



Cecilia M. "Sis" High

October 2, 1961 - October 11, 2025

Cecilia M. "Sis" High, 64, of Elizabethtown, PA, passed away peacefully on the morning of October 11, 2025, surrounded by her family's love after a long and courageous health journey. Born in Lancaster, PA, on October 2, 1961, she was the daughter of the late Kenneth E. and Philomena C. Leed (Troain).

Sis graduated from Manheim Central High School, Class of 1979, and spent many years working at Esbenshade Farms, where her strong work ethic, humor, and kindness left a lasting impression on everyone she met.

She was a proud member of the American Legion, the Marietta Boat Club, and the Dutch Trail Cutters Snowmobile Club, and was known for spreading laughter and joy as the beloved Christmas Elf at the Legion's holiday parties. She was truly the life of every party — full of energy, laughter, and a light that drew everyone in.

Sis loved fishing, riding motorcycles, spending time at the mountains and the beach, and cheering on her favorite teams — the New York Yankees, Pittsburgh Steelers, and NASCAR's Kevin Harvick.

She is survived by her daughter Nicole Aponte (wife of Miguel Aponte); her stepchildren Brandi High, Amy High (wife of Dustin Nistle), and Austin High (husband of Ashley High); her cherished grandchildren — Kaiden, Nolan,

Phoenix, Julius, Braxtyn, Heaven, Ivanna, and Callum; and her brothers Steve Leed (husband of Ethel) and Kenneth Leed.

Sis was an incredible mother, grandmother, sister, and friend — strong, outspoken, and full of love. She faced every challenge with courage and grace, leaving behind an example of strength and compassion that will never be forgotten. Her laughter, her spirit, and her unconditional love will live on in all who were lucky enough to know her.

Though our hearts ache, we take comfort knowing she is now free from pain, smiling down from Heaven, and watching over those she loved most.

“Your wings were ready, but our hearts were not.”

A visitation open to the public will be held on Sunday afternoon, October 26, 2025, from 2:00 PM to 3:00 PM at the Sheetz Funeral Home, Inc., 16 East Main Street, Mount Joy, PA 17552. A Memorial Service will be held on Sunday at the funeral home at 3:00 PM. Interment will be private and at the convenience of the family. Guests are encouraged to wear casual attire or a Steelers shirt to honor her team spirit. A meal for close family and friends will follow the service.

In lieu of flowers, peace lilies or living plants are welcome in her memory — reflecting her love for life, growth, and things that live on.

Previous Events

Visitation

OCT **26**. 2:00 PM - 3:00 PM (ET)

Sheetz Funeral Home
16 East Main Street
Mount Joy, PA

Memorial Service

OCT **26**. 3:00 PM (ET)

Sheetz Funeral Home
16 East Main Street
Mount Joy, PA