

# Heights Happenings

## RECREATION WINTER 2013/2014

Columbia Heights

### 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.  
**Adult Open Mic Night**  
7:00 - 10:00 p.m.  
Jan. 16th & Feb. 20th

### MAYOR'S TASTE OF COLUMBIA HEIGHTS HOLIDAY KICK-OFF

Friday, November 22nd 6:00 - 10:00 p.m.  
Murzyn Hall - 530 Mill St.

Join us for Local Food, Beer/Wine Tasting, Live Music & Fun! Free admission. \$2 per ticket per food sample. Full cash bar provided by the Lion's Club. Questions call 763-706-3733.



### 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.

**Saturdays** 9:00 - 12:00 p.m. **Sundays** 11:30 - 2:30 p.m.

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

Calendar available at [www.ci.columbia-heights.mn.us](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

### 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.



### Columbia Academy Students - Off School

### OPEN GYM @ the CH Hylander Center\*

FREE Open Gym extra dates added for Columbia Academy Students. Join us on your day off from school. Times and dates listed below. Must show CA student ID.

Morning Hours: Nov. 25, 26 & 27, 9:00-11:00 am  
Dec. 30, 31, 9:00-11:00 am

Afternoon Hours: Jan. 24, 2014, 3:30-4:45 pm

**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)

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, 28, 29,

December 24 & 25, 2013,

January 1, 20 & February 17, 2014



## Columbia Heights Recreation

### Mission Statement

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

## Recreation Hotline

To better serve the residents of Columbia Heights, the Recreation Department maintains an information and weather phone line. Call (763) 706-3737 anytime, twenty-four hours a day, for a recorded message regarding recreation programs and activities. In the event of inclement weather, facility closure and program cancellation information will also be presented. A decision will not be made for evening programs until 4:30 p.m. Call our information line at (763) 706-3737.



W I N T E R

## REGISTRATION INFORMATION

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

- **Please 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.**



## *John P. Murzyn Hall Rental Information*

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



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

[www.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 Murzyn Hall information line. Reservations may be made Monday through Friday from 8:00 a.m. to 4:45 p.m. at 763-706-3734, or in person at the Recreation Office located in Murzyn Hall.



## PARK RESERVATIONS

The City of Columbia Heights has established a Park Reservation Fee. Reservations will begin on the first business day of each year. A permit must be filled out at 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 &  
HUSSET PARK WEST



## 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

## 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.

## 8th Annual CH Sister Cities International Young Artist/ Author Showcase

We are searching for local students 13-18 years of age to participate in the 2014 Young Artist Showcase. This year's theme is "*Connect Globally, Thrive Locally*". 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 Tyrea Carroll, essay Patrick Vazquez, and poetry Jasmine Burbank, all received \$100 and their work moved on to the national level.



## 2014 Art Exhibition at Murzyn Hall Wed., April 9 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. Winners for the Artist and Author Competitions will be announced at the exhibition.

For more detailed information, please call the Recreation Dept. at (763) 706-3733 (Liz Bray).



# Youth School Release Trips

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

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

## Wild Chutes Snow Tubing @ Wild Mountain Monday, December 23



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. 16.

**Who:** 4th-9th grade **When:** Monday, December 23

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

**Fee:** \$ 10 **Activity #** 2407-13

## ZERO GRAVITY & THE OVAL SKATING Thursday, December 26

**The Oval** (Roseville Skating Center) is a unique community facility; an indoor arena, North America's largest sheet of refrigerated ice, and outdoor Skate Park. Youth will skate from 11:00-1:00. Bring your own ice skates for open skate and hockey equipment if you have it or ice skates are available to use and are included in the price. Dress accordingly for the weather conditions. An indoor area is available to warm up.

**Zero Gravity** (Moundsview location) Trampoline Park-A destination for FUN! From 1:30-3:30 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. 19. Min 25/Max 50 \* **Bring a Bag Lunch on the bus.**



**Who:** 4th-9th grade **When:** Thursday, December 26th **Drop off & Pick up at Murzyn Hall**

**Drop-Off:** 10:15 am **Bus Leaves:** 10:30 am **Pick-up:** 3:50 pm

**Fee:** \$ 14 **Activity #** 2408-W13

## Skiing @ Wild Mountain Friday, December 27



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 \$15!

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. 20. Min 25/Max 50.

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

**When:** Friday, December 27 **Drop off & Pick up at Murzyn Hall**

**Drop-off:** 9:15 am **Bus leaves:** 9:30 am **Pick-up:** 3:30 pm

**Fees:** \$ 15 lift ticket, equipment, and lesson included! **Activity #** 2409-13

## New Year's Eve Party

Let's spend the afternoon together celebrating the new year - 2014! 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 too!  
Min 20 /Max 40.



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

**When:** Tuesday, December 31 **Time:** 1:00-4:00 p.m.

**Where:** Meet in the Edgemoor Room lower level of Murzyn Hall

**Fee:** \$ 5 **Activity #** 2600-W14

## Columbia Academy Students - Off School OPEN GYM @ the CH Hylander Center\*

FREE Open Gym extra dates added for Columbia Academy Students. Join us on your day off from school. Times and dates listed below. Must show CA student ID.

Morning Hours: Nov. 25, 26 & 27, Dec. 30, 31, 9:00-11:00 am Afternoon Hours: Jan. 24, 2014, 3:30-4:45 pm

**Spring Break Trips** Stay tuned for exciting Spring Break Trips March 17th-21st.

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

## Martial Arts

Instructor, Dan Malone, has been in Tae Kwon Do for 20 years and teaching for about 14 years. He's a 4th dan (degree) black belt in Tae Kwon Do and a 3rd 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: Winter Session I:** Thursdays, Nov. 14 - Dec. 12 **\*No Class Nov. 28** **Activity #** 2234 **Fee:** \$30

**When: Winter Session II:** Thursdays, January 23 - February 13 **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. 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. **Min** 8/**Max** 20



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

**When: Winter Session I:** Thursdays, Nov. 7 - Dec. 19 **\*No Classes Nov. 28**

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

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

**When: Winter Session II:** Thursdays, January 16 - February 20

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

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



## Creative Puppetry Script Writing

Youth interested in the art of puppetry and/ or creative writing ... this opportunity will be perfect for you to try! This new class is geared toward learning the basics of writing a 15 minute script with a story line that will be appealing to pre-school youth and up. Ideas hopefully will be inspired by some of the different puppets that the Recreation currently has in their collection. The students will have the opportunity to come back in the summer

of 2014 and watch their puppet plays come to life, being performed by the CH Traveling Puppet Wagon. You may even choose to be one of the puppeteers!

Help us develop and create some new fun stories for Puppetry in CH Parks and at the same time, develop your creative writing skills. Min 7/Max 12

**Who:** 4th - 9th grade

**When:** Mondays, Feb. 24 - March 17

**Time:** 6:00 - 7:30 pm

**Where:** Murzyn Hall Theater Room

**Fee:** \$ 20    **Activity #** 1155-W14



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

## DANCE - Brand New Instructor

Miss Stevie Humphrey started dancing at a local Fridley studio at the age of 3 and hasn't stopped since. She currently works at NMotion Dance Center in Fridley, teaching all ages and skill levels. Stevie teaches ballet, modern, lyrical, jazz and hip hop. She will focus on ballet and tumbling with the younger groups. The older groups will have more instruction on ballet and jazz. Recently she was able to choreograph and star in YouTube celebrity Miphey5's video. He was recognized for his Gangnam style parody called minnesota Style receiving close to 2 million hits on YouTube.



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

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

### CLASS Schedules - \$40 per class

**Mondays January 6 - March 10 (no class Jan 20 & Feb 17) \$40**

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

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

**Activity #** 1210    Min 5/Max 10

**Who:** 5 years old & Kindergarten

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

**Activity #** 1211    Min 5/Max 10

**Who:** 1st & 2nd grades

**When:** Mon. 6:30 - 7:30

**Activity #** 1212    Min 5/Max 15

**Who:** 3rd - 5th grades

**When:** Mon. 7:30 - 8:30

**Activity #** 1213    Min 5/Max 15





## Glitter Bugs

Come join Karl Haynus & Sam Rolstad in a program geared towards children 4 years old - Kindergarten. This program is similar to the Summer Glitter Bugs park program. The children will participate in games, arts & crafts, music, storytelling, and physical movement. Min 15/Max 30

**Who:** 4 yrs - Kindergarten

**When:** Mondays January 13-March 10 \*No Class Jan 20

**Time:** 4:00-5:30 p.m.

**Where:** Theater Room lower level of Murzyn Hall

**Fee:** \$ 40    **Activity #** 1104-W14



## GYMNASTICS - Brand New Classes at the CH High School

Jolene Miske is the Head Gymnastics Coach at Columbia Heights high school. She started in 2011 although her passion for coaching started in 2006 with Irondale High school. Jolene graduated from Kaplan University, business management to pursue her dream of owning her own gymnastics facility. She has actively been in the sport for over 20+ years. She started out as a gymnast and now coaches preschool through high school age students.

**Where:** All classes are held in the Gymnastics room at the CH High School, main gym stage, use main door

**When:** Tuesdays for 8 weeks, January 7 - February 25

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

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 Tykes 4 & 5 Year Olds** | 45 Min Class | 5:00-5:45 | Fee: \$40 | Activity # 1201

This class starts to build on the skills already learned in the previous levels. If you are just starting, the first couple class 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 the girls programs that await them once they are 5 or have started kindergarten.



**Shooting Stars (lvl 1)**    Ages around 5-8 | 45 Min Class | 5:45-6:30 | Fee: \$40 | Activity # 1202

This class will start to build the foundation for the rest of the skills to come. From here most skills are either with spot, or on the equipment that will aid them somehow. In a class with a bunch of kids 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! §Coach will split between levels 1 & 2.

**Springers (lvl 2)**    Ages around 5-9 | 45 Min Class | 5:45-6:30 | Fee: \$40 | Activity # 1202

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. §Coach will split between levels 1 & 2.

**Leapers (lvl 3)**    Ages around 6-10 | 45 Min Class | 6:30-7:15 | Fee: \$40 | Activity # 1203

This class will start the more advance skills that without some prior gymnastics experience may be to challenging to some kids. In the class, the kids will further improve their abilities and work on some of the following skills: handstands, front to back cartwheels, rolls with straight arms and legs, backhip circles and underswings on bars, cartwheel and easy jumps on beam, and running into rolls and handstand on vault. With the class lasting 45 minutes the kids will go to 2 events and end with general strengthening to help improve the quality and ease of the skills.

# 8 Youth Enrichment & Athletics

## Custard, Sprinkles & a Holiday Performance

The evening will begin with a holiday play "Trouble At The North Pole" 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 12.  
**PRE-REGISTRATION REQUIRED**

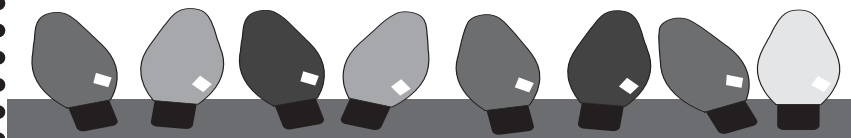
**When:** Tuesday, December 17 **Time:** 6:00 pm - 7:30 pm

**Where:** Murzyn Hall main hall

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

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

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



## Ice Skating Youth in 2nd -8th Grades

Join Sam & Erick Rolstad on Saturday afternoons for 5 weeks, January 4 - February 1 at Ostrander Park for ice skating lessons, with hot cocoa and marshmallows in the warming house.

**ALL SESSIONS: When:** Saturdays, Jan. 4 - Feb. 1  
**Where:** Ostrander Park

**Who:** 2nd - 5th graders

**What:** Beginning Ice Skating

**Time:** 1:00-2:00 pm

**Fee:** \$15 **Activity #** 1214

**Who:** 6th - 8th graders

**What:** Skating Club - Open Skate

**Time:** 2:00-3:00 pm

**Fee:** \$15 **Activity #** 1215



## 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. Some weekend morning games may be added.

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

### Activity # & location:

#### Boys Grades 3-4

Schedule TBD

Activity #1530

#### Boys Grades 5-6

Schedule TBD

Activity #1533

#### Girls Grades 3-4

Schedule TBD

Activity #1523

#### Girls Grades 5-6

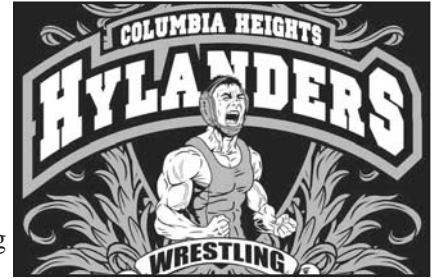
Schedule TBD

Activity #1526



## 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. SIGN UP NOW! Coach: LeRoy McCoy. Please contact the office if you would be willing to help assist the volunteer coach.



Join the Facebook fan page link - key word search "Columbia Heights Youth Wrestling" in facebook. It will give updates, announcements, pictures, etc. A great way for parents and wrestlers to interact via web.

### Youth Program Grades 2-5

**When:** Tuesdays & Thursdays, November 19 – March **Time:** 6:30 - 8:00 pm

**Fee:** \$45 & \$40 uniform deposit **Activity # 1600**

**\*No sessions Nov. 28 & during Winter Break Dec. 23 - 31**

Held at CH High School Wrestling Room.

### Middle School Grades 6-8

**When:** Tuesdays & Thursdays, November 19 – March **Time:** 6:30 - 8:00 pm

**Fee:** \$45 & \$40 uniform deposit **Activity # 1601**

**\*No sessions Nov. 28 & during Winter Break Dec. 23 - 31**

Held at the CH High School Wrestling Rm.

**\*\*FREE CLINIC\*\*** Interested in trying wrestling? Come to the Free Clinic designed to introduce beginners to the sport. This clinic will focus on presenting basic skills, tumbling & getting a sense for competition through fun games. Held at the CH High School Wrestling Room.

**Tuesday, November 19 & Thursday, November 21 6:15 - 7:30 pm**  
for youth in Kindergarten - 8th grade.



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

A Great Gift Idea for  
Heights fans!

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



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

## Spring Sports Sampler for Kids

Stay tuned for a Spring Sports Sampler for Kids with Coach Tony. This is a great opportunity for Boys & Girls, Kindergarten - 2nd Grade to have an introduction to baseball, basketball, soccer, and football. Further details will be in the Spring newsletter.

## 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: Jan. 13 - March 24

\*No Class 1/20, 2/17, 3/3

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

Activity # 8202-W14

Cost: \$22.00 - 8 classes

### Thursdays

Jan. 16 - March 27

No Class 3/6, 3/20

9:00 - 10:00 a.m.

# 8204-W14

\$24.75 - 9 classes



### \*Tuesday - Beginner

Begins Jan. 14 - eventually joins one of the other days

9:00 - 10:00 a.m.

# 8201

\$24.75 - 9 classes

## ADULT Aerobic Dance

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

### Tuesdays

Date: Jan. 14 - March 25

No class 3/4

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

Activity # 8206-W14

Costs: \$27.50 - 10 classes

### Thursdays

Jan. 16 - March 27

No class 3/6

6:30 - 7:30 p.m.

# 8207-W14

\$27.50 - 10 classes



## Total Body Conditioning

Tone your muscles with this Total Body Workout taught by Kim Gill, certified group fitness instructor. Improve posture, balance and core strength through a variety of body conditioning exercises. We will lunge, squat, and sculpt in a motivating atmosphere. All fitness levels are encouraged to participate. This is your workout and you are encouraged to work at your level while pushing yourself just a little more each time. Please bring a set of light weights 2-5 lbs, a bottle of water, a yoga mat or towel, and tennis shoes.



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

**When:** Thursdays, Nov. 21 - January 16, 2014

\*No class Nov. 28

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

**Where:** Main Hall of Murzyn Hall

**Fee:** \$40

**Activity #** 5101-W13

## 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. The winter sessions will focus on the intermediate to advanced skill levels.

**Who:** Ages 16 & over

**Time:** 6:30 - 8:00 p.m.

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

**Fall session:** Thursdays, Nov. 7 - Dec. 19, There's still room please join us!

\*No Class Nov. 28

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

**Winter Session:** Thursdays, Jan 9 - Feb 27

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



# REGISTRATION INFORMATION

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

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

## ACTIVITY / PROGRAM INFORMATION

Activity Name	Activity Location	Activity #	Fee
1.			
2.			
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*Make Checks payable to "City of Columbia Heights"			Total Due =

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

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

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

## FOR OFFICE USE ONLY

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



## SENIOR CENTER

The CH Senior Center, (lower level of Murzyn Hall, 530 Mill Street NE.) provides educational, social and recreational programs to those 55 years and older in the community. The center is open Monday - Friday from 9:00 a.m. to 4:00 p.m. and is handicapped accessible. For more information call 763-706-3735.

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

## "500" Club

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



## Bridge

A senior bridge group meets on Mondays, 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.



## 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.

## 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 \$32 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.



## 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.

## 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

12

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



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

## UPCOMING SCHOOL RELEASE TRIPS

\*ZERO Gravity  
& Ice Skating!

\*Snow Tubing!!  
\*Skiing!



## UPCOMING SPORTS

`Basketball! Girls & Boys

`Wrestling! `Gymnastics! `Dance!

`Ice Skating! `Tae Kwon Do!



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



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

# Benvenido

Para inscribir para actividades de jovenes con el departamento de recreación de Columbia Heights vengan a 530 Mill Street, Columbia Heights. Para pagar con cheque o en efectivo vengan a la oficina (la dirección de arriba) o manden el registro con el pago. Algunas beccas son disponibles también. Les ofrecemos hasta 75% de descuento con máximo de 25 dólares. **Visita a la oficina para mas información en engles.** Abajo se mencionan algunas actividades pere jovenes. Adultos los acompañan en cada viaje.

**!REGISTRARSE TEMPRANO!**

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

# Heights Happenings

Columbia Heights



WINTER 2013

News and information about your neighbors and your city.

## Proposed budget is topic of public hearing

The Columbia Heights City Council approved a proposed budget for 2014 on Sept. 9.

A public hearing with an opportunity for comment on the proposed budget, and a council vote on the final 2014 budget, are both scheduled for 7 p.m. on Dec. 9 in the council chambers in city hall.

Under the proposed budget, taxes paid by Columbia Heights property owners will decrease next year by an average of 6.5%. At the same time, the total amount of property taxes received by the City will increase by 3.7%, due to a revenue-sharing agreement between metro area cities and counties. (This agreement is described in a separate article on page 3.) Of course, the 2014 city property taxes for any individual property will vary from the average decrease of 6.5%, depending on the relative change in that property's value.

For 2014, state aid revenue to the City will increase by approximately  
**continued on page 2**

## CHPD hosts community coffee get-togethers

The Columbia Heights Police Department is always seeking new opportunities to improve collaboration and communication with the community. The department hosted its first Coffee with a Cop at the Columbia Heights McDonalds on Sept. 19 as another way to connect with citizens. This was the first time an Anoka County police agency has participated in the Coffee with a Cop program for anyone interested in talking with local officers, whether to share some concerns or just get to know officers better.

The simple idea of police departments hosting small informal get togethers such as this  
**continued on page 5**



Officer Andy Museus



Columbia Heights High School students, who are members of Kiwanis Key Club and National Honor Society, volunteer at the recycling center.

## Kiwanis club's long-time partnership with city makes recycling center possible

It's been a 30-year partnership that's lasted longer than many marriages, and it's still going strong.

Since 1983, the Columbia Heights-Fridley Kiwanis Club and the City of Columbia Heights have worked together to provide residents with a drop-off recycling center. Kiwanis volunteers keep the recycling center open every Saturday from 9 a.m. to 1 p.m. The milestone anniversary was celebrated at the center last month.

Nearly 1,200 tons of materials have been collected at the recycling center since it opened, according to Jesse Davies of the city's Public Works Department. He 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."

Curbside pick-up of recycling takes place in Columbia Heights but residents also have access to a drop-off recycling center through this  
**continued on page 3**

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to Mayor  
Peterson's  
Holiday Kickoff  
Details on page 7**

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## Revenue-sharing agreement impacts city property taxes

The Area-Wide Fiscal Disparities Levy (AW levy) is a revenue-sharing agreement with local governments in the metro area pooling a portion of their commercial property tax base. Under the formula for this agreement, a portion of the City of Columbia Heights' property tax levy is collected from metro area



commercial properties outside the City. Due to various financial factors, the amount received by the City under this formula has increased significantly in recent years. For 2014, the AW levy will increase by \$800,000; as a result of the widespread decreases in property values Columbia Heights experienced in 2013.

In 2009, the AW levy was \$1,367,969 or 17% of the City's total levy. In 2014, the AW levy will be approximately \$3,505,485 or 35% of the total levy. This influx of tax revenue from outside the City has kept the average amount of taxes paid by Columbia Heights taxpayers relatively low for the level of services provided. In fact, although an increase of 3.7% in the total property tax levy is proposed for the 2014 city budget, Columbia Heights property owners will see an average decrease of 6.5% in the city taxes they pay in 2014 under the proposed budget.

Under the formula for this agreement however, the AW levy received by the City in 2015 is expected to decrease. Accordingly, the remaining share of the tax levy paid by Columbia Heights property owners will be greater in 2015 than in 2014. The data necessary to project what the actual 2015 tax increase will be for Columbia Heights taxpayers, as a result of the decrease in the AW levy, will not be available until approximately September 2014.

## City council authorizes certain long-term borrowing

The Columbia Heights City Council authorized long-term borrowing on Sept. 23 to finance approximately \$2 million of current and future city projects, plus an additional \$800,000 to refinance existing debt at a lower interest rate. At this writing, the interest rate available to the City for these types of projects is just over 2%, which is a very low rate in historical terms.

The new projects are mostly improvements to water, sanitary sewer, and storm sewer systems. This portion of the debt will be repaid with utility revenues over the next 10 years. In 2010, the city council approved an increase of 3%, effective 2014, for water, sanitary sewer, and storm sewer rates. Next year, a study of utility rates will take place to determine the need for any changes following 2014.

For the water and sanitary sewer systems, improvement projects are needed due to the age of the system components. For example, the City's water tower has not been recoated in 20 years, and the pumping equipment in one sanitary sewer station is over 30 years old. Storm sewer improvements are needed because of state and federal mandates to reduce pollution flowing into lakes and rivers, and also to address localized flooding.

Approximately 10% of the total amount borrowed will be used to finance certain street reconstruction. This portion of the debt will be repaid with special assessments on the benefitting properties along the improved streets.

None of the \$2.8 million borrowed is expected to be repaid with property taxes. In order to obtain the favorably low interest rate, the City does guarantee to its creditors that if utility revenues and special assessments are not enough to repay the debt, that taxes would be used to make up a shortfall. Historically however, this has never happened; taxes have not been required to repay this type of debt. Information on all of the City's long-term debt is available in the City's comprehensive annual financial report (CAFR), which is available at [www.ci.columbia-heights.mn.us](http://www.ci.columbia-heights.mn.us).

## Budget, continued from page 1

mately \$500,000. Under the City's long-term financial plan, this increase is to be used either to redeem tax-supported debt or for capital items that would otherwise be paid for with property taxes. None of the City's existing tax-supported debt happens to be available for early redemption in 2014.

In recognition of a recommendation from a citizen task force to increase library building space, the proposed budget transfers \$300,000 of the 2014 state aid increase to the Library Capital Building Fund. Due to a federal mandate to make the City's existing wading pools wheelchair-accessible, the proposed budget transfers the remaining \$200,000 to the Parks Capital Improvement Fund.

For 2014, the City's financial plan limits the increase in tax-supported operating expenses to 2%, in order to continue toward the City's long-term goal of reducing dependence on state aid for annual needs. The operating expense increase of 1.5% in the proposed 2014 budget is well under this 2% limit.

In every year since 2008, the City's tax-supported operating budget has increased less than the Consumer Price Index. The budget proposed for 2014 continues this trend. A copy of the proposed 2014 budget is available both at the Columbia Heights Public Library and on the city's website at [www.ci.columbia-heights.mn.us](http://www.ci.columbia-heights.mn.us).

## Meet Your Neighbors: Suzy and Mark Vescio

Columbia Heights is near and dear to Suzy and Mark Vescio who are two of the community's biggest cheerleaders.

Both were born and raised in the Heights and returned to raise their family. All three of their children (Christina, Matthew and Thomas) are graduates of Columbia Heights High School and the couple now has a granddaughter in preschool here.

"We love it here," said Suzy. "We have no desire to go anywhere else."

They graduated from Columbia Heights High School in 1985 but didn't start dating until five years later. For the past 20 or so years, their busy lives have revolved around their children who were active in dance, traveling basketball, swimming, hockey and tennis. The couple has been very involved with the Columbia Heights Boosters Club which supports youth athletics.

"It's been great to get to know the parents of our kids' friends," she said. "We've made some lovely friends that way."

The pace has slowed a bit since their youngest child graduated in June. "Our most prized time together now is in the quiet of our home," she said.

"Suzy and Mark Vescio are often 'behind the scenes' putting in long hours, helping to keep the Columbia Heights Boosters organization alive and thriving," said Liz Bray of the city recreation department. "Their contributions to our community are numerous."

**Their parents:** Roger and Jean Olson, now retired in their hometown of Remer, and Chuck and Shirley Vescio of Columbia Heights.



**Favorite annual event:** CHHS homecoming. They began hosting an informal homecoming party a few years ago that has become a whole lot of fun with people from a wide range of classes attending.

**Unique collection:** CHHS memorabilia of all sorts.

**Favorite Heights hangouts:** First Lutheran Church (where they were married and she currently serves as vice chair of the executive board), Sarna's, Tasty Pizza and Millers.

**What they love most about Heights:** "We have been able to raise our family in a city with a 'small town' feel — where we know all the kids on the team, and our children weren't 'a number' in school, rather they were known by name. We embrace and enjoy reminiscing about our past growing up in Heights but also welcome the many changes to our city and schools. It's worth getting excited about, and we are proud to live here."

## Recycling center, continued from page 1

partnership. The recycling center, located at 37th and Madison, accepts paper, plastic, glass and also scrap metal so it's a good place for residents and businesses to dispose of gutters, grills, fencing, shelving, and more. Automobile oil is also accepted as are tires and antifreeze. Recent improvements to the center include a drive through and a new oil tank.

"The members of our Kiwanis club are passionate about recycling and encourage everyone to recycle what they can rather than toss it in the garbage," said Dale Schuetz, president of the club. "Recycling is a win-win situation. It's critical to protecting our environment and it helps to preserve our natural resources."

In addition, The Kiwanis Club uses funds from the sale of the recyclables to provide scholarships each year to graduating seniors at Columbia Heights and Fridley High Schools.

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 Davies. "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.

"Members of the Columbia Heights-Fridley Kiwanis club are looking forward to another 30 years of service and more," said Schuetz.

## Year-end push can get recycling back on track

Thanks to Columbia Heights residents, 1,169 tons of materials have been recycled so far this year from January through September. This is notable, although it is 13% less than anticipated for the third quarter. The SCORE (Select Committee on Recycling and the Environment) goal increased to 1,792 tons for 2013. The good news is that each household needs to recycle 81 pounds next month to get back on track. Keep in mind, diverting the 1,169 tons of reusable material from the trash saved the City over \$65,000 in trash disposal fees.



**Kiwanis President Dale Schuetz encourages residents to recycle.**

## 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).



## Police offer home safety advice

Officers Steve Korts and Dale Sorensen recently completed training in Crime Prevention Through Environmental Design (CPTED). They are now able to provide information to residents in the proper design and effective use of their home environment which can lead to a reduction in the fear of crime, incidence of crime, and an improvement in quality of life. Residents interested in a free home survey and recommendations can call the police department at (763) 706-8100.

## Neighborhood Watch program reduces crime and strengthens community

Are you doing what you can to keep crime out of your neighborhood?

Neighborhood Watch is a successful program in which the community works together with the police department to reduce crime in neighborhoods through the vigilance of its residents.

“The Neighborhood Watch program is especially effective against home burglary and vehicle related crimes,” said Terry Nightingale, Community Policing Co-ordinator. “Neighbors looking out for each other strengthens our community.”

The Columbia Heights Police Department would like to increase the percentage of neighborhoods that participate in the program. For more information on how you can get involved in Neighborhood Watch, contact Nightingale at (763) 706-8128 or [terry.nightingale@ci.columbia-heights.mn.us](mailto:terry.nightingale@ci.columbia-heights.mn.us).

## Don't leave keys in cars

During winter months, people are tempted to start their vehicles and let them warm up unattended, with the keys in the ignition. This practice increases auto thefts and is a violation of the city's Open Ignition Ordinance. A vehicle cannot be left unattended within the city, whether on public or private property, without first locking the ignition and removing the key from the vehicle. Using a remote start system does not violate the ordinance.

## School superintendent presents 'Above and Beyond Award' to police

The Columbia Heights Police Department and Chief Scott Nadeau are honored to be the 2013 recipients of the Columbia Heights School District Superintendent's Above and Beyond Award.

This award was presented by Superintendent Kathy Kelly during the back-to-school convocation for staff members in August. Nadeau had just completed a presentation to more than 420 school district employees when Kelly surprised him with the announcement. Employees responded to the news with a standing ovation.



**Police Chief Scott Nadeau accepts award from school district.**

“The police department has a core value of helping; the chief and his department have been both helpful and helpers to our students, our staff and to our community,” said Kelly. “We in the school district are fortunate to have

such a wonderful, strong and collaborative relationship with the police department and city.”

The award was created in 2008 to acknowledge those who live a legacy of what makes this community and country great, and who exhibit a passion for supporting the district's students.

The police department partners with the school district on safety and threat assessment, mentoring of youth, bullying and violence prevention, and youth education programs such as the Teen Academy and DARE.

“It is an honor for our police department to have such a strong and collaborative relationship with the school district,” said Nadeau. “This is a prestigious award to have received, as it indicates a commitment to living out the values and mission of both of our organizations.”

## Winter parking restrictions are in place

Parking restrictions, which began Nov. 1, will continue through March 31 so streets can be kept up during the winter. Vehicle and trailers cannot be parked or left unattended on public streets from 2 a.m. to 6 p.m.

without a parking permit issued by the Columbia Heights Police Department. Permits are issued only for certain conditions. Please contact the police department for further information.





## Spotlight on Ted Fischer

Hired as a Columbia Heights Police officer in 1992, Ted Fischer was promoted to sergeant in 2006. He began his law enforcement schooling at Metro State University after graduating from the University of St. Thomas with a business degree in 1988. After a stint as a police officer in Eau Claire, WI, Fischer took a policing position with then Hennepin County Parks.



**Ted Fischer**

Fischer's mother typed reports for the Minneapolis Police Department, which led to his first ride-alongs with officers and his interest in becoming a police officer.

Assigned to the patrol division most of his career, Fischer also worked as an investigator for the department in the late 1990s and now supervises the investigation division which includes two school resource officers and a drug task force officer. He is currently an instructor on firearms and use of force. Fischer has been a DARE instructor and one of the first community-oriented policing officers in the 90s.

"I have really enjoyed working in Columbia Heights with its smaller community feel," he says. "But, I also like the busyness that occurs from being close to Minneapolis."

Sgt. Fischer is married with three children. He sits on Bloomington's City Planning Commission which recently approved major expansion plans for the Mall of America. He enjoys camping and traveling with his family.

## Coffee with a cop, continued from page 1

began in California a couple of years ago, and has since spread across the country. Chief Scott Nadeau floated the idea here and monthly gatherings were set at several locations through the city.



**Officer Bill Monberg**



**Officer Danielle Pregler**

"Sometimes it can be intimidating to get to know the officers in your community, or to open a dialog," said Nadeau. "I think this is a great example of an idea that gets people from the community in touch with the officers who serve them."

About 15 people came out to speak with the officers who also interacted with another 15 people who just happened to be at the McDonalds during the event.

The CHPD will be doing a monthly Coffee with a Cop at varying times and locations throughout the city. For more details, check the police department's website at [CHPOLICE.COM](http://CHPOLICE.COM), Facebook page at [www.facebook.com/chpolice](http://www.facebook.com/chpolice) or call (763) 706-8100.

## What you can do to prevent theft

By Terry Nightingale, Community Policing Officer



Theft incidents constitute the lions-share of crime statistics in any city. I took a look at Columbia Heights numbers and thought I'd share some advice on ways you can reduce your odds of becoming a theft victim.

We've had about 500 reported theft cases each of the last several years. If every resident put forth just a little effort this number could be reduced when you realize that 14 of

17 bicycles stolen June 1 through Sept. 17 were unlocked and unattended. They were taken from yards and in front of retail stores.

Can residents do better securing their property in their yards? Yes, if you have the will. During this same time period, 12 theft reports occurred from residential yards. Thieves took items like outboard motors, propane tanks, tires and rims, and a wheelbarrow.

Thefts from vehicles is another area where residents could have an impact. Thieves focus on cars because that's where many people keep their stuff. But guess what, 16 of 34 reported thefts over this summer were from vehicles that were not locked. Yes, eight of the 34 had their windows or locks broken to gain entry, and a thief may break open a car if he finds the doors locked, but why make it so easy for them? Raise the level of resistance to a point that you've made them go on their way. Of course, keep temptations such as tools, stereo equipment, and other electronics out of your car, or at least hidden from view.

Of the 82 or so burglaries reported since the first of the year through Sept. 17, about 12 occurred because the thief was able to walk into a garage with the overhead door up, the garage service door was unlocked, or a window was unlocked. Some of these incidents happened at night while residents slept. Scary? Yes. Preventable? Yes!

I don't think I need to tell you how many unattended cell phones get taken or why you should not have large amounts of cash in susceptible places. It's all about reducing your likelihood of being a victim of theft. Please have the will.

## 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.

## Blood Pressure Checks



The Columbia Heights Fire Department offers free blood pressure checks

every day of the week from 8 a.m. to 6 p.m. Please remember that any time you have an emergency, dial 9-1-1.

## Fire Hydrants

As Minnesotans, we all know that the coming of winter also means SNOW! We know that shoveling is a burden, but we ask that you take a little time and shovel out a two-to-three foot area around fire hydrants. In a critical fire emergency, it saves time and lives by having it kept clear of snow.



## Law requires CO detectors in single-family homes

All single-family homes in Minnesota are required to have an approved carbon monoxide (CO) detector within 10 feet of each bedroom or sleeping area.

CO is a poisonous gas. You cannot see, smell, or taste it. CO poisoning can happen when you have a large amount of this gas in your home at one time, or smaller amounts of the gas in the air for several days. Carbon monoxide is produced by burning fuels like gas, oil, kerosene, wood, charcoal or coal.

CO poisoning can make you headachy, dizzy, tired, or sick to your stomach. If you and your family feel this way in your home, then leave and get better but have the same sick feelings back when you return, you may have carbon monoxide poisoning. Carbon monoxide can kill you.

CO can get in your home when fuels are burned to heat your home, to heat water, or when cooking. Heating equipment should vent (send) this gas outside of your house. Sometimes chimneys don't work well and the burning gases get into your house. Carbon monoxide in car exhaust may leak into your home from an attached garage.

Everyone can be poisoned by breathing too much CO but it is especially dangerous for pregnant women and their unborn babies, infants, children, elderly people, and people who have anemia or some heart and lung health problems.

The fire department recommends an electro-chemical type of detector with a readout display, which ranges in cost from \$20 to \$50. Please note that all detector types have a service life. Read the manufacturer's manual to determine the life expectancy of your CO detector and replace it then to maintain maximum protection for your family.

## Ways to protect you and your family from CO poisoning

Make sure that heating equipment, chimneys, and vent pipes are in good condition.

Buy a carbon monoxide detector and install it near your family's bedrooms.

Burn charcoal or use outdoor gas grills only outside your house. Do not use inside your house, or in your garage.

Never leave your car motor, snowblower, lawn mower, or portable generator running in an attached garage or next to an open window so that carbon monoxide does not leak into your house.

Do not use a gas range or oven to heat your home. The oven burners will make too much carbon monoxide inside your house.

Do not use fuel burning equipment indoors, including inside tents, fishing or ice houses, garages or boat cabins.

## Follow these fire safety suggestions this holiday season

Winter holidays can be a joyous time for all, if you practice holiday fire safety at home. Here are some suggestions:

- Protect neighborhood homes this winter. Keep your nearest fire hydrant clear of snow.
- After holiday parties, check wastebaskets and furniture for smoldering cigarettes.
- Place holiday decorations well away from heat sources. If you use a tree, water it daily.
- Do not burn holiday wrappings in a fireplace; it may cause a chimney fire.
- Pay attention to cooking. If a pan is on fire, cover it with a lid. Water will spread the fire.
- Turn off and unplug lights and decorations before going to bed or leaving your house. Buy electrical decorations that have been approved by a national testing laboratory. Don't overload outlets.



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 (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  
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**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 (612) 414-3981  
[Robert.Williams@ci.columbia-heights.mn.us](mailto:Robert.Williams@ci.columbia-heights.mn.us)

## Kick off the holiday season with Mayor's community party

Join Mayor Gary Peterson for his annual Taste of Columbia Heights and get the holiday season off to a good start!

He invites the whole community to stop by Murzyn Hall, 530 Mill Street, from 6 to 10 p.m. on Friday, Nov. 22, to enjoy delicious food and live music.

"Stop by for a few minutes or stay the whole night," he said. "It's a wonderful community event."

Admission is free. The only cost is \$2 for each food item you sample from local restaurants.

In addition there will be free beer and wine tastings, a cash bar run by the Columbia Heights Lions Club and a silent auction. Proceeds will go to the Columbia Heights Activity Fund to benefit youth activities.

Peterson would like to see attendance at the event mirror the rich diversity of the community.

"Whether you just moved to Heights, have lived here all your life, or anything in between, please join in the fun," he said. More information is available at (763) 706-3733.



## IMPORTANT PHONE NUMBERS

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

CITY OFFICES .....(763) 706-3600  
 TTY/TDD .....(763) 706-3692  
 Mayor & City Council .....(763) 706-3607  
 City Clerk.....(763) 706-3611  
 City Manager.....(763) 706-3610  
 Personnel-General .....(763) 706-3606  
 Personnel-Job line .....(763) 706-3616  
 Assessing.....(763) 706-3700  
 Garbage/Refuse  
 Pick-up/Recycling  
 (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

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

Mon. – Wed.: 9 a.m. to 8 p.m.

Thursday: 10 a.m. to 6 p.m.

Friday: 9 a.m. to 5 p.m.

Saturday: 10 a.m. to 4 p.m.

Sunday: CLOSED

### Library Closed

Tuesday, Dec. 24 - Christmas Eve

Wednesday, Dec. 25 - Christmas Day

Tuesday, Dec. 31 - New Year's Eve, Library closes at 5 p.m.

Wednesday, Jan. 1 - New Year's Day

Monday, Jan. 20 - Martin Luther King Jr. Day

Monday, Feb. 17 - President's Day



### "Like" us on Facebook!

<https://www.facebook.com/ColumbiaHeightsPublicLibrary>

## Library Foundation invites public to spend 'Christmas Vacation' at theater

Save the date! The Columbia Heights Public Library Foundation is sponsoring a fund-raiser at 1 p.m. on Sunday, Dec. 15, at the Historic Heights Theater, 3951 Central Ave. NE. The featured attraction will be "National Lampoon's Christmas Vacation." Tickets are \$10 in cash or checks only, please. Tickets are available at Northeast State Bank, Columbia Heights City Hall, Columbia Heights Public Safety Building, Johnson's Bacon and Egg Café and the Heights Theater. For more information, call Marlane Szurek at 763-788-4506 or Cliff Shedlov at 612-251-9557.



### Volunteer to help adults improve literacy

Looking for a great volunteer opportunity? Adult volunteers are needed to "Buddy Up and Read" to help adults improve their literacy skills. Volunteers serve as reading mentors or "buddies" rather than tutors. Buddies meet together at the library, at a time convenient for both, as often as they like. Call Barb at (763) 706-3690 for information.

## Adult Programs

### Library book clubs

Drop in for a favorite book discussion or become a regular member. Book clubs meet in the library:

Wednesday Morning Book Club

– Jan. 29, 10 a.m.

– Feb. 26, 10 a.m.

Friday Afternoon Non-fiction Book Club\*

– Jan. 17, 1 p.m.

– Feb. 21, 1 p.m.

\*Titles to be announced

### Winter Jackets adult reading programs

Jan. 21 to Feb. 28

Escape the cold by curling up with a great read! Tell us what you liked best about your book and you might even win a prize. Watch for more details in January.



### Download eBooks for free 24/7



Did you know that you can download thousands of ebooks, e-magazines and audiobooks to your computer, e-book reader or mobile

device — for free — with a valid Columbia Heights or Anoka County Library Card?

Collections include fiction and non-fiction titles for children, teens and adults. Materials are available 24 hours a day, seven days a week from the Anoka County Library website: <http://www.anoka.lib.mn.us/>. Titles are added every month, so visit the library website often to find the latest additions.



3M  
Cloud Library



### Home delivery is available

Are you, or someone you know, unable to visit the library in person due to short or long term illness, physical challenge or non-driver status (senior)? Library volunteers can deliver books, movies, magazines or audio books right to your home. Call Barb at (763) 706-3690 or pick up an application form at the library.

### Ask A Librarian (AskMN) Available Online

AskMN is an online chat service for information and research help, available to all Minnesota residents and students, 24 hours a day, 7 days a week.

You can access Ask a Librarian through the Anoka County Library website: <http://www.anoka.lib.mn.us/> under "Services."

## Children Programs

### Storytime @ the Library

Tuesdays, 10:30 a.m., Jan. 14 to Feb. 25.

Storytime is designed for preschoolers and their caregivers. Join us for songs, books, rhymes and fun!

### Book Warms for Children & Teens

Dec. 20 – Feb. 28

Escape from the cold by curling up with a great read! Book Warms is the winter reading program for children and teens. At registration, all participants receive a reading log and book bag. With each visit to the library, pick up a small prize and check out more books! This 10-week program is open to children birth-grade 12.



### Make & Take Saturdays

Saturdays, Dec. 21 to Feb. 22

10 a.m. - 4 p.m.

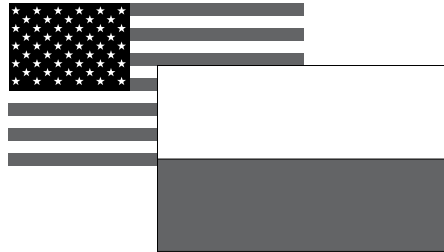
Each Saturday during Book Warms Winter Reading Program, stop by the library as we feature a children's author or book. Make a related art project to take and check out more books to bring home! This is an informal, drop-in craft program. No registration required.

### Coming in March:

Watch for the return of R.E.A.D. Dogs and Baby Read, Baby Grow!

## Sister Cities group reports on activities during Polish American Heritage Month

It's been a busy fall for members of the Columbia Heights Sister Cities International (SCI) organization. Mayor Gary Peterson read the traditional Polish Proclamation at the Columbia Heights City Council meeting on Sept. 23. Co-chairs Gloria Bergstrom and Dolores Strand presented a special artifact that SCI is sharing with the city. It is a sealed wooden box containing an urn with soil from the Kampinos Cemetery in Lomianki, Poland, where the monument in honor of the American Flyers is located. This commemorated the 50th Anniversary of the B-17 airplane that was shot down in September 1944. A brass plate lists the names of the crew, including Walter Shimshock (Szymczak), the 19-year-old tail gunner from NE Minneapolis.



Ed and Ceil Sikorski and Dan Schyma arranged an informative display at the Columbia Heights Public Library for October which was Polish American Heritage Month.

A group of SCI members participated in a presentation and tour of the Immigration History Research Center at the University of Minnesota/Anderson Library in October with special emphasis on the Polish collection.

Three SCI members recently returned from their trip to Lomianki, Poland. Phyllis and John Bieniek, and Mary Jerde attended the annual commemorative ceremony in honor of the American Flyers. They also were honored guests at the third annual Battle of 1939 re-enactment.

"The Polish American Journal," a national publication, has printed articles about our Sister Cities' activities submitted by Gilbert Mros and Dolores Strand.

There is positive interest in accepting the invitation of Lomianki's Komendant/Chief of Police to have an exchange of police officers – as per discussion with Police Chief Scott Nadeau at

the Coffee with Cops event attended by Pat Sowada and Dolores Strand. His officers are very interested and it may be possible to schedule this in 2015.

Members extend sympathies to the family of Chester Rog of Northeast Minneapolis, who passed away in September at the age of 89 years. "Chester was a true Polish

gentleman, respected by the many people he assisted over the years," said Dolores Strand, co-chair of Columbia Heights SCI. "He was dedicated to 'everything Polish.'"

Thanks to the diligence of Patricia Sowada, membership chair, there are now 94 members in the Sister Cities International organization! For more information, contact co-chairs Gloria Bergstrom (612) 633-0506 or Dolores Strand (763) 571-1709.

### Looking ahead

Sister Cities' Showcase for Young Artists and Authors for students ages 13-18 will take place on April 9. Students are encouraged to enter their artwork and writing in this event. For more info, contact Dolores Strand or Liz Bray, of the city's Recreation Department. Students can earn cash prizes and local and national recognition for their entries. Talented Columbia Heights' students have been selected for national awards in past years.

SCI members will attend the Wigilia (traditional Christmas dinner) sponsored by PACIM (Polish American Cultural Institute of MN) at the Gasthof zur Gemutlichkeit Restaurant on Dec. 9. This benefit for Children's Homes in Poland features the breaking of "oplatek," traditional foods and singing of Koledy. For more information, please contact co-chairs Gloria Bergstrom (612) 633-0506 or Dolores Strand (763) 571-1709.

## Winter reminders for residents

Winter is heading our way. Here are some important reminders for residents of Columbia Heights as we prepare for the season of ice and snow.

- Please shovel or blow snow onto private property. It is in violation of City Ordinance to place snow from your property into 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 on private property.
- 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.

### Information on basic tree care is available

Trees and shrubs can be valuable resources. Are you wondering how to take care of yours?



For more information on topics that range from why you should hire an arborist for tree repair, to pruning young trees, to pruning mature trees, visit: <http://www.treesaregood.com/treecare/treecareinfo.aspx>

## Wintertime is still pick up after your pet time

Once the cold weather hits and snow is on the ground, it's still important to pick up after your pets. Even if your dog's waste is frozen, it contains bacteria that can threaten the health of animals and people, especially children.

There's nothing fun about picking up after your dog in the freezing cold, but in the spring

you'll be glad you did. Spring showers can carry the waste directly into nearby streams and creeks without being treated at wastewater treatment facilities. This water then becomes cloudy and green — unattractive for swimming, boating and fishing. Excess nutrients are a major cause of water quality decline. When pet waste is washed into lakes and streams, the waste decays, uses up oxygen and can sometimes release ammonia. Low oxygen levels and ammonia combined with warm temperatures can kill fish and other aquatic life. Preventing water pollution can be as simple as remembering to take along a plastic bag or pooper scooper when you walk your dog. Pet waste contains nutrients that encourage excess weed and algae growth.

For both "quality of life" and public health reasons, many communities actually have laws requiring anyone taking their animal off of their property to immediately clean up the waste after the pet relieves itself. Your choices once you have picked up the waste include:

- Flush it down the toilet so the septic system or sewage treatment plant will treat it in the same manner as human waste. **DO NOT** flush kitty litter.
- Put it in the trash. This is less effective, as waste that ends up in a landfill may still cause pollution problems and for this reason, putting animal waste in the trash is actually against the law in some communities.



## Winter reminder: Make way for snowplows

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

Do not park on the street until after it has been plowed. Parking restrictions in Columbia Heights are as follows:

- No parking on city streets from 2 a.m. to 6 a.m. from Nov. 1 to April 1.
- 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.

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 out in the street.



# REFUSE, RECYCLING AND YARD WASTE

## Advanced Disposal Services, Inc.

(formerly Veolia ES)

Customer Service Phone: (763) 225-8705

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

Website: [www.advanceddisposal.com/garbage-guidelines/columbia-heights-mn](http://www.advanceddisposal.com/garbage-guidelines/columbia-heights-mn)

## 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

Thanksgiving Day, Nov. 28, Thurs. and Friday delayed by one day

Christmas Day, Dec. 25, Wed. thru Friday delayed by one day

New Year's Day, Jan. 1, Wed. thru Friday delayed by one day

Martin Luther King, Jr. Day, Jan. 20: No delay in service

President's Day, Feb. 17: 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

Collections end in November or sooner with snow cover.

## Christmas Tree Pickup

Pick up will take place Jan. 6 through 17 on the same day as garbage. Please make sure your tree is free of lights, decorations and tinsel, and that it is placed at the curb at least 5 feet away from other objects.

## 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.

## 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 for non-business purposes only.

### Fluorescent bulb collection days:

Saturday, May 3, 2014 and Saturday, Oct. 4, 2014

## RECYCLING TIP:

**Did you know 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.**

## 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) 706-3790

## TOP VALU LIQUOR

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



*Bison Ridge*  
*Canadian Whiskey*  
1.75 liter

**\$14.97**



Coupon expires 1/4/14. 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



*Blackheart*  
*Spiced Rum*  
750 ml

**\$9.97**



Coupon expires 1/4/14. 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



*Corona & Corona*  
*Light 12 bottles*

**\$11.97**



Coupon expires 1/4/14. 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



*Label 5 Scotch*  
1.75 liter

**\$24.97**



Coupon expires 1/4/14. 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



*Boomtown*  
*Pinot Gris &*  
*Chardonnay*

**\$9.97**



Coupon expires 1/4/14. 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



*Natural Ice &*  
*Natural Light*  
24 cans

**\$11.97**



Coupon expires 1/4/14. 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



*Santa Rita Wines*

**\$5.97**



Coupon expires 1/4/14. 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 1/4/14. While supply lasts. No further discount. Store not responsible for typographical errors.