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July 2025



# Harrisburg Views

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Vickie Brooks (Vice  
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## Greetings, friends and neighbors!

July is a month that knows how to make itself known. Between the fireworks, parades, flags, and sun-scorched afternoons, it's a time when history, celebration, and heat all come together in full force.

We kick things off with Independence Day—a time to reflect on the courage, vision, and hard work that went into founding a country where freedom could flourish. Later in the month, we celebrate Pioneer Day, honoring those who ventured west with grit, faith, and a determination to build something lasting. Different stories, different centuries, but both holidays remind us how far people are willing to go for hope and opportunity.

These days, our greatest trek might just be from the front door to the mailbox when it's 105 degrees out. But we've learned a few survival tricks—like saving our social time for the cooler evenings, when it's finally bearable to go outside, share a laugh, and catch up with friends.

And thanks to our Activities Committee, we've got plenty of good reasons to do just that. Whether it's a potluck, a movie night, or a simple social hour, it takes planning to keep things running smoothly—and this dedicated group of volunteers does it all with heart and good humor.

One highlight this month is our Summer BBQ on July 8. It's free, it's fun, and it's a great excuse to get out of the house and enjoy good food and even better company. Just be sure to sign up in advance so we can plan for food—because while surprises can be fun, running out of potato salad is not one of them!

So here's to the month of July. May we stay hydrated, stay cool, and most of all—stay connected. Hope to see you at one of our upcoming events!

Maria Allan

Editor

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**Foot Zoning with Janice**

*by Janice Guerra*



What is a foot zone? There is a map of the body on the feet. Foot zoning is the ability to tap into the signals and map of the body through the feet. This approach to healing has been around for thousands of years. Organs are primarily held on the bottom of the feet, and systems typically flow on the top and outside of the feet.

I am very passionate about healing, combining both Eastern and Western medicine. Free classes will be offered in July--each Saturday at 10:00 AM at the clubhouse.

A little about me- I am a mother of 5 wonderful kids and 2-1/2 grands. I have been doing Foot Zoning and energy work since 2010. I have had the privilege to foot zone over a thousand clients.

**H.I.C. Chronicles**

We've just been working in Memorial Park; we're almost done weeding the hillside and all of the fire hazard has been removed for now.

As always, keep an eye on the sign for opportunities to come help us keep our community beautiful. We are all volunteers and we'd love it if you pitched in to help when we're out there on Fridays!



## Activities Committee Report

Welcome to the dog days of summer, where we get to spend the next few weeks indoors, except in the mornings and evenings, when it's not so hot! Please remember to drink plenty of water. If you or someone you know in our neighborhood needs help with the heat this time of year, please reach out so that your neighbors can help you find a solution!

At the end of May, our movie was "Hidden Figures," based on the true story of three of the brilliant women who helped with the mathematical calculations that put us into space. Struggling against racial discrimination, they accomplished great things. A truly inspiring film.

Our potluck & bingo night was well-attended this time, with a lot of yummy dishes and a rousing game of bingo! With so much fun, everyone walks away a winner!

The dads must have been out of town for Father's Day, as we only had one male and one female show up, but the ice cream was great and so was the conversation.

Here's what's coming up. Remember to check the electronic sign on the front of the clubhouse often for updates and upcoming events. It's always being changed.

- **Sat., June 28 at 6:30 PM** – Movie Night: "**RV – Runaway Vacation**," starring Robin Williams. It's about a beverage company executive and his dysfunctional family who rent an RV for a road trip from Los Angeles to the Colorado Rockies, where they ultimately have to contend with a bizarre community of campers.

- **Tues., July 8 at 5:30 PM** – Summer BBQ and Bingo! The Activities Committee is footing the bill on this one! There will be hot dogs, hamburgers, salads, chips, watermelon and ice cream for dessert. All you have to do is sign up so we'll know how many we need to feed. If there's time, we'll also have the monthly bingo game at \$1 per card, with cash and other prizes.



- **Sun, July 20 at 6:00 PM** – Monthly Ice Cream Social. 75 cents per scoop is a good deal and we've got lots of fun flavors to choose from, and you can heap on whichever toppings you like! It's a great excuse to get together and escape the heat and get caught up with your friends.
- **Sat., July 26 at 6:30** - Movie night: "**Did You Hear About the Morgans?**" starring Hugh Grant and Sarah Jessica Parker, a fun romantic comedy.



*A great crowd at the potluck dinner!*



*Parts of Memorial Park cleaned up.*



*Gotta stomp down those clippings to make them all fit!*

# Strange BUT TRUE

The first person processed at Ellis Island was a 15-year-old girl from Ireland.



Take a trip to Finland and stay at the Kakslauttanen Arctic Resort, where you can sleep inside a glass igloo and experience the Northern Lights.



Google Images was created after Jennifer Lopez wore the green dress at the 2000 Grammys.



On May 21, 1927, Charles Lindbergh became the first pilot to make a solo, nonstop transatlantic flight. He flew from New York to Paris in the *Spirit of St. Louis*, an aircraft built specifically for this undertaking. Exactly 5 years later, Amelia Earhart was the first female pilot to accomplish this feat.



Lemons float, but limes sink.



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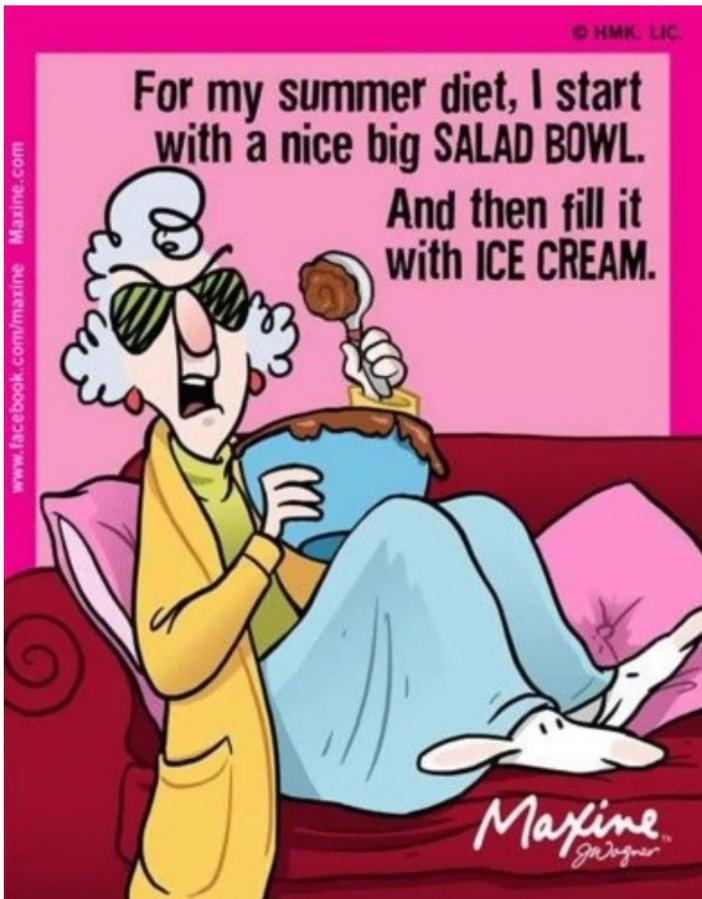
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## News from the Board

We had a good board meeting, with many things discussed, but couldn't get it all written up in time for this edition – we'll be sure to include some things next time.

In the meantime, we hope you're all surviving the summer well and look forward to hearing from you as we move forward.



## Puzzle with a Prize!

Congratulations to **Linda DeWeert**, June's winner of the \$20 certificate to **Jersey Mike's**.

The solution to the June puzzle was: 1 – Hot dogs; 2 – Lemonade; 3 – Ice cream; 4 – Barbecue; 5 across - Picnic; 5 down – Popcorn; 6 – Watermelon; 7 – Shrimp; 8 – Corn; 9 – Ice; 10 – Hamburger; 11 – Salad.

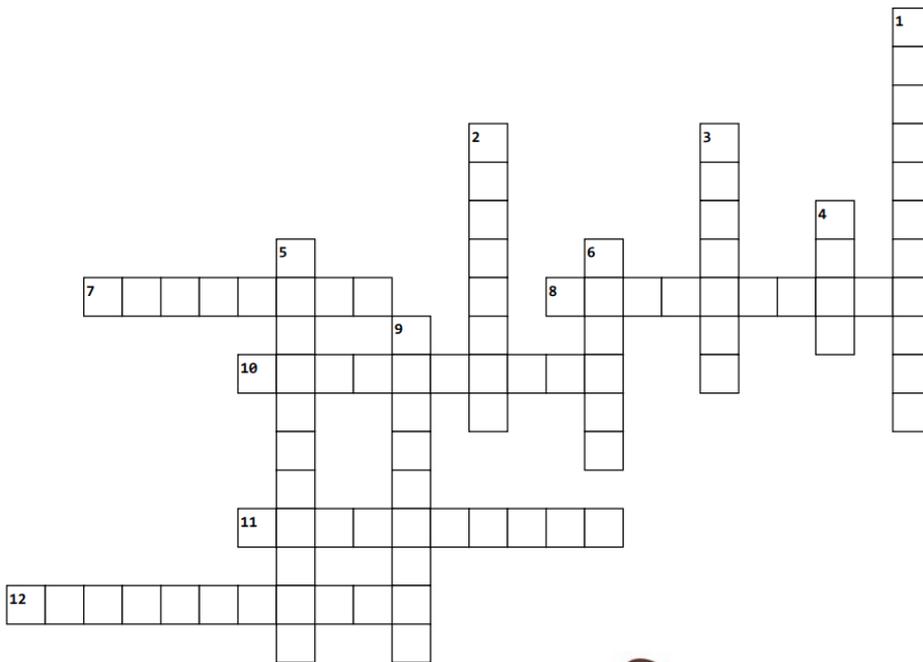
There were 5 entries this time! so your odds of winning are still good! This month's prize is a \$20 gift card to **Walmart**. The theme this month is "BBQ Time!" in celebrations of our summer BBQ this month. Fill in the words that relate to things that remind us of summer.

☆ ☆ ☆

**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 7/18. 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!

### BBQ Time!

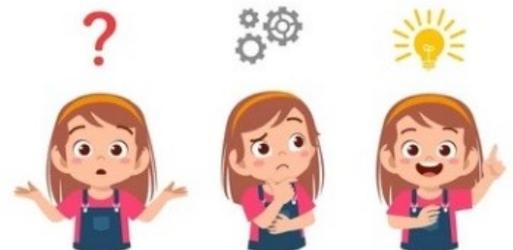


#### Across

7. What gives grilled food that smoky flavor
8. Ketchup, mustard, relish, etc.
10. Cold dish with noodles, veggies, and dressing (2 words)
11. Juicy, red, and best eaten outside (with napkins!)
12. Where the good food and conversation happens (2 words)

#### Down

1. The person in charge of flipping the food (2 words)
2. Chilly treat served on a stick or in a cone (2 words)
3. What you need after eating ribs or watermelon
4. Soft bread for burgers and dogs
5. Creamy side dish with spuds and mayo or mustard (2 words)
6. Classic frankfurter, often found on a bun (2 words)
9. Beef patty between two buns



*Linda DeWeert was this month's winner!  
Congratulations! (Sorry, no photo available  
this time.)*

## Things to Do: Pioneer Day Parade, Fun & Fireworks

Come enjoy Pioneer Day on July 24th. There will be a fun-filled celebration from 7:00 am till 10:00 pm!

The Lions Club will be serving breakfast at 7 a.m. There will be a parade down Telegraph at 8 a.m. Afterward, enjoy the children's booths in Veterans Park.

When the park fun has ended, head over to the Washington City Community Center (350 Community Center Drive, Washington) and spend the rest of the day swimming and having fun, and when the sun goes down, enjoy a fireworks display that evening at 10 p.m.



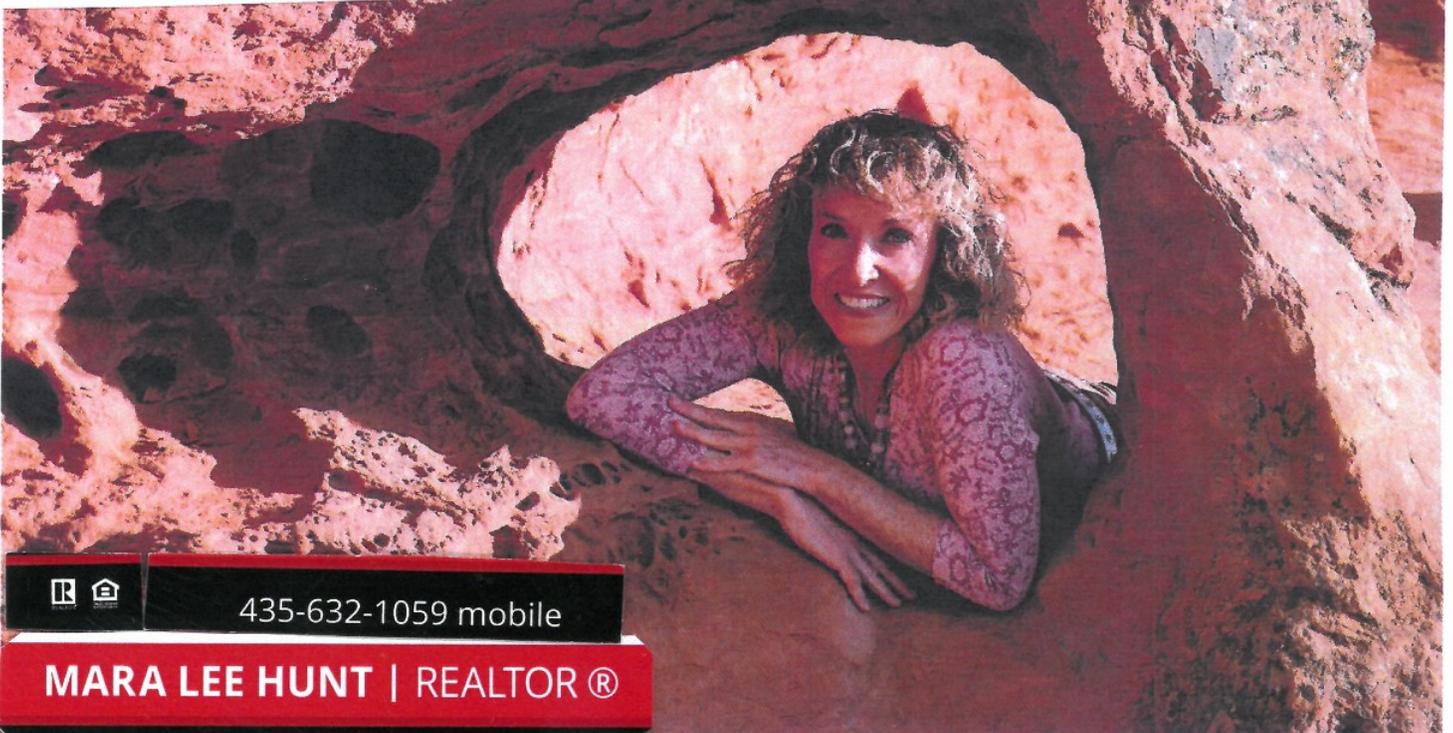
## Friendly Reminder:

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.)



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## *Peach Ice Cream Day is on July 17*

This July 17 holiday is a refreshingly cool, peachy-keen day.



Peaches are one of the best flavors of the summer season. People wait for about 48 weeks for the harvest to ripen. And, when it does, for a few short weeks, it's "peach everything"! In celebration of the harvest, the ice cream companies make peach ice cream. It's hard to find other times of the year. Most major ice cream makers only produce it during the summer.

Peach Ice cream is the way to go today. Enjoy it on an ice cream cone, in an ice cream soda, in a sundae, or simply in a dish.

Here's the Scoop: You'll find Peach Ice Cream Day is one of the best ice cream flavors of all!

### How to Participate in Peach Ice Cream Day

- Eat it as many times as your can in one day.
- Eat Ice Cream for Breakfast – Why not!?
- Have an ice cream party. Don't forget the sprinkles and other toppings.
- Experiment with another day to enjoy it. How about in an ice cream soda?

## *Just for Laughs*

When I die, I want to be cremated. It's my last chance to have a smokin' hot body.



"Just say NO to drugs!" Well, if I'm talking to drugs, I probably already said yes.



I once saw a one-handed man in a second-hand store. I told him, "I don't think they have what you're looking for, sir."



What do you call a sad cup of coffee? Depresso.



What did one monocle say to the other monocle? Let's get together and make a spectacle of ourselves.



## *The Fiery Beauty of Indian Paintbrush*

If you've ever driven through Southern Utah in the spring or early summer, chances are you've spotted flashes of red or orange along the roadside or scattered across the hillsides. That striking splash of color belongs to the Indian Paintbrush—one of our region's most eye-catching wildflowers.

Known scientifically as \*Castilleja\*, the Indian Paintbrush isn't just a single flower, but actually a whole genus made up of about 200 different species. Most are native to North America, and yes, quite a few of them—including the varieties we see here—are right at home in the rocky, high desert terrain of Southern Utah.

Despite its vibrant appearance, Indian Paintbrush has a bit of a sneaky side—it's a hemiparasite. That means while it can produce its own food through photosynthesis, it also attaches its roots to neighboring plants (like grasses or sagebrush) to borrow some extra nutrients. It's a fascinating strategy that helps it thrive in places where other plants might struggle.



If you're tempted to plant one in your yard, be warned—it's a bit of a diva. It prefers sandy, well-drained soil, full sun, and a host plant nearby. And once it's settled in, it doesn't take kindly to being moved. Transplanting often leads to its untimely demise. It also doesn't need fertilizer and doesn't like soggy soil—just the occasional drink while it's establishing itself.

Indian Paintbrush is best admired from a distance. While it isn't considered highly toxic, the plant can absorb selenium from the soil, which can make it potentially harmful if ingested in large amounts—especially for livestock or curious pets. Skin contact may also cause mild irritation for some people, so it's best to look but not touch.

Interestingly, some Native American tribes used Indian Paintbrush in small amounts for ceremonial or medicinal purposes. The flower was sometimes used as a hair treatment or even to enhance flavor in meals—though always with great caution and deep knowledge of the plant's risks.

So the next time you're out on a hike or scenic drive and spot that fiery burst of color, take a moment to appreciate this beautiful and complex local wildflower—one that thrives on teamwork, sunlight, and just the right bit of wild Utah soil.



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*Beautiful work done by the HIC*

The Bargaindales table brought in \$123 for the month of June!! 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 Activities Committee and the Improvement Committee to pay for all the fun activities we have and putting in new flowers, etc. Contact MaryAnn if you have any questions about donations.





## ***July Birthdays***

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

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

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!



# Independence Day

July 4th



ADAMS  
AMERICA  
BARBECUE  
COLONIES  
CONGRESS  
DECLARATION  
EQUALITY  
FIREWORKS

FOURTH  
FREEDOM  
HOTDOGS  
INDEPENDENCE  
JEFFERSON  
JULY  
LIBERTY  
NATION

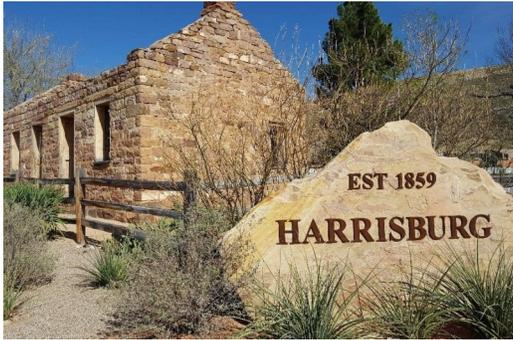
PARADE  
REVOLUTION  
RIGHTS  
STATES  
THIRTEEN  
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## They Said It

“Think of how stupid the average person is and realize half of them are stupider than that.” —*George Carlin*

☆ ☆ ☆

“User: the word computer professionals use when they mean ‘idiot.’” —*Dave Barry*

☆ ☆ ☆

“If stupidity got us into this mess, then why can't it get us out?” —*Will Rogers*

☆ ☆ ☆

“According to most studies, people's number one fear is public speaking. Number two is death. Death is number two. Does that seem right? That means to the average person, if you have to go to a funeral, you're better off in the casket than doing the eulogy.” —*Jerry Seinfeld*

☆ ☆ ☆

“I don't believe in reincarnation, and I didn't believe in it when I was a hamster.” —*Shane Richie*

☆ ☆ ☆



*The Wash looks really nice now, thanks to the HIC!*

Why are there not any  
knock-knock jokes  
about America?  
Because freedom rings.



### Around the Neighborhood!

We have a new neighbor! Please welcome Jenaiya Delavega, who has purchased 3 Overlook. She plans to be here full time. She is a massage therapist working at the St. George Day Spa. Her specialty is upper body pain and headaches. She has two cats (Aongus and Oein), who are two years old. She loves exploring the desert. She's also a fantasy/horror author writing under the name of J.L. Delavega.



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!



## Homemade No-Churn Ice Cream Recipe

This simple way to make homemade ice cream calls for just 3 ingredients plus any mix-ins you desire and is ready to eat in just a few hours.

Ingredients:

- 2 cups heavy whipping cream
- 14 ounces sweetened condensed milk
- 1 teaspoon vanilla extract



Instructions:

1. In a large bowl, use a hand mixer or a stand mixer to whip the cream until stiff peaks occur, be careful not to over whip. The cream will be done when you pull the beaters out and the cream stands at attention.
2. In another large bowl, whisk the vanilla into the sweetened condensed milk. Gently fold in the whipped cream with a spatula, slowly incorporating the two mixtures together so it stays light and aerated.
3. Fold in additional ingredients that you may desire (sprinkles, broken cookies, chocolate chips, chopped up candy bars, etc.)
4. Transfer the mixture to a freezer container and freeze for 4-6 hours.



**"YOU HAVE TO LOVE A NATION THAT CELEBRATES ITS INDEPENDENCE EVERY JULY 4TH... NOT WITH A PARADE OF GUNS, TANKS, AND SOLDIERS WHO FILE BY THE WHITE HOUSE IN A SHOW OF STRENGTH AND MUSCLE, BUT WITH FAMILY PICNICS WHERE KIDS THROW FRISBEES, THE POTATO SALAD GETS "IFFY", AND THE FLIES DIE FROM HAPPINESS. YOU MAY THINK YOU'VE OVEREATEN, BUT IT IS PATRIOTISM."**

**-ERMA BOMBECK-**





# July 2025



Pool Aerobics 9:00 AM Mondays, Wednesdays, and Fridays

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<p>1</p> <p>Activities Committee Meeting 4:00 PM Pool 5:30 PM</p> 	<p>2</p> <p>Hand &amp; Foot 1:00 PM</p> 	<p>3</p> <p>Pinochle 1:00 PM</p> <p>Texas Hold 'Em 5:30 PM</p> 	<p>4</p> <p>4<sup>TH</sup> OF JULY</p> 	<p>5</p> <p>Foot Zoning Class 10:00 AM</p> 	
<p>6</p>	<p>7</p> <p>Pool 5:30 PM</p> 	<p>8</p> <p>Summer BBQ &amp; Bingo 5:30 PM</p> 	<p>9</p> <p>Hand &amp; Foot 1:00 PM</p> 	<p>10</p> <p>Pinochle 1:00 PM</p> <p>Texas Hold 'Em 5:30 PM</p> 	<p>11</p>	<p>12</p> <p>Foot Zoning Class 10:00 AM</p> 
<p>13</p> <p>Ice Cream Social 6:00 PM \$.75/scoop</p> 	<p>14</p> <p>Pool 5:30 PM</p> 	<p>15</p>	<p>16</p> <p>Hand &amp; Foot 1:00 PM</p> 	<p>17</p> <p>Pinochle 1:00 PM</p> <p>Texas Hold 'Em 5:30 PM</p> 	<p>18</p>	<p>19</p> <p>Foot Zoning Class 10:00 AM</p> 
<p>20</p>	<p>21</p> <p>Pool 5:30 PM</p> 	<p>22</p>	<p>23</p> <p>Hand &amp; Foot 1:00 PM</p> 	<p>24</p> <p>Pinochle 1:00 PM Texas Hold 'Em 5:30 PM</p>  <p>PIONEER DAY</p>	<p>25</p>	<p>26</p> <p>Foot Zoning Class 10:00 AM</p> <p>Movie Night 6:30 PM "Did You Hear About the Morgans?"</p> 
<p>27</p>	<p>28</p> <p>Pool 5:30 PM</p> 	<p>29</p>	<p>30</p>	<p>31</p>		