



Vadnais Heights HI-LITES

Senior Activities Newsletter

July 2017

Vadnais Heights HI-LITES Volunteers

Vadnais Heights Commons
Friday, July 14, 9 a.m.

Vadnais Heights Community Food Program

Distribution is on Saturday, July 15, 9 a.m.

Council Meetings

Wednesday, July 5 and Wednesday, July 19
7 p.m. at Vadnais City Hall.

Hot Dog Eating Contest

Tuesday, July 4 6 p.m. At Ramsey Beach. How many hot dogs can be eaten in 8 minutes? This community event is free and sponsored by Community Vineyard Church. Come & watch the fun.

4th of July Fireworks, Flyover & Music at Memorial Beach

The music starts at 8 p.m. The Flyover with T-6 planes at 8:30 p.m. The music is by Shoreview Northern Lights Variety Band, followed by an amazing fireworks display over White Bear Lake.
Sponsors are: Schwieters Building Supply and Construction, Community Businesses and Local Residents.

Blood Drive Christ the Servant Church

Monday, July 10, 1 p.m. - 6 p.m. Please call 800-733-2767 or visit redcrossblood.org and enter: Christ the Servant to schedule an appointment. Giving blood help saves lives!

Weird But True Fact #7

More water is in the Pacific Ocean than all of the other seas and oceans combined.



Lunch & Table Games

Wednesday, July 12, 12 noon.
Bag lunches are the "in thing". So pack yours & have some fun. The coffee will be ready and Darlyne Morrow will be furnishing the dessert. After a short meeting, table games of choice will be played.

Taste of Vadnais

Tuesday, July 18, 5:30-8 p.m. At 935 E. County Road E (Mad Jacks Cafe and F&M Bank parking lots).
Come celebrate summer at the annual Taste of Vadnais. Join us for an outdoor street fair atmosphere in our Vadnais Heights City Center. Featured will be food from area restaurants, live music from the Shane Martin Band, Children's games and entertainment.

Gardening without a Garden: Hanging Baskets

Though generally used for flowers, hanging baskets are also a perfect way to grow a number of things. Strawberries will hang over the edge of the basket, producing fruit that is easy to pick. Tomatoes are also popular to grow this way and some are even bred for this purpose. It's also possible to plant small beets, carrots, and radishes in hanging baskets. What you grow in your small space garden is limited only by your imagination!

Lunch & Table Games

Wednesday, July 26, 12 noon.
Plan an afternoon of fun, friends and dessert. We'll have the coffee ready and Doris Thompson will be bringing dessert. It's easy as all you have to do is bring your bag lunch.

Night to Unite (Save the Date)

August 1 is the nationwide annual Night to Unite! Celebrations and block parties will be held that gather neighborhoods and public safety personnel together for an evening to promote safe communities. Register your event by Friday, July 14 to ensure a Ramsey County deputy visits your event. Please call 651-266-9333 or visit www.RamseyCountySheriff.us for more information.

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.



Independence Day Trivia

The first Independence Day celebration took place in Philadelphia on July 8, 1776. This was also the day that the Declaration of Independence was first read in public after people were summoned by the ringing of the Liberty Bell.

50 flags are flown 24 hours a day at the Washington Monument.

The country's 30th president, Calvin Coolidge, was born on Independence Day in 1872.

Three U.S. Presidents, John Adams, Thomas Jefferson and James Monroe, died on July 4th; Adams and Jefferson died within hours of each other in 1826 while Monroe died in 1831.

Originally, the stars on the flag were arranged in a circle to denote the equality of all the colonies.

Setting off firecrackers formed part of the early Independence Day celebrations. This made the horses miserable.

Iowa has more places with 'liberty' in its name than any other state (there are 31 places nationwide). There are also places with 'freedom', 'independence' and 'patriot'.

Only 2.5 million people lived in the US in 1776, about 314 million live here now.

The 4th of July only became a national holiday in 1941.

Barbecue is big on Independence Day, with more than 74 million Americans planning one. We eat around 150 million hot dogs and buy around 700 million pounds of chicken.

The tune of the National Anthem was originally used by an English drinking song called To Anacreon in Heaven.

The oldest, continuous Independence Day celebration in the United States is the 4th of July Parade in Bristol, Rhode Island; it began in 1785.

To avoid cracking it, the Liberty Bell has not been rung since 1846. To mark the quintessential day, every fourth of July it is symbolically tapped 13 times.

John Adams and Thomas Jefferson are responsible for the bald eagle as the national bird; Benjamin Franklin wanted it to be the turkey.