



# Vadnais Heights HI-LITES

## Senior Activities Newsletter

October 2020

### Vadnais Heights Community Food Program

Saturday, October 17, 9 am - Food Distribution  
Please check [www.cityvadisheights.com](http://www.cityvadisheights.com) or call 651-204-6000 for updates.

### Big Red Barn Sale

Sunday, October 4, 11 am – 3 pm  
Bruentrup Heritage Farm, 2170 E. County Road D, Maplewood. More than 30 artisans, vintage sellers, flea market sales and direct sellers in both outdoor and well-ventilated environment. Live band playing 50s and country music, food and history exhibits. For more info contact: [www.maplewoodhistoricalsociety.org](http://www.maplewoodhistoricalsociety.org).

### Council Meetings

Tuesday, October 6 and Tuesday, October 20 at 7 pm.  
All meetings are at City Hall.

### FREE Bread Distribution

Every Tuesday beginning at 7:30 am, Christ the Servant Lutheran Church will continue to sponsor a free bread distribution for the community on the patio. All are welcome!

### Heritage Days Photo Project

Help us record the history of Heritage Days! For nearly 45 years, Heritage Days has brought members of our community together and we've been collecting photos throughout. Unfortunately, for the vast majority of our photos, we don't know the names of the people who were captured watching the parade, dancing to live music and making memories together. We need your help to record the "who" and "when" of our photos. Our digital photos have all been made available online for the public to view and describe. You can find out more about the project at [www.cityvadisheights.com/photoproject](http://www.cityvadisheights.com/photoproject).

We are looking for volunteers to help with archiving and scanning! Everything can be done from a home computer with internet access. If you're interested, contact Katie Everett at [katie.everett@cityvadisheights.com](mailto:katie.everett@cityvadisheights.com) or 651-204-6060.

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.cityvadisheights.com](http://www.cityvadisheights.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](http://www.whitebearseniorprogram.org).

**Night to Unite has been CANCELLED!**

### American Red Cross Blood Drives

Christ the Servant Lutheran Church – 651-429-6595

Friday, October 9, 2 pm – 7 pm

Vadnais Heights Commons

Tuesday, November 10, 12 pm – 6pm

Sign up online at [www.redcrossblood.org](http://www.redcrossblood.org) or call 1-800 RED CROSS.

### The Computer Brain Myth

There is NO conclusive proof that "brain fitness" computer games protect memory for most people. Instead, choose challenging, interesting activities that are new to you. Research shows that reading books, newspapers, playing board and card games may lower the risk of dementia.

### You're No Spring Chicken #10

Where but radio would you find people like Rochester, Titus Moody, Mrs. Noosebaum, Charlie McCarthy and lines like..."It's a joke, son!" "Howdy Bub" and all that stuff falling out of McGee's closet?

### Keep Learning and Having Fun While at Home

Check out these web sites:

Animals & Nature – MN DNR Web Cams:

[www.dnr.state.mn.us/features](http://www.dnr.state.mn.us/features)

Games – Printable Puzzles, Mazes & More:

[www.krazydad.com](http://www.krazydad.com)

Learning – Cyber Seniors:

[www.cyberseniors.org](http://www.cyberseniors.org) or 1-844-217-3057

### The Falling Leaves....

October is the month to see all the beauty of fall colors. Did you know: There are more than 60,000 different tree species worldwide! A large tree can consume up to 100 gallons of water every day. Minnesota has an estimated 14.7 BILLION trees. The largest cottonwood tree in Minnesota is over 10 feet in diameter. One mature tree has the same cooling effect as 10 room-sized air conditioners.

# HALLOWEEN TRIVIA

## 1. The holiday goes back more than 2,000 years.

Halloween all started as a pre-Christian Celtic festival called Samhain (which means "summer's end") held around the first of November. It celebrated the final day of the harvest and the crossing of spirits over into the other world. People in Ireland, the United Kingdom, and Northern France would ward off ghosts by lighting sacrificial bonfires, and, you guessed it, wearing costumes, according to History.com.

## 2. Trick-or-treating has existed since medieval times.

Back then, it was known as "guising" in Scotland and Ireland. Young people dressed up in costumes and asked for food or money in exchange for songs, poems, or other "tricks." Today, the tradition has morphed into children getting dressed up and asking for candy.

## 3. Some Halloween rituals used to involve finding a husband.

During the 18th century, ladies would follow Halloween traditions that would "help" them find a romantic match. According to History.com, women would: Throw apple peels over their shoulder hoping to see their future husband's initials, competitively bob for apples at parties because the winner would be the first to get married, and stand in a dark room with a candle in front of a mirror to look for their future husband's face. Thankfully, those traditions have died out.

## 4. Immigrants helped popularize the holiday in the U.S.

When the Irish fled their country in the 1840s due to the potato famine, they brought their Halloween traditions with them. By the 1920s, the holiday mischief reached an all-time high. Some believe community-based trick-or-treating became popular in the 1930s as a way to control the excessive pranksters.

## 5. Sugar rationing during World War II halted trick-or-treating.

After the rationing ended, the tradition grew into what we're familiar with today. Candy companies started launching advertising campaigns to capitalize on the ritual.

## 6. This year will be the first Halloween in 19 years to have a full moon.

Full moons on Halloween are pretty rare. The last time there was a full moon on October 31, it was 2001 — and before that it was 1955. The next one won't occur until 2039. In fact, the 21st century will only see six full moons on October 31: 2001, 2020, 2039, 2058, 2077 and 2096.

## 7. Illinois produces up to five times more pumpkins than any other state.

The Land of Lincoln has more than 15,000 acres devoted to gourd growing, according to the United States Department of Agriculture. Those Illinois farms typically grow more than 500 *million* pounds of pumpkins annually.

## 8. Candy corn was originally called "chicken feed."

The Goelitz Confectionery Company sold boxes with a rooster on the front in order to appeal to America's agricultural roots, according to *National Geographic*. The sugary recipe has gone largely unchanged since the 1880s.

## 9. "Monster Mash" once reigned supreme on the Billboard charts.

Bobby "Boris" Pickett reached #1 on the Hot 100 in 1962 just before Halloween and later recharted in 1973 — but this time in August.

## 10. The fastest pumpkin carving lasted 16.47 seconds.

Stephen Clarke holds the honor. The jack-o'-lantern had to contain a complete face, including eyes, nose, mouth, and ears.

## 11. Skittles are the top Halloween candy.

The bite-sized candies outranked M&M's, Snickers, and Reese's Cups, according to 11 years of sales data from CandyStore.com. And even though candy corn also made the top 10, the tricolored treats also ranked among the *worst* Halloween candies, according to a CandyStore.com survey.

## 12. Harry Houdini died on Halloween in 1926.

The famous magician, illusionist, and entertainer died from peritonitis caused by a ruptured appendix, but multiple contradicting reports caused quite the mystery around his death.