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Around the Neighborhood!

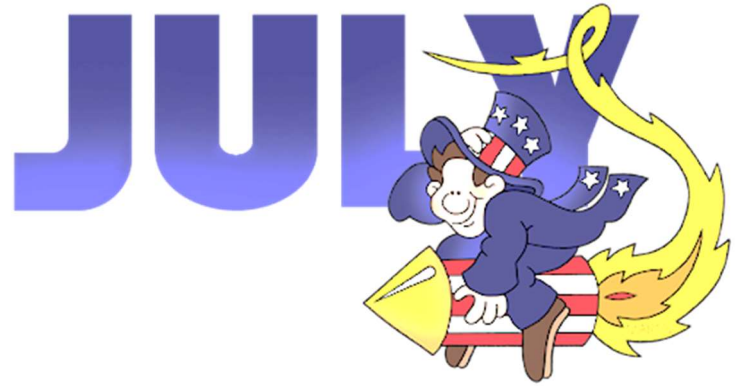
July Birthdays

Activities

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Lots of Fun Stuff!



July 2024



Harrisburg Views

Board Members:

Chuck McDowell (President);
John Gansereit (Vice
President); Kenny Allred
(Treasurer); Laura Schmitt
(Secretary); Carole Pendleton,
Virginia Bell, and Matt
Frampton (Board Members).

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Greetings, friends and neighbors!

Summer in southern Utah is a time to bask in the beauty of the outdoors, but with temperatures soaring, it's crucial to enjoy the sun safely. Here are some tips to make the most of the sunny days while staying protected:

Sun Protection Essentials - First and foremost, sunscreen is your best friend. Opt for a broad-spectrum sunscreen with at least SPF 30, and remember to reapply every two hours, especially if you're swimming or sweating. Don't forget often-missed spots like the tops of your ears, the back of your neck, and your feet. Pair your sunscreen with sun-protective clothing—wide-brimmed hats, sunglasses with UV protection, and lightweight, long-sleeved shirts can make a big difference.

Stay Hydrated - The dry heat in our region can quickly lead to dehydration. Always carry a water bottle with you and make a habit of drinking water regularly, even if you don't feel thirsty. Infuse your water with slices of cucumber, lemon, or mint for a refreshing twist that can make hydrating more enjoyable.

Timing is Everything - Plan your outdoor activities during the cooler parts of the day. Early mornings and evenings are ideal for hikes, picnics, and other outdoor fun. Not only will you avoid the most intense sun, but you'll also experience some of the most beautiful lighting and scenery southern Utah has to offer.

Find Shady Spots - Seek out local parks, trails, or picnic areas that offer natural shade. Trees, gazebos, and pavilions can provide much-needed respite from the sun. Local cafes or ice cream shops with outdoor seating under umbrellas are also great spots to cool off.

Skin and Eye Care - After a day in the sun, soothe your skin with aloe vera gel or a moisturizer containing antioxidants to help repair any damage. Protect your eyes with sunglasses that block 100% of UVA and UVB rays to prevent long-term damage.

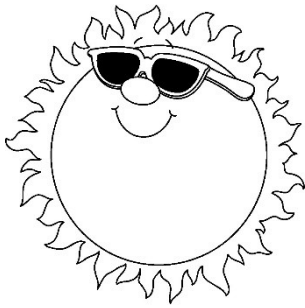
Embrace the summer sun responsibly and make the most of all that southern Utah has to offer. Stay cool, stay hydrated, and most importantly, stay protected!

Maria Allan

Editor



Thank you "little Megyn", our youngest volunteer ever, 1 year old, and what a great job she did!



I.C. Chronicles

For the month of June, the Improvement Committee has been working in Memorial Park. Now that the duck pond has dried out, we have been able to get down there to trim and rake to make it safer for fire season. Memorial Park is done for now, the fire hazard has been removed. We have our sights on the north front property next.

A big thank you to Gerald Ciccanti for weed-whacking, to DJ Powers and Karen Brunette for all the work they do keeping Roadrunner Park looking nice, to John Frech and Jaylyn Outsen for taking care of the common area by their house and Cottonwood Lane, to Dave & Marj Comerzan for taking care of the area next to their house, to Lori Dean for weed-whacking the hill behind her house near the KOA, and to MaryAnn Roberts for all the work she does in all parts of the park.

Most especially, a big thank you to all of our volunteers! Sorry if we missed your name, but know that your efforts are greatly appreciated!!!



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News from the Board

By Chuck McDowell

We all live in an old western ghost town. The history of the first Mormon settlers and the silver ore miners that lived here in the early years is very interesting. We have come a long way since then.

Can you imagine what living in one of the old stone houses like the one at the entrance to our community must have been like? No central heating or cooling. No internal plumbing. Having to use an outhouse daily in snake country no less!

We are truly blessed!

My wife Deb and I just returned from a 2-week trip to Amsterdam, Normandy and Paris. We were honored to accompany the Utah Pipe Band who had been invited to perform at the 80th D-day Commemoration events which were actually multiple events spread over several locations in Normandy including the actual beaches stormed by our troops on June 6th, 1944 (Utah Beach, Omaha Beach, Gold Beach and a variety of other locations in Normandy, France.) It was truly a sobering honor to be with the Utah Pipe Band at those events.

I say all that because we are coming up on the July 4th Holiday and that holiday will mean more to us now that we have seen the places where so many of our young soldiers perished during the liberation of Europe in WWII.

NOW BACK TO HARRISBURG BUSINESS:

The rules:

We as a Board have noticed a spike in the numbers of complaints coming in about members violating our association rules (and Hurricane laws) in the areas of parking on the street, overnight parking, one-way streets, speeding and dogs off leash.

Parking on the street – You are ok parking on the street during the day if you don't block traffic. Delivery trucks need to get by and of course emergency vehicles like fire trucks or ambulances need room to pass.

Overnight parking – please use the Clubhouse parking as overflow and overnight parking if needed on a limited basis.

One-way streets – most of our streets allow only one way driving. Observe signage and don't be afraid to ask a local if you need assistance.

Speeding – 10 to 12 MPH is the speed limit throughout Harrisburg.

Dogs off leash – Dogs are only allowed to be off leash on the owner's lot. They are certainly not allowed to wander around the park off – leash. That is not only a violation of HEOA rules, it violates Hurricane City law also.

Please abide by our rules and laws. Enough said for now!

Have a great month of July!

Cheers,

Chuck McDowell
Harrisburg HEOA President



Taco Potato Casserole

1 lb. Ground beef
1 small Onion, finely chopped
2 cloves Garlic, minced
2 lbs. Frozen shredded hash browns
2-1/2 cups Shredded cheese (about 10 oz.)
1 can Diced tomatoes with green chilies
1/2 cup Sour cream
1 packet Taco seasoning
10.5 oz can Cheddar cheese soup



Brown ground beef with onion and minced garlic.

Place meat and all other ingredients in the crockpot and stir it all together. Cook on Low 4 hours or High for two. This is one of those recipes that you can adjust any way you want--measurements don't have to be exact. You can garnish this with anything you like – a dollop of sour cream, sprinkle of cheese, guacamole, green onions, cilantro ... let your imagination loose!



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The Bargaindales table brought in \$77 for the month of June!!

Please remember that items are not free—put your donations in the box.

For those of you who are new, The Bargaindales table is located in the southeast corner of the clubhouse, near the pool table. This is where residents can donate items in good condition that are no longer being used. You can also purchase anything on the table that you want to have for a price that you think is reasonable. Put your payment in the locked box on the wall next to the table. Your donations go to the Activity Committee, the Improvement Committee, and the Newsletter to pay for all the fun activities we have and putting in new flowers, etc. Contact MaryAnn if you have something to donate.



Terri Perkes was our winner for June!
Congratulations!

They Said It



“The Bible tells us to love our neighbors, and also to love our enemies; probably because they are generally the same people.” —*G.K. Chesterton*

☆ ☆ ☆

“If you want to know what God thinks of money, look at the people he gave it to.” —*Dorothy Parker*

☆ ☆ ☆

“Before borrowing money from a friend, decide which you need most.” —*Addison H. Hallock*

☆ ☆ ☆

“Never keep up with the Joneses. Drag them down to your level. It’s cheaper.” —*Quentin Crisp*

☆ ☆ ☆

“People say money is not the key to happiness, but I have always figured if you have enough money, you can have a key made.” —*Joan Rivers*

Puzzle with a Prize!

Congratulations to last month’s winner!!! **Terri Perkes** of 125 Overlook won the \$20 gift certificate to the Lonny Boy’s. We only had 3 entries, so your chances of winning are still really good. A big thank you to all who participated—it’s always fun. The solution to the puzzle was:

1 – Teacup; 2 – Fly screen; 3 – Metaphor; 4 – Leftover/ Turnover; 5 – Bad influence; 6 – Backhand; 7 – Sunken; 8 – Wise guy; 9 – Stay indoors; 10 – Crystallise/Crystallize; 11 – Elbow; 12 – New Zealand How many did you get right?

☆ ☆ ☆

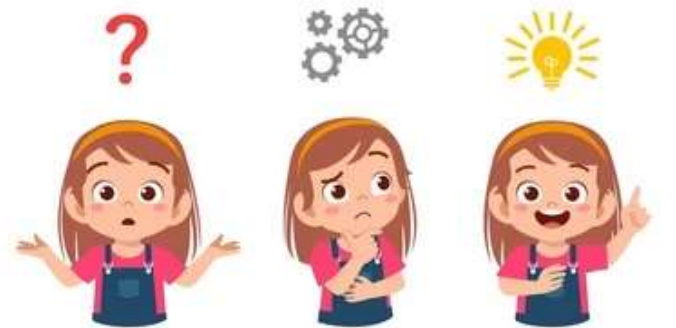
Here’s another! Identify the word or phrase depicted in each of the rebus pictures on the right – this one should be easier. Example:

STORM	= TH <u>under</u> STORM = “thunder storm”
TH	

This month’s prize is a \$20 gift card to **Main Street Café** in Hurricane.

The rules & fine print: Write your entry on a 4 X 5 piece of paper and drop it in the yellow contest box inside the clubhouse. Be sure to include your name, Harrisburg address, phone number and the solution to the puzzle on your entry. It’s okay to consult with your friends or use the internet, and you don’t have to get them all right—just enter! The more people who enter, the more fun it is. Good luck! (If you’re out of town, you can email your entry to marvelousmom2@yahoo.com, and I’ll put it in for you.)

Entries must be submitted by 7/18. The winner will be drawn from the entries with **any** correct answers, so if you don’t know them all, give it your best guess and enter anyway! The solution and winner will be announced next month. The contest is limited to Harrisburg residents. Limit one entry per household. Limit one winner per household per quarter (to give everyone a chance). If you’ve already won, you can still enter for the fun of it; you just won’t be eligible for another prize for 6 months (**unless nobody else enters—which is very possible**). You can’t win if you don’t enter!



1 	2 	3 gobble gobble cluck cluck honk honk quack quack
4 R + R =	5 	6
7 mute mute mute mute mute mute mute mute	8 #FF0000 #0000FF #808000 #800080 	9 difoodan
10 	11 BIRD B B B B B BIRD B B B B BIRD B B	12 Pod Pod Pod

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Activity Committee Report

We hope that you are having a wonderful summer! Volunteers are needed to help plan our activities right now ... if you'd like to help out, contact Terri Perkes, Imelda Akens, Maria Allan, or drop your name at the office. With Cindy on vacation for the summer, our activities have been sparsely attended. Her absence is definitely felt!

We had our movie night on June 8. We watched "Hachi: A Dog's Tale," which is based on a true story of a faithful dog. Kleenexes were definitely in order. (Come to think of it, aren't all dog movies emotional? Ha, ha.) Everyone there enjoyed the movie and we had some great movie goodies to nosh on.

On the 11th was our monthly Potluck Dinner and Bingo game. There was some yummy food and we had fun visiting and playing bingo. Vickie won two games! How lucky is that!

Coming up in July:

- Tuesday, July 9th at 5:30 PM – Monthly Potluck Dinner. This time we're having a BBQ! Bring your own meat and a side to share. We'll provide the buns and the condiments. Sign up at the clubhouse so that we can get a head count of how many to expect.
- Saturday, July 13th at 6:30 PM – Movie Night: Join us for "National Treasure" with Nicholas Cage – a fun adventure with treasure hunters trying to steal/save the Declaration of Independence (a great theme for July).
- Sunday, July 21st at 6:00 PM – Ice Cream Social. Only 75 cents per scoop and your choice of delicious toppings (50 cents extra for a banana split) We always have a great time visiting and ice cream is the perfect summertime treat!
- In addition, there are card and board games nearly every afternoon, Texas Hold 'Em on Thursday nights, and pool on Monday nights. Come join in and get to know your neighbors!
- Don't forget swimming pool aerobics Mondays and Wednesdays at 10:00 AM. It's fun and relaxing.

Things to Do – Wednesday Night Market

Here's something that looks like fun if you're looking for something to do. Check out the Wednesday Night Market, every Wednesday 4:30-8:30 PM, featuring Live Music, Games, Line Dancing, Food Trucks, AWESOME Vendors. Located at Rowley's Red Barn, 471 W Telegraph St, Washington, UT 84780



To find more fun and interesting things to do, check out greaterzion.com/upcoming-events/ and scroll to the calendar. You'll find hundreds of interesting things.



The Southwestern Willow Flycatcher: A Tiny Treasure of the Southwest

If you ever wander along the streams and rivers of the American Southwest, keep your ears open for the distinctive "fitz-bew" call of the Southwestern Willow Flycatcher. This little bird, which is sadly endangered, prefers dense, wet habitats, breeding in thick patches of trees and shrubs near water.

These flycatchers migrate to places like southwestern Utah along the Virgin River to breed from April to August. They're small birds, about 5.75 inches long, and weigh just 11-12 grams. You can recognize them by their brownish-olive to gray-green upper body, pale olive breast, and yellow belly. They have two light wing bars and a completely yellow lower beak, but no noticeable eye-ring. Their song is a sneezy "fitz-bew," and they also make "whit" and "brrrit" calls while often flicking their tails.

The Southwestern Willow Flycatcher is a neotropical migrant, meaning they travel between North and Central America. They breed in areas ranging from southern California to southwestern Colorado and once included parts of Texas and Mexico. During winter, they head further south into Mexico, Central America, and northern South America. Unfortunately, their numbers have dropped due to the loss of their riparian habitats.

These birds need moist environments to breed, usually in dense vegetation near water. They nest in both native willow and nonnative tamarisk trees, in patches of vegetation that are often small but can be up to 200 hectares. However, they tend to avoid narrow patches less than 10 meters wide. During migration, they use smaller patches with sparser vegetation.

For about 3-4 months a year, these flycatchers pair up for breeding, defending small territories often close to other pairs. Males usually return to the same area each year, although they might move if their habitat is disturbed by events like flooding.

When it comes to food, Southwestern Willow Flycatchers are insectivores. They catch insects mid-air or hover to pick them off foliage. Their diet includes ants, bees, flies, mosquitoes, gnats, cicadas, aphids, and even dragonflies.

So, next time you're by a stream in the Southwest, listen out for the "fitz-bew" and you might just spot this tiny but fascinating bird.



Reflections of a Boomer

by Uncle Joe

I've seen fire and I've seen rain.
I've been through the desert on a horse with no name.

I've gone to Kansas City, I sang in the sunshine.
I've been on the road again, with Georgia on my mind.

Like a rolling stone, I've given peace a chance.
I've put a camel to bed and danced the last dance.

Mr. Tambourine man played a song for me,
I've whispered words of wisdom, let it be.

I've fallen into a burning ring of fire and walked the line,
To all the girls I've loved before, you were always on my mind.

I've been everywhere, I've been so lonesome I could cry,
I've driven my Chevy to the levee when the levee was dry.

I've been to Itchy coo Park in a yellow submarine.
I've made the scene in a time machine.

I've done the Hokey Pokey and turned myself around.
I've welcomed baby back to the poor side of town.

I've followed the tracks of my tears down a long and winding road.
I've kept on searching for a heart of gold.

I've sought shelter from the storm, I've sat on the dock of the bay.
I've rocked around the clock, on a sunshiny day.

I've knocked on Heaven's door, while blowing in the wind.
Joy to the world, those were the days my friend.

Lay lady lay, in crimson and clover.
It's been a hard day's night, the party's over.

fl/ Audrey Jones Paris

Just for Laughs

My body isn't a temple, it's a haunted house. It needs a lot of work, makes mysterious creaking sounds, and contains the spirit of a creepy old lady that's always mad about something.

☺ ☺ ☺

People in Athens rarely get up before sunrise. Dawn is tough on Greece.

☺ ☺ ☺

Why'd the alternate universe Spider-Man do so well on his driving test? He's an excellent parallel Parker.

☺ ☺ ☺

Never date a tennis player. Love means nothing to them.

☺ ☺ ☺

What's a lawyer's favorite drink? Subpoena colada.

☺ ☺ ☺





July Birthdays

Happy Birthday to all our friends and neighbors born in July!

- 4th - Steve Hone
- 5th - Marilyn Mann
- 7th - Maria Perez
- 11th - Gerald Ciccanti
- 12th - Seth Kelly
- 16th - Beverly Macari
- 18th - Myrna Holmstead
- 20th - John Liechty
- 21st - Tom Martindale
- 22nd - Jodi Hardman
- 23rd - Dave Deschamps
- 24th - Lynn Barthel
- 24th - Bobby Fein
- 25th - Robert Murray Jr.

Did we miss your birthday? Please give the month and date to the office or contact the editor.

Pioneers

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|---------|---------|---------|--------|
| lantern | pioneer | Indians | daring |
| candle | wagon | diary | seeds |
| quilt | trail | rifle | water |
| river | flour | fire | oxen |
| west | rope | | |

I feel like I should clean the house, so I'm going to lay down and have a nap until that feeling passes!



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Strange BUT TRUE

Vatican City is the smallest country in the world. Incredibly, it's 120 times smaller than Manhattan!



The letter "J" was the last added to the English alphabet. It dates back to 1524. Shockingly, before it became a letter, the letter "i" was used for both "i" and "j" sounds!



The moon has moonquakes. They occur due to tidal stresses connected to the distance between the Earth and the moon.



Ketchup used to be sold as medicine. Back in 1834, people with indigestion were given a prescription for the condiment.



You can't hum while you're pinching your nose. Go ahead and try!



National Dimples Day is July 9

Do you have Gelasin? They are an indentation or a depression in your skin, most often on the cheeks of your face. If you have gelasin, then you will thoroughly enjoy National Dimples Day. Otherwise known as Dimples, this July 9 holiday is a cause for celebration for people with gelasin.

Dimples are not too common. Only 20- 30 % of people around the world have them. Scientists disagree whether they are genetic, a birth defect, or just a random occurrence. They are a natural indentation of the skin. They are formed by a defect or variation in the zygomaticus major muscle. This muscle controls facial expression. Cheek dimples are the most common and are visible when smiling.

People who have dimples are considered lucky. As a matter of fact, in Chinese culture, they are a sign of good luck. Babies with dimples are cute. Women with dimples are considered beautiful. And men who have them are handsome. They are also a sign of heroism and innocence. So, if you have them, smile as they are visible when smiling.

People who have them usually have two, one on each side of the face. In rare occurrences, it is on just one side of the face. They also may appear in the corners of the mouth. Some people have a dimple or chin cleft. And, they can occur on the lower back.

Dimples are so desirable that in 1936, Isabella Gilbert invented a dimple maker. She applied for a patent on October 6, 1936. The U.S. Patent Office issued Patent #104345A on August 31, 1937.

Graceful Grady from Atlanta, GA. is the founder and Chief Dimples Officer of National Dimples Day, LLC. This fun-filled holiday was created in 2022. After hearing about all kinds of daily holidays in the media and from friends, Grady searched the internet for a holiday to celebrate dimples. Unable to find one, Grady created this fun holiday.

There are many things you can do to celebrate this holiday. Here are a few ideas:

- Celebrate the ones you have.
- Smile as often as possible to display your attractive gelasin(s).
- Consciously look for them in others. Then, compliment people who have them.
- Take pictures of them.
- Find out if you have back dimples. Many people have no idea.
- Hold a beauty contest, judged solely on the cutest dimple(s).
- Learn about Dimples the Clown.
- Did You know? If you have a burning desire to have cute dimples on your face, you can have an outpatient procedure called "Dimpleplasty". You're going to look so cute!

Friendly Reminder:



Please, please remember to be courteous and pick up after your dogs! We would like this to be a clean and friendly neighborhood. Everyone must contribute. Thank you!





July 2024



Water Aerobics 10:30 AM Mondays and Wednesdays

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
In addition, there is usually a card or board game going on weekdays at 1:00 or 1:30. Check the signup sheets in the clubhouse or just show up and join in!	1 Pool 5:30 PM 	2	3 Hand & Foot 1:00 PM/\$1 	4 Pinochle 1:00 PM Texas Hold 'Em 5:30 PM 	5	6
7	8 Pool 5:30 PM 	9 Potluck Dinner & Bingo 5:30 PM/\$1 Card 	10 Hand & Foot 1:00 PM/\$1 	11 Pinochle 1:00 PM Texas Hold 'Em 5:30 PM 	12	13 Movie Night 6:30 PM "National Treasure"
14	15 Pool 5:30 PM 	16	17 Hand & Foot 1:00 PM/\$1 	18 Pinochle 1:00 PM Texas Hold 'Em 5:30 PM 	19	20
21 Ice Cream Social 6:00 PM \$.75/scoop 	22 Pool 5:30 PM 	23	24 Hand & Foot 1:00 PM/\$1 PIONEER DAY	25 Pinochle 1:00 PM Texas Hold 'Em 5:30 PM 	26	27
28	29 Pool 5:30 PM 	30	31 Hand & Foot 1:00 PM/\$1 			