

# Heights Happenings

## RECREATION FALL 2013

Columbia Heights

### HYLANDER CENTER

**City Fitness Facility - 1300 49th Ave.**

**WHAT:** The exercise room contains 2 treadmills, 3 elliptical machines and various weight machines. Open gym when not in use for programming.



**WHO:** Adults & Youth, Residents/Non-Residents

**WHEN:** Monday - Friday 9:00 - 11:00 a.m.

Mondays - Thursdays 6:00 - 8:30 p.m.

Saturdays 9:00 a.m. - 12:00 p.m.

Sundays 11:30 - 2:30 p.m.

*\*Closed if hosting a tournament and on holidays*

Calendar available at [www.ci.columbia-heights.mn.us](http://www.ci.columbia-heights.mn.us)

**WHERE:** Hylander Center - East  
1300 49th Avenue, located on the North side of the swimming pool at the CH High School.

**PARKING:** Directly across 49th Ave. there are designated marked stalls for Hylander Center users.

**COST:** \$1 Daily drop in  
\$10 monthly pass for adult Residents  
\$20 monthly pass for adult Non-Residents

**FREE - Youth After School  
Supervised Open Gym  
Begins September 9**

**Mondays: Central Middle School**

3:30 - 5:30 p.m. *\*Permission slip required.*

**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.

For more information or questions contact the Recreation Dept. 763-706-3730. Permission slip available at [www.ci.columbia-heights.mn.us](http://www.ci.columbia-heights.mn.us), look for Recreation Department, Hylander Center.



### MN TWINS VS. Detroit Tigers at Target Field

**Tuesday, September 24th**

**Game time: 7:10 p.m.**



The Recreation Dept. has 100 tickets for youth and their family, bus ride included. ***Parents/guardians ~ you must be responsible for your own children for the evening.*** Everyone must be together at the end of the game before heading back out to the bus. We will do our best to seat groups together based on tickets. This is a youth based trip.

**Who:** CH Youth/Families - Children must be accompanied by an adult, no more than 5 children per group, max of 2 adults per group.

**PRE-REGISTRATION REQUIRED!**

**REGISTRATION BEGINS SEPTEMBER 5TH**

First come first served.

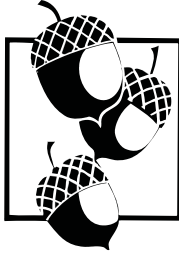
**Time:** Check in at Murzyn Hall at 6:00 p.m.

**Fee:** \$5.00 per person    **Activity # 1147**



Inside you'll find Adult & Youth Exercise, Sports, Enrichment Programs, MEA School Release Trips, Senior Aerobics & Information, and Murzyn Hall Rental Information.

C.H. Recreation Department  
530 Mill Street N.E.  
John P. Murzyn Hall  
763-706-3730  
Office Hours:  
Monday through Friday,  
8:00 a.m. to 4:45 p.m.  
The office will be closed on  
September 2,  
November 11, 28 & 29, 2013



## Columbia Heights Recreation Mission Statement

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

## 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 4:30 p.m. Call our information line at (763) 706-3737.

## Park & Recreation Commission

Chair: Eileen Evans  
Commission Members:  
Sean Clerkin, Jr.  
Tom Greenhalgh  
Stan Hoium  
Kevin McDonald  
David Payne  
Marsha Stroik  
Council Representative:  
Gary Peterson

## 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.

## REGISTRATION INFORMATION

**Registrations accepted in person or via mail at Columbia Heights Recreation, John P. Murzyn Hall, 530 Mill Street N.E., Columbia Heights, MN 55421. Drop box for after hours on east side of building. You may also register over the phone for most activities with a Visa, Discover or Master Card payment by calling 763-706-3730.**

- Please fill out a separate registration form for each participant.
- Please make checks payable to: City of Columbia Heights.
- Confirmation: Assume registration is confirmed. You will be notified only if the class is cancelled or already filled.

## 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 is \$25); the remaining 25 percent 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. Only one scholarship per child per newsletter.**

## Hylander Center Information

The Hylander Center is a gymnasium and exercise room facility run by the City of Columbia Heights. It was built in 2009 in partnership with the Columbia Heights School District adjacent to the High School. The Hylander Center is open to the public during scheduled times. Please see the monthly calendar for availability at [www.ci.columbia-heights.mn.us](http://www.ci.columbia-heights.mn.us). General rates: \$1 daily drop in, \$10 monthly pass for CH residents and \$20 monthly pass for non-residents.

Hylander Center - East  
1300 49th Avenue  
Office: 763-528-4495





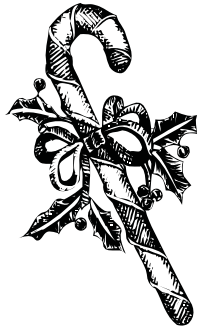
## SAVE THE DATE FOR THESE SPECIAL EVENTS!

### The Mayor's Taste of Columbia Heights Holiday Kickoff Friday, November 22.

Mark your calendar now to attend this festive event and take a taste from some of the fantastic restaurants in our great city. Top Valu tasting & Lion's cash bar. \*Interested CH food vendors/restaurants or volunteer musical entertainment and local bands please call Liz 763-706-3733 or Gary 763-706-3607.

• **Music Nights in Heights "Open Mic" in the Murzyn Hall LaBelle Lounge**  
• Open to the public to participate or to listen and enjoy the talents of local music artists. Questions call 763-706-3733.

• **Adult Open Mic Night**  
• **Thursday, October 10th from 7:00 - 10:00 p.m.**  
• Lions Club bar, cash/check only.



### 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. Several meeting rooms are also available for rentals. See more photos of Murzyn Hall on our website at: [www.MurzynHall.com](http://www.MurzynHall.com) or at [www.ci.columbia-heights.mn.us](http://www.ci.columbia-heights.mn.us).

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.

## TRAVELING BASKETBALL

Fall & Winter Season CH Basketball Association  
 Informational meeting Aug. 26 & Oct 14, 6:30 pm  
 @ the CH Hylander Gym \*must be accompanied  
 by a parent, treats will be provided.

**Fall Season:** September - early November, \$75

Winter Season: Mid-Nov. thru Mid-March, \$125

**Fall/Winter** season combined special - cost \$160  
 (Must pay by September 10 to get combined deal)

- Boys & Girls 4th - 8th gr.
- Kids will play in 30-40 games (within their grade and age level) against teams from other cities.
- Play in official game settings with referees, score keepers, scoreboards, and full four-quarter games.
- Works in partnership with the CH Recreation League and the CHHS Varsity Coaches.
- Family discount for two or more siblings
- \$50 for a new uniform if you don't have one from last year.

Questions, please contact Aaron Goff at 612-292-0026 or 763-568-8860 or Tom Greenhalgh at 612-597-6301, or email aaron.goff@bestbuy.com



**Volunteer Coaches  
 needed at all levels!!!  
 Call 763-706-3730.**

## Jr. Hylander Basketball League



Boys and Girls, Grades 3 - 6

This league will focus on fun, instruction, skill development and organized games. 3rd & 4th Girls games will be on Saturdays in Fridley; 3rd & 4th Boys games are to be determined; 5th & 6th Girls Saturdays @ Immaculate Conception School; 5th & 6th Boys Sundays @ Immaculate. *Over previous years this has been the game schedule, but is subject to change.* Registrants may be shifted to even out teams. Max of 10 per team. \*\*\*Registration deadline October 15th\*\*\*

**When:** November - February. Practice schedule to be determine. See times below, some weekend morning games may be added.

**Fee:** \$40 (\$45 after registration deadline Oct 15)

### Activity # & location:

#### Boys Grades 3-4

Schedule TBD

Activity #1530

The City Gym at the Hylander Center

#### Boys Grades 5-6

Schedule TBD

Activity #1533

#### Girls Grades 3-4

Schedule TBD

Activity #1523

The City Gym at the Hylander Center

#### Girls Grades 5-6

Schedule TBD

Activity #1526



# BASKET BALL

## YOUTH FOOTBALL

*Calling all Youth Football Players....there is still  
 time to sign up!*

Twin Cities North Youth Football League. Grades 2 & 3, 4, 5 - team based on grade level, regardless of weight.

**DATES:** Practices just began. 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 pants and jersey provided by the Rec. Dept. Players buy their own shoes and mouth guard.

## Jr. Hylander Basketball Clinic Boys & Girls in 1st & 2nd Grade

This clinic will focus on beginning fundamentals, instruction, skill development and fun. Join Coach Tony for this introduction to basketball. The clinic is for 5 sessions on Mondays and Tuesdays in October. Early Bird Registration by Sept. 16th.

**Who:** Boys & Girls in 1st & 2nd grade

**When:** Mondays & Tuesdays, Sept. 30, October 1, 7, 8, & Thursday Oct. 10 a showcase finale

**Time:** 6:00 pm - 7:15 pm **Where:** Hylander Gym

**Fee:** \$20 (\$25 after Sept. 16)

**Activity #** 1510



## WRESTLING

The CH Youth Wrestling program is gearing up for another season and would like YOU to join in on the fun and success! This program is for new and experienced wrestlers. Learn basic wrestling techniques such as takedowns, throws, and pinning combinations. Members compete in team events and are afforded other opportunities to compete individually in tournaments throughout the season. **SIGN UP NOW!** Please contact the Recreation office if you would be willing to help volunteer coaches.



**When:** Tuesdays & Thursdays, November 12 – March      **\*No sessions Nov. 28, 29**

**Time:** 6:30 - 8:00 pm

**Fee:** \$40 (\$45 after Oct. 31) & \$40 uniform deposit  
Held at the CH High School Wrestling Room.

• **Youth Program**      **Grades 2-5**      **Activity # 1600**

• **Middle School**      **Grades 6-8**      **Activity # 1601**



**North Metro Youth Hockey Association** proudly serves the youth hockey communities of Brooklyn Park, Brooklyn Center, Fridley and Columbia Heights. More information at <http://nmyha.pucksystems.com> or call our Hockey Operations Director Mark Lange at 952-212-6360. Classes starting soon.



## Heights Kickers Soccer Preschool & Kindergarten



Learn the exciting game of soccer in a controlled setting. Emphasis is on fun & learning while learning the basic soccer skills. Coaches Samantha & Karl. Min 10/Max 25. Reg deadline Aug. 30.

**Who:** Boys & Girls, Preschool thru Kindergarten

**When:** Saturdays, September 7 - October 12

**Time:** 10:00 am - 10:45 am

**Where:** Huset Park East

**Fee:** \$20 (\$25 after registration deadline Aug. 30)

**Activity # 1806**

## Mighty Mites Flag Football Boys & Girls K-2 grade

Learn the game of flag football. Emphasis is on fun and learning. Participants will learn the basic skills on passing, kicking and catching. Min 8/Max 20. Reg deadline Aug. 30.

**Who:** Boys & Girls, K-2nd grade

**When:** Saturdays, September 7 - October 12

**Time:** 11:30 am - 12:45 pm

**Where:** McKenna Park

**Fee:** \$20 (\$25 after registration deadline Aug. 30)

**Activity # 2055**



## Columbia Academy Students - Off School OPEN GYM @ the CH Hylander Center\*

FREE Open Gym extra dates added for Columbia Academy Students. Join us on your day off from school. Times and dates listed below. Must show CA student ID.

### Afternoon Hours:

Sept. 9, 11 & 13, 3:30-4:45 pm

Sept. 16, 18 & 20, 3:30-4:45 pm

Oct. 7, 3:30-4:45 pm

Oct. 28, 30 & Nov. 1, 3:30-4:45 pm

### Morning Hours:

Nov. 4, 9:00-11:00 am

Nov. 25, 26 & 27, 9:00-11:00 am

\* These initiatives are funded in part with a grant from the MN Dept. of Education using federal funding, CFDA 84.287c, 21st Century Community Learning Centers.

# 6

## Water Park of America\*

**Thursday, October 17**

\*Join us at America's Biggest Water Park! This park offers Surfing, Wave Pool, 10 story Water Slide, Kayak Course, World's Longest Indoor Family Raft Ride, Interactive Play Structure, Lazy River with Caves, Spas & Activity Pools and Water Cannons & Dumping Buckets! It also has a 5,800 sq. ft. Arcade & Camp Concessions. What more could you ask for!! No food or beverages allowed, bring \$\$ for concessions/lunch. Min 25/Max 50 **Reg. deadline Oct. 10**

**Who:** 4th - 8th graders

**When:** Thursday, October 17

**Drop-off:** 10:00 am at Murzyn Hall

**Bus leaves** 10:15 am

**Pick-up:** 4:00 pm

**Fee:** \$14

**Activity #** 4150



## Enrichment Programs

### MEA School Release Trips

\* These initiatives are funded in part with a grant from the MN Dept. of Education using federal funding, CFDA 84.287c, 21st Century Community Learning Centers.



### River Valley Ranch Horseback Riding\* Friday, October 18

\*Saddle-up for an hour trail ride at River Valley Ranch. Sit back and relax around a fall campfire, make a hotdog and a s'more to enjoy. If you want additional items bring a bag lunch and a beverage. Dress appropriately for the weather. Min 25/Max 50. Reg. deadline Oct. 11. (No refund after deadline.)

**Who:** 4th - 9th graders

**When:** Friday, October 18

Drop off & Pick up, Murzyn Hall

**Drop off:** 9:15 am

Bus leaves at 9:30 am

**Pick up:** 2:15 pm

**Fee:** \$20 **Activity #** 2440

### Creative Puppetry Script Writing

Youth interested in the art of puppetry and/ or creative writing ... this opportunity will be perfect for you to try! This class is geared toward learning the basics of writing a 15 minute script with a story line that will be appealing to pre-school youth and up. Ideas hopefully will be inspired by some of the different puppets the Recreation has in the collection. The students will have the opportunity to come back in the summer of 2014 and watch their puppet plays come to life, being performed by the CH Traveling Puppet Wagon. You may even choose to be one of the puppeteers!

Help us develop and create some new fun stories for Puppetry and at the same time, develop your creative writing skills. Min 7/Max 12



**Who:** 4th - 9th grade

**When:** Mondays & Tuesdays

Oct. 7, 8, 14, 15, 21, 22

**Time:** 5:30 - 6:30 pm

**Where:** Murzyn Hall Theater Rm, lower level

**Fee:** \$ 20 **Activity #** 1155

### Desserts for Kids

Join Chef Clare Rolstad in making treats for a Senior tea event with the senior citizens and your families. Students will learn different baking techniques, how to read a recipe and presentation of finished cookies. During this class we will be making Thanksgiving themed cookies to have with tea. We will be making 4 different kinds of cookies. Each student will be able to bring home some of the cookies we make that day. Min 10/Max 18



**Who:** 4th - 8th grade

**When:** Tuesdays & Thursdays

Nov. 5, 7, 12, 14, 19, & 21

**Time:** 4:30-6:00 pm

**Where:** Kitchen main level Murzyn Hall

**Fee:** \$ 25 **Activity #** 1172

## DANCE

**Mondays September 9 - October 28**

Miss Becky Lambert's classes will consist of a mix of different dance styles ranging from jazz to hip hop to lyrical and random mixes of routines. These styles are designed to develop strength and flexibility as well as enhance the students' creativity. Classes will include time for warm up, developing skills, and learning a short dance routine. The older students will learn variations of popular dances and be encouraged to create their own style.

Rules/Requirements During Classes: Wear comfortable clothes (i.e. sweatpants, yoga pants, shorts, tanks, t-shirts, etc), Hair pulled back, No jeans or sweatshirts, No Gum, Bring tennis shoes or dance shoes, Bring a water bottle. Parents/Adults will wait outside of the classroom or can leave till the class is over. There will be a Showcase at the last session for all families.

**All classes are held at John P. Murzyn Hall, downstairs in the Edgemoor room.**

**CLASS Schedule - All classes \$40**  
**Mondays September 9 - October 28**

**Who:** Preschool 3 & 4 years old    Min 5/Max 10

**When:** Mon. 5:00 - 5:45    **Activity # 1210**

**Who:** 5 years old & Kindergarten    Min 5/Max 10

**When:** Mon. 5:45 - 6:30    **Activity # 1211**

**Who:** 1st & 2nd grades    Min 5/Max 10

**When:** Mon. 6:30 - 7:30    **Activity # 1212**

**Who:** 3rd - 5th grades    Min 5/Max 10

**When:** Mon. 7:30 - 8:30    **Activity # 1213**



## GYMNASTICS



Gymnastics is an enjoyable class for boys and girls ages 3-12. Kids will have a wonderful time learning new tumbling skills and using basic gymnastics equipment. Nicole Lindstedt & Kelliann Foster is excited to meet new participants and help returning students grow in their gymnastic skills.

**Where:** All classes are held in the Edgemoor Room at John P. Murzyn Hall

**When:** Tuesdays for 8 weeks, September 10 - October 29

**Beginners Level Ages 3-6    Time:** 4:45 - 5:30 pm    **Fee:** \$40    **Activity # 1200**

Beginners class, min of 8/max of 15

**Beginners Level Ages 3-6    Time:** 5:30 - 6:15 pm    **Fee:** \$40    **Activity # 1201**

Beginners class, min of 8/max of 15

**Level 1-2    Time:** 6:15-7:00 pm    **Fee:** \$40    **Activity # 1202**

Min 8/Max 15

Students are able to perform the following:

Level 1: Forward Roll, Backward Roll, Jumps (tuck, pike, straddle), Handstand/wall (10 sec.)

Level 2: Round-offs, cartwheels, bridge without head touching the ground

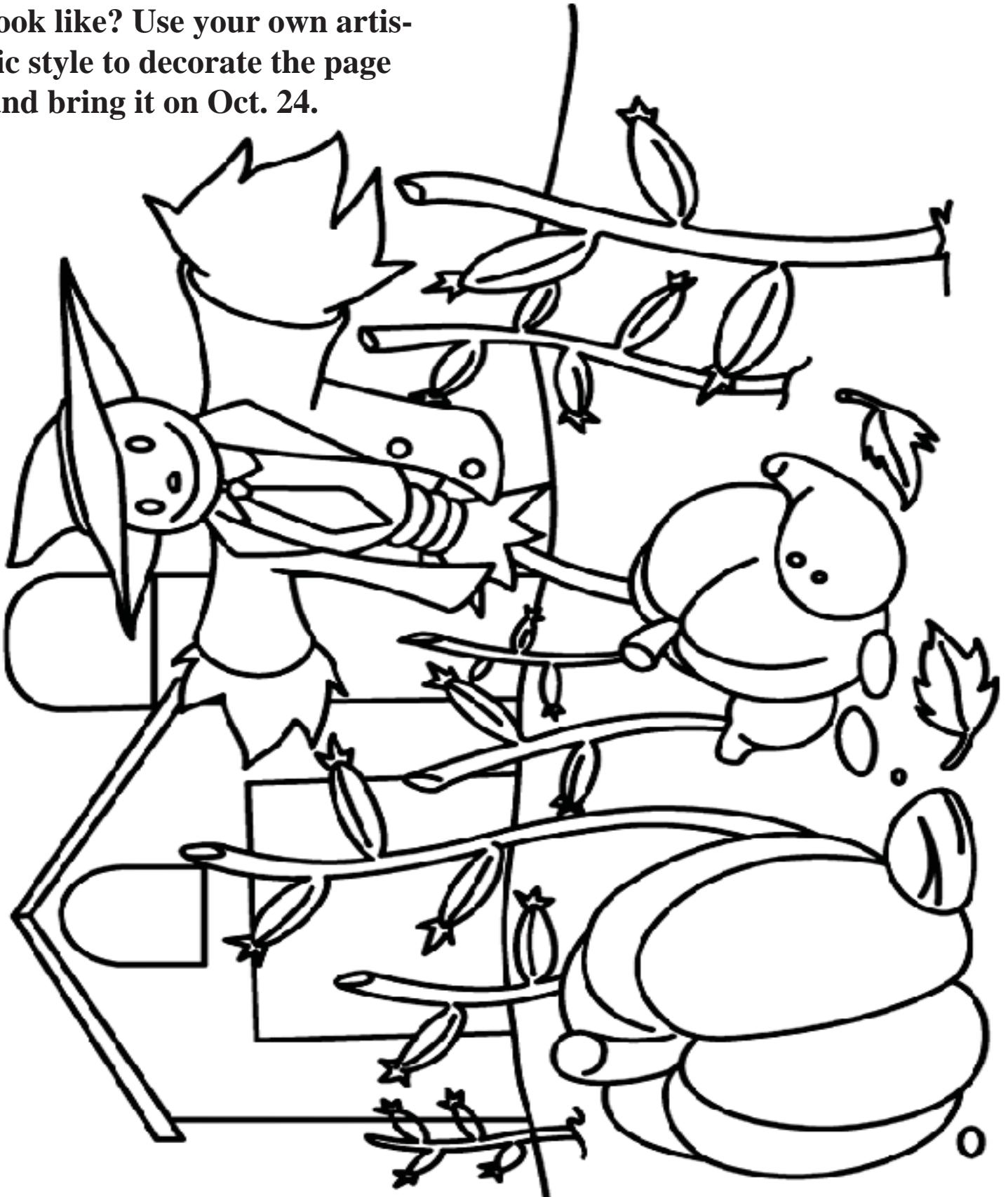




**Harvest Fest coloring page.** Bring back on Oct. 24.

Name: \_\_\_\_\_ Age: \_\_\_\_\_

What does your scarecrow look like? Use your own artistic style to decorate the page and bring it on Oct. 24.





## Harvest Fest Thursday, October 24th

Join us for an "old fashioned" bash guaranteed to please any little ghost or goblin! Come in costume and have loads of fun playing Fall games, enjoying treats & prizes, getting a photo taken and much more!! We may even have a fall puppet show. **Please color this picture, add your own touches and bring it along with you for a contest with a prize! Pre-registration required.**



**Who:** 4 years old - 3rd grade

**When:** Thursday, October 24

**Time:** 6:00 pm - 7:30 pm

**Where:** Senior Center lower level at Murzyn Hall

**Fee:** \$8 per child (no charge for adults) Max of 25

**Activity #** 2601



## CALLING ALL YOUNG ACTORS!\*

\*If you were a part of the Moonshoe or Millstreet Players this summer, we would love to have you be a part of our holiday play for the "Custard & Sprinkles Party" on Tues., December 17. The first meeting and rehearsal will be on Mon., Nov. 4, 3:45-5:30 p.m. A regular schedule will be set & a play determined at that time.

**Who:** 6th grade & up

**When:** Monday, 3:45-5:30 pm beginning Nov. 4

Times/dates changes may occur based on the group and everyone's schedules.

**Where:** Preschool Room, lower level Murzyn Hall

**Fee:** \$20 **Activity #** 1151

Instructor, Dan Malone, has been in tae kwon do for 20 years and teaching for about 14 years. He's a 4th dan (degree) black belt in Tae Kwon Do and a 3rd dan (degree) black belt in Hapkido.

## Little Tigers Martial Arts for 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. This class is a great personal tool to carry into future.

**Who:** Youth Ages 3 - 6 years old Min 8/Max 20 \*4 weeks each session.

**Time:** 5:30 - 6:00 pm

**Where:** Edgemoor Rm, lower level Murzyn Hall

**When:** Fall Session: Thursdays, Sept. 26 - Oct. 17

**Fee:** \$30 **Activity #** 2231

**Winter Session:** Thursdays, Nov. 14 - Dec. 12 \*No Classes Nov. 28 **Fee:** \$30 **Activity #** 2234

## 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. \*6 weeks each session.

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

**When:** Fall Session: Thursdays, Sept. 19 - Oct. 24

**Level 1:** Beginner/No belt

**Time:** 6:00 - 6:45 pm

**Fee:** \$40

**Activity #** 2232

**Level 2:** White belt & higher

**Time:** 6:45 - 7:30 pm

**Fee:** \$40

**Activity #** 2233

**When:** Winter Session: Thursdays, Nov. 7 - Dec. 19 \*No Classes Nov. 28

**Level 1:** Beginner/No belt

**Time:** 6:00 - 6:45 pm

**Fee:** \$40

**Activity #** 2235

**Level 2:** White belt & higher

**Time:** 6:45 - 7:30 pm

**Fee:** \$40

**Activity #** 2236

## STOMPIN' AT THE HALL 55 YEARS AND OLDER

Increase your energy! Improve your flexibility and circulation through walking, stretching, and exercising at a level that is safe for you. Wear aerobic shoes and loose, comfortable clothes. Bring a mat or blanket for floor exercises.



You may choose one or two regular sessions. Both men and women are welcome. A special class is offered for beginners to be able to learn the routines before joining the regular classes. All classes are held at John P. Murzyn Hall, Main Hall, 530 Mill St. N.E.

### Mondays

**Date:** Sept. 9 - Dec. 18

\*No Class Sept 30, Nov 11

**Time:** 9:00 - 10:00 a.m.

**Activity #** 8202

**Fee:** \$35.75 - 13 classes

### Thursdays

**Date:** Sept. 12 - Dec. 19

\*No Class Oct 3, Nov 28

**Time:** 9:00 - 10:00 a.m.

**Activity #** 8204

**Fee:** \$35.75 - 13 classes

### \*Beginner Class

New to Stompin'? Great! We would love for you to join us 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 group.

## ADULT AEROBIC DANCE

Enjoy this vigorous and fun exercise class that will help you get in shape and stay in shape. Class uses low impact dance steps for a motivating workout. Wear aerobic shoes and loose, comfortable clothes. Bring a mat or blanket for floor exercises. Class is held at John P. Murzyn Hall, Main Hall, 530 Mill St. Min 8/Max 25.

### Tuesdays

**Date:** Sept. 10 - Dec. 17

\*No class Oct. 1

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

**Activity #** 8206

**Fee:** \$41.25 - 15 classes

### Thursdays

**Date:** Sept. 5 - Dec. 19

\*No class Oct. 3, 31

Nov. 28

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

**Activity #** 8207

**Fee:** \$33.75 - 13 classes



## Crochet Class

Do you want to learn to crochet, improve your skills or just want to set aside time to crochet? This class is for you. The Holidays are coming so here is your chance to get some homemade gifts done. We will be sharing patterns and ideas. All skill levels welcome.



**Where:** Keyes Room, upper level Murzyn Hall

**Who:** Ages 16 & over **Time:** 6:00 - 8:00 p.m.

**Session 1:** Thursdays, Sept. 19 - Oct. 24

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

**Session 2:** Thursdays, Nov. 7 - Dec. 19

\*No class Nov. 22

**Fee:** \$10 **Activity #** 2654

## NEW Class! Total Body Conditioning

Tone your muscles with this Total Body Workout taught by Kim Gill, certified group fitness instructor. Improve posture, balance and core strength through a variety of body conditioning exercises. We will lunge, squat, and sculpt in a motivating atmosphere. All fitness levels are encouraged to participate.

This is your workout and you are encouraged to work at your level while pushing yourself just a little more each time. Please bring a set of light weights 2-5 lbs, a bottle of water, a yoga mat or towel, and tennis shoes.



**Who:** Adults, all ages & skill levels

**When:** Tuesdays, Sept. 17 - Nov. 5

**Time:** 5:00 - 6:00 p.m.

**Where:** Main Hall of Murzyn Hall

**Fee:** \$40

**Activity #** 5101

# REGISTRATION INFORMATION

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**PARTICIPANT INFORMATION** \*Use a separate form for each participant\* Please print & complete all information  
Mail or Bring to: **Columbia Heights Recreation, 530 Mill Street N.E., Columbia Heights, MN 55421 ph: 763-706-3730**

Participant Last Name: \_\_\_\_\_ First Name: \_\_\_\_\_  
Grade: \_\_\_\_\_ Birthdate: \_\_\_\_\_ Male or Female: \_\_\_\_\_ Email Address: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_  
Address: \_\_\_\_\_ City: \_\_\_\_\_ Home Phone: \_\_\_\_\_ Work Phone: \_\_\_\_\_  
Parent/Guardian: \_\_\_\_\_  
Additional Info/Special Needs: \_\_\_\_\_  
Emergency Name & Phone #: \_\_\_\_\_ School: \_\_\_\_\_

## ACTIVITY / PROGRAM INFORMATION

Activity Name	Activity Location	Activity #	Fee
1.			
2.			
3.			
4.			
5.			
6.			
7.			
8.			
*Make Checks payable to "City of Columbia Heights"			Total Due =

**DATA PRIVACY ADVISORY:** By signing below, 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, The Undersigned,** participant, do hereby agree to participate 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.

Parent/Guardian or Adult Participant Signature: \_\_\_\_\_

## FOR OFFICE USE ONLY

Amt. Paid \_\_\_\_\_ Date \_\_\_\_\_ Cash \_\_\_\_\_ Check # \_\_\_\_\_ Charge \_\_\_\_\_ Initial \_\_\_\_\_  
Uniform Deposit (if needed) Cash \_\_\_\_\_ Check # \_\_\_\_\_  
Notes: \_\_\_\_\_



**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.

**"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 bring a bag lunch and contribute 25 cents per time for coffee and dessert. If you would like to give it a try, please stop by.

**Bridge**

A senior bridge group meets on Mondays from 9:30 a.m. - 12:00 noon in the Senior Center. If you are interested in playing, please call 763-706-3735 for more information.

You do not need a partner, as you will be paired that day. You must be familiar with the rules of the game.

**Trips and Outings**

Enjoy the exciting sights and sounds of the metro and surrounding areas.

Theaters, concerts, luncheons, tours and special places of interest will be visited. If you are interested in being on our mailing list, please call 763-706-3730 to leave your name and address.

**Senior Outreach**

The Senior Outreach Program (ACCAP) for 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 more information call Karen Barnes-Fantle, Senior Outreach Worker for Columbia Heights at 763-783-4741.

**Senior Highlights**

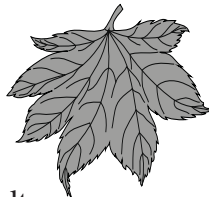
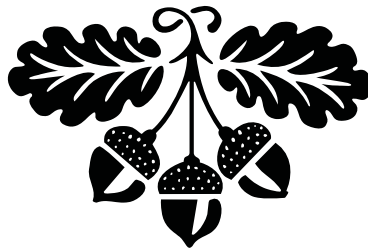
This monthly newsletter informs seniors of the programs, classes & special events being offered at the center. Available at the Senior Center, Recreation Office, CH Public Library, City Hall and senior housing facilities.

**Golden Age Club**

The Golden Age Club is a social group that meets the first and third Thursday of every month at Murzyn Hall from 11:45 a.m. to 2:00 p.m. Coffee and dessert are provided and you may bring a bag lunch if you desire. Yearly membership fee = \$20.

**Walking Club**

The Senior Walking group meets every Wednesday morning for fellowship and exercise. Meet in the parking lot behind Murzyn Hall at 8:50 a.m. rain or shine! New walkers are welcomed any time.

**CHORES & MORE**

This is for persons over 60 or disabled adults. If you need assistance with various household services including house cleaning, lawn raking, snow removal and minor repairs, please call 763-502-5151 Monday through Friday. There is a sliding fee for these services.

**BLOOD PRESSURE**

Blood Pressure is checked free of charge on the second Friday of every month in the Senior Center from 9:00 a.m. to 10:00 a.m. Provided by the CH Fire Department.

# Recreation Highlights

12

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

*SUMMER  
FUN 2013*



## Check out the New Fall CLASSES!

- Puppetry Script Writing
- Desserts for Kids
- Total Body Conditioning for Adults



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

# Benvenido

Para inscribir para actividades de jóvenes con el departamento de recreación de Columbia Heights vengan al 530 Mill Street, Columbia Heights. Para pagar con cheque o en efectivo vengan a la oficina (la dirección de arriba) o manden el registro con el pago. Algunas beccas son disponibles también. Les ofrecemos hasta 75% de descuento con máximo de 25 dólares. **Visita a la oficina para mas información en engles.** Abajo se mencionan algunas actividades pere jóvenes. Adultos los acompañan en cada viaje.

**!REGISTRARSE TEMPRANO!**

**\*Esta iniciativa es financiada en parte con un subsidio del Departamento de Educación de Minnesota usando fondos federales, CFDA 84.287c, 21st Century Community Learning Centers.**



# Heights Happenings

Columbia Heights



FALL 2013

News and information about your neighbors and your city.

## Welcome to your neighborhood!

*City will assist residents with establishing and naming them*

The City of Columbia Heights would like to formally establish neighborhoods and will assist by setting up meetings where community members can come together to name and dedicate boundaries of their neighborhoods. The Huset Park neighborhood will jump start this initiative.

If you live within the boundaries of University Avenue to the west, 40th Avenue to the North, Central Avenue to the east and 37th Avenue to the South (see map on page 2), then you live in the Huset Park Neighborhood. Learn more about the initiative to create and identify neighborhoods by attending the Huset Park neighborhood kick-off meeting at 6 p.m. on Tuesday, Aug. 20, at Murzyn Hall, 530 Mill St. NE.

By creating/identifying neighborhoods, city council members hope  
**continued on page 2**

## Key dates for the 2014 city budget process

The process begins this month to develop a budget for calendar year 2014. An essential element in the annual budget process is input from residents regarding the level of city services they desire. In addition to the opportunities listed below, community members can submit comments on the 2014 budget through the City's Facebook page, or by contacting their city council members directly. "Thank you for your involvement and interest in the development of the city budget," Joseph Kloiber, finance director.

### Aug. 26, 2013, Columbia Heights City Council Meeting

The budget and tax levy proposed by the city manager for 2014 is distributed to the city council.

### Sept. 9, 2013, Council Meeting

A proposed budget and tax levy for 2014 is approved by the city council.

**continued on page 3**



Dave Ball and daughter, Mara, have "adopted" two parks. They picked up litter at McKenna Park recently and filled a garbage bag. The city supplies trash grabber sticks and bags for clean-ups.

## Residents pitch in to keep city parks looking great

City parks are often near the top of the list when residents are asked what they like best about Columbia Heights.

So when the city put out the call for residents to "adopt a park" a year ago, many responded.

In fact, all 17 city parks have now been "adopted" by volunteers who help take care of them. Adopters include businesses, civic organizations, churches, the school district and city hall employees.

"Residents treasure our city parks," said Kevin Hansen, director of the city's public works department. "The response was amazing and we are grateful to everyone who has become involved in the program."

Adopters are asked to do a spring and fall cleanup of their parks,

**continued on page 9**

## IN THIS ISSUE

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- CHPD invests in wellness . . . . . Page 6
- Update on city's recycling goal . . . . . Page 11



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## 2013 Property values cause tax shift between property owners

Each December, the Columbia Heights City Council decides what the total amount of city property taxes will be for the following year. However, this decision does not determine how the total tax is actually shared between property owners in the City. The total annual tax is shared between property owners in proportion to their property values compared to other properties.

When the taxable value (as shown on the property tax statement) for one property changes more than for another, a portion of the tax collected within the City shifts between properties. However, the percentage change in taxable value generally tends to be similar for most properties throughout the City in any given year. So in most years, changes in taxable values don't cause significant shifts in how the total tax in the City is shared between property owners.

Taxable property values in Columbia Heights are calculated by Anoka County. For 2013, the results of those calculations were unlike any year in recent memory. The County placed a very large decrease in taxable value for 2013 on about three-quarters of the properties in the City, ranging from \$20,000 to \$30,000 per lot, but only a small decrease in value was placed on the remaining properties. This shifted a significant portion of the 2013 property taxes to the properties with small decreases in taxable value. Most of these affected properties were east of Central Avenue and north of 45th Avenue.

As a result, many of these properties had 2013 property tax increases of 12% to 15% or more. Whereas properties in the three-quarters of the City that lies either west of Central Avenue, or south of 45th Avenue, commonly had 2013 property tax decreases of 4% to 8% as a result of these value changes.

To put these extreme differences in context, it is useful to note that the total amount of City taxes for 2013 was set by the city council at only just over a 3% increase from the prior year.

The 2013 pattern will partially reverse itself in 2014. For 2014, the taxable values of most properties east of Central Avenue and north of 45th Avenue will decrease more than most other properties in the City, but not to the level of the 2013 shift. Consequently, many owners in that area will receive less of a tax increase in 2014 than the average for the City as a whole. At the same time however, most property owners in the other three-quarters of the City that received tax decreases in 2013 will be incurring 2014 tax increases somewhat higher than the average for the City as a whole.

Property owners with questions or concerns regarding taxable property values can contact the Anoka County Assessors' office directly. In addition, property owners are notified by mail of public hearings at which they can appeal the value calculated by the county assessor. These hearings are held by the Columbia Heights City Council in April or May of each year.

## Neighborhoods, continued from page 1

to bring residents and property owners together to make the neighborhoods a better place to live; to improve communication between residents, city staff and city officials; and to build a civic infrastructure and promote community engagement, while trying to drive private re-investment. City council members will serve as liaisons to the neighborhoods and work with them on reaching goals.

The city has established goals for neighborhood identification and also expects that each neighborhood will create their own goals unique to their needs. The city goals are:

- Create identity for the city/neighborhood,
- Encourage community engagement,
- Promote civic involvement,
- Boost community pride,
- Recognize and understand diversity in neighborhoods, and
- Provide a mechanism to identify and resolve neighborhood issues.

At the kick-off meeting, City staff members will provide information on the proposed concept, seek input on desired neighborhood



services and goals and also set up a timeline. It is also the intent to create a committee comprised of residents and city staff. If you have any questions comments or cannot make the meeting, please contact Assistant Community Development Director Sheila Cartney at (763) 706-3675 or [Sheila.cartney@ci.columbiaheights.mn.us](mailto:Sheila.cartney@ci.columbiaheights.mn.us).

### Celebrate Kiwanis Club's 30-year anniversary with city's recycling center

Come celebrate the 30th anniversary of the Columbia Heights-Fridley Kiwanis Club's support of the city's recycling center. Bring some recyclables to the Columbia Heights Recycling Center located at 38th Place NE and Madison St. (3801 Madison) from 9 a.m. to 1 p.m. on Saturday, Oct. 5. Reminisce with members of the Kiwanis Club who have volunteered at the recycling center all of the past 30 years and meet new members who are committed to carrying on the recycling tradition in Columbia Heights. Tour the new and improved recycling center with its convenient drive-through exit.

Dale Schuetz, president of the Kiwanis Club, urges people to bring fluorescent bulbs, scrap metal, cans, plastic, glass, cardboard, paper, used oil and antifreeze to the recycling center.

Not only will you help the environment, he said, you will also help your community. All proceeds raised from the recycling center are used for Kiwanis youth programs within Columbia Heights and Fridley High Schools such as college scholarships, youth training and volunteer service opportunities.



## Armin Bruegger chosen as 2013 Humanitarian of the Year

A resident of Columbia Heights is selected each year to receive the Humanitarian Award because he or she has consistently gone above and beyond to put the needs of others before their own.

From among those nominated for the honor, Armin Bruegger has been selected as the 2013 Humanitarian of the Year. Mayor Gary Peterson presented the award to him during a Columbia Heights City Council meeting in June.

"His friends and neighbors say so many good things about him. They are always amazed with all the volunteering that he does," said Peterson. "From all of us at the City of Columbia Heights we would like to congratulate Armin on a job well done!"

Bruegger and his wife Arlene have lived in Columbia Heights for 18 years. Bruegger spends a great deal of his time helping those in the community. He is an usher at Immaculate Conception church, where he also volunteers his time and talents to the annual Fun Fest. He sets up tables and makes coffee for the annual pancake breakfast. He volunteers for the Meals and Wheels program delivering meals to residents in need. He is an active member of both the Lions Club and Knights of Columbus.

Bruegger travels around the Twin Cities teaching a program called "Zoom Text" to help sight impaired people to be able to see and use computers. "This in its self is a great community service, but even more so because Armin himself is legally blind, although this does not stop him or slow him down from helping



Armin Bruegger, left, recently received the Humanitarian Award from Mayor Gary Peterson.

others within and outside the community," said Peterson.

"I just do the things that I think God put us on the earth to do—help other people. That's the main thing in life," commented Bruegger.

Now retired after working as a computer programmer for Hennepin County, Bruegger can enjoy being outdoors and gardening.

As the 2013 Humanitarian of the Year, his name will be added to a plaque at City Hall and he was featured in the Jamboree parade on June 28.

### Police focus on back-to-school safety

A new school year will be starting soon so the Columbia Heights Police Department is reminding parents and students about safety concerns.

The police department's enforcement efforts are aimed at keeping children safe, as well as keeping them from getting involved in more serious criminal activities. Please take some time to talk with your child about these topics.

Officers will be focusing on and enforcing laws pertaining to:

- Crossing violations, especially at the pedestrian bridge on Central and 49th Avenue, as well as all of Central Avenue.
- Youth who obstruct traffic by walking in the middle of the road.
- Juvenile smoking.
- Curfew violations. Curfew times are:
  - Sunday through Thursday: 15 years and under (10 p.m. to 5 a.m.) and 16 and 17 years (11 p.m. to 5 a.m.)
  - Friday and Saturday: 15 years and under (11 p.m. to 5 a.m.) and 16 and 17 years (12 midnight to 5 a.m.)
- Truancy. Juveniles under 17 years of age and truant (not attending school) can be transported by a police officer to the child's school or to the child's home to the custody of a parent or guardian.

### 'Like' CHPD on Facebook:



The Columbia Heights Police Department has reached 1,041 likes on Facebook. Liking the police department on Facebook is a great way to receive up-to-date crime alerts, event and arrest information, and other news affecting police and the community.

### Budget, continued from page 1

#### Sept. 30, 2013 (approximately)

Following submission to and review by Anoka County and the State of Minnesota, the proposed budget and tax levy for 2014 will be available on the City's website at [www.ci.columbiaheights.mn.us](http://www.ci.columbiaheights.mn.us).

#### Nov. 24, 2013

Taxpayers receive, by mail, a notice from Anoka County showing the 2014 property tax proposed for their property.

#### Dec. 9, 2013, Council Meeting

A public hearing is held on the 2014 budget and tax levy. Following the hearing, the budget and the final version of the tax levy are adopted by the city council. The final version of the tax levy cannot exceed the proposed tax levy approved at the September 9th meeting.

#### Dec. 12, 2013

A copy of the resolution approved at the December 9th Public hearing, adopting the 2014 budget and final tax levy, will be available on the City's website.

#### Feb. 2014

Bound copies of the 2014 adopted budget book will be available for reading at the Columbia Heights Public Library. This document provides well over 200 pages of budget information, including graphic presentations, detail by department and function, and comparisons of various multi-year historical trends. This document will also be available in electronic format on the City's website.



## COLUMBIA HEIGHTS PUBLIC LIBRARY

820 40th Ave. NE

Reference/Information: (763) 706-3690

Renewal: (763) 717-3261

Fax: (763) 706-3691

TDD: (763) 706-3692 (Hearing impaired only)

[www.anoka.lib.mn.us](http://www.anoka.lib.mn.us)

[www.ci.columbia-heights.mn.us](http://www.ci.columbia-heights.mn.us)

Cable Channel 19

### Library Hours

Mon. – Wed.: 9 a.m. to 8 p.m.

Thursday: 10 a.m. to 6 p.m.

Friday: 9 a.m. to 5 p.m.

Saturday: 10 a.m. to 4 p.m.

Sunday: CLOSED

### Library Closed

Aug. 31: Labor Day Weekend

Sept. 2: Labor Day

Nov. 11: Veterans Day

Nov. 27: Closing at 5 p.m.

Nov. 28-29: Thanksgiving Holiday



### "Like" us on Facebook!

<https://www.facebook.com/ColumbiaHeightsPublicLibrary>

### E RESOURCES TO EXPLORE!

at [www.anoka.lib.mn.us](http://www.anoka.lib.mn.us)



### Learning Express Library

Take courses and practice tests online, including Accuplacer, SAT, ACT, TOEFL, GED, adult basic skills, U.S. citizenship, computer skills, occupational prep exams (civil service, law enforcement, military, EMS, postal services, firefighter), and more. Purchased by the Anoka County Library and Columbia Heights Public Library, using local tax money.



### New! 3M Cloud Library

eBooks from 3M Cloud Library can be downloaded to your computer, e-book reader or mobile device.



**3M**  
Cloud Library

## Adult Programs

### Author Talk

Tuesday, Oct. 1, 6:30 to 7:30 p.m.

Chris Niskanen, "The Minnesota Book of Skills: Your Guide to Smoking Whitefish, Sauna Etiquette, Tick Extraction, and More."

Join us as author Chris Niskanen shares what you need to know to be a true Minnesotan.



### Business Survival Skills

Tuesday, Oct. 15, 6 p.m.

Gain a realistic view of business ownership and navigate common pitfalls that new and seasoned business owners make.

### 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 last Wednesday of each month.

Sept. 25 – "Age of Miracles" by Karen Walker Thompson

Oct. 30 – "The Round House" by Louise Erdrich

Nov. 27 – "Ordinary Grace" by William Kent Krueger



### New audiobooks donated by Friends

Thanks to a generous donation by the Friends of Columbia Heights Library, the following books on CD have been added to the library collection:

"20,000 Leagues Under the Sea" by Jules Verne

"Ishi in Two Worlds: A Biography of the Last Wild Indian in North America" by Theodora Kroeber

"Kitchen House" by Kathleen Grissom

"Latehomecomer: A Hmong Family Memoir" by Kao Kalia Yang

"The Long Walk: The True Story of a Trek to Freedom" by Slavomir Rawicz

"Moby Dick" by Herman Melville

"Parade's End: England 1914" by Ford Madox Ford

"Robinson Crusoe" by Daniel Defoe



## Library Foundation sponsors fundraisers

**Library Foundation Spaghetti Dinner**  
Wednesday, Sept. 11, 4:30 to 7 p.m.  
Murzyn Hall, 530 Mill St. NE, Columbia Heights

Show your support for the Columbia Heights Library and the Library Foundation while enjoying a spaghetti dinner from Tasty Pizza, ice cream from Culvers, a silent auction and information about a new library. Tickets are available at the door or call and reserve tickets from Cliff at (612) 251-9557 or Marlane at (763) 788-4506.

### "Musical" fundraiser at Heights Theatre

Coming soon! Watch for more details about a special fundraising event at the historic Heights Theatre.

## Library offers home delivery service

Are you, or someone you know, unable to visit the library in person due to short or long term illness, physical challenges or non-driver status (senior)? Library volunteers can deliver books, movies, magazines or audio books right to your home. Call Barb today at (763) 706-3690 or pick up an application form at the library.

## Volunteer as reading mentor

Adult Friends of the Columbia Heights Public Library are needed to "Buddy Up and Read with a Friend," to help adults improve their literacy skills. Volunteers serve as reading mentors or "buddies," rather than tutors. Readers and Friends meet together at the library, at a time convenient for both, as often as they like.

Not currently a Friend of the Columbia Heights Library? Memberships start at only \$10 a year and support the Columbia Heights Public Library. Call (763) 706-3690 for more information.

## Children and Teen Programs

### Storytime @ the Library

Tuesdays, 10:30 a.m.  
Sept. 17 to Nov. 5

Storytime is geared towards pre-schoolers and open to children accompanied with a caregiver. Join us for songs, books, rhymes and fun!

### 'Baby Read, Baby Grow'

Thursdays, 10:30 a.m.  
Sept. 19 to Oct. 31

It's never too early to begin reading with your baby. "Baby Read, Baby Grow" is a program for infants from birth to age 24 months along with their parents or caregivers. Join us for read aloud stories, rhymes, and sing-a-longs. Sessions include tips and hints on what to look for as babies develop and ways to insure your infant's intellectual growth matches his/her physical growth. "Baby Read, Baby Grow" is free and a part of early literacy collaboration between the Columbia Heights Public Library and the Early Childhood Family Education program of Columbia Heights School District 13.



### READ to Dogs

Mondays, 6 to 7:45 p.m.  
Oct. 7 to Nov. 4

Dogs at the library? Yes! READ Dogs provides an opportunity for a child to read in the relaxed atmosphere of the library along with a canine friend. Participants sign up for a weekly, one-on-one session to read with a certified therapy dog and trainer. Time slots are available every 15 minutes from 6 p.m. to 7:45 p.m. The program runs for five weeks and is open participants of any age who are able to read independently. Registration is required and begins Sept. 19 at the library.

### Teen Read Week™: Seek the Unknown @ your library!

Oct. 14 to 19

Calling all teens! Come by library this week and celebrate reading with us. There will be giveaways, contests, and more fun just for you!

### Science of Toys

Thursday, Oct. 17, 3 p.m.

Discover the science behind favorite toys in this fun-packed program with Mad Science of Minnesota. Experiment with a vector table walker, a gravity defying magnetic gyro wheel and more. Take home a Mad Science yo-yo. Open to children ages 8 to 12. Registration begins Sept. 19.

### Radical Robots

Friday, Oct. 18, 3 p.m.

Operate different robots that use a variety of sensory devices, such as infrared, sound or light detection. Drive a robot with six legs or one with wheels and command a robot to play soccer. Try out a robotic arm and build your own Mechano-Hand to take home. This program is led by Mad Science of Minnesota and is open to children ages 9 to 13. Registration begins Sept. 19.



## Police department office hours

The Columbia Heights Police Department office is open Monday through Friday, 8 a.m. to 4:45 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](http://www.chpolice.com), find us on [Facebook.com/chpolice](https://www.facebook.com/chpolice), and follow us at [twitter.com/colhgtspolice](https://twitter.com/colhgtspolice).



## Spotlight on Officer Dale Sorensen



Dale Sorensen

Dale Sorensen began as a patrol officer for the city of Columbia Heights on Sept. 11, 1997, after having worked for the department as a community service officer for nearly a year. Sorensen serves as a field training officer and was a department investigator for two years. He has recently assisted with classroom talks — one with multi-cultural students at the Adult Basic Education Center and another at the Teen Academy for Columbia Heights High School

students interested in law enforcement. He is currently organizing a Senior Academy where senior residents can gain a better awareness and understanding of law enforcement's role in the community.

Growing up in Bloomington, Sorensen obtained an associate's degree in law enforcement from Normandale Community College. He went through the state law enforcement skills course in 1994 and worked as a security guard at the Mall of America for several years. His interest was also to serve as a fire fighter and he completed 21 years as a paid-on-call fire fighter for Bloomington while a resident there. He now lives with his wife and two children in Oak Grove, and is serving as a paid-on-call fire fighter for that community.

"I've always liked helping others and working as an officer and fire fighter lets me do that," said Sorensen. He likes working in Columbia Heights because it offers the challenges of a first-ring suburb along with the small-town feel it has retained. He enjoys the friendships he has with his co-workers and the citizens he serves.

As a child, Sorensen told his mother that he wanted to be a policeman, fireman and a cowboy. He won't be able to achieve that last one since his wife is allergic to horses. But that's okay, he says, because his off-duty time is taken up with family, lake cabin activities and landscaping projects.

## Police department receives community partnership award

The Columbia Heights Police Department recently received the Minnesota Literacy Council's Community Partnership Award for collaborative work with the Metro North Adult Basic Education Center.

This award is presented in recognition of unique, innovative, and creative perspectives to adult literacy programs and who have shown dedication by its strong concentration of service.



Officer Nightingale (left) and Captain Austin (with plaque) posed with teachers and students who attended the award ceremony in May.

For the past year, the CHPD has met with the Adult Basic Education Center students who are new to the United States and are unfamiliar with American law enforcement to discuss criminal justice issues and answer questions about our system that may have an effect on their personal lives. The monthly forum provided an excellent opportunity for students and officers to talk about the justice system in a relaxed and open setting.

Chief Scott Nadeau said, "Multi-cultural outreach is a primary focus of our Strategic Plan and this is a tremendous opportunity for our officers to work with the multi-cultural community in a unique way."

The awards ceremony, which was held at the Loft Literary Center in downtown Minneapolis on May 22, was attended by Captain Lenny Austin and Officer Terry Nightingale.

## CHPD increases focus on wellness

Columbia Heights Police Officers Greg Sinn and Justin Pletcher recently attended the Cooper Institute Law Enforcement Fitness Specialist Training. The rigorous one-week course teaches attendees how to be a mentor and be a resource for others in the area of health and fitness. As part of the department's wellness program, these officers will now be scheduling individual meetings with their fellow employees to talk about health and fitness goals, and how to accomplish them.

The main parameters of health and wellness include motivating factors, strengths and weaknesses, diet, annual physicals, and longevity. Pletcher says, "Longevity, that's the endgame here; living long so your kids can have kids while you're still around to put them up on your knee. We need to look forward to being active with our family in the future by being active now."

continued on page 7





GARY PETERSON



TAMI DIEHM



BRUCE NAWROCKI



DONNA SCHMITT



BOBBY WILLIAMS

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. Meetings are broadcast live on Channel 16 and are rebroadcast on other days.

For more information, including agendas and minutes, go to [www.ci.columbia-heights.mn.us](http://www.ci.columbia-heights.mn.us).

**Gary Peterson**, Mayor (612) 978-9858  
[Gary.Peterson@ci.columbia-heights.mn.us](mailto:Gary.Peterson@ci.columbia-heights.mn.us)

**Tami Diehm**, Council Member (763) 574-2122  
[Tami.Ericson-Diehm@ci.columbia-heights.mn.us](mailto:Tami.Ericson-Diehm@ci.columbia-heights.mn.us)

**Bruce Nawrocki**, Council Member (763) 571-1311  
[Bruce.Nawrocki@ci.columbia-heights.mn.us](mailto:Bruce.Nawrocki@ci.columbia-heights.mn.us)

**Donna Schmitt**, Council Member (763) 634-1356  
[Donna.Schmitt@ci.columbia-heights.mn.us](mailto:Donna.Schmitt@ci.columbia-heights.mn.us)

**Bobby Williams**, Council Member (612) 414-3981  
[Robert.Williams@ci.columbia-heights.mn.us](mailto:Robert.Williams@ci.columbia-heights.mn.us)

## Wellness, continued from page 6

One personal example of how Pletcher has changed since the training is that he has discontinued eight years of consuming copious amounts of diet soda.

Pletcher learned in the Cooper training that personal intrinsic motivation is the key to long term adherence and success. "So it is the goal of each and every one of us to determine what it is that motivates us," he explains. "Healthy living is an easy choice, but a difficult yet rewarding reality."

Police officers suffer from a sedentary lifestyle yet face non-sedentary demands. "We sit in a vehicle for hours on top of hours and then, at a moment's notice, we are asked to run, jump, fight and (thankfully seldom) shoot," said Pletcher. "That is stressful to our hearts, bodies and minds."

Police officers have an early mortality rate as compared with the general population. The department's wellness program aims to change that statistic.

"Our partners, and those we protect, depend on us to be able perform at a high level," he adds. "Our families and friends want us to come home safe, healthy and without injuries."

## 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  
 Personnel-Job line ..... (763) 706-3616  
 Assessing ..... (763) 706-3700  
 Garbage/Refuse  
 Pick-up/Recycling  
 (Veolia ES) ..... (763) 225-8705  
 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 Policing  
 Coordinator ..... (763) 706-8128

Community  
 Development ..... (763) 706-3670  
 Comm. Dev. Director ..... (763) 706-3672

Parkview Villa ..... (763) 706-3800  
 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  
 CHASE & Youth Enrichment  
 Coordinator ..... (763) 706-3733  
 24-Hour Info. Line-Murzyn  
 Hall info., Cancellations,  
 Directions ..... (763) 706-3737  
 Murzyn Hall Rental ..... (763) 706-3734  
 Hall After Hours ..... (763) 706-3732

Columbia Heights  
 Public Library ..... (763) 706-3690

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



## FIRE DEPARTMENT

825 41st Ave. NE,  
Columbia Heights, MN 55421  
fire@ci.columbia-heights.mn.us  
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

Access to the Fire Department during city business hours is through the main lobby. During evenings and weekends, staff members can be accessed by ringing the night bell outside the Fire Department service door by the overhead garage doors. Fire Department information can be found at [www.ci.columbia-heights.mn.us](http://www.ci.columbia-heights.mn.us) under the fire department heading.



Recreational fires within the Columbia Heights city limits require a permit. Permits can be obtained in person at the fire department by an adult 18 years and older, seven days a week from 8 a.m. to 8 p.m. Up to nine free daily permits can be obtained or an annual permit (good to the end of the year) may be purchased for a small fee. Daily fire permits may be obtained up to one week in advance from the date of the recreational fire. Rules are listed on the permit and are strictly enforced.

Please be aware that the burning of leaves is prohibited in the city. Instead, please bag leaves so they can be picked up curbside by the city's waste hauler.

## Community invited to free open house Sept. 28

The Columbia Heights Fire Department will host a fire prevention open house from 11 a.m. to 2 p.m. on Saturday, Sept. 28. Some of the activities include:

- Station tours
- Kid's activities
- Fire Explorer Chili
- Fire truck displays
- Antique fire truck rides
- Informational booths
- Demonstrations.



## Fire prevention week is focused on kitchens this year

**FIRE  
PREVENTION  
WEEK 2013**

**OCTOBER 6-12**

**PREVENT  
KITCHEN  
FIRES**

**GO TO [FPW.ORG](http://FPW.ORG)  
AND GET COOKIN'  
WITH FIRE SAFETY!**

It's time for Fire Prevention Week from Oct. 6-12 when the Columbia Heights Fire Department will join forces with the nonprofit National Fire Protection Association (NFPA) to remind local residents to "Prevent Kitchen Fires."

During this year's fire safety campaign, firefighters and safety advocates will be spreading the word about the dangers of kitchen fires — most of which result from unattended cooking — and teaching local residents how to prevent kitchen fires from starting in the first place.

According to the latest NFPA research, cooking is the leading cause of home fires. Two of every five home fires begin in the kitchen — more than any other place in the home. Cooking fires are also the leading cause of home fire-related injuries.

"Often when we're called to a fire that started in the kitchen, the residents tell us that they only left the kitchen for a few minutes," said Gary Gorman, chief of the Columbia Heights Fire Department. "Sadly, that's all it takes for a dangerous fire to start. We hope that Fire Prevention Week will

help us reach folks in the community before they've suffered a damaging lesson."

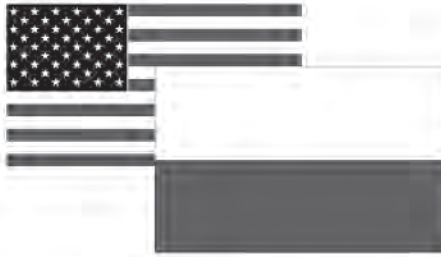
Among the safety tips that firefighters and safety advocates will be emphasizing:

- Stay in the kitchen when you are frying, grilling, broiling or boiling food.
- Turn off the stove even if you leave the room for a short period.
- Check regularly when simmering, baking or roasting food and use a timer to remind you.
- Keep children and pets at least three feet away from the stove and use the back burners whenever possible.
- Wear clothing with tight-fitting sleeves when you cook.
- Keep potholders, oven mitts, wooden utensils, paper and plastic bags, towels, and anything else that can burn, away from your stovetop.
- Clean up food and grease from burners and stovetops.



## Sister City organization reports on activities

Once again members of the Columbia Heights Sister Cities International (SCI) chapter participated in the Lion's Jamboree parade in June. Karen Karkula drove her vehicle with co-chairpersons Dolores Strand and Gloria Bergstrom smiling and waving to parade watchers. The group thanks Boy Scouts Gavin Lepsch and Alex Walczak from Troop 119 for carrying the SCI banner. SCI members who took turns carrying the large Polish flag were: Tom Bergstrom, Mackenzie Strand, Gloria Bergstrom and Dolores Strand.



Two SCI members, Mary Jerde and Sandra Nelson who are sisters, are spending two weeks in Poland. They will be meeting with many friends from Columbia Heights' Sister City, Lomianki, Poland.

In addition to touring, they will research their family history.

Phyllis Husted and her husband John Bieniek will also be going to Poland. They plan on attending the annual memorial mass and ceremony honoring the U.S. flyers who attempted to give aid to the Polish people during WWII. This will take place in September, in Lomianki, the Sister City of Columbia Heights.

Future plans for the Polish classes that have been offered at Columbia Heights High School are still being worked on. News about this will come out at a later date.

Many members will be volunteering at the Polish Festival along the Mississippi River on Aug. 11 and 12. The free entertainment, various exhibits, and delicious foods and beverages to purchase, are not to be missed.

SCI members are working on a future visit to the Immigration History Research Center. This is an opportunity for people to learn about gathering information on one's heritage. More information about the date and time will be made available.

Once again, SCI members thank all of the Columbia Heights students who submitted entries in the 7th annual SCI Young Artist/Author Showcase. The work was impressive! Each of the students who were finalists will receive a letter and certificate of participation.

On June 25th, Dolores Strand was invited to speak to the Columbia Heights-Fridley Kiwanis Club about the Sister City program. If your organization wants to learn more about Columbia Heights' international connection, then contact the co-chairs listed below.

Please feel welcome to attend SCI meetings, join the group and meet a lot of people. For information, contact Co-chairs Dolores Strand (763) 571-1709 or Gloria Bergstrom (651) 633-0506.

### Upcoming meeting of Sister Cities group

The next meeting of SCI will be at 1 p.m. on Tuesday, Aug. 13, at Jeff's Bobby and Steve's Auto World. Following the meeting, the group will tour the Coca-Cola collection and then treat themselves to a late lunch at the Chevy Grill. Newcomers are always welcome. Join us!

## City Parks, continued from page 1

at a minimum. Of course, many do more than that since they develop a feeling of ownership for "their" parks.

Dave Ball is among park adopters. He's the assistant manager at Walgreens, a company that encourages community involvement, he said. Ball approached his manager with the idea of adopting a park and got the green light to go ahead.

Ball selected two parks, Keyes and McKenna, near his home because he frequents them with his small child. In addition to tidying up when he visits the parks, he also does a quick scan of anything that the city should know about such as a broken swing or graffiti.

It's been a positive experience for him. "Community involvement builds self esteem and is also a good thing to teach your children," he adds.

Girl Scout leader Jennifer Kirscher is always looking for community service projects for her Troop 13549. The girls have gathered book donations for the library, carved pumpkins for senior citizens and stenciled stormwater drains on streets. Now they have "adopted" LaBelle Park and recently did their first clean up.

"The girls were meticulous about finding litter and very industrious about collecting it," said Kirscher.

From this project, she hopes the girls learn that it doesn't take a lot to give back to your community and that one person's efforts can make a big difference.

Sullivan Lake Park is now being lovingly cared for by children and adults from nearby St. Timothy's Lutheran Church.

Parishioner Laura Fix read that the city was looking for people to adopt parks and thought it would be a good community outreach project for the church which uses the park all the time since it is right next door.

"What a good feeling you have when you see people using the park and know that you've made it a better place for them," said Fix. "It's a good idea to instill in children that we should take care of what we have been given; not just for ourselves, but for those who come after."

"Many thanks to the residents who have volunteered to help take care of parks," said City Manager Walt Fehst. "We really appreciate their assistance in keeping our wonderful city parks looking great."



## Help prevent sewer system problems

The Columbia Heights Public Works Department is asking for your help. In recent years there have been more disposable wipe products available for a variety of household uses. Many of these products are labeled disposable and some are labeled flushable. The truth is that these products may cause a huge inconvenience to homeowners, businesses and to the city's sewer system by creating a clog or blockage.

Unlike toilet paper, these wipes will not break down once they are flushed. They can cause blockages in residential or business sewer lines, particularly in older pipes that may already contain grease, roots or other obstructions. This results in a sewer backup into homes or businesses. These repairs are often expensive and not covered by insurance.

These products will also collect together and cause clogs within the public sewer system or get tangled in the lift pumps at treatment plants. When a pump station gets clogged, it stops working and causes a much larger backup that affects many homes and/or businesses. The pumps then require cleaning and repair or possibly replacement to get the sewage moving again.

That's why the public works department is asking for your help in preventing sewer backups. Please only flush toilet paper or human waste down the toilet. Do not flush diapers, disinfecting wipes, baby wipes, moist towelettes, "Swiffer" wipes or paper towels.

Also, if your home is having the sewer service lines cleared by a sewer cleaning and/or root removal service it is very important to notify the city's Public Works Department at (763) 706-3700 in advance, as well as the day of the procedure, so that the city main lines may be checked.

## Street sweeping begins in September

The Columbia Heights Street Department will begin street sweeping in late September and continue for as long as weather permits. As a reminder to all property owners, it is against city ordinance to deposit litter, including yard waste and snow, into public streets.

## City is required to improve quality of Silver Lake

The City of Columbia Heights is required by the Minnesota Pollution Control Agency (MPCA) to reduce phosphorus going into Silver Lake, which is listed as an impaired water of the state.

To meet regulatory requirements, the city must reduce the excessive levels of phosphorus reaching the lake.

The city has made improvements to Silver Lake Beach by adding two ponds which are helping to remove phosphorus from stormwater. The city continues to look for practical and cost-effective improvements to remove phosphorus within the Silver Lake watershed.

Residents can help by keeping leaves and grass clippings off the streets. Phosphorus is created when leaves and grass break down and flow with stormwater into lakes, making it harder to improve the water quality.

## Owners required to clean up after pets

When you are out and about with your pet, please remember to bring along the proper items to clean up after your pet. It is the responsibility of pet owners to clean up after their animals and dispose of the waste in a sanitary manner.

## Keep alley vegetation trimmed

Proper and timely trimming of vegetation in the alleys provides residents, service and emergency vehicles with safe, unobstructed use of the alley.

Residents are responsible for keeping bushes and trees trimmed so they do not extend into the alley right-of-way. Vegetation should be trimmed back to the edge of the alley and up to a height of no more than 15 feet.



## Environmentally safe ways to care for your lawn

Fall is the best season to fertilize your lawn and control common weeds, but do so in an environmentally friendly way.

Use fertilizers and pesticides conservatively and always read and follow product instructions carefully. Minnesota law restricts the use of fertilizers containing phosphorus.

Additional suggestions for protecting area lakes and rivers include:

- Check your car and lawn equipment for leaks. A good rainstorm can send gasoline and oil drips from automobiles, lawnmowers and power equipment into waterways.
- Consider using alternative lawn-care techniques in addition to, or instead of pesticides. Try pulling weeds by hand or spot-treating weedy areas instead of the entire yard.
- Have a storm drain near your home? Do your part and keep it free from litter and leaves.
- Don't rake into the lake! Feeding a lake or river too many leaves or other yard waste creates a bumper crop of algae turning lakes into pools of pea-green sludge with too little oxygen for fish.
- Sweep up grass clippings and fertilizer from driveways, sidewalks, and streets. Use the sweepings as mulch and compost yard waste. Don't forget to sweep along the curb. Remove leaves from your gutters, ditches and driveways, sidewalks and street.



## REFUSE, RECYCLING AND YARD WASTE

### Advanced Disposal Services, Inc.

(formerly Veolia E5)

Customer Service Phone: (763) 225-8705

E-mail: [columbiaheights-ads@advanceddisposal.com](mailto:columbiaheights-ads@advanceddisposal.com)

Website: [www.advanceddisposal.com/residential-services/garbage-guidelines/columbia-heights-mn](http://www.advanceddisposal.com/residential-services/garbage-guidelines/columbia-heights-mn)

### Anoka County Integrated Waste Management

Phone: (763) 323-5730

Website: [www.anokacounty.us/recycle](http://www.anokacounty.us/recycle)

### City Refuse/Recycling website

[www.ci.columbia-heights.mn.us/index.aspx?nid=223](http://www.ci.columbia-heights.mn.us/index.aspx?nid=223)

Public Works Department Phone: (763) 706-3700

### Holiday Schedule

Labor Day, Sept. 2: Mon. through Fri., service delayed by one day

Veterans Day, Nov. 11: No delay in service

Thanksgiving Day, Nov. 28: Thurs. and Fri., service delayed by one day

### Recycling

- Plastic bottles, jugs and tubs #1-7 now accepted.
- Single-sort recycling collection is every other week. Please check the Advanced Disposal Services website or call (763) 225-8705 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 jars.

### Yard Waste

- Collections end in November or if snow cover is present.
  - Bag (ASTMD6400 compostable only) or bundle branches.
  - Place on the street curb.
  - Anoka County compost at Bunker Hills site 763-767-7964.
- Yard waste carts are available to residents by annual subscription. Order one by calling (763) 706-3700.

### Computers/Electronics Disposal

Electronics with cathode ray tubes (old style monitors and televisions) must be properly disposed due to the hazardous nature of the material. Call Advanced Disposal Services at (763) 225-8705 to schedule a pickup. Disposal charges vary depending on item. You may also drop items off at various disposal sites (to avoid pickup charges). A list of approved sites are located on the County and State web pages:

- [www.AnokaCounty.us/electronics](http://www.AnokaCounty.us/electronics)
- [www.pca.state.mn.us](http://www.pca.state.mn.us)

The drop-off site may charge a disposal fee.

### Appliance Disposal

Call Advanced Disposal Services at 763-225-8705 to arrange for a pickup at your home. Remove doors from freezers and refrigerators. Each property is offered one free appliance pickup per calendar year. Call Advanced Disposal Services or visit their website for additional appliance collection costs. It is illegal to haul items into the city for disposal.

### Mid-year recycling goal 83% achieved

Thanks to Columbia Heights residents, a total of 753 tons of materials have been recycled this year, as of June. This is notable, although it is 17% less than the city's goal for mid-year.

There are several financial benefits for recycling in addition to the environmental ones. When materials go into the recycling bin rather than the trash, the city's overall tons of solid waste are reduced as are costs for disposing of it. For example, diverting the 753 tons of reusable material from the trash saved the city's refuse fund over \$40,000 in trash disposal fees. As residents increase their recycling efforts, they may also notice a decrease in refuse, making it possible to switch to a smaller and less expensive garbage container service.

Columbia Heights has done very well with the single-sort recycling cart and the 2013 goal increased by 37 tons. This amounts to only 9 pounds more per household than last year to meet the 1,792 ton goal. Residents are asked to please continue working together to keep trash disposal costs down by recycling as much as possible.

Recycling is contracted for collection every other week, and if residents need more room they may exchange their current 60-gallon recycling cart to a 90-gallon recycling cart for the same low rate. The contractor will always collect extra recycling outside of the container if prepared properly (use an old recycling box or paper bags).

Advanced Disposal invites questions and ideas for recycling by calling their customer service line at (763) 225-8705.

### Anoka County Household Hazardous Waste Facility (763) 323-5730

It is illegal to dispose of hazardous waste in the garbage. This includes such items as aerosol cans that have contents remaining, antifreeze, driveway sealer, gasoline and other fuels, mercury, liquid paint, paint stripper, paint thinner, pesticides, varnish, wood preservatives and other household products that are corrosive, flammable, combustible or poisonous. Take these items to the Anoka County HHW facility located at 3230 101st Ave. NE in Blaine. There is no charge for disposal of these items at the facility. For more information, visit: <http://www.anokacounty.us/recycle>

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

#### Location and hours:

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

#### Items accepted:

Paper Cans Oil filters Cardboard  
Tires Used oil Glass bottles Scrap metal  
NO garbage, NO hazardous materials, NO furniture  
NO appliances, NO trash, NO lumber, NO electronics

**Tires:** Cannot be taken with trash. Leave old tires at the store when purchasing new ones. Residents may bring four car or light truck tires per year. MUST be off the rims.

**Used motor oil and oil filters:** Accepted only during hours. Recycling Center is open for non-business purposes only.

#### Fluorescent bulb collection days:

Saturday, Oct. 5, 2013 and Saturday, May 3, 2014



# 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

*Dr. McGillicuddy's Cherry & Mentholmint* 750 ml EZ pack



**\$10.97**



Coupon expires 9/28/13. 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



*Rich n' Rare*  
1.75 liter

**\$12.97**



Coupon expires 9/28/13. 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



*Big House Red*  
750 ml

**\$5.97**



Coupon expires 9/28/13. 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



*Donausonne*  
*Hungarian Red*  
750 ml

**\$8.97**



Coupon expires 9/28/13. 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



*Piattelli Malbec,*  
*Torrontes &*  
*Cabernet*  
750 ml

**\$9.97**



Coupon expires 9/28/13. 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



*Warsteiner*  
24 cans

**\$19.97**



Coupon expires 9/28/13. 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



*Milwaukee's Best*  
*Regular, Ice, & Light*  
24 cans

**\$11.97**



Coupon expires 9/28/13. 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



*Rolling Rock*  
16 oz - 24 cans

**\$18.97**



Coupon expires 9/28/13. While supply lasts. No further discount. Store not responsible for typographical errors.