

February 2021



"HIDDEN HIGHLIGHTS"

The Official Publication of Hidden Valley Ranch
Property Owners' Association, Inc. (HVRPOA)
Vol. XXII, Issue 4

GENERAL INFORMATION

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E-mail: hvrpark@gmail.com
Website: HVRPOA.com

Office Hours: Weekdays 9:00 - 11:00 a.m.
Clubhouse Hours: 7:00 a.m. to 10:00 p.m.
Activity Center: 7:00 a.m. to 10:00 p.m.
Exercise Room: Open 24/7

BOARD MEMBERS

President: **Jim Bowans** 515-778-6685
jbo106@aol.com 2508 E Bogey
Vice-Pres: **Mike Ford** 817-528-4907
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Secretary: **Clara Schiebout** 712-348-1446
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Director: **Gerry Sanders** 262-378-9589
gerrysandersgas10104@aol.com 2208 L. Grn.
Director: **Diane Tardif** 603-724-7824
gidget1218@gmail.com 2505 E Bogey

Emergency Numbers:

Hidalgo Co. Sheriff (POLICE).. 956-383-8114
Ambulance / Fire / Emergency 911

President's Message

After many weeks of hand wringing and discussing lots of ideas on how to have a Membership meeting amid the Covid restrictions, we were able to hold a successful election in January. Many thanks to all the ladies who spent hours calling our residents so everyone had the opportunity to vote. Thanks also to everyone who mailed in their absentee ballots.

Welcome to all the new Board members. We now once again have a full nine-member Board.

I know we are all tired of hearing about Covid, but it does exist and reportedly is getting worse. The State of Texas is under a mask mandate. The County of Hidalgo is under a 50% occupancy rule, and there can be no outside gatherings over ten people without a permit from County Judge Cortez. The Board will continue to align HVR's protocols to match their restrictions.

As a Board, we are also committed to doing whatever it takes, for as long as it takes, to keep our facilities sanitized, and keep HVR members feeling safe and supported. We ask for both your understanding and your continued co-operation in helping with these efforts.

Please don't become complacent. Stay well and stay safe.

Jim Bowans

Feb 12 9:00a Board Meeting

Feb 13 9:00a Park Meeting

(Both have limited access: wear your ID & masks)

JANUARY BOARD ELECTION RESULTS

Total vote ballots tallied: 406

President:	Jim Bowans (E)	320
	Mike Ford (write-in)	54
	Gary Zerwas	1
Secretary:	Clara Schiebout (E)	392
	blank	14
2-yr Directors: (members voted for two)		
	Gerry Sanders (E)	250
	Barb Childress (E)	214
	Bob DeMeyer	180
	Carol Bishop Bean	75
	Kerry Roberts	53
	blank	40
1-yr Directors:	Diane Tardif (E)	344
	Jo Herndon (E)	339
	blank	129

NOT RECEIVING OUR WEEKLY E-MAILS ?

First, check if it's going to your junk mail.

Secondly, do we have your correct or most-recent email address in our files?

If you have questions please call Ray Fink at 402-733-8972 or email Webmaster@hvrpoa.com

NEWSLETTER SUBMISSIONS

Co-Editors: Kathy Wiens & John Constable
Newsletter is published November through March

DEADLINE for submitting notices of upcoming events is the twenty-fifth (25th) of the month before

Ways to submit an event notice:

- E-mail John at johnconstable852@gmail.com
(Note: Info doesn't have to be typed. Take a close-up phone-photo of the handwritten page/poster and email it to me. I can type it up from that.)
Or, call me with info: Cdn. phone #: 1-506-300-1488
- Contact Kathy: at 402-416-7888 or email kwiens68512@yahoo.com or see her in person around the Park.
- Pass it to the office staff, who will place it in our wall folder. Items submitted must include a legible signature of submitter. Editors & Board reserve the right to reject some submissions.

Please keep in mind info on Park activities and COVID protocol (restrictions) as printed herein are only as current as the final deadline for this edition (Jan 25th).
HVR Covid protocol may have changed since then.
Check office or website for the latest updates.

JANUARY PASSING OF HVR MEMBERS

1-06-21:	Richard Harris	2117 W Bogey
1-10-21:	Don Leonard	7312 Birdie

HVR CHURCH ANNOUNCEMENTS

Church Service Sundays 9:00 am

Pastor Cliff Stewart (970) 302-7033

UNDERCOVER SUNDAY Feb 14th

It's our 13th annual time for this event.
Please bring children's socks and underwear to donate to Children's Haven International.

BIKER'S BLESSING Feb 21st

This is our 4th annual opportunity to have members of the Christian Bikers Association join us as we Bless them and ask the Lord to provide safe travels, as well as to provide opportunities for them to witness to others and share His love.

GIDEON SUNDAY Feb 28th

WEDNESDAY BIBLE STUDY 9-10 am



At Sandra Arnold's home
513 Par 956-342-2716
Study: "Experiencing God"
Limited space. Wear masks.

"HONEST, DEAR. I MEANT HER NO HARM."

Armadillos are known to have tough shells. How hard? They're usually not bulletproof, but there have been reports to the contrary. Here's one such recorded one:

Six years ago, a Georgia man shot at an armadillo. The bullet ricocheted off the armadillo, went through the screen door of his mother-in-law's trailer, and grazed her in the shoulder.

Neither victim was fatally harmed, so no charges were laid.

J'EVER NOTICE.....

.... a lot of problems in the world would disappear if people talked TO each other instead of ABOUT each other.

WELCOME, RENTERS

Whether new or returnees, Renters are reminded that whether you are renting for just a week, a month, or for the rest of the Season, **you must be registered at the office**. As Renters, you of course have access to every Park amenity (except HVRPOA meetings). Besides being required to adhere to HVR's current Covid restrictions, all Renters must obtain a temporary ID (to have when in HVR buildings). These IDs can be obtained from the main office, free of charge, on any weekday from 9-11 am.

Obtain a copy of our bylaws. Be informed!

ABOUT THE COVID RESTRICTIONS

The HVR Board is closely watching and adhering to all Hidalgo County orders pertaining to public safety regarding COVID. Orders from them are changing constantly and so then will HVR's.

The info that is printed in this newsletter regarding the permissible activities and event restrictions may therefore become quickly obsolete. Residents are urged to frequently check with the office or through the HVR website messages for the latest updates.

But as of the final preparation of this newsletter (Jan 25th), here are the current restrictions:

Many activities are still canceled, but some are opening up again under strict Covid regulations.

The exercise room, library, and pool hall are open, provided users wear masks and maintain distancing rules.

The swimming pool is open. Again, maintain distances.

Visitors and guests are currently allowed in the Park, if accompanied by a property owner from HVR and if they follow all current HVR Covid protocol.

Renters in the Park will need a temporary ID that can be obtained free from the main office.

MEDICAL EQUIPMENT

Fall down, go boom??

Park residents in temporary need of crutches, a cane, a rolling walker, potty chair, or wheelchair may borrow them free from the Office.

NEW DIRECTORIES

The new Park directories are now available at the Front Office between 9-11am weekdays. \$3. Reminder that old directories are recyclable.

J'EVER NOTICE.....

... the older you get, the earlier it's "getting late" ?

FEB IS NATIONAL GRAPEFRUIT MONTH

The 1929 accidental discovery of red grapefruit growing on a pink grapefruit tree here in the valley gave rise to the lucrative Texas Red Grapefruit industry. This was spurred in large part to the subsequent cultivation and highly reputed harvesting quality of RGV's red grapefruit.

Despite harmful freezes in the 1960's and 1980's taking a toll on the trees, followed by the subsequent spreading urbanization replacing many citrus groves, RGV's reputation for quality red grapefruit production remains well-known.

Grapefruit Avocado Salmon Salad



You can't go wrong with a salad this colorful and healthy.

Such a burst of flavors to enjoy with each mouthful.

Start with arugula or baby spinach, add sections of blood orange and **red grapefruit**.

Add avocado slices, grilled (cold) salmon sections, radish slices, and toasted pumpkin seeds (or chia seeds). Top it off with a creamy dill dressing or a spicy-sour poblano lime dressing.

Grapefruit versus Certain Medications?

This is a reminder to people who lower their cholesterol by taking statin drugs (such as Zocor or Lipitor) that they should avoid grapefruit completely. The combination of the two can void any good the drug does, as well as increase the drug's adverse side effects greatly.

Moreover, **interactions can happen up to three days** after eating or drinking grapefruit. This means you cannot have grapefruit for breakfast and safely take your medication that evening and expect no medical interactions, however small.

(Sources: www.healthline.com ; www.health.harvard.edu)

MONDAY NIGHT ENTERTAINMENT

7:00 pm \$7 - \$10 pp

(Why pay \$20, \$30 or more in Branson?)

Doors open 6:30. Limited seating; wear masks.



Feb 1st:

**Lindley
Creek**

Americana Bluegrass, Gospel, & Country Music \$10.



**Feb 8th:
Shake,
Rattle & Roll**

50's-60's music, comedy, & choreographed moves \$7.

Feb 15th: (pending)



Feb 22nd:

**Dave &
Daphne**

Fun, fast-paced entertainment \$8.

**PS: We're booking for next year. If you have any requests for your favorite group, contact:
Carol Bishop Bean 865-414-2338**

DON'T MESS WITH A TEXAN WOMAN

Have you heard of the 72-ounce steak challenge in The Big Texan Steak Ranch (Restaurant) in Amarillo, TX ?

The rules: In one hour, you must eat an entire 72-oz steak. And if five pounds of beef isn't enough, you also have to eat the four sides: a shrimp cocktail, a baked potato, a side salad, and a buttered roll.

The prize: Clear your plate, and the meal is free – otherwise it costs around \$72.

The Reigning Champion: This challenge began in 1962 and its Hall of Fame list of successful contenders is now over 40 pages long, but Molly Schuyler stands above the rest. In 2015, Schuyler – who bills herself as the “No. 1 female independent competitive eater in the world” – methodically took care of not one, not two, but *three* 72-oz steaks, *three* shrimp cocktails, *three* baked potatoes, *three* salads, and *three* rolls..... in only twenty minutes! That's nearly 20 pounds of food in 20 minutes for a girl who weighed only 124 pounds.

“We've seen a lot of eaters come through these doors,” said Big Texan owner Bobby Lee. “but Molly takes the cake – lots and lots of cake, so to speak.”

ANDY Lander's Advice for Men:

Dear Andy: I've gained a few pounds, and my wife no longer seems to want to call me “Sexy” any more. I miss that endearment, but I'm also not willing to cut back on the beer or the desserts. Any recommendations?

Andy here: Do what I do: I have a bumper sticker on my truck that says, “Honk if you think I'm sexy”. Then, I just sit at green lights until I feel better about myself.

Dear Andy: My wife keeps moving my stuff around, and I don't like it one bit. How can I get her to stop?

Andy here: Yeah, I know what that's like. Just the other day, I had to ask my wife where my things were. She had put my shoes in the boot rack, hung my jacket on a hanger in the coat closet by the door, and put my keys on one of the key hooks. No wonder I couldn't find anything!

NEW HVR OWNER?

YES, it's repetitive for long-time readers, but it is important information to new owners.

Congratulations! Welcome to the Park. If you have not already done so, deed titles can be transferred at no cost from:

HVR'S Notary Publics

Lila Helm 7609 Par (507)377-2008

Sallie Remington 2500 Fairway Ct.
(509)539-3510

Most commonly requested services:

Warranty deeds	Title transfers
Affidavits	Rental agreements
Medicare enrollment	

No service fees, but photo ID is required

Then, notify the office (to fill out a *property change of ownership* form). Bring age verification ID.

THINKING OF RENOVATING?

HVR owners wishing to make ANY exterior changes to their property (such as awning, deck, shed, concrete, etc) are reminded that they must **first seek approval** of their plans from the HVR Architectural Committee, then obtain proper permits from the County. Packets which set out both the Park and County rules and regulations are available at the Office.

The Architectural Committee usually meets every Thursday 10 am near the main office, but may be opting for a "necessity" basis only.

LEAVING ON A JET PLANE?

If you ever need to get out of the Park in the middle of the night for a medical emergency or early flight, and you don't have the means to open the gate, you can **drive over to Leisure's gate**. It automatically opens for any vehicle that slowly approaches it.

(Note: You can get out that way, but not back in.)

Overheard...

"I've been diagnosed with a medical condition called OCD: Old, Cranky and Doddery."

VALENTINE'S DAY 2021:

This year, I will enjoy long romantic walks to the fridge.



I might even dress up for the occasion, by putting on my best PJ's and slippers.

PARK REPAIRS

If you notice an item in need of maintenance or repair, please fill out a form found on the wall by the front desk. Don't just pass the buck on to someone else saying, "I told so and so about it."

Your Board works very hard at being good stewards of the Park funds and cost control. Do your part to support these efforts by helping to nip small repairs in the bud before they become big repairs. Thanks!

BODY SPACES

Your body has been "social distancing" long before Covid made the term popular. In fact, certain body parts have been separated from each other all your life, although obviously not by the recommended six foot distance.

Do you know the names for the space between

Nostrils?	Septum
Eyebrows?	Glabella
Thumb and index finger?	Purlique
Nose and upper lip?	Philtrum
Two front teeth?	Diastema
Lungs?	Mediastrium
Neck and shoulder?	Trapezius
Teeth and gums?	Sutcus
Butt cheeks?	Intergluteal cleft
Toes?	Webspace

Editor's note: I don't know about you, but other than the first one, I'd never heard any of these terms being used before. But I think on my next checkup, I might tell my Family Doctor (a former Calculus student of mine) that I've been experiencing an itch on my philtrum, just to see his reaction.

... And you just looked back to see what the philtrum is, didnt you?

- J. C.

BE WARY OF POTENTIAL SCAMS

(Borrowed from a law enforcement agency)

City you grew up in: **STOP**
Favorite color: **GIVING**
First pet's name: **PEOPLE**
Street you grew up on: **YOUR**
First child's name: **PERSONAL**
Favorite sports team: **INFO**
Nickname in High school: **TO**
First car you ever owned: **GUESS**
Favorite snack: **YOUR**
Mother's maiden name: **PASSWORD**
First job you ever worked at: **AND**
Favorite musical band: **SECURITY**
Birthday month: **QUESTIONS**

We've all seen "surveys" like the one above. They seem innocent enough but, as the highlighted answers tell you, it might just be a disguised scam search. And, it might have come to you as a share from a best, but unknowing, friend. Be wary of taking part!

Other popular scam-posts will embed your media devices with malware, as well as infect the devices of those with whom you further share.

Here's some typical examples:

Those "cute and cuddly" shared facebook posts that tell you to send it on to ten of your best friends, including back to the sender. Now, think: Why would you have to "send it back"? Because that's what initiates the destructive malware that was just embedded when you first opened it.

Another popular scam involves a posted "cute" picture with the statement "I bet nobody will like me or give me one share". Or, a posted political or religious "statement" that includes "If you agree, share". You can agree, but do so by first taking a screen shot, crop it, and then send *that* viral-free post.

No, not all of them have malware, but play it safe:

Be vigilant of "what's going around" not just with Covid, but also with what's on your social media devices. Think before you share!

Overheard...

"My friend DAVID had his ID stolen. Now he's just known as DAV."

PAY IT FORWARD

Be kind to that waitress, cashier, or store clerk just doing their job. Most of their income comes from your purchases and tips, and Covid has greatly reduced the number of customers that supply that. That means they are struggling even more to pay their rent or put food on the table for their kids. Please consider:

- Doubling your tip (or more). Yes, even if it's take-out. It's for those same people, People!
- Stop "beating down" the asking price from vendors at PULGA or Nuevo Progreso or to those offering to wash your car & RV or trim your citrus trees.

They need those few dollars much more than you do. You won't miss it, and it will make a BIG difference to them! Be a Blessing to someone!

"Truly I tell you, whatever you did for one of the least of these brothers of Mine, you did for Me." - Matthew 25:40

RECYCLING PROGRAM

When? Every Thursday 8:00 – 9:30 am

(If warranted, may be extended to Tuesdays as well)

Where? Across the Parking lot from Clubhouse

Items recycleable:

Aluminum beverage cans (they will remove the tabs for Shriners Hospital before putting cans in HVR's chute.)
Cardboard (flattened), Newspaper, Other paper, Plastic (squashed, please, to save space), Glass bottles (rinsed), Tin cans (rinsed out and with labels removed)

Items NOT accepted:

Styrofoam, Batteries, Aerosol cans, Scrap Metal.

GOOD HOUSEKEEPING ?

"They say it's the thought that counts. If that were true, my house would have been cleaned a long time ago."
- Anonymous

"My idea of housekeeping is to sweep the room with a glance."
- Erma Bombeck

"I like to think of dust as a protective coating for fine furniture."
- Ruby Barnhill

"I would rather lie on a sofa than sweep around it."
- Shirley Conan

"I'll start vacuuming the living room when Kenmore comes out with a ride-on model."
- Rosanne Barr

TREASURER'S 2020 REPORT

2020 was a challenging year. Our main source of income is, of course, the HOA fees, which is stable and will not be increased, as it is certainly more than sufficient to meet our everyday expenses. We did, however, have somewhat of a decrease in our "bonus" income when Covid restrictions suspended our Jams and fund-raiser dinners, Entertainment, Bingo, Craft Shows, and other such stopped activities.

We were able to carry \$10,000 over to the new year and with our 2021 account now "reloaded" with this year's HOA fees, our regular expenses will again be met, so members need not worry or speculate. Having said that, the Board will still work very hard to find ways to try to reduce everyday costs and control unbudgeted expenses. Your understanding and co-operation in these efforts would be appreciated.

– G. Weaver

Ordinary Income/Expense

Income	
50/50	1,214.45
Activities *	3,041.35
Assessments 2020	139,800.00
Assessments-2021	0.00
Coke *	254.58
Commissions - Glacier Water	1,214.65
Commissions/Laundry	1,090.36
Dance *	741.50
Dance Expense	-600.62
Donations Activities	419.90
Entertainment *	5,048.87
Entertainment Expense	-4,146.00
Ice Cream *	745.00
Ice Cream Expense	-450.16
Interest Income	405.25
Laundry	381.24
Office Income *	1,465.70
Recycle	438.49
Social Meals *	11,910.00
Social Meals Expense	-5,728.25
Total Income	157,246.31

Gross Profit 157,246.31

Expense

Activities Expense	2,732.13
Capital Expense	-6.16
Cleaning & Janitorial	26,001.22
Electricity	20,629.75
Equipment Lease	3,182.52
Garbage Bags - Park Use	599.76
Grounds Expense	3,590.44
Insurance	21,339.00
Natural Gas	6,187.07
Office Expense	9,325.10
Pest Control	681.99
Printing & Service Contracts	178.61
Professional & License Fees	13,583.71
Repair Maint./General	24,292.28
Repair Maint./Swimming Pool	15,454.97
Supplies	78.05
Supplies Pantry -Janitorial	1,679.70
Taxes	843.62
Telephone	3,898.98
Water & Sewer	3,225.46
Total Expense	157,498.20

Net Ordinary Income -251.89

Net Income -251.89

Ed. Note: Complete detailed report is posted by front office.

Jes' WONDERIN'...

FACT: On average, Americans consumed 16.1 lbs of seafood in 2018, up from the previous year.

So I was **jes' wonderin'....**

.....who was the first person brave enough to open up a clam or mussel and say, "Oh, wow. This looks edible."?

HEART ATTACKS IN WOMEN

According to a recent *Heart and Stroke* report, early signs of a heart attack are missed in 78% of women, Why is that?

It is because the majority of heart research has been focused on men. Hence, blood tests and electrocardiograms are compared to other men. Thus, results for women sometimes come out looking "normal" because they were designed more for men's hearts. This could then lead to women getting a possibly inaccurate diagnosis of "just anxiety" or "heartburn".

While there are many early signs often the same for women as for men (such as sweating, shortness of breath light-headedness, and/or nausea), women MAY have a heart attack without the tell-tale chest pressure/pains that men do.

Women may also experience the following early symptoms that men often don't:

- pressure/pain in the jaw or upper abdomen
- dizziness or faintness
- upper back pressure
- extreme fatigue

These symptoms, without any crushing chest pain, could be early signs that can occur and can recur weeks before an actual heart attack.

Until more heart research on BOTH sexes is funded, women – especially those with a family history of heart disease – need to be mindful of their symptoms.

Women know their bodies best. If something doesn't feel right, women have to be more persistent with their doctors to thoroughly check out all underlying causes.

When it comes to your heart, don't miss a beat!

SOME FRIENDLY REMINDERS:

- Last one out the door (of any HVR building), turn off the fans and lights. (exceptions: lights in bathroom hallway and over the front desk stay on)
- Please observe the posted speed limits. This includes on Western Road.
- All vehicles must stop at posted stop signs, including golf carts and bicycles.
- Volunteers are needed for big and small jobs in the Park. Consider sharing the workload by offering some of your time.
- Update your property "for sale/rent" ads posted in the Clubhouse. Reminder that ads are restricted to 8" x 5" size (1/2 page)
- Citrus fruit lying on the ground needs to be picked up frequently. Not only will this deter a potential rodent infestation, it provides a nice clean Park appearance to help entice potential new HVR buyers.
- Cover the hot tub when done, no matter what time of day. Reduce heat loss / costs.
- Update the Front Office with info on who will be handling your Summer yard maintenance. Summer weeds do thrive !!
- Walk on the left side of the roads FACING traffic. Wear light reflective clothing in the evening. See and be seen!
- Consider checking with HVR's less-mobile residents to see if they need anything before you head out to the grocery store.
- Pick up after your pets. Non-Service Pets are not allowed in any HVR building.
- Consider not putting your garbage bags out on Sunday night (as the garbage truck doesn't come until late Monday morning). This will deter raccoons and prowling cats from tearing into them and littering.
- If you use any Park facilities, clean it up/straighten it up when through. Leave it looking better than when you walked in.
- Have a daily phone conversation with HVR members who live alone. Or, drop off some of your home-made casserole or dessert. It is simple gestures like these that help brighten their long lonely days.

CRAFT CORNER

Craft Exchange: Feb 16th 12:30-1:30

This is your annual opportunity to get rid of your project leftovers and maybe find something you can use from someone else's stash.

Craft and Quilt Show: cancelled for 2021

The usual opportunity to see the quilter's projects, wood carvings, stained glass, paintings, needlework, gourds, and more that are done by our very own talented Park Members will not take place this year, due to Covid concerns.

There is an opportunity to see a Virtual RGV Quilt Display Feb 8th-14th. Google them.

Let's end this issue on some humor

This is what we, who are aged 70 or 80 years plus, can look forward to.

This is something that happened at an assisted living center. The people who lived there had small apartments but they all ate at a central cafeteria. One morning one of the residents didn't show up for breakfast so my wife went upstairs and knocked on his door to see if everything was OK. She could hear him through the door and he said that he was running late and would be down shortly, so she went back to the dining area.



An hour later he still hadn't arrived, so she went back up towards his room but found him on the stairs. He was coming down the stairs but was having a hard time. He had a death grip on the hand rail and seemed to have trouble getting his legs to work right. She told him she was going to call an ambulance but he told her no, he wasn't in any pain and just wanted to have his breakfast. So, she helped him the rest of the way down the stairs and he had his breakfast. When he tried to return to his room, he was completely unable to get up even the first stair step, so they called an ambulance for him.

A couple of hours later she called the hospital to see how he was doing. The receptionist there said he was fine, he just had both of his legs in one side of his boxer shorts.

We've all had "one of those kind of days", right?