# Heights Recreation Winter 2015/2016 Happenings @ CHEIGHTS-

# Mayor's Taste of Columbia Heights Holiday Kick-Off

MEET YOUR COMMUNITY, TRY NEW FOODS, PLEASE JOIN US! Friday, November 20th 6:00 - 10:00 p.m. John P. Murzyn Hall - 530 Mill St.

This special community event is meant for everyone! Sample foods from many of our local restaurants! The Mayor 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), Traveling Accordionist Joe Macko, Scott Skaja, Amy Benson, and the Murzyn Holiday 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. Prizes and Silent Auction.

Free admission. \$2 per ticket per food sample. Questions call 763-706-3733. Proceeds will go toward the CH Activity Fund, the restaurants and CH youth activities.

Local Restaurants:
Basha Mediterranean Wood
Grill
Karta Thai
Sarna's Classic Grill
O-City Restaurant - East African
Royal Orchid
Miller's Corner Bar & Grill
Tasty Pizza
Kevin Lindee Chocolatier
El Tequila Mexican Grill & Bar
Adelita's Panderia Bakery

# **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, volleyball, & dodgeball.

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

**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

**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 Check out our City website: www.columbiaheightsmn.gov Like us on Facebook:

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 4:45 p.m.
The office will be closed on
November 11, 26, 27,
December 24 & 25, 2015,
January 1, 18 & February 15, 2016

# 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.



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Columbia Heights Recreation
Mission Statement

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

# **REGISTRATION INFORMATION**

Online: 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.

# **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:

<a href="https://www.ci.columbia-heights.mn.us">www.ci.columbia-heights.mn.us</a>.</a>

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.

# **Recreation Information**

# 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 the Recreation Office located at John P. Murzyn Hall, 530 Mill Street. The Fees are as follows:

**Residents:** \$40 + 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. Reservations will begin on the first business day of each year.

**Reservation Fee:** \$35 + tax



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 & Huset 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

A Great Gift Idea for Heights fans!

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





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! www.facebook.com/ColumbiaHeightsBoosters http://chathleticboosters.com

\*Register online at www.chreconline.org

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

# Wild Chutes Snow Tubing @ Wild Mountain Monday, December 28



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. 21.

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

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

Fee: \$10 Activity # 2407-15

# ZERO GRAVITY & A MOVIE Tuesday, December 29

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** (Moundsview 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. Reg deadline Dec. 22. Min 25/Max 50

Who: 4th-9th grade When: Tuesday, December 29

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-W15



# Skiing @ Wild Mountain Wednesday, 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. 23. Min 25/Max 50.

Who: 4th-8th grade

When: Wednesday, 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 # 2409-15



# **Enrichment**

# 10th Annual CH Sister Cities International Young Artist Showcase



We are searching for local students 13-18 years of age to participate in the 2016 Young Artist Showcase. This year's theme is "Peace through people". 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 Karla Sanchez, poetry Gabrielle Morazan, essay Lorry Scott, who received \$100 and their work moved on to the national level.

# Youth Art Exhibition at Murzyn Hall Tues., January 26 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.



# New Year's Eve Party

Let's spend the afternoon together celebrating the new year - 2016! We will have a Dance Party, a Snow Sculpture Contest, play Guitar Hero, get a Temporary Tattoo, and watch a Movie, Costume Photo's, Food, Games...Don't miss out...tell your friends! Min 20 /Max 40.

Who: 4th - 8th grade

When: Thursday, December 31 Time: 1:00-4:00 p.m. Where: Meet in the Youth Lounge lower level of Murzyn Hall

**Fee:** \$5 **Activity** # 2600-15

# 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. Open during holiday break! A staff person will begin a student pickup at CA in the City white van each week starting on Nov. 17 from 3:15-3:25 pm.

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



# Ice Skating Youth in 2nd -8th Grades

Join Sam & Erick Rolstad on Saturday afternoons for 5 weeks, January 2 - 30 at Ostrander Park for ice skating lessons, with hot cocoa and marshmallows in the warming house.

When: Saturdays, Jan. 2 - 30 Where: Ostrander Park

Who: 2nd - 5th graders What: Beginning Ice Skating
Time: 1:00-2:00 pm Fee: \$15 Activity # 1214-16

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

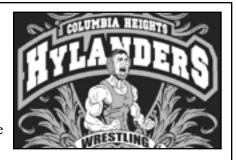
**Time:** 2:00-3:00 pm **Fee:** \$15 **Activity** # 1215-16



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# WRESTLING

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





When: Mid November – March

Practices to be determined, possible meets on Saturdays

**Time:** Determined by coaches **Fee:** \$45 & \$40 uniform deposit

Held at the CH High School Wrestling Room.

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

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

# \*Register for programs online at 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. 12 - Dec. 10 \*No Class Nov. 26 Activity # 2234-W15 Fee: \$35

When: Winter Session II: Thursdays, January 28 - February 18 Activity # 2237-W16 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. 5 - Dec. 17\*No Classes Nov. 26

 Level 1: Beginner-White belt
 Time: 6:00 - 6:45 pm
 Fee: \$45
 Activity # 2235-W15

 Level 2: Orange belt & higher
 Time: 6:45 - 7:30 pm
 Fee: \$45
 Activity # 2236-W15

When: Winter Session II: Thursdays, January 21 - February 25

 Level 1: Beginner-White belt
 Time: 6:00 - 6:45 pm
 Fee: \$45
 Activity # 2238-W16

 Level 2: Orange belt & higher
 Time: 6:45 - 7:30 pm
 Fee: \$45
 Activity # 2239-W16

# **Youth Athletics**

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

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

**When:** November - February. Practice schedule to be determine. Weekend

morning games may be added.

Fee: \$45 Where: City Gym at Hylander Center

Activity # & location: \*NEED COACHES

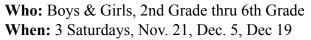
Boys Grades 3-4Boys Grades 5-6Schedule TBDSchedule TBDActivity #1530-15Activity #1533-1

\*More Girl Basketball Players Needed!!

Boys Grades 5-6<br/>Schedule TBDGirls Grades 3-4<br/>Schedule TBDGirls Grades 5-6<br/>Schedule TBDActivity #1533-15Activity #1523-15Activity #1526-15

# \*NEW CLASS\* Upcycling Crafternoons

Upcycling is reusing old materials to create something new! This class will allow participants to produce various upcycled crafts within 45 minutes. Everyone has a crafty side, so come on over and let yours show! You can proudly display your craft or give it as a gift. Upcycled crafts may include T-Shirt Totes, Mini-Soda Magnets & Charms, Magazine Coasters, Pistachio Shell Flowers, Cereal Box Gift "Bags", and Crayon Candles. Min 6/Max 15.



**Time:** 12:30 - 1:15 pm

Where: Prestemon Room, lower level Murzyn Hall. Please use back entrance.

**Fee:** \$ 15 **Activity** # 1174-W15

**Who:** Boys & Girls, 7th Grade & Up

When: 3 Saturdays, Nov. 21, Dec. 5, Dec 19

**Time:** 1:30 - 2:15 pm

Where: Prestemon Room, lower level Murzyn Hall. Please use back entrance.

**Fee:** \$ 15 **Activity** # 1175-W15

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# 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, Feb. 2 - March 1

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

Who: Boys & Girls, 1st - 3rd Grade **Dyno-Hites:** Tuesdays, Feb. 2 - March

**Time:** 7:30-8:30 pm





# **GYMNASTICS**



Jolene Miske is the Head Gymnastics Coach at Columbia Heights High School. She started out as a gymnast and now coaches preschool through high school age students. Class Rules - Attire: leotard or tank top and fitted athletic

students. 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 in the waiting area. Parents will be able to watch the First and Last Class! 8 weeks.

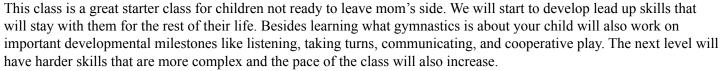
**Where:** Wednesday classes are held in the Edgemoor Room, lower level Murzvn Hall

When: Wednesdays, March 9 - April 27 / Tuesdays, March 8 – April 26



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

|Activity # 1199-W16



Mighty Tykes 3/4 Year Olds | 30 Min Class | 4:30-5:00 Wednesdays | Fee: \$35 | Activity # 1200-W16 This class will start to develop lead up skills that will stay with them for the rest of their life. Besides gymnastics your child will also work on important developmental milestones like listening, taking turns, communicating, and cooperative play. From here, the next level will have harder skills that are more complex and the pace of the class will also increase.

Mighty Bees (No Experience) Ages 5-8 | 45 Min Class | 5:00-5:45 Wednesdays | Fee: \$40 | Activity # 1201-W16 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 March 8–April 26**

Shooting Stars (lvl 1) Ages around 5-8 | 45 Min Class | 4:30-5:15 Tuesdays | Fee: \$40 | Activity # 1202-W16 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 (Ivl 2) Ages around 5-9 | 45 Min Class | 5:15-6:00 Tuesdays | Fee: \$40 | Activity # 1203-W16

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

<u>Leapers (lvl 3) Ages around 6-10</u> | 60 Min Class | 6:00-7:00 Tuesdays | Fee: \$40 | Activity # 1204-W16 This class will start with more advanced skills that without some prior gymnastics experience may be to challenging

to some kids. The class 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 "The Elves and the Shoemaker" performed by our 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

When: Tuesday, December 15 Time: 6:00 pm - 7:30 pm

**Where:** Murzyn Hall main hall

• **Who:** 3 yrs. old and up with a parent

**Fee:** \$7 **Activity** # 2603-15



\*Register for programs online at www.chreconline.org





gift to be donated to

SACA.

# DANCE

Miss Renee Barnett, from the 'nMotion Dance Center in Fridley, will be teaching the winter dance session. Renee has been dancing for 18 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.

# CLASS Schedules - \$40 per class

**Activity** # 1210-W16 Min 5/Max 10

**Activity** # 1212-W16 Min 5/Max 15

Mondays January 11- March 14 (no class Jan 18 & Feb 15) \$40

**Who:** Preschool 3 & 4 years old **Who:** 5 years old & Kindergarten

**When:** Mon. 5:00 - 5:45 **When:** Mon. 5:45 - 6:30

**Activity** # 1213-W16 Min 5/Max 15

**Activity** # 1211-W16 Min 5/Max 10



# 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.

<b>Mondays</b>	<b>Thursdays</b>
Date: Jan. 11 - March 7	Jan. 14 - March 10
*No Class 1/18, 2/15	
Гіте: 9:00 - 10:00 a.m.	9:00 - 10:00 a.m.
Activity # 8202-W16	# 8204-W16
Cost: \$19.25 - 7 classes	\$24.75 - 9 classes



# \*Tuesday - Beginner

Begins Jan. 12 - eventually joins one of the other days 9:00 - 10:00 a.m. # 8201-W16 \$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

	<u>Tuesdays</u>	<u>Thursdays</u>
Date:	Jan. 12 - March 8	Jan. 14 - March 10
Time:	6:30 - 7:30 p.m.	6:30 - 7:30 p.m.
Activity	# 8206-W16	# 8207-W16
Costs:	\$24.75 - 9 classes	\$24.75 - 9 classes

for each participant\* Please print & complete all information street N.E., Columbia Heights, MN 55421 ph: 763-706-3730

Street ]

e a separate form fition, 530 Mill St

\*Use

or Bring to: Columbia Heights Recreation,

PARTICIPANT INFORMATION



# 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. 6 - March 2, no class 2/10

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

Where: Edgemoor Rm, lower level Murzyn Hall

Fee: \$40 **Activity** # 5101-W16

Next session March 9 - April 27

# 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. 29 - Dec. 17, There's still room please join us! \*No Class Nov. 26 Fee: \$10 **Activity** # 2654-W15

Winter Session: Thursdays, Jan 7 - Feb 25 **Fee:** \$10 **Activity** # 2653-W16

\*Spring session begins March 3

# **REGISTRATION INFORMATION**

Participant Last Name:	First Name:	
Grade: Birthdate:	Male or Female: Email Address:	
Address:	ity:	State: Zip:
Parent/Guardian:	Home Phone:	Work Phone:
Additional Info/Special Needs:	Cell Phone:	
Emergency Name & Phone #:	School:	
	ACTIVITY / PROGRAM INFORMATION	NO
Activity Name	Activity Location	Activity # Fee
1.		
2.		
3.		
4.		
5.		
6.		
7.		
8.		
	*Make Checks payable to "City of Columbia Heights"	Total Due =
<b>DATA PRIVACY ADVISORY:</b> By signing below, and attorney, and to others connected with the progr	<b>DATA PRIVACY ADVISORY:</b> 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	de available to program staff, the City's insurer and providing me with the notice of scheduling
changes. I The Indersioned participant do hereby a	changes. I The Understoned narticinant do hereby agree to narticinate in the aftrementioned activity(ies) and I further agree to indemnify and hold the City	d I firrther soree to indemnify and hold the City
of Columbia Heights harmless from and against any out of or in any way, connected with participation is	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.	ared by the aforementioned individual(s) arising
out of our any way connected with, participally Participa	Parent/Guardian or Adult Participant Signature:	
FOR OFFICE USE ONLY		
Amt. PaidDate	Cash Check # Charge	geInitial
Uniform Denocit (if needed) Cash		

# **Adult & Senior Citizen Information**

# **Senior Center**

The CH Senior Center, (lower level of Murzyn Hall, 530 Mill Street NE.) provides educational, social and recreational programs to those 55 years and older in the community. The center is open Monday - Friday from 9:00 a.m. to 4:00 p.m. and is handicapped accessible. For more information call 763-706-3735. Visit the City website www.columbiaheightsmn.gov, under Departments go to Recreation and then Senior Citizens. You will find a copy of the monthly Senior Highlights, Trip Flyer, and more information.



Our '500' club meets

**"500"** 

Club

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. 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.

# **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 1:30 p.m. Coffee and dessert are provided and you may bring a bag lunch if you desire. Yearly membership fee = \$20.

# 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 \$34 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 Friday of every month in the Senior Center from 9:00 a.m. to 9:30 a.m. Provided by the CH Fire Dept.

# **Recreation Highlights**

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

# HEIGHTS

# UPCOMING SCHOOL RELEASE TRIPS

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

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



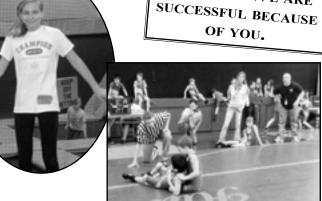
# **UPCOMING SPORTS**

'Basketball! Girls & Boys 'Dance! 'Ice Skating!

`Wrestling! `Gymnastics! `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

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

# Benvenido

INFORMACION DE LA INSCRIPCION

\*Inscripción en línea al www.chreconline.org. Las Inscripciones son aceptadas en persona o a través de correo regular dirigido a Columbia Heights Recreation, John P. Murzyn Hall, 530 Mill Street N.E., Columbia Heights, MN 55421. Puede pagar en efectivo o con cheque. La caja de correos para depositarlo después de las horas de atención esta localizado en la parte este del edificio. También puede inscribirse a través del teléfono llamando al 763-706-3730, y puede pagar con tarjeta de crédito: Discover, Visa, o Master Card.

Los Participantes de la beca: Aplique en nuestra oficina para la ayuda si es que no puede pagar una de las actividades. La beca cubrirá el 75% del costo del programa (descuento máximo es de \$25); el 25% restante tiene que ser cubierto por los padres del participante o tutor. Por favor traiga una copia de la declaración de impuestos Federal o la carta de verificación de que su hijo(a) recibe almuerzo gratuito en el Distrito Escolar. Solo una beca por niño(a) por cada carta informativa. \*Esta iniciativa se financia en parte con una subvención del Departamento de Educación de MN usando fondos federales, 21st Century Community Learning Centers.



# Heights Happenings



News and information about your neighbors and your city · Winter 2015/16

# Taste of Heights Holiday Kick-Off is Nov. 20

The annual Taste of Columbia Heights Holiday Kick-Off, hosted by Mayor Gary Peterson, will take place on Friday, Nov. 20, from 6 to 10 p.m. in Murzyn Hall. Community members are invited to this festive event which will feature local food, live music and fun! Admission is free. It's \$2 for each food sample. Top Valu tastings and Lion's cash bar will be available.

# **Donations sought for new outreach** facility for Circle Terrace area

Plans are moving ahead to create the Police Services and Community Education building as part of a "City of Peace Park" project to act as a focal point and boost to the Circle Terrace area. Once troubled, the area has rebounded in recent years and the City of Columbia Heights wants to support the positive momentum through a unique community-wide effort.

Using Community Block Grants and other federal and local funding, the city has acquired lots in the area that once had dilapidated rental properties. This provides an opportunity to improve the park, rename it to City of Peace Park and add a multi-purpose building to serve the neighborhood.

A survey of nearby residents showed overwhelming support for a facility dedicated to community education and opportunity and also to police relations and services, said Columbia Heights Police Chief

Park, continued on page 3

# Council approves preliminary 2016 budget

On Sept. 14, the Columbia Heights City Council approved preliminary 2016 budgets for the City and the Economic Development Authority, including property tax levies. This preliminary approval is used by Anoka County to mail a Truth in Taxation notice to each individual property owner in November. The notice will show the proposed total 2016 property taxes on the owner's property. It will

**Budget, continued on page 3** 



Jeff Smith has cut garbage in half by composting at his McDonald's on Central Avenue in Columbia Heights. He credits his employees with making it happen.

# Businesses can receive grants to improve recycling

Grants up to \$10,000 are available to individual businesses in Columbia Heights to help offset the costs associated with starting new recycling projects. "This Anoka County grant program is providing the extra incentive that many businesses need to make the decision to improve their recycling and reduce waste," said Jon Klapperich from the Minnesota Waste Wise Foundation. "Anoka County is providing businesses with the tools they need to be compliant with an upcoming state recycling mandate."

McDonald's in Columbia Heights is one such business that has been able to make recycling improvements. Owner Jeff Smith decided to begin recycling large amounts of food and food-soiled paper waste from their daily operations last spring. By beginning an organics recycling program, this McDonald's location is now turning an estimated 31,200 pounds of food and paper waste into nutrient-rich compost. This compost can be sold as soil amendment helping to create jobs locally and reduce soil erosion. Smith is excited about the positive impact that his business' recycling program is having and

Recycling, continued on page 2

# Residential Customer 55421

\*\*\*\*ECEM2S\*\*\*\*\*

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TWIN CITIES MN

City of Columbia Heights 590 40th Ave., N.E. Columbia Heights, MN 55421 763-706-3600 TDD 763-706-3692

# IN THIS ISSUE

Home lots for sale	. Page 2
City, schools share national award	. Page 3
Library foundation fundraiser	. Page 4
Apply for city commissions	. Page 7
Fire fighters hired with grant	. Page 8
Police officer exchange with Poland	Page 9 -

www.columbiaheightsmn.gov





City Manager Walt Fehst, Councilmember John Murzyn, Jr., Mayor Gary Peterson, Councilmember Donna Schmitt, Councilmember Bobby Williams, Councilmember Bruce Nawrocki

# **Ground broken for new library**

The official start of construction on the new Columbia Heights Public Library took place with a groundbreaking ceremony on Sept. 14. This exciting event took place at the library's future home, next to the historic Heights Theater on Central Avenue.

Construction on the site began in September and will continue throughout the winter. For more information about the new library, which is expected to open in mid-2016, please visit www.columbiaheightsmn.gov.

# Recycling, continued from page 1

is eager to continue his improvements by beginning to recycle more plastic food containers as well.

The Minnesota Waste Wise Foundation is the first point of contact for businesses interested in participating in the Anoka County Business Recycling Grant Program. In 2015, Waste Wise has already helped over 20 businesses in Anoka County implement recycling endeavors that will result in over 700,000 pounds of recyclable material being diverted from landfills or waste processing every year. If your business is interested in improving recycling, contact Jon Klapperich at (651) 292-4662 or jklapperich@mnchamber.com.

# Recycling center open to small businesses

Columbia Heights businesses can drop off recycling materials for no charge at the Columbia Heights Recycling Center. The center, located at 3801 Madison Street, is open from 9 a.m. to 1 p.m. most Saturdays, and is staffed by the local Kiwanis Club. Funds raised at the Recycling Center help provide scholarships to graduating seniors.

# Recycling goal 99% achieved for 3rd quarter

Thanks to Columbia Heights residents, a total of 1,326 tons of materials have been recycled this year, as of Sept. 30. This is right on track for the 3rd quarter of 2015. The Anoka County SCORE (Select Committee on Recycling and the Environment) goal for Columbia Heights increased to 1,826 tons this year. Each household only needs to recycle 43 pounds every month to stay on track. Keep in mind, diverting the 1,326 tons of reusable material from the trash saved the City's Refuse fund over \$82,000 in trash disposal fees.

# Lots for single-family homes are for sale



Residential lots are available for sale to licensed home builders for the construction of new single-family homes in Columbia Heights. The program has house design, land-scaping and site requirements to re-establish quality housing back into the neighborhoods.

Columbia Heights continues to make a concerted effort to reinvest in its neighborhoods. The lots were strategically acquired by Columbia Heights' Economic Development Authority (EDA), and are ready to be developed.

For more information, including a list of lots and prices, please visit www.columbiaheightsmn.gov/housing or contact the Community Development Department at (763) 706-3670. We welcome you to Rediscover the Heights!

# No-fault coverage may help to pay for sewer backup damages

Because the City of Columbia Heights recognizes that prompt clean-up helps reduce health hazards in the event of a sewer backup, it has elected to purchase no-fault sewer backup coverage from the League of Minnesota Cities Insurance Trust (LMCIT), the entity that provides the city's property and casualty insurance.

This no-fault coverage reimburses property owners for certain costs of cleaning up sewage and for property damage up to the coverage limit, as long as the backup resulted from a condition in the city's sewer system or water lines. On average, the City of Columbia Heights receives about three backup claims per year that qualify for reimbursement under this coverage, with an average reimbursement to each property owner of approximately \$5,000.

A backup resulting from a clog or other problem in the property owner's line (caused, for example, by tree roots that grow into the line, or by homeowners dumping inappropriate debris such as kitchen grease, "flushable wipes," or diapers into the system) would not be covered. Other exclusions for heavy rainfall or "catastrophic" circumstances may apply and any claim may be subject to review on an individual basis by LMCIT.

Costs which are covered or are eligible to be covered under the property owner's homeowners policy or by other property insurance also would not qualify for reimbursement. Similarly, any costs that would be eligible for reimbursement under a National Flood Insurance Program (NFIP) policy — whether or not the property owner actually has NFIP coverage — would not qualify for reimbursement.

Property owners remain responsible for the maintenance, repair, and cleaning of the service line that extends from their home or business to the city's main line. In addition, residents are encouraged to purchase sewer backup insurance through their regular homeowners policy or other personal property insurance to ensure proper coverage.

If you experience a sewer backup, please contact Columbia Heights Public Works at (763) 706-3700 to report the problem and for further instructions. Information on prevention and cleaning up after a backup can be found on the city's website: columbiaheightsmn. gov. Click on Departments then Public Works, Sewer & Water, and Sanitary Sewer.

# Police and school district share national award

Columbia Heights Police Chief Scott Nadeau and Superintendent Kathy Kelly of Columbia Heights Public Schools received the L. Anthony Sutin Civic Imagination Award from the U.S. Department of Justice Community Oriented Policing Services, presented in September by Ronald L. Davis, Director of the Office of Community Policing Services.

The Sutin Award recognizes the efforts of collaborative partnerships within the community, and is given to a team of law enforcement and community members whose innovative civic interaction has transformed public safety in their community. Programs such as Big Brothers Big Sisters, Anti-Bulling Reading, and weekly open gyms were cited as some of the examples of the youth mentoring occurring through this collaboration which has led to an increase in positive youth contacts and a decrease in juvenile arrests.

The CHPD is proud of its strong relationship with Superintendent Kelly and Columbia Heights School District 13 and is honored to be recognized for working together on behalf of our community's kids.



Police Chief Nadeau and District 13 Superintendent Kathy Kelly with their national awards. Photo provided by Casey Mahon of Columbia Heights Public Schools.

# Park, continued from page 1

Scott Nadeau. The vision is that the new building would be used for outreach of many kinds to support the needs of the neighborhood. For example, the Columbia Heights School District could offer classes, and community groups, like Boy and Girl Scouts, could meet there. City recreation programs and police officers would be based there. Other community organizations could also be involved.

The City of Peace Park project is a continuation of efforts by residents, businesses and city officials that began after the Sept. 11 terrorist attacks to promote peace for all citizens of Columbia Heights, according to Mayor Gary Peterson. "We have been working for over 10 years with our movement for peace in our community via grassroots projects where we erected three 'Peace Monuments,' which are permanent reminders of the importance of striving for peace in Columbia Heights," he said. "The City Of Peace Awards were created in 2013 as another part of this effort."

The City of Peace Park proposal is a joint effort of the Columbia Heights Activity Fund and the Columbia Heights Police Department, as well as volunteers from the community. Letters of support have come from U.S. Congressman Keith Ellison, District 13 Superintendent Kathy Kelly, Anoka County Commissioner Jim Kordiak and many more. Supporters are now seeking grants and donations to cover the remaining cost of \$250,000 to create the Police Services and Community Education building.

"We need your help and donations to make this happen," said Peterson. "Please contact me at (612) 978-9858 or our Columbia Heights Police Department at (763) 706-8100 if you wish to help in any way." For more details, visit the city's website at www.columbiaheightsmn.gov.

# City hall business hours will shift slightly

Effective Jan. 1, 2016, the business hours for Columbia Heights City Hall and the Public Safety Center will be 8 a.m. to 4:30 p.m., Monday through Friday. These buildings will, of course, also continue to be open to the public for evening meetings and other scheduled events outside the normal business day. These buildings currently have both very limited staffing over the lunch period, and very little customer contact between 4:30 p.m. and the 4:45 p.m. The upcoming change in business hours will shift additional staffing to the lunch period, and accordingly improve the average customer experience for the many people who contact the City over their lunch period.

# Budget, continued from page 1

also show what portion of the total is attributable to the county, the city, the school district, and special districts. A public hearing on the city portion of the proposed tax bill will take place at Columbia Heights City Hall on Dec. 14.

The one significant new element of the 2016 city budget, described in previous newsletters, is the voter-approved tax increase to finance construction of a new library on Central Avenue. City property taxes for all other purposes are proposed to increase by 1.9%. By itself, this would have been the smallest annual increase in the city tax levy in more than a decade. When combined with the increase for the new city library, the overall increase in the gross tax levy certified by the city for 2016 is 6.6%.

In most years, about 70% of the city tax levy is paid by Columbia Heights property owners, and 30% is paid by other property owners in the metro area under a subsidy program. However, this subsidy will not apply to taxes for the new library until 2017. Therefore, for 2016 only, Columbia Heights property owners will pay a somewhat greater portion of the city tax levy, estimated at an average increase of 8.3%, until the new library portion of the subsidy becomes available in 2017. The Truth in Taxation notices will include more specific information on this.

Actual changes in taxes for any one specific property will vary from these averages due to any changes in the relative value of properties in the city. A copy of the proposed 2016 budget is available on the city website and at the current library on 40th Avenue.

4 LIBRARY

# **COLUMBIA HEIGHTS PUBLIC LIBRARY**

820 40th Ave. NE

Reference/Information: (763) 706-3690

Renewal: (763) 717-3261 Fax: (763) 706-3691

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

www.anoka.lib.mn.us

www.ci.columbia-heights.mn.us

Cable Channel 19 "Like" us on Facebook!

www.facebook.com/ColumbiaHeightsPublicLibrary

# **Library Hours**

Monday – Wednesday: 9 a.m. – 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**

Thursday, Dec. 24 (Christmas Eve) Friday, Dec. 25 (Christmas Day) Friday, Jan. 1 (New Year's Day)

Monday, Jan. 18 (Martin Luther King Jr. Day)

Monday, Feb. 15 (Presidents Day)

# Columbia Heights Library Foundation movie fundraiser at the Historic Heights Theater





# **The Polar Express**

Saturday, Dec. 12. Music at 1 p.m. Movie at 1:30 p.m. Don't miss "The Polar Express," featuring Tom Hanks, and based on the children's book of the same title by Chris Van Allsburg. Fun for all ages!

Tickets: \$10 at the door. Cash or check only, please. Tickets can also be purchased in advance at Johnson's Bacon and Egg Café, Northeast State Bank or call Marlaine (763) 788-4506 or Cliff (612) 251-9557.

# **Scrabble Club**

Tuesday, Jan. 19, 6:30 p.m.
Tuesday, Feb. 16, 6:30 p.m.
Fight those winter doldrums by exercising your brain and challenging others to a friendly game of Scrabble — or another word-related game. Hosted by the



Friends of Columbia Heights Library. Register online or call Barb at (763) 706-3690.

# **Adult Programs**

# What happens when the police chief and three officers travel to Poland?

Tuesday, Dec. 8, 6:30 p.m.

Columbia Heights Police Chief Scott Nadeau and three of his officers traveled over 4,500 miles to Columbia Heights' Sister City, Lomianki, Poland, in August as part of an exchange. Learn about their experiences and what it means to them and to the City of Columbia Heights. Register online or call (763) 706-3690.



Learning about Polish history and culture at the Royal Palace.

# **Library Book Club**

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

Wednesday, Jan. 20: "The Boys in the Boat" by Daniel Brown

Wednesday, Feb. 17: "Gray Mountain" by John Grisham

Wednesday, March 16: "Etta and Otto and Russell and James" by Emma Hooper

# **Nonfiction Book Club**

Friday, Dec. 18, 2 p.m. Friday, Jan 15, 2 p.m.

Friday, Feb. 19, 2 p.m.

What are you reading now?

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

# Curl up with a good read! Adult Winter Reads Program

January and February

Escape the cold by curling up with a great read — in print, audio, or on your tablet or other electronic device! Tell us what you liked best about your book and you might even win a prize. Watch for more details in January.

LIBRARY 5

# **Adult Programs**

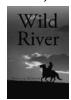
# **Senior Surf**

Wednesday, Jan. 6, 9:30 to 11:30 a.m. Wednesday, Feb. 3, 9:30 to 11:30 a.m.

Mark your calendar for the first Wednesday of the month! Get hands-on computer experience with help from representatives of the Senior Linkage Line. Register online or call Barb at (763) 706-3690.

# **Local author discusses westerns**

Tuesday, Jan. 12, 6:30 p.m.



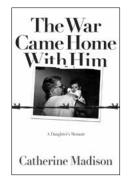
If you love westerns you won't want to miss the opportunity to meet local author Patricia Stinson when she joins us to talk about her writing, read from her work and sign copies of her new book, "Wild River." Register online or call (763) 706-3690.

# **Author visit: Catherine Madison**

Tuesday, Feb. 23, 6:30 p.m.

What happens when a wounded soldier brings home the horrors of war?

"Doc" Boysen never intended to share with his family the hardships he endured as a POW in North Korea. In her book, "The War Came Home with Him," Catherine Madison pieces together the horrible story of her father's experiences and the residual effects that forever altered her family when this wounded soldier brings



his war home with him. Register online or call (763) 706-3690.

# **Children's Programs**

### **LEGO Club**

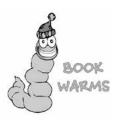
Thursday, Dec. 10, 3:30 to 4:30 p.m. Thursday, Jan. 14, 3:30 to 4:30 p.m. Thursday, Feb. 11, 3:30 to 4:30 p.m.

Do you love all things LEGO? We'll provide the LEGOs, you bring the imagination. For grades K-8. Registration not required. Mark your calendar for the second Thursday of each month.

# **Book Warms**

January and 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.



### MN Zoomobile: Cool Animals of the North

Tuesday, Dec. 29 10:30 to 11:30

All ages. Come to the library and learn about animals that call Minnesota home. The MN Zoomobile will bring some animal friends for you to meet! Registration not required.

# **Noon Year's Eve Party**

Thursday, Dec. 31, 11 a.m. to 12:30 p.m.

Ring in the new year a bit early at the library! On New Year's Eve, we will count down to 12 (noon) with stories, crafts, games and an apple juice toast. For the whole family. Registration not required.

### **Youth Read Down**

January

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.

# **Make and Take Tuesdays**

Tuesdays, Dec. 29- Feb. 23, 11 a.m. to 1 p.m.

Each Tuesday during Book Warms Winter Reading Program, stop by the library to make an art project! This is an informal, drop-in craft program that will take place immediately after storytime. Registration is not required.

# **Storytime @ the Library**

January and February

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

# **Toddler storytime**

Mondays, 10:30 to 10:50 a.m. (For ages 18 months to 3 years and parents or caregivers)

# **Preschool storytime**

Tuesdays, 10:30 to 11 a.m. (For kids ages 3 to 5 and parents or caregivers)

# **Teen Programs**

# **Teen Advisory Board (TAB)**

Monday, Dec. 7, 4 to 5 p.m. Monday, Jan. 4, 4 to 5 p.m. Monday, Feb. 1, 4 to 5 p.m.

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 the children's librarian for more information. The group meets on the first Monday of each month from 4 to 5 p.m.

# Live homework help online!

Log onto Homework Rescue with your Columbia Heights library card for live, one-on-one homework help from online tutors for grades 3-12. Available 1 to 11 p.m. every day.



•

# **Heart Safe training continues**

In 2015, the Columbia Heights Police Department (CHPD) completed training 10% of the city's population, accomplishing the largest and final goal towards becoming officially recognized as a Heart Safe Community. This was done by integrating the Heart Safe program into the department's Community Oriented Policing (COP) initiatives, enveloping CPR and AED training into multiple community picnics, as well as giving hands-on training at more than 50 National Night Out block parties.

In the last year, CHPD has partnered with multiple community stakeholders, including the Columbia Heights Fire Department, to provide more than 2,000 residents of Columbia Heights and Hilltop with the lifesaving skills of CPR and AED training. A plan for sustainability has also been completed with continued trainings on a quarterly basis that will provide free training to all who are interested.

The year 2015 also marked the first year the CHPD partnered with the Columbia Heights School District to train and test every senior before they graduated from high school, in correspondence with new Minnesota law. The police department looks forward to continuing this partnership next school year, and each year after that. Also, more than 50 people have signed up for training this fall and the department is working with First Lutheran Church to train more lifesavers in November.

# **CHPD** is finalist in international award

The CHPD is honored to announce that we've been notified by the International Association of Chiefs of Police (IACP) that we are a finalist in our population category for their 2015 Community Policing Award. These awards recognize outstanding community policing initiatives worldwide. According to IACP President Richard Beary, "No single factor has been more crucial to reducing crime levels than the partnership between law enforcement agencies and the communities they serve." The CHPD is proud to be of service to the Columbia Heights and Hilltop communities. To view the CHPD's submission, visit the "CHPD Publications" page on the police department's webpage at chpolice.com.

# Police department office hours

The Columbia Heights Police
Department office is open Monday
through Friday, 8 a.m. to 4:45 p.m.
The telephone number is (**763**) **706-8100**. The office is located in the
Public Safety building, **825 41st Avenue NE**. The police department is

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



For general information, activities, ordinances, and services, visit www.chpolice.com, find us on Facebook.com/chpolice, and follow us at twitter.com/colhgtspolice.

# **Body camera study is available**

The Columbia Heights Police Department (CHPD) implemented a department-wide body worn camera program in February 2015. A six-month study of the program was conducted to determine the impact the cameras have made and what improvements should be made to better utilize the technology. The study, conducted by Sergeant Matt Markham, is now available in pdf format on the "CHPD Publications" page of the department's website at chpolice.com.

# Winter parking restrictions began Nov. 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 the City of 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.

# In the Spotlight: Ramon Gomez

Ramon Gomez started his work with the City of Columbia Heights in 2002, but his life in Columbia Heights began long before that. Born and raised in Columbia Heights, Ramon is a true hometown hero. Active within the community, Ramon teaches CPR and AED skills to our public, and he partakes in multiple outreach programs each year, including but not limited to Adopt-a-Family, SACA food drives, and the Clean, Fed,



Ramon Gomez

& Warm open house and fundraiser. Ramon is also looking forward to serving as a Big Brother with the Big Brothers Big Sisters program in the Columbia Heights Schools.

Ramon graduated from Columbia Heights High School in 2002 and studied Computer Animation at Academy College. His dream of video game design and programming eventually waned as his priorities changed, but his love for video games remains true today.

He was hired as a page with the Columbia Heights Public Library in March of 2002 and worked there for over 10 years until applying to work for the police department. "I didn't know it at the time, but the opportunities and challenges here (at the police department) would have sold me on the job because they are unique and rewarding at the same time," said Ramon.

He looks forward to his future with the Columbia Heights Police Department, watching as it changes with time. He specifically looks forward to seeing how the CHPD continues to develop and implement community-oriented programs, and hopes the department starts a ripple effect across the nation leading to better community policing efforts nationwide.

In his free time, Ramon enjoys playing video games, working out, and spending time with his family which includes Ronny and their 2-year-old-son Romero.











**Gary Peterson** 

John Murzyn, Jr.

**Bruce Nawrocki** 

**Donna Schmitt** 

**Bobby Williams** 

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

For more information, including agendas and minutes, go to www.ci.columbia-heights.mn.us.

**Gary Peterson,** Mayor (763) 788-7517 (c) (612) 978-9858 Gary.Peterson@ci.columbia-heights.mn.us

**John Murzyn, Jr.,** Council Member (763) 781-4983 John.murzynjr@ci.columbia-heights.mn.us

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

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

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

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

# Apply to serve on city commissions

Residents are encouraged to apply for any of the volunteer Advisory Commissions, which include the Charter Commission, Library Board of Trustees, Traffic Commission, Planning and Zoning Commission, Park and Recreation Commission, Economic Development Authority and Public Arts Commission.

Expiring Board and Commission terms are reviewed annually in the spring. To be considered for this spring, please return your application by March 3. Applications are available at www.columbiaheightsmn.gov or by contacting the City Clerk at (763) 706-3611.

Thanks for your interest in serving your city and its residents.



# Free blood pressure checks

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

# IMPORTANT PHONE NUMBERS 911 Fire Dept. Administration & Information/ Bldg.

Police/Fire/Medical Response 911 If you cannot complete your call	
using 911 (763) 427-1212	
CITY OFFICES (763) 706-3600	
TTY/TDD (763) 706-3692	
Mayor & City Council (763) 706-3607	
City Clerk (763) 706-3611	
City Manager (763) 706-3610	
Personnel-General (763) 706-3606	
Personnel-Job line (763) 706-3616	
Assessing (763) 706-3700	
Garbage/Refuse Pick-up/	
Recycling (Advanced	
Disposal Services) (763) 225-8705	
Utility Billing (763) 706-3640	
Public Works Dept (763) 706-3700	
Engineering/Maintenance Operations	
Emergency After Hours 911	

The Bept. Administration & information,
Emergency
Management (763) 706-8150
Fire Chief(763) 706-8152
Assistant Fire Chief (763) 706-8154
Rental Housing/
Property Maintenance
Inspections(763) 706-8156
Police Administration & Information
Records & Info., Patrol,
Investigations (763) 706-8100
Crime Prevention (763) 706-8100
Police Chief(763) 706-8100
Community
Development (763) 706-3670
Comm. Dev. Director (763) 706-3675
City Planner (763) 706-3673
Parkview Villa(763) 706-3800
,

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

8 FIRE DEPARTMENT

# FIRE DEPARTMENT

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

fire@ci.columbia-heights.mn.us

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

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

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

Housing Maintenance Inspections: (763) 706-8156

fireinspections@ci.columbia-heights.mn.us

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

# Please keep hydrants free of ice, snow

The Columbia Heights Fire Department reminds everyone 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 arrive at a fire. You can perform a valuable public service and protect yourself, your family, and your neighbors by shoveling out and clearing any fire hydrants near your home during and after a snowstorm. Clear the snow



and ice at least three feet all around the hydrant so firefighters have enough room to connect a hose. It's nice to look out for your elderly neighbors or those with handicaps and take a few extra minutes to shovel out their hydrants.

# **Fire Prevention Open House**



Using the fire hose is always a favorite activity at the annual open house of the Columbia Heights Fire Department which took place Sept. 26. This year's fire prevention theme was "Hear the Beep Where You Sleep. Every Bedroom Needs a Working Smoke Alarm." Through educational, family-oriented activities, residents learned more about the importance of working smoke alarms and testing them monthly. Some of the other activities included station tours, rides on antique fire trucks and a pumpkin patch donated by the Sowada family.



New fire fighters, Emily Cramble and Zachary Picard, have joined the Columbia Heights Fire Department, thanks to a federal grant.

# Heights awarded federal grant, hires two firefighters

The Columbia Heights Fire Department received a SAFER Grant from the Department of Homeland Security (DHS) and the Federal Emergency Management Agency (FEMA) to hire two full-time firefighters to meet staffing standards and fulfill the traditional mission of the department.

"This grant will enable the fire department to hire two full-time weekday firefighters for a period of two years," said Fire Chief Gary Gorman. "This will bring our daytime staffing to six: four full-time firefighters, an assistant fire chief and a fire chief."

The grant pays for 100% of the new firefighter's regular pay and fringe benefits. During the duration of the two-year grant, the city must maintain the current firefighter staffing levels but is not obligated to keep the two firefighters after the grant expires. "These added positions will enable the fire department to have our daytime staffing meet minimum standards for fire calls, expand our fire prevention/public education program, assist with the growing rental licensing and property maintenance inspections and reduce the need for daytime callbacks and overtime," said Gorman.

Two of the department's current paid-on-call firefighters, Emily Cramble and Zachary Picard, were hired to fulfill the awarded grant positions.

# City requires sidewalks be clear of snow



Keeping sidewalks free of ice and snow is the neighborly thing to do and it's also the law. Cleared sidewalks are safe and easy to use for yourself, your neighbors, police, fire and ambulance services, as well as for people pushing strollers or using wheelchairs.

In addition, 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 ended. Failure to shovel sidewalks will result in an expense to property owners for the cost of having a city contractor do it.

If you have questions or concerns, please contact the Columbia Heights Fire Department Inspection Office at (763) 706-8156.

# CHPD learn, share with police during Polish exchange

The first ever Sister Cities International (SCI) officer exchange took place in August with Columbia Heights Police Chief Scott Nadeau and three of his officers traveling to Lomianki, Poland, to interact with the Polish National Police Force.

Columbia Heights and Lomianki became Sister Cities in 1991 based on a historical connection. The brother of a long-time Columbia Heights resident had been shot down in 1944 in a plane of American airmen flying over Lomianki to bring supplies in support of the Warsaw Uprising undertaken by the Polish people fighting the Nazis. A monument was erected in Lomianki in honor of these fliers who gave their lives in support of Polish Freedom. In fact, one of the members of the Lomianki City Council spoke of her father's wish to be buried in the same

graveyard facing the American Flag that now flies from atop this monument, first erected in 1987, after he had been freed from a German concentration camp by American forces.

"During this trip, we were able to see to multiple demonstrations and interactions that proved many things, but especially how professional the Polish Police are and how similar they are to American policing," said Nadeau. "We witnessed anti-riot demonstrations, rode with the river police on speedboats, and observed two of their officers use world champion judo skills to demonstrate use-of-force and compliance techniques."

They also spoke together of difficulties and honors that come with police work, regardless of country or language. They enjoyed tea and stories with the Lomianki police chief and discussed successes and challenges for their police departments adapting to the changing world. They also compared budgetary constraints and shared creative solutions. "We even met with the National Headquarters in Warsaw and compared training techniques and hiring processes," said Nadeau. "It was an educational and exciting trip."



Columbia Heights Police Chief Scott Nadeau, center, and three of his officers recently traveled to Poland as the first part of an exchange with the Lomianki Police Department that was initiated by the Columbia Heights Sister Cities International organization.

Perhaps, most notably, they learned of the pride the Polish police take in hosting foreign counterparts. A warm welcome that began at the airport was followed by seven days of CHPD officers being treated like royalty, with their safety and comfort ensured throughout.

"We saw monuments erected on the grounds where thousands were slain at the hands of a madman, and we felt sympathy for their country's sacrifices," said Nadeau. "But in these monuments and the pride that was bestowed upon their teachings, we discovered a country that never forgets but knows of the bravery to overcome."

The CHPD looks forward to hosting police officers from Poland in 2016 and hopes to pay back the generosity and warmth they received on the journey to Poland.

Nadeau looks forward to a continued positive relationship with the Columbia Heights Sister Cities International organization. "We could not have made this a reality without their unwavering support," he said. "In honor of both them and the Polish people, we say "Na zdrowie!" (To your health!)."

# SCI group reports on exchanges with Poland and upcoming 25th anniversary

Five members of the Columbia Heights Sister Cities International (SCI) traveled to Poland recently. Mary Jerde, a nurse, toured and volunteered at childrens' group homes. Greg and Sandra Logacz were researching future SCI projects. Greg also spoke at the WWII commemorative ceremony that honors American fliers in Lomianki, Poland. John Bieniek

and Phyllis Husted also attended the ceremony and met with the mayor.

October was Polish-American Heritage month. Mayor Gary Peterson read the official designation proclamation at the Columbia Heights City Council meeting. Among events that



took place during the month was Marie Przynski's presentation on "Castles and Palaces of Poland" at the Columbia Heights Public Library.

Next year will be the 25th anniversary of this award-winning SCI organization. Committees are being formed to make this a very special event in October 2016. The group is always looking for good

ideas, and members welcome your suggestions.

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

10 PUBLIC WORKS

### Christmas tree pickup ends Jan. 15

Collection of Christmas trees will start Monday, Jan. 4, and end Friday, Jan. 15, on the same day as garbage service. Please make sure your tree is free of lights, decorations, tinsel, etc. Place your tree on the street curb where it is visible to the truck driver.

# Winter parking regulations

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 to 6 a.m. from Nov. 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.

# **Proper garbage can placement:**

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.

### Winter reminders for residents

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



- Please shovel or blow snow onto private property. It is a violation of Columbia Heights 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. Instead, 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.

# 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.

# You can help prevent water lines from freezing

During extreme cold, water lines can freeze and you can be without water. 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.

Please be aware that property owners are responsible for the water service line from the meter in the house to the main out in the street.

Take these steps 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 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 open under sinks** that face outside walls: 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.

# Ways to prevent winter erosion related to construction projects

Some construction sites remain active during the winter. Fortunately, frozen ground reduces the risk of surface water pollution. However, if temperatures increase then rain is possible and it can cause erosion which affects nearby lakes and rivers.

Sites that stay active during the winter are checked by Columbia Heights city staff on a regular basis to ensure compliance with ordinances and state rules. If a construction site will be dormant over the winter, the site operator must install Best Management Practices (BMPs) to ensure that the open soil is covered and stays in place when the snow begins to melt in the spring.

The appropriate method for stabilizing soil depends on a variety of site factors. Here are a few recommendations to follow:

1. Mulch is used to cover large areas to insulate soil, retain

moisture and encourage the growth of native plants and grasses. It also helps prevent erosion by holding the soil in place. Mulch is generally applied in the form of straw or wood chips.

- **2. Erosion blankets** are mats with single or multiple layers that provide soil stability. They can be synthetic or biodegradable and are often used in combination with an approved seed mix. The blanket keeps the soil in place and promotes vegetative growth when used with seed.
- **3. Hydromulch** also known as hydraulic soil stabilizer, acts as glue to keep soil in place. It is sprayed and can be applied with or without seed. For sites that are inactive during the winter, hydromulch without seed can be applied inexpensively and will serve as a temporary solution until spring.

# REFUSE, RECYCLING AND YARD WASTE

# **Advanced Disposal Services, Inc.**

### (formerly Veolia ES)

Customer Service Phone: (763) 225-8705

E-mail: columbiaheights-ads@advanceddisposal.com Website: www.advanceddisposal.com/mn/saint-paul/ saint-paul-collection/guideline/columbia-heights-mn

# **Anoka County Integrated Waste Management**

Phone: (763) 323-5730

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

# City Refuse/Recycling website

www.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. 26: Thursday and Friday service delayed by one day

Christmas Day, Dec. 25: Friday service delayed by one day New Year's Day, Jan. 1: Friday service delayed by one day Martin Luther King Jr. Day, Jan. 18: no delay in service Presidents Day, Feb. 15: 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 jars.

### **Yard Waste**

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

### **Computers/Electronics Disposal**

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

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

### **Bulk Collection**

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

### **Appliance Disposal**

Call Advanced Disposal Services at (763) 225-8705 to arrange for a pickup at your home. Remove doors from freezers and refrigerators. Each property is offered one free appliance pickup per calendar year.

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

It is illegal to dispose of hazardous waste in the garbage. This includes such items as aerosol cans that have contents remaining, antifreeze, driveway sealer, gasoline and other fuels, mercury, liquid paint, paint stripper, paint thinner, pesticides, varnish, wood preservatives and other household products that are corrosive, flammable, combustible or poisonous. Take these items to the Anoka County HHW facility located at 3230 101st Ave. NE in Blaine. There is no charge for disposal of these items at the facility. For more information, visit: www.anokacounty.us/369/ Household-Hazardous-Waste-Facility

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

### Location and hours:

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

# Items accepted:

- Metal
- Glass and plastic (#1-7) containers Any scrap metal items
- Paper and cardboard
- Household batteries
- Antifreeze

- Aluminum cans
- Used oil and oil filters
- Fluorescent bulbs
- String lights

Tires: Leave old tires at the store when purchasing new ones. Only residents may bring four car or light truck tires per year. MUST be off the rims.

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

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

# **RECYCLING TIP:**

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, so please call Sue at (763) 706-3700. A household recycling basket will be offered to those whose stories are published.

# TOP VALU LIQUOR

TOP VALU STORE I: (763) 706-3819 • TOP VALU STORE II: (763) 706-3813 • HEIGHTS LIQUOR (763) 706-3790

# **TOP VALU LIQUOR**



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

Korbel Brandy 1.75

\$15.97



Coupon expires 1/2/16. While supply lasts. No further discount. Store not responsible for typographical errors.

**TOP VALU LIQUOR** 





Hendrick's Gin 750 ml

\$19.97



Coupon expires 1/2/16. 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

Pucker Vodka liters (all flavors)

\$10.97



Coupon expires 1/2/16. 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

Skinny Girl Prosecco

\$5.97



Coupon expires 1/2/16. While supply lasts. No further discount. Store not responsible for typographical error

# **TOP VALU LIQUOR**



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

Luccio Strawberry, Pink, & Peach Moscato

\$6.97



### **TOP VALU LIQUOR**



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

St. Michelle Indian Wells Cabernet Sauvignon

**\$11.97** 



Coupon expires 1/2/16. While supply lasts. No further discount. Store not responsible for typographical errors.

Coupon expires 1/2/16 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

\$10.97



Coupon expires 1/2/16. 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

Miller Lite & Genuine **Draft 24 Bottles** S17.97



Coupon expires 1/2/16. While supply lasts. No further discount. Store not responsible for typographical errors