

Blueberry Art Festival - Arts, Crafts, Food and More

events@ely.org

Planning for the Blueberry Art Festival began back in January and will soon come to fruition with over 200 art, craft, and food vendors in Ely's Whiteside Park. The festival begins on Friday, July 29 at 10 a.m. and ends Sunday, July 31 at 4 p.m.

Organizer, Ellen Cashman, has spent hundreds of hours planning the event layout featuring many of the favorite vendors, plus at least 30 new ones. The festival is a juried show, so each new applicant is reviewed by a panel of area artists and crafters. Those same jurors judge all the vendors on Friday morning and award the top three winners in both the art and craft categories.

"We are excited to have a very diverse group of artists and crafters including some fantastic ones from the Ely area," said Ellen. "We have Tom McDonald from Bear Island Art Factory who does recycled metal art, Dafne Caruso who does both jewelry and mixed media paintings, Ginny Stage who does embroidered textiles, Annette Mattingly who does pressed flower art, Ben Pawlak who features wood crafts, and many more. Several of the new artists are also from Ely including, Brian and Jill Siegel who work with mixed media and Nina Wray with beautiful pottery."

"Our food court is filled with many vendors offering tasty treats including turkey crois-

sants, fresh seafood, corn dogs, brats, and cheese curds, authentic Mexican food, BBQ, waffles, funnel cakes, oriental food, and frozen yogurt. The Ely Kiwanis is in the pavilion with their delicious blueberry pies, ice creams and sandwiches. The beer tent is back this year and the proceeds will go to support Ely Fire Department. There is something for everyone."

Pengal's Basswood Trading will have the Blueberry Art Festival t-shirts, sweatshirts, and blueberry pop. Visit the Ely Chamber of Commerce booth for our first annual Blueberry Art Festival button. The buttons are only \$5 each and funds goes to support the festival. Buttons are also available at the Chamber office at 1600 E. Sheridan Street in Ely.

The third annual Operation Blueberry event kicks off on Thursday, July 28. A map and list of participating businesses will be available on Friday, July 22. Some businesses are offering blueberry sales and specials, while others are doing special events. Maps will be available at the Ely.org website, at the Chamber office, and at the Chamber festival booth. The Chamber booth will also have the coveted "Blueberry List" featuring blueberry art, crafts, food, and many other items offered by vendors at the festival.

As fall sports, school year approach, Essentia Health encourages well-child/teen visits

Don't be fooled by the dog days of summer - fall sports are quickly approaching, which means it's time to start planning for them as well as the 2022-23 school year. At Essentia Health, scheduling a well-child/teen visit has never been more convenient.

Well-child/teen visits include the completion of mandatory sports physical forms and are for anyone from birth to age 21. They are recommended annually to ensure your child is healthy. Especially during the COVID-19 pandemic, the number of preventive-care check-ups such as these declined precipitously. It's important to get back on track.

At a well-child/teen visit, your pediatrician or primary care provider will:

- Conduct a comprehensive physical exam.
- Take measurements like height and weight.
- Discuss any mental health concerns such as anxiety and depression.
- Update all immunizations or vaccinations, including for HPV, meningitis or COVID-19.
- Talk about illness prevention, nutrition, physical fitness and health and safety issues.
- Complete sports physical forms.

The goal, Essentia's experts say, is to ensure the patient's physical and mental health, and identify areas of concern. For those set to participate in a sport, we also want to make sure it's safe. That's why well-child/teen visits feature screens for underlying cardiovascular disease or heart arrhythmias the patient and their family wouldn't otherwise know about, and which could present a serious risk to athletic competition.

Children and teenagers have developed long-term health concerns following COVID infection. One of the more common setbacks is damage to the heart. In severe cases, this could present as heart inflammation and potentially result in sudden cardiac arrhythmia, causing the heart to beat either too fast or too slow. Damage to the heart can be accompanied by mild symptoms that may not raise red flags. That's why it's important to get evaluated, especially if a student-athlete had a more serious bout with COVID - sustained fevers, fatigue, trouble breathing, exercise intolerance, etc.

"Well-child visits are a great time to make sure your child or teen is healthy in all areas of life - growth, cognitive and social development, illness prevention, mental health and more," said Dr. Jonathan KenKnight, an Essentia pediatrician. "We are excited every year to partner with parents to get to know families and to make sure kids are thriving in every way possible."

When it's age-appropriate, things like substance abuse, healthy eating and sexual health also are discussed at well-child/teen visits.

Evaluating that information while already knowing a patient's medical history underscores the benefits of primary care.

Visit Essentia's well-child/teen check page for more information, including a list of the top questions to ask your child's provider. There, you can schedule a virtual or in-person visit, which also can be done via the Essentia Health MyChart patient portal. Well-child/teen visits can be completed by a pediatrician or primary care provider. Many insurance companies cover one such visit per year; contact yours to check on coverage.

If you are interested only in completing sports physical forms, please contact your local clinic to make an appointment or to see if they have any upcoming sports physical sessions.

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LOVIN' Lake County WILD. RUGGED. NORTH. UPCOMING EVENTS

Two Harbors Farmers Market

Burlington Station Parking Lot

Every Saturday

10:00 AM - 1:00 PM

Homemade goods fresh from your neighbors

Finland Farmers Market

Clair Nelson Center, Finland

Every Thursday 5:00 - 6:30

Homemade goods, music & produce from your neighbors

Live Music at Castle Danger Brewery

Friday, July 22: Adam Moe

Saturday, July 23: Cory Coffman

MUSIC: 6:00 - 8:00 PM

Food Truck: Friday - Oasis Del Norte

Live Music - Harbor Rail

Friday, July 22: Luke Heikkila and Phil Ness

MUSIC: 7:00 - 9:00

Agate Bay Crafters

Friday - July 22nd - Saturday July 23rd

Two Harbors Community Center

9:00 - 4:00

Music in the Park Series - Sam Miltich and the Clearwater

Hot Club

City Center Park Silver Bay - Next to City Hall

Friday, July 22nd

7:30 - 9:00

Live Music - Hannah Rey

Larsmont Cottages

Saturday, July 23

6:00 - 9:00 PM

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