

# Heights Happenings

## RECREATION WINTER 2016/2017



**COLUMBIA  
HEIGHTS-**  
REDISCOVER THE HEIGHTS

### TASTE OF COLUMBIA HEIGHTS HOLIDAY KICK-OFF

MEET YOUR COMMUNITY, TRY NEW FOODS, PLEASE JOIN US!

Friday, November 18th 6:00 - 9:30 p.m. Free admission. \$2 per ticket per food sample. John P. Murzyn Hall - 530 Mill St.



This special community event is meant for everyone! Sample foods from many of our local restaurants! They would love for you to stop by for a quick bite to eat or stay the whole evening and enjoy everything this wonderful event has to offer. Music from New Dawn (Nuevo Amanecer),



Scott Skaja & Friends Singers and Band; showcasing local singers, FREE wine and beer tasting from the CH Liquor Stores, Full cash bar provided by the Lion's Club. Silent Auction items by Discount 70. Questions call 763-706-3733.

**LOCAL RESTAURANTS:**  
Basha Mediterranean Wood Grill  
Karta Thai  
Chipotle  
Sarna's Classic Grill  
Royal Orchid  
Tasty Pizza  
Miller's Corner Bar & Grill  
El Tequila Mexican Grill & Bar  
Kevin Lindee Chocolatier  
Adelita's Panderia Bakery  
Heights Bakery  
Community Grounds

### 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, for basketball, and volleyball.

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

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

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

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

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

**WHERE:** Hylander Center - East Door #38  
1300 49th Avenue, on the North side of 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 Hylander Center**

**Mondays: Columbia Academy**

3:30 - 5:30 p.m. *\*School Photo ID 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. Questions contact Recreation 763-706-3730.



**ONLINE REGISTRATION** [www.chreconline.org](http://www.chreconline.org)  
Check out our City website: [www.columbiaheightsmn.gov](http://www.columbiaheightsmn.gov)  
Like us on Facebook:  
[Facebook.com/ColumbiaHeightsRecreation/MurzynHall](https://www.facebook.com/ColumbiaHeightsRecreation/MurzynHall)

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  
November 11, 24, 25,  
December 23 & 26, 2016,  
January 2, 16 & February 20, 2017



## 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 4:00 p.m. Call our information line at (763) 706-3737.



W I N T E R

## REGISTRATION INFORMATION

**Online:** [www.chreconline.org](http://www.chreconline.org). **In person or via mail at Columbia Heights Recreation, John P. Murzyn Hall, 530 Mill Street N.E., Columbia Heights, MN 55421. Drop box after hours is on the east side of building. You may also register over the phone for most activities with a Discover, Visa, or Master Card payment by calling 763-706-3730.**

•**Please make checks payable to: City of Columbia Heights.**

•**Confirmation:** Assume registration is confirmed. You will be notified only if the class is canceled or already filled. Online registrations will be placed on a waitlist if full.

### **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.**



## John P. Murzyn Hall Rental Information

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



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

[www.columbiaheightsmn.gov](http://www.columbiaheightsmn.gov)

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



## PARK RESERVATIONS

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

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

**Large Groups** 100 people or more: \$110

## NEIGHBORHOOD EVENT WAGON

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

**Reservation Fee:** \$40



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



PHOTOS:  
SULLIVAN LAKE PARK &  
HUSSET PARK WEST



## 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.

**\*Register for programs online at [www.chreconline.org](http://www.chreconline.org)**



“Community Sing Along” Like to sing or play an instrument? Do you want to share you talents with other residents of Columbia Heights and enjoy other’s music? If you would be interested in participating in a Community Sing Along please let Mayor Gary Peterson know your thoughts, 612-978-9858 or email [gpeterson@columbiaheightsmn.gov](mailto:gpeterson@columbiaheightsmn.gov).



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



**\*Register online at**  
**[www.chreconline.org](http://www.chreconline.org)**

**Spring Break Trips** Stay tuned for exciting  
 Spring Break Trips March 21st - 25th.

## Wild Chutes Snow Tubing @ Wild Mountain Tuesday, December 27



Wild Chutes Snow Tubing offers several lanes of fun including one lane set-up for double wide chains! It's great fun! Come on out and play! It's fun, it's easy, and much better than sliding in your backyard. Imagine the thrill of cruising down one of our specially formulated tubing lanes alone or with a group of friends and then effortlessly getting to the top of the hill on our conveyor lift. You just stand on it with your tube and allow it to do all of the work to pull you to the top of the mountain. No experience or special equipment is needed. Just hop in your snow tube and enjoy the ride! Bring bag lunch or money for concessions. Dress for the weather! Min 25/Max 50. Registration deadline Dec. 20.

**Who:** 4th-9th grade **When:** Tuesday, December 27

**Drop off & Pick up,** Murzyn Hall **Drop-off:** 9:45 am **Bus leaves:** 10:00 am **Pick-up:** 3:45 pm

**Fee:** \$10 **Activity #** 2407-16

## ZERO GRAVITY & A MOVIE Wednesday, December 28



We will go to Wynnsong Theaters for a PG rated movie. Bring your own money for concessions if you wish.

**\* Bring a Bag Lunch to eat on the bus.**

**Zero Gravity** (Moundsvew location) Trampoline Park-A destination for FUN! From 1:00-3:00 you can defy gravity, jump, bounce off walls, do somersaults in the air, flip into a foam pit and play dodge ball like never before. Parents need to sign a waiver.

Reg deadline Dec. 21. Min 25/Max 50

**Who:** 4th-9th grade **When:** Wednesday, December 28

**Drop off & Pick up** at Murzyn Hall

**Drop-Off:** 10:00 am

**Bus Leaves:** 10:15 am

**Pick-up:** 3:20 pm

**Fee:** \$15

**Activity #** 2408-W16

## Skiing @ Wild Mountain Friday, December 30

Have you been thinking how much fun it would be to learn how to ski, but just haven't had the chance? Learn to ski with the help from Wild Mountain ski instructor professionals. This special offer includes your lift ticket, ski equipment rental and required lesson for only \$16!

If you already know how to ski or snowboard you must test out with an instructor.

Come along and experience the different level slopes with your friends at Wild

Mountain. Bring a bag lunch along or money for concessions. Dress for the weather.

Reg deadline Dec. 22. Min 25/Max 50.

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

**When:** Friday, December 30 **Drop off & Pick up** at Murzyn Hall

**Drop-off:** 9:15 am

**Bus leaves:** 9:30 am

**Pick-up:** 3:30 pm

**Fees:** \$16 lift ticket, equipment, and lesson included! **Activity #** 2409-16



## 11th Annual CH Sister Cities International Young Artist Showcase

We are searching for local students 13-18 years of age to participate in the 2017 Young Artist Showcase. This year's theme is "We're Going Places". Local winners will receive prizes and first place winners will have the opportunity to move on to the national level.

Last year's local first place winners; artist Nathan Smoka received \$100 and his work moved on to the national level. Nathan was also the 1st place national winner. Local runners up Sherouk Mohamud and Mona Reddad.

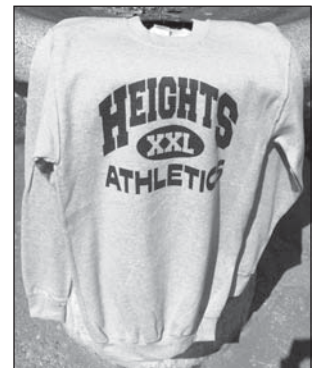


### Youth Art Exhibition at Murzyn Hall Wed., January 11 at 7:00 p.m. (local judging)

This is a wonderful community event open to everyone. Come and enjoy the open mic music performances of local students, the art exhibit, local judging, and treats. Winners will be announced at the exhibition. Sponsored by the CH Recreation Department and the CH Sister Cities organization. For information call the Recreation Dept. at (763) 706-3733.



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



SIGN UP FOR PROGRAMS AT [WWW.CHRECONLINE.ORG](http://WWW.CHRECONLINE.ORG)

A Great Gift Idea  
for Heights fans!

# Winter Season!

## TNT (Teens N Togetherness) 6th - 9th Gr

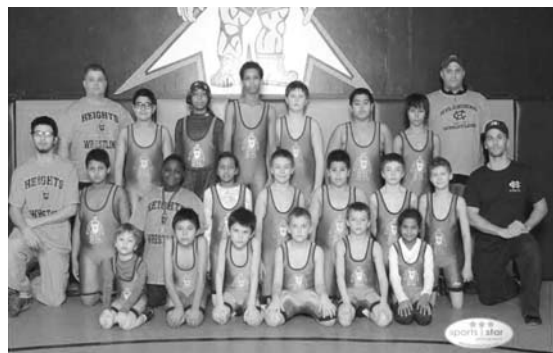
Youth Lounge NOW Open at Murzyn Hall!!! Bring your friends to hang out after school for free time. Max of 20 students. Begins Wednesday, January 4, 2017. Need 5 participants to keep open.

**Who:** 6th - 9th grade    **When:** Every Wednesday  
**Time:** 3:30 - 5:30 pm - Students must sign in by 4:00  
**Where:** Murzyn Hall Youth Lounge    **Fee:** FREE



# 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. Practices generally will be 2 days a week with possible weekend meets.  
**Fee:** \$45 & \$40 uniform deposit  
 Held at the CH High School Wrestling Room  
**Activity #** 1600-16

**\*Register for programs online at [www.chreconline.org](http://www.chreconline.org)**

## Martial Arts

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. 4 weeks.

**Who:** Youth Ages 3 - 6 years old    **Min** 8/**Max** 20

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

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

**When: Winter Session II:** Thursdays, January 12 - February 2    **Activity #** 2237-W17    **Fee:** \$35

### 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. Min 8/Max 20

**Who:** Ages 6 years old & up    **Where:** Edgemoor Room, lower level Murzyn Hall

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

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

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

**When: Winter Session II:** Thursdays, January 5 - February 9

**Level 1:** No belt - Yellow belt    **Time:** 6:00 - 6:45 pm    **Fee:** \$47    **Activity #** 2238-W17

**Level 2:** Orange belt & higher    **Time:** 6:45 - 7:30 pm    **Fee:** \$47    **Activity #** 2239-W17



## 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.

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

**Fee:** \$45

### Boys Grades 3-4

Schedule TBD

Activity #1530-16

The City Gym at the Hylander Center

### Boys Grades 5-6

Schedule TBD

Activity #1533-16

### Girls Grades 3-4

Schedule TBD

Activity #1523-16

The City Gym at the Hylander Center

### Girls Grades 5-6

Schedule TBD

Activity #1526-16

## Ice Skating

### Youth in 2nd -8th Grades

Join Sam & Erick Rolstad on Saturday afternoons for 5 weeks, January 7 - February 4 at Ostrander Park for ice skating lessons, with hot cocoa and marshmallows in the warming house. Older youth can get help with skating skill or play games.

**When:** Saturdays, January 7 - February 4

**Where:** Ostrander Park

**Who:** 2nd - 5th graders **Beginning Ice Skating**

**Time:** 1:00-2:00 pm **Fee:** \$15 **Activity #** 1214-17

**Who:** 6th - 8th graders **Skating Club Open Skate**

**Time:** 2:00-3:00 pm **Fee:** \$15 **Activity #** 1215-17



## Sports Sampler for Kids

This is a great opportunity for younger kids to get active this winter! Sam & Cassi will give an introduction to sporting activities such as baseball/softball, basketball, soccer, football, kickball, volleyball, frisbee golf, track & field, parachute, bowling, hula hoops, jump ropes, hopscotch, four square, throwing and catching. Min 10/Max 25

**Who:** Boys & Girls, 4 years - Kindergarten

**Glitter Bugs:** Tuesdays, Jan. 31 - Feb. 28

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

**Where:** Valley View Elementary Gym

**Fee:** \$15 **Activity #** 1100-W17

**Who:** Boys & Girls, 1st - 3rd Grade

**Dyno-Hites:** Tuesdays, Jan. 31 - Feb. 28

**Time:** 7:00-8:00 pm

**Where:** Valley View Elementary Gym

**Fee:** \$15 **Activity #** 1101-W17



# 8

# Youth Athletics

## **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 CH High School



**Wednesday CLASSES Nov. 9 - Jan. 4 \*No class Nov. 16 | 2nd Session Jan. 11 - Mar. 8 \*No class Feb. 15 Mommy & Me 18 mo. - 2 1/2 Year Olds | 30 Min Class | 4:30-5:00 Wednesdays**

**1st Session | Nov. 9 - Jan. 4 \*no class Nov. 16 | Fee: \$35 | Activity # 1193-W16**

**2nd Session | Jan. 11 - Mar. 8 \*No class Feb. 15 | Fee: \$35 | Activity # 1199-W17**

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 | 5:00-5:30 Wednesdays**

**1st Session | Nov. 9 - Jan. 4 \*no class Nov. 16 | Fee: \$35 | Activity # 1194-W16**

**2nd Session | Jan. 11 - Mar. 8 \*No class Feb. 15 | Fee: \$35 | Activity # 1200-W17**

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 | 5:30-6:15 Wednesdays**

**1st Session | Nov. 9 - Jan. 4 \*no class Nov. 16 | Fee: \$40 | Activity # 1195-W16**

**2nd Session | Jan. 11 - Mar. 8 \*No class Feb. 15 | Fee: \$40 | Activity # 1201-W17**

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 Nov. 8 - Jan. 3 \*No Class Nov. 15 | 2nd Session Jan. 10 - Mar. 7 \*No class Feb. 14**

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

**1st Session | Nov. 8 - Jan. 3 \*No class Nov. 15 | Fee: \$40 | Activity # 1196-W16**

**2nd Session | Jan. 10 - Mar. 7 \*No class Feb. 14 | Fee: \$40 | Activity # 1202-W17**

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 | Nov. 8 - Jan. 3 \*No class Nov. 15 | Fee: \$40 | Activity # 1197-W16**

**2nd Session | Jan. 10 - Mar. 7 \*No class Feb. 14 | Fee: \$40 | Activity # 1203-W17**

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 | Nov. 8 - Jan. 3 \*No class Nov. 15 | Fee: \$40 | Activity # 1198-W16**

**2nd Session | Jan. 10 - Mar. 7 \*No class Feb. 14 | Fee: \$40 | Activity # 1204-W17**

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.



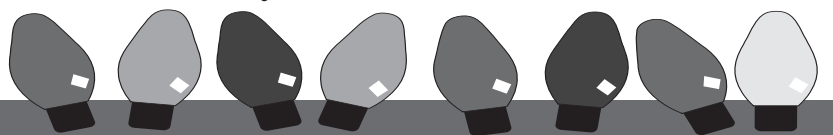


## Custard, Sprinkles & a Holiday Performance

The evening will begin with a holiday play performed by local Middle School Youth. Have your picture taken with Santa. Then join Santa and his elves for delicious custard all the way from the North Pole, topped with holiday sprinkles and cookies. Santa always welcomes an opportunity to enjoy a festive treat with the kiddies of Columbia Heights! **Bring an unwrapped gift to be donated to SACA.** Min 15/Max 50. Registration Deadline: Dec 10. **PRE-REGISTRATION REQUIRED**

**\* Bring an unwrapped gift to be donated to SACA.**

**When:** Tuesday, December 13 **Time:** 6:00 pm - 7:30 pm  
**Where:** Murzyn Hall main hall  
**Who:** 3 yrs. old and up with a parent  
**Fee:** \$7 **Activity #** 2603-16



**\*Register for programs online at [www.chreconline.org](http://www.chreconline.org)**



## DANCE

Miss Renee will be teaching the winter dance session. Renee has been dancing for 19 years. She will focus on ballet and tumbling for the younger groups; the older groups will do ballet and jazz. Student learn the fundamentals, proper technique, and floor exercises, along with a dance to perform on the last class for families!

Please have students wear comfortable clothes (i.e. leotard, tights, sweatpants, yoga pants, shorts, tanks, t-shirts etc.) no jeans, hair pulled back, socks or ballet shoes, bring a water bottle. Parents will wait outside of the classroom, except for our last class, which will be a showcase of all the students have learned.

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

**Mondays January 9- March 13 (no class Jan 16 & Feb 20)**

**Who:** Preschool 3 & 4 years old  
**When:** Mon. 5:00 - 5:45 **Fee:** \$40  
**Activity #** 1210-W17 Min 5/Max 10

**Who:** 5 years old & Kindergarten  
**When:** Mon. 5:45 - 6:30 **Fee:** \$40  
**Activity #** 1211-W17 Min 5/Max 10

**Who:** 1st - 5th grades  
**When:** Mon. 6:30 - 7:30 **Fee:** \$40  
**Activity #** 1212-W17 Min 5/Max 15



## Stompin' At The Hall 55 years & older

Increase your energy! Improve your flexibility and circulation through walking, stretching, and exercising at a level that is safe for you. Bring a mat or blanket for floor exercises. Choose one or two sessions. Men & women welcome. Beginners class will learn the routines before joining the regular classes. Classes held at Murzyn Hall.

**\*Beginner** New to Stompin'? Great! We would love for you to join on either day. Sign up for the Beginner class and Judy will meet with you individually to show you the exercise routines so you become familiar with the class style prior to joining the rest of the class. Begins Jan. 3 - eventually joins one of the other days. Call to be added to the list 763-706-3730. \$24.75 - 9 classes



### Mondays

Date: Jan. 9 - March 6

\*No Class 1/16, 2/20

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

Activity # 8202-W17

Cost: \$19.25 - 7 classes

### Thursdays

Jan. 5 - March 9

No Class 2/9

9:00 - 10:00 a.m.

# 8204-W17

\$24.75 - 9 classes



## ADULT Aerobic Dance

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

### Tuesdays

Date: Jan. 3 - March 7

No Class Feb. 21

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

Activity # 8206-W17

Costs: \$24.75 - 9 classes

### Thursdays

Jan. 5 - March 2

No class Feb. 9

6:30 - 7:30 p.m.

# 8207-W17

\$22.00 - 8 classes



## Total Body Conditioning

Tone your muscles with this Total Body Workout taught by Donna, AFAA certified group fitness instructor & personal trainer. Improve posture, balance and core strength through a variety of exercises and stretching for flexibility. We will lunge, squat, and sculpt in a motivating atmosphere. All fitness levels are encouraged. This is your workout and you are encouraged to work at your level while pushing yourself just a little more each time. Bring a set of 2 lbs and/or 5 lbs weights, a bottle of water, a yoga mat or towel, and tennis shoes. Min 8.

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

**When:** Wednesdays, Jan. 4 - Feb. 22

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

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

**Fee:** \$40 **Activity #** 5101-W17



## Crochet Class

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

**Who:** Ages 16 & over **Time:** 6:30 - 8:00 p.m.

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

**Fall session:** Thursdays, Oct. 27 - Dec. 22, There's still room please join us! \*No Class Nov. 25

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

**Winter Session:**  
Thursdays, Jan 5 - Feb 16

**Fee:** \$10

**Activity #** 2653-W17



## HYLANDER CENTER

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

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

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

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

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

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

**WHERE:** Hylander Center - East Door #38

1300 49th Avenue, on the North side of 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

## REGISTRATION INFORMATION

### Columbia Heights Recreation – Registration Form Phone: 763-706-3730

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

Participant Name: \_\_\_\_\_ Birthdate: \_\_\_\_\_ Grade: \_\_\_\_\_ Male/Female: \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Parent/Guardian Name: \_\_\_\_\_ Home Phone: \_\_\_\_\_

Email Address: \_\_\_\_\_ Work/Cell Ph: \_\_\_\_\_

Emergency Contact Name: \_\_\_\_\_ Phone: \_\_\_\_\_

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

**Make checks payable to “City of Columbia Heights”**

**Total Due \$** \_\_\_\_\_

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



**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](http://www.columbiaheightsmn.gov), under Departments go to Recreation and then Senior Citizens. You will find a copy of the monthly Senior Highlights, Trip Flyer, and more information.

**"500" Club**

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

**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 our mailing list, please call 763-706-3730 to leave your name and address.

**Senior Outreach**

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

**Senior Highlights**

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

**Footcare for Seniors**

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

The cost is \$38 per visit and payment is due at the time of service. "Happy Feet" nurses specialize in routine foot care for seniors and diabetic feet. They work on corns, calluses, thick or curled toenails and ingrown nails if they are not well advanced. A foot soak and massage are provided with each visit. Remember you must schedule an appointment.

**Blood Pressure**

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

# Recreation Highlights

# 12

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



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

## UPCOMING SCHOOL RELEASE TRIPS

\*ZERO Gravity  
& a Movie!  
\*Snow Tubing!!  
\*Skiing!



## UPCOMING SPORTS

~Basketball! Girls & Boys    ~Wrestling!    ~Gymnastics!  
~Dance!    ~Ice Skating!    ~Tae Kwon Do!



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



**\*Register for programs  
online at  
[www.chreconline.org](http://www.chreconline.org)**



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

# Bienvenido

## INFORMACION DE LA INSCRIPCION

\*La inscripciones en línea al [www.chreconline.org](http://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 • Winter 2016-17



Many voices were heard during a recent public forum.

## Conversations aim to bridge gap between community, police

The first of several Community Dialogues sponsored by the Columbia Heights Police Department (CHPD) took place in September. This public forum was aimed at bridging the gap between the community and their police department through transparency and positive communication.

Approximately 80 community members discussed implicit bias and provided both questions and answers to modern day policing and its effect on the greater community.

The police department's new Multicultural Advisory Committee (MAC) met multiple times to develop guidelines for the community discussions. The MAC is comprised of culturally diverse volunteers who dedicate several hours each month to positive community impact. They met with Police Chief Scott Nadeau and other law enforcement officials to provide a blueprint for a successful conversation that was goal-oriented and relevant to community concerns.

**Community, continued on page 6**

## Proposed tax levy is down slightly

A public hearing on the 2017 budget and property tax levy is scheduled for 7 p.m. on Dec. 12, at City Hall. A copy of the budget proposed for 2017 is available on the city's website at [www.ci.columbiaheights.mn.us](http://www.ci.columbiaheights.mn.us). The property tax levy proposed for 2017, and the actual taxes for the current and prior year, are shown in the table accompanying this article.

As shown in the table, a significant portion of the property taxes received by the city each year are from a metro area tax-sharing agreement, known as the fiscal disparities subsidy. The remaining property taxes received by the city, about 70%, are from properties located within the city.

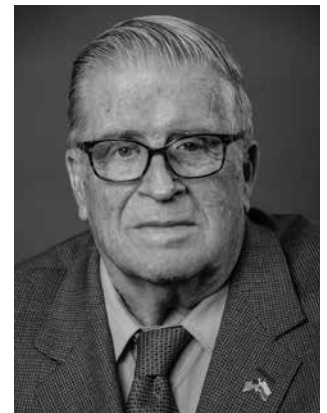
The increase shown in table from 2015 to 2016 for the local taxpayer share includes the \$480,000 voter-approved increase to replace the

**Tax Levy, continued on page 2**

## Nawrocki sets record for service as elected official

Bruce Nawrocki has had a long-time commitment to Columbia Heights. He first moved to the city when he was in second grade and his parents bought a home at 39th and Quincy. He's lived in Columbia Heights ever since then, except for military service during the Korean War.

His first date with wife Gerry was to a Jamboree celebration. Both are proud graduates of Columbia Heights High School and so are their two children.



**Bruce Nawrocki**

Nawrocki has set a record for service as an elected official in

**Nawrocki, continued on page 3**

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\*\*\*\*\*ECRWS\*\*\*\*\*

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[www.columbiaheightsmn.gov](http://www.columbiaheightsmn.gov)



## HEIGHTS PRIDE

## Columbia Heights

2★0★1★6®

All-America City Finalist

www.nationalcivicleague.org

## County Board recognizes city for national award

The Anoka County Board formally recognized the City of Columbia Heights on Sept. 27 for its honorable designation as a 2016 All-America City Award.

Mayor Gary Peterson, City Manager Walt Fehst, Police Chief Scott Nadeau and other city staff members, as well as Principal Michele DeWitt of Highland Elementary School were on hand to address the County Board during the recognition. Anoka County has now officially felt Heights Pride!

## Recycling update: 86% achieved



Thanks to Columbia Heights residents, a total of 1,209 tons of materials were recycled as of Sept. 30. Diverting the reusable material from the trash saved the City's refuse fund over \$86,000 in trash disposal fees. This is notable but 14% less than anticipated for the third quarter of this year. The Anoka County

SCORE (Select Committee on Recycling and the Environment) goal increased to 1,894 tons for the Columbia Heights community for 2016. The good news is that each household only needs to recycle 87 pounds each month to meet the year-end goal.

## Home show will featured information, seminars and Ugliest Room Contest

Home improvement, remodeling and landscaping will be featured from 9 a.m. to 3 p.m. on Saturday, Feb. 4, during the 19th annual North Metro Community Home and Garden Show.

The free event is sponsored by the Cities of Blaine, Columbia Heights, Fridley and Mounds View. All of the sponsoring cities, including Columbia Heights, will have staff on hand to answer questions about housing, development and city planning. In addition to a wide variety of quality exhibitors, there will be seminars, door prizes, a treasure hunt and a kids activity center.

New this year will be a contest amongst residents to submit pictures of their ugliest room. Voting takes place at the show and the winner of the Ugliest Room Contest will receive a \$1,000 gift card.

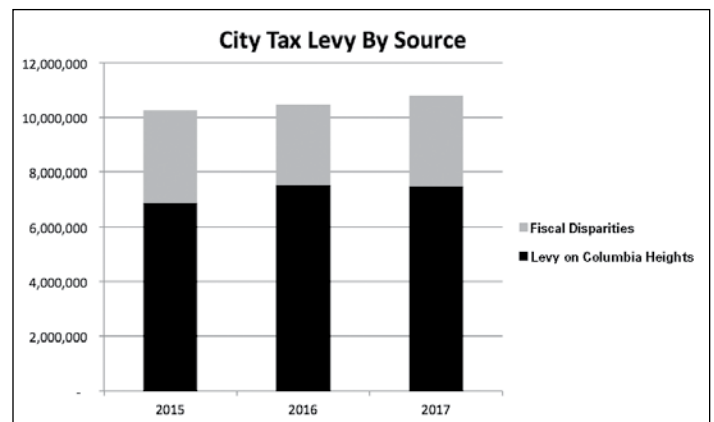
The event takes place at the NSC Sport Expo Center, 1740 105th Ave. NE, Blaine. For more information about the North Metro Community Home and Garden Show, and the Ugliest Room Contest, visit <http://northmetrohomeandgarden.com>.

## Tax Levy, continued from page 1

city library building. For 2017, a decrease of slightly less than 1% is proposed for the local taxpayers' share. Note however, this 2017 decrease is for all the properties in the city combined. The tax on any one property will increase or decrease as that property's value changes relative to other properties in the city. In particular, for 2017 the property value of apartment buildings within the city increased by considerably more than the values of other types of property within the city.

The amount of fiscal disparities subsidy the city receives each year is determined by the relationship between local property values and the local share of property taxes. A significant change in either of those factors causes an up-one-year, down-the-next-year, "rollercoaster" effect in the amount of the subsidy received. A sharp increase in local property values in 2015 reduced the subsidy received in 2016 by \$453,000. However, reducing the 2016 subsidy also increased the 2016 local share of property taxes, which then in turn increased the 2017 subsidy! The resulting \$406,000 increase in the 2017 subsidy returns it to roughly the level it was in 2015.

The one other major source of revenue for the city's governmental functions, beside property taxes, is general-purpose state aid to local governments. For 2017, this state aid will increase by \$8,000 to \$1,526,000. The city currently uses



\$875,000 of this state aid in the annual budget for operations and debt service. The remainder of this state aid is committed for long-term capital improvements and equipment replacement.

Lastly, note that in November of each year, Anoka County mails a statement to each property owner of the taxes proposed for their specific property. This notice lists the separate amount of tax that pertains to the city, the county and the school district. The notice also lists the separate time and place each of these government units will hold their public hearings on the proposed taxes for next year.



## Columbia Heights welcomes Hy-Vee

In September, the City of Columbia Heights Planning and Zoning Commission unanimously approved plans for a new Hy-Vee grocery store, which will be located in the former Rainbow Foods and Slumberland Clearance Center storefront spaces at 4300 Central Avenue. Hy-Vee, based in Des Moines, Iowa, entered the Twin Cities grocery market last year.

The new store will offer approximately 95,000 square feet of grocery space as well as a full service restaurant. Hy-Vee currently has stores in Lakeville, Brooklyn Park, New Hope and Oakdale, and is constructing new stores throughout the Metro. Construction on the Columbia Heights location is expected to begin this winter, with the store opening its doors in late 2017.

Hy-Vee will be renovating the exterior of the entire shopping center building, which will include new façade treatments for the existing shopping center tenants. The parking lot and other exterior areas will also be reconstructed. For more information about this project, please contact the Planning Department at (763) 706-3670.

## Holiday train plans stop in Heights



All aboard! The Canadian Pacific Holiday Train is making a stop at Lion's Park in Columbia Heights on its way to more than 20 Minnesota towns on its annual ride through the northern U.S. Enjoy a night of live musical entertainment by Kelly Prescott and Colin James, kid's activities, and refreshments in exchange for donations to local food banks. The train will be at the intersection of 37th Avenue and Stinson Boulevard on Dec. 10, currently scheduled for 7 p.m. Watch the Heights webpage or go to <http://www.esns.org/event-2359164> for more updates on this holiday event.

## New senior apartments are being built



Site work has begun for a new senior apartment community at the northeast corner of University and 37th Avenues. The project, called Lily Gables, will include 191 units and many amenities found in modern senior living facilities. Rent rates will vary by apartment units.

Lily Gables is being developed by Dominion, a residential housing developer that has constructed two of the senior communities in the Silver Lake Village area in neighboring St. Anthony. Lily Gables will

feature a decorative pond and fountain, as well as public sidewalk and trail extensions along University and 37th Avenues, according to City Planner Elizabeth Holmbeck.

Lily Gables is expected to be completed in early 2018. For more information about Lily Gables, or to inquire about availability, please contact Dominion at (763) 354-5500 or visit [www.dominiumapartments.com](http://www.dominiumapartments.com).

## Nawrocki, continued from page 1

Columbia Heights. He's served a total of 46 years as mayor and city councilmember. But since he wasn't among the top 4 vote-getters in the August primary election, his current term will end on Dec. 31. At age 85, he says he won't seek office again.

"Many thanks to Councilmember Nawrocki on his extraordinary service and dedication to our city," said Mayor Gary Peterson. "He has always impressed me with his follow up on every issue and his attendance at every event."

Back in 1961, Nawrocki had no interest in politics until he was annoyed by thick smoke and big trucks related to a blacktop plant near his home. When the City Council did not respond to his concerns, Nawrocki decided to run for office and was elected to his first term. Four years later, he was elected mayor.

"During the several years that I have served as mayor or councilmember, I have tried to be an active member of our city government, working for openness in our government, and working for ways to reduce continued property tax increases," he said.

Nawrocki is proud to have been part of providing a good level of city services especially in the areas of public safety, parks,

## Reception set for Councilmember Nawrocki

A reception in honor of Councilmember Bruce Nawrocki will take place at 6 p.m. on Monday, Dec. 12, in the Council Chambers at Columbia Heights City Hall

recreation, library, sewer system, public works projects, senior housing, commercial development, and improving housing stock.

"I have a reputation for doing the homework, for not being afraid to ask tough questions and to look for cost effective alternatives before making final decisions on the purchase of goods and services for our city," he said. "I hope that my service has helped make our community a better place for all of us to call home."

## Bruce Nawrocki's extraordinary service to the City of Columbia Heights:

**1961 to 1965: Councilmember**

**1965 to 1987: Mayor**

**1990 to 1994: Councilmember**

**2000 to 2016: Councilmember**

## COLUMBIA HEIGHTS PUBLIC LIBRARY

3939 Central Ave. NE

Library Director: Renee Dougherty

Information and Reference: (763) 706-3690

At-home Service: (763) 706-3681

Renewal: (763) 717-3261

[www.anokacountylibrary.org](http://www.anokacountylibrary.org)

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

Cable Channel 19

[www.facebook.com/ColumbiaHeightsPublicLibrary](http://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

Christmas Eve (observed): Friday and Saturday, Dec. 23-24, closed

Christmas (observed), Monday, Dec. 26, closed

New Year's Eve, Saturday, Dec. 31, closed at 4 p.m.

New Year's Day (observed), Monday, Jan. 2, closed

Martin Luther King Jr. Day, Monday, Jan. 16, closed

Presidents Day, Monday, Feb. 20, closed

### It's a Mystery to Me Don't miss it!

Wednesday, Feb. 8, 6:30 p.m.

Twin Cities Sisters in Crime

Panel Discussion

Columbia Heights Library



### Library Book Club

Wednesdays, Jan. 18, Feb. 15 at 10 a.m.

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.

### Scrabble Club now meets twice a month

Tuesdays, Dec. 6 and 20 at 6:30 p.m.

Tuesdays, Jan. 3 and 17 at 6:30 p.m.

Tuesdays, Feb. 7 and 21 at 6:30 p.m.

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, Jan. 4 or Feb. 1 or March 1 at 9:30 to 11:30 a.m.

Get hands-on computer experience with help from representatives of the Senior LinkAge Line. Learn computer basics, how to navigate and search the Internet and how to access websites of interest to seniors. Register online for any session or call (763) 706-3690. Presented in collaboration with Minnesota Board on Aging and Metropolitan Area Agency on Aging.

## Adult Programs

### Winter Reads 2017 January & February



Curl up with a good book — in print, audio, or on your tablet, reader or smart phone! Tell us what you liked best about your book and you might even win a prize!

### Local author reading and book signing

Wednesday, Feb. 22 at 6:30 p.m.

Meet local mystery writer Midge Bubany, author of the Cal Sheehan Mysteries, set in Central Minnesota. Copies of her books will be available for purchase.



### Stonewall Jackson: Legend of the Confederacy

Wednesday, Jan. 25 at 6:30 p.m.

Back by popular demand, our favorite local historian John D. Cox brings alive the story of Civil War General Thomas Jonathan "Stonewall" Jackson. He is considered by military historians to be one of the most gifted tactical commanders in U.S. history and the best-known Confederate commander after General Robert E. Lee.



### Get creative!

### Make hard-cover journal

Tuesday, Dec. 6, 2 to 4 p.m.

Learn how to make a hard cover screw post journal or sketch pad with single sheets of new or used paper — a great gift idea that you'll be able to duplicate at home using minimal tools and supplies. The removable screw post allows you to add and subtract sheets. This free, two-hour class is taught by Jill Weese of Minnesota Center for Book Arts. This program was paid for with money provided by the Minnesota Arts and Cultural Heritage Fund. Registration required. Seating is limited. Register online or call Barb at (763) 706-3681.

### Using Family Tree Maker and Ancestry.com

Friday, Jan. 20 at 10 a.m.

Join us for this hands-on class, and learn the basics of this genealogy software and how it can help your research. The instructor is Cathy Weber of North Star Genealogy. This program was paid for with money provided by the Minnesota Arts and Cultural Heritage Fund. Seating is limited. Register online or call Barb at (763) 706-3681.

### Conversation Circle for English learners

Wednesdays and Thursdays at 1 p.m.

Want to Practice Your English Speaking Skills? 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 with help from an English-speaking volunteer. No need to register; just come when you can.



## Children's Programs

### LEGO Club

*Second Thursday of each month, 3:30 to 4:30 p.m.*

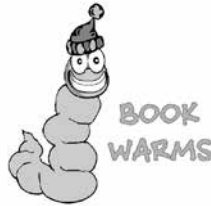
*Dec. 8, Jan. 12, Feb. 9*

Do you love all things LEGO? We'll provide the LEGOs, you bring the imagination. For grades K-8. Registration not required.

### Book Warms

*January & February*

Escape from the cold by curling up with a great read! Book Warms is the winter reading program for children and teens. Open to children, birth-grade 12. Watch for more details.



### Youth Read Down

*January 2017*

Need help paying down those overdue fines? During the month of January, the library will forgive \$1 of fines for every 15 minutes you spend reading at the library. For ages 17 and younger. Check in at the children's library desk to register.

### Maker Club

*Last Wednesday of each month, 3:30-4:30 p.m.*

*Dec. 28, Jan. 25, Feb. 22*

Calling all tinkerers, creators and crafters! Join us after school for STEAM related projects. For grades K-5. Registration not required.

### Noon Year's Eve Party

*Friday, Dec. 30, 11 a.m. to 12:30 p.m.*



Ring in the New Year a bit early at the library! We will count down to 12 (noon) with stories, crafts, games, and an apple juice toast. For families. Registration not required.

### Guinness World Records

*Friday, Jan. 27, 2 to 4 p.m.*

How many pencils can you stack? Are you able to jump rope on one foot? Come to the library and test yourself against Guinness World Record holders! 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. Registration required.

### Storytime @ the Library

*Jan. 9 to Feb. 25*

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

#### Toddler storytime, 18 months to 3 years

*Mondays, 10:30 to 11 a.m.*

#### Family storytime, all ages

*Tuesdays, 10:30 to 11 a.m.*

#### Baby Read, Baby Grow

*Thursdays, 10:30 to 11 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.



## Teen Programs

### Anti-Valentine's Day Party

*Tuesday, Feb. 14, 6 to 7:30 p.m.*

Not feeling the love this Valentine's Day? Celebrate your aversion to romance with food, crafts, and games at the library. For grades 5-12. No registration required.

### 4-H Tech Wizards

*Tuesdays, Jan. 3 to Feb. 28, 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.

### 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., Dec. 17, Jan. 21, Feb. 18.

## 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 closed on weekends and holidays. A telephone is located inside the entry doors that can be used after hours to request assistance.



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



## Winter parking restrictions start November 1

Winter parking enforcement begins each year on Nov. 1 and continues through March 31. No vehicle or trailer may be parked or left unattended on any public road or parkway within Columbia Heights at any time between the hours of 2 and 6 a.m. without a parking permit issued by the Columbia Heights Police Department. A permit may only be issued under certain conditions. Please contact the Columbia Heights Police Department for further information.

## Don't leave unattended vehicles running

With the changing temperatures, many people are tempted to start their vehicles and let them run to warm up unattended with keys in the ignition. This is a violation of the city's Open Ignition Ordinance, and increases opportunities for auto thefts. A vehicle cannot be left unattended within the city, whether on public or private property, without first locking the ignition and removing the key from the vehicle.

## Community, continued from page 1

A "World Café" format was agreed upon. It is based on smaller table discussions and gives each person a safe space to engage in honest dialogue that is free from ridicule or negativity. Four questions were developed around bias in America, how it affects law enforcement, and what needs to be done to ensure that the CHPD is meeting the needs of its community. The Rev. John Lee of the United Theological Seminary served as moderator and impartial guide in the event.

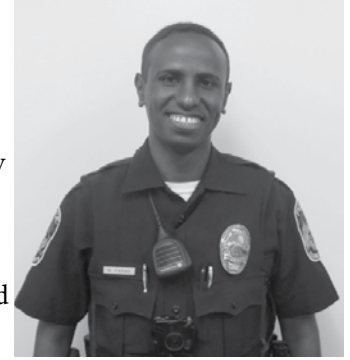
"Attended by young and old, white and black, foreign born and others, this community dialogue was a great success in allowing the vantage point of different cultures — which are accompanied by different fears and concerns — to be shared," said Sgt. Justin Pletcher.

Information that was gathered is now on the CHPD website ([www.chpolice.com](http://www.chpolice.com)). These events will guide future discussions and will have a direct impact on law enforcement in Columbia Heights. The next dialogue is tentatively scheduled for November.

For ongoing information about Community Dialogues, "like" the CHPD on Facebook and Twitter @CHPolice or visit [www.chpolice.com/communityoutreach](http://www.chpolice.com/communityoutreach). If you are interested in joining the MAC or want more information about this program, contact Pletcher at [JPletcher@columbiaheightsmn.gov](mailto:JPletcher@columbiaheightsmn.gov).

## Spotlight – Officer Mohammed Farah

Officer Mohammed Farah was born in Mogadishu, Somalia, and lived there for the first 13 years of his life. He and members of his family escaped the ongoing civil war by heading to Ethiopia, where they spent a year waiting for the opportunity to migrate to Minnesota. In 2002, at the age of 14, Mohammed moved to Rochester, Minnesota, with his siblings and attended Rochester Mayo High School. He became the captain of both the track team and the cross country team, and set school records in both the mile and two-mile, later placing in the Minnesota state track and field tournament as well.



Mohammed studied at Rochester Community Technical College before moving onto Minnesota State University in Mankato where he earned a bachelor's degree in Criminal Justice and then began applying for police officer jobs. In January 2015, he was sworn in as a police officer for the City of Columbia Heights. He was joined by friends and family, many who had traveled the same path as he did from Africa to America, to celebrate the realization of his "American Dream" that he worked so hard to achieve.

Since 2015, Mohammed has been an active and integral part of the Columbia Heights Police Department. He is a member of the training committee, the community-oriented policing committee, and the policy committee. Mohammed has been heavily involved in the Circle Terrace Project, where he has gone door-to-door, surveying and discussing the future of the neighborhood with residents, helping to ensure the city is meeting their public-service needs. Mohammed was also featured in the presentation in Denver, where Columbia Heights was selected as a 2016 All-America City in June of this year.

Mohammed often goes out of his way to ensure both his peers and his community are as happy as he always is. When asked what he loves about being a police officer, he said "One of the main things, with my background and where I came from – in my country it was lawless, and being able to give back to this country that welcomed me and my family, I'm extremely honored to be a police officer here." The Columbia Heights Police Department and the community it serves feel the same way.

Mohammed is still an active runner, and enjoys being outdoors, whether camping or coaching youth cross country teams. He takes pride in being a mentor to young Somali-Americans and he was recently appointed as the President of the Somali American Police Association (SAPA), where he is actively involved in helping the Somali community follow in his footsteps. As the leader of SAPA, Mohammed works hard to reach out to other communities, ensuring improved communication and understanding of all cultures in America, especially the Somali community.

**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](http://www.columbiaheightsmn.gov).

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

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

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

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

**Bobby Williams**, Council Member (763) 788-1113  
(c) (612) 414-3981  
[rwilliams@columbiaheightsmn.gov](mailto:rwilliams@columbiaheightsmn.gov)

## City of Peace Awards presented

An individual, two organizations and a city were awarded City of Peace Awards in the third annual recognition ceremony on Sept. 11 in Columbia Heights. "We highlighted four recipients that are instrumental in promoting peace in their communities," said Mayor Gary Peterson. "These four winners were selected by their efforts of empowering people of all cultures and backgrounds to become better educated, have the opportunity to work decent jobs, practice their own faith, and as a result, live better lives so they can become more productive citizens and give back to their communities."

The 2016 recipients of City of Peace Awards are:

- Individual Winner – Apechkchya Karki
- Organization Winners – Ka Joog and Loaves & Fishes
- City Winner – Woodbury.

Also at the ceremony, four students from Colombia Heights High School were each awarded a \$1,000 scholarship for their submitted winning essays. Congratulations to Tsion Tulu, Kevin Riera, Salma Ahmed and Domenica Llerena. For more information, visit [www.cityofpeaceawards.org](http://www.cityofpeaceawards.org).

## 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.E. ....800-275-8777



## FIRE DEPARTMENT

825 41st Ave. NE,  
Columbia Heights, MN 55421

fire@ci.columbia-heights.mn.us

Non-Emergency .....(763) 706-8150

Emergency .....Call 9-1-1

Fax.....(763) 706-8151

Housing Maintenance Inspections: (763) 706-8156

fireinspections@ci.columbia-heights.mn.us

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



Follow and Like us on Facebook and Twitter!

## Keep sidewalks clear of snow, ice

Keeping our sidewalks free of ice and snow is the neighborly thing to do. Together, we are all responsible for keeping Columbia Heights safe and comfortable for winter walking. For yourself, your neighbors, police, fire and ambulance services, as well as people pushing strollers or using wheelchairs, please do your part.

Columbia Heights Ordinance (Section 8.203) requires that property owners remove all snow and ice from public sidewalks 24 hours after the snow or other precipitation has stopped falling. Failure to shovel your sidewalk will result in a city contractor expense to you, the property owner, for shoveling it.

Questions or concerns please contact the Columbia Heights Fire Department Inspection Office at (763) 706-8156.

## Keep fire hydrants cleared of snow



The Columbia Heights Fire Department would like to remind you that a clearly visible, accessible fire hydrant could save your home – or even your life. If a fire hydrant is lost or buried in snow, firefighters can lose valuable time trying to locate it when they first arrive at a fire. You can perform a valuable public service and protect yourself, your family, and your neighbors by taking the responsibility for shoveling out and clearing any fire hydrants near your home during

and after a snowstorm. Please take some time now to save precious minutes in case of a fire. A few scoops of snow today could make all the difference later.

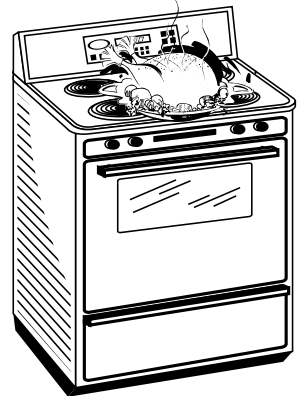
As snowflakes will soon be falling, we'd like to offer these suggestions:

- Know the location of all fire hydrants in your neighborhood.
- Make sure they are shoveled clear after each snowfall.
- Clear the snow three feet all around the hydrant so firefighters have enough room to connect a hose.
- Look out for your elderly or handicap neighbors as well, by taking a few extra minutes to shovel out their hydrants.

## Cook safely over the holiday season

The kitchen is the heart of the home, especially during the holiday season. The National Fire Protection Association (NFPA) has some helping hints and reminders for safe holiday preparations.

- Stay in the kitchen when you are cooking on the stovetop so you can keep an eye on the food.
- Keep children at least three feet away from a hot stove
- Avoid steam or splash from vegetables, gravy or coffee which can cause serious burns.
- Keep the floor clear so you don't trip over kids, toys, pocketbooks or bags.
- Keep knives out of the reach of children.
- Be sure electric cords from an electric knife, coffee maker, plate warmer or mixer are not dangling off the counter within easy reach of a child.
- Keep matches and utility lighters out of the reach of children — up high in a locked cabinet.
- Never leave children alone in room with a lit candle.
- Test your smoke alarms to make sure they are working.



## Winter safety tips: Holiday decorating & lighting



- Use caution with holiday decorations and whenever possible, choose those made with flame-resistant, flame-retardant or non-combustible materials.
- Keep candles away from decorations and other combustible materials, and do not use candles to decorate Christmas trees.
- Purchase only lights and electrical decorations bearing the name of an independent testing lab, and follow

the manufacturer's instructions for installation and maintenance.

- Carefully inspect new and previously used light strings and replace damaged items before plugging lights in. Do not overload extension cords.
- Check your strands of lights to determine the number of strands that may be connected. Connect no more than three strands of push-in bulbs and a maximum of 50 bulbs for screw-in bulbs.
- Always unplug lights before replacing light bulbs or fuses.
- Don't mount lights in any way that can damage the cord's wire insulation (i.e., using clips, not nails).
- Keep children and pets away from light strings and electrical decorations.
- Turn off all light strings and decorations before leaving the house or going to bed.
- For more fire safety information, go to National Fire Prevention Association website at [www.nfpa.org](http://www.nfpa.org).

## In second part of exchange, Heights welcomes Polish police officers

Four Polish guests visited Columbia Heights in early August under the sponsorship of the Columbia Heights Sister Cities International (SCI) group and the Columbia Heights Police Department. This was the second part of an exchange that began with Columbia Heights Police Chief Scott Nadeau and three officers going to Poland in August 2015.

"We were honored by the visit of Lomianki's Mayor Tomasz Dabrowski; Warsaw Chief of Police Tomasz Szachowski;

Lomianki Chief of Police Tomasz Niedziwiecki and Sergeant Tomasz Pyra," said SCI Co-Chair Dolores Strand. "These men were true 'ambassadors' for their country, city and people."

Sister Cities' members hosted an open house at the new Columbia Heights Public Library for the public to meet the visitors on Aug. 3. SCI also sponsored a dinner at Jax Cafe, attended by over 40 members and

guests. Volunteer translators were kept busy as toasts and grace were offered in Polish and English plus the singing of "Sto Lat" (traditional Polish toast meaning 100 years!). "The meal was a traditional "Thanksgiving Day Dinner" with all the trimmings to symbolize our thanks for our 25-year friendship with Lomianki and to show our guests how we celebrate one of our traditional American holidays," said Strand. Sister Cities' funds provided many of the expenses for our Polish guests.

The Polish guests arrived just in time to attend several National Night Out neighborhood gatherings held throughout Columbia

Heights. The next day they had met with Mayor Gary Peterson, City Manager Walt Fehst, and several Columbia Heights Police Department representatives. The guests then toured City Hall, saw several sites in the community, and were treated to lunch sponsored by Northeast Bank at the Public Safety Building. At that gathering, Sergeant Pyra gave a presentation about Lomianki and their police work and answered questions from Columbia Heights officers.



**Police officers from Lomianki, Poland, and Columbia Heights were involved in an exchange that was mutually beneficial to both cities. They are, from left, Sgt. Erik Johnston, Mayor Tomasz Dobrowski, Sgt. Tomasz Pyra, Officer Jason Piehn, District Chief Tomasz Szachowski, Chief Scott Nadeau, Chief Tomasz Niedziwiecki and Sgt. Justin Pletcher.**

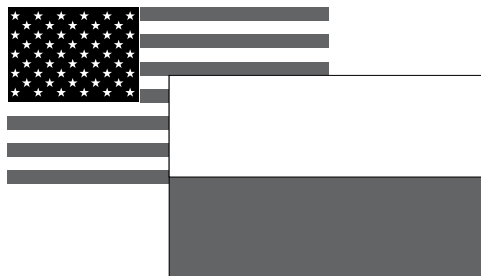
The Polish delegation took a Segway tour of Minneapolis, joined by Mayor Peterson, Chief Nadeau and Sergeants Erik Johnston and Justin Pletcher. Later in the week, they toured the Anoka County Sheriff's Office and the Minnesota Bureau of Criminal Apprehension, with presentations on policing at each location.

"The officers who visited Lomianki last year were very happy to see their Polish friends again," said Nadeau. "Heights officers were glad to share information with them about policing in America, and proudly show them what the All-America City of Columbia Heights has to offer."

"The events, which were both educational and worked to build an even stronger bond between the two communities, have re-kindled our great sister cities relationship," he added. "The CHPD wishes to thank our Sister Cities group as well as all who came to greet and welcome our Polish friends to America!"

## Sister City group will celebrate 25th anniversary

We are very proud that Columbia Heights was well represented at the traditional September ceremonies in Lomianki. Their solemn commemorative event which honors their Polish heroes and the crew of the U.S. Air Force B-17 "I'll Be Seeing You" took place Sept. 18 followed by the awesome and unforgettable re-enactment of the Sept. 22, 1939, Bitwa/Battle when the Poles were invaded by German forces. (Video on Lomianki's extensive website with many links: lomianki.pl). Members attending were Gloria Bergstrom, Co-Chair of CH/SCI; Mary Jerde; Phyllis Husted and John Bieniek, and Gregory and Sandra Logacz accompanied by their two daughters. Gloria spent several days volunteering in Lomianki schools' English classes. Mary volunteers her nursing skills at various childrens' group homes. Gregory has volunteered as an English teacher, also. Phyllis and John delivered financial dona-



tions from PACIM (Polish American Cultural Institute of MN) to childrens' group homes.

Lomianki also has a 25-year partnership with their Sister City, Noyelles les Verelles in northern France. A contingent of French SCI members was also present for the special weekend activities, establishing new friendships with our

Columbia Heights' members.

The 25th anniversary of our Columbia Heights Sister Cities International group was celebrated with a special dinner evening at Crooners' Lounge and Restaurant on Oct. 13. Coordinators for this event were Gloria Bergstrom, Veronica Johnson, Fran Toler, Karen Karkula and Carrie Magnuson. We're looking forward to another 25 years – and – "Sto Lat" to us!

– Submitted by Co-Chair Dolores Puente Strand (763) 571-1709.

## Here are ways to prevent frozen water pipes

During extreme frost conditions homeowners can experience issues with frozen water service lines. If the water line freezes, you will be without water. Property owners are responsible for the water service line from the meter in the house to the main out in the street. Thawing frozen service lines and plumbing can be costly. Frost is pushed lower into the ground as the weather warms up, so the risk of frozen service lines can continue until March or April. Here are steps you can take to help keep water lines from freezing.

**Check the water temperature:** Allow “cold” water to run from the faucet until it is cold and then check the temperature with a small indoor/outdoor thermometer that registers at least 32 degrees. The water temperature should be around 45 degrees. If the temperature drops below 40 degrees, frost may be getting close to your service line and you could have an impending freeze up.

**If needed, let the water run:** Let a faucet that has a supply pipe running along an outside wall drip or run at a pencil size

stream throughout the day and night. Flowing water freezes slower than standing water in a pipe. The extra cost on your water bill can be considered as insurance to avoid the inconvenience and expense of correcting a frozen service line.

**Do not turn your heat down during windy cold days:** The cooling down period allows pipes to be exposed to the cold that penetrates the walls before it enters your home.

**Leave cabinet doors under sinks that face outside walls open:** These areas are not generally heated and receive cold air coming in through walls.

**If possible, insulate walls where piping runs.**

**Keep garage doors closed when not in use.**

**Shut off water to outside faucets.**

**Have someone check on your house when you go out of town:** Total house freeze ups result when the heat goes out and the temperature in the house drops below 32 degrees. All the plumbing in the home then freezes.

## Metro waters becoming too salty

The metro area waters have become increasingly salty. According to the Environmental Protection Agency standards, many creeks in the metro area and around the state are unhealthy due to high chloride levels.

Chlorides are applied on roads, sidewalks and parking lots to melt ice. However, once dissolved in water, the salty mixture goes directly into our creeks and lakes from streets and homes via the storm drain system. Chloride is considered a “conservative pollutant”, meaning it does not break down into a non-toxic substance. Once chloride is in a stream or lake it is nearly impossible to get rid of. Salt harms plants and animals, contaminates our drinking water, damages buildings, and corrodes vehicles, roads, and bridges. Even if your bag of deicer says environmentally friendly that does not mean it is friendly to our waters, especially if the word “chloride” is listed in the ingredients.

## Tips to keep roads, driveways and sidewalks safe and our waters healthy

- Apply a liquid de-icer before snow storms to prevent snow and ice from building up. It's much easier to prevent ice than to melt a thick layer of ice. This is not a substitute for shoveling; it just makes it more effective. Ice melting products are most effective when spread thinly and evenly over the pavement prior to ice formation.
- Shoveling, snow blowing, plowing and/or sweeping are all effective measures to remove snow and minimize ice build-up.
- When applying salt, less is better. If there are leftover crystals still visible then the salt has been over-applied.
- Salt becomes less effective at low temperatures. When the temperature falls below 15°F consider using clean cat litter or sawdust to improve traction on ice. (Sand is NOT recommended for residential use.)
- Make a difference this winter; help keep salt out of our waters!

### Winter Reminders for Residents

As you prepare for the season of ice and snow, please keep the following information in mind.

- Please shovel or blow snow onto private property. It is a violation of City Ordinance to place snow from your property in the street.
- Maintain the public sidewalks in the city right-of-way in front of your property, as required by City Ordinance.
- Do not place your garbage cans in city streets on trash pickup day. Keep them behind the curb.
- Ensure your garbage and recycling collection spot is cleared of snow and ice (as much as possible) before the truck operator arrives to empty the containers.

**To improve street maintenance operations and avoid expensive damage to the garbage container, please set garbage carts behind the curb at the end of the driveway, not in the street.**

### Make Way for Snow Plows

Please make way for snowplow operators engaged in snow removal or ice control on city streets. These vehicles are equipped with a flashing, oscillating or rotating amber light. Operators have the discretion to disregard traffic laws when in their judgment it is safe to do so.

- Do not park on the street until after it has been plowed. Parking restrictions in Columbia Heights are as follows:
- No parking on city streets from 2 a.m. to 6 a.m. November 1 to March 31.
- No parking on city streets after a 3" snowfall until the street is plowed curb-to-curb.
- No parking on city streets for longer than six hours.
- All parking permits are subject to suspension for snow removal or other emergencies. After a snowfall of 3 or more inches, no street parking is permitted until the road has been plowed curb-to-curb.



## REFUSE, RECYCLING AND YARD WASTE

### Advanced Disposal Services, Inc.

(formerly Veolia ES)

Customer Service Phone: (763) 225-8705

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

Website: [www.advanceddisposal.com/mn/saint-paul/saint-paul-collection/guideline/columbia-heights-mn](http://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](http://www.anokacounty.us/recycle)

### City Refuse/Recycling website

[www.columbiaheightsmn.gov/index.aspx?nid=223](http://www.columbiaheightsmn.gov/index.aspx?nid=223)

Public Works Department Phone: (763) 706-3700

### Holiday Schedule

Veterans Day, Nov. 11, No delay in service

Thanksgiving Day, Nov. 24, Thursday and Friday services delayed by one day

Christmas Day, Dec. 25, no delay in service

New Year's Day, Jan. 1, no delay in service

Martin Luther King Jr. Day, Jan. 16, no delay in service

Presidents Day, Feb. 20, no delay in service

### 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 branches 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](http://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.

### Household Hazardous Waste (HHW)

Some household products are hazardous and should not be placed in the garbage. Take unneeded paint, cleaners, automotive fluids, fluorescent bulbs and garden products to: Anoka County Household Hazardous Waste Facility, 3230 101st Ave. NE, Blaine.

There is no charge to use the facility. Proof of residency is required.

For more information:

Anoka County Recycling & Resource Solutions  
(763) 323-5730

[www.AnokaCounty.us/HHW](http://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                               | • 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:

The refuse company will always take more recyclable materials, even when the cart is full. Continue your recycling routine by using paper bags and/or a recycling box, and place next to the recycling cart on collection day.

### 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



**Harp**  
**12 Bottles**

**\$10.97**



Coupon expires 12/17/16. 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



**Schell's**  
**12 Bottles (all types)**

**\$10.97**



Coupon expires 12/17/16. 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 Prosecco &  
Moscato 750 ml**

**\$7.97**



Coupon expires 12/17/16. 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



**Conquista Oak Cask  
Malbec 750 ml**

**\$7.97**



Coupon expires 12/17/16. 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



**Luccio Peach & Pink  
Moscato 750 ml**

**\$6.97**



Coupon expires 12/17/16. 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



**Cinnabon Cream  
Liqueur 750 ml**

**\$14.97**



Coupon expires 12/17/16. 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



**Christian Brothers VSOP**  
**1.75 liter**

**\$16.97**



Coupon expires 12/17/16. 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



**Kinky Liqueur 750 ml**  
**(all types)**

**\$13.97**



Coupon expires 12/17/16. While supply lasts. No further discount. Store not responsible for typographical errors.