



Vadnais Heights HI-LITES

Senior Activities Newsletter

August 2020

Vadnais Heights Community Food Program

Saturday, August 15, 9 am – Food Distribution
Please check www.cityvadnaisheights.com or call 651-204-6000 for updates.

Heritage Days 2020 - Cancelled

The City Council decided to cancel all Heritage Days activities for 2020. With the continuation of restrictions on gatherings, as well as funding and staffing concerns for a later event, the City believes this is the best decision for this year. We appreciated the traditions that so many in our community have created around Heritage Days and hope to be able to bring those and more back in a safe way in 2021.

Manitou Days

Manitou Days will be held August 1-23. There will be a smaller event line-up this year. Planners have worked hard to reconfigure their events to promote safe gatherings. A tentative list of events and activities are: Farmer's Markets, Strive Scholarship Race, Garage Sale, Grande Parade, Fireworks and more. Please visit www.manitoudays.com for more events and information.

Night to Unite

In 2020, Night to Unite will be moving to Tuesday, October 6, 2020. Exact plans on how the Sheriff's Office will be participating with our neighborhood groups are currently under discussion.

FREE Farmers Markets – Bring Your Own Bags

Willow Lane Elementary: Thursday, August 6, 1 pm – 3 pm
St. Andrews: Thursday, August 13, 4 pm – 6 pm
Community of Grace: Thursday, August 20, 1 pm – 3 pm
White Bear Senior Center: Thursday, August 27, 1 pm – 3 pm
For more information: www.whitebearfoodshelf.org or 651-407-5310.

Curb Side Breakfast for a Cause at Gable Pines

Friday, August 21, 8 am – 10 am
Your \$5 donation will support the Alzheimer Association.
Check with Gable Pines at 651-433-6045 for further details.

Brain Matters

1. Your brain produces enough electricity to power a low-wattage light.
2. Brain information can travel faster than race cars—some 250 miles per hour!
3. Brains peak for different cognitive skills at different ages. Vocabulary skills may peak in your 60s.

FREE Senior Activity Pass

Senior community members (age 65+) who live in the District are invited to participate in the Senior Activities Pass program and enjoy complimentary admission to school activities. Find the application on the District's website: www.isd624.org or call the Superintendent's Office at 651-407-7563 to request one via mail.

Primary Election – Tuesday, August 11, 2020

A primary election determines which candidates will be on the ballot in the November general election. For further information visit www.sos.state.mn.us or call 651-215-1440.

You're No Spring Chicken #8

Fred was the type who loved to talk about the good old days. At a movie, he told the girl who handed him his \$6 ticket, "I can remember when a movie was only 15 cents." "You're really going to enjoy this movie" said the ticket girl. "We have sound now."

3 Ways to Stay Safe and Slow the Spread of COVID-19

1. Stay Safe: Do try grocery or restaurant delivery, mail order prescriptions and virtual medical visits.
2. Stay Healthy: Do wear a face covering (now mandatory in Minnesota). If you go out, wash your hands with soap and water for 20 seconds when you return home.
3. Stay Connected: Do check in regularly with friends and family by calling, texting, emailing, video chatting or writing letters.

The *Vadnais Heights HI-LITES* is a newsletter for senior citizens sponsored by The City of Vadnais Heights. HI-LITES is published monthly, except for a combined November/December issue. Vadnais Heights Senior Citizens meet at Christ the Servant Lutheran Church located at 3676 Centerville Road, for all events unless otherwise specified. **For more information on any event**, please contact Vadnais Heights City Hall, 800 East County Road E, 651-204-6000, or www.cityvadnaisheights.com. You may also call Josephine Christensen at 651-777-0618. Additional senior resources are offered through the White Bear Area Senior Program at 651-653-3121 or www.whitebearseniorprogram.org.

STATE FAIR TRIVIA

Q: What year was the first Minnesota State Fair held?

A: 1859

Q: How many acres make up the fairgrounds?

A: 322 acres

Q: How much government funding or what sum of taxpayer dollars does the State Fair receive?

A: The State Fair does not receive government funding or taxpayer dollars of any kind. It is completely financially self-supporting.

Q: How many baby animals are born at the CHS Miracle of Birth Center during the State Fair?

A: Nearly 200 animals, including calves, lambs and piglets

Q: How many food concessions are located throughout the fairgrounds?

A: Approximately 300 food concessions dish up nearly 500 different delectable delights.

Q: What happens to the giant pumpkins and vegetables in the agriculture horticulture competition after the fair?

A: The giant pumpkins and other vegetables are composted.

Q: How many events take place on the fairgrounds during the non-fair time?

A: Approximately 220 events

Q: How many tons of glass, plastic and aluminum were collected and recycled during the 2018 fair?

A: 56 tons

Q: How many cookies can Sweet Martha's Cookie Jar produce in one day?

A: 3 million cookies

Q: What is the most popular flavor of pies entered in the creative activities baked goods category?

A: Apple

Q: Which U.S. presidents have visited the State Fair at one time during their life?

A: Coolidge, Eisenhower, Harding, Teddy Roosevelt, Taft

Q: How long would it take the average cow to produce all the milk served during the fair's 12-day run at the All You Can Drink Milk booth?

A: 8-9 years. About 26,000 gallons of milk are served each year at that booth.

Q: What is the oldest amusement on the fairgrounds?

A: Ye Old Mill, which began operating in 1915.

Q: When was the Minnesota State Fair Foundation established?

A: 2002

Q: How many ears of corn does the Corn Roast food vendor go through each day?

A: 25,000 ears of corn

Q: What year was electricity first used at the State Fair, allowing it to operate after sunset?

A: 1899

Q: What is the oldest food concession on the fairgrounds?

A: Hamline Church Dining Hall, which began operating in 1897

Q: In what year was the first Princess Kay of the Milky Way crowned?

A: 1954

Q: When did attendance first top the 1 million mark?

A: Sept. 5, 1955

Q: What percentage of fair guests came to the fair by some type of public, charter or mass transit bus operation in 2019?

A: Approximately 50

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