

## In this issue >>>

Welcome message: Maria Allan

Around the Neighborhood!

January Birthdays

Activities

Sponsorships

Calendar

Lots of Fun Stuff!



January 2025



# 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).

## **Newsletter:**

Editor: Maria Allan  
For submissions, please email  
marvelousmom2@yahoo.com  
Deadline is the 20<sup>th</sup> of each  
month.

## **Distribution:**

Office Personnel  
Office: 435-879-2745  
Fax: 435-879-2752  
Email: admin@heoa134.com

Printed by Steamroller.

## Greetings, friends and neighbors!

First of all, thank you for your patience with the delay in getting the new electronic sign installed! The first one had a defect and had to be returned, but the good news is the new sign is up and running. This digital board will showcase upcoming events in Harrisburg and rotate through multiple announcements—so there's always something new to see! We're loving how easy it is to update the display and keep everyone informed. That said, we're still fine-tuning things like font sizes and colors, so bear with us as we make adjustments. Your feedback is always welcome!

\* \* \*

We wish you a very Happy New Year! We hope your holiday season was filled with joy, and that you and your loved ones are stepping into 2025 with health and happiness.

It's hard to believe we're already almost a quarter of the way through this century. How did that happen? When did I go from being "middle-aged" to "elderly"? Or am I still just a "senior"? These milestones sneak up on us, don't they? So many transitions happen quietly, without us even realizing until we look back and see just how far we've come.

As we step into the new year, let's not let life pass us by unnoticed. Let's embrace the moments that matter—the simple joys and everyday victories. Whether it's reconnecting with a friend, trying something new, or simply pausing to appreciate a sunrise, let's make the most of this year.

Here's to the adventures ahead! Happy New Year!

Maria Allan

Editor





**BLACK DIAMOND**  
 EXPERTS DRAINS PLUMBING ELECTRIC HEATING & AIR

ASK ABOUT 0% INTEREST & NO PAYMENTS FOR 12 MONTHS!

**\$50 OFF**  
**ANY REPAIR**

**ELECTRIC | PLUMBING | HVAC**  
 FREE IN-HOME ESTIMATES OR 2ND OPINION  
 ON ANY MAJOR REPAIR/REPLACEMENT

Residential owner occupied homes. Must present at time of service. Not combinable with other offers and not applicable to previous work. Restrictions may apply. Financing OAC & work above \$1000. Call for details.



**SAME-DAY & WEEKEND**  
**APPOINTMENTS!**

**435.274.7117**  
**BDEXPERTS.com**



*December Ice Cream Social and 90<sup>th</sup> birthday celebration for Garlan Mitchell.*



## Activities Committee Report

We hope that you have been having a fun holiday season with family and friends and traveling. We've been having a few fun activities and appreciate everyone who comes out to support the community.

You may have noticed the new sign on the front of the clubhouse (which was donated by the newsletter). It's so fun and colorful! It will be used to let us all know what's coming up. Keep an eye on it, as it constantly changes. We hope that you take notice and plan to participate!

Those of us who turned out to watch "Romancing the Stone" had a great time. It's a kind of old movie (1984), but we had forgotten how fun and funny it was. Danny DiVito was a riot!

December's pot luck dinner was delicious with a variety of great food that everyone enjoyed and a fun Christmas bingo game/gift exchange. We did it like a white elephant, where you could steal someone else's gift. There were lots of laughs!

On the 15th we had the ice cream social (apologies for putting it on the calendar incorrectly), and also celebrated Garlan Mitchell's 90th birthday! We had a good turnout! Happy Birthday, Garlan!

**DON'T FORGET!** There are Dixie Direct books for sale in the clubhouse for \$40. Each has lots of discounts to local merchants, and will save you more than the cost of purchasing the book! You can purchase one if the office is open, or sign up on the sheet and it will be delivered. \$15 of each purchase benefits the Activities Committee.

Upcoming this month:

**Tues., January 14<sup>th</sup> at 5:30 PM:** Potluck dinner-- it's a true potluck. Bring a dish to share. Or -- if you prefer not to "do" potlucks, you are ALWAYS welcome to bring your own meal and just hang out and have fun. We always finish off with a BINGO game, at \$1 per card. The proceeds gets distributed to the winners of the four games we play.

**Sun., January at 6:00 PM:** Ice cream social. It's only 75 cents a scoop (50 cents extra for a banana split) and we have a lot of flavors. Toppings are included. Yum, yum! Come have a treat and visit for a while.

**Sat., Jan at 6:30 PM:** Movie night at 6:30. We haven't picked this month's feature as of this printing, so watch the marquee and other announcements!

### **Looking ahead:**

In March it will be time for the Annual Meeting. The Activities Committee will be providing a fund-raiser luncheon again. (we may have to raise the price a little because of inflation). Please fill out the form that will be included in your voting and information packet and turn it in, along with your donation as soon as possible so that we can get a head count. We're still in the process of planning the menu. We're also discussing having having a sale or auction to sell any items that people want to donate to the cause! Share your talents! Stay tuned for more details!



**The Bargaindales table brought in \$98 for the month of December!! Thank you!**

**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.



# Strange BUT TRUE

The average adult makes around 35,000 decisions each day. From mundane choices like what to eat for breakfast to life-altering decisions, your brain is constantly at work.



Adult friendships can extend your life. Strong social connections have been linked to a longer, healthier life, reducing the risk of many chronic diseases.



The average adult will change careers 5 to 7 times in their lifetime. The job market is dynamic, and people are more likely to explore different paths.



Your gut has its own brain, known as the enteric nervous system. It controls digestion and is so complex that it's often called the "second brain."



Travel can make you smarter. Exposure to new cultures, languages, and experiences can increase cognitive flexibility and creativity.



## Around the Neighborhood!

We welcome new neighbors at **43 Redbluff**. **George & Jane Starks** have recently purchased that house! Welcome!



I need your eyes and ears. If you know of something noteworthy that our neighbors would find fun, interesting or uplifting, shoot me an email ([marvelousmom2@yahoo.com](mailto:marvelousmom2@yahoo.com)). Bonus points if you have pictures!



**Tom Rush**

c 480-233-8342  
tomrush08@yahoo.com

For All Your Plumbing & Sprinkler Needs

Since 1986

Water Heaters / Repiping  
Sewers / Garbage Disposals  
Sump Pumps / Gas Piping / Drains  
Basement/Kitchen/Bath Remodels



Tom: 480-233-8342  
Brandon: 801-400-1573

**We Rush  
so you can Flush!**

Available 24/7/365



# Winter is in the Air

V E M L J I M B Q Y K L W W W K G Z P F G V T G  
 Y J B O H E C S N O W F L A K E S R B R N I O X  
 G T B O E L W I N T E R T I R E S P A W N X B K  
 Y K X H A P T G G X Y S D T N C X B R U D F O B  
 M B X C V N U Z Q S W I R X I L O A B B V A G L  
 D J U S Y Q Q K J O A Q A F Y E V P U E B U G P  
 X I C O C E Y D L I L J Z X G A F K L R U G A U  
 O P N N O C T L L V D A Z Q T T W T G I F G N D  
 Z U F P A F A A M O L C I R F S X Y X C O C S E  
 V O H P T M P S L G C L L P I L V U X E L S W R  
 Q S T H H S E U X O Q G B J L K Z O D S N H W D  
 Y O F S N M F J E S C C N B S O T F Z T R O Z R  
 V T R F W W W I A G F O U I T Y W W A O F V L I  
 K A D E D C V W R D H A H N Z K L I M R W E V L  
 M M Y P E E T J J E S L O C S E U Q N M S L L J  
 C O I I C P S Y L L P J Q U T O E N U G N N Y Z  
 Q T L S L E D D I N G L P F O O X R O M O E I D  
 L A S S I M S I D Y L R A E O Y H U F L W R N R  
 I W P V G V P O H J N A F C B H U K H R P A M L  
 F C E X I L F C A F K F I X E L Z G E S A K J N  
 J Z P T G S O N S T R A P C D E L A Y S N V C I  
 L C A M F Q S L P R U A J W A R M H A T T H Z U  
 K V R E W O L B W O N S C M I T T E N S S H M I  
 F X A B B D A S E V O L G S I A D P F Q F F V L

Early Dismissal	Freezing Cold	Hot Chocolate	Marshmallows	Winter Tires
Snow Blower	Tomato Soup	Heavy Coat	Snow Pants	Snowflakes
Fireplace	Ice Storm	No School	Blizzard	Sledding
Toboggan	Warm Hat	Mittens	Plowing	Cleats
Delays	Gloves	Shovel	Boots	Scarf



## January Birthdays

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

- 6<sup>th</sup> - Jerry Finkbeiner
- 8<sup>th</sup> - David Walsh
- 10<sup>th</sup> - Edith Finch
- 11<sup>th</sup> - Rulon Johnson
- 12<sup>th</sup> - Siera Heaton
- 13<sup>th</sup> - John Anderson
- 19<sup>th</sup> - Betty Hobbs
- 19<sup>th</sup> - Gretchen Humke
- 26<sup>th</sup> - Rachael Rock
- 27<sup>th</sup> - Chuck McDowell
- 30<sup>th</sup> - Cindy Roberson

Did we miss your birthday?  
 Please send a note to the editor (see front page) or the office so we can fix it for next year!



Me: [uncontrollable sobbing]  
 I can't see you anymore.  
 I won't let you hurt me again.  
 Trainer: It was a sit-up.  
 You did one sit-up.

**Red Rock**  
REAL ESTATE



435-632-1059 mobile

**MARA LEE HUNT | REALTOR®**

### **Compliment Day is January 24**

Today is Compliment Day, a January 24 holiday. Today is a great opportunity to say something positive about the people you come into contact with. Everyone has good attributes. That's right ... everyone. So, try giving a compliment to everyone you see today. It's easy--How nice of you to read our newsletter today. I can see by your choice of reading material, that you are an intelligent person. You are a kind and inquisitive person. I love the way you ...

It's a cinch to find compliments for family and loved ones, even for your Mother-in-Law. (Tip: She's probably a good cook.)

Friends are friends because you see something good about them. Here's an easy compliment to a friend: "Wow, you're very intelligent; you choose your friends wisely."

Saying something positive about your boss or people you don't like is a little more difficult. Take up the challenge. We know you can do it!

Remember Mama said, "If you don't have anything nice to say, don't say anything." After a long search for something good, if you just can't find a compliment for them, then silence is golden.

Compliment Day is celebrated by offering sincere compliments to people you know and meet. You must be sincere. People will see right through insincerity, and you will do more harm than good.

How many compliments should you give out today? The common suggestion is five. Yes, they should be five different people.

- Play the Compliment Day Game
- Gather in a circle.
- Look at the person to your left.
- Find a compliment for that person.
- Write the compliment on a piece of paper and who it is for.
- Gather the notes and post on a board.



"My word, Ruth! How do you keep yourself looking so young?"

## H.I.C. Chronicles

This month, the committee was able to clean up Duck Island before it filled with water (again) and we hauled a lot of debris to the dumpsters. Now we are taking a well-earned break for the holidays! We sure have done a lot of cleanup and maintenance of the wash and other areas of the park; things are looking great.

We appreciate the efforts of all our enthusiastic volunteers who have helped with the work and kept the trees and plants watered! We hope everyone has a wonderful holiday break.



## They Said It

Good resolutions are simply checks that men draw on a bank where they have no account. -  
-*Oscar Wilde*

☆ ☆ ☆

An optimist stays up to see the New Year in. A pessimist waits to make sure the old one leaves. --*Bill Vaughan*

☆ ☆ ☆

Now there are more overweight people in America than average-weight people. So overweight people are now average. Which means you've met your New Year's resolution. --*Jay Leno*

☆ ☆ ☆

"Be careful about reading health books. You may die of a misprint." —*Mark Twain*

☆ ☆ ☆

"It is useless to try to hold a person to anything he says while he's madly in love, drunk, or running for office." —*B. Birdsong*



## Bratten's Clam Chowder

Several years ago, there was a seafood restaurant in Salt Lake that was very popular, and they were famous for their clam chowder. Here's the recipe. I think I need to make this again!

2 cups cubed potatoes  
1 cup chopped celery  
1 cup chopped onions  
2 6.5-ounce cans minced clams  
2 Tbsp red wine vinegar  
3/4 cup butter  
3/4 cup flour  
1 quart half & half  
1 tsp. salt (or more, to taste)



Put vegetables in a 3-qt. saucepan. Drain the juice from the clams over the vegetables (set clams aside) and add enough water to cover the vegetables. Bring to a boil and cook until tender, about 10-15 minutes.

In a separate 2-quart pan, melt the butter. Add flour and mix out all the lumps. Heat until mixture is smooth & bubbly. Add in the half & half while stirring briskly. Heat until thick. Add to the undrained vegetables. Add salt, clams & vinegar and cook till thickened, about 5 minutes. Enjoy!

## **Things to Do: Up and Away Balloon and Music Festival**

This Martin Luther King Jr. weekend, the skies over Staheli Family Farm will come alive as 30 hot air balloon pilots gather for an event you won't forget.

- When: January 17-18 Different activities and events throughout the day
- Where: Stahli Farm (3400 S Washington Fields Rd. in Washington)
- For more information, visit <https://upandawayballoonfestival.com>

It all starts Friday morning with the first majestic launch, followed by the chance to take tethered rides for a bird's-eye view! Spend the afternoon exploring the unique vendor and craft fair, enjoy live local entertainment, and cheer on talented performers in the Rising Star Talent Competition. Then, as the sun sets, get ready for the awe-inspiring Balloon Glow, lighting up the night like nothing else!

Saturday morning brings even more excitement, with a second launch and more tethered rides. Don't miss the annual car show, another day of the vendor fair, and the final round of the Rising Star Talent Competition. And, of course, the weekend ends with one last magical Balloon Glow!

Make this weekend unforgettable. Get your tickets now and join the color, light, and fun celebration!

To find more fun things to do in this area, go to [GreaterZion.com/upcoming-events](http://GreaterZion.com/upcoming-events).



## **Beavers**



One of our residents, Dave Walsh, loves to hike in and around Washington County. On some of his adventures, he's come across a couple of beaver dams—one on Quail Creek near the Adams house and another on Leeds Creek near the Tipple Trail. If you've never seen a beaver dam up close, they're true works of art!

Beavers are nature's engineers, capable of transforming a stream into a thriving wetland. They weave together sticks, reeds, branches, and saplings to create watertight dams, caulking the gaps with mud. These dams slow down water flow, forming ponds that benefit not just the beavers but a whole community of animals—from fish and frogs to waterfowl. By reducing stream erosion, these hardworking critters also help stabilize the land.

Of course, beavers need a home too, and they've got options. Sometimes they dig burrows into riverbanks, but when they're feeling fancy, they construct dome-shaped lodges made of sticks and mud. These lodges are impressive structures with underwater entrances and cozy living quarters above the waterline. They're not just homes; they're nurseries and food pantries too. Lodges can be surprisingly large, with some measuring up to 16 feet high and 39 feet wide!

Beavers are mostly nocturnal, but you might catch sight of one during the day if you're lucky. They're social animals, living in family groups of up to eight. A typical group includes a pair of adults, the kits (baby beavers) from the current year, and yearlings from the previous year.

Speaking of family, beavers are one of the rare mammals that mate for life. A bonded pair will stick together through thick and thin, usually raising a litter of two to four kits each year. Kits are born fully furred with their eyes open and are surprisingly active within just a few hours. By the time they're about two months old, they're swimming alongside mom and dad, learning the tricks of the trade.

Beavers are fascinating for so many reasons, from their incredible engineering skills to their close-knit family dynamics. If you're ever hiking near water and spot a beaver dam or lodge, take a moment to appreciate the craftsmanship—and remember you're likely standing in a habitat that supports dozens of other species, all thanks to these industrious mammals.



***News from the Board***

*By Chuck McDowell*

**The HEOA BOARD OF DIRECTORS would like to wish all members**

**a Happy New Year and all the best to you and yours in 2025!!!**

Cheers,  
Chuck McDowell  
Harrisburg HEOA President



**Happy New Year!**



**MEDICARE PLANS CHANGE ANNUALLY... ARE YOU GETTING THE MOST OUT OF YOUR PLAN?**

- \$0 Premium Medicare Advantage Plans
- Healthy Food Cards, Over-The-Counter Benefits, Gym Memberships,
- Dental Benefits, Vision, Hearing Aids
- Prescription Drug Coverage



**Amy**

**435-862-9246**



**Jill**

**435-773-7263**

**Call to schedule your Medicare Review today!**



## Puzzle with a Prize!

Congratulations to **David Walsh**, December's winner of the \$20 certificate to **Cracker Barrel**. The solution to the puzzle was: 1 – Carols; 2 – Santa; 3 – Peace On Earth; 4 – Wreath; 5 – Wise men; 6 – Lights; 7 – Stockings; 8 – Ornaments; 9 – Shepherds; 10 – Rudolph; 11 – Jesus.

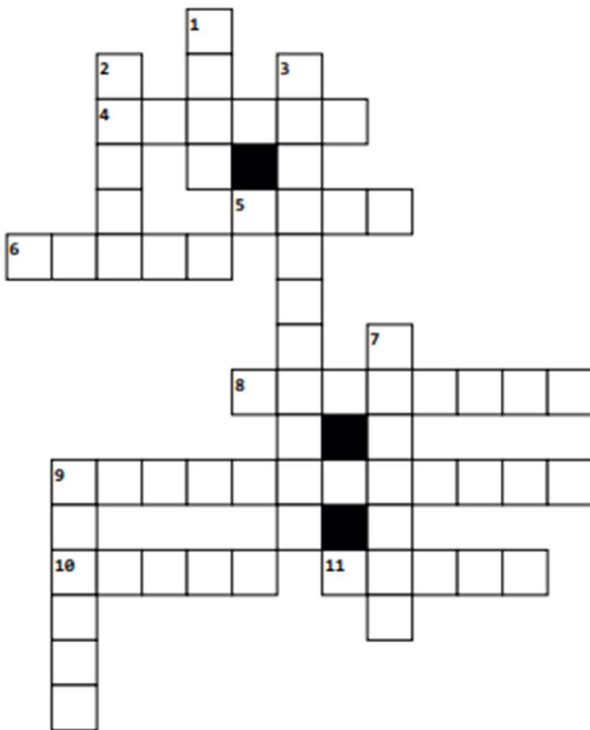
☆ ☆ ☆

There were only five entries this time, so your odds of winning are still good! This month's prize is a \$20 gift card to **Del Taco**. The theme this month is "Wintertime." Find the words associated with Winter and January.

**The rules & fine print:** Drop your entry 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. Good luck! (If you're out of town, you can email your entry to [marvelousmom2@yahoo.com](mailto:marvelousmom2@yahoo.com), and I'll put it in for you.)

Entries must be submitted by 1/18. The winner will be drawn from the entries with at least 5 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 (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!

### Wintertime!

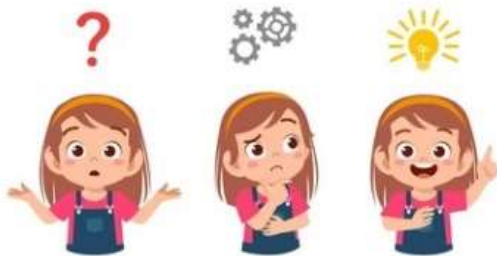


#### Across

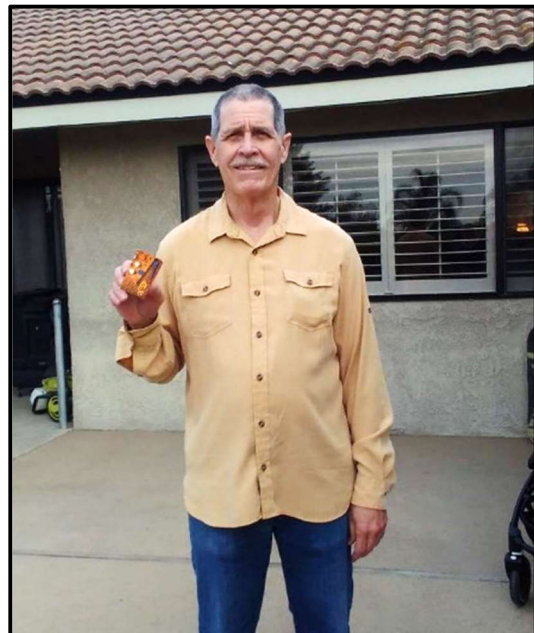
4. Keeps your hands warm.
5. Clothing worn to keep warm.
6. Winter footwear.
8. Time that we get a new year.
9. (3 words) What we say on Jan. 1st.
10. Steaming drink with marshmallows on top.
11. Gathering where people celebrate the new year.

#### Down

1. Soft white frozen water.
2. House made with ice or snow
3. Goals for self improvement.
7. Person with a carrot nose
9. Sport played with a puck on ice



*Congratulations to David Walsh, December's winner! Enjoy your prize!*





HIC cleaning up "Duck Island" – before and after. Good work!!



**STEAMROLLER**  
Copies • Finish Work • Graphic Design • Blue Prints • Trade Show

**WHAT DO YOU WANT TO PRINT TODAY?™**

(435) 635-7642                      46 S. 1350 W. Ste #2  
(435) 635-7713 Fax                Hurricane, UT 84737  
**hurricane@steamrollercopies.com**

Don't forget to mention to all of our advertisers when you visit or contact them, that we appreciate them and are happy to support their business. We LOVE the support from these amazing businesses! Show them how much we support them in return!

**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!



**Just for Laughs**

Last year, I was able to keep all of my New Year's resolutions... tucked away in a journal on my bookshelf.



What do you call someone who says they know all the words to "Auld Lang Syne"? A liar.



What New Year's resolution should a basketball player never make? To travel more.



Knock knock. Who's there? Cheese. Cheese who? For cheese a jolly good fellow.



Not to brag, but I already have a date for New Year's Eve. It's December 31st.





# January 2025



Indoor Exercise 9:00 AM Mondays, Wednesdays, and Fridays

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 	2 Pinochle 1:00 PM  Texas Hold 'Em 5:30 PM 	3	4
5	6 Activities Committee Meeting 4:00 PM  Pool 5:30 PM 	7	8 Hand & Foot 1:00 PM/\$1 	9 Pinochle 1:00 PM  Texas Hold 'Em 5:30 PM 	10	11
12	13 Pool 5:30 PM 	14 Potluck dinner & Bingo! 	15 Hand & Foot 1:00 PM/\$1 	16 Pinochle 1:00 PM  Texas Hold 'Em 5:30 PM 	17	18
19 Ice Cream Social 6:00 PM \$.75/scoop 	20 Pool 5:30 PM 	21	22 Hand & Foot 1:00 PM/\$1 	23 Pinochle 1:00 PM  Texas Hold 'Em 5:30 PM 	24	25 Movie Night 6:30 PM "TBA" 
26	27 Pool 5:30 PM 	28	29 Hand & Foot 1:00 PM/\$1 	30 Pinochle 1:00 PM  Texas Hold 'Em 5:30 PM 	31	