# Heights Recreation FALL 2016 Happenings © 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

**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 12

Mondays: Columbia Academy

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, look for Recreation Department, Hylander Center.



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

Wednesday, September 21st Game time: 7:10 p.m.

The Recreation Dept. has 45 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!**

First come first served.

**Time:** Check in at Murzyn Hall at 6:00 p.m. **Fee:** \$5.00 per person **Activity** # 1147-16





Inside you'll find Adult Exercise, Women's Self Defense Class, Youth Sports - Football, Basketball, Wrestling, Tae Kwon Do, Gymnastics, Dance, Enrichment Programs, Youth Theater, School Release Trips, Senior Aerobics & Information, and Murzyn Hall Rental Information.

## **Recreation 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 4:30 p.m.
The office will be closed on
September 5,
November 11, 24, & 25, 2015

#### 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: 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.



## Columbia Heights Recreation Mission Statement

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

#### **REGISTRATION INFORMATION**

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 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. The scholarship will cover 75% of the program fee (maximum discount is \$25); the remaining 25 percent needs to be covered by the client. 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.columbiaheightsmn.gov. 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!

#### Heights Art Fest Fall 2016

Wed., October 26th 6:00 - 9:00 p.m. Inside Murzyn Hall 530 Mill St.



After the success of the first Heights Art Fest we are hosting another one for Fall. Please join us for this community event at Murzyn Hall.

Area Artist/Vendors, Coloring Contest, Children

Activities, Live Music, Food Trucks, Beer/Wine Samples, Lions Club Cash Bar Available.

Sponsored by Vanessa Bray and the CH Recreation. Questions, comments, interested participants please contact Vanessa, vanessabraymusic@gmail.com

#### The Mayor's Taste of Columbia Heights Holiday Kickoff

Friday, November 18 6:00 - 10:00 p.m. Murzyn Hall 530 Mill St.

Mark your calendar now to attend this festive event and taste some of the local restaurants in our great city. Local food, drinks, live music & fun! Free admission. \$2 per ticket per food sample. 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.









#### 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 Murzyn Hall for wedding receptions, meetings, parties, banquets, etc.



Our spacious banquet hall 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 photos of Murzyn Hall on our website at: <a href="www.columbiaheightsmn.gov">www.columbiaheightsmn.gov</a>.

Residents of Columbia Heights receive a 25% discount off of the rental fee. We invite you for a tour or call 763-706-3737 for the Murzyn Hall information line. Reservations may be made Monday through Friday from 8:00 a.m. to 4:30 p.m. at 763-706-3734, or in person at the Recreation Office inside Murzyn Hall.

#### Jr. Hylander Basketball Boys and Girls, Grades 3 - 6

For 3rd & 4th Grades this program will focus on fun, instruction, and skill development. Possible scrimmages.

The 5th & 6th Grade league will focus on fun, instruction, skill development and organized games.

5th & 6th Girls Games Saturdays @ Immaculate Conception School; 5th & 6th Boys Games 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 3-4Boys Grades 5-6Schedule TBDSchedule TBDActivity #1530-16Activity #1533-16The City Gym at the Hylander Center

Girls Grades 3-4
Schedule TBD
Activity #1523-16
The City Gym at the Hylander Center

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

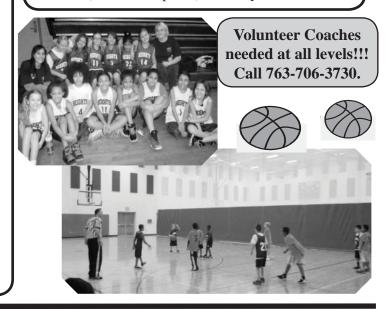
This clinic will focus on beginning fundamentals, instruction, skill development, and fun. Join Coach Aaron for this introduction to basketball. The clinic is for 5 sessions on Tuesdays & Thursdays in October. Early Bird Registration by Sept. 13th.

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

When: Tuesdays & Thursdays, October 4, 6, 11, 13, &

18 a showcase finale

**Time:** 6:00 pm - 7:15 pm **Where:** Hylander Gym **Fee:** \$25 (\$30 after Sept. 13) **Activity** # 1510-F16



## CH BASKETBALL ASSOCIATION FALL SKILLS WORKOUTS

Who: Boys & Girls 5th - 8th grade

When: Early September - Late October 2016

**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 grades5th through 8th.

Questions, contact Aaron Goff at 763-568-8860, or email rexuppert@yahoo.com

#### TRAVELING BASKETBALL

**I 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 Basketball Program.
  - Family discount for two or more siblings
  - \$60 for a new uniform if you don't have one from last year.

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

#### WRESTLING

The CH Youth Wrestling program is gearing up for another season and would like YOU to join in on the fun! 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 coach. Practice days determined by coaches.

**Who:** 2nd - 8th Grades **When:** late November – March

**Time:** To be determined by coach availability **Fee:** \$40 (\$45 after Oct. 31) & \$40 uniform deposit Held at the CH High School Wrestling Room.

\*\*Volunteer Coaches NEEDED for this program to run\*\*





### 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 3 - October 15 \* No Class Oct 1st Time: 10:00 am - 10:45 am Where: Huset Park East

Fee: \$20 (\$25 after registration

deadline Aug. 26) **Activity** # 1806-16

## 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. VOLUNTEERS NEEDED to help make this program successful!

Who: Boys & Girls, K-2nd grade When: Saturdays, September 10 -

October 15

Time: 11:30 am - 12:45 pm Where: McKenna Park

**Fee:** \$20 (\$25 after registration

deadline Aug. 26) **Activity** # 2055-16







#### 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 20

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. Waiver signed





by parent! No food or beverages allowed, bring \$\$ for concessions/ lunch. Min 25/Max 50 Reg. deadline Oct. 13

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

When: Thursday, October 20 Drop off & Pick up, Murzyn Hall

**Drop-off:** 10:00 am **Bus leaves** 10:15

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

**Activity** # 4150-F16 **Fee:** \$16



## Horseback Riding Friday, October 21

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. 14.

Who: 4th - 9th graders When: Friday, October 21 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 # 2440-16** 

#### Register online **CHRECONLINE.org**

## TNT (Teens N Togetherness) Youth Lounge 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 13

**Time:** 3:30-5:30 pm- Students must sign in by 4:00 Where: Murzyn Hall Youth Lounge, lower level

Fee: FREE



#### 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 13. The first meeting and rehearsal will be on Tue., Nov. 1st, 3:45-5:30 p.m. A regular schedule will be set at that time.

Who: 6th grade & up

When: Tuesdays at 3:45-5:30 pm beginning Nov. 1st. Times/dates changes may occur based on

the actor's schedules. Where:

Theater Rm. lower level Murzyn Hall

Fee: \$20 **Activity #** 1151-16



## **Enrichment Programs**

Harvest Fest Thursday, October 27th

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, and prizes, getting a photo taken and more!! We may even have a fall puppet show. Max of 25.

Pre-registration required.



Who: 4 years old - 3rd grade When: Thursday, October 27 Time: 6:00 pm - 7:30 pm

Where: Senior Center lower level at

Murzyn Hall

**Fee:** \$8 per child (no charge for adults) Preregistration required as we can only

take 25 participants. **Activity** # 2601-16



PUPPETEERS NEEDED!!!! Puppeteers are needed for the

Harvest Fest puppet show on Thursday, October 27th. Rehearsal October 11 & 13, 5:30-7:30 in the Theater Room, lower level Murzyn Hall. Perform the show at the Harvest Fest on Thursday, October 27.

Who: 4th grade & Up When: Tues. Oct 11 & Thurs. Oct. 13,

Performance Thursday, October 27 **Time:** Rehearsal 5:30 pm - 7:30 pm

Where: Theater Rm lower level Murzyn Hall

**Fee:** \$5 **Activity** # 1167-16



#### **DANCE** Mondays Sept. 12 - Nov. 14

Miss Renee 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 Sept. 12 - Nov. 14 \*no class Oct. 24 & 31

Who: Preschool 3 & 4 years old

When: Mon. 5:00 - 5:45

**Activity** # 1210-F16 Min 5/Max 10

**Who:** 1st & 2nd grades **When:** Mon. 6:30 - 7:30

**Activity** # 1212-F16 Min 5/Max 15

Who: 5 years old & Kindergarten

When: Mon. 5:45 - 6:30

**Activity** # 1211-F16 Min 5/Max 10

**Who:** 3rd - 5th grades **When:** Mon. 7:30 - 8:30

**Activity** # 1213-F16 Min 5/Max 15



## **Enrichment Programs**

#### **GYMNASTICS**

Jolene Miske is the Head Gymnastics Coach at CH High School. She started coaching in 2006 at Irondale High school. Jolene has actively been in the sport for over 20+ years, as a gymnast and coach. 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 at the Columbia Heights High School



#### WEDNESDAY SESSIONS Aug. 10 - Sept. 14 | 2nd Session Sept. 21 - Nov. 2 \*No class Oct. 26

Mommy & Me 18 mo. - 2 1/2 Year Olds | 30 Min Class | 4:00-4:30 Wednesdays

**1st Session | Aug. 10 - Sept. 14 | Fee:** \$27 | **Activity** # 1199-F16

2nd Session | Sept. 21 - Nov. 2 \*No class Oct. 26 | Fee: \$27 | Activity # 1193-F16

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.

#### Mighty Tykes 3 & 4 Year Olds | 30 Min Class | 4:30-5:00 Wednesdays

1st Session | Aug. 10 - Sept. 14 | Fee: \$27 | Activity # 1200-F16

2nd Session | Sept. 21 - Nov. 2 \*No class Oct. 26 | Fee: \$27 | Activity # 1194-F16

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

1st Session | Aug. 10 - Sept. 14 | Fee: \$30 | Activity # 1201-F16

2nd Session | Sept. 21 - Nov. 2 \*No class Oct. 26 | Fee: \$30 | Activity # 1195-F16

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. 9 - Sept. 13 | 2nd Session Sept. 20 - Nov. 1 \*No class Oct. 25

Shooting Stars (lvl 1) Ages around 5-8 | 45 Min Class | 4:30-5:15 Tuesdays

1st Session | Aug. 9 - Sept. 13 | Fee: \$30 | Activity # 1202-F16

2nd Session | Sept.20 - Nov. 1 \*No class Oct. 25. | Fee: \$30 | Activity # 1196-F16

This class will 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

1st Session | Aug. 9 - Sept. 13 | Fee: \$30 | Activity # 1203-F16

2nd Session | Sept. 20 - Nov. 1 \*No class Oct. 25. | Fee: \$30 | Activity # 1197-F16

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. These basic skills are crucial to achieve success in the next levels.

#### Leapers (lvl 3) Ages around 6-10 | 60 Min Class | 6:00-7:00 Tuesdays

1st Session | Aug. 9 - Sept. 13 | Fee: \$30 | Activity # 1204-F16

2nd Session | Sept. 20 - Nov. 1 \*No class Oct. 25. | Fee: \$30 | Activity # 1198-F16

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.

## **Youth & Adult Programs**

#### Women's Self-Defense

Elvira Malone, 1st Dan Black Belt, will teach you what to do and say when confronted by an attacker. Prepare mentally and physically on how to take control of the aggressor. Practice escapes, restraints, and strike points to gain a self-defense edge. Wear loose clothing for class. Min 7/ Max 15. Future classes may be offered at the end of the Tae Kwon Do sessions.

**Who:** Women & youth 8 yrs old and up **Where:** Edgemoor Rm, Murzyn Hall

**Time:** 6:00 - 8:00 p.m. **When:** Thursday, October 27

**Session** # 2240-F16

Fee: \$22



### 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. 7 - Oct. 26

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

Where: Edgemoor Rm, lower level Murzyn Hall

**Fee:** \$40 **Activity** # 5101-F16

When: Wed. Nov. 2 - Dec. 21

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

**Fee:** \$40 **Activity** # 5102-F16

#### 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. 22 - Oct. 13 Fee: \$35 Activity # 2231-F16

Winter Session: Thursdays, Nov. 10 - Dec. 8 \*No Classes Nov. 24 Fee: \$35 Activity # 2234-W16

#### 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. 15 - Oct. 20

**Level 1:** Beginner/No belt **Time:** 6:00 - 6:45 pm **Fee:** \$47 **Activity** # 2232-F16 **Level 2:** White belt & higher **Time:** 6:45 - 7:30 pm **Fee:** \$47 **Activity** # 2233-F16

When: Winter Session: Thursdays, Nov. 3 - Dec. 15 \*No Classes Nov. 24

 Level 1: Beginner/No belt
 Time: 6:00 - 6:45 pm
 Fee: \$47
 Activity # 2235-W16

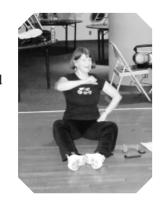
 Level 2: White belt & higher
 Time: 6:45 - 7:30 pm
 Fee: \$47
 Activity # 2236-W16

## **Adult Programs**

#### 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. 12 - Dec. 19 \*No Class Oct 24, Nov 7 **Time:** 9:00 - 10:00 a.m. **Activity** # 8202-F16

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

#### **Thursdays**

Sept. 15 - Dec. 15 \*No Class Oct 27, Nov 24 9:00 - 10:00 a.m. # 8204-F16 \$33.00 - 12 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. 13 - Dec. 20 \*No class Oct 25, Nov 8

**Time:** 6:30 - 7:30 p.m. **Activity** # 8206-F16

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

#### Thursdays

Sept. 15 - Dec. 15

\*No class Oct 27, Nov 24

6:30 - 7:30 p.m.

# 8207-F16

\$33.00 - 12 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:** 6:30 - 8:00 p.m.

Session 1: Thursdays, Sept. 1 - Oct. 20 **Fee:** \$10 **Activity** # 2653-F16 Session 2: Thursdays, Oct. 27 - Dec. 22

\*No class Nov. 24

**Fee:** \$10 **Activity** # 2654-W16

#### **Register online** www.CHRECONLINE.org





## REGISTRATION INFORMATION

PARTICIPANT INFORMATIC Mail or Bring to: <b>Columbia Heights</b>	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: 763-700	se print & complete all information Heights, MN 55421 ph: 763-706-3730
Participant Last Name:	First Name:	
Grade: Birthdate:	Male or Female: Email Address:	
Address:	City:	State: Zip:
Parent/Guardian:	Home Phone:	Work Phone:
Additional Info/Special Needs:	Cell Phone:	
Emergency Name & Phone #:	School:	
7	ACTIVITY / PROGRAM INFORMATION	N.
Activity Name	Activity Location	Activity # Fee
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	*Make Checks payable to "City of Columbia Heights"	Total Due =
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changes.		
1, Ine Undersigned, participant, do hereby agree to participate in of Columbia Heights harmless from and against any and all liabili out of. or in any way connected with, participation in this activity.	gree to participate in the aforementioned activity(ies), and I further agree to indemnify, and hold the City ist any and all liability for any injury which may be suffered by the aforementioned individual(s) arising ation in this activity.	11 Turther agree to indemnify, and hold the City ed by the aforementioned individual(s) arising
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FOR OFFICE USE ONLY		
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## **Adult & Senior Citizen Information**

#### **Senior Center**

The CH Senior Center, (lower level of Murzyn Hall, 530 Mill Street NE.) provides educational, social, and recreational programs to those 55 years and older in the community. The center is open Monday - Friday from 9:00 a.m. to 4:00 p.m. and is handicapped accessible. For more information call 763-706-3735. Visit the City website www.columbiaheightsmn.gov 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 = \$26, 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 Monday of every month in the main hall from 1:00 to 1:45 p.m. Provided by the CH Fire Department.

## **Recreation Highlights**

SUMMER Please register early for all Recreation programs so that we can ensure each

 $F_{UN} 2016$  program will be a success!









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

## Benvenido

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 2016

#### City, school district share national award

Heights Pride is flowing – and with good reason! The City of Columbia Heights has been selected by the National Civic League (NCL) as a 2016 All-American City for innovative and effective community problem-solving.

Only 10 cities in the country were chosen for this honor and Columbia Heights is the only city in Minnesota to be selected this year.

"These All-America cities are doing amazing work to engage their communities in helping to assure the well-being of young people," said Doug Linkhart, president of the non-profit NCL. "We're constantly impressed by their innovation and dedication in bringing together groups and individuals together to address critical issues."

All-America City
NATIONAL CIVIC LEAGUE

T 2016

Columbia

Heights

To make the case, a contingent of Columbia Heights community members traveled to the NCL conference in Denver in June and gave a 10-minute presentation to a panel of 10 judges. The group described how Columbia Heights works together to tackle challenges, achieve positive results, and create a strong community. The Columbia Heights group included students, community members and city and school district leaders such as Mayor Gary Peterson, City Manager Walt Fehst, Police Chief Scott Nadeau and District 13 Superintendent Kathy Kelly.

The criteria for earning this year's award included impact, inclusiveness, public engagement and the use of collaborative problem-

National Award, continued on page 2



The brand new Columbia Heights Public Library attracted over 5,000 visitors during the first week it was open. The new library is a wonderful resource for community members of all ages. The children's area, above, went from underground to above ground in a bright new space with big windows. Read more on Page 4.

#### City offices on ballot Nov. 8

The General Election will take place on Tuesday, Nov. 8, with polls open from 7 a.m. to 8 p.m. The office of Columbia Heights Mayor (two-year term) and two Councilmember positions (four-year terms) will be on the ballot. Locate your polling place at http://pollfinder.sos.state.mn.us/.

Columbia Heights residents who are unable to go to their polling place on Election Day may cast an absentee ballot by mail or in person from Friday, Sept. 23, to Monday, Nov. 7. Voters can download the absentee ballot application at www.anokacounty. us/absenteevoting. Voters also can call (763) 323-5275 to have an absentee ballot application sent to them.

In-person absentee voting is available Monday through Friday during normal business hours (8 a.m. to 4:30 p.m.); from 10 a.m. to 3 p.m. on the Saturday before the election, and until 5 p.m. on the day before the election. For more information, go to: www. anokacounty.us/elections or www.sos.state.mn.us or contact the Columbia Heights City Clerk at (763) 706-3611.

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Residents tour compost facility	age 10 •



www.columbiaheightsmn.gov

#### City to update plan for the future

Every 10 years, the City of Columbia Heights updates its Comprehensive Plan. The plan represents a community's long range vision of how it wants to grow and change, develop land, ensure adequate housing, provide public infrastructure, and protect natural areas. Comprehensive Planning reflects community goals and objectives, anticipates future needs and addresses our responsibility for future generations. The city has until Dec. 31, 2018 to update the current the plan.

Since Columbia Heights is located in the seven-county metro, our comprehensive plan must meet the requirements of the Metropolitan Land Planning Act. The Metropolitan Council will assist the city in the planning process. The city's Community Development Department oversees the production of the plan, and professional consultants are used to complete specific sections of the planning document. Additionally, a review committee comprised of community members and representatives from city departments will be formed later this year. Community members will be invited to participate at meetings throughout the planning process.

If you have any questions regarding Comprehensive Planning, please contact Elizabeth Holmbeck at (763) 706-3673 or at eholmbeck@columbiaheightsmn.gov or contact the Metropolitan Council at (651) 602-1000 or http://www.metrocouncil.org/

#### City's website will have makeover

The City of Columbia Heights has been experiencing positive changes that continue to shape the dynamic of the community in which we live, work and play. The City adopted a new logo and brand identity to re-envision Columbia Heights in 2015. The new identity was adopted to highlight positive attributes and re-establish the perception of Columbia Heights, both within the city and throughout the greater metropolitan area.

In keeping with the ongoing implementation of the community branding effort, the City Council recently authorized a company called Revize Government Websites to redesign the current outdated website for the City of Columbia Heights. The new website design will feature a more modern, user-friendly interface that will be compatible with mobile devices, and will portray Columbia Heights as a successful inner-ring suburb of Minneapolis.

The new website is anticipated to go live later this fall. In the meantime, check out the website links provided below to see examples of what the new modern website could look like!

Bristol Bay Borough, Alaska: www.bristolbayboroughak.us/ Santa Rosa, New Mexico: www.santarosanm.org/

St. Petersburg, Florida: www.stpete.org/

#### National Award, continued from page 1

solving strategies linking the private, public and nonprofit sectors. The City of Columbia Heights and the Columbia Heights Public School District were cited for their strong collaborative partnerships including the City of Peace Park Initiative in the Circle Terrace Neighborhood, the Hylander gym and the new Columbia Heights Public Library. For more information, go to www.nationalcivicleague.org.

This national recognition was noticed by local media including WCCO-TV which did a story on it and the Star Tribune whose editorial page announced that "Columbia Heights deserves high praise."



"There are awards, and then there are AWARDS! The All-America City Award represents the pinnacle of awards when comparing the success of your community versus the 19,000 cities nationwide. We have had many successes over the past 10 years including several State, National and International awards earned because of the collaboration of our school district, city and police department. This most recent recognition is a fitting tribute to the citizens of Columbia Heights for their enduring spirit and support for the success of all residents." City Manager Walt Fehst

"I have never been prouder in my life of our city, our kids and our school district. We have shown to the world that we are a great community! One of the top 10 in the U.S for 2016 – but No. 1 in Heights Pride." Mayor Gary Peterson

"I am absolutely thrilled that our community has received this honor, a testament to all of the hard work and collaboration that goes into supporting our community's youth. In a nation of 19,000 cities, it is high praise to be held up as one of the 10 cities that is working hard and achieving amazing results. I also think this challenges some of the stereotypes that some have about communities like ours that are less affluent and more diverse, and proves that in the end, it's about hard work, partnerships and a commitment to excellence for all of our kids." **Police Chief Scott Nadeau** 

PHOTO BY COLUMBIA HEIGH

#### Process to develop budget for 2017 is underway

Development has begun on the Columbia Heights city budget for 2017. Here is a timeline of the process leading up to budget adoption by the City Council in December. Please note that these meeting dates are subject to change.

#### August 1, 2016

The 2017 Economic Development Authority (EDA) budget is approved for inclusion in the city budget.

#### August 22, 2016

The city manager's 2017 proposed city budget and tax levy is provided to the Columbia Heights City Council.

#### **September 12, 2016**

The 2017 proposed budget and tax levy is initially approved by the City Council, and shortly thereafter is made available on the city's website.

#### **December 12, 2016**

The final version of the 2017 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.

#### **Other information**

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

The city's current five-year financial plan is based on a proposed 3.25% increase in the gross property tax levy for 2017. The final determination by the city council of 2017 city property taxes will be based heavily on factors not available when this newsletter was published. These factors include any change in the area-wide fiscal disparities subsidy, which is approximately 30% of general fund tax revenue, and the results of labor contract negotiations, which are approximately 75% of general fund expense.

#### City's first multi-cultural advisory committee begins meeting

The very first meeting of the Columbia Heights Multi-Cultural Advisory Committee (MAC) in June marks a significant step in the progress of community policing within Columbia Heights. While Columbia Heights has transformed its policing methods over the last several years to better serve our diverse community, this committee will act as a direct line of communication between community members and the police department that serves them.

The Columbia Heights MAC will be modeled after the Hennepin County Joint Community Policing Program which has created MACs in several cities including Brooklyn Center, Brooklyn Park and Hopkins. The MAC will be made up of representatives from our diverse communities who will act as a bridge between police and their citizens. Members must live, work, worship or learn in the city and they must be committed to positive change and growth in our community. Meetings will take place monthly throughout the city, hosted by the police department in arenas that foster openness and sharing. Informa-

tion about current events will be discussed, shared and brought back into the community as a tool for transparency. Ideas for more effective community outreach will be discussed so that no one is left behind and to ensure that all community programs are tailored to meet the needs of everyone.

The Columbia Heights Police Department created this MAC by reaching out to community members who have served as stakeholders within our community and been willing to use their voices as positive tools for change. "In a short period of time, the MAC consisted of over 10 highly-motivated members and it will continue to grow in both numbers and effectiveness," said Sgt. Justin Pletcher. "Creation of the MAC marks the beginning of many great things."

If you are interested in joining the Columbia Heights Multi-Cultural Advisory Committee and you meet the criteria of living, working, worshipping, or learning in the city and are at least 16 years old, then please contact Sgt. Justin Pletcher at JPletcher@columbiaheightsmn.gov for more information.

#### Peltier named as city's 2016 Humanitarian of the Year

Bob Peltier received the 2016 Humanitarian of the Year award at the Columbia Heights City Council meeting in June. Councilmember Bruce Nawrocki expressed his appreciation to Bob, describing him as a great citizen, deserving of the award, and thanked him on behalf of the community.

Bob received a total of nine nominations for the award which is presented each year to one resident of Columbia Heights who has unselfishly contributed his/her time and effort to helping people and promoting better understanding between people. Bob spends a great deal of time



Mayor Gary Peterson, right, presented the 2016 Humanitarian of the Year Award to Bob Peltier in June.

volunteering at Southern Anoka County Assistance (SACA) where manager Dave Rudolph says Bob is an integral part of the local food shelf's operation.

Bob also spends time volunteering with Immaculate Conception Church and School, assisting with funeral lunches, pancake breakfasts and movie nights. Bob served on the city's Cable Commission, was a past president for the Columbia Heights Lions, a caretaker for his wife, and a Boy Scout leader. The theme of Bob being a willing volunteer with a cheerful attitude was repeated throughout the nominations.

4 LIBRARY

#### **COLUMBIA HEIGHTS PUBLIC LIBRARY**

3939 Central Ave. NE

Information and Reference: (763) 706-3690

At-home Service: (763) 706-3681

Renewal: (763) 717-3261

www.anokacountylibrary.org www.ci.columbia-heights.mn.us

Cable Channel 19

www.facebook.com/ColumbiaHeightsPublicLibrary

#### **Library Hours**

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

#### Library Closed

Labor Day Weekend: Saturday – Monday, Sept. 3–5

Veterans Day: Friday, Nov. 11

Thanksgiving: Thursday and Friday, Nov. 24 & 25

#### **Adult Programs**

Mark your calendar!

## Spaghetti Dinner Fundraiser

Columbia Heights Library Foundation Wednesday, Sept. 14, 4:30 to 7 p.m. Murzyn Hall, 530 Mill St. NE



## **Conversation Circles** for English learners

Wednesdays and Thursdays at 1 p.m.

Conversation Circles is an informal gathering of Englishlanguage adult learners who meet at the library to practice their speaking skills in a group setting.

#### **Scrabble Club (Adults)**

Tuesdays, 6:30 p.m., Sept. 20, Oct. 18, Nov. 15

Exercise your brain and challenge others to a friendly game of Scrabble — or another word-related game. Hosted by the Friends of Columbia Heights Library. No need to register; just come when you can!



#### **Senior Surf for Adults 55+**

Wednesdays, Sept. 7, Oct. 5, or Nov. 2, 9:30 to 11:30 a.m. Learn computer basics, how to navigate and search the Internet and how to access websites of interest to seniors. Register online for any session or call (763) 706-3690. Presented in collaboration with Minnesota Board on Aging and Metropolitan Area Agency on Aging.

#### New library opens; welcomes public

The Columbia Heights Public Library reopened in a beautiful new building at 3939 Central Ave. NE with a gala ceremony on June 25. Over 1,850 people attended the library during the grand opening ceremony, and over 5,000 visited during the new library's first week of operation.

Speakers at the grand opening included Mayor Gary Peterson; Public Works Director Kevin Hansen; Library Director Renee Dougherty; Library Design Task Force Chair Catherine Vesley; Adrian Durand of "Yes! A New Library;" and Library Foundation President Marlaine Szurek.

Architect Paul Neuhaus of Hammel, Green Abrahamson explained how good library design improves the lives of the people and the natural resources of Columbia Heights. Heights residents and music educators Leo and Kathy Lara introduced the community to the music of South America with lots of sound and movement activities for families.

Other activities included sign up for summer reading programs, demonstrations by 4-H Tech Wizards, a historical display provided by Buzz Netkow, demonstrations by the Mississippi Watershed Management Organization and a costumed storybook character. Members of the Friends of the Library distributed refreshments in the community meeting room. Nancy Hoium, with 30 years of service on the Library Board of Trustees, cut the first piece of cake.

#### **Library Book Club**

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

"Last Bus to Wisdom" by Ivan Doig Wednesday, Sept. 21, 10 a.m.

"The Girl on the Train" by Paula Hawkins *Wednesday, Oct. 19, 10 a.m.* 

"A Man Called Ove" by Fredrik Backman Wednesday, Nov. 16, 10 a.m.

#### **Nonfiction Book Club**

Fridays, Sept. 16, Oct. 21, Nov. 18 at 2 p.m.

Meet other interested readers and get ideas for new titles to add to your reading list. No need to register; just come when you can!

#### Learn to download books

Wednesday, Sept. 28, 6 to 7:30 p.m.

Learn to download books from the Cloud Library! Stop by to learn about the exciting changes coming to the Anoka County Library eBook services. This will be a combination download party, tech help and Cloud Library introduction. Bring your own device, library card and PIN.

#### **Loft Writing Class: Screenwriting**

Tuesday, Oct. 11, 6 p.m.

Learn about creating dialogue, scenes and rising action, plus script styles, craft elements, and how to jumpstart your script. Register online or call (763) 706-3690.

LIBRARY 5

#### **Teen Programs**

#### **Teen Read Week**

Oct. 9-15

Stop by the library for the daily trivia challenge and enter to win!



#### Fandom Club

Tuesdays, Sept. 20, Oct. 18, Nov. 22, 4 to 5:30 p.m.

Do you love anime? Doctor Who? Divergent? Something else entirely? Come geek out with other fans and wear your fandom like a badge. Enjoy trivia, games, and crafts. Grades 6-12. No registration required.

#### **4-H Tech Wizards**

Tuesdays, Sept 13 to Nov. 29, 4 to 6 p.m.

Tech Wizards is a free program that engages youth in small

group mentoring around technology and STEM concepts. Grades 5-8. Registration required.

#### **Japanese Junction**

Friday, Oct. 14, 2 to 4 p.m.

Explore the world of Japanese style, fabrics and culture by making your own Kokeshi doll. Kokeshi dolls are wooden stylized dolls, perfect to add to your collection or to give to a friend. Design your doll and adorn it with unique Japanese fabrics. Grades 6-12. Registration is required.

#### **Teen Advisory Board (TAB)**

TAB is a group of teens who participate in the functioning of the library and is a forum to have your opinions heard. Membership is open to grades 6 through 12. See Children's Librarian Bri for more information. The group meets on the third Saturday of each month from 2 to 3 p.m., Sept. 17, Oct. 15, Nov. 19.

#### **Children's 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 your child needs to succeed. Visit the Columbia Heights Public Library and sign up to get one!

#### **LEGO Club**

Thursdays, Sept. 8, Oct. 13, Nov. 10, 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-6. Registration not required.



#### **Maker Club**

Wednesdays, Sept. 28, Oct. 26, Nov. 30, 3:30 to 4:30 p.m. Calling all tinkerers, creators and crafters! Join us after school for STEAM related projects. For grades K-5. Registration not required.

#### **READ Dogs**

Real dogs in the library?! Participants may register for a 15-minute one-on-one session with a therapy animal who loves to hear children read out loud and boost their reading skills. Registration required.

#### **Paper Boats**

Thursday, Oct. 20, 2 to 3 p.m.

Make your own paper boat and join storyteller Paulino Brener in this entertaining, multicultural and multilingual storytelling fest for families! No registration required.

#### Frogs, Volts and Vinegar

Friday, Oct. 21, 2 to 3 p.m.

Every device in your hand runs on a battery, but where did the battery came from? Join the Bakken Museum in a program that takes you through the engaging story and experiments involved in one of the most vital engineering feats in history: the battery! For grades 2-6. Registration required.

#### **Block Party**

Friday, November 18, 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 children ages 2-5 and their parents or caregivers. Registration not required.

#### **Storytime @ the Library**

Sept. 12 to Nov. 15

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

Toddler storytime, 18 months to 3 years

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

Preschool storytime, ages 3 to 5

Tuesdays, 10:30 to 11 a.m.

#### **Baby Read, Baby Grow**

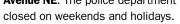
Thursdays, Sept. 15 to Nov. 17, 10:30 to 11:15 a.m.

Baby Read, Baby Grow is a program for infants ages birth to 24 months and their parents and 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 4:30 p.m. The telephone number is

(**763**) **706-8100**. The office is located in the Public Safety building, **825 41st Avenue NE**. The police department is



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, and follow us at twitter.com/colhgtspolice.



**Community Service Officer Jerry Wellman** 

#### **Spotlight: Officer Jerry Wellman**

Community Service Officer (CSO) Jerry Wellman has filled numerous roles in law enforcement. After serving in the Marine Corps from 1986 to 1994, Jerry joined the Columbia Heights Police Department (CHPD) as a reserve officer from 2000 until 2005. Since then, Jerry has held the position of full-time CSO.

Jerry has a lot of variety in his job. He is involved in the "Bike Give-Back," a police-sponsored program that gives recovered and reconditioned bikes to children. He also enjoyed participating in a senior appreciation event in the spring. Ordinance violations and animal-related issues all get funneled to Jerry, who is the department's expert in those types of police calls. One of the most challenging parts of Jerry's job is training and mentoring new CSOs, but it also the most gratifying. "It is rewarding to see a new CSO come in with no law enforcement experience and then see them progress to becoming a police officer," said Jerry.

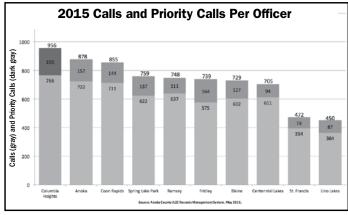
He has seen the city change over the years and enjoys seeing how the police department has changed in response. "I like the sense of community in Columbia Heights because it is beyond other places I have worked and lived," he adds. Outside of work, Jerry spends time with family and enjoys traveling, hunting, fishing and studying martial arts. He served on the Animal Control Association Board for two years, which shows his passion for helping animals.

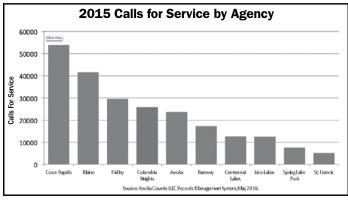
## Data shows department is busy, progress being made

The Columbia Heights Police Department (CHPD) responded to 25,817 service calls in 2015 which ranked it 4th among 10 Anoka County police agencies in the number of calls received. Response calls are classified by the dispatch center based on priority. Low priority calls would include such issues as lost property reports, vandalisms and animal calls. Priority calls would include crimes that are in progress, medicals and injury accidents. In 2015 the CHPD responded to 5,130 calls that were considered priority.

The CHPD has 27 officers which breaks down to 956 calls per officer each year. The CHPD has the highest Calls-Per-Officer ranking in the county. This is a significant jump from being 4th in the county for total calls to 1st in calls per officer.

Analysis of the calls includes response time to each priority call. Columbia Heights is again among the leaders in the county ranking 3rd lowest in response time to calls. "This low average response time means a great deal to us," said Chief Scott Nadeau. "Our officers are able to handle a large number of calls while still responding within a timely manner."





The CHPD also works to create community partnerships. In 2015, partnerships included first aid training that resulted in being named a HeartSafe community, a community picnic attended by over 200 residents, meetings with dozens of students for cultural outreach, rental property owner training, and Coffee with a Cop. In 2015, CHPD staff members contributed over 6,062 hours towards community policing activities, including partnering with Big Brothers Big Sisters to mentor students and a reading program with officers visit-



**Donna Schmitt** 

**Bobby Williams** 

**Gary Peterson** 

John Murzyn, Jr.

**Bruce Nawrocki** 

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.columbiaheightsmn.gov.

**Gary Peterson,** Mayor (763) 788-7517 (c) (612) 978-9858 gpeterson@columbiaheightsmn.gov

**John Murzyn, Jr.,** Council Member (763) 781-4983 jmurzynjr@columbiaheightsmn.gov

**Bruce Nawrocki,** Council Member (763) 571-1311 bnawrocki@columbiaheightsmn.gov

**Donna Schmitt,** Council Member (763) 788-4905 dschmitt@columbiaheightsmn.gov

**Bobby Williams,** Council Member (763) 788-1113 (c) (612) 414-3981

rwilliams@columbiaheightsmn.gov

#### Police data, continued from page 6

ing classrooms to talk about bullying prevention.

One of the biggest undertakings was both proactive and preventative. Members of the department are spearheading the City of Peace Park project for the Circle Terrace Neighborhood. A new park building will offer a wide variety of educational programming for residents along with social services support and recreation events. This collaborative effort includes many city departments, county officials, politicians and lots of hard work on everybody's part.

What does all of this mean for crime in Columbia Heights? An analysis of data available from the Bureau of Criminal Apprehension (BCA) from 2006 through 2014 (the latest year for which data is available) shows that crime in Columbia Heights has decreased by a remarkable 54%.

"We report these numbers with pride, knowing the residents have been a large part of this crime reduction by calling us when they see issues that need addressing," said Nadeau. "Fast response times, reducing crime, youth outreach, and community involvement are all part of the story behind the numbers. We choose to make time for Community Oriented Policing and we believe we can make a difference."

#### **IMPORTANT PHONE NUMBERS**

Police/Fire/Medical Response 911
If you cannot complete your call
using 911 (763) 427-1212
CITY OFFICES(763) 706-3600
TTY/TDD (763) 706-3692
Mayor & City Council (763) 706-3607
City Clerk (763) 706-3611
City Manager (763) 706-3610
Personnel-General (763) 706-3606
Assessing (763) 706-3700
Garbage/Refuse Pick-up/
Recycling (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

Bldg. Permits/
Licenses (763) 706-3678
Recreation Dept (763) 706-3730
Recreation Director (763) 706-3732
Senior Programs (763) 706-3735
Athletics Coordinator (763) 706-3733
Youth Enrichment
Coordinator (763) 706-3733
24-Hour Info. Line-Murzyn Hall info.,
Weather Cancellations,
Directions(763) 706-3737
Murzyn Hall Rental (763) 706-3734
Columbia Heights
Public Library (763) 706-3690
U.S. Post Office,
940 44th Ave. N.E800-275-8777

8 FIRE DEPARTMENT

#### 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

Fire Department Office Hours: 8 a.m. to 4:30 p.m. Access to the Fire Department during city business hours is through the main lobby. During evenings and weekends, firefighters 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.





Follow and Like us on Facebook and Twitter!

#### **Attend Fire Department Open House**

Come join the Columbia Heights Fire Department at an Open House on Saturday, Sept. 24 during Fire Prevention Week! This year's National Fire Prevention Association's theme is "Don't Wait - Check the Date! Replace Smoke Alarms Every 10 Years."

Along with information about smoke detectors, the event will feature these family-friendly activities:

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

#### **Cooking is major cause of home fires**

Last year in Minnesota, the leading cause of structure fires was cooking which caused nearly \$6 million in damage. The top two factors in cooking fires were unattended equipment and combustibles too close to a heat source.

How you can prevent cooking fires:

- Stay in the kitchen when cooking.
- If you leave the room, turn off the stove and move the pan from the burner.
- Keep things that can burn oven mitts, towels, and wooden spoons three feet from the stove.
- If a fire starts, slide a tight-fitting lid on the pan and turn off the
- Avoid loose-fitting clothing that can easily catch fire.

## Get free installation of smoke detectors in your home

The Columbia Heights Fire Department has partnered with the American Red Cross to offer FREE smoke alarm installations for private homes in Columbia Heights and Hilltop. Included in the installation, firefighters will also offer a FREE home survey for fire prevention tips and will also answer questions about fire safety.



The American Red Cross is focused on reducing deaths and injuries caused by home fires by 25 percent over the next five years. The Red Cross asks every household in America to take two simple steps to help save lives: check or install smoke alarms and practice fire drills at home. Locally, the Red Cross and the Columbia Heights Fire Department are teaming up to install the free smoke alarms in Columbia Heights and Hilltop resident's homes.

"Having a working smoke alarm in your home cuts your chances of dying in a fire in half," says Fire Chief Gary Gorman. "This makes smoke alarms the most effective early warning device you can have."

To schedule an appointment for your smoke detector installation, call (763) 706-8158.

#### **Smoke alarms save lives**

Did you know?

- Smoke alarms should be tested monthly.
- Smoke alarm batteries should be changed at least once a year.
- All smoke alarms should be replaced every 10 years. To find out how old a smoke alarm is, look at the date of manufacture on the back of the alarm. If it is beyond 10 years from the date printed on the back, you need a new one.
- Working smoke alarms cut in half your risk of dying in a residential fire.
- Families have as little as two minutes to safely escape a burning home.

#### What you need to know about smoke alarms:

- Install smoke alarms in every bedroom, outside of each sleeping area and on every level of the home, including the basement.
- Interconnect your home's smoke alarms. This way, when one sounds, they all sound.
- Teach children the sound of the smoke alarm and how to exit the home/building when it sounds.
- Place alarms on the ceiling. If alarms are placed on the wall they must be no more than 12 inches below the ceiling.

## City Council will consider requirements for murals

As painted murals continue to gain popularity as a form of public art and advertising, city staff conducted research in several neighboring cities to gain a better understanding of what type



of painted murals are permitted and how the murals are regulated. Based on Columbia Heights' proximity to Northeast Minneapolis, where a plethora of painted wall murals are showing up,

the Columbia Heights City Council must determine whether painted murals should be permitted in our city.

Initial research regarding building sign and mural requirements was brought before the City Council at a work session meeting in early June. Later this year, the City Council is expected to consider changes to the city's sign code that would include new regulations for wall murals and public art. Residents and business owners interested in learning more about this process may contact the Community Development Department at (763) 706-3670.

#### Jamboree's Heights Idol

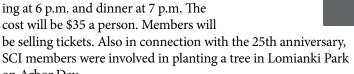


The 10th Annual Heights Idol competition was one of many events that took place during this year's Jamboree community celebration in June. Jerzie Robb, above, took first place in the youth category while Vanessa Rutter placed first among adults. Celebrity judges included Pat Proft, movie producer and Columbia Heights High School graduate; Miss US Minnesota Chelsea Swiggum; Lewis Whitlock, producer and choreographer, and Mike Morris, Minnesota Viking with KFAN/1500 ESPN radio.

#### Sister Cities group will celebrate 25th anniversary with special event

This has been a remarkable year for the Columbia Heights Sister Cities International (SCI) organization. We are celebrating our 25th anniversary with a dinner for members and guests at Crooners Lounge and Supper Club on Moore Lake on Oct. 13. There will be a social gathering at 6 p.m. and dinner at 7 p.m. The cost will be \$35 a person. Members will

on Arbor Day.



We hosted the Young Artist Showcase in January in partnership with Liz Bray from the City of Columbia Heights and Diane Scully from the Columbia Height School District. The national winner was Nathan Smoka, an 11th grader at Columbia Heights High School. He not only won \$1,000, but his art work was on display at the Sister City International Convention in Washington, D.C., and will be on display throughout the country this year. Three cheers for Nathan!

Last year, four of our police officers were part of an exchange with the police department in our Sister City of Lomianki, Poland. Columbia Heights Police Chief Scott Nadeau, Sgt. Erik Johnston, Sgt. Justin Pletcher and Officer Jason Piehn had a most amazing learning experience in Poland. This August, we hosted four esteemed visitors from Poland. They were Mayor Tomasz Dabrowski, Chief of Police Tomasz Niedzwiecki, Officer Tomasz Pyra, and Officer Tomasz Szachowski. We hope they



found their visit to Columbia Heights as informative and wonderful as our officers did when they visited Poland.

The Sister Cities group was well represented at the Jamboree parade in June. The Simoneau and Nadeau families offered two classic red convertibles for our use. Dolores Strand, Marion Bernard, Esther Guzik and Fran Jensen rode

in the cars wearing their traditional Polish costumes. Patricia Sowada and Edward and Ceil Sikorski also rode in the parade. Thank you for such grand representation.

We also participated in the community picnic at the splash pad grand opening. Gloria Bergstrom, Dolores Strand, and Patricia Sowada had a display table set up to inform people about our organization. It was great fun!

We honored our new library by contributing \$500 to the donor wall. Donations were also made to the Heights Idol Competition at the Jamboree and to the All-America City competition that took place in Denver. Our members thank the community of Columbia Heights for their support, and we also want to give our support back to the community.

You do not have to be Polish or live in Columbia Heights to join the Sister Cities International group. All are welcomed. For more information contact Co-Chairs Gloria Bergstrom at (651) 633-0506 or Dolores Strand (763) 571-1709. –Submitted by Gloria Bergstrom

10 PUBLIC WORKS

#### **Touring a compost facility**

Some of the residents who participate in the Columbia Heights' organics drop-off program toured the Full Circle Organics composting facility near Becker, MN in May. They were joined by high school Key Club students involved in the "Plate to Garden Compost" fundraiser. Aside from the smell, all were very impressed with the process of organics recycling and producing compost on an industrial scale. Call (763) 706-3700 if you are interested in joining the organics drop-off group.



#### Keep leaves from lakes to improve water quality



Nature provides our lakes and streams with more nutrients, in the form of decaying leaves, than they can process every fall. Excess nutrients lead to algae growth during warmer months and can cause the water to become green and foul smelling. Before modern development, the landscape slowly

absorbed most of these extra nutrients. But today, the storm sewer system collects runoff during rainstorms and quickly carries leaves and anything else found on city streets, sidewalks and roofs to the nearest storm drain and waterbody. Think of this as eating Thanksgiving meals on a regular basis. Your body does not require that much food and cannot use it in a way that

is good for you. The same is true of our lakes.

Instead of fertilizing your lawn, consider using your lawn mower to mulch leaves and grass clippings to provide the extra nutrients your grass needs. If you have more leaves than you can mulch into your grass this fall, consider composting them by creating a pile and turning them with a shovel or pitch fork periodically. The more you turn the compost, the quicker it becomes a useful source of nutrients for your gardens. Or, bag extra leaves for yard waste pick-up. These simple steps will protect nearby lakes and streams.

For every five bags of leaves you compost or mulch into your lawn, you are keeping up to 500 pounds of algae from growing in your favorite swimming spot, boating lake or fishing hole.

#### **Residents must trim alley vegetation**

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 15 feet. Proper and timely trimming of vegetation provides safe, unobstructed use of alleys by residents, service vehicles and emergency responders.

#### Street sweeping begins this fall

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.

#### Help prevent sewer backups by following simple suggestions

Sewer backups can cause health hazards, damage home interiors and threaten the environment. Grease is a common cause of sewer blockage. Grease gets into the sewer system from household drains as well as from poorly maintained grease traps in restaurants and other businesses.

Grease is a byproduct of cooking that comes from meat fats, lard, oil, shortening, butter, margarine, food scraps, baked goods, sauces and dairy products. When washed down the sink, grease sticks to the inside of sewer pipes (both on your property and in the street). Over time, it can build up and block an entire pipe.

Home garbage disposals do not keep grease out of the plumbing system. Also, hot water and products that claim to dissolve grease only pass it further down the line, where it causes problems elsewhere.

Please remember to:

- Never pour grease down the sink drain or garbage disposal or flush it down the toilet.
- Put strainers in sink drains to catch food scraps and other solids and then empty in the trash.
- Pour or scrape grease and food scraps into a can or the trash for disposal.

#### 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 Recycling Resource Solutions**

Phone: (763) 323-5730

Website: www.anokacounty.us/recycle

#### City Refuse/Recycling website

www.columbiaheightsmn.gov/index.aspx?nid=223 Public Works Department Phone: (763) 706-3700

#### **Holiday Schedule**

Labor Day, Sept. 5, Service delayed by one day all week Veterans Day, Nov. 11, No delay in service Thanksgiving Day, Nov. 24, Thursday and Friday services 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 containers.
- Large recycling carts are available, call (763) 706-3700.

#### **Yard Waste**

Collection ends Nov. 26th or sooner if snow cover

- Use compostable bags only and place on street curb.
- Brush should be bundled in manageable 3-foot lengths and cannot be more than 4" in diameter.
- Anoka County yard/tree waste site (763) 767-7964
- Yard carts are available, call (763) 706-3700 to order.

#### **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 \$20 scheduling 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/RecyclingDirectory

#### **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. Please try to sell, donate or recycle the items first. 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

The Anoka County Household Hazardous Waste (HHW) Facility in Blaine provides safe disposal of household products such 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. There is no charge to drop off items at the facility. For more information, visit www.AnokaCounty.us/HHW.

#### **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
- Glass and plastic (#1-7) containers
- Paper and cardboard · Household batteries
- Antifreeze

- Aluminum cans
- Any scrap metal items
- Used oil and oil filters
- Fluorescent bulbs
- · 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 metal garage 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 patio chairs and 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. Please call Sue at (763) 706-3700. A household recycling basket will be offered to those whose stories are published.

#### Organics kit available for your events

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

## 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

Newcastle 12 bottles

\$11.97



Coupon expires 9/24/16. 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

Blue Moon 12 bottles

\$12.97



Coupon expires 9/24/16. 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

Mionetto Valdobbiadene Prosecco 750 ml

\$11.97



Coupon expires 9/24/16. While supply lasts. No further discount. Store not responsible for typographical errors

#### **TOP VALU LIQUOR**



Seven Daughters

Wines \$7.97

Store #1: 4950 Central Ave. NE

Store #2: 2105 37th Ave. NE



Coupon expires 9/24/16. While supply lasts. No further discount. Store not responsible for typographical errors.

#### **TOP VALU LIQUOR**



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

Fireball 1.75 liter

\$19.97



Coupon expires 9/24/16 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

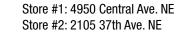
Canadian Club 1.75 liter

\$17.97



Coupon expires 9/24/16. While supply lasts. No further discount. Store not responsible for typographical errors.

#### **TOP VALU LIQUOR**





Starborough Sauvignon Blanc 750 ml

\$8.97



Coupon expires 9/24/16. 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

Schells Craft 12 Bottles

\$10.97



Coupon expires 9/24/16. While supply lasts. No further discount. Store not responsible for typographical errors.