

# Heights Happenings

## RECREATION SPRING 2013

Columbia Heights

### FISH FRY

*Help Us Build the  
Columbia Heights  
Community Heritage  
Tower!*



**Friday, February 22, 5:30 - 8:30 p.m.**

John P. Murzyn Hall 530 Mill Street

Tickets available at CH City Hall, CH Recreation.

Adults \$10.00, Children (under 12) \$6.00

Questions, call Mayor Gary Peterson at  
(612) 978-9858 or (763) 706-3607

Read the full article on the City side of the newsletter pg 1.

To Donate go to Razoo.com C.H. Activity Fund 501.C3  
Corp. Tax Deductible Contribution

### NEW ONLINE REGISTRATION

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

### **WANT TO KNOW WHAT'S HAPPENING?**

Check out our City website:

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

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

### **Music Nights in Heights "Open Mic" in the Murzyn Hall LaBelle Lounge**

Open to the public to  
participate or to listen and  
enjoy the talents of local  
music artists.

**Thursdays, Feb. 21 & March 21 from 7:00 - 10:00 p.m.**  
in the LaBelle Lounge of John P. Murzyn Hall. Lions  
Club bar, cash/check only. Questions call 763-706-3733.



### Heights Idol

The search is on NOW  
for talented youth,  
adults, and seniors to  
be a part of the 7th  
Annual Heights Idol

competitions. Round 1 is Thursday, May 16 at 7:00 p.m.  
at Murzyn Hall and Round 2 will be on an outdoor stage,  
Saturday, June 29 during the Jamboree celebration.

Prizes and trophies will be awarded at both events!  
Questions call (763) 706-3733.



**When:** Auditions beginning Monday, March 18  
4:00 - 6:00 p.m. or by appointment only

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

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

**Fee:** \$10 covers for both Round 1 & 2

**Performance # 1** Thursday May 16, 7:00 p.m. Murzyn  
Hall stage. **Round 2 Jamboree Performance** Saturday,  
June 29 outdoor stage of Murzyn Hall.

### HYLANDER CENTER

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

### **WHEN:**

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

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

**Saturdays 9:00 - 12:00 p.m. Sundays 12:00 - 3:00 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, 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



**BASEBALL & SOFTBALL** Sign Up Now!  
Pages 8 & 9



## C.H. Recreation Department

530 Mill Street N.E., John P. Murzyn Hall  
763-706-3730

Office Hours: Monday through Friday,  
8:00 a.m. to 4:45 p.m.

The office will be closed on March 29 & May 27, 2013

## Columbia Heights Recreation

### Mission Statement

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

## Garden Plots Available!

Need more space to plant? The City of Columbia Heights offers Community Garden Plots on Reservoir Blvd. for a \$20 plus tax. Contact the Rec. Dept. for more information.

## 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.

## WANT TO KNOW WHAT'S HAPPENING?

Check out our new City website  
[www.ci.columbia-heights.mn.us](http://www.ci.columbia-heights.mn.us)

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

## Park & Recreation Commission

**Chair:** Eileen Evans

### Commission Members:

Sean Clerkin, Jr.  
Tom Greenhalgh  
Stan Hoium

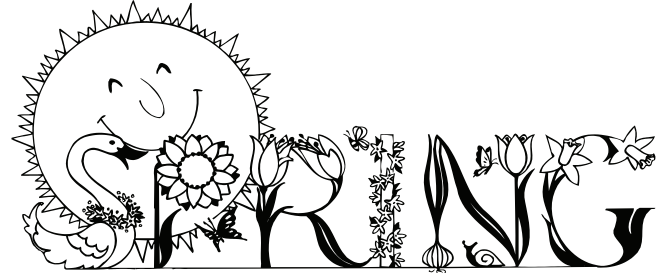
Kevin McDonald

David Payne

Marsha Stroik

### Council Representative:

Gary Peterson



## REGISTRATION INFORMATION

**\*New Online Registration at [www.chreconline.org](http://www.chreconline.org).**

**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 Discover, Visa, or Master Card payment by calling 763-706-3730.**

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

## Participants Scholarship:

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

**FOR SALE!**  
**Heights trip T-Shirts & Athletic**  
**Sweatshirts - Youth & Adult Sizes \$8 - \$20**  
**- available at the Recreation Office**



**Memorial Day**

## Photo Policy:

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

## John P. Murzyn Hall Rental Information

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

Our facility offers a spacious banquet hall that comfortably accommodates groups of up to 375 people. See more photos of Murzyn Hall on our website at: [www.ci.columbia-heights.mn.us](http://www.ci.columbia-heights.mn.us).

We invite you to tour our facility or call 763-706-3737 for the JPM information line. Reservations may be made Monday through Friday 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 park reservations begin on the first business day of each year. A permit must be filled out at the Recreation Office located at John P. Murzyn Hall, 530 Mill Street. The Fees are as follows:

**Residents:** \$30 + tax

**Non-Residents:** \$60 + tax

**Large Groups** 100 people or more: \$100 + tax



## 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.

**Reservation Fee:** \$25 + tax

Please call 763-706-3730 for more information.



## TOBACCO-FREE POLICY

### Prohibition of Tobacco Product Usage in Youth Activity Areas

No person shall use any form of tobacco at or on any City-owned or operated recreational facilities during a youth activity.

### Tobacco-Free Facilities

1. Youth playgrounds, volleyball courts and beach property to include sand area.
2. Ball fields and spectator areas during youth events.
3. Picnic shelters, park buildings, BBQ areas.
4. Sliding hills and skating rink areas.
5. Wading pools and surrounding deck areas.

### Policy Enforcement

1. Appropriate signs shall be posted in the above areas.
2. Youth activity organizations will be encouraged to promote the Tobacco-Free Policy.

## Summer Theater Dates

\*\*\*Call early & reserve your spot in a show!!!

Liz 763-706-3733\*\*\*

Theater in the Park 3rd-5th Grade

June 4 & 5, June 11-27\* 1 performance

Moonshoe Players Dessert Theater

Middle School 6th-8th

June 11 - July 11 \* 1 to 2 performances

Millstreet Players Dinner Theater

High School 9th gr. & up

July 16 - August 15 \*1 to 2 performances

Puppet Wagon Puppeteers 4th Grade & up

Puppet Shows in the Park Weekly - June 17-August 2



## DANCE for Kids

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



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

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

### CLASS Schedules - \$40 per class

#### Mondays March 25 - May 13 \$40

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

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

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

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

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

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

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

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



## GYMNASTICS

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

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

**When:** Tuesdays for 8 weeks, March 26 - May 14

**Beginners Level Ages 3-6 Time:** 4:45 - 5:30 p.m.

**Fee:** \$40      **Activity #** 1200

Beginners class, min of 8/max of 15

**Beginners Level Ages 3-6 Time:** 5:30 - 6:15 p.m.

**Fee:** \$40      **Activity #** 1201

Beginners class, min of 8/max of 15

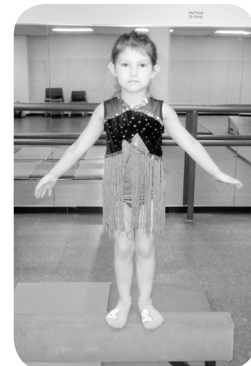
**Level 1-2 Time:** 6:15-7:00 p.m.      **Fee:** \$40

**Activity #** 1202      Min 8/Max 15

Students are able to perform the following:

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

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



## Spring Egg Hunt Saturday, March 23

Join us for some old fashioned fun! Have your picture taken with the Bunny, enjoy games, and an Egg Hunt. Bring your own basket along to collect your many colorful eggs. Dress in your "Best" for this special photo opportunity.

PRE-REGISTRATION REQUIRED.

**Who:** 3 years old & up with a Parent or Adult

**Fee:** \$7 per child      **Activity #** 2609

**When:** Saturday, March 23rd

**Time:** 11:00 a.m. - 12:30 p.m.

**Where:** Murzyn Hall - Senior Center





## Martial Arts

Instructor, Dan Malone, has been in Tae Kwon Do for 19 years/teaching for about 13 years. He's a 3rd dan (degree) black belt in Tae Kwon Do & a 2nd dan (degree) black belt in Hapkido.

### Little Tigers - Martial Arts for Kids ages 3-6

Learn basic kicks, punches and strikes through a variety of exercises and fun games. Develop coordination & flexibility with peers. Promoting focus, discipline and respect. This class is a great personal tool to carry into future.

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

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

**When: Spring Session I:** Thursdays, Feb. 28 - Mar. 21 (4 weeks)    **Activity # 2234**    **Fee:** \$30

**When: Spring Session II:** Thursdays, Apr. 11 - May 2 (4 weeks)    **Activity # 2237**    **Fee:** \$30

### 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. A certified AAU instructor will teach self-defense, kicks, stances and Tae Kwon Do Hyung (form Chon Ji). Students will be trained for belt certification testing. In addition to the registration fee, participants are expected to purchase a uniform from the instructor and pay for belt registration fee.



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

**When: Spring Session I:** Thursdays, Feb. 21 - Mar. 28 (6 weeks)

**Level 1:** No belt or White belt    **Time:** 6:00 - 6:45 pm    **Fee:** \$40    **Activity # 2235**

**Level 2:** Yellow belt & higher    **Time:** 6:45 - 7:30 pm    **Fee:** \$40    **Activity # 2236**

**When: Spring Session II:** Thursdays, Apr. 4 - May 9 (6 weeks)

**Level 1:** No belt or White belt    **Time:** 6:00 - 6:45 pm    **Fee:** \$40    **Activity # 2238**

**Level 2:** Yellow belt & higher    **Time:** 6:45 - 7:30 pm    **Fee:** \$40    **Activity # 2239**

## NEW POTTERY CLASSES! ADULTS & YOUTH

Turtle and Raven Clay Studio with Bill "Coyote" Kobe - Certified Teacher/Art Specialist

Students will work in red-brown terra cotta clay and white stoneware clay. All functional pieces (bowls, mugs, etc.), will be food, dishwasher, microwave safe. We will learn pinch pot, slab wheel and combination fired to Cone 5 (stoneware). Both sessions will do an outdoor Raku firing in the gas kiln.

**NOTE: All classes held at the Learning for Leadership Charter School - 3300 5th St. NE, Mpls, 55418 enter at the North door.**

**April Session 1 - Adults Only 18 & older**

**When:** Tuesdays & Thursdays - 7 sessions - 8 min/12 max

**Time:** 7:00-9:00 pm

**Dates:** April 9, 11, 16, 18, 23, 25 & 30

**Fee:** \$45    **Activity # 1180**



**May Session 2 - Adults & Child-2nd grade & older**

**When:** Tuesdays & Thursdays - 7 sessions - 8 min/12 maximum (6 adults & 6 children)

**Time:** 7:00-9:00 pm

**Dates:** May 2, 7, 9, 14 (Open House), 16, 21, 23

**Fee:** \$45    **Activity # 1171**



## 7th Annual CH Sister Cities International Young Artist/ Author Showcase

We are searching for local students 13-18 years of age to participate in the 2013 Young Artist Showcase. This year's theme is "*Power of Exchange*". 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 Christine Wilda and author Pakue Vang, both received \$100 and their work moved on to the national level.



### 2013 Art Exhibition at Murzyn Hall Wed., April 10 at 7:00 p.m. (local judging)

Student Artists & Authors ages 13-18 are eligible and encouraged to be apart of this very special event open to the public as an Art Exhibition at Murzyn Hall. CA Jazz Band & CH Elementary All Star Choir will perform while judges deliberate. The All-Star Choir is part of the district's after school ENCORE program, made up of 4th and 5th graders from all three elementary schools. Winners for the Artist and Author Competitions will be announced at the exhibition. For more detailed information, please call the Col. Hgts. Recreation Department at (763) 706-3733 (Liz Bray).

## Water Park of America\*

### Monday, March 25

Join us at America's Biggest Water Park! This park offers Surfing, Wave Pool, 10 story Water Slide, Kayak Course, World's Longest Indoor Family Raft Ride, Interactive Play Structure, Lazy River with Caves, Spas & Activity Pools and Water Cannons & Dumping Buckets! It also has a 5,800 sq. ft. Arcade & Camp Concessions. What more could you ask for!! No food or beverages allowed, bring \$\$ for concessions/lunch. Min 25/Max 50 **Reg. deadline March 18**

**Who:** 4th - 8th graders **When:** Monday, March 25

**Drop-off:** 10:00 a.m. at Murzyn Hall

**Bus leaves** 10:15 a.m.

**Pick-up:** 4:00 p.m.

**Fee:** \$14

**Activity #** 4150



## NICKELODEON UNIVERSE\*

### Thursday March 28

\*Enjoy a day of thrills and chills at Nickelodeon Universe, the largest indoor amusement park in the nation. The park is home to 7 acres of fun with more than 30 remarkable rides



& attractions. Each participant will receive a 5-hour unlimited ride pass! **Note: Bring a bag lunch or money for the foodcourt.** **Reg deadline March 21**

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

**When:** Thursday, March 28

**Drop-off:** 9:30 a.m. at Murzyn Hall

**Bus leaves** 9:45 a.m. **Pick-up:** 4:15 p.m.

**Fee:** \$14 **Activity #** 4160

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

## CHILDREN'S THEATER\* "JACKIE & ME" Wednesday March 27

Joe has the remarkable ability to time travel! When given an assignment to write a school report about a famous African American, Joe travels back in time to meet one of the greatest baseball players ever-Jackie Robinson-and learns what it was like for the man who endured more than his share of prejudice to break baseball's color barrier. Joe plans to write a prize-winning report but never expects a temporary change in color of his own skin will forever change his view of history and courage. **Reg Deadline March 20**

**Who:** 4th - 8th graders **When:** Wednesday, March 27

**Drop-off:** 9:15 a.m. at Murzyn Hall **Bus leaves** 9:30 a.m.

Show starts at 10:30 and runs approximately 1 hour 45 minutes. **Pick-up:** 1:00 p.m.

**Fee:** ONLY \$4 Don't miss this!! **Activity #** 4170



## Sports Sampler for Kids

This is a great opportunity for younger kids to get active this spring! Participants will have an introduction to baseball, basketball, soccer, and football. Each sport will be a focus for two weeks at a time. Coach Tony Davis has taught this Sports Sampler in the past with much success. Min 8/Max 12.

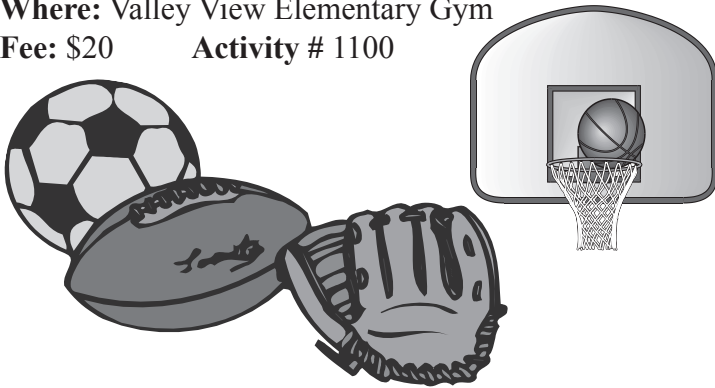
**Who:** Boys & Girls, Kindergarten - 2nd Grade

**When:** Mondays, April 1-May 20

\*No class April 15th. **Time:** 6:15-7:15 pm

**Where:** Valley View Elementary Gym

**Fee:** \$20 **Activity #** 1100



## Girls & Boys Summer Basketball Clinic

**EARLY BIRD REGISTRATION ... SAVE \$10!**

Coach Tony will lead participants through fundamentals and techniques of the game. Instruction will be given on shooting, offensive skills, passing, dribbling, free throws, as well as other basketball skills.

Students will also receive a camp T-shirt



**Who:** Girls & Boys 3<sup>rd</sup> - 8<sup>th</sup> grade

**Where:** Hylander Center City Gym

**When:** Monday, July 8 - Thursday, July 11

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

**Fee:** Early Bird Special \$30 After June 7, \$40

**Activity #** 1596

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

## Spring Tennis Clinic

**Mondays & Wednesdays May 13, 15, 20, 22, Tues 28, Wed 29** **Girls & Boys, Grades 3 - 8**

Karl Haynus has played tennis for over 10 years including 2 years at SLP High School. He coached this clinic for the past 2 sessions as well as coaching a youth basketball team. Currently, he attends Hamline University majoring in Legal Studies. This Clinic will teach basic fundamentals for beginning tennis players and consistency for intermediate players. Proper tennis strokes, footwork and rules will be the focus.

**Where:** Columbia Academy Tennis Courts

**When:** May 13, 15, 20, 22, Tues. 28, 29

**Grades 3-5,** 5:00 - 6:00 p.m. **Activity #** 2201

**Grades 6-8,** 4:00 - 5:00 p.m. **Activity #** 2202

**Fee:** \$35 (students will also receive a camp T-shirt) Bring your own racket and tennis shoes.



## Spring Girls Volleyball Clinic

Coach Melissa Franzen, a CHHS graduate, Junior Olympic Volleyball player for Sideout, and local coach, will be coaching this clinic at the Hylander Center City Gym. Each session will include instruction in setting, hitting, passing, serving, and teamwork. Games may be played at the end of each session, time permitting. Participant will receive a T-shirt.



**Where:** Hylander Center City Gym **When:** Tues. & Thur., April 9, 11, 16, 18, 23, 25 **Fee:** \$35

**Grades 3-5,** 6:00 - 7:15 p.m. **Activity #** 1307 **Grades 6-8,** 7:15 - 8:30 p.m. **Activity #** 1308

## Girls Slow Pitch Softball

Girls completing 3rd - 5th grades are eligible to participate. We will play teams from neighboring communities with the focus being on fun and fundamentals. Practice and games will be held Monday and Wednesday evenings. Players will be contacted by coaches. Sessions will last approximately 90 minutes each evening. Max of 13 per team. Registration deadline: April 26. *Sign up for Current Grade Level*

**Mondays & Wednesdays**

**Times to be determined**

**FEE: \$35**

**3-4-5 Grades # 1606      Dates: May 20 - July 31**



## Girls Fast Pitch Softball

Traveling fast pitch softball for girls ages 10 & under to 18 & under. Age is as of January 1, 2013. Girls will be playing in the Suburban League, which is competitive and will require traveling to other communities. Tryouts may be required based on numbers. Participants must pre-register and pay by March 16. Max of 13 per team.

**Participant fee: \$60**

**10 & under: Activity # 1610**

**12 & under: Activity # 1612**

**14 & under: Activity # 1614**

**16 & under: Activity # 1616**

**18 & under: Activity # 1618**

**VOLUNTEER COACHES  
NEEDED FOR ALL  
BASEBALL & SOFTBALL TEAMS**



**LET'S PLAY BALL!**



## Mites T-Ball

For children completing Kindergarten and 1st grade. Players will be introduced to the game and will use a tee for hitting. Emphasis is on fun and fundamentals.

**Tues. & Thurs. May 28 - July 18**

**Fee: \$30**

**Registration deadline: May 6**

Please choose a location:

**Keyes Park #1005**

**McKenna Park #1006**

**Huset Park #1007**

## **JR. HYLANDER HOUSE LEAGUE BASEBALL**



## Squirts Baseball

For children completing 2nd and 3rd grades. Coaches will pitch to hitters. Emphasis is on fun and fundamentals.

**Mon. & Wed. May 13 - July 17**

**Fee: \$35**

**Registration deadline: April 22**

Please choose a location:

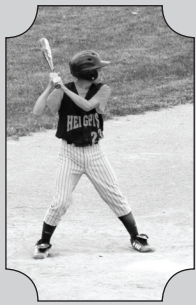
**Keyes Park #1010**

**McKenna Park #1011**

**Huset Park #1012**

Registration is on a first come, first served basis. The Rec. Dept. reserves the right to shift registrants if sufficient coaches are not available at a particular location or if teams need to be balanced. The department will try to form one team per program at each park. Maximum of 13 players per team. Coaches umpire all games.





## CH Baseball Training Clinic

This clinic will be focusing on the fundamentals of baseball; hitting, fielding, base running, and decision making. Join Coach Tony for a great opportunity dedicated to building baseball players from the very beginning.

**Who:** 3rd - 8th Graders

**Where:** Hylander Center City Gym & CHHS gym

**When:** Mon. April 15th - Thur. April 18th \*Wed. April 17th at CHHS main gym

**Time:** 6:00-8:00 p.m.

**Fee:** \$35

**Activity #** 1021

## Traveling Baseball

The C.H. Recreation Department will offer a traveling league baseball program for youth, ages 8 - 15. If necessary an evaluation clinic will be held to determine their skill level and knowledge of the game.

The "North Suburban League" is a competitive league designed for participants that have knowledge & skills of the game. This league is designed to improve baseball fundamentals, sportsmanship and have fun. Traveling is required. Some participating cities may include Fridley, New Brighton, Mounds View, St. Anthony, and White Bear Lake.

The "Gopher State Baseball League" is designed for participants of an advanced skill level and will involve travel of farther distances. It is a more competitive league, and participants are not guaranteed equal playing time.

The goal of the Rec. Dept. is to place youth in programs that are comparable to their skill level and knowledge of the game. As with all of our programs, we strive to ensure that participants have a positive experience, have fun, and learn the fundamentals of the activity.

Participants must pre-register with payment and deposit **by March 22**. Players will not be allowed to participate in the evaluation process unless they have pre-registered. You will be contacted for dates & time of the evaluation clinic. Register early to ensure team placement in the league. New bat regulations still apply. 12 players per team.

**Fee:** \$60 per participant & **Uniform Deposit:** \$50 per participant

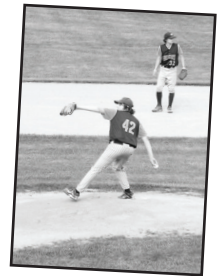
### AGE GROUPS

**10U #1064** - Max. age as of May 1 - 10 yrs

**11/12U #1065** - Max. age as of May 1 - 12 yrs

**13U #1066** - Max. age as of May 1 - 13 yrs

**14/15U #1067** - Max. age as of May 1 - 15 yrs



## 2013 ADULT SLOW PITCH SOFTBALL

### Monday Mens "E"

#### Double Header League

Cost: \$700

Start Date: April 15

Max # of Teams: 8

# of Weeks: 11

### Thursday Mens "D"

#### Double Header League

Cost: \$700

Start Date: April 18

Max # of Teams: 8

# of Weeks: 11

### MANDATORY

#### MANAGERS

#### MEETING

All managers are required to attend a mandatory meeting on Mon., April 8 at 6:00 p.m. at John P. Murzyn Hall. Teams will receive schedules, rules, books, tournament books, game balls and general league information at this meeting.



Contact Keith at the Rec. Dept. for more details 763-706-3732.

### CH JAMBOREE TOURNAMENT MEN'S SLOW PITCH SOFTBALL

Double Elimination -  
16 Teams Max

**JUNE 29<sup>th</sup> - 30<sup>th</sup>**  
1st Place - \$250 and trophy  
2nd Place - \$150

**Entry Fee of \$150**  
Activity #5099

### TEAM DEPOSIT

A non-refundable deposit of \$250 will secure your team a place in a league. Any balance must be paid by April 8.



## Crochet Fun May 2 - June 20

Would you like to learn to crochet, get some new ideas, patterns or just visit while you crochet? Join the fun, bring your own projects or try some quick and easy kits that can be purchased from instructor, Beth Ann, for \$5 to \$10. Free "how to" sheets and patterns will be available. Come to learn or just come to set time aside to crochet.

**Who:** Adults 18 & over

**Where:** Keyes Rm at Murzyn Hall

**When:** Thursdays, 6:30 - 8:00 p.m.

May 2 - June 20 (No class on May 23)

**Fee:** \$10    **Activity #** 2653

**Save the dates for the Summer Session**

July 11 - Aug 29

## 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.



### Tuesdays

**Date:** March 19 - May 14

**Time:** 7:00 - 8:00 p.m.

**Activity #** 8206

**Costs:** \$24.75 - 9 classes

### Thursdays

March 21 - May 16

6:30 - 7:30 p.m.

**#** 8207

**\$24.75 - 9 classes**

## ZUMBA

Ditch the workout and join the party! Zumba involves dance and aerobic elements derived from latin steps such as Salsa, Merengue, Reggaeton, Cumbia, and much more. This party will help build strength, improve motion and posture, socialize, and most of all have fun while burning anywhere from 500-1000 calories! I choose from songs you know and Latin heat songs you will learn to love. I have been participating in Zumba since August 2010 and got my license to teaching it since March 2012. This is my website: <https://www.zumba.com/en-US/profiles/462836/jennifer-stuart/>



**Who:** Adults

**When:** Wednesdays, March 6 - April 24

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

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

**Fee:** \$40    **Activity #** 5100

**Sign up online at [www.chreconline.org](http://www.chreconline.org)**

## 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.

### Mondays

**Date:** March 18 - May 20

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

**Activity #** 8202

**Cost:** \$27.50 - 10 classes

### Thursdays

March 28 - May 16

9:00 - 10:00 a.m.

**#** 8204

**\$22.00 - 8 classes**

### \*Tuesday - Beginner

Begins April 2 - eventually joins one of the other days  
9:00 - 10:00 a.m.

**#** 8201

**\$22.00 - 8 classes**





# REGISTRATION INFORMATION

11

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

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

## ACTIVITY / PROGRAM INFORMATION

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

**DATA PRIVACY ADVISORY:** By signing below, I understand that this information will only be made available to program staff, the City's insurer and attorney, and to others connected with the program for the purposes of administering the activity and providing me with the notice of scheduling changes.

**I, The Undersigned,** participant, do hereby agree to participate in the aforementioned activity(ies), and I further agree to indemnify, and hold the City of Columbia Heights harmless from and against any and all liability for any injury which may be suffered by the aforementioned individual(s) arising out of, or in any way connected with, participation in this activity.

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

## FOR OFFICE USE ONLY

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

## Senior Center

The Columbia Heights 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. We serve as a resource center for senior concerns and issues. 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 or the City website [www.ci.columbia-heights.mn.us](http://www.ci.columbia-heights.mn.us).

## Senior Highlights

This monthly newsletter informs seniors of the programs, classes and special events being offered at the center. Available at the Senior Center, Recreation Office, CH Public Library, City Website, and online at the City website.

## 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 11:00 a.m. to 2:00 p.m. Coffee and dessert are provided and you may bring a bag lunch if you desire. Yearly membership fee = \$20.

## Card Games

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 contribute 25 cents per time for coffee and dessert. If you would like to give it a try, please stop by. You do need to know how to play.

A **BRIDGE GROUP** meets on Mondays from 9:30 a.m. - 12:00 noon in the Senior Center. If you are interested in playing, please call 763-706-3735 for more information. You do not need a partner, as you will be paired that day. You must be familiar with the rules of the game.

**CRIBBAGE** meets on Friday mornings from 10:00 a.m. - 12:00 noon. You do need to know how to play the game and its strictly for fun. We are always looking for new players so come and join us.

**Trips and Outings** Enjoy the exciting sights and sounds of the metro and surrounding areas. Theaters, concerts, luncheons, tours and special places of interest will be visited. If you are interested in being on our mailing list, please call 763-706-3730 to leave your name and address.

**Bocce ball** Our outdoor bocce ball group will be starting Monday, May 6th, weather permitting. We will meet on Monday mornings at 9:30 a.m. on the courts located behind Murzyn Hall. You do not need to be an experienced player as we play for fun. Teams are selected each time we meet. Be at the courts by 9:20 a.m. so we can organize the teams.

**Walking Club** The Senior Walking group will begin the new outdoor season on Wednesday, May 1st. Meet in the parking lot behind Murzyn Hall at 8:50 a.m. This group meets every Wednesday morning, rain or shine!

## Helpful Services

### Chores & More

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

### Health Insurance Counseling

Are you paying high premiums for Medicare supplemental insurance and are wondering if there are other options for you? Are you about to turn 65 and have Medicare questions? Do you have questions about prescription drug coverage, long-term care insurance or need help sorting out medical bills? If so, help is available. Health Insurance Counselors from the Stated Health Insurance Assistance Program of Anoka County will be available to answer your questions on the 2nd Thursday of each month from 9:00 a.m. to 12:00 noon in the Senior Center. Appointments are required and will be limited to 45 minutes in length. Call 763-422-7528 to schedule an appointment. These services are free and sponsored through the Retired and Senior Volunteer Program of Anoka County.

### Blood Pressure

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





# Recreation Highlights

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

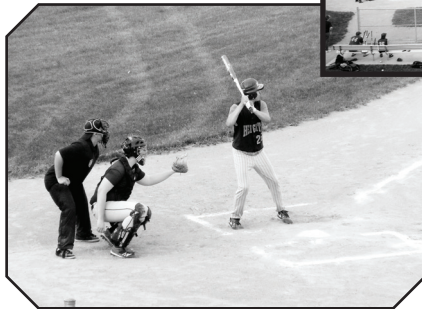
## **7th Annual HEIGHTS IDOL Jamboree Round 2**



Join us for an outdoor Jamboree performance showcasing the talents of Columbia Heights. Missed Round 1, you still have a chance to be in Round 2.

Heights Idol participants will have the opportunity to be a part of Heights Idol Round 2 Jamboree on Saturday, June 29 for a second competition. See how much you have improved from Round 1. **Judges will award money, prizes and trophies.** Weather permitting the performance will be on the outdoor stage near Murzyn Hall. Call Liz with questions 763-706-3733.

***SIGN UP ONLINE AT [WWW.CHRECONLINE.ORG](http://WWW.CHRECONLINE.ORG)!!!***



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

# Benvenido

Para inscribir para actividades de jovenes con el departamento de recreacion de Columbia Heights vengan al 530 Mill Street, Columbia Heights. Para pagar con cheque o en efectivo vengan a la oficia (la direccion de arriba) o manden el registro con el pago. Algunas beccas son desponibles tambien. Les ofrecemos hasta 75% de descuento con maximo de 25 dolares. **Visita a la oficina para mas informacion en engles.** Abajo se mencionan algunas actividades pere jovenes. Adultus los acompanan en cada viaje.

**!REGISTRARSE TEMPRANO!**

\*Esta iniciativa es financiada en parte con un subsidio del Departamento de Educaci3n de Minnesota usando fondos federales, CFDA 84.287c, 21st Century Community Learning Centers.

# Heights Happenings

Columbia Heights



SPRING 2013

News and information about your neighbors and your city.

## New landmark will celebrate Columbia Heights' proud heritage



The center of the Huset Parkway roundabout will be the location of a new community monument.

A new community landmark — the third of a trilogy — will be unveiled at a ceremony in May. It will be called the Columbia Heights Community Heritage Tower and will be located in the roundabout on Huset Parkway, behind city hall.

The memorial will feature four distinct themes of "Diversity," "Recreation," "Education" and "Labor," which are foundations of the community. Residents participated in focus groups to come up with four words for each category. Then through a partnership with Columbia Heights Schools, students will create artwork around the words.

"It will be a lasting memorial for our citizens to remember the diverse cultures of people who came before them, from all over the world, with the hope of building a community of peace and prosperity for their families and loved ones," said Mayor Gary Peterson.

Continued on page 3

## Kiwanis Club keeps city's recycling center going for nearly 30 years

Whether it's a frigid 20 below zero or a sweltering 100 degrees, dedicated members of the Columbia Heights-Fridley Kiwanis Club have run the city's recycling center on Saturdays from 9 a.m. to 1 p.m. for the past 29 years.

Curbside pick up of recycling takes place in Columbia Heights but residents also have access to a recycling center through this partnership.

Members of the Kiwanis took on the task in 1983 as a community service project.

"We're a service organization and we're always looking for projects," said Dick Walquist, a retired commercial Realtor, who has been involved in the effort since the beginning. "We decided this was a worthwhile commitment."

The recycling center, located at 38th Place and Madison Street, accepts paper, cardboard, plastic, glass and also scrap metal so it's



For nearly 30 years, Dick Walquist has led a community service project of the Columbia Heights-Fridley Kiwanis club to keep the city's recycling center operating.

Continued on page 2

### IN THIS ISSUE

- Grant funds recycling center upgrade . . . . . Page 2
- Employee of the Year . . . . . Page 3
- Dispose of unused prescription drugs . . . . . Page 4
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- Talented youth featured at showcase . . . . . Page 6
- Intriguing book club titles . . . . . Page 8

### Mayor's Prayer Breakfast

Wed., May 8,  
7 to 8:45 a.m.  
Seating and breakfast  
begin at 6:45 a.m.  
Murzyn Hall,  
530 Mill Street,  
Columbia Heights

www.ci.columbia-heights.mn.us • (763) 706-3600

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TDD 763-706-3692



## Concerned about the value placed on your property? Here are steps to take

The Board of Appeal and Equalization for Columbia Heights will meet at 6 p.m. on April 22, at Columbia Heights City Hall. The purpose of the meeting is to determine whether taxable property in the city has been properly valued and classified by the assessor, and to determine whether corrections need to be made.

If you believe the value or classification of your property is incorrect, the first step is to call the Anoka County assessor's office to discuss your concerns. For residential property, contact Mike Brown (763) 323-5492. For commercial property, contact Jim Rouleau (763) 323-5497.

If you are still not satisfied with the valuation or classification after discussing it with your assessor, you may appear before the local Board of Appeal and Equalization. The Board will review the valuation, classification, or both if necessary, and correct if needed.

Generally, an appearance before your local Board of Appeal and Equalization is required by law before an appeal can be taken to the next level which is the County Board of Appeal and Equalization.

### Recycling, continued from page 1

a good place for residents and businesses to dispose of gutters, grills, fencing, chairs, shelving, and more. Automobile oil is also accepted from those who change their own.

The Kiwanis Club uses funds from the sale of the recyclables to provide two scholarships each year to graduating seniors at Columbia Heights and Fridley high schools. Any remaining funds go to the high school Key Club, SACA, etc. "We put the money we receive right back into the community," said Walquist.

The city benefits by reducing garbage that goes to the landfill. "The more items that are diverted from the landfill, the fewer tons the city pays for," said Jesse Davies of the city's Public Works Department. "Recycling makes financial sense."

In addition, the weight of recyclables collected at the center is added to the city's residential goal set by Anoka County each year.

Davies praises the Kiwanis members for their dedication to the city's recycling center. "Their volunteering is commendable," he said. "It's what makes this project possible."

### Grant used to update recycling center

Columbia Heights received over \$62,000 in grant money from Anoka County to update its Recycling Center. Work is now complete.

Comments from the public have been very positive, especially regarding the drive-thru exit and easy access to the oil tank.



The Recycling Drop-off Center is open on Saturdays (except for holiday weekends) from 9 a.m. to 1 p.m. for all area residents and businesses. See page 11 for more information.

## City achieves 92% of 2012 recycling goal

Preliminary reports indicate that Columbia Heights residents recycled 1,610 tons of materials in 2012, which includes both recyclables picked up curbside and those brought to the city's recycling center. This saved the city's refuse fund over \$86,900 in trash disposal fees.

A typical household in Columbia Heights paid \$2.51 for recycling versus \$15.43 for trash disposal per month in 2012. Twenty percent of the total residential solid waste produced in the city was recycled. Of the remaining solid waste, 67% was delivered to a refuse-to-fuel facility and only 13% was sent to a landfill.

### County sets increased recycling goal for city

The Anoka County 2013 recycling goal for City of Columbia Heights is 1,792 tons, a 2% increase from 2012. This can be accomplished if each household fills a packed cart every recycling day (around 18 pounds). Recycling is contracted for collection every-other-week, but residents can swap their current 60-gallon recycling cart for a 90-gallon recycling cart for the same low rate. The contractor will always collect extra

recycling outside of the container if prepared properly by using an old recycling box or paper bags.

There are several financial benefits for recycling besides lessening the impact on the environment. Trash disposal costs have increased 52% since 2009 at approved Anoka County disposal sites. The more recyclables that are put in the recycling bin rather than the trash will lower the overall tons of solid waste, and therefore the total cost of disposal. For example, if the recycling goal of 1,792 tons is discarded with the trash instead, the refuse fund will have to pay an additional \$103,900 in disposal fees. As residents increase their recycling efforts, they may also notice a decrease in trash making it possible to switch to a smaller and less expensive garbage container service.

Recycling reusable material makes more sense than burning or dumping in a landfill.

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



## New Landmark continued from page 1

He heads up the Columbia Heights Activity Fund, a 501.c.3 non-profit organization whose mission is to improve the lives of all residents of Columbia Heights. In the wake of the 911 terrorist attacks, the group began a three-phase project of erecting community monuments to provide a sense of safety and unity.

The first landmark was the "Clock Tower of Peace" erected in 2006 at a spot that "just cried out for something" at 40th and Central, said Peterson. The clock includes a time capsule with messages of peace for the future citizens of Columbia Heights.

In October 2009, the "Police & Fire Tribute" was dedicated at the new Public Safety Building. "This bronze statute is a reminder to our citizens that our law enforcement officers and our fire fighters are protecting our community and they are our friends and neighbors," said Peterson. "Peace and security for our community is and always will be their mission."

All three landmarks have been funded totally by tax-deductible donations. "Our residents are very generous," said Peterson.

Upcoming fundraising events for the new monument will include a fish dinner in February and a pancake breakfast in the spring (see details, at right). Corporate and individual sponsorships are welcomed. A Legacy Garden will be created to complement the Heritage Tower which will allow individuals to purchase bricks engraved with their names or those of loved ones. Everyone who is interested in helping by giving their talent, work or money can contact the mayor at (612) 978-9858 or [gary.peterson@ci.columbia-heights.mn.us](mailto:gary.peterson@ci.columbia-heights.mn.us).

"I love this town," said Peterson. "Pride is behind this project because I want people to be proud to live in Columbia Heights."

Peterson, a carpenter, built a home in Columbia Heights in 1968 and still lives there. That's where he and wife, Jaci, raised their five children — all graduates of Columbia Heights High School. Peterson served 14 years on the Columbia Heights City Council and now has been mayor for 12 years.

The heritage tower will remind people how Heights began and "how far we've come," he added. "We hope it will inspire community pride."



The idea for the new city landmark was presented in a press conference recently. Participants include, from left, Jesse Davies of the Public Works Department, Fire Chief Gary Gorman, District 13 Superintendent Kathy Kelly, Police Chief Scott Nadeau, Mayor Gary Peterson and Sal Di Leo, a member of the steering committee.

## Help build the Heights' Community Heritage Tower

### Fish Dinner

Friday, Feb. 22, 5:30-8:30 p.m. at John P. Murzyn Hall

Tickets: Adults \$10, Children (under 12) \$6. (Tickets available at CH City Hall and CH Recreation)

Mystery Celebrity, Silent Auction, Live Local Entertainment, Wine Tasting, Lion's Club Bar

### Pancake Breakfast

Saturday, April 6, 7-10 a.m. at the Applebee's in Fridley

Looking for volunteers for both events.

### To Donate go to Razoo.com

Columbia Heights Activity Fund/Heritage Tower

501.c.3 Corp. Tax Deductible Contribution

## Engineering tech named 2012 Employee of the Year

The City of Columbia Heights 2012 Employee of the Year is Rich Nordstrom, an engineering technician in the Public Works Department. He has been involved in several time-consuming and detailed-oriented projects and programs throughout the city during the past 19 years.

The "Employee of the Year Award" was established in 1984 as a method of rewarding employees who are determined by their co-workers to be deserving of special recognition for their accomplishments and contributions to the City.



**Rich Nordstrom**

Nordstrom has great integrity, is dependable and professional, is a good listener and problem-solver, and shows great pride in his work, according to his colleagues. He also has a great sense of humor even when working long hours, and always maintains a positive attitude with members of the public, other companies, and his co-workers.

Nordstrom has stepped up and performed more duties when a co-worker retired from his department, handling numerous new tasks and problems.

## Police department office hours

The Columbia Heights Police Department office is open Monday through Friday, 8 a.m. to 4:45 p.m. The telephone number is (763)

**706-8100**. The office is located in the Public Safety building, **825 41st**

**Avenue NE**. The police department is closed on weekends and holidays. A telephone is located inside the entry doors that can be used after hours to request assistance.



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



## Spotlight On Officer Greg Sinn

Greg Sinn started as a patrol officer in Columbia Heights in June of 2000 and has been an investigator for the last four years. His areas of interest within the department have led to him serve as a D.A.R.E. instructor as well instructing on firearms and other use-of-force. He also trains officers on Taser use and defensive tactics.

Sinn has assisted the department's community outreach by helping at community picnics over the last few years. He coordinated a local Drug Take Back event in 2011 with the Drug Enforcement Administration and the department's Open House and SACA fundraiser last spring.

Sinn cited some reasons for enjoying his work, "I like being busy, whether from a patrol car, following-up cases, or community events." His favorite position within the department is being an investigator. "I have enjoyed working with people within the police department as well as the community at large to bring criminal cases to a positive end," he said.

Sinn has been married for 18 years and has four children. On his non-work time, he enjoys hunting and fishing. He is involved in his church and coaches girls and boys sports like soccer and football.



Greg Sinn

## Help prevent auto theft

**The Columbia Heights Police Department reminds drivers that it is illegal to leave their keys in the ignition when they are not present. Every winter, the desire to warm up chilly cars can lead to a thief driving off with the vehicle. Auto-start systems are a way to warm up vehicles without violating the ordinance.**

**The CHPD has increased efforts to reduce auto theft over the last four years. Issuing citations to owners and drivers has been one of those ways. Data shows auto theft is down in Columbia Heights, going from 77 cars reported stolen in 2008 to 31 in 2012.**

## Department gives back to community

The year 2012 will go into the books as the one where Columbia Heights Police employees gave back more than ever before, and in a number of different ways. Police and fire employees worked together on an Open House fundraiser in support of the Columbia Heights Athletic Boosters on April 17. Again this year, on the day after National Night Out, officers participated in a softball tournament which raised money for SACA, the local food shelf. Also this past summer, several officers participated in a motorcycle ride to support an injured officer from another agency.

This fall, about half of the department's employees began mentoring youth at Highland Elementary School through the Big Brothers Big Sisters program, and many others have been visiting elementary school classes to talk about bullying as part of the department's youth outreach.

This November, the department enthusiastically took part in "Movember," where participants grow mustaches to raise money for cancer awareness. Nearly \$2,900 was raised through these efforts.

The department also assisted four families at the holidays through its Police Association-sponsored Shop-With-A-Cop program. This was the third year of Shop-With-A-Cop, where police employees assist the selected families by going shopping for clothing, household items, and Christmas gifts for their children.

The employees of the Columbia Heights Police Department are dedicated to making a difference in our community, and are proud to be of service to residents.

## Police offer prescription drop off

The Columbia Heights Police Department now offers a drop off for unused prescription drugs. A Prescription Drug Take Back Container is located in the lobby of the Columbia Heights Public Safety Center at 825 41st Avenue.

Prescription drug abuse is the nation's fastest-growing drug problem. While there have been decreases in the use of some illegal street drugs such as cocaine, nearly one-third of people aged 12 and over who have used drugs for the first time began by using a prescription drug non-medically.

"We understand that prescription drug abuse is a concern around the country and in our area so we are proud to offer this proactive approach to assist our residents in disposing of their old and unused medications," said Police Chief Scott Nadeau.

There is no fee for this service. The Columbia Heights Police Department only accepts household prescription pills, capsules, caplets and tablets.

The Columbia Heights Police Department does not accept over-the-counter medications, liquids (including ampoules, vials or IV bags), sharps (needles, lancets or syringes), and fever thermometers, medical supplies (including bandages, medical tape or medical devices). CHPD will not accept prescription drugs from a commercial business.

Residents can drop off unused prescription drugs during regular business hours Monday through Friday, 8 a.m. to 4:45 p.m.



## FIRE DEPARTMENT

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

fire@ci.columbia-heights.mn.us

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

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

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

Housing Maintenance

Inspections.....(763) 706-8156

fireinspections@  
ci.columbia-heights.mn.us

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

### What to do if your carbon monoxide alarm goes off

If the alarm is intermittent, check the battery. If the alarm is constant get the family outside and call 911. This is very important if anyone in your family feels sick. The operator will ask you questions to see if an emergency response (fire department or ambulance) is necessary. If not an emergency:

- open windows
- if possible, shut off fuel-burning equipment and contact your fuel supplier or someone trained to repair heating equipment or chimneys.

### Recreational fire permits are available

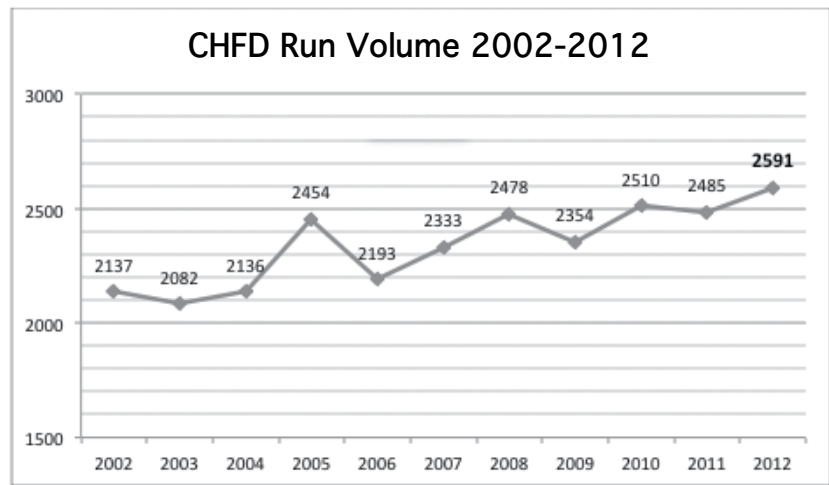
The fire department would like to remind residents that recreational fires within the city limits of Columbia Heights require a permit. Permits can be obtained in person at the fire department by an adult 18 years and older seven days a week from 8 a.m. to 8 p.m.

Up to nine free daily permits can be obtained or an annual permit may be purchased for a small fee. Daily fire permits may be obtained up to one week in advance from the date of the recreational fire. Recreational fire rules are listed on the permit and are strictly enforced.

## Calls reach highest level ever

In 2012, the Columbia Heights Fire Department responded to 2,591 calls, the highest run volume ever. Firefighter/EMTs handled 693 fire related and 1,898 medical related calls.

Eighty-six percent of all calls had a response time from dispatch to arrival of 6 minutes or less. Below is a chart of call volumes for the past 10 years.



## Start your spring cleaning with yard maintenance

Everybody knows that it wouldn't be spring without the annual cleaning. There are multiple tasks you can do to get ready for the warmer weather that is coming. A great place to start is outside of your house. After being stuck inside all winter, go outside, enjoy that fresh cool air, and follow some of these outdoor spring-cleaning tips to keep your yard and home looking good and in compliance with the city's Property Maintenance Code.

- Clean up any outside storage of articles including, but not limited to, equipment, construction materials, excess soil, garbage, rubbish, yard waste, recyclables, hazardous waste, items not designed for exterior use, and maintenance equipment.
- Remove tree stumps to four inches below the surface of the ground, including root extensions. Stumps that are to be used for other purposes including, but not limited to, art, furniture, and landscaping shall be separated from the root system. The remaining stump/roots should be removed as outlined above.
- Stack firewood in rear yards only in an area that does not promote rodent harborage or the deterioration of adjacent surfaces and does not adversely affect adjoining premises.
- Remove diseased, dead and hazardous trees, noxious weeds, and trim long grass. any grass over nine inches should be cut and weeds/scrub growth around foundations of buildings, along the alley and along fence lines should be removed. Inspections take place. In 2010 the fire department wrote up 1,337 violations for long grass alone.

A few hours in the spring and throughout the summer is all it takes to keep your property looking great and in compliance with city code.

"To keep our neighborhoods safe and livable, we need to have owners who take reasonable care to ensure that their properties don't become a nuisance. It's common sense for most of us to comply with the rules without being reminded," says Fire Chief Gary Gorman. "But, unfortunately, there are a few who simply don't care or don't come close to meeting the minimum standards set by the city and that is why we have the code."

To learn more about the city's code enforcement program or file a complaint, go to [www.ci.columbia-heights.mn.us](http://www.ci.columbia-heights.mn.us) or call (763) 706-8156.

### Free blood pressure checks

At its location at 825 41st Avenue, the Columbia Heights Fire Department offers free blood pressure checks every day of the week from 8 a.m. to 6 p.m.



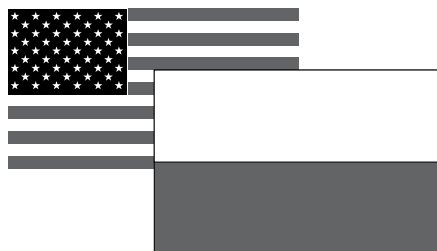
## Young artists and authors will be featured in Sister Cities' showcase April 10

The Columbia Heights/Lomianki, Poland – Sister Cities, International (SCI) organization is again sponsoring the exciting Showcase for Young Artists and Authors on at 7 p.m. on April 10 in Murzyn Hall. There is no charge for admission.

This year's theme specified by SCI's global headquarters is "The Power of Exchange." Students ages 13-18 are encouraged to submit their art works, poetry or essays for judging on the local level which determines the entries that will be forwarded to Sister Cities, International, Washington, D.C., for national competition and honors.

Columbia Heights has the distinction of having more national winners and runners-up than any other U.S. community. SCI appreciates assistance for this event from Liz Bray of the city recreation department, administrators and faculty from local schools, as well as the volunteer judges.

The elegant BAL KARNAWALOWY sponsored by PACIM (Polish American Cultural Institute of MN) at the St. Paul Hotel was attended by a group of our Sister Cities' members in February. Marian Pierzchalski, owner of the Gasthof Restaurant, was this year's honoree for PACIM's prestigious award as Outstanding Member. His dedication and generosity with the Twin Cities Polish American community are well known and make him deserving of this special honor.



The SCI subcommittee that has been working on the 20th anniversary legacy project reports that plans are progressing. The translation of the WWII documentary, "Frantic 7," has been completed and is being edited (check the Internet for particulars). Author Jerzy Szczesniak of Warsaw has recently had a new book published – "Brody" – which is also a historical WWII military documentation. The writer's father, Ryszard Szczesniak, is chair of the Sister Cities' committee in Lomianki, Poland.

### Other news:

SCI has donated \$1,500 to the Meals-On-Wheels Program (Columbia Heights, Fridley, Spring Lake Park) in the past several months. SCI Members Sharon and Cliff Shedlov are dedicated volunteers with this program.

If Columbia Heights does decide on having a new public library building, then SCI is requesting display cases/room for various collections of Polish items and memorabilia as well as storage space.

The Minnesota State SCI Conference will take place April 29 at the Hilton Garden Inn in Shoreview. State coordinators for this event are Gerry Wenner, Shoreview, and Dolores Strand, Columbia Heights.

Questions about Sister City group or events? Contact co-chairs Gloria Bergstrom (651) 633-0506 or Dolores Puente Strand (763) 571-1709.

## Notable events in Columbia Heights history

### Root Equipment Fire – St. Patrick's Day, March 17, 2010

A fire was reported at 9:34 p.m. at a vacant property located at 3930 University Avenue. A general alarm was sounded for the department and crews arrived on the scene in minutes. The building was well known for containing many chemicals and other hazards. The first arriving officer reported flames through the roof and a defensive strategy was chosen.

An aerial device and several large diameter hand lines were deployed to protect surrounding properties and extinguish the fire. Crews worked through the night to extinguish the blaze.

With extensive damage to the property, the cause and exact origin of the fire could not be determined.

*Have a photo of the fire department in action? Past or present? We would love to have you share your photos and newspaper articles with us. Original items will be scanned and returned to the rightful owners and credit will be given to the source of the photos.*



**Gary Peterson****Tami Diehm****Bruce Nawrocki****Donna Schmitt****Bobby Williams**

The Mayor and City Council members are your elected representatives. City Council meetings take place at 7 p.m. on the second and fourth Mondays of each month in the council chambers at city hall. Meetings are broadcast live on Channel 16 and are rebroadcast on other days.

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

**Gary Peterson**, Mayor (763) 788-7517

(c) (612) 978-9858

[Gary.Peterson@ci.columbia-heights.mn.us](mailto:Gary.Peterson@ci.columbia-heights.mn.us)

**Tami Diehm**, Council Member (763) 574-2122

[Tami.Ericson-Diehm@ci.columbia-heights.mn.us](mailto:Tami.Ericson-Diehm@ci.columbia-heights.mn.us)

**Bruce Nawrocki**, Council Member (763) 571-1311

[Bruce.Nawrocki@ci.columbia-heights.mn.us](mailto:Bruce.Nawrocki@ci.columbia-heights.mn.us)

**Donna Schmitt**, Council Member (763) 634-1356

[Donna.Schmitt@ci.columbia-heights.mn.us](mailto:Donna.Schmitt@ci.columbia-heights.mn.us)

**Bobby Williams**, Council Member (763) 788-1113

(c) (612) 414-3981

[Robert.Williams@ci.columbia-heights.mn.us](mailto:Robert.Williams@ci.columbia-heights.mn.us)

### Be aware of water treatment sales scam

In response to continuing reports of deceptive and aggressive sales tactics by some sellers of home water treatment equipment, the Minnesota Department of Health (MDH) has updated and reissued a press release advising homeowners to beware of false claims, deceptive sales pitches and scare tactics being used by some companies to sell expensive and unnecessary water treatment systems.

Recently Richfield police issued an alert after residents reported having green bottles left on their doorstep with a request for a water sample. After providing a sample, a homeowner received a visit from a salesman with an aggressive sales pitch for a treatment system costing more than \$6,000 and had difficulty getting the salesman to leave. Officials in Falcon Heights alerted residents after complaints of water testing kits and personal information requests being left at people's doors. Several cities have complained about a website containing misleading information about municipal water suppliers and what tests are performed on drinking water. The website has been used to try to sell treatment systems to homeowners.

In the press release the MDH outlined some of the sales tactics used by some companies, explained the standards that are used for testing public water systems, stated that residents can be confident in the safety of their water unless told otherwise by their utility provider, and made recommendations for those considering the purchase of a home system.

The MDH Press release is at <http://www.health.state.mn.us/news/pressrel/2012/water122612.html>

## IMPORTANT PHONE NUMBERS

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

CITY OFFICES ..... (763) 706-3600  
TTY/TDD..... (763) 706-3692  
Mayor & City Council ... (763) 706-3607  
City Clerk..... (763) 706-3611  
City Manager..... (763) 706-3610  
Personnel-General ..... (763) 706-3606  
Personnel-Job line ..... (763) 706-3616  
Assessing..... (763) 706-3618  
Garbage/Refuse  
Pick-up/Recycling  
(Veolia ES)..... (763) 225-8705  
Utility Billing..... (763) 706-3640

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

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

Police Administration & Information  
Records & Info., Patrol,  
Investigations ..... (763) 706-8100  
Crime Prevention..... (763) 706-8100  
Police Chief ..... (763) 706-8100  
Community Policing  
Coordinator ..... (763) 706-8128

Community  
Development ..... (763) 706-3670  
Comm. Dev. Director.... (763) 706-3672  
City Planner ..... (763) 706-3673

Parkview Villa..... (763) 706-3800  
Bldg. Permits/  
Licenses ..... (763) 706-3678  
Recreation Dept. .... (763) 706-3730  
Recreation Director .... (763) 706-3732  
Senior Programs ..... (763) 706-3735  
Athletics Coordinator ... (763) 706-3733  
CHASE & Youth Enrichment  
Coordinator..... (763) 706-3733  
24-Hour Info. Line-Murzyn  
Hall info., Cancellations,  
Directions..... (763) 706-3737  
Murzyn Hall Rental ..... (763) 706-3734  
Hall After Hours..... (763) 706-3732

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

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



## COLUMBIA HEIGHTS PUBLIC LIBRARY

820 40th Ave. NE

Reference/Information: (763) 706-3690

Renewal: (763) 717-3261

Fax: (763) 706-3691

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

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

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

Cable Channel 19

### Library Hours

Monday – Wednesday: 9 a.m. – 8 p.m.

Thursday: 10 a.m. – 6 p.m.

Friday: 9 a.m. – 5 p.m.

Saturday: 10 a.m. – 4 p.m.

Sunday: CLOSED

### Library Closed

Mar. 29: Good Friday

May 25: Memorial Day Weekend

## Volunteers wanted for this summer



The Children's Department is a hop-pin' place in the summer, and the library is looking for both adult and teen summer volunteers. Summer library volunteers work one 4-hour shift per week starting in June. Shifts are scheduled Monday through Friday 9 a.m. to 1 p.m. or 1 p.m. to 5 p.m. Applicants must be 13 years of

age or older. Applications are available at the library's circulation desks and online on the Library's webpage at [www.ci.columbia-heights.mn.us](http://www.ci.columbia-heights.mn.us). They will be accepted March 1 through May 25. This is an excellent way to get real job work experience, gain volunteer hours, or bolster your resume!

## Communities Matter @ your library: Celebrate National Library Week April 14-20

National Library Week is a time to celebrate the contributions of libraries, librarians and library workers in schools, campuses and communities nationwide.

At the library, people of all backgrounds can come together for community meetings, lectures and programs, to do research with the assistance of a trained professional, get a job, learn new skills, discover how to repair cars, access the internet or find homework help.

For more information on what the Columbia Heights Public Library has to offer, visit the library or call (763) 706-3690 or go to [www.ci.columbia-heights.mn.us](http://www.ci.columbia-heights.mn.us).

### Tax forms are available

Federal and Minnesota tax forms and instruction books are available in the library's Eastroom. Materials are free as they become available.

## Library fundraiser planned at Linder's

The Columbia Heights Library Foundation, in cooperation with Linder's Garden Center, will again be sponsoring a fundraiser during Mother's Day weekend. When you buy flowers, plants or garden supplies at any Linder's location May 10-13, present a coupon to the cashier and Linder's will donate 15% of your pretax purchase to the Library Foundation. Pick up coupons at the library today and show support as you honor your mom or plant your garden.

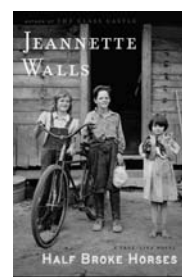
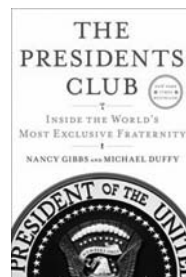
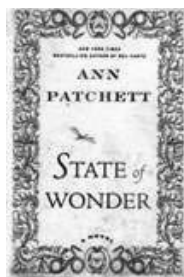
## Columbia Heights Book Discussion Club

Drop in for a favorite book discussion or become a regular member! Book Club meets in the library at 10 a.m. on the last Wednesday of the each month.

April 24: "State of Wonder" by Ann Patchett

May 29: "Presidents Club" by Nancy Gibbs

June 26: "Half Broke Horses" by Jeanette Walls



## Read and tell

Read a good book and want to talk about it and hear what others are reading? Contact Elaine at the Columbia Heights Library at (763) 706-3690. If there is enough interest a group may be formed!

## Be inspired to eat green

Representatives of the Eastside CO-OP will visit the library from 6:30 to 7:30 p.m. on Tuesday, March 5.

Get inspired to eat healthy and frugally while learning about the benefits of co-ops.



## Plan a green garden

Worried about losing your yard and garden to drought? Want to conserve and protect water supplies? Interested in rain gardens?



Visit the library on Tuesday, April 16, from 6:30 - 7:30 p.m. when Andrew Hogg from the Columbia Heights Public Works Department presents storm water tips along with ideas for gardening and water conservation.

## Children's Programs

### Preschool Storytime

Tuesdays, March 12 - April 23

10:30 a.m.

The Columbia Heights Public Library offers storytime as a way to acquaint your child with books and reading. Children need early literacy skills before they enter school and the library's storytime is one way for parents, caregivers and librarians to work together and help nurture your child's love of books and reading. Join us for songs, rhymes, finger plays and stories! No registration required.



### Teen Tech Week

March 10-16

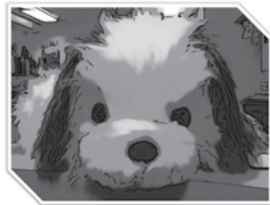
Teens are invited to stop in at the library to celebrate Teen Tech Week.

### R.E.A.D. Dogs

Mondays, April 1 – April 29

6 - 7:45 p.m.

Kids Read, Dogs Listen provides an opportunity for a child to read to a registered therapy dog in the relaxed atmosphere of the library. Dogs sit calmly and quietly while a child reads a story. This weekly program gives children the opportunity to practice reading out loud. Participants may register for a 15 minute one-on-one session with a therapy animal. Time slots are available every 15 minutes from 6 p.m. to 7:30 p.m. Program runs April 1 to April 29. Space is limited; registration begins March 4.



### Children's Book Week

May 13 – 18

Started in 1919, Children's Book Week is the longest-running literacy initiative in the country. Children's Book Week celebrates the importance of books in the lives of children. Children and families can visit the library throughout the week to take part in special activities as we recognize our young readers!

### Baby Read, Baby Grow!

Mondays, April 1 – April 29

10 a.m.

It's never too early to begin reading with your baby. Join us at the library for read-aloud stories, music and movement activities. Baby Read, Baby Grow is free and open to infants from birth to 24 months with their caregivers. New families receive a "Welcome Baby Bag" through this partnership between the library and the Early Childhood Family Education (ECFE) program of the Columbia Heights School District. No registration is required.

### Sing! Play! Learn! with MacPhail

Tuesday, May 14

11 a.m.

Through hands-on music play and activities, MacPhail Center for Music leads children in fun-filled singing and learning. This program is suitable for children, birth to age 5. Space is limited to 20 participants and an accompanying caregiver; registration is required.



### Spring into Science

These programs are free, presented in partnership with MELSA and funded by the Minnesota's Arts and Cultural Heritage Fund.

### Kaleidoscopes

Monday, March 26, 4 - 4:45 p.m.

Discover reflection and symmetry and distort your own face with bendable mirrors. Build and take home a unique kaleidoscope. This workshop is presented by The Works and is open to children in grades 1-5. Space is limited; registration begins Feb. 26.

### Skyscrapers

Saturday, April 20, 2-3 p.m.

The Works invites inventive minds to find out what architects and civil engineers do through exploring structure, scale and design. Participants will create their own scale model skyscraper to bring home. This program is open to children in grades 3-5. Space is limited; registration begins March 23.



## City has rules for pets in the parks

Spring is on the way and many people will be heading outside to enjoy the wonderful city parks in Columbia Heights.

If you bring your pet with you please keep in mind:

- Use a suitable leash for your pet.
- Keep your pet license and all vaccinations up to date.

- Clean up after your pet. Doggie stations are located throughout the city.
- Restrict your dog from the public beach and park waters.
- Remember that fenced ball fields are not places to let your dog off of the leash.

## Public hearing set on stormwater pollution prevention program

The City of Columbia Heights has scheduled a public information meeting at 6 p.m. on Thursday, May 16, in the Council Chambers at City Hall, 590 40th Avenue, Columbia Heights.

The purpose of the meeting is to present and discuss the Storm Water Pollution Prevention Program (SWPPP). Information will include activities the City has been, and will be, engaging in as a result of implementing the SWPPP. Other discussion items will include the original SWPPP, status of compliance regarding permit conditions, progress towards achieving the measurable goals and planned activities for the coming year. The City's SWPPP can be reviewed at [www.ci.columbia-heights.mn.us](http://www.ci.columbia-heights.mn.us).

A paper copy of the SWPPP is also available for review at city offices in the Engineering Department. Please submit oral or written comments to the following:

**Phone:** (763) 706-3700

**Address:** 637-38th Avenue NE, Columbia Heights, MN 55421

For questions regarding the meeting, contact the Engineering Department at (763) 706-3700.

## Law requires proper disposal of electronics

Electronic products containing a cathode ray tube (such as TVs and computer monitors) are considered hazardous and cannot be placed in the trash, according to Minnesota law. Other electronic items with circuit boards also contain hazardous components. Please do not place these items with the trash as the garbage hauler cannot take them. If the items are placed with the trash, they will be tagged and code enforcement authorities will begin abatement procedures.

There are several options to properly dispose of electronics. The refuse contractor has a separate service to collect and dispose of electronics. Call Advanced Disposal Services (763) 225-8705 for pick-up and disposal fees. To avoid pick-up charges there are several drop-off locations in the area, although a disposal fee is normally charged. The Anoka County Recyclopedia (mailed to all properties in 2012) contains a list of facilities that accept electronics. For an updated list of drop-off locations, visit the Anoka County Integrated Waste Management website at [www.AnokaCounty.us/electronics](http://www.AnokaCounty.us/electronics).

## Cleaning your sewer lines

If your home is having the sewer service lines cleaned, including root removal, by a sewer cleaning and/or root removal service, it is very important to notify the City in advance, as well as the day of the sanitary sewer cleaning/root removal so that the City main lines may be checked. Please call Public Works at 763-706-3700 prior to and on the day that any work is being performed.



## Spring street sweeping begins in April

Street sweeping will begin in Columbia Heights as soon as weather permits, usually in early April. Areas around lakes and ponds will be swept first to minimize the amount of sediment entering these bodies of water. Sweeping operations will continue until all streets have been swept twice and then on an as-needed basis until fall.

## Schedule set for hydrant flushing throughout city this spring

The fire hydrant flushing program will take place from April 15 through May 6 from 7 a.m. to 3:30 p.m.

It is necessary to flush all fire hydrants in the city for several reasons:

- To ensure that hydrants are in good working condition.
- To flush out sediment and rust deposits that accumulate in the water system.
- To evaluate water pressure and flow throughout the city.

The hydrant flushing schedule is:

- North of 45th Ave., East of Central Ave. - April 15, 16, 17, 18
- South of 45th Ave., East of Central Ave. - April 19, 22, 23, 24
- North of 45th Ave., West of Central Ave. - April 25, 26, 29, 30
- South of 45th Ave., West of Central Ave. - May 1, 2, 3, 6

You may notice some temporary discoloration of the water while hydrant flushing is being done in your area. The discoloration is caused by iron particles that have been dislodged from the water mains.

Avoid washing clothes while hydrants are being flushed in your area, as discolored water may leave stains on clothes. If your water is discolored, flush your residential system by running the cold water (perhaps water your lawn or trees) for 10 to 20 minutes.

NOTE: Additional localized hydrant flushing may be necessary throughout the spring, summer and fall to maintain and/or improve water quality.



## REFUSE, RECYCLING AND YARD WASTE

### Advanced Disposal Services, Inc. (formerly Veolia ES)

Customer Service Phone: (763) 225-8705

E-mail: [columbiaheights-sw@veoliaes.com](mailto:columbiaheights-sw@veoliaes.com)

Website: [www.veoliatwincities.com/municipalities-columbia-heights.php](http://www.veoliatwincities.com/municipalities-columbia-heights.php)

### Anoka County Integrated Waste Management

Phone: (763) 323-5730

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

### City Refuse/Recycling website

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

Public Works Department Phone: (763) 706-3700

### Holiday Schedule

**Presidents Day, Feb. 18**, no delay in service

**Good Friday, March 29**, no delay in service

**Memorial Day, May 27**, service delayed one day Monday-Friday

### Recycling

- Plastic bottles, jugs and tubs #1-7 now accepted.
- Single-sort recycling collection is every other week. Please check the Advanced Disposal Services website or call (763) 225-8705 for your collection day.
- Please do not place recycling materials in plastic bags; dump the items loosely in the cart or use paper bags. Plastic bags cause problems with the sorting system at the processing plant.
- Rinse out cans, bottles and jars.

### Yard Waste

- Collections will begin in April after the snow melts.
  - Bag (ASTMD6400 compostable only) or bundle branches.
  - Place on the street curb.
  - Anoka County compost at Bunker Hills site opens in April.
- Yard waste carts are available to residents by annual subscription. Order one by calling (763) 706-3700.

### Computers/Electronics Disposal

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

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

The drop-off site may charge a disposal fee.

### Appliance Disposal

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

### RECYCLING TIP:

Reduce solid waste disposal by selling or donating household goods. Refer to your Anoka County Recyclopedia for ideas on where and how to donate, or visit the "Donate It!" website at [www.anokacounty.us/recycle](http://www.anokacounty.us/recycle). To request a Recyclopedia please call (763) 706-3700. **DON'T THROW AWAY, DONATE TODAY.**

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

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

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

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

Items accepted:

Paper	Cans	Oil filters	Cardboard
Tires	Used oil	Glass bottles	Scrap metal

**NO garbage, NO hazardous materials, NO furniture**

**NO appliances, NO trash, NO lumber, NO electronics**

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

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

### Fluorescent bulb collection days:

Saturday, May 4, 2013 and Saturday, October 5, 2013

### SHARE YOUR STORY:

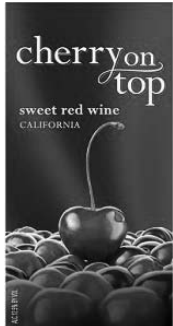
Why do you think it is important to recycle? Does your household recycle on a regular basis? Have you developed a good system for recycling? We'd like to share your story in a future newsletter. Please call Sue at 763-706-3700. A household recycling basket will be offered to those whose stories are published.

# TOP VALU LIQUOR

TOP VALU STORE I: (763) 706-3819 • TOP VALU STORE II: (763) 706-3813 • HEIGHTS LIQUOR (763) 572-9730

## TOP VALU LIQUOR

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



**Cherry On Top**  
**Red & White**  
**750 ml**

**\$6.97**



Coupon expires 3/30/13. While supply lasts. No further discount. Store not responsible for typographical errors.

## TOP VALU LIQUOR

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



**Starling Riesling**  
**1.5 liter**

**\$13.97**



Coupon expires 3/30/13. While supply lasts. No further discount. Store not responsible for typographical errors.

## TOP VALU LIQUOR

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



**Luccio Moscato d'Asti**  
**750 ml**

**\$6.97**



Coupon expires 3/30/13. While supply lasts. No further discount. Store not responsible for typographical errors.

## TOP VALU LIQUOR

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



**Revelstoke Spiced**  
**Whisky**  
**1.75 liter**

**\$21.97**



Coupon expires 3/30/13. While supply lasts. No further discount. Store not responsible for typographical errors.

## TOP VALU LIQUOR

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



**Malibu Red Rum**  
**liter**

**\$14.97**



Coupon expires 3/30/13. While supply lasts. No further discount. Store not responsible for typographical errors.

## TOP VALU LIQUOR

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



**Tia Maria**  
**750 ml**

**\$12.97**



Coupon expires 3/30/13. While supply lasts. No further discount. Store not responsible for typographical errors.

## TOP VALU LIQUOR

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



**Warsteiner**  
**24 cans**

**\$19.97**



Coupon expires 3/30/13. While supply lasts. No further discount. Store not responsible for typographical errors.

## TOP VALU LIQUOR

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



**Keystone Light**  
**24 cans**

**\$12.97**



Coupon expires 3/30/13. While supply lasts. No further discount. Store not responsible for typographical errors.