, please join. It's easy:

- 1) You will need an email address to join; you can get one at Yahoo.com
- 2) Go to groups yahoo.com/group/gulfhills
- 3) Click the blue button that says "Join this group"
- 4) Request membership using your Yahoo email.
- 5) The moderator will send approval shortly If you have trouble, contact the moderator: Barry Mends mends1@bellsouth.net 228-382-7723

Helpful Phone Numbers

-	
UTILITIES	
Electric: (MS Power)	800-532-1502
Power outage/trouble	800-487-3275
Natural Gas: (Center Point)	896-7500
Phone: (AT&T)	888-757-6500
Cable: (Cable One)	374-5900
Water & Sewer: (WJCUD)	872-3898
COUNTY SERVICES	
Health Department	875-1336
Sheriff– Hwy 609 substation	875-0475
Planning Department (Zoning	769-3112
Road Department	875-4545
Rubbish Disposal (Landfill)	872-8340
Justice Court	875-4125
PUBLIC SERVICES	
Ambulance (Acadian)	762-0214
Fort Bayou Fire Dept. 911 or	818-0370
Refuse (Waste Pro)	818-5393
St Martin Community Center	392-7361
HEALTH CARE	
Singing River Hospital	809-5000
Ocean Springs Hospital	818-1111
Biloxi Regional Med Center	432-1571
Women's Center for Nonviole	nce 875-5433
LIBRARIES	

Ocean Springs Library

St Martin Library

EMERGENCIES DIAL

COUNTY OFFICIALS

Troy Ross, District 4 Supervisor	769-3457
Brian Fulton, County Administrator	769-3088
Josh Eldridge, Chancery Clerk	769-3124
Randy Carney, Circuit Clerk	769-3040
Anthony Lawrence, District Attorney	769-3045
Mike Ezell, Sheriff	769-3015
Vicki Broadus, Coroner	769-3197
Joe O'Neal, Road Manager	826-2547

Upcoming Community Dates

Valentine's Day Wed Feb 14 President's Day Mon Feb 19 Daylight Savings Starts Sun Mar 11 Ocean Springs Spring Arts Festival Sat Mar 24-25 Easter Sun Apr 1

875-1193

392-3250