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Lots of Fun Stuff!



February 2025



Harrisburg Views

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Greetings, friends and neighbors!

Five years ago this month, I moved into my house here in Harrisburg. Leaving behind my friends in Salt Lake, I followed my brother-in-law, who was driving the U-Haul, 300 miles to my new home. By the time we hit Cedar City, the rain started POURING—and it didn't let up, not even while we unloaded the truck. But that didn't stop the people who came to help. Everyone got soaked, but no one complained.

From the very start, I felt embraced by this little community. Someone brought over a dozen fresh eggs, and there must have been a dinner at the clubhouse because a kind soul dropped off a plate of food. I remember sitting in my new house, surrounded by boxes, with barely anything in the fridge, and thinking, "This feels like home."

Looking back on these past five years, I'm so grateful for the friendships I've made and the connections that have grown. It's such a stark contrast to where I used to live. In my Salt Lake condo, there were over 100 people living within 100 feet of me, but hardly anyone ever said hello. I was surrounded by strangers. Here in Harrisburg, neighbors feel like family. There's always a friendly face, someone ready to lend a hand, or even just a quick chat while walking by.

So, here's my shameless plug: our Activities Committee works hard to plan events that keep this spirit alive. These gatherings aren't just about having fun or providing something to do—they're about building on the connections that make this place so special. Let's all make an effort to show up, support the events, and keep Harrisburg the warm and welcoming place we're lucky to call home!

Maria Allan

Editor

Cinnamon Roll Cake

from aldentediva.com

Ingredients:

1 box Yellow Cake Mix (and the ingredients to make it BUT replace the water with milk)

1 c. Brown Sugar

1-1/2 sticks Butter, softened

2 Tbs. Flour

1 Tbs. Cinnamon

FOR THE GLAZE:

2 c. Powdered Sugar

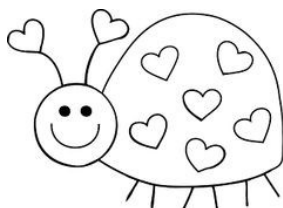
1 Tbs. Vanilla Extract

5 Tbs. Milk



Instructions:

1. Preheat the oven to 350°
2. Make the yellow cake mix according to the directions on the back of the packaging, except use milk instead of water.
3. Pour the mixture into a 9" x 13" baking dish that's been sprayed with cooking spray.
4. In a small bowl, mix together the softened butter, brown sugar, flour and cinnamon.
5. Add dollops of the brown sugar mixture to the top of the cake batter and using a butter knife, swirl the brown sugar mixture into the cake.
6. Bake the cake for 30 minutes, or until toothpick comes out clean. Allow to cool for several minutes.
7. In a small bowl, whisk together the powdered sugar, milk and vanilla and pour the glaze over the warm (not hot) cake.
8. Finally, let it cool, and serve at room temperature.



H.I.C. Chronicles

We got the blowers and cleared leaves and debris from the hillsides of Memorial Park. The lawn crew also worked in Memorial Park for two Thursdays so spring clean-up will be a lot easier.



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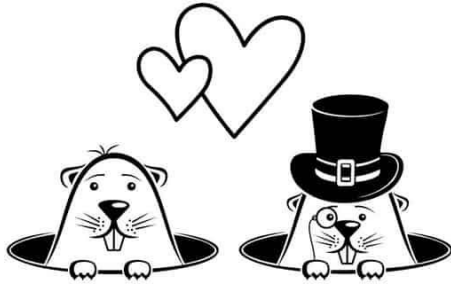
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FEBRUARY

WORD SEARCH

S	C	H	O	C	O	L	A	T	E	F	R	W	D	L	O	C	Y	ARROW
R	U	R	A	U	Y	M	J	P	A	A	E	K	X	T	N	A	A	CHILI DAY
E	P	B	T	F	L	S	A	R	G	I	D	R	A	M	S	Y	D	CHINESE NEW YEAR
W	I	N	T	E	R	S	W	E	E	T	H	E	A	R	T	K	I	CHOCOLATE
O	D	M	U	B	R	T	E	S	H	R	V	X	J	E	V	O	L	CUPID
L	G	L	N	R	E	S	G	I	W	A	F	D	R	E	W	M	I	FEBRUARY
F	W	W	S	U	T	P	B	D	L	R	E	H	E	K	F	L	H	FLOWERS
G	R	O	R	A	E	Y	W	E	N	E	S	E	N	I	H	C	C	FRIENDS
G	J	B	I	R	U	K	N	N	U	F	A	U	M	N	A	E	S	GROUNDHOG DAY
R	H	R	R	Y	B	T	S	T	T	I	C	P	L	D	K	R	R	KINDNESS
A	E	E	E	L	I	L	N	S	E	T	U	Y	Y	N	E	R	G	LEAP YEAR
S	E	P	C	N	R	R	O	D	L	I	T	J	K	E	A	A	H	LOVE
S	E	U	E	D	S	Y	E	A	L	R	A	S	G	S	A	R	R	MARDI GRAS
I	T	S	R	E	P	P	I	Y	A	W	T	A	P	S	Q	R	N	NUTELLA
W	F	R	I	E	N	D	S	P	S	G	E	L	K	B	T	O	R	PARTY
C	H	Y	A	D	G	O	H	D	N	U	O	R	G	O	O	W	R	PRESIDENTS DAY
																		SUPER BOWL
																		SWEETHEART
																		VALENTINES
																		WINTER



February Birthdays

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

- 3rd - Karen Brunette
- 3rd - Loran Dixon
- 7th - Mary Lenah
- 9th - Naomia Rogers
- 10th - Nathan Wright
- 12th - Donna Hunter
- 12th - John Parker
- 12th - Arissa Ward
- 13th - Bill Timmerman
- 14th - Mark Humke
- 18th - Lance Murphy
- 19th - Michelle Drake
- 19th - Brinley Miles
- 20th - Paul Cushing
- 21st - Abram Pettit
- 25th - Kathy Van Dyke
- 26th - Joy Parker

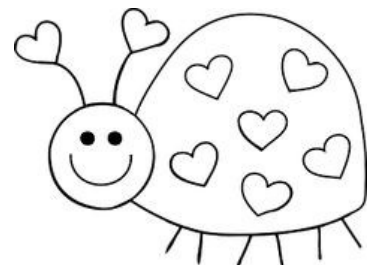
Did we miss your birthday? Please send a note to the editor (see front page) or the office so we can fix it for next year!

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!

(P.S. Dogs must be kept on a leash outdoors.)





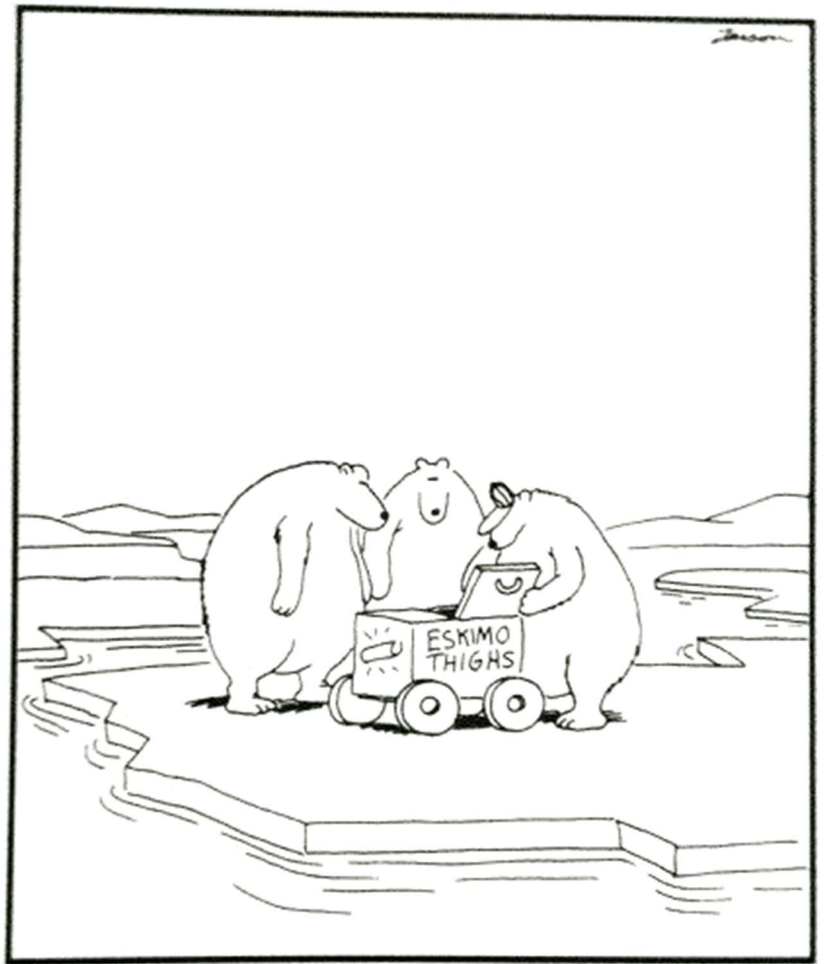
Around the Neighborhood!

We're sorry to report that Richard Palfreyman, who lived on Scenic Circle passed away on December 24. He and his little dog were a common sight around the neighborhood.

A group of friends got together and threw a little impromptu birthday brunch for our "Queen Bee," Bea Ogden, who recently passed her 97th birthday! It was a great turnout, with 32 people! There's not enough room for all the pictures, but a few are scattered throughout this newsletter!

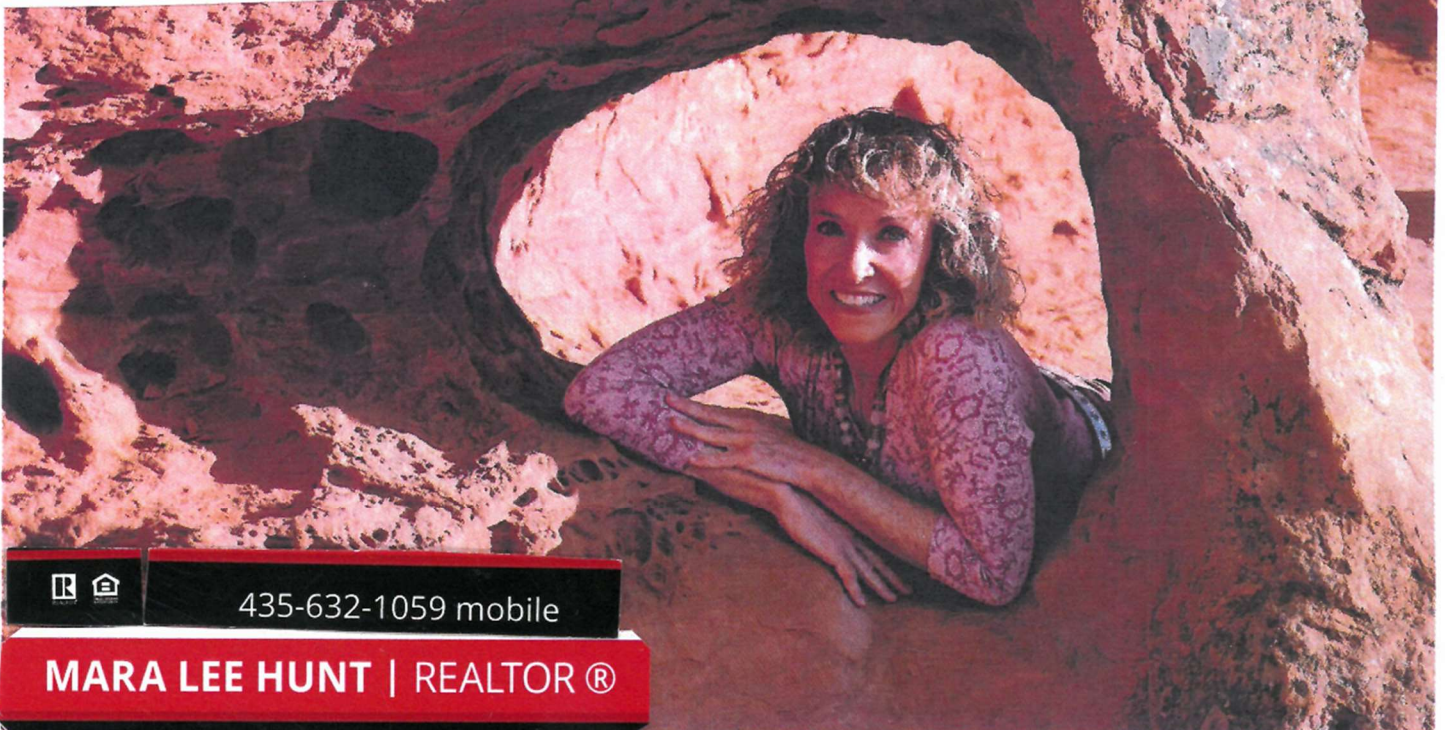


I need your eyes and ears. If you know of something noteworthy that our neighbors would find fun, interesting or uplifting, shoot me an email (marvelousmom2@yahoo.com). Bonus points if you have pictures!



Red Rock

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Puzzle with a Prize!

Congratulations to **Wanda Millhouse**, January's winner of the \$20 certificate to **Del Taco**. The solution to the puzzle was: 1 – Snow; 2 – Igloo; 3 – Resolutions; 4 – Gloves; 5 – Coat; 6 – Boots; 7 – Snowman; 8 – Midnight; 9 across – Happy New Year; 9 down - Hockey 10 – Cocoa; 11 – Party.

☆ ☆ ☆

There were only two entries this time! so your odds of winning are still good! This month's prize is a \$20 gift card to **Paula's Cazuela**. The theme this month is "February Holidays." Find the words associated with February and romance (and one other holiday).

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, and I'll put it in for you.)

Entries must be submitted by 2/18. 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!

Across

- Say these "three little words" to your sweetie.
- Most popular February candy.
- Winged baby who shoots love arrows.
- Color of holiday hearts
- Popular romantic flowers.
- Hershey makes these fun candies.

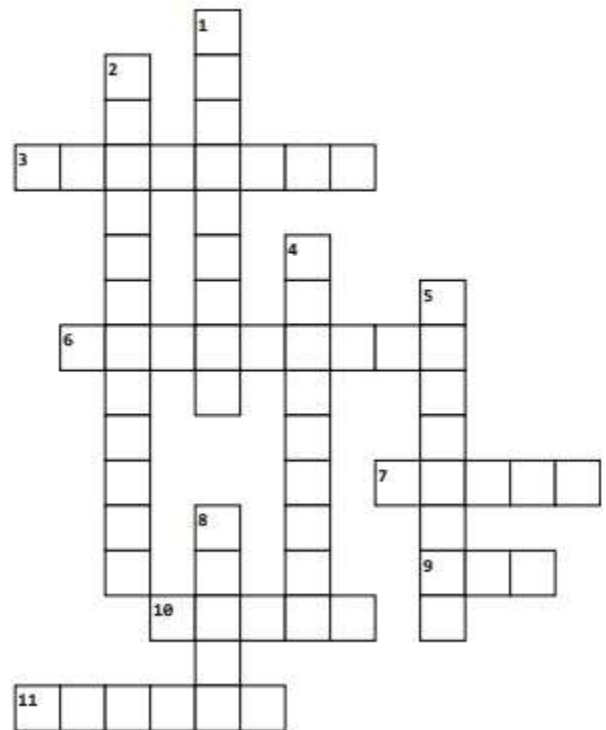
Down

- A warm place with burning logs.
- Punxatawny Phil's holiday (2 words).
- Heart-shaped greeting card.
- Month of romantic holiday.
- Another word for love.



Wanda Millhouse was this month's winner!

February Holidays



Things to Do: St. George area Parade of Homes

The 2025 St George Area Parade of Homes is coming soon on February 14 – 23, 2025. Mark your calendars!

Featuring 31 incredible homes, this event is a journey through architectural brilliance, innovative design, and awe-inspiring beauty. Home Sweet...WOW comes to life in breathtaking style!

The Parade of Homes begins on February 14 – 23, 2025. During the Parade, homes will be open from 10 am to 7 pm daily except on February 23, 2025, the homes will close at 5 pm. The virtual tour will begin on February 19, 2025 and will be available 24/7 until May 31, 2025.

The 2025 St. George Area Parade of Homes is the largest Parade in the state.

This event has a long-standing tradition of displaying a variety of spectacular homes and introducing exciting new trends to attendees across the state. The homes are set among breathtaking landscapes only found in Southern Utah.

Tickets are \$25 per person at paradeofhomes.com, but if you keep your ears open, you may be able to snag free tickets from local businesses.

To find more fun things to do in this area, go to GreaterZion.com/upcoming-events.



The average adult blinks 15 to 20 times per minute. That's over 28,000 times a day, helping keep your eyes lubricated and clear of debris.



The human nose can detect over 1 trillion different scents. Your sense of smell is incredibly powerful, closely tied to memories and emotions.



On February 2, 1887, the first Groundhog Day took place in Punxsutawney, Pennsylvania. The idea for Groundhog Day originated with the Christian celebration of Candlemas, where candles represented how long winter would last. Germans later began a similar tradition, using hedgehogs to predict how long winter would last. When Germans settled in Pennsylvania, they switched to groundhogs.



Your sense of taste diminishes as you age. By age 60, many people have lost half of their taste buds, which is why older adults may prefer more strongly flavored foods.



Adult brains continue to create new neurons. Neurogenesis, the formation of new neurons, occurs in certain brain regions throughout life, especially in areas associated with memory.





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Rocks, and More Rocks!

by Karen Brunette

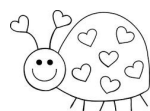
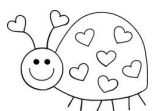
Did you know? Rocks and more rocks are all around us; black, blonde, red, orange, purple rocks.

Most of these rocks are loaded with patterns of ancient life forms such as fossil trails on invertebrate animals (no spines), leaves of trees millions of years old, and bits and pieces of fossilized plant stems and wood. Our rocks tell the history of earth's changes. The study of our rocks will tell us the age of each rock formation through their radioactive isotopes.

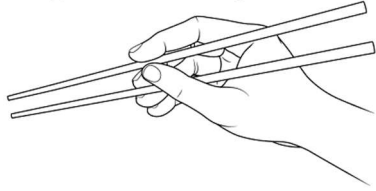
Several years ago, a neighbor found a flat round rock that looked like a fossilized cow pancake. Our dinosaur museum lab described it as a septarian nodule. When broken open, it contained veins of crystals (like a geode).

Many rocks from our neighborhood canyons have petrified tree pieces; not as beautiful as a piece of petrified wood, but a surprise to find!

A very small portion of our world is known with scientific accuracy. An ecologist once told me that 99% of all life that has ever existed on earth is extinct! The remains of that life can be found in our rocks; from bacteria to plants to insects to animals of other times.



National Chopsticks Day is February 6



Put away the forks and spoons, for today is National Chopsticks Day, a February 6 holiday. They may or may not be new to you. But, for about 1/4 of the world's population, chopsticks are the eating utensils of choice for every meal. Like western children, Asian children quickly learn to use chopsticks, and quickly become adept at using them. To them, forks are an odd utensil.

Chopsticks can be made of wood, bamboo, plastic, bone, fine china, or metal.

In China, they are called "Kuaizi", which means "quick little bamboo fellows."

Chopsticks have been in use for over 5,000 years. For comparison, forks were not used in England until 1611. Chopsticks originated in China and are used in virtually all Asian cultures. How their use spread to other countries is not known.

To participate in National Chopsticks Day, use chopsticks for all of your meals. Chances are, you will eat Chinese or other Asian food with your chopsticks. But, you can eat any food with chopsticks today.

To make this day really special, use your chopsticks on a homemade made Chinese recipe.

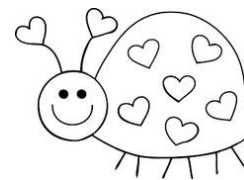
National Chopsticks Day Trivia and Fun Facts

- Chopsticks preceded the fork for thousands of years.
- Over 45 billion pairs are used annually in China alone. Of course, many are disposable, one-time use.
- Most chopsticks are wooden, making them eco-friendly. And, you can recycle them in a composter along with yard waste.
- A pair of wooden chopsticks come together. When unseparated it is a sign of togetherness.
- The word "Chopsticks" in the Chinese language means "quick little bamboo fellows".
- They vary in design. For example, Japanese chopsticks are shorter than their Chinese counterparts. And, they have a sharper point.
- If you use them for all of your meals, you have a slightly higher risk of osteoarthritis than when using a fork, knife, and spoon.

Chopsticks Etiquette: Improper use is in poor taste. And it can even be impolite or insulting.

- Don't insert them upright into your food. It's an insult.
- It's okay to stab a piece of food with them.
- Don't point at people with them.
- Don't suck or chew on the ends of your chopsticks.
- They are not drumsticks. Don't drum with them.

Tongue twister: Top chopstick shops stock top chopsticks.



Just for Laughs

I just applied for a job down at the diner. I told them I really bring a lot to the table.



"Cop: I'm arresting you for downloading the entire Wikipedia." Man: "Wait! I can explain everything!"



My friend couldn't afford to pay his bill, so I sent him a "Get Well Soon" card.



Why was 2019 afraid of 2020? Because they had a fight and 2021.



An apple a day keeps the doctor away. At least it does if you throw it hard enough.



News from the Board

By Chuck McDowell

We are into the dog days of winter and the temperatures are very cold out there especially at night! If you are elderly, in poor health or otherwise in need of help in some way don't hesitate to call the front office or reach out to a neighbor or a friend! We are all in this together. 😊

As your 2024 -2025 Board of Directors, we have been focused this year on repairing and rebuilding some of the infrastructure around here. We greatly appreciate your patience as we finish a few things up.

We have talked previously about the fact that we are installing a set of gate valves that will segment the park into geographic districts that might allow us to control the water more efficiently. The idea being that then we will be able to turn the water off in portions of the park without having to shut it off for everyone.

We are hopefully in the last stage of that project, and we are now installing what we hope to be our last valve which will control the Cottonwood Lane portion of the park. We already installed one valve for Cottonwood but when we got into the project, we discovered we required a second valve so we hope to finish that up by the time you read this.

Next we turn to electricity. Rocky Mountain Power is coming out on Tuesday January 28th, 2025 to replace the ancient electric transformers that have been in place here since day one or soon thereafter. By the time you read this that should also be complete. Unfortunately, that will require that the power be turned off for the whole park for about 7 hours.

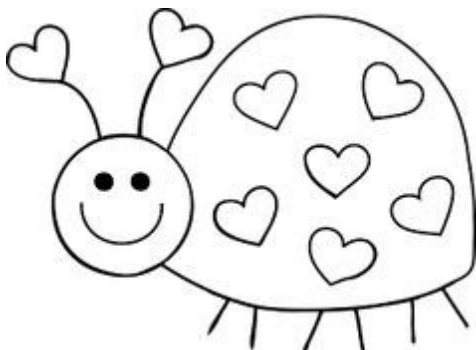
A couple more projects you should see completed this 1st quarter are:

1. On the sprinkler project in Memorial Park what should we have planned for late February.
2. An asphalt replacement project for the Scenic Circle portion of the park. That should also be completed in February.

OUR ANNUAL MEETING AND OPEN BOARD SEATS ELECTION - this should take place on March 22nd, 2025 at 10:00 AM. Mark your calendars! This is important.

There will be several seats if not more open (and in need) of filling. More announcements to come on this, but for those of you that feel you have the time to serve we certainly need you to raise your hands and send in a profile to the front office so that we can circulate those to the membership.

Cheers,
Chuck McDowell
Harrisburg HEOA President



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Activities Committee Report

Welcome to February! Spring is almost here, and we're looking forward to warm springtime days!

Our movie night at the end of December turned out to be a surprise. We thought we had a copy of "It's a Wonderful Life," but it turned out that we didn't, so we watched "Across the Universe" instead. It was an interesting movie about the sixties set to the backdrop of Beatles music. It was interesting and thought-provoking.

Our potluck dinner on the 15th was a lot of fun! We had a great turnout with 14 people there, most of whom brought main dishes this time, so there was a lot of yummy food and everyone had a great time visiting. The pot for Bingo was bigger, too, so the winners were happy about that!

We had a great turnout to the ice cream social, with 13 people attending.. The ice cream is wonderful (six flavors this time!), but the best part is visiting with friends.

Upcoming this month:

Tues., February 14th at 5:30 PM: Potluck dinner & Bingo -- it's a true potluck. Bring a dish to share. Or -- if you prefer not to share food at potlucks, you are ALWAYS welcome to bring your own meal and just hang out and have fun.

Sun., February 19 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.

Sat., February 25 at 6:30 PM: Movie night at 6:30. February's feature is "You've Got Mail" with Meg Ryan and Tom Hanks. Perfect for Valentine's Day.

Looking ahead:

In March it will be time for the Annual Meeting. The Activities Committee will be providing a fund-raiser luncheon again. Because of timing, this will replace the monthly potluck. We'll be offering some yummy pork ribs, potato salad, cole slaw, baked beans and dessert. We've had to raise the price to \$15 per person. Inflation has taken its toll in the last few years! 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 also discussing having a sale and silent auction to sell any craft items that people want to donate to the cause! Share your talents! Stay tuned for more details!

Crabby Road

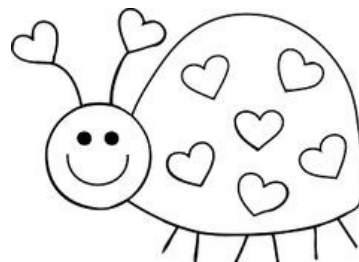
2-15-12

Every year in the middle of February, something wonderful and heartwarming happens. Tons of candy goes on clearance!



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The Bargaindales table brought in \$41 for the month of January!! 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.



They Said It

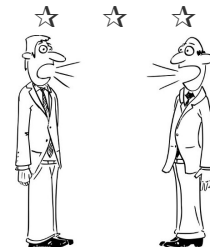
“The only time some fellows are ever seen with their wives is after they’ve been indicted.” —*Kin Hubbard*
☆ ☆ ☆

“If our Founding Fathers wanted us to care about the rest of the world, they wouldn’t have declared their independence from it.” —*Stephen Colbert*
☆ ☆ ☆

“If at first you don’t succeed, try, try again. Then quit. There’s no use being a damn fool about it.” —*W.C. Fields*
☆ ☆ ☆

“It is not enough to succeed. Others must fail.” —*Gore Vidal*
☆ ☆ ☆

“Thankfully, perseverance is a great substitute for talent.” —*Steve Martin*














February 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 	3 Activities Committee Meeting 4:00 PM Pool 5:30 PM 	4	5 Hand & Foot 1:00 PM/\$1 	6 Pinochle 1:00 PM Texas Hold 'Em 5:30 PM 	7	8
9	10 Pool 5:30 PM 	11 Potluck dinner & Bingo! 	12 Hand & Foot 1:00 PM/\$1 	13 Pinochle 1:00 PM Texas Hold 'Em 5:30 PM 	14 Happy Valentine's Day! 	15
16 Ice Cream Social 6:00 PM \$.75/scoop 	17 Pool 5:30 PM  PRESIDENTS DAY	18	19 Hand & Foot 1:00 PM/\$1 	20 Pinochle 1:00 PM Texas Hold 'Em 5:30 PM 	21	22 Movie Night 6:30 PM "You've Got Mail" 
23	24 Pool 5:30 PM 	25	26 Hand & Foot 1:00 PM/\$1 	27 Pinochle 1:00 PM Texas Hold 'Em 5:30 PM 	28	