

Heights Happenings

RECREATION FALL 2015



**COLUMBIA
-HEIGHTS-**
REDISCOVER THE 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

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 14

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.columbiaheightsmn.gov look for Recreation Department, Hylander Center.



MN TWINS VS. Detroit Tigers at Target Field

Tuesday, September 15th

Game time: 7:10 p.m.



The Recreation Dept. has 50 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 8TH

First come first served.

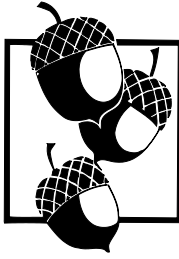
Time: Check in at Murzyn Hall at 6:00 p.m.

Fee: \$5.00 per person **Activity #** 1147-14



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 7,
 November 11, 26, & 27, 2015



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. all our information line at (763) 706-3737.

Park & Recreation Commission

Chair: David Payne
 Commission Members:
 Ann Carder
 Sean Clerkin, Jr.
 Bruce Evans
 Tom Greenhalgh
 Kevin McDonald
 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. Online at www.chreconline.org.

•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 canceled 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. 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 EVENTS!

The Mayor's Taste of Columbia Heights Holiday Kickoff

Friday, November 20 6:00 - 10:00 p.m.

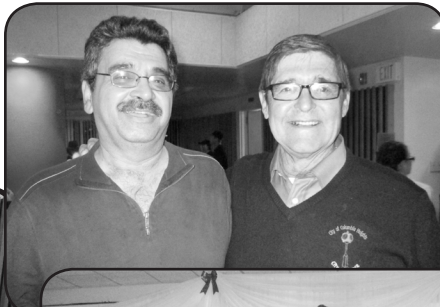
Murzyn Hall 530 Mill St.

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. Local food, live music & fun! Free admission. \$2 per ticket per food sample.

*Interested CH food vendors/restaurants or volunteer musical entertainment and local bands please call Liz 763-706-3733 or Gary 763-706-3607.

Calling For Nominations For The 2016 "City of Peace Awards!"

Columbia Heights is the "City Of Peace". We are accepting nominations of an individual, organization, or company for the 2016 "City Of Peace Awards" beginning September 15, 2015. The "City Of Peace Awards" were created in 2013 in Columbia Heights to empower people in our community to be peace makers and to invite anyone who believes in this all important mission of peace, for all of our citizens, regardless of race, color, or creed, to come and join us. For more info. go to www.cityofpeaceawards.org or call 763-706-3607 and ask for Mayor Gary Peterson.



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. The full kitchen is ideal for any licensed caterer or bring in any food that has been prepared off site. Several meeting rooms are also available for rentals. See more photos of Murzyn Hall on our website at: www.murzynhall.com or at www.columbiaheightsmn.gov.

Residents of Columbia Heights receive a 25% discount off of the rental fee. 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 inside Murzyn Hall.

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 determined. See times below, some weekend morning games may be added.

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

Boys Grades 3-4

Schedule TBD

Activity #1530-15

The City Gym at the Hylander Center

Boys Grades 5-6

Schedule TBD

Activity #1533-15

Girls Grades 3-4

Schedule TBD

Activity #1523-15

The City Gym at the Hylander Center

Girls Grades 5-6

Schedule TBD

Activity #1526-15

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

This clinic will focus on beginning fundamentals, instruction, skill development, and fun. Join us for this introduction to basketball. The clinic is for 5 sessions on Mondays and Tuesdays in October. Early Bird Registration by Sept. 15th.

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

When: Tuesdays & Thursdays, October 6, 8, 13, 15, & 20 a showcase finale

Time: 6:00 pm - 7:15 pm

Where: Hylander Gym

Fee: \$25 (\$30 after Sept. 15) **Activity #** 1510-F15



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



CH BASKETBALL ASSOCIATION FALL SKILLS WORKOUTS

Who: Boys & Girls 5th - 8th grade

When: Early September - Late October 2015

Time: To be determined

Where: Columbia Academy

Fee: \$25 paid to CHBA, payment can be dropped off at the Recreation Office

The CH Basketball Association is holding skills and conditioning training for boys and girls from grades 5th to 8th grade. From September to late October, we will be conducting Fall workouts. The workouts will focus on basketball fundamentals, skills, teamwork, and physical conditioning to prepare for the winter basketball season. Cost is \$25 for the season. Open to boys and girls in grades 4th through 8th.

Questions, contact Aaron Goff at 763-568-8860, 763-785-5485, or email agoff@abraauto.com

TRAVELING BASKETBALL

CH Basketball Association

Fall Season: September - early November, \$75

Winter Season: Mid-Nov. thru Mid-March, \$150 (Prices for teams 6th grade or under may be lower)

Fall/Winter combined special - \$185 (Pay by Sept. 10)

- Boys & Girls 4th - 8th gr.
- Kids will play in 25-40 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
- \$60 for a new uniform if you don't have one from last year.
- *First 50 paid registrations get a FREE CHBA T-shirt*

Questions, please contact Aaron Goff at 763-568-8860 or 763-785-5485, agoff@abraauto.com or Tom Greenhalgh at 612-597-6301, heightscoachtom@aol.com. You can also drop off payment & registration at the CH Recreation Department.

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. Please contact the Recreation office if you would be willing to help volunteer coaches. Practice days determined by coaches.



When: late November – March

Time: 6:30 - 8:00 pm

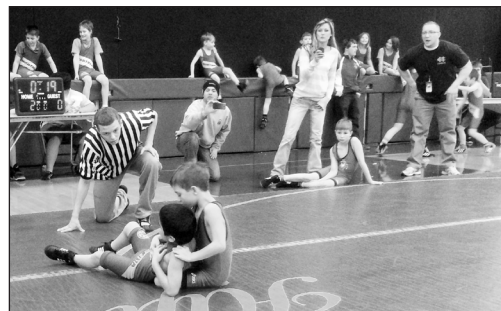
Fee: \$40 (\$45 after Oct. 31) & \$40 uniform deposit

Held at the CH High School Wrestling Room.

•Youth Program Grades 2-5 Activity # 1600-15

•Middle School Grades 6-8 Activity # 1601-15

****Volunteer Coaches NEEDED!**



Register online www.CHRECONLINE.org



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. 28.

Who: Boys & Girls, Preschool thru Kindergarten

When: Saturdays, September 12 - October 17 * No Class Sept 26

Time: 10:00 am - 10:45 am

Where: Huset Park East

Fee: \$20 (\$25 after registration deadline Aug. 28)

Activity # 1806-15

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. 28.

Who: Boys & Girls, K-2nd grade

When: Saturdays, September 5 - October 10

Time: 11:30 am - 12:45 pm

Where: McKenna Park

Fee: \$20 (\$25 after registration deadline Aug. 28)

Activity # 2055-15



Youth Football

There is still time to sign up!

Twin Cities North Youth Football League. Grades 2 & 3, 4, 5, 6 - team based on grade level, regardless of weight. *Volunteer Coaches Needed

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.

Enrichment Programs

Water Park of America

Thursday, October 15

*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. 8

Who: 4th - 8th graders **When:** Thursday, October 15

Drop-off: 10:00 am at Murzyn Hall

Bus leaves 10:15 am

Pick-up: 4:00 pm

Fee: \$14 **Activity #** 4150-F15



River Valley Ranch Horseback Riding

Friday, October 16

*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. 9. (No refund after deadline.)

Who: 4th - 9th graders

When: Friday, October 16

Drop off & Pick up, Murzyn Hall

Drop off: 9:15 am

Bus leaves at 9:30 am

Pick up: 2:15 pm

Fee: \$22 **Activity #** 2440-15



Register online
CHRECONLINE.org



TNT (Teens N Togetherness) 6th - 9th Grade

Youth Lounge NOW Open at Murzyn Hall!!! Bring your friends to hang out after school for free time. This is an on-going program, if dates change or close we will post on the door. Max of 20 students.

Who: 6th - 9th grade **When:** Tuesdays, beginning September 15

Time: 3:30 - 5:30 pm - Students must sign in by 4:00

Where: Murzyn Hall Youth Lounge, lower level

Fee: FREE



Enrichment Programs

7

Harvest Fest Thursday, October 22nd

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 22

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 # 2601-15



PUPPETEERS NEEDED!!!

Puppeteers are needed for the Harvest Fest puppet show on Thursday, October 22nd. Rehearsal October 13 & 15, 5:30-7:30 in the Theater Room, lower level Murzyn Hall. Perform the show at the Harvest Fest on Thursday, October 22.

Who: 4th grade & Up

When: Tues. Oct 13 & Thurs. Oct. 15,

Performance Thursday, October 22

Time: Rehearsal 5:30 pm - 7:30 pm

Where: Theater Rm lower level Murzyn Hall

Fee: \$5 **Activity #** 1167-15



REGISTER ONLINE WWW.CHRECONLINE.ORG

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 15. The first meeting and rehearsal will be on Mon., Nov. 2nd, 3:45-5:30 p.m. A regular schedule will be set & a play determined at that time.

Who: 6th grade & up

When: Mondays at 3:45-5:30 pm beginning Nov. 2nd

Times/dates changes may occur based on the actor's schedules

Where: Preschool Room, lower level Murzyn Hall

Fee: \$20 **Activity #** 1151-15



GYMNASTICS - CLASSES @ MURZYN HALL

Jolene Miske is the Head Gymnastics Coach at Columbia Heights High School. She started in 2011 although her passion for coaching started in 2006 at Irondale High school. Jolene has actively been in the sport for over 20+ years, starting out as a gymnast and now coaching. Class Rules - Attire: leotard or tank top and fitted athletic shorts, Hair neatly pulled back Please No gum or street shoes/socks. Parents are to wait outside of the classroom, but will be able to watch the First and Last Class!



Where: All classes are held in the Edgemoor Room, lower level Murzyn Hall

When: 1st Session 8 weeks: Tuesdays Aug. 18 - Oct. 6 / Wednesdays Aug. 19 - Oct. 7

2nd Session 7 & 6 wks: Tuesdays Oct. 13 - Nov. 24 / Wednesdays Oct. 14 - Nov. 25 *No class Nov. 11

WEDNESDAY SESSIONS Aug. 19 - Oct. 7 | 2nd Session Oct. 14 - Nov. 25 *No class Nov. 11

Mommy & Me 18 mo. - 2 1/2 Year Olds | 30 Min Class | 4:00-4:30 Wednesdays | Fee: \$35 | Activity # 1199-F15

2nd Session | 6 weeks Oct. 14 - Nov. 25 *No class Nov. 11 | Fee: \$26 | Activity # 1193-F15

This class is a great starter class for children not ready to leave mom's side. We will start to develop lead up skills that will stay with them for the rest of their life. Besides learning what gymnastics is about your child will also work on important developmental milestones like listening, taking turns, communicating, and cooperative play. The next level will have harder skills that are more complex and the pace of the class will also increase.

Mighty Tykes 3 & 4 Year Olds | 30 Min Class | 4:30-5:00 Wednesdays | Fee: \$35 | Activity # 1200-F15

2nd Session | 6 weeks Oct. 14 - Nov. 25 *No class Nov. 11 | Fee: \$26 | Activity # 1194-F15

This class will start to develop lead up skills that will stay with them for the rest of their life. Besides gymnastics your child will also work on important developmental milestones like listening, taking turns, communicating, and cooperative play. From here, the next level will have harder skills that are more complex and the pace of the class will also increase.

Mighty Bees (No Experience) Ages 5-8 | 45 Min Class | 5:00-5:45 Wednesdays | Fee: \$40 | Activity # 1201-F15

2nd Session | 6 weeks Oct. 14 - Nov. 25 *No class Nov. 11 | Fee: \$30 | Activity # 1195-F15

This class starts to build on the skills already learned in the previous levels. If you are just starting, the first couple classes take a while until the routine is established. Once in the class the kids are moving the entire time, taking turns, and developing the skills needed to transition into more advanced classes.

TUESDAY SESSIONS Aug. 18 - Oct. 6 | 2nd Session Oct. 13 - Nov. 24

Shooting Stars (lvl 1) Ages around 5-8 | 45 Min Class | 4:30-5:15 Tuesdays | Fee: \$40 | Activity # 1202-F15

2nd Session | 7 weeks Oct. 13 - Nov. 24 | Fee: \$35 | Activity # 1196-F15

This class will start to build the foundation for the rest of the skills to come. Most skills are either with spot, or on the equipment that will aid them somehow. In class the pace is fun but challenging. Starting cartwheels, support on the bars, and the beginnings of walking certain ways and jump on the balance beams. From here the skills will get a little more demanding, and the quality will increase! In gymnastics you can start here and go anywhere!

Springers (lvl 2) Ages around 5-9 | 45 Min Class | 5:15-6:00 Tuesdays | Fee: \$40 | Activity # 1203-F15

2nd Session | 7 weeks Oct. 13 - Nov. 24 | Fee: \$35 | Activity # 1197-F15

This class will build on the basic skills. Some older, more coordinated kids may start here. Kids will learn the following skills without assistance or the use of mats to aid them before moving up. Forward and backward rolls, small handstands, cartwheels, pulling over and under on the bars. Rolls and cartwheels on low beams, and run and hurdling into beginner vaults. From here the skills will get more complex and these basics are crucial to achieve success in the next levels.

Leapers (lvl 3) Ages around 6-10 | 60 Min Class | 6:00-7:00 Tuesdays | Fee: \$40 | Activity # 1204-F15

2nd Session | 7 weeks Oct. 13 - Nov. 24 | Fee: \$35 | Activity # 1198-F15

This class will start with more advanced skills that without some prior gymnastics experience may be to challenging to some kids. In the class, the kids will further improve their abilities and work on some of the following skills: handstands, front to back cartwheels, rolls with straight arms and legs, backhip circles and underswings on bars, cartwheel and easy jumps on beam, and running into rolls and handstand on vault. With the class lasting 60 minutes the kids will go to 2 events and end with general strengthening to help improve the quality and ease of the skills.

DANCE Mondays September 14 - November 2

Miss Sarah from NMotion Dance Center in Fridley, will focus on ballet and tumbling with the younger groups. The older groups will have more instruction on ballet and jazz.

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. 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 Schedules - \$40 per class Mondays September 14 - November 2

Who: Preschool 3 & 4 years old

When: Mon. 5:00 - 5:45

Activity # 1210-F15 Min 5/Max 10

Who: 5 years old & Kindergarten

When: Mon. 5:45 - 6:30

Activity # 1211-F15 Min 5/Max 10

Who: 1st & 2nd grades

When: Mon. 6:30 - 7:30

Activity # 1212-F15 Min 5/Max 15

Who: 3rd - 5th grades

When: Mon. 7:30 - 8:30

Activity # 1213-F15 Min 5/Max 15



Register online www.CHRECONLINE.org

Instructors, Thomas & Elvira Malone, have been in Tae Kwon Do for 30+ years and teaching for about 25 years. Thomas is a 6th Dan (degree black belt in Tae Kwon Do and a 5th Hopkido black belt.

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. 24 - Oct. 15

Fee: \$35

Activity # 2231-F15

Winter Session: Thursdays, Nov. 12 - Dec. 10

***No Classes Nov. 26**

Fee: \$35

Activity # 2234-W15

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. 17 - Oct. 22

Level 1: Beginner/No belt

Time: 6:00 - 6:45 pm

Fee: \$45

Activity # 2232-F15

Level 2: White belt & higher

Time: 6:45 - 7:30 pm

Fee: \$45

Activity # 2233-F15

When: Winter Session: Thursdays, Nov. 5 - Dec. 17

Level 1: Beginner/No belt

Time: 6:00 - 6:45 pm

Fee: \$45

Activity # 2235-W15

Level 2: White belt & higher

Time: 6:45 - 7:30 pm

Fee: \$45

Activity # 2236-W15



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. 14 - Dec. 21

*No Class Oct 12

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

Activity # 8202-F15

Fee: \$38.50 - 14 classes

Thursdays

Date: Sept. 15 - Dec. 17

*No Class Oct 15,
Nov 12, 26

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

8204-F15

\$30.25- 11 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.

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. 3 - Oct. 22

Fee: \$10 **Activity #** 2653-F15

Session 2: Thursdays, Oct. 29 - Dec. 17

*No class Nov. 26

Fee: \$10 **Activity #** 2654-W15

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. 15 - Dec. 22

*No class Oct 13

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

Activity # 8206-F15

Fee: \$38.50 - 14 classes

Thursdays

Date: Sept. 17 - Dec. 17

*No class Oct 15,
Nov 12, 26

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

8207-F15

\$30.25 - 11 classes



Register online

www.CHRECONLINE.org

Total Body Conditioning

Taught by Donna, AFAA certified group fitness instructor & personal trainer. Improve posture, balance and core strength through a variety of body conditioning exercises and stretching for flexibility. We will lunge, squat, and sculpt in a motivating atmosphere. All fitness levels are encouraged. Bring a set of 2 lbs and/or 5 lbs weights, ankle or wrist weights 1lb optional, water bottle, a yoga mat or towel, and tennis shoes. Min 8



Who: Adults, all ages & skill levels

When: Wed. Sept. 9 - Oct. 28

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

Where: Edgemoor Rm, lower level Murzyn Hall

Fee: \$40 **Activity #** 5101-F15

When: Wed. Nov. 4 - Dec. 23 *No Class Nov 11

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

Fee: \$35 **Activity #** 5102-W15

REGISTRATION INFORMATION

11

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. Visit the City website www.columbiaheightsmn.gov for more information on programs.

"500" Club

Our '500' club meets on Wednesdays 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.

Cribbage

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

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. Many trips are offered using the mini bus with a smaller group size in order to keep costs low. These additional trips can be found in the Senior Highlights monthly newsletter as well. If you are interested in being on the trip flyer mailing list, please call 763-706-3730 to leave your name and address. Also available online at www.columbiaheightsmn.gov.



Senior Outreach

The Senior Outreach Program (ACCAP) for provides assistance to seniors throughout Anoka County. 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, some local senior housing facilities, and online at www.columbiaheightsmn.gov.

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 1:15 p.m. Coffee and dessert are provided and you may bring a bag lunch if you desire. Yearly membership fee = \$20, which is for the food and Bingo prizes.

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. 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. Fees run between \$15 to \$18 depending on what service is requested..

BLOOD PRESSURE

Blood Pressure is checked free of charge on the second Friday of every month in the Senior Center from 9:00 to 9:30 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 2015*



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

Benvenuto

INFORMACION DE LA INSCRIPCION

*Inscripción 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, 21st Century Community Learning Centers.

Heights Happenings

News and information about your neighbors and your city • FALL 2015



Heights has what home buyers want

There is renewed interest in new housing in the inner ring suburbs. People are rethinking long commutes and want easy access to the city for dining, shopping and entertainment. Columbia Heights is well positioned with lots in existing neighborhoods and close proximity to both Minneapolis and St. Paul. The small town feel with a good school district, neighborhood parks and the redeveloping Heights Gateway with the new library are appealing to new families moving into the community. Columbia Heights provides exceptional real estate value to homebuyers.

One of the City's housing goals is re-investing in its neighborhoods. Another goal is to add new owner-occupied single-family houses to the housing mix in the City. A scattered site housing program with owner occupancy and minimum size requirements was established in 2013 to help achieve these goals. During the last housing downturn, the City began acquiring vacant and blighted houses and

continued on page 2

Free consulting can help businesses prepare for recycling law changes



Now is the time for businesses in Columbia Heights to take advantage of free assistance and advice in reducing waste, improving recycling and saving money.

A new law is a compelling reason for businesses to increase recycling ahead of mandates that will require it. Additionally, there

is already a 17% tax on trash but no tax on recyclables and organics.

Minnesota Waste Wise can help businesses find the most efficient and cost-effective waste and recycling options.

"We're using the new law that goes into effect in 2016 as a tool to encourage businesses to make changes now, ahead of mandates,"

continued on page 2



An artist's rendering of the new Columbia Heights library.

New library will open in a year

Columbia Heights voters approved a \$7 million referendum in November to finance the construction of a new municipal public library. The new library, which will replace the existing facility on 40th Avenue, will be located at 3939 Central Avenue on the former Burger King and Mady's Bowl site, directly south of the historic Heights Theater.

Throughout the winter and spring of 2015, the City has been collaborating with Minneapolis-based HGA Architects and Engineers to design the new facility. The Library Design Taskforce, comprised of residents, was appointed to oversee the process. This summer, preliminary site work began which included environmental remediation, survey work, and preparing the location for construction.

Groundbreaking of the new building will take place in late summer or early fall. Construction will last approximately one year, with the new facility opening in 2016. The new library will consist of a one-story building of 22,600 square feet and will feature outdoor reading and programming space, as well as interpretive environmental exhibits.

The state-of-the-art facility will include a children's area, a teen gathering area, a Columbia Heights history room, a crafting room, enhanced reading and meeting space, additional computers and many other new and innovative features. Throughout the construction process, updates and pictures will be posted on the City's website at www.ci.columbia-heights.mn.us.

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TDD 763-706-3692

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www.ci.columbia-heights.mn.us

New developments are underway along Central Avenue

This summer is an active time for new development projects along Central Avenue. Columbia Heights Gateway Center, which is under construction at the site of the former Blockbuster video store on Central and 53rd Avenues, will be home to Chipotle Mexican Restaurant, Noodles and Company, Sports Clips and several other exciting new tenants. The new development will celebrate its grand opening this fall.

The Northeast Business Center, located on the southeast corner of Central and 40th Avenues, has recently been sold to Swervo Development Company. Swervo, who owns and manages multiple properties in the Twin Cities, plans to renovate the building to attract new office and retail tenants. Plans are already underway to update and improve the façade of the building and replace the retaining wall along 40th Avenue, which collapsed and fell into disrepair in 2014.

The new Columbia Heights Public Library will begin construction in the late summer, and is expected to open in 2016 (see story on new library on page 1). To prepare for this event, the City Council is looking at ways to attract other restaurant, office and retail uses to the Downtown Columbia Heights area.

Housing, continued from page 1

demolished them with the help of Community Development Block Grant Funds. These strategic acquisitions helped stabilize the neighborhoods and added re-investment



back into them. The city started with 12 lots and currently only two remain. A partnership with Realtors Pete Heryla and John Rockwell from ReMax Synergy and Timbercraft Builders has led to the construction of eight new single family homes since 2013.

The City currently has 12 additional lots not in the scattered site housing program. The City's Economic Development Authority (EDA) will present a plan to market and sell the remaining lots this fall. The uptick in the housing market and the short supply of single family lots has increased demand for buildable lots in the inner ring suburbs with multiple builders expressing interest in the remaining lots.

For more information on the Scattered Site Housing Program contact Loren Wickham in the Community Development office at (763)-706-3670 or Pete Heryla from ReMax at (651)-379-9313.

City sells Parkview Villa; new owners are renovating building

In 1974, the City of Columbia Heights constructed a 101-unit public housing building on 40th Avenue NE, located on the west side of LaBelle Pond. The intent of the project was to provide Columbia Heights senior citizens an affordable housing option in the community. Due to the facility's high success, a 45-unit addition was constructed in 1990.

Over the past 40 years, many of the rules and regulations that govern public housing have changed. As a result, the City's Housing and Redevelopment Authority (HRA) determined that to continue to meet the needs of the Parkview Villa residents, the building could be better managed and maintained through private ownership.

Through a competitive process, the HRA selected Aeon Housing as the group that would purchase and operate Parkview Villa. The HRA has been working with Aeon Housing over the past four years to determine the details of the sale, and to ensure that existing Parkview Villa residents are not negatively impacted by the transition.

Having received approval from the United States Department of Housing and Urban Development (HUD), Columbia Heights was able to complete the sale of the property in June 2015. Parkview Villa, now a privately owned affordable housing building, is currently undergoing a major renovation project which includes upgrades to units and common areas, as well as exterior site improvements. The City remains committed to providing affordable senior housing, and will work to ensure that a wide variety of options are available to Columbia Heights residents.

Free recycling consulting, continued from page 1

said Jon Klapperich, a sustainability specialist with the Minnesota Waste Wise Foundation, a nonprofit affiliate of the Minnesota Chamber of Commerce. "It's the right time for businesses in Columbia Heights to go greener, especially when they have free professional consulting to get them set up."

"We can help businesses develop plans and connect the dots to get a program up and running," he adds. "Recycling and composting programs most often save money for local businesses."

"This is a great opportunity for businesses to receive a free waste audit and consulting on reducing garbage expenses through recycling," said Jesse Davies of the Columbia Heights Public Works Department, who also reminds businesses they can drop-off recyclables at the City recycling center for free.

"Businesses that have gone greener have attracted positive media attention," said Klapperich. "Customers care that businesses recycle and compost and employees feel a stronger sense of connection when their employers care about the environment. Recycling and composting are the right things to do."

For more information or to schedule a free site visit, contact Jon Klapperich at (651) 292.4662 or jklapperich@mnchamber.com. You may also visit Waste Wise online at www.mnwastewise.org.

Meet Your Neighbor: Jim Fowler

Jim Fowler is the kind of neighbor that everyone wants. He began volunteering in his children's activities when they were young many decades ago and he's just kept going. He's a long-time member of the Columbia Heights Lions Club and has been involved in helping with Jamboree events as well as other events throughout the year. He provides companionship for the elderly residents in the community, running errands for them and brightening their days.

Jim spends a great deal of time volunteering at Southern Anoka County Assistance (SACA) keeping the food shelves stocked. He's coached hockey and baseball, served on the city's Parks & Recreation Commission and been active with the Columbia Heights Athletic Boosters.

In recognition of his extensive volunteer service to the community, Jim was named as the 2015 Humanitarian of the Year. The award is presented each year to give public recognition to a resident of Columbia Heights who has unselfishly contributed his/her time and effort to helping people and promoting better understanding between people.



Jim Fowler, right, received the 2015 Humanitarian of the Year Award presented by Mayor Gary Peterson in June.

At the presentation at a City Council meeting in June, Councilmember Bruce Nawrocki expressed his appreciation to Jim, describing him as a great citizen and a great friend to the community. The Mayor commented that so many people in the community have benefited from Jim's generous heart.

Years as Heights resident: 75 years! His parents lived in Northeast Minneapolis when Jim was born and moved to Columbia Heights when he was about 5. Jim is a 1953 graduate of Columbia Heights High School.

Family: He and Dolores raised their children in Heights and are happy that their daughter and her family live in the community.

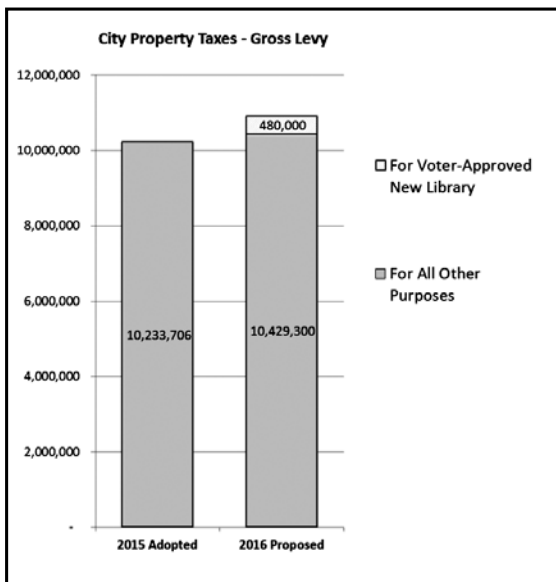
Secret to a long life: Just keep going. I don't like to sit.

What likes best about Heights: The people are friendly and there's a small town feeling.

Favorite Heights Hangout: Nice park system. We use the parks a lot, especially LaBelle which we live nearby.

Proposed 2016 property taxes reflect new library

To finance most of the construction costs of a new city library, voters overwhelmingly approved a referendum on Nov. 4, 2014, to issue \$7 million in bonds, which will be repaid with property taxes over 20 years. The year 2016 will be the first year impacted by this tax increase for the new library. For 2016, the annual debt service of \$480,000 for this project will be paid entirely by local taxpayers. However in subsequent years, a metro-area tax subsidy known as the Area-Wide Fiscal Disparities Levy will reduce the annual share for local taxpayers to approximately \$336,000.



For 2016, city property taxes for all other purposes are proposed to increase 1.9%. By itself, this would be the smallest annual increase in the gross property tax levy in many years. When combined with the increase for the new library, the overall increase in the 2016 gross tax levy is 6.6%. These proposed changes from 2015 to 2016 are shown on the accompanying chart.

Key dates for the 2016 city budget process

Please note the following meeting dates are subject to change.

August 3, 2015

The 2016 Economic Development Authority (EDA) budget is approved for inclusion in the city budget.

August 24, 2015

The 2016 proposed city budget and tax levy is made available on the city's website.

September 14, 2015

The 2016 proposed budget and tax levy is initially approved by the city council.

December 14, 2015

The final version of the 2016 budget and tax levy is adopted by the city council. The final version of the tax levy cannot exceed the proposed tax levy initially approved at the September council meeting.

In addition to the above formal meetings, the city council holds informal work sessions, typically on the first Monday of each month, to discuss details of the proposed budget.

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

www.ci.columbia-heights.mn.us

Cable Channel 19

"Like" us on Facebook!

www.facebook.com/ColumbiaHeightsPublicLibrary

Library Hours

Monday – Wednesday: 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. (starting Sept. 12)

Sunday: CLOSED

Library Closed

Labor Day Weekend, Sept. 5-7

Veterans Day, Wed., Nov. 11

Wednesday, Nov. 25 – Library closes at 5 p.m.

Thanksgiving Holiday, Thursday and Friday, Nov. 26-27

Mark your calendar!

Spaghetti Dinner Fundraiser

Benefits the Columbia Heights Library

Foundation. Tickets sold at the door:

\$8 Adults, \$5 Children

Wednesday, Sept. 23, 4:30 to 7 p.m.

Murzyn Hall, 530 Mill St. NE



Senior Surf

Wednesdays, Sept. 2, Oct. 7, Nov. 4, 9:30 a.m.

Get hands-on computer experience with help from representatives of the Senior LinkAge Line.

Register online for a free, two-hour class or call (763) 706-3690.

English Language Learners:

Want to practice your English reading and speaking skills?

Buddy Up and Read is a one-on-one program for adults who want to practice their reading and talking skills with an English-speaking volunteer at the library. Conversation Circles is an informal gathering of English-language adult learners who meet at the library to practice their speaking skills in a group setting. Stop in at the library for an application form or contact Barb at (763) 706-3690 for more information.

Volunteer Opportunity Computer Tutors

Do you have an hour or more each week to volunteer your time and talents? Library Computer Volunteers help patrons log in to the library's computers, use the printer, set up an email account, save files to a flash drive and assist patrons with the Internet. For more information, stop in or call Barb at (763) 706-3690.

Loft Writing Class for Adults

Literary Agents: What to Look For and What to Look Out For

Wednesday, Sept. 16, 2 to 3:30 p.m.

Most publishers won't look at your prose manuscript unless an agent represents you. So, how do you get an agent? Learn what good agents do and don't do, and how to find the right one for your work, along with the basics of writing a query letter.

Castles and Palaces of Poland

Tuesday, Oct. 6, 6:30 p.m.

Learn about the history, royalty, mysteries, murders and ghosts of the famous castles of Poland. A free Polish cultural event,



presented by historian and world traveler Marie Przynski, in recognition of National Polish-American Heritage Month. While you're at the library, be sure to view the Sister Cities Polish History exhibit in the adult reading room.

Dollar-a-Day Boys: The Civilian Conservation Corps

Tuesday, Oct. 13, 6:30 p.m.

Imagine that you're 17-years-old and trying to survive during the Great Depression. Life is tough. Food is scarce and jobs are non-existent. One day you hear about a new job works program created by the federal government that pays a "dollar-a-day." You soon find yourself in the northwoods, spending long days planting trees and building roads. Don't miss this fascinating presentation about the CCC (Civilian Conservation Corp) by author, filmmaker, singer and songwriter Bill Jamerson. Register online or call (763) 706-3690.



Library Book Club

Drop in monthly 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 the month.

"The Light Between Oceans" by M.L. Stedman, Wed., Sept. 30

"Staggerford" by Jon Hassler, Wed., Oct. 28

"Until They Bring the Streetcars Back" by Stanley Gordon West, Wed., Nov. 25

Nonfiction Book Club

Fridays, Sept. 18, Oct. 16, Nov. 20, 2 p.m.

What are you reading now? Bring along a nonfiction book that you are currently reading or recently finished, and share your thoughts and recommendations with the group. Meet other interested readers and get ideas for new titles to add to your reading list. Mark your calendar for the third Friday of each month!

Youth Programs

September is Library Card Sign-Up Month

What is the easiest way to ensure your child's academic success? The most important school supply of all is a library card. A library card is free and gives access to books, e-books, online databases, online homework help and other tools students need to succeed. Visit your local library today and sign up to get one!

Back to School Open House

Tuesday, Sept. 1, 5 to 7 p.m.

Prepare for the new school year at the library! At this open house-style program, parents and students can learn how to find things in the library, use informational databases (including our online Homework Rescue resource with live homework help), meet the children's librarian, and make school-themed crafts. There will be an all-ages storytime at 6:30 p.m. for kids in grades K-12 and their parents.

LEGO Club

Second Thursday of each month

Sept. 10, Oct. 8, Nov. 12, 3:30 to 4:30 p.m.

Do you love all things LEGO? Join us after school at the library for a LEGO building program. We'll provide the LEGO bricks, you bring the imagination. For grades K-8. Registration not required.



Schiffelly Puppets

Thursday, Oct. 15, 2 p.m.

Rapunzel, Rapunzel, let down your golden . . . stair? Or this isn't a Mother Goose tale, folks! This parody of the classic fairy tale of the girl with the long hair gets an updated twist. Join us for some great storytelling, audience participation and the mystery of what Rapunzel does with all that hair! For all ages. Registration not required.

Slime Time

Friday, Oct. 16, 2 p.m.

Ooze into a gooey hour of sliming around! Learn about polymers and their unusual properties while taking part in a series of slimy experiments. Create your own concoction of Mad Science Slime to take home. For grades 3-6. Registration required.

Teen Read Week

Oct. 19-23, 2015

Hey, teens! Stop by the library this week for the daily challenge and the chance to win prizes.



Family Art Day

Saturday, Oct. 24, 12 to 2 p.m.

Calling moms, dads, grandparents, brothers, and sisters! We'll provide a variety of art supplies; you provide the creativity for this drop-in, freestyle art event. For all ages. Registration not required.

Block Party

Friday, Nov. 6, 10:30 to 11:30 a.m.

Play at the library! Have fun building and creating with a variety of blocks. Block play builds math, science, motor and social skills. For ages 2-5 and their parents or caregivers. Registration required.

Learn to Knit

Monday, Nov. 9, 2 to 4 p.m.

Have you always wanted to learn how to knit or do you need to refresh your skills? Staff from the Textile Center will teach you how to cast on, knit, purl and cast off while making a bookmark or cuff. Take your knitting needles and yarn home with you to finish your project and create more! For ages 12 to adult. Registration required.

READ Dogs

Real dogs in the library?! Participants may register for a 15-minute one-on-one session with a therapy animal. Registration required.

Storytime @ the Library

Sept. 14 to Nov. 17

Join us for songs, books, rhymes and fun! No registration required.

Toddler storytime

(Geared toward ages 18 months to 3 years)

Mondays, 10:30 to 10:50 a.m.

Preschool storytime

(Geared toward ages 3 to 5)

Tuesdays, 10:30 to 11 a.m.

Baby Read, Baby Grow

Thursdays, Sept. 17 to Nov. 19, 10:30 to 11:15 a.m.

Baby Read, Baby Grow is a program for infants ages birth to 24 months and their parents or caregivers. Join us at the library for read-aloud stories, sing-a-longs, activities and lots of fun. Sessions include tips and hints on what



to look for as your child develops and ways to ensure your infant's intellectual growth matches his/her physical growth. Baby Read, Baby Grow is free and is part of the early literacy collaboration between the library and the Columbia Heights School District's Early Childhood Family Education (ECFE) program.

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.



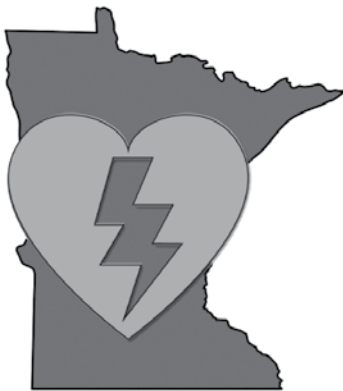
For general information, activities, ordinances, and services, visit www.chpolice.com, find us on [Facebook.com/chpolice](https://www.facebook.com/chpolice), and follow us at twitter.com/colhgtspolice.



Police and fire departments making community Heart Safe

The year 2015 marks the one-year anniversary of efforts towards Columbia Heights becoming a Heart Safe Community. These efforts have been spearheaded by the Columbia Heights Police Department (CHPD) in partnership with the Columbia Heights Fire Department, other city departments and community stakeholders including Allina and Anoka County.

The Heart Safe Communities recognition is an important goal for the city to achieve, and it is reached by completing several tasks. An especially important one is to teach community members how to perform basic Cardiopulmonary Resuscitation (CPR) skills including how to recognize someone who is unresponsive and how



to perform chest compressions. These trainings also include hands-on training with Automated External Defibrillators (AEDs), which are an immensely helpful life-saving tool.

The police department has hosted monthly trainings since the summer of 2014 with almost 1,000 people.

The goal is to have at least 10% of the community fluent in CPR and AEDs by the end of the year.

The Columbia Heights Police Department is also creating a contact/information tree for community members to use if they have questions for emergency personnel regarding CPR, AED, or any other emergency situations. The contact tree can also be used to request information about upcoming training events, as well as how to host CPR and AED training sessions with family, friends or other groups. All of this is done at no

continued on page 9

Employee spotlight Officer Jason Piehn

Officer Jason Piehn has been with the Columbia Heights Police Department since 2005. He grew up in Harmony, MN, and earned an associate's degree in law enforcement from Rochester Community and Technical College. Jason also served in the Army reserves as a military police officer and was deployed to Guatemala, Japan, Bahrain and Germany.

Since starting his career with the Columbia Heights Police Department, Jason has served as a patrol officer, field training officer, use-of-force and firearms instructor, investigator, and as a detective with the Anoka-Hennepin Drug Task Force.



Officer Jason Piehn

This fall, Jason will be starting another new adventure as the next school liaison officer at Columbia Heights High School.

One of Jason's greatest honors is to have served since 2007 on the Law Enforcement Memorial Association (LEMA) Honor Guard, a ceremonial unit of active duty law enforcement officers who provide military honors at funerals for Minnesota peace officers who have died in the line of duty.

Jason is also among officers who will travel to Poland at the

continued on page 9

Police seek volunteers for successful mentoring program

When Scott Nadeau started his tenure as chief of the Columbia Heights Police Department (CHPD), there was a strong need for more police outreach not just in the community, but in the schools with the youth of Columbia Heights. Cops n' Kids Open Gym began as well as other valuable youth initiatives including the Big Brothers Big Sisters (BBBS) program. The school-based program offers mentoring relationships between adults and students during the school day.

Students are selected by teachers and school staff members to take part in the program based on various needs and then matched with an adult. During lunch and recess periods once a week, the adults and students have lunch together, play games, work on homework, read books, or take part in other activities they chose as a good fit.

This fall, the BBBS program in Columbia Heights, already taking place at Highland Elementary School, will expand to Valley View Elementary School so additional volunteers will be needed. If you are interested in learning more about the school-based Big Brothers Big Sisters mentorship program, please contact the Columbia Heights Police Department at (763) 706-8100. In just one hour a week you can make a big difference by being a positive role model and mentor to one of our community's kids!

**Gary Peterson****John Murzyn, Jr.****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.

Gary Peterson, Mayor (763) 788-7517

(c) (612) 978-9858

Gary.Peterson@ci.columbia-heights.mn.us

John Murzyn, Jr., Council Member (763) 781-4983

John.murzynjr@ci.columbia-heights.mn.us

Bruce Nawrocki, Council Member (763) 571-1311

Bruce.Nawrocki@ci.columbia-heights.mn.us

Donna Schmitt, Council Member (763) 634-1356

Donna.Schmitt@ci.columbia-heights.mn.us

Bobby Williams, Council Member (763) 788-1113

(c) (612) 414-3981

Robert.Williams@ci.columbia-heights.mn.us

Peace Awards presented to individual, organization and business

The 2015 City of Peace Awards were presented at the 16th Annual Columbia Heights Prayer Breakfast in May sponsored by the Columbia Heights Activity Fund.



Gary Peterson, Columbia Heights Mayor and Executive Director of the City Of Peace Awards, along with Sal Di Leo, consultant to the City of Peace Awards, presented an award to V. J. Smith, winner of the "Individual Category."

Columbia Heights Police Chief Scott Nadeau accepted the award on behalf of the Columbia Heights Police Department, the winner of the "Organization Category."

The third and final winner, Holy Land Bakery & Deli, received the award for "Business Category." The award was accepted on the deli's behalf by Mohamed Idris from the City Of Peace Awards selection committee.

The next City Of Peace Awards will be presented during a banquet and ceremony in September 2016.

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 (Advanced
Disposal Services).... (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
Development (763) 706-3670
Comm. Dev. Director.... (763) 706-3675
City Planner (763) 706-3673
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

EmergencyCall 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 under the fire department heading.

Most homes fires caused by cooking

Cooking fires are the number one cause of home fires and home injuries. The leading cause of fires in the kitchen is unattended cooking. Stay in the kitchen while you are frying, grilling or broiling food. If you leave the kitchen for even a short period of time, turn off the stove.

If you are simmering, baking, roasting, or boiling food, check it regularly. Remain in the home while food is cooking, and use a timer to remind you that you are cooking.

Keep anything that can catch fire — oven mitts, wooden utensils, food packaging, towels, or curtains — away from your stovetop.

Please clear snow from fire hydrants

As Minnesotans, we all know that the coming of winter also means SNOW!

Shoveling is a burden, but the Columbia Heights Fire Department asks that residents take a little time and shovel out a two-to-three foot area around fire hydrants. In a critical fire emergency, this saves time and lives.



Make sure police and firefighters can find your home

Please check that the address numbers on your home are easy to read from the street or alley so that Columbia Heights police officers and firefighters can quickly find you in an emergency.

City ordinance mandates the installation of numbers on both the front of homes and, if it has an alley, on the rear of your property. Numbers should be about four inches high and of a contrasting color to the house.

Address numbers are a commonly forgotten item when a house or garage receives new siding, so please make an effort to install them as soon as the project is complete.

Fire department open house is Sept. 26

The Columbia Heights Fire Department will host an open house on Saturday, Sept. 26, to promote “Hear the Beep Where You Sleep. Every Bedroom Needs a Working Smoke Alarm.” Through educational, family-oriented activities, residents can learn more at the open house about the importance of working smoke alarms and testing them monthly.

Some of the activities include:

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



Fire department offers fall safety tips

When the fall season quickly approaching, the Columbia Heights Fire Department reminds you of ways to stay safe:

- Never park your vehicle over a pile of leaves because heat from the vehicle’s exhaust system or catalytic converter can ignite the leaves below.
- Check all smoke and carbon monoxide detectors to make sure they work, and change the batteries.
- Have a qualified technician service all heating appliances.
- Have fireplaces and fireplace dampers cleaned, checked and examined for defects.
- Equip fireplaces with an appropriate screen or glass enclosure to prevent sparks from flying out.
- Burn only seasoned woods in your fireplace and wood stove; avoid soft woods like pine, etc.
- Never use a flammable liquid to start a fire in a fireplace.
- Put all ashes outdoors and away from the house in a metal container.
- Store a useable fire extinguisher close by.



Free blood pressure checks

The Columbia Heights Fire Department offers free blood pressure checks every day from 8 a.m. to 6 p.m. at the station, located at 825 41st Ave. NE. Please remember that any time you have an emergency, dial 9-1-1.

Officer Jason Plehn, continued from page 6

end of the summer for a police officer exchange with Lomianki, the Sister City of Columbia Heights.

One of the officer's favorite leisure activities is golfing. He has played in (and won) many golf tournaments. Jason also enjoys spending time with his friends, riding motorcycles and being active outdoors. Jason and fiancé Ellen will marry this fall. He also plans on completing his bachelor's degree in criminal justice starting this fall.

Jason looks forward to mentoring youth in our community and having an impact on the community through the schools. He appreciates the ability to employ the philosophies of the Columbia Heights Police Department at the street level and the challenge that each day brings.

Heart Safe, continued from page 6

charge to community members.

The HeartSafe initiative is a community-oriented contribution that the Columbia Heights Police and Fire Departments make to serve their constituents, and – more importantly – to save lives. For more information about Heart Safe Communities, visit <http://www.allinahealth.org/About-Us/Community-involvement/Initiatives-and-programs/Heart-Safe-Communities/> or call the Columbia Heights Police Department at (763) 706-8100 and speak with Sgt. Justin Pletcher or Officer Dale Sorensen.

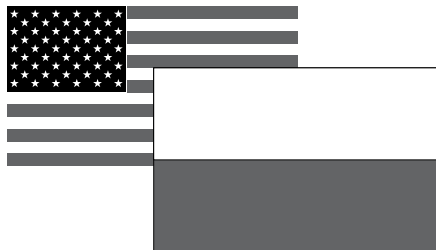
Learning about fire safety



Students at Highland Elementary School were fascinated by fire fighters and their gear during a presentation at their school in March. Columbia Heights Fire Department Captain Dan O'Brien, above, and Firefighter Richard Hinrichs talked with second and third grade students about fire safety. The fire department and Columbia Heights Public Schools collaborate in many ways to benefit students. Photo credit: Columbia Heights Public Schools

Sister Cities group reports on national award and upcoming plans

The Columbia Heights' Sister Cities International (SCI) organization won the prestigious 2015 award from Washington, D.C., headquarters for Best Overall Program for USA communities under 25,000 population.



The five-page entry drafted by Co-Chair Dolores Strand presented an active and effective program year that conveyed to the high profile judges (who were not associated with Sister Cities) that our dynamic group well-earned this NATIONAL recognition.

We were fortunate to have the SCI Global Conference so close and convenient this summer. The international event was hosted by the eleven Sister Cities of Minneapolis July 16-18. A number of our members attended the welcome reception and the award banquet. Official recognition and a trophy were presented to our Sister Cities group for our outstanding accomplishments – another item to add to our Sister Cities' collection.

SCI members again participated in the Lions' Jamboree parade on June 26 in Columbia Heights. Two Boy Scouts from Immaculate Conception's troop carried our SCI banner. The Columbia Heights' Sister Cities group was represented in the Lions' Jamboree Parade in June with Karen Karkula, Franja Jensen, Esther Guzik and Marion Bernard riding in a red 1966 Mustang convertible driven by Jill Nadeau.

Plans are in progress for various activities to mark October as Polish American Heritage Month. We are appreciative of the cooperation from Mayor Gary Peterson, the Columbia Heights Public Library and City departments for these activities.

Our local Sister Cities' membership is at an all-time high with 110! In order to

accommodate those many members who are not able to attend our monthly meetings (usually the 2nd Tuesday of the month at 1 p.m. in City Hall Council Chambers) we will have a special meeting at the Columbia Heights Public Safety Building (lower level) at 7 p.m. on Wednesday, Oct. 14.

We have an active core group of members who are regular attendees and involved in all facets of our organization. This October evening meeting will make it possible for more members to attend. Come and learn about this dedicated organization. We hope to have the Columbia Heights Police Officers who traveled to Lomianki/Warsaw/and Prague in Aug. 18-30 share their experiences at the October meeting. This was the first phase of the police officer exchange with our Sister City. Plans are to host Polish Officers in Columbia Heights in 2016.

You do not have to be Polish or a resident of Columbia Heights to be a member of SCI. All are welcome! As the Poles say, "Do widzenia" or "I'll be seeing you." For more information, contact Co-Chairs Gloria Bergstrom (612) 633-0506 or Dolores Strand (763) 571-1709.

With 2015 construction projects over, planning begins for 2016 work

Streets, water mains, shorelines and parks were among improvement projects that took place in 2015 in the City of Columbia Heights.

The City thanks community members for the patience of all who were impacted by the construction projects.

The following work was done throughout the City.

Concrete Alley Construction

- Van Buren Street to Central Avenue, 39th Avenue to 40th Avenue
- Van Buren Street to Central Avenue, 42nd Avenue to 43rd Avenue
- Monroe Street to Quincy Street, 42nd Avenue to 43rd Avenue

Street Rehabilitation

- Full Reconstruction: 4th Street, 40th Avenue to 42nd Avenue
- Mill and Overlay:
41st Avenue, Central Avenue to cul-de-sac
44th Avenue, Tyler Place to Reservoir Boulevard
Reservoir Boulevard, 44th Avenue to 44th Avenue (CSAH 2)

49th Avenue Turn Lane at Central Avenue

CSAH 2 (Reservoir and 44th/Arthur/45th) Mill and Overlay (Anoka County)

Water Main Cleaning and Lining

- 44th Avenue, Tyler Place to McLeod Street
- Main Street to 3rd Street, 37th Avenue to 40th Avenue

LaBelle Park Water Quality, Shoreline Restoration, and Shelter Huset Park Splash Pad

Preparations are underway for surveying and designing some of the potential 2016 projects. Property owners affected by these projects will be notified by mail of upcoming meetings or construction information.

Street Reconstruction

- Stinson Boulevard, 37th Avenue to 40th Avenue
(Joint project with the City of St. Anthony)

Street Rehabilitation

- Zone 2: Reservoir Boulevard to Stinson Boulevard, 37th Avenue to 45th Avenue
- Zone 3: Central Avenue to Stinson Boulevard, 45th Avenue to north city limit
- Jefferson Street, 40th Avenue to 44th Avenue

Water Main Cleaning and Lining

- 40th Avenue, Central Avenue to Reservoir Boulevard and Hayes Street to Arthur Street
- Arthur Street, 40th Avenue to 43rd Avenue
- Cleveland Street, 40th Avenue to 41st Avenue

Storm Sewer Improvements

- 44th Avenue, Central to Tyler Place and Tyler Place, South of 44th Avenue
- 40th Avenue, Central Avenue to LaBelle Pond
- Silver Lake Boat Landing Pond

Mid-year recycling is on target to reach goal in Columbia Heights

Thanks to Columbia Heights residents, 882 tons of materials have been recycled through June. This is notable, and right on track to meet the year-end goal.

“Columbia Heights has done very well with the single-sort recycling carts and if each household recycles at least 39 lbs. per month we will meet the 1,826 ton goal for the year,” said Jesse Davies, of the City’s Public Works Department. “Please continue working together to keep our trash disposal costs down by recycling as much as possible.”

There are several financial benefits for recycling besides the environmental impact. The more recyclable materials that are put in the recycling bin rather than the trash will lower the overall tons of solid waste, and hence, the total cost of disposal. For example, diverting the 882 tons of reusable material from the trash saved the City’s refuse fund over \$54,000 in trash disposal fees.

As residents increase their recycling efforts, they may also notice a decrease in refuse, making it possible to save money by switching to a smaller and less expensive garbage container.

Recycling is contracted for collection every-other-week. If residents need a larger container they can exchange their current 60-gallon recycling cart for a 90-gallon recycling cart at the same flat rate of \$2.93 per month. The contractor will always collect extra recycling outside of the container if prepared properly (use the old recycling box or paper bags). If you have a large amount to recycle after moving, holidays, parties, or spring/fall cleaning, you can take your items to the City’s Recycling Center (see page 11). Materials collected at the center are added to the residential total.

Columbia Heights invites questions and ideas for recycling, call (763) 706-3700 or email Publicworks@columbiaheightsmn.gov.

Fall street sweeping begins in September

The City 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.



Keep alley vegetation trimmed

Proper and timely trimming of vegetation in the alleys provides residents and 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 approximately 15 feet.

REFUSE, RECYCLING AND YARD WASTE

Advanced Disposal Services, Inc.

(formerly Veolia ES)

Customer Service Phone: (763) 225-8705

E-mail: columbiaheights-ads@advanceddisposal.com

Website: www.advanceddisposal.com/mn/saint-paul/saint-paul-collection/guideline/columbia-heights-mn

Anoka County Integrated Waste Management

Phone: (763) 323-5730

Website: www.anokacounty.us/355/Integrated-Waste-Management

City Refuse/Recycling website

www.ci.columbiaheights.mn.us/index.aspx?nid=223

Public Works Department Phone: (763) 706-3700

Holiday Schedule

Labor Day, Sept. 7: Monday – Friday service delayed by one day

Veterans Day, Nov. 11: No delay in service

Thanksgiving Day, Nov. 26: Thursday and Friday 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

- Collection ends Nov. 28th or sooner if snow cover
- Bag (ASTMD6400 compostable only) or bundle branches.
- Place on the street curb.
- Anoka County yard/tree waste site (763) 767-7964.
- Yard waste carts are available to residents. Order by calling (763) 706-3700.

Computers/Electronics Disposal

Electronics must be properly disposed of due to the hazardous nature of the material. Please call Advanced Disposal Services at (763) 225-8705 to schedule a pickup. A flat \$5.00 collection fee will be charged. Items must come from the property. You may also drop items off at various disposal sites, which may charge a fee.

- www.anokacounty.us/1653/Search-the-Recycling-and-Disposal-Direct.

Bulk Collection

To ensure timely pickup of bulky items such as furniture and mattresses, please call (763) 225-8705 to arrange for collection before placing outside. Items must have come from the property.

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.

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: www.anokacounty.us/369/Household-Hazardous-Waste-Facility

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:

- | | |
|---------------------------------------|----------------------------|
| • Metal | • 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.

Organics drop-off: Call (763) 706-3700 to order a free starter kit and required bags for disposal.

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

RECYCLING TIP:

Take household and garage metal items to the Columbia Heights Recycling Center. Bring anything that is mostly metal to the scrap metal bin, free of charge. This includes items such as chairs, tables, lamps, stands, pots, pans, grills, plant hangers, rods, buckets, tools, fencing and yard equipment.

Please tell us about your recycling success

Why do you think it is important to recycle? Does your household recycle on a regular basis? Have you developed a good system for recycling? We'd like to share recycling stories in future newsletters, so please call Sue at (763) 706-3700. A household recycling basket will be offered to those whose stories are published.

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



Seagram's Vodka
750 ml

\$6.97



Coupon expires 9/26/15. 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



Malibu Rum
liters
(all flavors)

\$13.97



Coupon expires 9/26/15. 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



Mike's 12 pack
bottles & cans
(all flavors)

\$11.97



Coupon expires 9/26/15. 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



Special Export
Regular & Light
30 cans

\$13.97



Coupon expires 9/26/15. 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



Heineken, Heineken
Light, & Amstel Light
12 bottles
& cans

\$11.97



Coupon expires 9/26/15. 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



Skinny Girl Prosecco
750 ml

\$5.97



Coupon expires 9/26/15. 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



Brancott
Sauvignon Blanc
750 ml

\$8.97



Coupon expires 9/26/15. 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



Luccio Sparkling Wines
750 ml
(all types)

\$5.97



Coupon expires 9/26/15. While supply lasts. No further discount. Store not responsible for typographical errors.