

RECREATION PROGRAMS

SUMMER
2018



COLUMBIA HEIGHTS
REDISCOVER THE HEIGHTS

2018 JAMBOREE EVENTS

The 62nd Annual Columbia Heights Lions Club Jamboree & carnival will be held from June 20th - June 24th at Huset Park.

Sunday, June 10 • CH Queen Candidates Meet & Greet
1 - 3 p.m. @ Tasty Pizza, gift basket raffle

Tuesday, June 19 • Community Picnic 4 - 7 p.m. @ Huset Park West

Wednesday, June 20 • Tasty Pizza Medallion Hunt - Clues posted daily,
11:00 a.m. & 5:00 p.m. @ Tasty Pizza and on Facebook. \$1,000 prize!

Thursday, June 21 • **FREE** Kids Fishing Clinic 6 - 8 p.m. @ Huset Park
West (must pre-register 50 max) See pg. 3 for details.

- Lions Beer Garden 5 p.m. - close
- Carnival 5 p.m. - Close **Jamboree Carnival \$2 admission per person, kids FREE. No bikes, scooters, skate boards, or dogs.

Friday, June 22 • Jamboree Parade 6 - 8 p.m., The Parade begins at
45th & Central Ave., proceeds south to 40th Ave., ending at 5th St.

- Lions Beer Garden 5 p.m. - 12 midnight
- Carnival 1 p.m. - Close **\$2 admission, kids FREE w/paid adult

Saturday, June 23 • City-wide Garage Sale, details @ City website

- Athletic Boosters Heights Hustle 5K Run/Walk 7:30 a.m. check in,
8:30 a.m. race @ CHHS Track - register at
www.chathleticboosters.com - online preferred
- Kids Art Class **FREE!** 11 a.m. - 2 p.m. @ Murzyn Hall. (1st come, 1st served, 50 max) See pg. 3 for details.
- Bags Tournament 12:00 p.m. @ Beer Garden
- Local Band 5:30 - 6:15 p.m. @ Heights Idol Stage (if inclement weather, inside Murzyn Hall)
- Heights Idol @ 6:30 p.m. outside of Murzyn Hall, if rain inside hall.
- Adult Softball Tournament all day & the Home-Run Derby 7 p.m. @ Huset Park East
- Lions Beer Garden 10 a.m. - 12 midnight
- Carnival 11 a.m. - Close **\$2 admission, kids FREE w/paid adult
- Fireworks dusk (if rain, Sunday at dusk)

Sunday, June 24 • Adult Softball Tournament @ Huset Park

- CH Lions Waffle breakfast 8 a.m. - 12 p.m. @ Murzyn Hall
- **BINGO w/CH Lions & CH Athletic Boosters** 12:30-3:00 p.m. @ Murzyn Hall
- CH Royalty Coronation 1 p.m. @ CH High School
- Carnival 11 a.m. - 6 p.m. **\$2 admission, kids FREE
- Lions Beer Garden 12 noon - 6 p.m.

JAMBOREE Hotline 763-706-3789

**Jamboree Carnival \$2 admission per person, kids FREE with a paid adult. No bikes, scooters, skate boards, or dogs inside the carnival.



12th Annual Heights Idol

We are searching for talented youth, adults, and seniors to be a part of the 12th Annual and final Heights Idol competition. All talents can audition. CASH, Prizes, and Trophies will be awarded! Judges: Back again - CH alum Pat Proft - screenwriter/actor, latest script Naked Gun 4. Craig Rice - entertainment executive, entrepreneur, educator, award-winning producer, and director who is nationally recognized for his distinguished career in the music industry, commercial television, and feature film industries. His outstanding career in the music industry includes serving as Director of Paisley Park Enterprises, Inc., Record Executive MCA records, Artist Manager/Road Tour manager for domestic and intl. music tours to include Prince, Bobby Brown, Taj Mahal, and Whitney Houston! Judge #3 will be a surprise female.

When: Auditions May 21 & 22, 5 - 8 p.m.

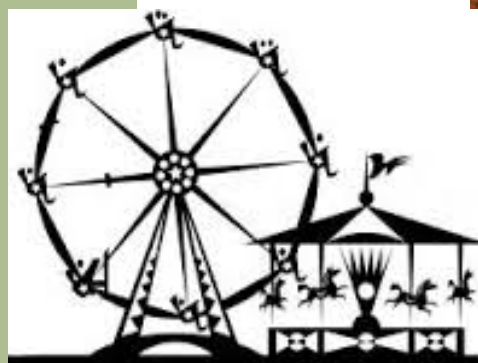
Come prepared with two music selections and your instrument if performing music. Piano available. Questions (763) 706-3730.

Where: Theater Rm lower level Murzyn Hall

Who: Youth - Adult **Activity #** 1158-18

Performance Jamboree

Saturday, June 23
outdoor stage of Murzyn Hall. If inclement weather inside.



C.H. Recreation Department

530 Mill Street N.E.

John P. Murzyn Hall

763-706-3730

www.chreconline.orgOffice Hours: Monday through Friday,
8:00 a.m. to 4:30 p.m.The office will be closed on
May 28, and July 4**RECREATION HOTLINE**

To better serve the residents of Columbia Heights, the Recreation Department maintains an information and weather phone line. Call (763) 706-3737 anytime, twenty-four hours a day, for a recorded message regarding recreation programs and activities. In the event of inclement weather, facility closure and program cancellation information will also be presented. A decision will not be made for evening programs until 4:00 p.m. Call our information line at (763) 706-3737.

**FOR SALE!**

Heights Athletics
Sweatshirts
Youth & Adult
Sizes - \$20 -
available at the
Recreation
Office

Columbia Heights Recreation Mission Statement

The mission of the Columbia Heights Recreation Department is to provide recreational and service opportunities for all ages.

REGISTRATION INFORMATION

Online: www.chreconline.org. In person or via mail at Columbia Heights Recreation, John P. Murzyn Hall, 530 Mill Street N.E., Columbia Heights, MN 55421. Drop box after hours is on the east side of building. You may also register over the phone with a Discover, Visa, or Master Card by calling 763-706-3730. Please make checks payable to: City of Columbia Heights.

•**Confirmation:** Assume registration is confirmed. You will be notified only if the class is canceled or full. Registrations will be placed on a wait list if full.

•**Refunds will not be given if withdrawn 1 week prior to the activity.**

Participants Scholarship: Apply at the office for assistance if unable to pay for an activity. The scholarship will cover 75% of the program fee (maximum discount \$25); the remaining 25% needs to be covered by the participant's parent or guardian. Please bring a copy of your Federal income tax or school district free lunch form for verification. One scholarship per child per newsletter.

Like us on Facebook: [Facebook.com/ColumbiaHeightsRecreation/MurzynHall](https://www.facebook.com/ColumbiaHeightsRecreation/MurzynHall)
City website: www.columbiaheightsmn.gov

Park & Recreation Commission

Chair: David Payne Commission Members: Ann Carder, Sean Clerkin, Jr., Bruce Evans, Tom Greenhalgh, Kevin McDonald, David Payne, & Marsha Stroik
Council Representative: Nick Novitsky

Photo Policy: Photographs and videos are periodically taken of participants while they are engaged in programs, special events, or enjoying the parks. Please be aware that these photos may appear in the local newspapers, on local cable television, and/or Recreation Department publications.

John P. Murzyn Hall Rental Information

John P. Murzyn Hall (JPM), operated by the Recreation Dept., is available for rental by the general public during non-programmed times. Reserve JPM for wedding receptions, meetings, parties, banquets, etc.



Our facility offers a spacious banquet hall that comfortably accommodates groups of up to 375 people. Meeting rooms are also available for rentals. See more photos of Murzyn Hall on our website at: www.columbiaheightsmn.gov

We invite you to tour our facility or call 763-706-3737 for the Murzyn Hall information line. Reservations may be made Monday through Friday from 8:00 a.m. to 4:45 p.m. at 763-706-3734, or in person at the Recreation Office located in Murzyn Hall.

FREE - Youth After School
Supervised Open Gym Hylander Center
1300 49th Ave. Door #38

Mondays: Columbia Academy 3:30 - 5:30 p.m.

Thursdays: CH High School 3:30 - 5:30 p.m.

**School Photo ID required.* This is an opportunity to keep youth active and give them an alternative activity after school. Questions contact Recreation 763-706-3730.

JOIN US! The Columbia Heights Boosters need your help supporting youth activities and athletics in Columbia Heights!! Monthly Meetings: 3rd Wed. of every month 7 p.m. @ Murzyn Hall. Bingo, Meat Raffles, Pull Tabs, and FUNDRAISING OPPORTUNITIES! <http://chathleticboosters.com>
www.facebook.com/ColumbiaHeightsBoosters

PARK RESERVATIONS

The City of Columbia Heights has established a Park Reservation Fee. Reservations will begin on the first business day of each year. A permit must be filled out with the Recreation Office. Fees including tax, are as follows and due at time of reservation:

Residents: \$45 **Non-Residents:** \$65

Large Groups 100 people or more: \$110

NEIGHBORHOOD EVENT WAGON

The Neighborhood Event Wagon is for residents of Columbia Heights to use. It will be delivered and picked up by the Recreation Department. Reservations will begin on the first business day of each year.

Reservation Fee: \$40



Make reservations at the Recreation Department
530 Mill Street or by calling
763- 706-3730. Payment is
required at time of reservation.



PHOTOS: SULLIVAN LAKE PARK &
Huset PARK WEST



Columbia Heights Royalty Program is now accepting applications. Miss Columbia Heights, CH Princess for young ladies ages 17-21, CH Jr. Princess for those going into grades 6, 7, and 8 and Little Miss CH for those going into grades 1, 2, or 3. All ages are as of July 1, 2017. Applications are available at <http://www.columbiaheightsmn.gov/departments/recreation/jamboree.php> or you may contact Sue Hansen at Embroidery and More at 763-789-2334.



FREE JAMBOREE EVENTS

FREE Kids Fishing Clinic Thursday, June 21, 2018.

6:00-8:00 p.m. @ Huset Park West (By the Splashpad).

Todd Murawski and experienced anglers from Anoka County will teach basic fishing skills, casting, lure selection, fish ID and fishing safety. Todd has been teaching for Anoka County Parks for more 20 years. His goal is always for kids to have fun while learning outdoor skills and leave the program excited about getting out to the lakes to go fishing! All equipment will be provided and no experience is required. *Registration required, limit of 50 youth. Parents/Guardians must chaperone their children. **Session#** 5097-18



FREE Kids Art Class

Saturday, June 23, 2018. 11:00 a.m.-2:00 p.m., outside on the East side @ Murzyn Hall, if inclement weather inside Murzyn Hall. Join Artist and Creative Director - Ariane Kokes, of Created To Grow, and an art teacher at Northpark Elementary.

This will be a two part project with a collaborative semi-permanent installation and a make and take table.

Faces of Heights Fence Post Mural and Collage Garden Markers at the Make n Take Table.

*1st come 1st served for the class. Parents/Guardians must chaperone children.



POLLINATOR MURAL PROJECT* 5th Grade & up

Tuesdays, Thursdays, Fridays, June 12 - July 6

In this session kids will help design and create murals for the 2 metal park benches that sit outside of the Park and Recreation office at Murzyn Hall. Kids will also help design and create a mural for the trash receptacle that sits between the 2 benches. Mural imagery will be focused around the important role that pollinators play in our environment (Bees/Butterflies/Bats/Birds). Kids will learn the artist process of designing and creating a public work of art as well as the role that art can play in being an advocate for our natural environment. 15 Max



Who: Boys & Girls 5th Grade & Up **Where:** Edgemoor Rm downstairs Murzyn Hall, please use back entrance

When: Tuesday, Thursday, Friday, June 12 - July 6

Time: 1:00 - 4:00 p.m.

Fee: \$5 **Activity #** 2405-18

UPCYCLED ART!* 5th Grade & up

Tuesdays, Thursdays, Fridays, July 17 - August 3

Upcycling, also known as creative reuse, is the process of transforming waste materials, or unwanted products into Art! In this session kids will explore the idea of Upcycled art and create a variety of different art works using items that we typically discarded. Reusable T-Shirt bags, Collage Art with Bottle Caps, Magazine Bowls and Cardboard Sculptures are just a few of the art pieces that kids will construct. 15 Max.



Who: Boys & Girls 5th Grade & Up

Where: Edgemoor Rm downstairs Murzyn Hall, please use back entrance

When: Tuesday, Thursday, Friday, July 17 - August 3

Time: 1:00 - 4:00 p.m.

Fee: \$5 **Activity #** 2406-18

Register for programs online at
www.chreconline.org

**This program is partially funded with a grant from the Minnesota Department of Education using federal funding, CFDA 84.287, Every Student Succeeds Act, Title IV B-21 Century Community Learning Centers. The content of this program do not necessarily represent the policy of the federal Department of Education or the Minnesota Department of Education.*

Puppet Wagon Puppeteers* 4th - 8th Grade

Mondays, Tuesdays, Thursdays & Fridays 9:00 - 12:00 Lunch provided

All participants will receive a fresh, nutritious **lunch** by Loaves & Fishes at Murzyn Hall. Puppeteers rehearse Monday & Tuesday for the puppet show. Thursday & Friday you will perform the puppet show for kids at local parks. Min 3/Max 5. You may sign up for one or more weeks. Registration deadline two weeks prior to the week(s) of choice.

Who: Youth entering 4th - 8th grade **Fee:** \$8 per week

Dates: **Week 1** June 18 - 22 Session # 1160-18

Week 2 June 25 - 29 Session # 1161-18

Week 3 July 2 - 6 Session # 1162-18

Week 4 July 9 - 13 Session # 1163-18

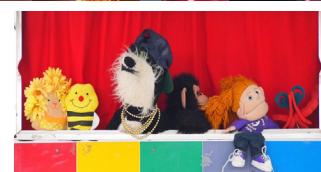
(No Classes the week of July 16-20)

Week 5 July 23 - 27 Session # 1164-18

Week 6 July 30 - August 3 Session # 1165-18

Time: 9:00 - 12:00 p.m. after **lunch**

Location: Meet at Murzyn Hall, Preschool Room (use back entrance)

**TRAVELING PUPPET WAGON PERFORMANCES**

Join the traveling puppet wagon for it's 16th season! Performances are approximately 30 minutes long and will include a puppet play, jokes, story telling, and time to meet the puppeteers and puppets. Bring your friends, family, especially children under the age of 7, and a comfy blanket to watch the show. In case of rain please call the Rec.

Dept. at 763-706-3730 to check on show status. FREE shows, open to the public.

JUNE 21 - AUGUST 3 *NO SHOWS JULY 19 & 20

<u>Day</u>	<u>Park</u>	<u>Address</u>	<u>Time</u>
Thursdays	Huset Park	3965 Jefferson St. NE (at the building)	9:45 a.m.
Fridays	Ramsdell Park	4956 Johnson St. NE (at the building)	9:45 a.m.

Glitter-Bugs 4 yrs old & Kindergarten

Mondays, Tuesdays, Thursdays, Fridays

June 11 - August 3

All participants will receive a fresh, nutritious **lunch** by Loaves & Fishes. Staff will transport all kids to Murzyn Hall for **lunch** at 11:30, parents pickup at 12:00 in the back parking lot. This exciting summer playground program will offer games, arts & crafts, swimming, music, Blooming Hites edible garden, storytelling, weekly puppet shows, and special events! Fee includes supervision, supplies, and equipment. Min 10/Max 18. **Register early - sessions fill quickly!**

Who: Children 4 years old & entering Kindergarten

When: Monday, Tuesday, Thursday, & Friday

Time: 9:15 - 12:00 p.m. pick-up at Murzyn Hall back entrance after **lunch** **Fee:** \$40 per session

***Sign up for both sessions by May 18th only \$70

Session I: June 11 - July 6, Ramsdell Pk- # 1106-18

Session II: July 9 - Aug. 3, Ramsdell Park- # 1108-18



S.P.A.R.K.S *(Summer Parks & Recreation Kids

Spectacular) 4th & 5th grade **Mondays, Tuesdays,**

Thursdays, Fridays **June 11 - August 3**

All participants will receive a fresh, nutritious **lunch** by Loaves & Fishes. Drop off at 12:30 p.m. (be on time please) in the back parking lot of Murzyn Hall. After lunch S.P.A.R.K.S will walk to Huset Park for fun, excitement, adventure, and friends! Youth entering 4th & 5th grade will participate in sports, group games, arts & crafts, community service projects, the splash pad, frequent **DAY TRIPS**, **Open Gym Time at the City Gym**, **MN Youth Tag Rugby**, and more! Min 8/Max 30. **Register early - sessions fill quickly! ***Sign up both sessions by May 18th, \$80*****

Who: Youth entering 4th & 5th grade

When: Monday, Tuesday, Thursday, & Friday

Time: 12:30 p.m. drop off for **lunch** at Murzyn Hall - 4:00 p.m. pickup at Huset Park East building.

Program location: Huset Park East

Fee: \$45 per session

Session I: # 1115-18 **Dates:** June 11 - July 6

Session II: # 1117-18 **Dates:** July 9 - August 4

Dyno-Hites 1st - 3rd Grade

Mondays, Tuesdays, Thursdays, Fridays

June 11 - August 3

All participants will receive a fresh, nutritious **lunch** by Loaves & Fishes. Staff will walk kids to Murzyn Hall for **lunch** at 11:30, parents pickup at 12:00 in the back parking lot. This fun-filled summer program is offered to children entering 1st, 2nd, & 3rd grades. Activities include arts & crafts, games, splash pad, sports, weekly puppet shows, and special events! Fee includes supervision, supplies & equipment. Min 12/Max 30. **Register early - sessions fill quickly!**

Who: Youth entering 1st - 3rd gr.

When: Monday, Tuesday, Thursday, & Friday

Time: 9:00 - 12:00 p.m. pick-up at Murzyn Hall back entrance after **lunch** **Fee:** \$40 per session

***Sign up for both sessions by May 18th only \$70

Session I: June 11 - July 6, Huset Park- # 1109-18

Session II: July 9 - Aug. 3, Huset Park- # 1111-18

T.N.T. *(Teens-N-Togetherness) 6th - 8th grade

Mondays, Tuesdays, Thursdays, Fridays

June 11 - August 3

All participants will receive a fresh, nutritious **lunch** by Loaves & Fishes. Drop off at 12:30 p.m. (be on time please) in the back parking lot of Murzyn Hall. T.N.T. youth entering 6th, 7th & 8th grades will enjoy all types of sports, group games, arts & crafts, community service projects, swimming, the splash pad, **FREQUENT DAY TRIPS** to near by beaches, and more! We strive for a positive environment incorporating sportsmanship, teamwork, and an appreciation for diversity. **Open Gym Time at the City Gym**, **MN Youth Tag Rugby**, Special canoe day at Silverwood Park - Three Rivers Park District. Min 15/Max 30. Register early - sessions fill quickly! *****Sign up both sessions by May 18th, \$80*****

Who: Youth entering 6th, 7th, & 8th grade

When: Monday, Tuesday, Thursday, & Friday

Time: 12:30 drop off for **lunch** - 4:00 p.m.

Location: Murzyn Hall, Prestemon Rm, use the back entrance.

Fee: \$45 per session

Session I: # 1119-18 **Dates:** June 11 - July 6

Session II: # 1120-18 **Dates:** July 9 - August 3

****EACH CHILD IS REQUIRED TO WEAR A PROGRAM T-SHIRT ON EVERY TRIP.** Purchase shirts for \$8 at the Rec. Dept. T-shirts given out on trip days will be billed to parent/guardian. Student Minimum of 35/Maximum of 50 on each Wild Wednesday Trip. 4th - 9th Grades ONLY.

Bag Lunch Provided for all trips by Loaves & Fishes. Thank you to Loaves and Fishes & Community United Methodist Church for making it a reality to offer fresh, nutritious lunches for all youth summer participants this summer!! We are grateful!!

Edina Aquatic Center

Wednesday June 13 • 4th-9th gr

Glide over the water on a high-flying cable and ride the twisting water flume. Pirate's Plunge features a 207 ft body slide and 300 ft tube flume for single, double & triple riders! **Bag Lunch Provided!** Bring swimsuit and towel.

Reg. deadline June 6

Pick up/Drop off site: Drop off Depart Return

Murzyn Hall	10:40	11:00	4:20
-------------	-------	-------	------

Fee: \$8 Session # 1139-18

Valleyfair • 4th-9th gr

Wednesday June 20 Don't miss the thrill & chills of Valleyfair! Rides included. Games at own expense. **Bag Lunch Provided!** **Reg. deadline June 13**

Pick up/Drop off site: Drop off Depart Return

Murzyn Hall	9:25	9:45	4:35
-------------	------	------	------

Fee: \$25 what a deal! Session # 1136-18

Bunker Beach

Wednesday June 27 • 4th-9th gr

Minnesota's largest outdoor wave pool, 6 towering water slides, 900 ft lazy river, activity pool, & climbing wall. Ride the waves on a tube for a \$2 rental fee for 2 hours. **Bag Lunch Provided!** Bring a swimsuit & towel. **Reg. deadline June 20**

Pick up/Drop off site: Drop off Depart Return

Murzyn Hall	10:10	10:30	4:20
-------------	-------	-------	------

Fee: \$10 Session # 1138-18

**No trip July 4 SIGN UP FOR PROGRAMS AT
WWW.CHRECONLINE.ORG**

MN TWINS VS. Kansas City Royals

Wednesday, July 11 • 4th-9th gr

Cheer on the TWINS for a great afternoon of MN Baseball at Target Field! Max of 45 students. You must wear a CH Wild Wednesday T-shirt. **Bag Lunch Provided!** *Concession visits limited. Game starts at 12:10 p.m.* **Reg. deadline July 5**

Pick-up/Drop off site: Drop off Depart *Return

Murzyn Hall	10:40	11:00	4:20
-------------	-------	-------	------

***Return approximately 45 min after game ending**

Fee: Only \$5! Activity # 1137-18

St. Louis Park Aquatic Center

Wednesday July 18 • 4th-9th gr

Don't miss the fun at this outdoor aquatic park. Cool down in the pool, speed down the drop slides and spin and twirl down the other water slides. **Bag Lunch Provided!** Bring a swimsuit & towel. **Reg. deadline June 11**

Pick up/Drop off site: Drop off Depart Return

Murzyn Hall	10:00	10:15	3:45
-------------	-------	-------	------

Fee: \$9 Activity # 1145-18

Cascade Bay Water Park

Wednesday July 25 • 4th-9th gr

Spend the day at one of Minnesota's largest outdoor water parks. Cascade Bay has two water slides, two body flumes, a lazy river, and more. Bring a swimsuit and towel. **Bag Lunch Provided!** We will eat lunch before we enter the park at 11:45. **Reg. deadline July 18**

Pick up/Drop off site: Drop off Depart Return

Murzyn Hall	10:30	10:45	4:30
-------------	-------	-------	------

Fee: \$8 Session # 1140-18

Wild Mountain

Wednesday August 1 • 4th-9th gr

Spend a day in Taylors Falls with a Super Day Pass, an unlimited ride pass for all water and dry rides. Ride the Hydro-Tube, Super-Chute, Hydro-Whip, Wild Rapids, Alpine Slide, Go-Karts and more! Bring a swimsuit, towel. **Bag Lunch Provided!** **Reg. deadline July 24**

Pick up/Drop off site: Drop off Depart Return

Murzyn Hall	9:10	9:30	4:30
-------------	------	------	------

Fee: \$17 Session # 1141-18

NICKELODEON UNIVERSE

Wednesday August 8 • 4th-9th gr

The largest indoor amusement park in the nation, this park is home to 7 acres of fun with more than 30 remarkable rides and attractions. 5-hour unlimited ride pass! **Bag Lunch Provided!** **Reg. deadline Aug 1**

Pick up/Drop off site: Drop off Depart Return

Murzyn Hall	9:40	10:00	4:20
-------------	------	-------	------

Fee: \$15 Session # 4160-18

AUGUST ADVENTURE TRIPS

Grand Slam

Monday, August 6 4th - 9th grade

Join us for a 3 hour Grand Slam Deluxe Package, which includes unlimited laser tag, mini golf, batting cages, bumper cars, 4 Arcade tokens, a hotdog and, 12 oz. pop. Bring extra \$ if you wish. **Bag Lunch Provided!** Min 8/Max 24. **Registration deadline July 30**

Who: Youth entering 4th - 9th Grade

Drop Off: 10:15 **Van leaves:** 10:30 **Pick-Up:** 2:30

Fee: \$10 **Session #** 4170-su18

Zero Gravity

Tuesday, August 7

4th - 9th grade

Gravity Zone has multiple trampolines connected together to experience free jumping where you can bounce off the walls. Gravity Force dodge ball, Slam Dunk basketball, and Gravity Cavity foam squares pit. Wear comfortable clothing. Min 8/Max 24. **Waiver must be signed by parent/guardian. Registration deadline July 31**



Who: Youth entering 4th - 9th Grade

Drop off: 12:50 **Van leaves:** 1:05 **Pick up:** 3:50

Fee: \$11 **Session #** 2408-18

Girls Softball Clinic

Join Coach Rick Escola for a week of softball and fun! Participants receive a T-shirt.

Who: Girls ages 8 - 18 **Where:** Huset Park field #3

When: Monday, June 11th - Thursday, June 14th

Time: 9:00 - 11:00 a.m.

Fee: \$35 **Activity #** 1021-18



Girls & Boys Summer Basketball Clinic

EARLY BIRD REGISTRATION ... SAVE \$10! Coach Aaron Goff will lead participants through fundamentals and techniques of the game. Instruction on shooting, offensive skills, passing, dribbling, free throws, as well as other basketball skills. Participants receive a T-shirt.

Who: Girls & Boys 3rd - 8th grade

Where: Hylander Center City Gym

When: Monday, July 9 - Thursday, July 12

Time: 6:30 - 8:30 p.m.

Fee: Early Bird Special \$30 After June 9, \$40
Activity # 1596-18



Register online at www.chreconline.org

Spring Tennis Clinic Girls & Boys, Grades 3 - 8

CH Girls Tennis Head Coach Jenny. Jenny has been a Tennis & Life Camps instructor at Gustavus for 3 summers and has been a Tennis Pro at Lifetime Athletic. Jenny feels truly thankful for the opportunity to help students and athletes reach their full potential while also being able to teach them life skills. Participants receive a T-shirt. This camp session is designed for beginner and intermediate players. The group will engage in warm up games to build hand eye coordination, balance, flexibility, and agility. Players will learn ground strokes, volleys, over heads, and serves in a progression format. They will learn some tennis vocabulary and it's meaning including the lines of the court and racket anatomy.

Where: Columbia Academy Tennis Courts (Bring your own racket and tennis shoes.)

When: Tuesdays & Thursdays - May 24, 29, 31, June 5

Grades 3-5, 4:30 - 6:00 p.m. Fee: \$35 **Activity #** 2201-18

Grades 6-8, 6:00 - 7:30 p.m. Fee: \$35 **Activity #** 2202-18



Summer Tennis Lessons Girls & Boys, Grades 2 - 6

Where: Columbia Academy Tennis Courts (Bring your own racket and tennis shoes.) Max of 12

When: Tuesdays & Thursdays - June 12 - August 9 *No July 3 or 5

Grades 2-4, 3:30 - 4:30 p.m. Fee: \$55, Early bird special \$50 if paid by May 25 **Activity #** 2203-18

Grades 6-8, 4:30 - 5:30 p.m. Fee: \$55, Early bird special \$50 if paid by May 25 **Activity #** 2204-18

Hylander Football Clinic**Youth entering 1st - 8th grade**

Students entering 1st through 8th grades will learn the basic fundamentals of football. CH Varsity Football Coaching Staff will teach proper stance, passing techniques, receiving techniques, pass patterns, kicking and form running. Camp participants will be instructed on the various offensive and defensive positions on the football field. This is a "Non-Padded" football camp.

Where: CH High School Football Field

When: Tuesday - Thursday, July 24 - 26

Time: 6:00 - 7:30 p.m.

Who: 1st - 8th Grade

Session # 2075-18

Fee: Early Bird Special \$25,
After June 26th \$35

**Fall Co-Ed Soccer**

The focus of this soccer program is skill development and fun for boys and girls entering grades 1-6. Games will be played against the communities of St. Anthony and New Brighton. *Volunteer coaches needed! Coaches meeting TBD*

Fee: \$40 **Dates:** Starting the week of Aug. 7. Practices once or twice a week, games Saturday mornings; times vary between 8:00 a.m. and 12:00 p.m.

Session # 1825-18 Mites 1st - 2nd grades, Max 33

Session # 1835-18 Squirrels 3rd - 4th grades, Max 28

Session # 1845-18 Pee Wees 5th - 6th grades, Max 32

**Martial Arts**

Instructors, Thomas & Elvira Malone, have been in Tae Kwon Do for 30+ years and teaching for about 25 years. Thomas is a 7th Dan degree black belt in Tae Kwon Do and a 7th Hopkido black belt. Elvira 3rd degree.

Little Tigers Kids ages 3-6 Learn basic kicks, punches and strikes through a variety of exercises and fun games. Develop coordination & flexibility with peers. Promoting focus, discipline, and respect.

Who: Youth Ages 3 - 6 years old Min 8/Max 20 4 week classes

Time: 5:30 - 6:00 pm **Where:** Edgemoor Rm, lower level Murzyn Hall

When: Summer Session: Thursdays, June 7 - 28

Activity # 2234-su18

Fee: \$38

**Tae Kwon Do**

Ages 6 & up This Martial Arts program teaches participants (beginner to advanced) the skills of Tae Kwon Do along with its historical perspective. Participants learn self-defense, kicks, stances, and Tae Kwon Do Hyung (form Chon Ji). Students will be trained for belt certification testing. In addition to the registration fee, participants are expected to purchase a uniform from the instructor and pay for belt registration fee.

Who: Ages 6 years old & up **Where:** Edgemoor Room, lower level Murzyn Hall 6 week classes, Min 8/Max 20

When: Summer Session: Thursdays, May 31 - July 5

Level 1 & 2: **Time:** 6:00 - 6:45 pm

Fee: \$50

Activity # 2235-su18

YOUTH FOOTBALL

The CH Youth Football program will be playing in the Twin Cities North Youth Football League. Grades 2 & 3, 4, 5, 6 are assigned to a team based on grade level, regardless of weight. Weight restrictions enforced for: quarterback, running back, wide receiver, and tight end. ****Volunteer Coaches Needed (clinic with Varsity Coach)**

Dates: Practices start the week of August 6th. Games are in early September through October. There are approximately 2 practices and 2 games a week.

Fee: \$60 per participant and \$100 uniform deposit fee.

Helmet, shoulder pads, game & practice jersey and pants provided by the Rec. Dept. **Players buy their own shoes and mouth guard.**



Session # 2005-18 - 2nd & 3rd Grade

Session # 2010-18 - 4th Grade

Session # 2015-18 - 5th Grade

Session # 2020-18 - 6th Grade

*7th & 8th Grade Football register at the CH High School Activities Office - Hylander Center or online (www.colheights.k12.mn.us/activities/athletics) June - August. Questions call 763-528-4511. Equipment provided. Practices start August.

GYMNASTICS

Instructors, Danielle Lindstedt & Connie Alvarez.
Attire: leotard or fitted tank top and athletic shorts, hair pulled back. No jewelry, shoes/socks. **Class Location: John P Murzyn Hall - Edgemoor Rm (lower level).**

Wednesday classes: May 30 - July 25 *No class July 4

Koalas & Adult: (18 mo-2 yrs w/adult) 4:15–4:45pm Wed. May 30 - July 25

Fee: \$35 Activity #1199-su18 *No class July 4

This class is a great starter class for children not ready to leave mom's side. Children will learn the basics of balance, strength, and flexibility while practicing listening skills, taking turns, and cooperative play. Max 12

Monkeys: (3-4 years old) 4:45 – 5:15pm Wednesdays May 30 - July 25 No July 4 Fee: \$35 Activity #1200-su18

This class will work on developing gymnastics skills, strength, and flexibility while developing the basic skills and knowledge that will lay the foundation for future classes. We will also be working on listening, taking turns and cooperative play. Max 12

Lions: (5-8 yrs, no experience) 5:15 – 5:45pm Wed. May 30 - July 25 No July 4 Fee: \$35 Activity #1201-su18

This class works on developing gymnastics skills, strength, and flexibility while developing the basic skills and knowledge that will lay the foundation for more advanced classes. Max 12

Tuesday classes: May 29 - July 24 * No class July 3

Rollers (Lvl 1): (5-8 yrs old) 4:30 – 5:15pm Tuesdays May 29 - July 24 *No July 3 Fee: \$40 Activity #1202-su18

We will work on basic floor skills such as rolls, handstands, cartwheels, and jumps as well as beginning skills on beam and bars.

Turners (Lvl 2): (5-9 yrs old) 5:15 – 6:00pm Tuesdays May 29 - July 24 *No July 3 Fee: \$40 Activity #1203-su18

We will continue to work on floor skills such as jumps and basic tumbling on beam, low bar work and beginning vaults.

Twisters (Lvl 3): (6-10 yrs old) 6:00 – 7:00pm Tuesdays May 29 - July 24 *No July 3 Fee: \$45 Activity #1204-su18

We will incorporate higher level tumbling skills and more advanced work on beam, vault and bars.



***Register for programs online at www.chreconline.org**

DANCE

Learn fundamental ballet & jazz technique, play games... and HAVE FUN! Weekly curriculum includes strength & stretching, dance technique, music appreciation, confidence-building, & creative movement. Miss Jen has a BA in dance and Communications studies, is a mom of 2, and has been involved in dance for 35 years! MINI-RECITAL INCLUDED! Every dancer will perform a final routine for family & friends. Students must wear dance or athletic attire. Ballet, jazz, or tennis shoes required. **Class Location: John P Murzyn Hall - Edgemoor Room (lower level).**

Mondays: August 13 - October 8 (8 sessions) *No Class Sept. 3

Preschool 3 - 5 years old 5:00pm – 5:45pm Fee: \$40 Activity #1210-su18 min 5 max 15

Learn fundamental ballet & jazz.

Kindergarten - 2nd Grade 6:00pm – 6:45pm Fee: \$40 Activity #1211-su18 min 5 max 20

Learn fundamental ballet, jazz, & hip hop.

3rd – 5th Grades 7:00pm – 7:45pm Fee: \$40 Activity #1212-su18 min 5 max 20

Miss Jen will focus on dancing along to age appropriate Hip-Hop and The Hits! Learn fundamental ballet, jazz & hip hop.



Stompin' At The Hall 55 years & older

Increase your energy! Improve your flexibility and circulation through walking, stretching, and exercising at a level that is safe for you. Bring a mat or blanket for floor exercises. Choose one or both sessions. Men & women welcome. Classes held at Murzyn Hall.

***Beginner** New to Stompin'? Great! We would love for you to join on either day. Sign up for the Beginner class and Judy will meet with you individually to show you the exercise routines so you become familiar with the class style prior to joining the rest of the class. Call 763-706-3730 for questions.

Mondays

Date: June 4 - Aug. 27
No Class 6/18, 7/16, 8/6
Time: 9:00 - 10:05 a.m.
Activity # 8202-su18
Cost: \$27.50 - 10 classes

Thursdays

June 7 - Aug. 23
No Class 8/2, 8/9
9:00 - 10:05 a.m.
8204-su18
\$27.50 - 10 classes



ADULT Aerobic Dance These classes are for adults interested in motivated workouts involving low impact dance steps. Enjoy this vigorous and fun exercise class that will help you get and stay in shape. Class uses low impact dance steps. Bring a mat or blanket for floor exercises. Class is held at Murzyn Hall, Main Hall, Min 8/Max 25

Tuesdays

Date: June 5 - Aug. 28
No Class 7/17, 8/7, 8/14
Time: 6:30 - 7:35 p.m.
Activity # 8206-su18
Costs: \$27.50 - 10 classes

Thursdays

June 7 - Aug. 23
No Class 6/21, 7/12, 8/2, 8/9
6:30 - 7:35 p.m.
8207-su18
\$22.00 - 8 classes



Crochet Class Do you love to crochet? Would you like to improve your skills, get some new ideas, or just set aside some weekly time to focus on your hobby? Then this class is for you! This is a fun social group that loves to crochet! Bring your own projects. We will share patterns and ideas while working together to solve problems and learn new skills.



Who: Ages 16 & over **Time:** 6:30 - 8:00 p.m. **Where:** Keyes Rm, upper level Murzyn Hall
Spring Session: Thursdays, May 3 - June 28 *No class May 24

Fee: \$10 **Activity #** 2653-sp18

Summer Session: Thursdays, July 5 - August 30

Fee: \$10 **Activity #** 2653-su18



Total Body Conditioning

Tone your muscles with this Total Body Workout taught by Donna, AFAA certified group fitness instructor & personal trainer. Improve posture, balance and core strength through a variety of exercises and stretching for flexibility. We will lunge, squat, and sculpt in a motivating atmosphere. All fitness levels are encouraged. This is your workout and you are encouraged to work at your level while pushing yourself just a little more each time. Bring a set of 2 lbs and/or 5 lbs weights, a bottle of water, a yoga mat or towel, and tennis shoes.

Who: Adults, all ages & skill levels. Min. 8. **Where:** Edgemoor Rm, lower level Murzyn Hall
Time: 6:00-7:00 p.m.

When: Wednesdays, June 6 - August 1 *no July 4 **Fee:** \$48 **Activity #** 5101-Su18

*the next session will begin Aug. 29 for fall registration



FREE Senior Exercise Classes. Schedule varies, see Senior Active Agers newsletter each month for dates and times.

Mobility: This is a 60 minute mid- tempo class with the emphasis on range of motion movements. Come shake off of those cobwebs and get your body moving better. Feel free to just show up; you do not need to sign up or preregister.

Core Yoga: This is a 30 minute class that we will gently move into poses that we will hold to slowly build up strength. This is a great place to start off if you have not been exercising. Feel free to just show up.

These classes are offered through the Senior Center programs. The instructor is the Senior Citizen Coordinator Delynn. The monthly Active Agers newsletter can be found at the City website, www.columbiaheightsmn.gov under Senior Programs.



Registration Information

COLUMBIA HEIGHTS RECREATION – REGISTRATION FORM

Phone: 763-706-3730

Register online at www.chreconline.org or Bring / Mail the Form to: 530 Mill Street NE, Columbia Heights MN 55421

Participant Name: _____ Birthdate: _____ Grade: _____ Male/Female: _____

Address: _____ City: _____ State: _____ Zip: _____

Parent/Guardian Name: _____ Home Phone: _____

Email Address: _____ Work/Cell Ph: _____

Emergency Contact Name: _____ Phone: _____

<u>Activity Name</u>	<u>Activity Number</u>	<u>Fee</u>
1. _____	# _____	\$ _____
2. _____	# _____	\$ _____
3. _____	# _____	\$ _____

Make checks payable to “City of Columbia Heights”

Total Due \$ _____

Data Privacy: I understand that this information will only be made available to program staff, the City’s insurer and attorney, and to others connected with the program for the purposes of administering the activity and providing me with the notice of scheduling changes. I agree to participation in the aforementioned activity(ies) and I further agree to indemnify, and hold the City of Columbia Heights harmless from and against any and all liability for any injury which may be suffered by the aforementioned individual(s) arising out of, or in any way connected with, participation in this activity.

12 Adult & Senior Citizen Information

Senior Center

The CH Senior Center, (lower level of Murzyn Hall, 530 Mill Street NE.) provides educational, social and recreational programs to those 55 years and older in the community. The center is open Monday - Friday from 9:00 a.m. to 4:00 p.m. and is handicapped accessible. For more information call 763-706-3735. Visit the City website www.columbiaheightsmn.gov, under Departments go to Recreation and then Senior Citizens. You will find a copy of the monthly Senior Highlights, Trip Flyer, and more information.

"500" Club

Our '500' club meets on Wednesdays beginning at 10:00 a.m. in the Senior Center. This is for anyone who enjoys playing in a more structured setting. Participants play until noon and contribute 25 cents per time for coffee and dessert. Please stop by and give it a try.

Cribbage

A senior cribbage group meets every Friday at 10:00 a.m. in the Senior Center. All levels are welcome.

Chores & More

This is for persons over 60. If you need assistance with various household services including house cleaning, mowing, raking, snow removal, and minor repairs, please call 763-783-4767, Monday through Friday. We utilize a sliding fee scale, and for income eligible we ask for a suggested donation. Funding support under contract with the Metropolitan Area Agency on Aging, Inc. as part of the Older Americans Act Program.

Senior Outreach

The Senior Outreach Program (ACCAP) for Columbia Heights provides assistance to senior and disabled adults throughout Anoka County. Helping people find resources in the community to help enable them to remain independent. Did you know that there are programs to help subsidize your energy bills, prescription discount programs, food assistance, free insurance counseling, "Store to Door" grocery shopping and legal aid assistance that comes to local senior centers? Senior outreach workers can come to your home and assist you with access to these programs. For information call Karen F., Senior Outreach Worker for Columbia Heights 763-783-4741.

Active Agers

This monthly newsletter informs seniors of the programs, classes & special events being offered at the center. Available at the Senior Center, Recreation Office, CH Public Library, City Hall, and senior housing facilities and online www.columbiaheightsmn.gov.



Blood Pressure

Blood Pressure is checked free of charge on the second Monday of every month in the main hall from 1:00 p.m. to 1:45 p.m. by the CH Fire Dept.

AARP Safe Driver (Refresher) 4 hour Courses.

All AARP Safe Driver Refresher Courses are \$22.00 per person. This course meets refresher requirements of every three years. Individuals do need to be preregistered and prepaid one week prior to the course being offered. Most courses meet in the Senior Center lower level of Murzyn Hall.

Health Insurance Counseling

Health insurance counseling services are available to Medicare beneficiaries or soon to start Medicare. Call the Senior Linkage Line 1-800-333-2433 to ask questions or make an appointment. This free service is not affiliated with any insurance company.

Walking Club

The Senior Walking group meets every Wednesday morning for fellowship and exercise. Meet in the parking lot behind Murzyn Hall at 8:40 a.m. rain or shine! New walkers always welcome.

Footcare for Seniors

"Happy Feet Footcare, Inc." will be providing foot care for seniors at the CH Senior Center the first & third Wednesday of the month from 9:00 a.m. - noon. To make an appointment you must call 763-560-5136.

The cost is \$36 per visit and payment is due at the time of service. "Happy Feet" nurses specialize in routine foot care for seniors and diabetic feet. They work on corns, calluses, thick or curled toenails and ingrown nails if they are not well advanced. A foot soak and massage are provided with each visit. Remember you must schedule an appointment.

Please register early for all Recreation programs so that we can ensure each program will be a success!



UPCOMING SPORTS

`Football! `Soccer!
`Gymnastics! `Dance!
`Tae Kwon Do! `Tennis!
`Volleyball! `Basketball Clinic!

THE RECREATION
DEPARTMENT
WOULD LIKE TO
EXTEND A SPECIAL
THANK YOU TO ALL
OF THE VOLUNTEER
COACHES! WE ARE
SUCCESSFUL BECAUSE
OF YOU.



***Register for programs
online at
www.chreconline.org**

**Register for all programs at Columbia
Heights Recreation 530 Mill Street.
763-706-3730**

Bienvenido

INFORMACION DE LA INSCRIPCION *La inscripciones en línea al www.chreconline.org. Las Inscripciones son aceptadas en persona o a través de correo regular dirigido a Columbia Heights Recreation, John P. Murzyn Hall, 530 Mill Street N.E., Columbia Heights, MN 55421. Puede pagar en efectivo o con cheque. La caja de correos para depositarlo después de las horas de atención esta localizado en la parte este del edificio. También puede inscribirse a través del teléfono llamando al 763-706-3730, y puede pagar con tarjeta de crédito: Discover, Visa, o Master Card.

Los Participantes de la beca: Aplique en nuestra oficina para la ayuda si es que no puede pagar una de las actividades. La beca cubrirá el 75% del costo del programa (descuento máximo es de \$25); el 25% restante tiene que ser cubierto por los padres del participante o tutor. Por favor traiga una copia de la declaración de impuestos Federal o la carta de verificación de que su hijo(a) recibe almuerzo gratuito en el Distrito Escolar. Solo una beca por niño(a) por cada carta informativa.

*Esta iniciativa se financia en parte con una subvención del Departamento de Educación de MN usando fondos federales, CDFA 84.287, IV B-21st Century Community Learning Centers.



COLUMBIA HEIGHTS
REDISCOVER THE HEIGHTS

CITY NEWSLETTER

SUMMER 2018

Jamboree community celebrations begin June 20

As a kid, Nick Novitsky cut grass to earn money to spend at the Jamboree Carnival. Now he's president of the Columbia Heights Lions Club which runs the annual community celebration in partnership with the city of Columbia Heights.

"As a club, the Lions have always taken pride in being able to give the community a fun and exciting Jamboree," said Novitsky. "It is our biggest event of the year."

The 62nd Annual Columbia Heights Lion's Club Jamboree & Carnival will take place Wednesday, June 20 through 24, with Huset Park as the location for most of the action.



Everyone loves the Jamboree parade.

The event kicks off on Wednesday, June 20, with the Tasty Pizza Medallion Hunt that offers a \$1,000 prize to the finder. Clues will be posted daily at 11 a.m. and 5 p.m. at Tasty Pizza and on Facebook.

The carnival – always one of the most popular events – will have at least one new ride this year, maybe more.

The Community Picnic is now

Jamboree, continued on page 2



Photo of the library from 1930 courtesy of the Anoka County Historical Society

Columbia Heights Library celebrates 90th anniversary with special events, activities

On Dec. 3, 1928, the Columbia Heights City Library was established in the Heights Theater at a monthly rent of \$7.50. As the story goes, the library was founded when Martha Elizabeth Russell and Harriet Blythe, president of the Silver Lake School Mothers' Club, walked up and down the streets of Columbia Heights pulling a little red wagon and collecting books to start the new library.

Join in the celebration as we mark the Columbia Heights Public Library's 90th year of service to the community. Beginning with the Jamboree parade on June 22, and culminating with a library open house on Dec. 1, the library will host special events, displays and library activities. Watch this newsletter for more information, and make plans to support and enjoy your library throughout this 90th anniversary year. Information will also be available on the city's website, www.columbiaheightsmn.gov.

City's new Circle Terrace Community Center opens

The soft opening of the Circle Terrace Community Center was celebrated on Jan. 17 by the City of Columbia Heights and its police department, along with community members.

This building, designed for a variety of community outreach activities and opportunities, became a reality after more than two years of hard work and dedication by the city and its residents.

Primarily funded by federal grants, this facility was built along with a brand new park for use by the Circle Terrace neighborhood and also for other residents and visitors to Columbia Heights.

While a grand opening and community picnic is planned for some time in June, the opportunities have already started. Columbia Heights Community Education has been hosting parenting

Community Center, continued on page 7

SEE FLIP SIDE FOR RECREATION PROGRAMS

Residential Customer
55421

*****ECRWS*****

PRSR STD
U.S. Postage
PAID
Permit No. 32324
TWIN CITIES, MN

City of Columbia Heights
590 40th Ave., N.E.
Columbia Heights, MN 55421
763-706-3600
TDD 763-706-3692

IN THIS ISSUE

Super senior center	3
Street improvements coming	3
Free learning at library	4
Citywide garage sale	6
Get to know a firefighter	9
Refuse, recycling & yard waste.....	11

Information about Primary Election on Aug. 14 on page 2:



- File for office by June 5
- Election judges needed
- Absentee voting

What you need to know about Primary Election on Tuesday, Aug. 14

City needs election judges; training and pay provided

Minnesota needs a new generation of poll workers to step in for those who are retiring. There is also a need for judges who are fluent in languages other than English to assist a more diverse population of voters. Poll workers receive training and have a right to get time off from their job to serve.

Students can serve as election judge trainees

High school students are encouraged to serve as election judge trainees. Student election judge trainees receive training and are paid for their work.

To qualify, students must be 16 years old or older on or before Election Day, be a U.S. citizen, be in good academic standing at a Minnesota high school (or home-schooled), and have permission from their parents and their school.

Being an election judge has many rewards. It gives you the opportunity to be involved in your community, allows you to help others, and it is a great learning experience. Applications are available at www.columbiaheightsmn.gov

Absentee Voting for 2018 Primary Election is June 29–August 13

Residents can vote early with an absentee ballot by mail, in person at Columbia Heights City Hall or at the Anoka County Elections Office. To request a mail in ballot, visit www.mnvotes.org. If you are not registered, you can do so in person (through July 24) with proof of residence. City Hall is open Monday-Friday from 8 a.m. to 4:30 p.m.

Additional voting hours:

- Saturday, Aug. 11 (10 a.m. to 3 p.m.)
- Monday, Aug. 13 until 5 p.m.

>>For any election related questions, please visit www.columbiaheightsmn.gov/government/elections&voting or contact City Clerk Katie Bruno at kbruno@columbiaheightsmn.gov or (763) 706-3611

Jamboree, continued from page 1

linked to Jamboree and will take place from 4 to 7 p.m. on Tuesday, June 19, at Huset Park West.

The Jamboree Parade is from 6 - 8 p.m., on Friday, June 22. It begins at 45th and Central Ave., proceeds south to 40th Ave., and ends at 5th St.

Novitsky grew up looking forward to the Jamboree and parade as highlights of his summer.

See flip side of newsletter for a full schedule of Jamboree events.

“When I joined the Lions Club, I saw that like most things if we don’t change with the times you will eventually not be around,” he said. “The club as a whole really stepped up and made changes as a team effort to make it a better and safer event for all.”

This year will bring some new events sponsored by Lions as well as other local groups putting on events the same week. There will be a Peace Fest put on by the meditation center across from the police department on Saturday morning. The 2nd Annual Citywide Garage Sale will take place on Saturday, June 23. (See story on page 6).

For more Jamboree details, visit www.columbiaheightsmn.gov or call the Jamboree hotline at (763) 706-3789.

Primary Election on Aug. 14

Columbia Heights will have a Primary Election on Tuesday, Aug. 14 with polls open from 7 a.m. to 8 p.m. The following eight precincts will be open on Election Day. Visit <https://pollfinder.sos.state.mn.us/> to find your precinct.

Precinct 1	John P. Murzyn Hall	530 Mill St. NE
Precinct 2	Immaculate Conception Church	4030 Jackson St. NE
Precinct 3	Columbia Heights Library	3939 Central Ave. NE
Precinct 4	Highland Elementary School	1500 49th Ave. NE
Precinct 5	First Lutheran Church	1555 40th Ave. NE
Precinct 6	Highland Elementary School	1500 49th Ave. NE
Precinct 7	Valley View Elementary School	800 49th Ave. NE
Precinct 8	Valley View Elementary School	800 49th Ave. NE

Candidates can file for office beginning May 22

Residents can file for the office of mayor, which is a two-year term, or one of two city council seats, which are four-year terms. To file, stop by Columbia Heights City Hall between 8 a.m. and 4:30 p.m., Monday through Friday, beginning on Tuesday, May 22 and continuing through Tuesday, June 5. (Clerk’s office will be open until 5:00 p.m. on Tuesday, June 5) A filing fee of \$15 or petition in place of the filing fee is required.

Volunteers sought for Fix-It Clinic

HeightsNEXT will host the first Columbia Heights Fix-It Clinic on Saturday, Oct. 6, and is looking for volunteer fixers and tinkers. If you are interested in volunteering to fix items at this event, please contact HeightsNEXT at info@heightsnext.org or (612) 642-1263. For more information about Fix-It Clinics visit www.anokacounty.us/3432/Fix-It-Clinics.

Celebrity signs on as Heights Idol judge

Craig Laurence Rice is an entertainment executive, entrepreneur, educator, award-winning producer and director who is nationally recognized for his distinguished career in the music, commercial, television and feature film industries.

He’ll be a celebrity judge during the 12th annual Heights Idol competition at 6:30 p.m. on Saturday, June 23 at Murzyn Hall. Heights Idol is an amazing opportunity for community members to share their talents on stage.

Rice has worked with numerous performers including

Prince, Pink, Diana Ross, Taj Mahal, Pink Floyd, Stevie Wonder, Whitney Houston and more. He was recently featured in a story in the Star Tribune.



Craig Laurence Rice

Senior center gets seniors moving and socializing

When DeLynn Mulligan became coordinator of the Columbia Heights Senior Center five years ago, she had these primary goals in mind:

- Engage seniors in physical activity to keep their mobility.
- Entertain seniors by taking them to events and activities throughout the Twin Cities that they would otherwise not attend.

She's reached these goals for the senior center and its Columbia Heights Active Agers Program. It's a great place for those age 50 and older to socialize with peers over card games, during potlucks, book club or when playing Bingo. Relevant information sessions are offered on topics like health insurance, foot care, end of life planning and more.

As for physical activity, the center offers free fitness classes because activity is essential as we age, said DeLynn, who has worked in elder care for the past 20 years. "I've seen it make all the difference in the quality of life for seniors," she said. "It motivates me to keep them moving."

Participants are seated during exercise classes because balance can be an issue. "It's a great workout," said DeLynn, "and students are free to move to the intensity and level that they want."

When it comes to entertainment, seniors hit the road with DeLynn at the wheel of the center's own little bus,



Card games, like Bridge, are popular.

funded by the Columbia Heights Activity Fund, operated by former Mayor Gary Peterson. It allows for spontaneous, flexible, responsive but scheduled trips around the region for whatever interests them. It's a way for seniors to get places without driving themselves, or asking relatives to take them. It's also cost effective with participants paying \$1 or \$2 dollars—much less than renting a motorcoach or other transportation.

The little bus goes all over the place, often based on scheduled requests from participants. For instance, when Prince died, seniors wanted to visit Paisley Park. They've also toured the new Vikings stadium and the Minnesota State Capitol after renovations took place.

"DeLynn is good about not missing anything that's going on in the Twin Cities," said Madeline Harrison. "The day trips take us to so many interesting places."

DeLynn invites people to the center which is located in the lower level of Murzyn Hall, 530 Mill Street. Call her at (763) 706-3735 for more information or an orientation.

Information on the senior center is also available in this city newsletter (mailed to homes four times a year) and on the city's website at www.columbiheightsmn.gov (click on departments/recreation/seniors). Paper copies of the newsletter are available at Murzyn Hall, City Hall and the Columbia Heights Public Library.

Park and street projects planned this summer in Heights

Here's an update on improvement projects planned this summer for Keyes Park and city streets.

Keyes Park: Work is tentatively scheduled to begin in mid-June and continue through the summer. Work includes realigning the two athletic fields, introduction of a small soccer field, a new playground, the addition of a paved walking trail, reconfiguring the parking lots, adding rain gardens/infiltration basins for water quality, site landscaping, and preserving the sliding hill.

39th Avenue from the roundabout to Central Avenue: Work is tentatively scheduled to begin late

April and continue through the end of June. The work includes partial reconstruction of the street with new concrete curb and gutter and 6-foot wide sidewalk along the south side of the street. The curbing on the south side of the street will be moved in 6 feet allowing the sidewalk to be installed at the back of the new curb. This narrows the roadway from 46 to 40 feet.

2018 Street Rehabilitation: Under the city's annual street rehabilitation program, the following streets are proposed for resurfacing in 2018, mid-summer to early fall.

- Main Street from 40th Avenue to 37th Avenue

- 37th Avenue from Main Street to 5th Street (joint project with Minneapolis)

2018 Seal Coat: Work is scheduled to begin in May with seal coating tentatively scheduled for late July. This annual program extends the life of city streets by placing an asphaltic emulsion followed by a chip rock on the street, providing a new driving surface. Select streets proposed for 2018 are in the area between Reservoir and Stinson Boulevards from 37th to 45th Avenues.

Additional information can be found on the city's website by searching for "Construction Projects."

LIBRARY

3939 Central Ave NE
Information and Reference (763) 706-3690
At-home Service (763) 706-3681
Renewal: (763) 324-1590

www.anokacountylibrary.org
www.columbiaheightsmn.gov
Cable Channel 19
www.facebook.com/ColumbiaHeightsPublicLibrary

Adult Programs

Author Talk: Allen Eskens

Saturday, June 2, 1 p.m.

Please join us for an author talk with Allen Eskens, bestselling author of "The Life We Bury," "The Guise of Another," "The Heavens May Fall" and "The Deep Dark Descending." Allen will discuss his writing and



read from selected works. He is the recipient of the Barry Award, Minnesota Book Award, Rosebud Award (Left Coast Crime) and Silver Falchion Award and has been a finalist for the Edgar® Award, Thriller Award, Anthony Award and Audie Award. His books have been translated into 20 languages and his first novel, "The Life We Bury," is in development for a feature film.

Library Book Club

Drop in for a favorite book discussion or become a regular member. Book Club meets in the library at 10 a.m. on the third Wednesday of each month. Upcoming discussions include:

"Brain on Fire" by Susannah Cahalan
Wednesday, June 20 at 10 a.m.

"Ragtime" by E. L. Doctorow
Wednesday, July 18 at 10 a.m.

"Just Mercy" by Bryan Stevenson
Wednesday, Aug. 15 at 10 a.m.



A One Stop Shop for Minnesota Seniors

Senior Surf for Adults 55+

Wednesday, June 6, Thursday, July 5 (Thursday meeting due to holiday), and Wednesday Aug. 1 from 9:30 to 11:30 a.m.

Get hands-on computer experience with help from representatives of the Senior LinkAge Line. Learn computer basics, how to navigate and search the Internet and how to access websites of interest to

seniors. Register online for one session or call (763) 706-3690. Presented in collaboration with Minnesota Board on Aging and Metropolitan Area Agency on Aging.

English Conversation Circle

Thursdays, from 1 to 2 p.m.

Conversation Circle is an English language practice group that meets on Thursdays in the library's small meeting room. Practice speaking English in a relaxed, comfortable place, and meet new friends! The group is led by an English-speaking volunteer. No registration is required and all levels are welcome.

Open to Business

June 12, July 10, Aug. 14 from 1:30 to 4 p.m.

Open to Business provides free one-to-one business counseling to current and prospective entrepreneurs in our community. Open to Business consultant Kathleen



DuChene can help with strategic planning, marketing, writing a business plan, seeking funds to start or expand a business, and general management and bookkeeping training for new business owners. Open to Business is a program of the Metropolitan Consortium of Community Developers in partnership with Anoka County Housing and Redevelopment Authority. Call (763) 438-7315 for information or to set up an appointment.



Scrabble Club (Adults)

First and third Tuesdays of each month, 6:30 to 7:30 p.m.

Exercise your brain and challenge others to a friendly game of Scrabble. Everyone is welcome; no need to register. Hosted by the Friends of Columbia Heights Library.

Kids & Teens

Wacky Wednesdays

June 20 through July 18

Come to the library each Wednesday at 2 p.m. for a free, live performance. For families.

June 20	Raptor Center
June 27	Madden Magic
July 11	One Flea Circus Puppet Show
July 18	The Bazillions

Mark your calendars for these special events!

Registration begins four weeks before the program date. To register or for more information: visit our website at anokacountylibrary.org.

Yoga Workshop

Tuesday, June 12, 2 p.m.

In this fun and active class, students will explore traditional yoga poses, breathing techniques and relaxation through literature, music, creative art and more! We will build strength, self-awareness, balance and concentration through imagination and movement. Entering grades 1-6. Registration required.

Summer Reading Kickoff

Wednesday, June 13, 1 to 3 p.m.

Celebrate the beginning of summer with an interactive Taiko drum performance from Enso Daiko, crafts, and activities. Activities begin at 1 p.m., performance starts at 2 p.m. For families.

4-H STEM: Film Canister Rockets

Tuesday, June 19, 2 p.m.

Launch film canister rockets with water and some Alka-Seltzer by creating mini-explosions! This activity challenges youth to design a rocket they can launch by experimenting with water temperature and air pressure. Youth will use experiential learning to design a rocket that can fly higher and farther! Entering grades K-3. Registration required.

Bruce the Bug Guy

Tuesday, June 26, 2 p.m.

Learn all about insects and arthropods like giant silk moths and scorpions with the help of live critters. Entering grades K-6.

Library Hours

Monday-Wednesday: 9 a.m. to 8 p.m.
Thursday-Friday: 9 a.m. to 5 p.m.
Saturday: 11 a.m. to 4 p.m.
Sunday: CLOSED

Library Holidays

Saturday, May 26 through Monday, May 28: Memorial Day Weekend (closed)
Wednesday, July 4: Independence Day (closed)
Saturday, Sept. 1 through Monday, Sept. 3: Labor Day Weekend (closed)

Nature Night Lights

Tuesday, July 10, 2 to 3:30 p.m.

Join Silverwood Park naturalists at the library and learn how and why some things in nature shine their own light, with no batteries needed! Make your own glow-in-the-dark creature to take home. Entering grades 1-6. Registration required.

4-H STEM: Rube Goldberg Machines

Tuesday, July 17, 2 p.m.

Test your engineering design skills by playing with and learning about Rube Goldberg Machines! These wacky contraptions are made up of everyday items set in an overly complex series of chain reactions to complete a simple task. Come to this event and encourage critical thinking, creativity, innovation and problem solving in your child! Machines don't just employ physics and engineering, but also humor and storytelling. Entering grades 3-8. Registration required.

Get Your Head In the Clouds

Tuesday, July 24, 2 to 3:30 p.m.

Join Silverwood Park naturalists at the library and learn how to identify cloud types and what each type tells us about the atmosphere. Make a hot-air balloon art

project to fly to the clouds in your imagination. Entering grades 1-6. Registration required.

Storybook Tea Party

Wednesday, July 25, 2 to 3:30 p.m.

You're invited to dress up as your favorite storybook character and help us celebrate summer reading at the library! Join us for tea, treats and crafts. Entering grades K-6. Registration required.

Parachute Party

Monday, July 30 at 10:30 a.m.

Parachute play encourages gross motor development, listening skills, and cooperative play. Geared toward ages 2 to 5. Registration required.

Escape Room: Back to Reality

Tuesday, July 31, 2 p.m.

You've become trapped in the eight-bit world of Minecraft and the only way back to reality is through the locked boxes that you see before you. Read the clues carefully and pay attention to everything so you can figure out the combinations, open the locks and break into the box. Entering grades 3-6. Registration required.



Storytime @ the Library

June 11 to July 23

Family Storytime

Mondays, 10:30 to 11 a.m.

Share books, songs, and rhymes with your children at this storytime designed to promote school readiness in 2 to 5 year olds. Librarians, caregivers and children will sing, talk, read, write and play together to build early literacy skills. Siblings are also welcome.

Teen Thursdays

Join us every Thursday at 2 p.m. to have fun, meet people, and learn new things!

Paper Circuits

Thursday, June 14, 2 p.m.

Create pop-up greeting cards that light up! Flex your creativity muscles while learning circuitry and paper engineering. Entering grades 6-12. Registration required.

Star Wars Skills

Thursday, June 21, 2 to 4 p.m.

In Star Wars Skills students design and create their own Lightsabers and act out scenes from the Star Wars canon while learning the beginning basics in safe play fighting. Entering grades 4-8. Registration required.

Jurassic World: Terrariums

Thursday, June 28, 2 p.m.

Celebrate the release of Jurassic World at the library by making terrariums complete with mini dinosaurs. Entering grades 5-12. Registration required.

Teen Yoga

Thursday, July 12, 2 p.m.

In these fun and active classes students will explore traditional yoga poses, breathing techniques and relaxation through literature, music and more! We will build strength, self-awareness, balance and concentration through movement. Entering grades 5-12. Registration required.

Escape Room

Thursday, July 19, 2 p.m.

A new game is coming. Test your wit with a game that requires you to solve riddles and puzzles in order to break out. Entering grades 5-12.

String Art

Thursday, July 26, 2 p.m.

Using small nails, colorful yarn, and embroidery thread participants create images and shapes on cork board by "stringing." Create a new piece of art for your room or dorm! Entering grades 6-12. Registration required.

Solar Oven S'mores

Thursday, Aug. 2, 2 p.m.

Build your own solar oven and use it to bake a tasty snack. Entering grades 5-12.



4-H Tech Wizards

Tuesdays, 4 to 6 p.m.

Tech Wizards is a free program that engages youth in small group mentoring around technology and STEM concepts in partnership with Anoka County 4-H. Check online for meeting dates. For grades 5-8.

Teen Advisory Board (TAB)

See the Ask Me Desk for more information. The group meets on the third Monday of each month from 4 to 5 p.m.: June 18, July 16, Aug. 20.

COUNCIL CORNER

by Councilmember Nick Novitsky



Building Community With Volunteers

During my first year of serving on the Columbia Heights City Council, I am often asked, “What makes Columbia Heights a great place to live?” The volunteers are one of the biggest factors!

All too often one of a community’s biggest assets goes unnoticed. Volunteers are the unseen and unheard strength of many great causes and the events that support them. Whether it’s the planning and organizing, setting up, cleaning up, or handling the many challenges during an event, volunteers make sure the job gets done ... and always with a smile on their face. Without volunteers, community activities and events that make Columbia Heights so great—like Jamboree, youth athletics, the recycling center and city

beautification activities —wouldn’t exist.

As a community we are fortunate to have many individuals and groups of people contributing in ways that are enjoyable and meaningful to them and to the community. From formalized organizations like SACA, Lions, Knights of Columbus, and the Athletic Boosters, to grassroots organizations such as HeightsNext and the Safer Streets Committee, to the citizen members who serve on our city committees and commissions, Columbia Heights continues to grow and evolve with the help of volunteers. I have found one of the most satisfying aspects of volunteering is seeing what can be accomplished when everyone works towards a common goal.

Thank you to all who have volunteered and continue to volunteer, whatever the cause or event! For anyone who has thought of volunteering but hasn’t had the time, or known how to help, or known who to contact, I encourage you to reach out to one of the many groups within the city. Start by contacting Katie Bruno, City Clerk, at 763-706-3611 or kbruno@columbiaheightsmn.gov. No matter your interests or skills, there is a place where you will be able to make a positive impact on the community. Your help is needed and would be very much appreciated, in any way you choose to get involved!



Discover treasures in citywide garage sale June 23

Don’t miss the 2nd Annual Citywide Garage Sale on Saturday, June 23, during the Columbia Heights Jamboree. This is a great opportunity to declutter your home and make some cash or shop the sales where you might find one-of-a-kind treasures.

There is no cost to participate. Registration will be open through Friday, June 8. To be included on the garage sale directory and map, you must register your address either online at www.columbiaheightsmn.gov or in person at Columbia Heights City Hall.

New this year, participants are being offered the opportunity to select from a list of categories of items they will have available at their sale (i.e., children’s clothing, tools, household items). A flyer listing the participants’ addresses and the categories of items available at each sale will be made available on Monday, June 11, at various locations throughout the city. Also new this year, the city will offer an interactive mobile-friendly map listing the addresses of each registered sale.

Please contact the Community Development department at (763) 706-3670, if you need more information.

Sister City event showcases student artwork

“The Art of Diplomacy” was the theme of this year’s Young Artists Showcase sponsored by the Columbia Heights Sister Cities International (SCI) group. The local competition took place in conjunction with the celebration of the arts at Columbia Heights High School in March. The runners-up were Dan Mangen Johnson and Fiorella Quizhpi Salazar while the first place winner was Aiyana Stephens Moor. They all received award certificates and money from the SCI. Aiyana’s artwork will be sent to Washington, D.C., to compete in a national contest. We wish to thank hardworking art teachers, Sarah Hon-

eywell and Dane Hodges, for guiding and encouraging their students to participate and for helping to plan this event. Of course, there were also many volunteers from our SCI group who were involved. Thanks also to Liz Bray, of the city’s recreation department, for finding six professional art judges.

Looking ahead, “The Poland Independence Centennial Day Celebration” will take place on Nov. 10 at the Minneapolis Institute of Arts. Please watch for more information on this gala.

Gloria Bergstrom has spearheaded the sending of English books to the grade

school in Lomianki, Poland, the Sister City of Columbia Heights. Our organization has collected enough books to make it possible for the school to set up their own English library. The teachers and students are thrilled at being able to do this because it has greatly enhanced their teaching and learning of the English language.

Remember, you do not have to be Polish to join Columbia Heights SCI. All are welcomed. For more information, contact Gloria Bergstrom at gbergs1325@hotmail.com.

Submitted by Gloria Bergstrom, sister city chairperson



Connie Buesgens, Bobby Williams, Donna Schmitt, John Murzyn, Jr. and Nick Novitsky.

The Mayor and City Council members are your elected representatives. City Council meetings take place at 7 p.m. on the second and fourth Mondays of each month in the council chambers at city hall, 590 40th Ave NE. Meetings are broadcast live on Channel 16 and are rebroadcast on other days. For more information, including agendas and minutes, go to www.columbiaheightsmn.gov.

Donna Schmitt, Mayor	(763) 706-3607	dschmitt@columbiaheightsmn.gov
Connie Buesgens, Council Member	(763) 788-5072	cbuesgens@columbiaheightsmn.gov
John Murzyn, Jr., Council Member	(763) 781-4983	jmurzynjr@columbiaheightsmn.gov
Nick Novitsky, Council Member	(612) 760-4463	nnovitsky@columbiaheightsmn.gov
Bobby Williams, Council Member	(763) 788-1113 (612) 414-3981 (c)	rwilliams@columbiaheightsmn.gov

Long-time public official dies



Bruce Nawrocki, who died in April, set a record for service as an elected official in Columbia Heights. He served as mayor from 1965 to 1987 and as a council member from 1961-65, 1990-1994 and 2000-2016. His public service and dedication to the city he loved is remarkable.

He moved to Columbia Heights when he was in second grade and lived there his whole life, except for military service during the Korean War. His first date with wife Gerry was to a Jambo-ree celebration. Both are proud graduates of Columbia Heights High School and so are their two children.

Community Center, continued from page 1

education groups twice a month since January, aimed at educating parents of children ages birth through five years of age. The Columbia Heights Multicultural Advisory Committee (MAC) has been hosting meetings at this facility as well.

This summer, the city's Parks and Recreation departments have teamed up with both White Castle and Loaves and Fishes to host free lunch for Columbia Heights children under the age of 18 along with two hours of varied programming, such as arts and crafts, movies, etc.

The Columbia Heights Police Department will use the building several times a week for community outreach aimed at building positive relationships within the community. Stay tuned to the department's Facebook page, because activities will be scheduled with the Columbia Heights Public Library, Anoka County Attorney's Office, School District 13, SACA, and several other community-oriented organizations. For more information on the Circle Terrace Community Center, contact Sgt. Justin Pletcher with the Columbia Heights Police Department at (763) 706-8107.

IMPORTANT PHONE NUMBERS

Police/Fire/Medical Response 911
If you cannot complete your call
using 911 (763) 427-1212

CITY OFFICES (763) 706-3600
TTY/TDD (763) 706-3692
Mayor & City Council (763) 706-3607
City Clerk (763) 706-3611
City Manager (763) 706-3610
Personnel-General (763) 706-3606
Assessing (763) 706-3700
Garbage/Refuse Pick-up/
Recycling (Waste
Management) (888) 960-0008
Utility Billing (763) 706-3640

Public Works Dept. (763) 706-3700
Engineering/Maintenance Operations
Emergency After Hours 911

Fire Dept. Administration & Information/
Emergency
Management (763) 706-8150
Fire Chief (763) 706-8152
Assistant Fire Chief (763) 706-8154
Rental Housing/
Property Maintenance
Inspections (763) 706-8156

Police Administration & Information
Records & Info., Patrol,
Investigations (763) 706-8100
Crime Prevention (763) 706-8100
Police Chief (763) 706-8100

Community
Development (763) 706-3670
Comm. Dev. Director (763) 706-3675
City Planner (763) 706-3673
Bldg. Permits/
Licenses (763) 706-3678
Recreation Dept. (763) 706-3730
Recreation Director (763) 706-3732
Senior Programs (763) 706-3735
Athletics Coordinator (763) 706-3733
Youth Enrichment
Coordinator (763) 706-3733
24-Hour Info. Line-Murzyn Hall info.,
Weather Cancellations,
Directions (763) 706-3737
Murzyn Hall Rental (763) 706-3734

Columbia Heights
Public Library (763) 706-3690

U.S. Post Office,
940 44th Ave. N.E. 800-275-8777

MISSION STATEMENT Our mission is to provide the highest quality public services. Services will be provided in a fair, respectful and professional manner that effectively address changing citizen and community needs in a fiscally-responsible manner.

This newsletter is published four times a year by the City of Columbia Heights to keep residents informed about their city. More information is available on the city's website at www.columbiaheightsmn.gov.



The Columbia Heights Police Department office is open Monday through Friday, 8 a.m. to 4:30 p.m. The telephone number is (763) 706-8100. The office is located in the Public Safety building, 825 41st Avenue NE. The police department is closed on weekends and holidays.

A telephone is located inside the entry doors that can be used after hours to request assistance.

For general information, activities, ordinances, and services, visit www.chpolice.com, find us on [Facebook.com/chpolice](https://www.facebook.com/chpolice), and follow us at twitter.com/colhgtspolice.

City sets curfew times for children

Children, who are 17 or younger, have curfew times that limit how late they can stay out, according to Columbia Heights City Ordinance 10.303.

Children ages 15 and under:	Youth ages 16 and 17:
Weekdays, home by 10 p.m.	Weekdays, home by 11 p.m.
Friday and Saturday, home by 11 p.m.	Friday and Saturday, home by midnight

Two officers trained as DARE instructors

Columbia Heights Police Officers Mohammed Farah and Ibrahim Farah attended the Minnesota Bureau of Criminal Apprehension's two-week DARE (Drug Abuse Resistance Education) instructor course earlier this year. DARE is a prevention education program with a goal of reducing or eliminating the use of alcohol, tobacco and other drugs and the use of violent behavior by young people. Columbia Heights officers teach the course to fourth-grade classes in the Columbia Heights School District.

"Our department has been involved with Minnesota DARE for over 25 years because it provides us a great opportunity to partner with the Columbia Heights School District on an important topic in a community that continues to change," said Police Chief Lenny Austin. "Officers Mohammed Farah and Ibrahim Farah are looking forward to being involved in working with the youth of our community to bring them the important messages that the DARE program teaches."

Mohammed Farah described the DARE Instructor course as "intense but rewarding" and he's looking forward to teaching the course. "This program absolutely prepares kids on how to combat drugs and violence in their lives," he said. "Also, I believe that the information that the kids will receive from the DARE program will help them prepare for adulthood. Although this program can benefit any community, I truly believe it is much needed in our community."

"The DARE curriculum will assist students on how to deal with difficult situations they come across such as drugs, violence, and crime," said Ibrahim Farah, "and it encourages open communication between our youth and local law enforcement officers."



Coffee WITH A Cop

Please join police officers for upcoming Coffee with a Cop events, which are informal, family-friendly get-togethers with no speeches or agendas. It's just a chance to meet and get to know your local police officers and ask questions you might have about what's going on in your community. All that, plus a free cup of coffee! See our website at CHPolice.com for updated lists and times, or visit us on Facebook for reminders.

Lock car doors and reduce theft

Last summer the CHPD noticed a significant increase in thefts from motor vehicles. The vast majority of these thefts occurred because vehicle owners failed to lock their cars and remove valuables from their vehicles.

Please help the CHPD reverse this crime trend by locking your car doors and not keeping valuables in plain sight. Also, call 911 when you see anything suspicious in your neighborhood.

Officer Nightingale is retiring

In 1985, Terry Nightingale applied to be an officer with the Columbia Heights Police Department and was hired. Since then, he has filled many roles in his three-plus decades with the department. He worked the majority of his time as a patrol officer, but also served as an investigator.

In 1992, Terry became one of the department's first-ever Community Oriented Police Officers.

In the early 90s, this meant biking through Columbia Heights and Hilltop to develop relationships and act as a primary point of contact for residents with whom the department wanted more



effective and positive connections. This position was funded by a grant and lasted for about two years, but the experiences Terry would enjoy in this position would prove to be invaluable to the department years later.

In 2010, Terry was given the opportunity he would later describe as the "pinnacle of his career." The department received a grant for another Community Oriented Police (COP) Officer. Terry was selected for this position, and over the next four and a half years he came to define the role of COP Officer, and would help the Columbia Heights Police Department earn a countless number of awards and accolades. Most significantly, the department received the 2012 International Association of Chiefs of Police Community Police Award which is given annually to the department most recognized for their community outreach efforts.

Terry is now retiring and will be missed. Because of his extraordinary outreach and relationship building, Terry has been the "face" of the Columbia Heights Police Department to many community residents. He has a wealth of police knowledge and has been the most senior officer for awhile, and as such, is relied upon to train and educate newer officers.

Terry's dedication, consistency and passion for police work are notable. Terry says he's now ready to "slow things down" and he's already planning trips he'll take with his family.

825 41st Ave NE, Columbia Heights, MN 55421

fire@ci.columbia-heights.mn.us

Be up to date on activities and regular safety reminders of the Columbia Heights Fire Department by following us on Facebook and Twitter.

Non-Emergency: (763) 706-8150

Emergency: Call 9-1-1

Fax: (763) 706-8151

Housing Maintenance Inspections: (763) 706-8156

fireinspections@ci.columbia-heights.mn.us

How to avoid a fire in your garage

Did You Know?

Garage fires tend to spread farther and cause more injuries and dollar loss than fires that start in all other areas of the home.

The leading cause of garage fires is electrical malfunction. This may be due to shorts in wires, damaged wires, and overloading electrical outlets.



Keep your home safe by following a few easy tips:

- Store oil, gasoline, paints, propane and varnishes in a shed away from your home.
- Keep items that can burn on shelves away from appliances.
- Plug only one charging appliance into an outlet.
- Don't use an extension cord when charging an appliance.

Garage safety through construction — install:

- A 20-minute fire-rated door that is self-closing and self-latching from the garage into the house.
- A ceiling made with 5/8-inch Type X gypsum board (or the equivalent) if you have living space above the garage.
- A wall with 1/2-inch gypsum board (or the equivalent) if the wall attaches the garage to your home.
- An attic hatch cover if you have attic access from the garage.
- A heat alarm — not a smoke alarm — in your garage. The heat alarm will sound if the temperature rises too high. Learn more about what type of heat alarm is best for garage installation.

I remember when...

The Columbia Heights Fire and Police Departments were dispatched to a report of a small engine plane crash in the area behind 640 40th Ave. NE, along the alley and what is now Huset Park. We do not know too much about this crash, but believe it occurred in the early 1950's. We are continuing our research into finding out more.

If you have any pictures that pertain to the history of Columbia Heights and would like to share them, please contact the Columbia Heights Fire Department by email or phone. We are always looking for more historical pictures, items, even stories that we would love to catalog and pass on to future generations.

Get to know your firefighters: Richard Hinrichs

Why did you become a firefighter?

I figured that it would be a lot more exciting than working in a factory or sitting at a desk all day.

Where did you start your fire service career?



I was hired as a paid-on call firefighter for three years with the city of Columbia Heights, then I was promoted to full-time status in February 1990.

What is/was your favorite vehicle?

Our current Engine 2. It's very easy to operate and is how a fire engine should look.

What is your favorite training or drill?

Search and rescue. It is very challenging.

What is the best part about being a firefighter?

When you have a very bad call and things turn out better then you thought it would.

Did you dream of being a firefighter since you were a kid?

Yes. I got hooked on firefighting by watching a TV show called Emergency.

What has been your proudest moment in the fire service?

I delivered a baby girl while standing in a bathroom with her mom. It was so scary but so exciting at the same time.

What has been the biggest change in the fire service that you have noticed?

The work load has shot up dramatically. You are up most of the night responding to calls. I work 24-hour shifts and most times when your shift is over you are very tired. It becomes harder on the body and mind as you age.

What is the best fire safety advice you can give to Columbia Heights residents?

Smoke alarms. They really do save lives.

What are you looking forward to the most when you retire?

I am excited to sleep the whole night. Also, not missing any more holiday gatherings or other family get-togethers.

Facts about heart disease in women

Cardiovascular disease is the No. 1 killer of women, causing 1 in 3 deaths each year. That's approximately one woman every minute! While there are many similarities in the symptoms of heart disease in men and women, there are even more differences — differences that could save, or end your life if you don't know them. Heart attack signs in women include:

- Uncomfortable pressure, squeezing, fullness or pain in the center of your chest. It lasts more than a few minutes, or goes away and comes back.
- Pain or discomfort in one or both arms, the back, neck, jaw or stomach.
- Shortness of breath with or without chest discomfort.

- Other signs such as breaking out in a cold sweat, nausea or lightheadedness.

As with men, women's most common heart attack symptom is chest pain or discomfort. But women are somewhat more likely than men to experience some of the other common symptoms, particularly shortness of breath, nausea/vomiting and back or jaw pain. If you have any of these signs, call 9-1-1 and get to a hospital right away.



Women &
Heart Disease

Ash Tree Care *ALERT* Anoka County remains under quarantine for EAB

The Minnesota Department of Agriculture (MDA) confirmed an emerald ash borer (EAB) infestation in Anoka County.

Residents are encouraged to look at their ash trees for signs of EAB. Checking for EAB, reporting possible infestations, and following quarantines can slow the spread of EAB.

When checking for emerald ash borer look for the following:

- Be sure you've identified an ash tree. This is an important first step since EAB only feeds on ash trees.
- Look for woodpecker damage. Woodpeckers like EAB larvae and woodpecker holes may indicate the presence of EAB.
- Check for bark cracks. EAB larvae tunneling under the bark can cause the bark to split open, revealing the larval (S-shaped) tunnels underneath.
- Contact a professional. If you feel your ash tree may be infested with EAB, contact a tree care professional, your city forester or the MDA at arrest.the.pest@state.mn.us or 888-545-6684.

The quarantine is designed to limit the movement of any items that may be infested with EAB, including ash trees and ash tree limbs, as well as all hardwood firewood.

The biggest risk of spreading EAB comes from people unknowingly moving firewood or other ash products harboring larvae. Below are three easy steps to keep EAB from spreading:

- Don't transport firewood. Buy firewood locally from approved vendors, and burn it where you buy it.
- Be aware of the quarantine restrictions. If you live in a quarantined county, be aware of the restrictions on movement of products such as ash trees, wood chips and firewood.
- Watch your ash trees for EAB infestation. EAB destroys ash trees. For detailed information about EAB, identification, treatment and/or removal options please visit www.mda.state.mn.us/eab.

New refuse cart labels

The city will replace the current labels on the trash and recycling carts this summer. Look for more information about your block's schedule on the city's website starting in June.

City's storm water pollution program will be topic of public meeting

Do you know where rainwater flows? If you guessed the storm water drainage system, you are correct. The storm water system is generally located along street curbs and drains above ground water runoff. This means anything you put on your lawn, sidewalk, driveway or parking lot will end up with the storm water. The storm water system drains this runoff to ponds, lakes, streams and rivers. Pollutants in this water will affect wildlife and recreation areas. Special concerns include phosphorus fertilizers, petroleum products, salt, other chemicals, garbage and sediments from erosion. Federal and State environmental laws have resulted in more stringent regulations concerning pollution from storm water systems. Local governments may incur large fines if they do not have an active program to reduce storm water pollution.

INFORMATION ABOUT STORM WATER WILL BE PROVIDED AT THE COLUMBIA HEIGHTS COMMUNITY PICNIC. The Columbia Heights Public Works Department conducts a required annual public informational session on the Storm Water Pollution Prevention Program (SWPPP). The city has developed a SWPPP plan in response to Federal and State regulations concerning the quality of water entering streams, rivers and lakes from storm water drainage systems. At this event, community members will have the opportunity to offer input and comments on the SWPPP. Please keep watch for information regarding this event (i.e. date, location and time).

How to get rid of pet waste

Pet waste is a health risk to pets and people, especially children. It's a nuisance to neighborhoods and is full of bacteria that can make people sick. If not taken care of properly, pet waste enters our water with no treatment.



- Scoop and flush it down the toilet where your community sewage treatment plant or septic system treats the pet waste.
- Seal the waste in a plastic bag and throw it into the garbage.
- Bury small quantities in your yard where it can decompose slowly. Dig a hole one foot deep and put three to four inches of waste in the hole. Cover the hole with at least eight inches of soil. Bury the waste at several locations in your yard and keep it away from vegetable gardens.

While doing spring cleaning remember to recycle

There are many options for recycling as you do spring cleaning. (See page 11 for more information.)



The FREE Recycling Center is open on Saturdays from 9 a.m. to 1 p.m. and has single-sort carts for your overflow, a cardboard/paper bin, fluorescent bulb shed, an oil tank and filter barrels, pails for household batteries, plus a used tire bin. Household and garage metal items or anything that is mostly metal is also accepted, free of charge. This includes items such as patio chairs and tables, lamps, stands, pots, pans, grills, plant hangers, rods, buckets, tools, fencing and yard equipment.

Please consider selling, donating, or recycling bulk items such as furniture, mattresses, carpet, and other household goods (dishes, clothing, etc.) An organized Citywide Garage Sale will take place on June 23 (see page 6). There are also many local vendors that accept donations or will deconstruct and recycle the various components. For more information on all these services visit the Refuse & Recycling page on the city's website or call (763) 706-3700 to request a Spring Cleaning Recycling packet.

Tree waste over 4" in diameter is too woody to compost with yard waste; however, Anoka County has a drop-off site for large branches, trunks and stumps. Call (763) 324-3400 for more information.

Please do not dispose of household hazardous waste products in the trash or down the drain. These would include aerosol cans that have contents remaining, anti-freeze, driveway sealer, gasoline and other fuels, mercury, paint, paint stripper, paint thinner, pesticides, varnish, wood preservatives, and other household products that are corrosive, flammable, combustible or poisonous). Anoka County has a free drop-off site for these items. Call (763) 324-3400 for more information.

Curbside collection of bulk for recycling is coming this summer. More information will be posted on the city website.

Water quality report is available

A copy of the Consumer Confidence Report is available on the city's website at

https://www.columbiaheightsmn.gov/Public%20Works/Sewer_Water/CCR_2017.pdf, or by calling (763) 706-3700 to request a paper copy.

REFUSE, RECYCLING AND YARD WASTE

Waste Management

Customer Service Phone: 1-888-960-0008
www.wm.com/us/customer-support

City Refuse/Recycling website

www.columbiaheightsmn.gov/departments/public_works/
Public Works Department Phone: (763) 706-3700

Anoka County Recycling & Resource Solutions

(763) 324-3400
www.anokacounty.us/recycle

Holiday Schedule

- Memorial Day, May 28: Service delayed by one day all week
- Independence Day, July 4: Service delayed by one day Wednesday-Friday
- Labor Day, Sept. 3: Service delayed by one day all week

Recycling

- Visit the Refuse & Recycling web page for curbside list.
- Single-sort recycling collection is every other week. Please check the Refuse & Recycling web page for your collection day.
- Please do not place recycling materials in plastic bags; dump the items loosely in the cart or use paper bags. Plastic bags cause problems with the sorting system at the processing plant.
- Rinse out cans, bottles and containers.
- Large recycling carts are available, call (763) 706-3700.

Yard Waste & Organics

- Order dual purpose yard waste/organic carts by calling (763) 706-3700. A free organics starter kit will also be provided.
- Food waste must be in compostable bags and only disposed of into carts provided by the city. See the Refuse & Recycling web page for a list of acceptable organics.
- Yard waste by itself can be placed on the street curb in compostable bags. No other containers allowed.
- Brush should be cut in 3-foot lengths and branches cannot be more than 4" in diameter. Place in the yard waste/organics cart or bundle on the street curb.
- Contact Anoka County yard/tree waste site at (763) 324-3400.

Computers/Electronics Recycling

Electronics must be properly disposed of due to the hazardous nature of the material. Call 1-888-960-0008 to schedule a pickup. A flat \$20 collection fee will be charged. Items must come from the property.

Bulk Recycling (furniture, mattresses, carpet)

Items must be kept dry, and infested items must be reported when scheduled. To ensure timely pickup of bulky items, please call 1-888-960-0008 to arrange for pickup before placing outside. Items must have come from the property where collected. Please try to sell or donate the items first through www.anokacounty.us/recycle

Appliance Recycling

Call 1-888-960-0008 to arrange for a pickup at your home. Please empty freezers and refrigerators and remove doors. Each property is offered one free appliance pickup per calendar year.

Household Hazardous Waste (HHW)

Some household products are hazardous and should not be placed in the garbage. Take unneeded paint, cleaners, automotive fluids and garden products to: Anoka County Household Hazardous Waste Facility, 3230 101st Ave. NE, Blaine. There is no charge to use the facility. Proof of residency is required.

For more information:

Anoka County Recycling & Resource Solutions
(763) 324-3400 www.AnokaCounty.us/recycle



Columbia Heights Recycling/Drop Off Center for area residents and businesses

Location and hours:

- Madison Street and 38th Place NE
- Saturday, 9 a.m. to 1 p.m., closed holiday weekends

Items accepted:

- | | |
|---------------------------------------|----------------------------|
| • Metal containers | • Aluminum cans |
| • Glass and plastic (#1-7) containers | • Any scrap metal items |
| • Paper and cardboard | • Used oil and oil filters |
| • Household batteries | • Fluorescent bulbs |
| • Antifreeze | • String lights |

Tires: Leave old tires at the store when purchasing new ones. Only residents may bring four car or light truck tires per year. MUST be off the rims.

ONLY BRING ITEMS LISTED ABOVE. CALL (763) 706-3700 FOR QUESTIONS.

Recycling Tip:

Single-sort recycling is charged at a flat rate for each property so recycle as much as you can for no extra cost. Switch your current medium size cart to a large recycling cart for the same flat rate of \$3.51/month.

Organics kit available for your events

An organics event kit is available for residents to use at local gatherings and events upon request. After the event return the kit to Public Works and the organics will be emptied into the drop-off containers at the Recycling Center.

Cleaning is a recycling opportunity

There are many spring/fall cleaning and garage sale recycling options provided by the City of Columbia Heights and local donation drop spots. For more information visit www.columbiaheightsmn.gov or call (763) 706-3700 to request a recycling packet.

TOP VALU LIQUOR

TOP VALU STORE I: (763) 706-3819 • TOP VALU STORE II: (763) 706-3813 • HEIGHTS LIQUOR (763) 706-3790



TOP VALU LIQUOR

Store #1: 4950 Central Ave. NE
Store #2: 2105 37th Ave. NE

Svedka
1.75 liter

\$15.97



Coupon expires 6/30/18. While supply lasts. No further discount. Store not responsible for typographical errors.



TOP VALU LIQUOR

Store #1: 4950 Central Ave. NE
Store #2: 2105 37th Ave. NE

Fireball
750 ml

\$10.97



Coupon expires 6/30/18. While supply lasts. No further discount. Store not responsible for typographical errors.



TOP VALU LIQUOR

Store #1: 4950 Central Ave. NE
Store #2: 2105 37th Ave. NE

Mark West Willamette
Pinot Noir
750 ml

\$12.97



Coupon expires 6/30/18. While supply lasts. No further discount. Store not responsible for typographical errors.



TOP VALU LIQUOR

Store #1: 4950 Central Ave. NE
Store #2: 2105 37th Ave. NE

Sutter Home Moscato
1.5 liter

\$7.97



Coupon expires 6/30/18. While supply lasts. No further discount. Store not responsible for typographical errors.



TOP VALU LIQUOR

Store #1: 4950 Central Ave. NE
Store #2: 2105 37th Ave. NE

Hogue Late Harvest
Riesling
750 ml

\$5.97



Coupon expires 6/30/18. While supply lasts. No further discount. Store not responsible for typographical errors.



TOP VALU LIQUOR

Store #1: 4950 Central Ave. NE
Store #2: 2105 37th Ave. NE

Truly Spiked &
Sparkling - 12 pack
cans

\$12.97



Coupon expires 6/30/18. While supply lasts. No further discount. Store not responsible for typographical errors.



TOP VALU LIQUOR

Store #1: 4950 Central Ave. NE
Store #2: 2105 37th Ave. NE

Hamm's & Hamm's
Light - 30 pack cans

\$13.47



Coupon expires 6/30/18. While supply lasts. No further discount. Store not responsible for typographical errors.



TOP VALU LIQUOR

Store #1: 4950 Central Ave. NE
Store #2: 2105 37th Ave. NE

Fulton Standard
12 pack bottles

\$11.97



Coupon expires 6/30/18. While supply lasts. No further discount. Store not responsible for typographical errors.