

# Heights Happenings

## RECREATION SPRING 2016



**COLUMBIA  
-HEIGHTS-**  
REDISCOVER THE HEIGHTS

## BASEBALL & SOFTBALL

### Summer Sign Up NOW!

Youth summer Baseball and Softball opportunities for Kindergarten - 18 & Under. T-Ball for Kindergarten & 1st grade, Squirts coach pitch baseball for 2nd & 3rd grades, 8 years and under beginning girls softball, 10U - 18U girls traveling softball, 10U - 15U traveling baseball.

**More details on  
pages 8 & 9**



### ADULT

**Co-Ed & Men's Slowpitch  
Softball on page 9.**

### FREE - Youth After School Open Gym @ Hylander Center

**Mondays: Columbia Academy Students**  
3:30 - 5:30 p.m. *\*School Photo ID required.*

**Thursdays: CH High School Students**  
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. Supervision provided. Questions contact Recreation 763-706-3730.

**Fitness Classes for Adults** - Try a new class or join an old one, we have lots to offer! More info page 10.

**Total Body Conditioning** - Wednesday

**Adult Aerobic Dance** - Tuesday and/or Thursday

**Tae Kwon Do** - See page 5

**Senior Stompin at the Hall** - Monday and/or Wednesday

**FREE Seniors Exercise** - Seated exercise, times and dates on the Senior Citizen monthly newsletter

### Mayor's Music Night & Chili Feed

**Wednesday, March 9th 6:00 - 9:00 p.m. \$ 5 at door.**

**Murzyn Hall - 530 Mill Street NE**

Everyone is invited to a night of 50's music entertainment by The Hyland Hipshakers. This tribute band will feature songs from Buddy Holly, Richie Valenz, the Big Bopper, and more. Enjoy a bowl of the Mayor's award winning chili. Free wine & beer tastings from Top Valu, featuring Dark Horse Wines and Clown Shoes Beer. Lions Club cash bar. Sponsored by the CH Activity Fund and the CH

Recreation Department. Proceeds from this event will go towards the renovation of the Murzyn Hall flag pole. Questions please call 763-706-3730.



### 10th Annual Heights Idol

Be the next VOICE of Columbia Heights! We are searching for talented youth, adults, and seniors to be a part of the 10th Annual Heights Idol competition. CASH, Prizes and Trophies will be awarded at the event! Questions call (763) 706-3733.



**When:** Auditions beginning Monday, April 18 4:00 - 7:00 p.m. or by appointment only. Come prepared with one or two music selections.

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

**Who:** Youth - Adult **Activity #** 1158-16

**Fee:** \$10 **Performance Jamboree** Saturday, June 25 outdoor stage of Murzyn Hall. *\*Dress Rehearsal required June 22, 5-8 p.m. Murzyn Hall indoor stage.*

**ONLINE REGISTRATION** [www.chreconline.org](http://www.chreconline.org)

**City website:** [www.columbiaheightsmn.gov](http://www.columbiaheightsmn.gov)

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

## C.H. Recreation Department

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

Office Hours: Monday through Friday,  
8:00 a.m. to 4:30 p.m.

The office will be closed on March 25 & May 30, 2016

## Columbia Heights Recreation

### Mission Statement

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

## WANT TO KNOW WHAT'S HAPPENING?

Check out our new City website  
[www.columbiaheightsmn.gov](http://www.columbiaheightsmn.gov)

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

## Recreation Hotline

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

## Park & Recreation Commission

**Chair:** David Payne

### Commission Members:

Sean Clerkin, Jr.

Ann Carder

Bruce Evans

Tom Greenhalgh

Kevin McDonald

Marsha Stroik

### Council Representative:

Gary Peterson

## REGISTRATION INFORMATION

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

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

•Confirmation: Assume registration is confirmed. You will be notified only if the class is canceled or already filled.

### 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.

**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. Participate in Bingo, Meat Raffles, Pull Tabs, and FUNDRAISING OPPORTUNITIES!

[www.facebook.com/ColumbiaHeightsBoosters](https://www.facebook.com/ColumbiaHeightsBoosters)  
<http://chathleticboosters.com>

## Garden Plots Available!

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



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

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

## John P. Murzyn Hall Rental Information

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

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

We invite you to tour our facility or call 763-706-3737 for the JPM information line. Reservations may be made Monday through Friday 8:00 a.m. to 4:30 p.m. at 763-706-3734, or in person at the Recreation Office located in Murzyn Hall.



## **TOBACCO-FREE POLICY**

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

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

### Tobacco-Free Facilities

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

### **Policy Enforcement**

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

## **PARK RESERVATIONS**

The City of Columbia Heights park reservations begin on the first business day of each year. A permit must be filled out at the Recreation Office located at John P. Murzyn Hall, 530 Mill Street. The Fees are as follows:

**Residents:** \$40 + tax (\$42.85)

**Non-Residents:** \$60 + tax (\$64.28)

**Large Group** 100 people or more: \$100 + tax (\$107.14)



## **NEIGHBORHOOD EVENT WAGON**

The Neighborhood Event Wagon is for residents of Columbia Heights to use. It will be delivered and picked up by the Recreation Department.

**Reservation Fee:** \$35 + tax (\$37.49)

Please call 763-706-3730 for more information.

## **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 & dodge ball.

**\*Photo ID & \$1 required for Open Gym use.**



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

**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





## Summer Theater Dates



**NEW Summer Theater Possibilities**-Please take note! The hope this is to combine the Theater in the Park students and the Moonshoe Players to perform the classic "Oliver Twist". This would be done as a partial musical. Students would have their own classes and both groups would get together on certain days to rehearse. There would be 2 performances, one would be a Dessert Theater. Theater in the Park students would have the opportunity to play the orphans and possibly the part of Oliver?! Contact our office a.s.a.p. if you are interested in this new concept idea: (763) 706-3730 or email [Lbray@columbiaheightsmn.gov](mailto:Lbray@columbiaheightsmn.gov)  
Please indicate if your child likes to sing as well as act.

It will be decided by the time our summer book comes out, depending on interest level, whether this will actually happen or if we will follow the previous theater classes format.

### Theater in the Park & Moonshoe Players

Possible Dates: June 7-July 14 - Tuesdays, Thursdays and Fridays, 1:00-4:00 p.m. Dress Rehearsals the final week.

### Millstreet Players Dinner Theater

High School 9th gr. & up  
July 19 - August 18 \*1 performances

### Puppet Wagon Puppeteers 4th Grade & up

Puppet Shows in the Park Weekly - June 13-July 29



## GYMNASTICS

Jolene Miske is the Varsity Gymnastics Coach. Class Rules - Attire: leotard or tank top and fitted athletic shorts, hair neatly pulled back, Please No gum or street shoes/socks. Parents will be able to watch the First and Last Class!

**Where:** All classes in the Edgemoor Rm, lower level Murzyn Hall



### WEDNESDAY SESSIONS

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

**When:** 4:00-4:30 Wednesdays | March 9 - April 27 | **Fee:** \$35 | **Activity #** 1199-W16

**Mini Session** | **When:** 4:00-4:30 Wednesdays | May 4 - June 1 | **Fee:** \$17.50 | **Activity #** 1199-sp16

**Mighty Tykes 3/4 Year Olds** | 30 Min | 4:30-5:00 Wednesdays

**When:** 4:30-5:00 Wednesdays | March 9 - April 27 | **Fee:** \$35 | **Activity #** 1200-W16

**Mini Session** | **When:** 4:30-5:00 Wednesdays | May 4 - June 1 | **Fee:** \$17.50 | **Activity #** 1200-sp16

**Mighty Bees 5-8 no experience Year Olds** | 5:00-5:45 Wednesdays MAX 15

**When:** 5:00-5:45 Wednesdays | March 9 - April 27 | **Fee:** \$40 | **Activity #** 1201-W16

**Mini Session** | **When:** 5:00-5:45 Wednesdays | May 4 - June 1 | **Fee:** \$20 | **Activity #** 1201-sp16

### TUESDAY SESSIONS

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

**When:** 4:30-5:15 Tuesdays | March 8 - April 26 | **Fee:** \$40 | **Activity #** 1202-W16

**Mini Session** | **When:** 4:30-5:15 Tuesdays | May 3 - 31 | **Fee:** \$20 | **Activity #** 1202-sp16

Starting cartwheels, support on the bars, and the beginnings of walking certain ways and jump on the balance beams.

**Springers (lvl 2)** Ages around 5-9 | 5:15-6:00 Tuesdays

**When:** 5:15-6:00 Tuesdays | March 8 - April 26 | **Fee:** \$40 | **Activity #** 1203-W16

**Mini Session** | **When:** 5:15-6:00 Tuesdays | May 3 - 31 | **Fee:** \$20 | **Activity #** 1203-sp16

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.

**Leapers (lvl 3)** Ages around 6-10 | 6:00-7:00 Tuesdays

**When:** 6:00-7:00 Tuesdays | March 8 - April 26 | **Fee:** \$40 | **Activity #** 1204-W16

**Mini Session** | **When:** 6:00-7:00 Tuesdays | May 3 - 31 | **Fee:** \$20 | **Activity #** 1204-sp16

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.

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

## DANCE

Miss Renee Barnett, from the 'nMotion Dance Center in Fridley, has been dancing for 19 years. She will focus on ballet and tumbling for the younger groups; the older groups will do ballet and jazz. Students learn the fundamentals, proper technique, floor exercises, and have the opportunity to participate in a recital on June 18th! Details given at class.

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 Murzyn Hall, downstairs in the Edgemoor room.**

**CLASS Schedules - \$40 per class** (FYI, No summer classes)

**Mondays April 4 - June 6 \*no class May 23 & 30**

Optional recital June 18, off site, info given at class



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

**When:** Mon 5:00 - 5:45 Min 5/Max 10

**Activity #** 1210-Sp16 **Fee:** \$40

**Who:** 5 years old & Kindergarten

**When:** Mon 5:45 - 6:30 Max 10

**Activity #** 1211-Sp16 **Fee:** \$40

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

**When:** Mon 6:30 - 7:30 Min 5/Max 15

**Activity #** 1212-Sp16 **Fee:** \$40

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

**When:** Mon 7:30 - 8:30 Min 5/Max 15

**Activity #** 1213-Sp16 **Fee:** \$40

\*Optional  
Recital for all  
classes June 18th

## Martial Arts

Instructor, Thomas & Elvira Malone, have been in Tae Kwon Do for 30+ years and teaching for about 25 years. Thomas is a 6th Dan (degree black belt in Tae Kwon Do and a 5th Hopkido black belt.

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

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

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

(Note: no summer classes)

**Time:** 5:30 - 6:00 pm

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

**When: Spring Session I:** Thursdays, March 10 - 31 (4 weeks) **Activity #** 2234-Sp16 **Fee:** \$35

**When: Spring Session II:** Thursdays, Apr. 21 - May 12 (4 wks) **Activity #** 2237-Sp16 **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. A certified AAU instructor will teach self-defense, kicks, stances and Tae Kwon Do Hyung (form Chon Ji). Students will be trained for belt certification testing. Participants are expected to purchase a uniform from the instructor and pay for belt registration fee.



**Who:** Ages 6 years old & up Min 8/Max 20

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

**When: Spring Session I:** Thursdays, March 3 - April 7 (6 weeks)

**Level 1:** No belt - Yellow belt

**Time:** 6:00 - 6:45 pm

**Fee:** \$45

**Activity #** 2235-Sp16

**Level 2:** Orange belt & higher

**Time:** 6:45 - 7:30 pm

**Fee:** \$45

**Activity #** 2236-Sp16

**When: Spring Session II:** Thursdays, Apr. 14 - May 19 (6 weeks) (No summer classes)

**Level 1:** No belt - Yellow belt

**Time:** 6:00 - 6:45 pm

**Fee:** \$45

**Activity #** 2238-Sp16

**Level 2:** Orange belt & higher

**Time:** 6:45 - 7:30 pm

**Fee:** \$45

**Activity #** 2239-Sp16

# 6 Spring Break Trips / Enrichment

## Water Park of America Monday, March 21

Join us at America's Biggest Water Park! Surfing, Wave Pool, 10 story Water Slide, Kayak Course, World's Longest Indoor Family Raft Ride, Lazy River with Caves, Water Cannons, Dumping Buckets, a 5,800 sq. ft. Arcade, and Camp Concessions. No food or beverages allowed, bring \$\$ for concessions/lunch. Max 50 **\*Waiver must be signed by parent**



**Who:** 4th - 8th graders **When:** Monday, March 21 **Reg. deadline March 14**

**Drop-off:** 10:00 a.m. at Murzyn Hall **Bus leaves** 10:15 a.m. **Pick-up:** 4:00 p.m.

**Fee:** \$14 **Activity #** 4150-sp16

## NICKELODEON UNIVERSE Tuesday, March 22

Enjoy a day of thrills and chills at Nickelodeon Universe, the largest indoor amusement park in the nation. The park is home to 7 acres of fun with more than 30 remarkable rides & attractions. Each participant will receive a 5-hour unlimited ride pass! **Note: Bring a bag lunch or money for the foodcourt.** **Reg deadline March 15**



**Who:** 4th - 8th graders **When:** Tuesday, March 22

**Drop-off:** 9:30 a.m. at Murzyn Hall **Bus leaves** 9:45 a.m. **Pick-up:** 4:15 p.m.

**Fee:** \$14 **Activity #** 4160-sp16

## ZERO GRAVITY & A MOVIE Thursday, March 24

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

**\* Bring a Bag Lunch to eat on the bus before Zero Gravity Trampoline Park.** 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 March 17. Max 50** **\*Waiver must be signed by parent**

**Who:** 4th-9th grade **When:** Thursday, March 24

**Drop-Off:** 10:00 am at Murzyn Hall **Bus Leaves:** 10:15 am **Pick-up:** 3:20 pm

**Fee:** \$15 **Activity #** 2408-sp16



## 10th Annual Sister City Young Artist Showcase results



First Place: Nathan Smoka - His piece was entitled "Unity" and will move onto the national level.

Runner-Up: Sherouk Mohamed - "Peace Through Touch"

Runner-Up: Mona Reddad - "Reliance"



## Spring Egg Hunt Saturday, March 19



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

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

**When:** Saturday, March 19 **Time:** 11:00 am - 12:30 pm

**Where:** Senior Center, lower level Murzyn Hall

**Fee:** \$7 per child **Activity #** 2609-16





## Spring Tennis Clinic Girls & Boys, Grades 3 - 8

Join Coach Jennifer Paxton for this Clinic will teach basic fundamentals for beginning tennis players and consistency for intermediate players. Proper tennis strokes, footwork and rules will be the focus. Participants receive a T-shirt.

**Where:** Columbia Academy Tennis Courts

**When:** Mondays & Wednesdays - May 9, 11, 16, 18, 23, 25

**Grades 3-5, 5:00 - 6:00 p.m. Activity # 2201-16**

**Grades 6-8, 4:00 - 5:00 p.m. Activity # 2202-16**

**Fee:** \$45 (Bring your own racket and tennis shoes.)



## Spring Girls Volleyball Clinic



Join Coach Brenna Kittleson, a former CH graduate and club player for Side Out Volleyball for this Spring Clinic. In the past 10 years she has assisted with many volleyball camps through Premiere Volleyball Club, as an assistant coach and a player at their club. Sessions will include instruction in setting, hitting, passing, serving, and teamwork. Games may be played time permitting. Participants will receive a T-shirt.



**Who:** Girls Grades 3-8 **Where:** Hylander Center City Gym

**When:** Tues. & Thur., May 10, 12, 17, 19 **Time:** 6:00 - 7:30 p.m. **Fee:** \$35 **Activity # 1307-16**

## Girls & Boys Spring Basketball Clinic

This is a training clinic where youth basketball players can work on their fundamentals and skills to become better individual and team players. If you are in 3rd - 6th grade and you are ready to take your game to the next level with hard work come join us and bring a positive attitude and a willingness to learn. Meet and greet Jalisa McShane, who is a former High School player and has been coaching for 5 years, on Feb. 29, 6:00-7:00 pm at the Hylander Center City Gym. Max 20 students.



**Who:** Girls & Boys 3<sup>rd</sup> - 6<sup>th</sup> grade **Where:** Hylander Center City Gym

**When:** Mondays, March 7 - April 25 **Time:** 3:30 - 5:30 pm **Fee:** \$ 10 **Activity # 1595-16**

## Girls & Boys Summer Basketball Clinic

**EARLY BIRD REGISTRATION ... SAVE \$10!** Boys Varsity Coach Troy Russell will lead participants through fundamentals and techniques of the game. Instruction will be given on shooting, offensive skills, passing, dribbling, free throws, as well as other basketball skills. Participants receive a T-shirt.

**Who:** Girls & Boys 3<sup>rd</sup> - 8<sup>th</sup> grade **Where:** Hylander Center City Gym

**When:** Monday, July 11 - Thursday, July 14 **Time:** 6:30 - 8:30 p.m.

**Fee:** Early Bird Special \$30 After June 11, \$40 **Activity # 1596-16**



## 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.

**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



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



### **8/Under Girls Beginning Softball**

This entry level fast pitch softball is for girls ages 7-8. The league will use a pitching machine for games that will be played against neighboring communities such as St. Anthony, Fridley, Spring Lake Park, Mounds View, and Roseville. Participants must pre-register and pay by March 16. Max of 13 per team. \*Does not play in Suburban League. Entry level, plays local teams. Practices times determined by coach.

**Participant fee: \$45**

**8 & under: Activity # 1608-16**

### **Girls Fast Pitch Softball**

Traveling fast pitch softball for girls ages 9 to 18. Age is as of January 1, 2016. Girls will be playing in the Suburban League, which is competitive and will require traveling to other communities. Tryouts may be required based on numbers. Participants must pre-register in their current age category and pay by March 16. Max of 13 per team. Dates and times TBD.

**Participant fee: \$60**

**10 & under (min 9 yrs): Activity # 1610-16**

**12 & under: Activity # 1612-16**

**14 & under; Activity # 1614-16**

**16 & under: Activity # 1616-16**

**18 & under: Activity # 1618-16**



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



### **Mites T-Ball**

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

**Tues. & Thurs. May 31 - July 21**

**Fee: \$30**

**Registration deadline: May 10**

Please choose a location:

**Keyes Park #1005-16**

**McKenna Park #1006-16**

**Huset Park #1007-16**

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



### **Squirts Baseball**

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

**Mon. & Wed. May 16 - July 20**

**Fee: \$35**

**Registration deadline: April 25**

Please choose a location:

**Keyes Park #1010-16**

**McKenna Park #1011-16**

**Huset Park #1012-16**

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



## CH Baseball/Softball Fundamentals

Coach Dan Couillard of Immaculate Conception will provide a fun, fair, and positive experience for all participants. They will teach basic baseball & softball fundamentals, proper sportsmanship, and will provide the opportunity to learn different positions in the games of baseball and softball. T-shirt for each player.

**Who:** Boys & Girls Ages 7-14      **Where:** Hylander Center City Gym  
**When:** March 14, 15, 17      **Time:** 6:00-8:00 p.m.      **Fee:** \$35      **Activity #** 1021-16

## Traveling Baseball

This Recreation traveling league baseball program is for youth, ages 8 - 15. If necessary an evaluation clinic will be held to determine their skill level and knowledge of the game.

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

The "Gopher State Baseball League" is designed for participants of an advanced skill level and will involve travel of farther distances, mostly around the metro. There could be a tournament outside of the metro. It is a more competitive league, and participants are not guaranteed equal playing time.

The goal of the Rec. Dept. is to place youth in programs that are comparable to their skill level and knowledge of the game. As with all programs, we strive to ensure that participants have a positive experience, fun, and learn the fundamentals of the activity. Participants must pre-register with payment and deposit **by March 14**. Players will not be allowed to participate in the evaluation process unless registered. Dates & time of the evaluation clinic to be determined. Register early to ensure team placement in the league. New bat regulations still apply. 12 per team.

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

### AGE GROUPS

**10U #1064-16** - Max. age as of May 1 = 10 yrs

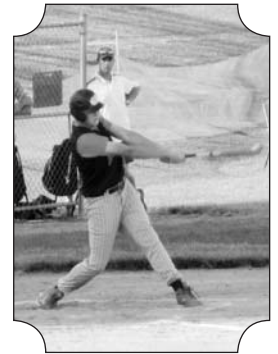
**11/12U #1065-16** - Max. age as of May 1 = 12 yrs

**13U #1066-16** - Max. age as of May 1 = 13 yrs

**14U #1067-16** - Max. age as of May 1 = 14 yrs

**15U #1068-16** - Max. age as of May 1 = 15 yrs

\*All practices and game times to be determined at a later time.



## 2016 ADULT SLOW PITCH SOFTBALL

### Monday Mens "E"

#### Double Header League

Cost: \$700

Start Date: April 18

Max # of Teams: 8

# of Weeks: 11 + playoff

### Thursday Mens "D"

#### Double Header League

Cost: \$700

Start Date: April 21

Max # of Teams: 8

# of Weeks: 11 + playoff

### Friday Co-Ed

#### Double Header League

Cost: \$650

Start Date: April 22

Max # of Teams: 8

# of Weeks: 11 + playoff

### TEAM DEPOSIT

A non-refundable deposit of \$250 will secure your team a place in a league. Any balance must be paid by April 11.

### MANDATORY MANAGERS MEETING

All managers are required to attend a mandatory meeting on Mon., April 11 at 6:00 p.m. at John P. Murzyn Hall. Teams will receive schedules, rules, books, tournament books, game balls and general league information at this meeting.

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

Double Elimination -  
16 Teams Max

**JUNE 25<sup>th</sup> - 26<sup>th</sup>**

1st Place - \$270 and trophy

2nd Place - \$170

**Entry Fee of \$170**

**Activity #5099-16**

## 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 body conditioning 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, ankle or wrist weights 1lb optional, water bottle, a yoga mat or towel, and tennis shoes.



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

**When:** Wed. May 4 - June 29, no class May 25

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

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

**Fee:** \$40      **Activity #** 5101-Sp16

## 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.

	<u>Tuesdays</u>	<u>Thursdays</u>
<b>Date:</b>	March 22 - May 17 No class April 26	March 24 - May 19 No class April 28
<b>Time:</b>	6:30 - 7:30 p.m.	6:30 - 7:30 p.m.
<b>Activity #</b>	# 8206-sp16	# 8207-sp16
<b>Costs:</b>	\$22.00 - 8 classes	\$22.00 - 8 classes

## Hi Intensity & Weights - FREE, Seated Exercise Classes!

All are welcome to this fun, upbeat class! You will get a great work out from head to toe. This class would be ideal for anyone concerned about balance issues in a "standing" class. We move for an entire hour but you can take it at whatever pace you would like. You do not need to call or sign up, you just need to show up! Questions call 763-706-3735.

**Who:** Adults **Where:** Edgemoor Rm, lower level

**When:** Mondays and/or Wednesdays

**Time:** 10:30 - 11:30 a.m. Hi Intensity  
11:30 a.m. - 12:00 p.m. Weights

**Cost:** FREE

## Crochet Fun March - June

Would you like to learn to crochet, get some new ideas, patterns or just visit while you crochet? Join the fun, bring your own projects to work on. Free "how to" sheets and patterns will be available. Come to learn or just come to set time aside to crochet.



**Who:** Adults 18 & over

**Where:** Keyes Rm at Murzyn Hall

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

March 3 - April 21

**Fee:** \$10      **Activity #** 2653-sp16

April 28 - June 23 \*No class May 26

**Fee:** \$10      **Activity #** 2654-sp16

Sign up online at

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



## Stompin' At The Hall 55 years & older

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

	<u>Mondays</u>	<u>Thursdays</u>
<b>Date:</b>	March 21 - May 23 No class April 25	March 24 - May 19 No class April 28
<b>Time:</b>	9:00 - 10:00 a.m.	9:00 - 10:00 a.m.
<b>Activity #</b>	# 8202-sp16	# 8204-sp16
<b>Cost:</b>	\$24.75 - 9 classes	\$22.00 - 8 classes

\***Tuesday - Beginner** Begins March 22 - eventually joins one of the other days call for details

# 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 #: \_\_\_\_\_ Cell Phone: \_\_\_\_\_

## ACTIVITY / PROGRAM INFORMATION

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

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

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

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

## FOR OFFICE USE ONLY

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



## Senior Center

The Columbia Heights Senior Center, (lower level of Murzyn Hall, 530 Mill Street NE.) provides educational, social and recreational programs to those 55 years and older in the community. We serve as a resource center for senior concerns and issues. The center is open Monday - Friday from 9:00 a.m. to 4:00 p.m. and is handicapped accessible.

- For more information call 763-706-3735 or the City website [www.columbiaheightsmn.gov](http://www.columbiaheightsmn.gov).

## Senior Highlights

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

## Golden Age Club

The Golden Age Club is a social group that meets the first and third Thursday of every month at Murzyn Hall from 11:00 a.m. to 1:30 p.m. Coffee and dessert are provided and you may bring a bag lunch if you desire. Yearly membership fee = \$26.

## Card Games

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

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

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

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

## 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.

## Helpful Services

### Chores & More

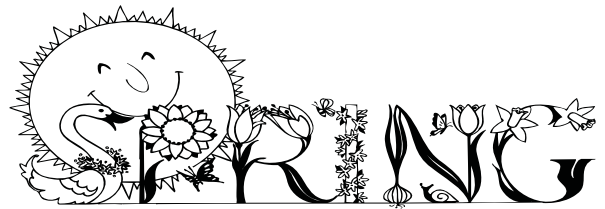
This is for persons over 60 or disabled adults. If you need assistance with various household services including house cleaning, lawn raking, snow removal and minor repairs, please call 763-783-4767 Monday through Friday. There is a sliding fee for these services.

### Health Insurance Counseling

Health insurance counseling services are available to Medicare beneficiaries or soon to start Medicare. Call the Senior Linkage Line 1-800-333-2433 to ask questions or make an appointment. This free service is not affiliated with any insurance company.

### Blood Pressure

Blood Pressure is checked free of charge on the 2nd Monday of every month in the main hall 1:00 p.m. to 1:45 p.m. Provided by the CH Fire Dept.



## 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.

# Recreation Highlights

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

## **10th Annual HEIGHTS IDOL Jamboree**

Join us for an outdoor Jamboree performance showcasing the talents of Columbia Heights. Heights Idol participants will have the opportunity to be a part of Heights Idol Jamboree on Saturday, June 25. **Judges will award cash, prizes, & trophies.** Weather permitting the performance will be on the outdoor stage near Murzyn Hall. Call Liz with questions 763-706-3733.



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

## *Miss Columbia Heights 2016*

It could be you! The Columbia Heights Royalty is seeking candidates for 2016/2017. Come join the fun! We participate in local parades, volunteer at local events, love representing Columbia Heights, and scholarship money is awarded. Applications are now being accepted for girls and young ladies who live or work in Columbia Heights School District Boundaries. Ages: Little Miss 6-8 years, Junior Miss 11-13 years, Miss Columbia Heights 17-21 years. Find an application on the city website or email [cohiroyalty@gmail.com](mailto:cohiroyalty@gmail.com). Applications deadline April 30, 2016.



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

# Benvenuto

## INFORMACION DE LA INSCRIPCION

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

Los Participantes de la beca: Aplique en nuestra oficina para la ayuda si es que no puede pagar una de las actividades. La beca cubrirá el 75% del costo del programa (descuento máximo es de \$25); el 25% restante tiene que ser cubierto por los padres del participante o tutor. Por favor traiga una copia de la declaración de impuestos Federal o la carta de verificación de que su hijo(a) recibe almuerzo gratuito en el Distrito Escolar. Solo una beca por niño(a) por cada carta informativa.

\*Esta iniciativa se financia en parte con una subvención del Departamento de Educación de MN usando fondos federales, 21st Century Community Learning Centers.

# Heights Happenings

News and information about your neighbors and your city • Spring 2016



## Nominations open for 2016 City of Peace Awards

Mayor Gary Peterson recently announced that nominations are now open for the third annual Columbia Heights City of Peace Awards.

"We will be highlighting three recipients; an individual, a company and an organization in Minnesota who are instrumental in promoting peace in their communities," he explained. "These three winners will be selected by their efforts of empowering people of all cultures and backgrounds to become better educated, have the opportunity to work decent jobs, practice their own faith, and as a result, live better lives so they can become more productive citizens and give back to their communities."

Nominations are due by July 1. Recipients will be selected by a panel of Columbia Heights community members and awards will be presented in a ceremony at 5 p.m. on Sept. 11, at Murzyn Hall, 530 Mill St. NE.

To submit a nomination for yourself or others, go to [www.cityof-peaceawards.org](http://www.cityof-peaceawards.org) and click on winners/nominations. For more information, contact Mayor Peterson at (763) 706-3607.

## What to do when the Columbia Heights Library is closed during transition

With a very aggressive construction schedule, the new Columbia Heights Public Library is currently on track to open in June. To allow for the transition to the new building, the existing library will close to the public on Monday, May 23, 2016, and remain closed for four weeks. The library will reopen at its new location at 3939 Central Avenue in mid-June. Set your calendars for Saturday, June 18, for a Gala Grand Opening Celebration from 12:00 noon until 5 p.m.

During the closure, Columbia Heights Library cardholders may visit any library in the Twin Cities area to use computers and borrow

**Library, continued on page 5**



**Heights Bikes is just one way the Columbia Heights Police Department gives back to the community.**

## CHPD employees give back to city

The men and women of the Columbia Heights Police Department (CHPD) are dedicated to making a difference in their community, and they found a variety of ways to do just that during 2015.

Several of the department's employees are mentoring youth at Highland and Valley View Elementary Schools and Columbia Academy through the Big Brothers Big Sisters program. "We're in our fourth school year participating in this important program, and now there are employees from other city department and community members involved in mentoring too," said Police Chief Scott Nadeau. "We strongly believe that mentoring can make a difference in the life of a child, and we're proud to be partnering with the Big Brothers Big Sisters of the Greater Twin Cities in this effort."

There are 24 CHPD employees involved in an anti-bullying reading program. They visit elementary school classes twice each school year to read a book and talk with kids about bullying prevention. "This important part of our youth outreach gives us a chance to reinforce the information students are learning in school about bullying," said Nadeau.

**Police Department, continued on page 2**

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





## Update on construction of new library

Here's an update on the new Columbia Heights Public Library:

- Concrete grade beams are complete
- Structural slab is complete
- Concrete stem walls are complete
- Steel delivery is on-going
- Steel erection has commenced
- Steel stud exterior walls begin in early February
- Roofing to start mid-February
- Brick at high roof to start the second week of February



An architect's drawing of what the new Columbia Heights Library will look like when built on Central Avenue.

## Police Department, continued from page 1

For the fourth year, CHPD employees participated in the "Movember" initiative to raise funds and awareness for men's health issues by growing facial hair. Officers were allowed to wear mustaches and neatly trimmed beards during the month of November if they had pledged to raise money for this important cause. This year, the CHPD Movember team raised \$720, for a four-year total of nearly \$6,000.

This year, the Columbia Heights Police Department started a new program with Columbia Heights School District 13 and other community partners called "Heights Bikes." The police department went through recovered bikes throughout the year and found 14 bikes that were serviceable and could be repurposed and given to Columbia Heights students. The Recovery Bike Shop at 2504 Central Avenue NE donated 16 hours of staff time to repair and service the bikes. The Columbia Heights Police Association purchased locks for each bike and the Columbia Heights Lions Club donated helmets to each student receiving a bike. The school district identified children at Highland, Valley View, North Park and Columbia Academy who would receive the bikes and the bikes were delivered on June 3, 2015.

New this year, the CHPD is partnering with other community volunteers at the Sheridan Story, a statewide non-profit organization that supports children of families in need with a consistent supply of nutritious food every weekend. Volunteers from the police department worked with project organizers and representatives of Highland Elementary to distribute food discretely into participating students' backpacks. Each participating student receives a four to five pound bag of food at the end of each week to take home and eat over the weekend.

To cap off the year, members of the Columbia Heights Police Association (CHPA) participated in the sixth annual Shop With a Cop event. This year, they sponsored a record 14 families — up from eight last year — and assisted them with gifts, groceries and other holiday related purchases. This event is made possible through the generosity of CHPA members and donations from local businesses. A particularly generous donation from the members of St. Timothy's Church allowed the group to help more families than ever before. Those who participate in Shop with a Cop feel that it's a heartwarming way to mark the holiday season, and they appreciate the support of the community in making it happen.

## Candidates can file for city offices in May

The filing period for candidates to file for Columbia Heights city offices is May 17 through May 31.

Residents can file for the office of mayor, which is a two-year term, or two city council seats, which are four-year terms.

To file, please contact the City Clerk at (763) 706-3611 or [kbruno@columbiaheightsmn.gov](mailto:kbruno@columbiaheightsmn.gov). Candidates can also file by going to City Hall between 8 a.m. and 4:30 p.m., Monday through Friday. There will be extended filing hours from 8 a.m. to 5 p.m. on Tuesday, May 31.

The Primary Election is on Tuesday, Aug. 9, and the General Election is on Tuesday, Nov. 8.

## City seeks election judges

Interested in being an election judge? The City of Columbia Heights will be holding both a Primary and General Election in 2016 and election judges are needed.

The City of Columbia Heights has eight polling places throughout the City, with 10-12 judges staffing each polling place. No prior experience is necessary. Paid training is offered through Anoka County.

Being an election judge has many rewards. It gives you the opportunity to be involved in your community and to help others, and it is a great learning experience.

To serve as an election judge:

- You must be eligible to vote in Minnesota and be able to read, write and speak English.
- You must complete an election judge training course (at least two hours).

As an election judge:

- You can choose to volunteer or be paid. Columbia Heights election judges earn \$10.50 per hour. (Student judges, ages 16-17 years old, earn \$7.75 per hour)
- You can receive time off from work because employers are required to give an employee time off to work as an election judge (MN Statute 204B.195.)

If interested, please contact City Clerk Katie Bruno at (763) 706-3611 or [kbruno@columbiaheightsmn.gov](mailto:kbruno@columbiaheightsmn.gov) for more information. Applications are available at [www.columbiaheightsmn.gov](http://www.columbiaheightsmn.gov)

## Meet Your Neighbor: Carrie Magnuson

A love of books and reading led Carrie Magnuson into volunteering at the Columbia Heights Public Library about two years ago. "I'd always come to the library as kid, and I love to read," she said, "so I wanted to help the library in some way."

Library staff members are always happy to see this hardworking and dependable volunteer who helps with events, processes donated books and much more. Carrie also supports the library by being an active member of the Friends of the Columbia Heights Library.

She is a believer in volunteering and finds it rewarding. "It's important to volunteer for what you feel strongly about," said Carrie, who encourages others to help out in the community. "There are so many ways to volunteer. Everyone is always looking for volunteers."



Carrie Magnuson is an active volunteer in Columbia Heights.

**Best part of volunteering at library:** Seeing the new books that come in.

**What excites you about the new library:** More space, more natural light, increased technology and computer access, more places for community groups to meet.

**Books you've enjoyed recently:** "The Girl on the Train" by Paula Hawkins, "The Goldfinch" by Donna Tartt, and the Mistborn trilogy by Brandon Sanderson.

**Favorite Heights hangouts:** Columbia Heights Public Library, of course! Walking at Sullivan

Lake. Also Miller's for burgers, Embers for breakfast and Tasty Pizza (a family tradition).

## Liz Bray is 2015 Employee of the Year



Liz Bray

The Columbia Heights 2015 Employee of the Year is Liz Bray, the program coordinator for the Recreation Department. It would be difficult to find a more active and enthusiastic promoter of the City of Columbia Heights than Liz. She can frequently be heard telling others how great the people and the youth of our community are.

Liz was recognized for being energetic and thoughtful, always putting forth extraordinary effort, and never hesitating to go the extra mile to ensure that every project is a success. She has spent countless hours working with various community boards, committees and special events.

Liz is continually implementing new ways to involve and include all segments of our community by bringing people together for creative pursuits, fun activities and building lasting bonds with one another.

She always strives to offer high-quality programs to residents at the lowest possible cost. She believes that all people should have equal opportunities to participate in recreational programs and does everything she can to ensure that money is not an obstacle for families. She has developed and expanded youth theater programs, the annual Heights Idol competition, the Sister Cities International Young Artist & Author Showcase competition, and numerous recreational sports opportunities.

The City is very fortunate to have this accomplished and versatile employee, who projects a positive image of Columbia Heights every day. Congratulations and thank you, Liz!

## City hopes more residents begin composting

Jennifer Pyper-Muno has been composting yard waste and vegetable scraps in her backyard for years.

So she was excited to hear that a composting program has been started by the city of Columbia Heights and quickly signed up with the Public Works Department.

Jennifer has been a dedicated recycler for a long time so it wasn't hard to add composting to her daily routine. "By recycling and composting, we contribute less to the landfills and lower our carbon footprint," she said. "It makes a huge difference and produces less waste."

Now, her family fills a 5-gallon compost container each week, which they take to the city's recycling center on Saturdays. Her container weighs about 10 pounds so by filling it every week, the family is diverting over 500 pounds from the trash each year.

They're one of 113 households participating in the city's composting program so far. Jennifer is telling friends and neighbors about the program and also spreading the word through social media.

She hopes the composting program continues to grow. "I wish more people would realize how easy it is to do," she said. "We could have a major impact."

For more information or to receive a free composting starter kit, please call the Public Works Department at (763) 706-3600.



The City hopes that more people like Jennifer Pyper-Muno start composting.

## 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

"Like" us on Facebook!

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

Friday, March 25 (Good Friday)

Thursday, May 19 (Staff Training)

Monday, May 23 through Friday, June 17 (during the transition to the new library building)

## Celebrate National Library Week – April 10-16

### Scrabble Club (Adults)

Tuesday, March 15, 6:30 p.m.

Tuesday, April 19, 6:30 p.m.

Tuesday, May 17, 6:30 p.m.

Exercise your brain and challenge others to a friendly game of Scrabble—or another word-related game. Hosted by the Friends of Columbia Heights Library. Register online or call Barb at 763-706-3690. Walk-ins welcome as space permits.



### Senior Surf

Wednesday, March 2,  
9:30 to 11:30 a.m.

Wednesday, April 6,  
9:30 to 11:30 a.m.

Wednesday, May 4,  
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. Learn computer basics, how to navigate and search the Internet and how to access websites of interest to seniors. Presented in collaboration with Minnesota Board on Aging and Metropolitan Area Agency on Aging. Register online or call Barb at 763-706-3690.



## Adult Programs

### Loft Writing Class: Spring Poetry

Tuesday, March 8, 2 p.m.

The long winter is over and now the natural world is changing. Capture the sights, sounds, smells and tastes of the new season on the written page by learning how to write poems inspired by the season. Seating is limited. Register online or call 763-706-3690.

### Genealogy 101

Tuesday, April 12, 2 p.m.

Get started with genealogy and researching your family history. Class will cover: basic forms, computer software options, what types of information to look for and where you might find it. Instructor will also discuss taking the next step, putting the pieces together and looking for clues to other records and where to go to get records. Register online or call 763-706-3690.

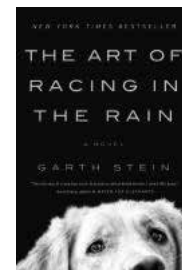
### Library Book Club

Wednesday, March 16,  
10 a.m.

"Etta and Otto and Russell and James," by Emma Hooper

Wednesday, April 20,  
10 a.m.

"The Art of Racing in the Rain," by Garth Stein



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.

### Nonfiction Book Club:

#### What are you reading now?

Friday, March 18, 2 p.m.

Friday, April 15, 2 p.m.

Friday, May 20, 2 p.m.

Mark your calendar for the third Friday of each month! 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. And, if you're looking for a good nonfiction book, each month's titles can be viewed in a notebook available for use at the library.

### Share Star Ratings and Reviews

Share your "Star" ratings and reviews with other readers across all eight of the metro public library system catalogs. See what others are saying and use your library card to add your own ratings and reviews. It's easy to get started! Enter the library catalog [www.anoka.lib.mn.us](http://www.anoka.lib.mn.us) and type in a title. Click on the stars by the title and follow the instructions to contribute your own ratings and review.





## Children's Programs

### Storytime @ the Library

*March and April*

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)

### Baby Read, Baby Grow

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

(For infants ages birth to 24 months and their parents or caregivers)

### LEGO Club

*Thursday, March 10, 3:30 to 4:30 p.m.*

*Thursday, April 14, 3:30 to 4:30 p.m.*

*Thursday, May 12, 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.

### Minecraft Unplugged



*Monday, March 21, 2 to 3:30 p.m.*

Are you a huge fan of MINECRAFT? Unplug at the library and participate in some fun MINECRAFT activities and crafts. Be there and be SQUARE! For grades K-5. Registration online or call Bri at (763) 706-3690.

### Mini Catapults

*Wednesday, March 23, 1:30 to 3:30 p.m.*

Join The Works Museum and learn about levers and fulcrums while constructing a small catapult. See how far you can fling a pom-pom! For grades K- 6. Register online or call Bri at (763) 706-3690.

### Family Art Day

*Friday, April 1, 10 a.m. to 2 p.m.*

Calling moms, dads, grandparents, brothers, and sisters! We'll provide a variety of art supplies; you provide the creativity for this drop-in, freestyle art event. For all ages. Registration not required.

### READ Dogs

*Monday, April 11, 6 to 7:45 p.m.*

Real dogs in the library? Participants may register for a 15 minute one-on-one session to read with a therapy animal. Registration required. Call the library at (763) 706-3690 to reserve your spot.

### Block Party

*Friday, April 22, 10:30 to 11:30 a.m.*

Play at the library! Have fun building and creating with a variety of blocks. Block play builds math, science, motor and social skills. For kids ages 2-5 and their parents or caregivers.

## Teen Programs

### Teen Advisory Board (TAB)

*Monday, March 7, 4 to 5 p.m.*

*Monday, April 4, 4 to 5 p.m.*

*Monday, May 2, 4 to 5 p.m.*

TAB is a group of teens who participate in the functioning of the library and have their 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.



### Create it at Your Library!

*Tuesday, March 22, 2 to 3 p.m.*

Celebrate Teen Tech Week by making something unique and creative at the library. For grades 5-12. No registration required.

## Library, continued from page 1

materials. On your first visit to a new library system you must register your Columbia Heights library card, so please bring it along with a valid photo ID (Minnesota driver's license or identification card.)

When the Columbia Heights Public Library is closed, you may continue to borrow eBooks through Overdrive and 3M Cloud platforms on the library website. You will also continue to have access to downloadable audiobooks through Overdrive and OneClick Digital as well as Zinio digital magazines. Visit <http://anoka.lib.mn.us/> for more information. Valuable online

learning tools such as Homework Rescue, Learning Express and Lynda.com will continue to be available from your personal computer via the library website. Have your library card number and PIN at hand when signing in to these databases from home.

See library staff for more information about placing and picking up holds when the library is closed. Check the city website at <http://www.ci.columbia-heights.mn.us/> and cable channel 19 for updates on the closure and construction progress.

## With community input, CHPD develops 2016 Strategic Plan

Several officers and non-sworn employees of the Columbia Heights Police Department (CHPD) met as a team recently and developed a 2016 Strategic Plan. The document communicates the department's organizational goals, the actions needed to achieve those goals, and several other critical elements designed to highlight and steer the direction of the department.

Strategies such as communication, training, and problem-oriented and community-oriented policing methods were analyzed by members of the strategic planning committee to create the future success of the department. They looked at what's working, what's not working, and why. They pondered questions like "How can we make the department better?" and "What can we do to serve our residents more effectively?" Then they answered those questions as a group.

New to this year's Strategic Planning process was the inclusion of input from several facets of the community. Department supervisors gathered input from community stakeholders, including members of the multi-cultural community, faith-based community, Columbia Heights School District and Neighborhood Watch participants. "We found that talking to people about their expectations gives us a new perspective to help us determine our objectives," said Chief Scott Nadeau.

The Strategic Plan creates a blueprint for the department to follow in all of its future endeavors. New initiatives and committees are proposed, and the effectiveness of existing committees and programs are debated at length. This plan will then be reviewed and adjusted as needed during quarterly evaluations, again by means of this committee of employees, to ensure that the plan is on track for the year.

The 2016 Strategic Plan is available on the City's website at <http://www.ci.columbia-heights.mn.us/DocumentCenter/View/2185>

## Police department office hours

The Columbia Heights Police Department office is open Monday through Friday, 8 a.m. to 4:30 p.m.

The telephone number is **(763)**

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

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



For general information, activities, ordinances, and services, visit [www.chpolice.com](http://www.chpolice.com), find us on



[Facebook.com/chpolice](https://www.facebook.com/chpolice), and follow us at [twitter.com/colhgtspolice](https://twitter.com/colhgtspolice).

## Coffee With A Cop upcoming dates

Coffee With A Cop is a monthly get-together with members of the Columbia Heights Police Department and residents in an informal setting at a local establishment over a free cup of coffee provided by that business. It's a great opportunity to talk to officers from your police department about any questions or concerns you may have, or just to get to know them better!

Upcoming dates are:

March 1, at 4 p.m. at El Tequila, 4005 Central Ave. NE

April 4, at 6:30 p.m. at Catalina's, 2301 37th Ave. NE

May 16, at 6 p.m. at the Islamic Center, 4056 7th St. NE

June 6, at 7 p.m. at El Taco Loco, 4220 Central Ave. NE

## Employee spotlight: Officer Museus

Officer Andy Museus started with the Columbia Heights Police Department (CHPD) in May 2013. He grew up on the east side of St Paul and attended high school at St. Paul Johnson. He earned a bachelor's degree in criminology and a master's degree in education from the University of Minnesota.



**Andy Museus**

Before coming to work for the CHPD, Andy taught social studies to middle school and high school students at different schools in the St. Paul School District. He also coached high school wrestling and cross country, and has spent time coaching youth wrestling.

Since October 2015, Andy has served as the department's Community Oriented Policing coordinator and oversees the Neighborhood Watch and Business Watch programs. He also works closely with landlords and tenants on rental housing issues, and works with businesses and other community partners on a variety of issues. In short, he works within the community to help make sure the CHPD is serving its citizens' needs.

Andy is married and has a two-year old child. With a young child, he reports there's not as much time as there once was for hobbies, but he still enjoys spending time outdoors when he gets the chance.

Why would someone who worked for 10 years as a teacher want to get into law enforcement? Andy says that in his experience as a coach, he realized he liked the team atmosphere better than working alone. In fact, he cites his favorite thing about working in the CHPD as the camaraderie between officers. "Being able to work with colleagues and working as part of a team" are what he really likes and values about this job, according to Andy.

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

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

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

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

**Donna Schmitt**, Council Member (763) 634-1356  
[dschmitt@columbiaheightsmn.gov](mailto:dschmitt@columbiaheightsmn.gov)

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

## Heights is officially a Heart Safe community



Columbia Heights has achieved the certification of being a Heart Safe community, and at the City Council meeting on Jan. 11, Mayor Gary Peterson proclaimed Columbia Heights a Heart Safe community.

The goal of a Heart Safe community is to make the community a safer place to live, work and play by being prepared to reduce the number of deaths and disabilities associated with sudden cardiac arrest.

Over the past year the Columbia Heights Police Department has held free training sessions to familiarize people on CPR and the use of AED's (automated external defibrillators). To learn more about this initiative, or to find out about a free training session, contact Sergeant Justin Pletcher at [JPletcher@columbiaheightsmn.gov](mailto:JPletcher@columbiaheightsmn.gov) or (763) 706-8107.

## Join a city commission

Residents are encouraged to apply for any of the volunteer advisory commissions with the city of Columbia Heights. Expiring board and commission terms are reviewed annually in the spring. To be considered for appointment this spring, please return your application by March 3. Information and applications are available at [www.columbiaheightsmn.gov](http://www.columbiaheightsmn.gov) or contact the City Clerk at (763) 706-3611.

## 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 (Advanced  
Disposal Services).... (763) 225-8705  
Utility Billing..... (763) 706-3640

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

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

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

Community  
Development ..... (763) 706-3670  
Comm. Dev. Director.... (763) 706-3675  
City Planner ..... (763) 706-3673  
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  
Youth Enrichment  
Coordinator..... (763) 706-3733  
24-Hour Info. Line-Murzyn Hall info.,  
Weather Cancellations,  
Directions..... (763) 706-3737  
Murzyn Hall Rental ..... (763) 706-3734

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

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



## FIRE DEPARTMENT

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

fire@ci.columbia-heights.mn.us

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

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

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

Housing Maintenance Inspections: (763) 706-8156

fireinspections@ci.columbia-heights.mn.us

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

## Carbon monoxide can cause death

Carbon monoxide (CO) is a gas. It has no odor and is poisonous. It can make a person feel sick and can cause death. In the home, heating and cooking devices that burn fuel can be sources of carbon monoxide.

### CO alarms

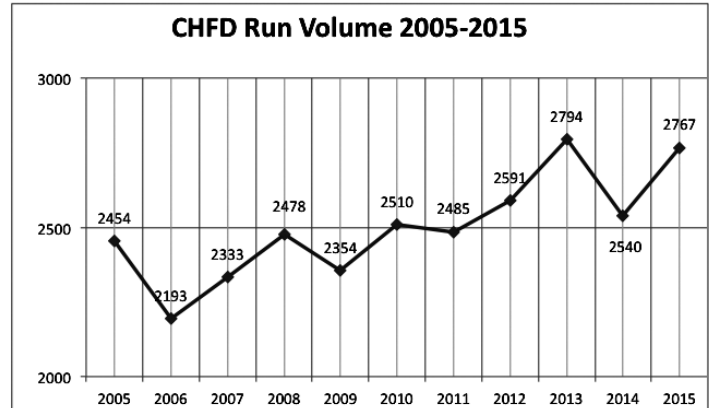
- Install CO alarms within 10 feet of each sleeping area and on every level of the home. Use interconnected alarms so when one sounds, all CO alarms in the home sound.
- Follow the instructions on the package to properly install the CO alarm and also replace them as instructed.
- Test CO alarms at least once a month.
- Know the sounds the alarm makes if CO is detected. It will make a different sound if the battery is low or if it is time to get a new CO alarm.
- Replace the battery if it is low.
- Exit the house if the CO alarm sounds and call the Fire Department from a fresh air location. Stay there until help arrives.

### Prevent CO poisoning

- When warming a vehicle, move it out of the garage. Do not run a fueled engine indoors, even if garage doors are open. Make sure the exhaust pipe of a running vehicle is not blocked by anything including snow.
- Clear all debris and snow build-up from dryer, furnace, stove and fireplace vents.
- Use gas or charcoal grills outside only because they can produce CO.
- Have heating equipment and chimneys inspected by a professional every year before cold weather sets in.
- Open the damper when using a fireplace for adequate ventilation.
- Never use your oven or stove to heat your home.
- If you use generators, do so only outdoors and away from vents.

## Fire department responded to 2,767 calls last year

In 2015, the Columbia Heights Fire Department responded to 2,767 calls. Firefighters/EMTs handled 794 fire-related calls and 1,973 medical-related calls. Average response time for crews responding to calls from dispatch time to arrival time was five minutes or less. In 2014, our average response time was 5:22.



## Department has change in apparatus

The Columbia Heights Fire Department is happy to announce a new addition to the family! It is our pleasure to welcome Heights Engine 2. It was purchased and delivered from Rosenbauer America in 2015 and became the Department's first-out engine on Jan. 1, 2016.



Engine 2 replaces Engine 4, a 1984 General Safety engine, which will now be retired from the department after 31+ great years of service! Many department members, current and retired, will be misty-eyed as Engine 4 leaves the station for the last time as it has been a near and dear apparatus to them for so long.

Engine 1, a 1995 General Safety-Rosenbauer, which has been first-out engine will undergo a light refurbishment and become the second-out engine for the department.

## New location and time for blood pressure checks!

The second Monday of every month a firefighter can be found on the upper level of Murzyn Hall, 830 Mill Street, offering FREE blood pressure checks from 1 to 1:45 p.m. Blood pressure checks are also available every day of the week from 8 a.m. to 6 p.m. at the Fire Station on 41st Avenue. Please remember, if you have an emergency, dial 911.



## Spring is time to clean-up your yard

When spring finally arrives, follow some of these outdoor cleaning tips to keep your yard and home looking good and in compliance with the City's Property Maintenance Code.

- Clean up any outside storage of items like maintenance equipment, construction materials, excess soil, garbage, rubbish, yard waste, recyclables, hazardous waste, tree limbs and brush piles, and items not designed for exterior use like furniture etc.
- Remove tree stumps to four inches below the surface of the ground, including root extensions.
- Cut and stack firewood in rear yards only, and place the stack in an area that does not promote rodent harborage or the deterioration of adjacent surfaces and does not adversely affect adjoining properties.
- Maintain your yard so it's free from diseased, dead and hazardous trees, noxious weeds, and long grass. Any grass or weeds over nine inches should be cut and weeds/scrub growth around foundations of buildings, along the alley and along fence lines should also be removed. Long grass and weed inspections are conducted citywide during the summer

A few hours in the spring and throughout the summer is all it takes to keep your property looking great and in compliance with the Columbia Heights City Code. If you have any questions, please the inspection department at (763) 706-8156.

## Melting snow can be hazardous to local waterways

March is often the snowiest month of the year, but it also marks the official start to spring. Unfortunately, the spring melt can wreak havoc on local lakes and rivers. Dirty snow that has been sitting, accumulating car exhaust, salt, sand and litter will melt and carry all of its dirt and muck down the street and into local waterways.

The sheer volume of storm water created by melting snow can often overwhelm local drainage systems. In a natural system, deep-rooted plants and tree roots absorb the melting snow. Sometimes the water collects in pockets in the land, creating seasonal pools that act as breeding grounds for frogs, salamanders and insects such as dragonflies and damselflies. However, in modern society driveways, houses and roads often disrupt these natural systems. These hard surfaces cannot absorb the storm water and instead channel it to storm drains, culverts and local ponds. The result, too often, is flooding, erosion and dirty water.

One solution to limit the harmful impacts of spring snow melt is to increase the ability of your yard to absorb water by aerating your lawn, planting trees and deep-rooted plants, and building raingardens. A mature tree canopy will capture 1,600 gallons of water per year and a 100-square-foot raingarden will absorb another 9,000 gallons. To learn more about landscaping your yard for clean water visit [www.BlueThumb.org](http://www.BlueThumb.org) or [www.cleanwatermn.org](http://www.cleanwatermn.org).

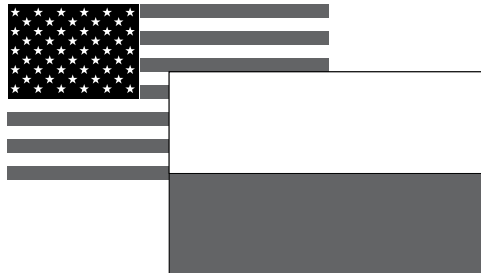
## Update on activities of Heights' Sister City group

The 10th annual Sister Cities, International (SCI) Showcase for Young Artists took place in January with an Open House at Murzyn Hall. This is a great opportunity for talented students to have their art entries displayed and judged each year.

Columbia Heights High School student Nathan Smoka won first place with this artwork entitled "Unity." His entry will be forwarded to SCI headquarters in Washington, D.C., to be entered in national competition. Runners up are Sherouk Mohamed with "Peace Through Touch" and Mona Reddad with "Reliance." All three students received cash prizes.

SCI thanks everyone who makes this stellar event happen. Special thanks to Liz Bray of the city's recreation department and to this year's judges Sylvia Carsen, Jennifer Scammahorn, Stephanie Nowak and Carrie Jean Magnuson. Community sponsors are Chipotle, Noodles and Company, Little Caesar, and Art Materials of Uptown.

SCI members will be planning with the Columbia Heights Police Department to host four police officers from Poland this year as part of the exchange agreement between Columbia Heights and its Sister City, Lomianki, Poland. Columbia Heights Police Chief Scott Nadeau and three officers traveled to Lomianki in August 2015 for an outstanding professional and personal experience



When five SCI members were in Lomianki/Warsaw this past September, they were enthusiastic about the Pociachom Foundation. This is a premier facility providing comprehensive rehabilitation in various forms of therapy for children with disabilities. The foundation is especially proud of its hippotherapy program and currently has eleven horses trained to rehabilitate children under the

direction of experienced instructors and counselors. Therapists who assist with speech and behavior problems are also on staff. All these services are provided free of charge for children with various disabilities. Our SCI group has already made a modest donation to this program. Since our members have personally visited this Foundation, it is likely we will try to donate more in the future. Many Lomianki children make regular use of this facility. More info is available at: [www.pociechom.org.pl](http://www.pociechom.org.pl).

Just a reminder: Membership in this dynamic Sister Cities' organization is open to all. You do not have to be Polish nor a resident of Columbia Heights. Our membership includes people who live throughout the metro area and out-of-state. We only have 10 meetings a year (not in July or December). If you are not able to attend our Tuesday afternoon meetings at 1 p.m. in the Columbia Heights City Hall Council Chambers, our agendas and minutes are forwarded to you via e-mail and/or U.S. Mail. Questions? Contact Co-Chairs: Gloria Bergstrom (651) 633-0506 or Dolores Strand (763) 571-1709.

## Anoka County sets new 2016 recycling goal for Heights

The Anoka County 2016 recycling goal for the City of Columbia Heights is 1,894 tons, a 3.7% increase from 2015. This can be accomplished if each household has a packed cart, around 22 pounds, every recycling day. Recycling is contracted for collection every-other-week, but residents can exchange their current 60-gallon recycling cart for a 90-gallon recycling cart

for the same flat rate of \$2.86 per month. In addition, the contractor will always collect extra recycling outside of the container if prepared properly by using a recycling box or paper bags. Columbia Heights also has a recycling drop-off center which is helpful for large amounts of recycling after moving, holidays, etc. Recycling brought to the center is added to the tonnage goal.

There are several financial benefits to recycling besides the environmental impact. Trash disposal costs for solid waste increased by approximately 6% this year at the MN State approved RDF (Refuse Derived Fuel) facility in Elk River.



The more recyclable materials that are put in the recycling bin rather than the trash will lower the overall tons of solid waste, and thus the total cost of disposal. For example, if the 1,894 tons to be recycled this year were disposed of with the trash, the Refuse fund would have to pay out an additional \$126,000 in disposal fees. As residents increase their recycling efforts, they may also notice a decrease in trash, making it possible to switch to a smaller and less expensive garbage container service.

### City achieved 98% of 2015 recycling goal

Preliminary reports indicate the City of Columbia Heights recycled 1,798 tons in 2015 which included curbside recycling, the Recycling Center, City facilities and the Multi-city Recycling Day. Thanks to Columbia Heights residents, this saved the City's refuse fund over \$113,000 in trash disposal fees. Columbia Heights residents recycled 22% of the total residential solid waste produced in the city. The remaining solid waste was delivered to RDF facilities in the metro area.

## Fire hydrant flushing will begin in April

The fire hydrant flushing program will take place from April 11 through May 2, with flushing taking place between 7 a.m. and 3:30 p.m. It is necessary to flush all fire hydrants in the city for several reasons to:

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

The hydrant flushing schedule is as follows:

North of 45th Ave., East of Central Ave. - **April 11, 12, 13, 14**

South of 45th Ave., East of Central Ave. - **April 15, 18, 19, 20**

North of 45th Ave., West of Central Ave. - **April 21, 22, 25, 26**

South of 45th Ave., West of Central Ave. - **April 27, 28, 29, May 2**

You may notice some temporary discoloration of the water while hydrant flushing is being done in your area. This is caused by iron particles that have been dislodged from the water mains. It's recommended that you avoid washing clothes while hydrants are being flushed in your area. If your water is discolored, flush your residential system by running the cold water (perhaps water your lawn or trees) for 10 to 20 minutes.

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

## Street sweeping begins in April

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

## Permit required for street obstructions

The City of Columbia Heights requires a permit for any non-motorized obstruction that is placed in the street, such as dumpsters, storage containers (PODs) and building/landscape materials. The permit can be obtained at the Public Works administrative office located at 637 38th Avenue NE between the hours of 7 a.m. and 3:30 p.m. Cost of the permit is \$25.

Flashers are required if the obstruction will remain in the street overnight. These are available from the Public Works department with a \$150 deposit. Obstructions must be placed at least 30 feet from an intersection and 10 feet from an alley entrance. Permits are issued for up to 30 days. If a longer timeframe is needed, please consider other arrangements.

### Emerald Ash Borer (EAB)

Emerald ash borer is a non-native invasive insect that destroys ash trees in great numbers. It has already killed millions of ash trees in North America. EAB will have a huge effect on Minnesota's landscape and the 998 million ash trees that grow in our cities and forests. For more information please visit the City of Columbia Heights website at <http://www.ci.columbia-heights.mn.us/index.aspx?nid=247>

## For leaks or clogs, call public works

Water service leak? Sewer service clog? Call Columbia Heights Public Works Department before calling a contractor.

- Weekdays: 7 a.m. to 3:30 p.m. at (763) 706-3700
- After-hours: (763) 427-1212 or 911

The after-hours phone number is for the Anoka County emergency dispatcher who will answer with "Police and Fire." Explain your problem and the dispatcher will contact the appropriate person for the service needed.

Remember, property owners are responsible for the water service and sewer service from the house or structure to the main in the street, including the connection to the city main.



## REFUSE, RECYCLING AND YARD WASTE

### Advanced Disposal Services, Inc.

(formerly Veolia ES)

Customer Service Phone: (763) 225-8705

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

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

### Anoka County Recycling Resource Solutions

Phone: (763) 323-5730

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

### City Refuse/Recycling website

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

Public Works Department Phone: (763) 706-3700

### Holiday Schedule

Presidents Day, Feb. 15: no delay in service

Good Friday, March 25: no delay in service

Memorial Day, May 30: Service delayed by one day all week

### 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.
- Large recycling carts are available, call (763) 706-3700.

### Yard Waste

- Collection will begin in April after snow cover has melted.
- Use compostable bags only and 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 \$20 scheduling fee will be charged. Items must come from the property. You may also drop items off at various disposal sites, which may charge a fee.

- [www.anokacounty.us/1653/RecyclingDirectory](http://www.anokacounty.us/1653/RecyclingDirectory)

### Bulk Collection

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

### Appliance Disposal

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

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

The Anoka County Household Hazardous Waste (HHW) Facility in Blaine provides safe disposal of household products such as aerosol cans that have contents remaining, antifreeze, driveway sealer, gasoline and other fuels, mercury, liquid paint, paint stripper, paint thinner, pesticides, varnish, wood preservatives and other household products that are corrosive, flammable, combustible or poisonous. Take these items to the Anoka County HHW Facility. There is no charge to drop off items at the facility. For more information, visit [www.AnokaCounty.us/HHW](http://www.AnokaCounty.us/HHW).

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

#### Location and hours:

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

#### Items accepted:

- |                                       |                            |
|---------------------------------------|----------------------------|
| • Metal                               | • Aluminum cans            |
| • Glass and plastic (#1-7) containers | • Any scrap metal items    |
| • Paper and cardboard                 | • Used oil and oil filters |
| • Household batteries                 | • Fluorescent bulbs        |
| • Antifreeze                          | • String lights            |

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

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

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

### RECYCLING TIP:

Reduce solid waste disposal by selling or donating household goods, furniture, and mattresses. There are also specialized recycling companies that will deconstruct and recycle various components of these items. Refer to the Anoka County Recycling Guide or visit [www.anokacounty.us/RecyclingDirectory](http://www.anokacounty.us/RecyclingDirectory).

### Curbside electronics charge increase:

The cost to dispose of electronics is increasing and will affect the City's subsidized program. Residents will now pay a flat \$20 scheduling fee to dispose of electronics collected at the property. The fee covers disposal of old style TVs/monitors with cathode ray tubes and all other electronics, plus curbside service costs. Items must have come from the property where collected and is for Columbia Heights residents only.

### Please tell us about your recycling success

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

# 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



**Wyborowa Vodka**  
**1.75 liter**

**\$16.97**



Coupon expires 4/2/16. 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



**Monte Alban Tequila**  
**1.75 liter**

**\$10.97**



Coupon expires 4/2/16. 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



**Cane Run Rum**  
**1.75 liter**

**\$10.97**



Coupon expires 4/2/16. 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



**Brancott**  
**Sauvignon Blanc**  
**750 ml**

**\$8.97**



Coupon expires 4/2/16. 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



**Mionetto Valdobbiadene**  
**Prosecco 750 ml**

**\$11.97**



Coupon expires 4/2/16. 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



**Carnivor Cabernet**  
**Sauvignon 750 ml**

**\$9.97**



Coupon expires 4/2/16. 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



**Shock Top**  
**12 Bottles**

**\$10.97**



Coupon expires 4/2/16. 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



**Red Stripe**  
**12 Bottles**

**\$10.97**



Coupon expires 4/2/16. While supply lasts. No further discount. Store not responsible for typographical errors.