

Heights Happenings

RECREATION SPRING 2014

Columbia Heights

HYLANDER CENTER

City Fitness Facility - 1300 49th Ave.

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

WHO: Adults & Youth, Residents/Non-Residents

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

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

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

**Closed if hosting a tournament and on holidays*

Calendar available at www.ci.columbia-heights.mn.us

WHERE: Hylander Center - East Door #38
1300 49th Avenue, located on the North side of the swimming pool at the CH High School.

PARKING: Directly across 49th Ave. there are designated marked stalls for Hylander Center users.



COST: \$1 Daily drop in
\$10 monthly pass for adult Residents
\$20 monthly pass for adult Non-Residents

FREE - Youth After School

Supervised Open Gym

Mondays: Columbia Academy

3:30 - 5:30 p.m. **School Photo ID required.*

Thursdays: CH High School

3:30 - 5:30 p.m. **School Photo ID required.*

This is an opportunity to keep youth active and give them an alternative activity after school. Questions contact Recreation 763-706-3730.

ONLINE REGISTRATION

www.chreconline.org

WANT TO KNOW WHAT'S HAPPENING?

City website: www.ci.columbia-heights.mn.us

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

Heights Idol

The search is on NOW for talented youth, adults, and seniors to be a part of the 8th Annual Heights

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



When: Auditions beginning Monday, March 24
4:00 - 6:00 p.m. or by appointment only

Where: Edgemoor Rm lower level Murzyn Hall

Who: Youth - Adult **Activity #** 1158-14

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

Round #1 Performance Thursday May 15, 7:00 p.m.
Murzyn Hall stage. **Round 2 Jamboree Performance**
Saturday, June 28 outdoor stage of Murzyn Hall.

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

ZUMBA™ - March 8 - April 26

Total Body Conditioning - March 19 - May 14

Adult Aerobic Dance - Tuesday and/or Thursday

Tae Kwon Do - See page 5

Senior Stompin at the Hall - Monday and/or Wednesday

FREE Seniors Head to Toe - times and dates on the Senior Citizen monthly newsletter

BASEBALL & SOFTBALL



Boys Traveling Baseball - 10U through 15U

Girls Fast Pitch Softball - 10U through 18U

Girls Slow Pitch Softball - Grades 3, 4, & 5

Squirts Baseball - Boys & Girls
2nd & 3rd Grades

T-Ball - Boys & Girls, Kindergarten through 1st Grade



Sign Up NOW!
Pages 8 & 9

C.H. Recreation Department

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

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

The office will be closed on April 18 & May 26, 2014

Columbia Heights Recreation

Mission Statement

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



Garden Plots Available!

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

Recreation Hotline

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

WANT TO KNOW WHAT'S HAPPENING?

Check out our new City website
www.ci.columbia-heights.mn.us

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

Park & Recreation Commission

Chair: Eileen Evans

Commission Members:

Sean Clerkin, Jr.
Tom Greenhalgh
Stan Hoium

Kevin McDonald
David Payne
Marsha Stroik

Council Representative:

Gary Peterson

REGISTRATION INFORMATION

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

•Please fill out a separate registration form for each participant.

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

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

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.ci.columbia-heights.mn.us.

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



PARK RESERVATIONS

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

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

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

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



NEIGHBORHOOD EVENT WAGON

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

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

Please call 763-706-3730 for more information.



TOBACCO-FREE POLICY

Prohibition of Tobacco Product Usage in Youth Activity Areas

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

Tobacco-Free Facilities

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

Policy Enforcement

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

Summer Theater Dates

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

Liz 763-706-3733***

Theater in the Park 3rd-5th Grade
June 3 & 4, June 10-26* 1 performance

Moonshoe Players Dessert Theater
Middle School 6th-8th
June 12 - July 10 * 1 to 2 performances

Millstreet Players Dinner Theater
High School 9th gr. & up
July 15 - August 14 *1 to 2 performances

Puppet Wagon Puppeteers 4th Grade & up
Puppet Shows in the Park Weekly - June 16-August 1



GYMNASTICS - NEW CLASSES @ MURZYN HALL

Jolene Miske is the Head Gymnastics Coach at Columbia Heights High School. She started in 2011 although her passion for coaching started in 2006 with Irondale High school. Jolene graduated from Kaplan University, business management to pursue her dream of owning her own gymnastics facility. She has actively been in the sport for over 20+ years. She started out as a gymnast and now coaches preschool through high school age students. Class Rules - Attire: leotard or tank top and fitted athletic shorts, Hair neatly pulled back Please No gum or street shoes/socks. Parents are to wait in the waiting area. Parents will be able to watch the First and Last Class! 8 weeks.



Where: All classes are held in the Edgemoor Room, lower level Murzyn Hall

When: Tuesdays March 18 - May 6 / Wednesdays March 19 - May 7

WEDNESDAY SESSIONS

Mommy & Me 18 mo. - 2 1/2 Year Olds | 30 Min Class | 4:00-4:30 Wednesdays | Fee: \$35 | Activity # 1199-sp14

This class is a great starter class for children not ready to leave mom's side. We will start to develop lead up skills that will stay with them for the rest of their life. Besides learning what gymnastics is about your child will also work on important developmental milestones like listening, taking turns, communicating, and cooperative play. The next level will have harder skills that are more complex and the pace of the class will also increase.

Mighty Tykes 3 Year Olds | 30 Min Class | 4:30-5:00 Wednesdays | Fee: \$35 | Activity # 1200-sp14

This class will start to develop lead up skills that will stay with them for the rest of their life. Besides gymnastics your child will also work on important developmental milestones like listening, taking turns, communicating, and cooperative play. From here, the next level will have harder skills that are more complex and the pace of the class will also increase.

Mighty Tykes 4 & 5 Year Olds | 45 Min Class | 5:00-5:45 Wednesdays | Fee: \$40 | Activity # 1201-sp14

This class starts to build on the skills already learned in the previous levels. If you are just starting, the first couple classes take a while until the routine is established. Once in the class the kids are moving the entire time, taking turns, and developing the skills needed to transition into the girls programs that awaits them once they are 5 or in kindergarten.



TUESDAY SESSIONS

Shooting Stars (lvl 1) | Ages around 5-8 | 45 Min Class | 4:30-5:15 Tuesdays | Fee: \$40 | Activity # 1202-sp14

This class will start to build the foundation for the rest of the skills to come. Most skills are either with spot, or on the equipment that will aid them somehow. In class the pace is fun but challenging. Starting cartwheels, support on the bars, and the beginnings of walking certain ways and jump on the balance beams. From here the skills will get a little more demanding, and the quality will increase! In gymnastics you can start here and go anywhere!

Springers (lvl 2) | Ages around 5-9 | 45 Min Class | 5:15-6:00 Tuesdays | Fee: \$40 | Activity # 1203-sp14

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

Leapers (lvl 3) | Ages around 6-10 | 60 Min Class | 6:00-7:00 Tuesdays | Fee: \$40 | Activity # 1204-sp14

This class will start with more advanced skills that without some prior gymnastics experience may be to challenging to some kids. In the class, the kids will further improve their abilities and work on some of the following skills: handstands, front to back cartwheels, rolls with straight arms and legs, backhip circles and underswings on bars, cartwheel and easy jumps on beam, and running into rolls and handstand on vault. With the class lasting 60 minutes the kids will go to 2 events and end with general strengthening to help improve the quality and ease of the skills.

Register for programs online at www.chreconline.org

DANCE Miss Stevie Humphrey started dancing at a Fridley studio at the age of 3 and hasn't stopped since. She works at NMotion Dance Center in Fridley, teaching all ages and skill levels. Stevie teaches ballet, modern, lyrical, jazz and hip hop. Miss Stevie & Miss Sarah will focus on ballet and tumbling with the younger groups. The older groups will have more instruction on ballet and jazz.



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

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

CLASS Schedules - \$40 per class

Who: Preschool 3 & 4 years old

When: Mon. 5:00 - 5:45

Activity # 1210-sp14 Min 5/Max 10

Who: 1st & 2nd grades

When: Mon. 6:30 - 7:30

Activity # 1212-sp14 Min 5/Max 15

Mondays March 24 - May 12 \$40

Who: 5 years old & Kindergarten

When: Mon. 5:45 - 6:30

Activity # 1211-sp14 Min 5/Max 10

Who: 3rd - 5th grades

When: Mon. 7:30 - 8:30

Activity # 1213-sp14 Min 5/Max 15

Martial Arts

Instructor, Dan Malone, has been in Tae Kwon Do for 19 years/teaching for about 14 years. He's a 4th dan (degree) black belt in Tae Kwon Do & a 2nd dan (degree) black belt in Hapkido.

Little Tigers - Martial Arts for Kids ages 3-6

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

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

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

When: Spring Session I: Thursdays, March 6 - 27 (4 weeks) **Activity #** 2234-sp14 **Fee:** \$30

When: Spring Session II: Thursdays, Apr. 17 - May 8 (4 wks) **Activity #** 2237-sp14 **Fee:** \$30

Tae Kwon Do Ages 6 & up

This Martial Arts program teaches participants (beginner to advanced) the skills of Tae Kwon Do along with its historical perspective. A certified AAU instructor will teach self-defense, kicks, stances and Tae Kwon Do Hyung (form Chon Ji). Students will be trained for belt certification testing. In addition to the registration fee, participants are expected to purchase a uniform from the instructor and pay for belt registration fee.



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

When: Spring Session I: Thursdays, Feb. 27 - April 3 (6 weeks)

Level 1: No belt or White belt **Time:** 6:00 - 6:45 pm **Fee:** \$40 **Activity #** 2235-sp14

Level 2: Yellow belt & higher **Time:** 6:45 - 7:30 pm **Fee:** \$40 **Activity #** 2236-sp14

When: Spring Session II: Thursdays, Apr. 10 - May 15 (6 weeks)

Level 1: No belt or White belt **Time:** 6:00 - 6:45 pm **Fee:** \$40 **Activity #** 2238-sp14

Level 2: Yellow belt & higher **Time:** 6:45 - 7:30 pm **Fee:** \$40 **Activity #** 2239-sp14

6 Spring Break Trips / Enrichment

Water Park of America*

Monday, March 17

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



Who: 4th - 8th graders **When:** Monday, March 17
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-sp14

NICKELODEON UNIVERSE*

Wednesday March 19

*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 12

Who: 4th - 8th graders

When: Wed., March 19

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-sp14



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

CHILDREN'S THEATER & THE MPLS INSTITUTE OF ARTS *

Thursday March 20

"The Scarecrow and His Servant" - the internationally celebrated book by Philip Pullman is brought to the stage in this madcap world premiere that is as provocative as it is funny. When a lightning strike suddenly brings the scarecrow to life, he sets out on an elaborate quest for fame, valor, and romance. The scarecrow is joined by a sharp-witted peasant boy as they fight hunger, the greedy Buffalonis and their poison factory, and theatre owners who don't recognize the importance of a prop as they make their way back home to Spring Valley. The contrary Scarecrow may argue with stubborn road signs along the way, but would give his servant boy the coat off his back with his back still attached. ** Please bring a bag lunch to eat at the MPLS institute of Art's lunchroom at 12:45 p.m. and then enjoy a self-guided tour of Absolutely Fabulous: Highlights of the MIA's Collection. **Reg Deadline March 13.**

Who: 4th - 8th graders **When:** Wednesday, March 20

Drop-off: 9:30 a.m. at Murzyn Hall **Bus leaves** 9:45 a.m.

Show starts at 10:30 and runs approximately 1 hour 45 min.

Pick-up: 2:00 p.m.

Fee: ONLY \$3 Don't miss this!! **Activity #** 4170-sp14

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

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



2014 Art Exhibition at Murzyn Hall Wed., April 9 at 7:00 p.m.

Student Artists & Authors ages 13-18 are eligible and encouraged to be apart of this very special event open to the public as an Art Exhibition at Murzyn Hall. Winners for the Artist and Author Competitions will be announced at the exhibition.

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

Spring Egg Hunt Saturday, April 12

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



Who: 3 years old & up with a Parent or Adult **Fee:** \$7 per child **Activity #** 2609-14

When: Saturday, April 12th **Time:** 11:00 a.m. - 12:30 p.m. **Where:** Murzyn Hall - Senior Center

Sports Sampler for Kids

This is a great opportunity for younger kids to get active this spring! Coach Tony Davis will give an introduction to baseball/softball, basketball, soccer, kickball, volleyball, ultimate frisbee, and football. Kids may sign up for both sessions.

Who: Boys & Girls, Kindergarten - 2nd Grade **Min** 8/**Max** 12

Session I: Mondays, March 31 - April 21

Time: 6:15-7:15 pm

Where: Valley View Elementary Gym

Fee: \$15 **Activity #** 1100-sp14

Session II: Mondays, April 28 - May 19

Time: 6:15-7:15 pm

Where: Valley View Elementary Gym

Fee: \$15 **Activity #** 1101-sp14



Spring Tennis Clinic Girls & Boys, Grades 3 - 8

Karl Haynus has played tennis for over 10 years. He coached this clinic for the past 3 sessions as well as coaching a youth basketball team. Currently, he attends Hamline University majoring in Legal Studies. This Clinic will teach basic fundamentals for beginning tennis players and consistency for intermediate players. Proper tennis strokes, footwork and rules will be the focus. Participants receive a T-shirt.

Where: Columbia Academy Tennis Courts

When: Mondays & Wednesdays - May 12, 14, 19, 21, Tues. 27, 28

Grades 3-5, 5:00 - 6:00 p.m. **Activity #** 2201-14

Grades 6-8, 4:00 - 5:00 p.m. **Activity #** 2202-14

Fee: \$35 (Bring your own racket and tennis shoes.)



Spring Girls Volleyball Clinic

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



Where: Hylander Center City Gym **When:** Tues. & Thur., May 13, 15, 20, 22 **Fee:** \$35

Grades 3-8, 7:00 - 9:00 p.m. **Activity #** 1307-14

Girls & Boys Summer Basketball Clinic

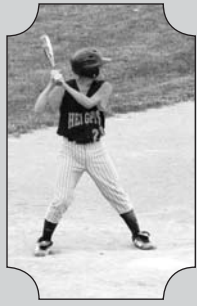
EARLY BIRD REGISTRATION ... SAVE \$10! Coach Tony will lead participants through fundamentals and techniques of the game. Instruction will be given on shooting, offensive skills, passing, dribbling, free throws, as well as other basketball skills. Participants receive a T-shirt.

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

When: Monday, July 7 - Thursday, July 10 **Time:** 6:30 - 8:30 p.m.

Fee: Early Bird Special \$30 After June 9, \$40 **Activity #** 1596-14





CH Baseball/Softball Fundamentals

Coach Tony strives to provide a fun, fair, and positive experience for all participants. He will teach basic baseball & softball fundamentals, proper sportsmanship, and will provide the opportunity to learn different positions in the games of baseball and softball.

Who: Boys & Girls Ages 7-14

Where: Hylander Center City Gym

When: March 10-13

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

Fee: \$35

Activity # 1021-14

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

Girls Slow Pitch Softball

Girls completing 3rd - 5th grades are eligible to participate. We will play teams from neighboring communities with the focus being on fun and fundamentals. Practice and games will be held Monday and Wednesday evenings. Players will be contacted by coaches. Sessions will last approximately 90 minutes each evening. Max of 13 per team. Registration deadline: April 25. *Sign up for Current Grade Level*

Mondays & Wednesdays

Times to be determined

FEE: \$35

3-4-5 Grades # 1606-14 Dates: May 19 - July 30

Girls Fast Pitch Softball

Traveling fast pitch softball for girls ages 10 & under to 18 & under. Age is as of January 1, 2014. 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 14. Max of 13 per team.

Participant fee: \$60

10 & under: Activity # 1610-14

12 & under: Activity # 1612-14

14 & under; Activity # 1614-14

16 & under: Activity # 1616-14

18 & under: Activity # 1618-14



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 27 - July 17

Fee: \$30

Registration deadline: May 5

Please choose a location:

Keyes Park #1005-14

McKenna Park #1006-14

Huset Park #1007-14

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 12 - July 16

Fee: \$35

Registration deadline: April 21

Please choose a location:

Keyes Park #1010-14

McKenna Park #1011-14

Huset Park #1012-14

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.

Traveling Baseball

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

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

The "Gopher State Baseball League" is designed for participants of an advanced skill level and will involve travel of farther distances, 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 21**. 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

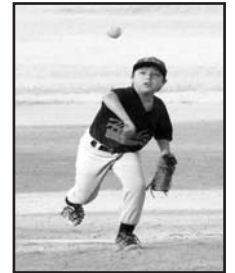
AGE GROUPS

10U #1064-14 - Max. age as of May 1 - 10 yrs

11/12U #1065-14 - Max. age as of May 1 - 12 yrs

13U #1066-14 - Max. age as of May 1 - 13 yrs

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



2014 ADULT SLOW PITCH SOFTBALL

Monday Mens "E"

Double Header League

Cost: \$700

Start Date: April 14

Max # of Teams: 8

of Weeks: 11

Thursday Mens "D"

Double Header League

Cost: \$700

Start Date: April 17

Max # of Teams: 8

of Weeks: 11

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

TEAM DEPOSIT

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

MANDATORY MANAGERS MEETING

All managers are required to attend a mandatory meeting on Mon., April 7 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 28th - 29th

1st Place - \$250 and trophy

2nd Place - \$150

Entry Fee of \$150

Activity #5099-14

FIRST AID/CPR/AED - FREE CLASS

Have you ever wondered what you would do if someone in your family, a co-worker, or a stranger at the Mall suddenly had a medical emergency and you were there to help them? You do not need to wonder anymore! Columbia Heights Police Officers and Fire Fighters will be your instructors in an informative class tailored for those with little, or no previous training. The course includes basic first aid, hands only CPR and AED training through lecture, video, and hands on skills training. No formal certifications are provided for this class. Max of 30 participants. Questions regarding the class or location 763-706-8150.

Fee: The class is free for all those 16 years old or older but registration is required.

Who: 16 yrs & older, pre-registration required **When:** Saturday April 5, 2014 **Time:** 9:00 - 11:30 am

Where: Police/Fire training room at the Public Safety Building, 825 41st Ave NE

Class # 8090-sp14 *Pre-registration required! Call to register at 763-706-3730

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, a bottle of water, a yoga mat or towel, and tennis shoes.



Who: Adults, all ages & skill levels

When: Wed. March 19 - May 14 *no class Apr 30

Time: 6:15-7:15 p.m.

Where: Edgemoor Rm, lower level Murzyn Hall

Fee: \$40 **Activity #** 5101-Sp14

Crochet Fun May 1 - June 19

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

Who: Adults 18 & over

Where: Keyes Rm at Murzyn Hall

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

May 1 - June 19 (No class on May 22)

Fee: \$10 **Activity #** 2653-sp14

Summer Session dates - July 10 - Aug 28

ADULT Aerobic Dance

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

Tuesdays

Date: April 8 - May 13

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

Activity # 8206-sp14

Costs: \$16.50 - 6 classes

Thursdays

Date: April 10 - May 15

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

Activity # 8207-sp14

Costs: \$16.50 - 6 classes

ZUMBA™



Ditch the workout and join the party!

Zumba™ involves dance and aerobic elements derived from latin steps

such as Salsa, Merengue, Reggaeton,

Cumbia, and much more. This party

will help build strength, improve motion

and posture, socialize, and most of all have

fun while burning anywhere from 500-1000 calories!

Anna has been teaching for over two years and can't wait to see you in class!

Who: Adults

When: Saturdays, March 8 – April 26

Time: 9:30-10:30 a.m.

Where: Edgemoor Room, lower level Murzyn Hall

Fee: \$40 **Activity #** 5100-sp14

Sign up online at www.chreconline.org

First Aid/CPR/AED - FREE CLASS

See details on page 9.



Stompin' At The Hall 55 years & older

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

Mondays

Date: April 7 - May 19

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

Activity # 8202-sp14

Cost: \$19.25 - 7 classes

Thursdays

Date: April 10 - May 15

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

Activity # 8204-sp14

Cost: \$16.50 - 6 classes

***Tuesday - Beginner** Begins April 8 - 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.ci.columbia-heights.mn.us.

Senior Highlights

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

Golden Age Club

The Golden Age Club is a social group that meets the first and third Thursday of every month at Murzyn Hall from 11:00 a.m. to 2:00 p.m. Coffee and dessert are provided and you may bring a bag lunch if you desire. Yearly membership fee = \$20.

Card Games

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

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

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

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

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

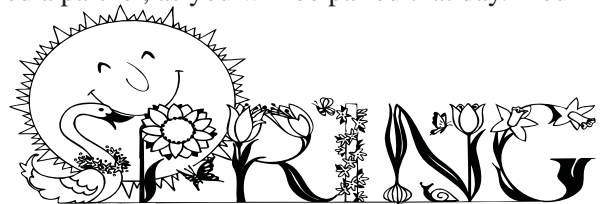
This is for persons over 60 or disabled adults. If you need assistance with various household services including house cleaning, lawn raking, snow removal and minor repairs, please call 763-502-5151 Monday through Friday. There is a sliding fee for these services.

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 second Friday of every month in the Senior Center from 9:00 a.m. to 10:00 a.m. Provided by the CH Fire Dept.



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

12

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

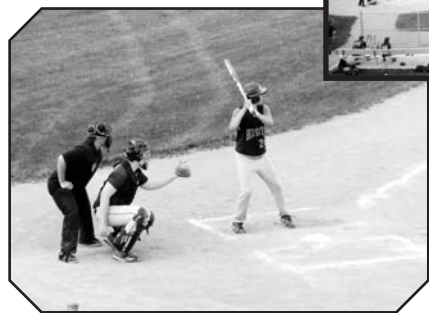
8th Annual HEIGHTS IDOL Jamboree Round 2

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

Heights Idol participants will have the opportunity to be a part of Heights Idol Round 2 Jamboree on Saturday, June 28 for a second competition. See how much you have improved from Round 1. **Judges will award money, prizes and trophies.** Weather permitting the performance will be on the outdoor stage near Murzyn Hall. Call Liz with questions 763-706-3733.



SIGN UP ONLINE AT WWW.CHRECONLINE.ORG!!!



***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. 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

Columbia Heights



SPRING 2014

News and information about your neighbors and your city.

Group develops goals to strengthen city

The Columbia Heights Economic Development Authority (EDA) held a strategic goal setting retreat in January to identify future priorities. The EDA, comprised of the Mayor, members of the City Council and two citizen representatives, is responsible for guiding the economic growth and development in the city. The retreat was intended to educate the EDA about the current demographic and financial trends of Columbia Heights as well as to establish direction for future development-related endeavors.

The retreat was facilitated by community development professionals and highlighted trends in the community over the past 25 years. The population of Columbia Heights is becoming more diverse, more educated and younger. While many facts and figures show promise for the future, Columbia Heights is trailing behind other parts of the Twin Cities with respect to median home values and average incomes of its residents.

continued on page 2

Report on 2013 recycling efforts; new goal set for 2014



Preliminary reports indicate that 1,690 tons of materials were recycled in Columbia Heights during 2013, which is 94% of the goal for the year. This includes materials collected at curb-side and at the city's Recycling Center. Thanks to Columbia Heights residents, this saved the city's Refuse Fund over \$94,600 in trash disposal fees.

Columbia Heights recycled 20% of the total residential solid waste produced in the city. Of the remaining solid waste, 63% was delivered to the Refuse-to-Fuel facility at Elk River, and 17% was sent to refuse transfer stations.

Anoka County has set a 2014 recycling goal for the City of Columbia

continued on page 2

Officer receives statewide recognition

Officer Danielle Pregler, currently assigned as the school liaison officer at Columbia Academy, has been named the 2013 Outstanding Juvenile Officer by the Minnesota Juvenile Officers Association.

The selection committee was impressed with the work Pregler has done with the Columbia Heights Police Department's Open Gym program at Columbia Academy, her work coordinating the Big Brothers Big Sisters program, and organizing the CHPD's anti-bullying reading program at Valley View and Highland Elementary Schools.

The CHPD is proud of Officer Pregler, and congratulates her on this accomplishment.



Officer Pregler received an award from the Minnesota Juvenile Officers Association represented by the group's president Jim Steve.

Community volunteers make a difference

Did you know that children who have been matched for at least 18 months with adult volunteers are 46% less likely to take drugs, 27% less likely to start drinking, and 52% less likely to skip school?

The Columbia Heights Police Department is currently seeking community volunteers for the Big Brothers Big Sisters (BBBS) school-based program. The police department began partnering with Highland Elementary in a school-based program during

continued on page 3

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Economic Development, continued from page 1

To ensure that Columbia Heights remains a vibrant and competitive community, the EDA has identified certain priorities for the future. Redevelopment opportunities along Central Avenue will be a key focus. Re-inventing Central Avenue has already begun with the purchase and demolition of the former Mady's Bowling Alley site, located at 3919 Central Avenue. Once the blighted building is removed, the site will become more attractive to developers.

In addition to fostering business growth, the EDA would like to look for ways to provide increased housing options in Columbia Heights. For example, the EDA would like to work toward providing additional types of senior housing as well housing options for young professionals and for families looking to remain in the community.

During the next several months, the EDA will refine goals and objectives that provide a clear direction for the future of the city. With its close proximity to downtown, excellent school system and unique community character, Columbia Heights has a bright future. The EDA will ensure that the city remains competitive by attracting quality businesses and developing higher-income housing options. For more information about the EDA's retreat, please contact Assistant Community Development Director Joe Hogeboom at (763) 706-3675 or joseph.hogeboom@ci.columbia-heights.mn.us.

Recycling, continued from page 1

Heights of 1,818 tons, which is an increase of 1.5% over 2013. This can be accomplished if each household has a packed cart (around 18 lbs) on every recycling day. Recycling is collected every other week but residents can swap their current 60-gallon recycling cart for a 90-gallon recycling cart for the same low rate. Also, the contractor will always collect extra recycling outside of the container if properly prepared, using an old recycling box or paper bags.

There are several financial benefits to recycling besides the environmental impact. Trash disposal costs for solid waste have increased 52% since 2009 at the Anoka County approved site in Elk River. The more recyclable materials that are put in the recycling bin rather than the trash will lower the overall

Candidates can file beginning May 20

Are you interesting in serving as mayor or as a member of the Columbia Heights City Council? If yes, then please be aware that you can file for office from May 20 through June 3 with the Columbia Heights City Clerk's Office.

Residents can file for the office of mayor, which is a two-year term, or two city council positions, which are four-year terms. To file, please contact the City Clerk at (763) 706-3611 or stop by City Hall between 8 a.m. and 4:45 p.m. Monday through Friday.

Terms of Mayor Gary Peterson and Council Members Tami Diehm and Donna Schmitt are expiring. The Primary Election is on Aug. 12 and the General Election is Nov. 4. The city is seeking election judges to serve on those days. For more information, see page 7.

Tobacco banned at youth activities

As you head out to enjoy the wonderful parks in Columbia Heights, please remember that the use of any form of tobacco is not allowed on city-owned or operated recreational facilities during youth activities.

Tobacco-free facilities include:

- Youth playgrounds, volleyball courts and beach property.
- Ballfields and spectator areas during youth events.
- Picnic shelters, park buildings and BBQ areas.
- Sliding hills and skating rink areas.
- Wading pools and surrounding deck areas.

tons of solid waste, and therefore the total cost of disposal. For example, if the 1,818 tons to be recycled this year are disposed of in the trash instead, then the Refuse Fund will have to pay an additional \$105,400 in disposal fees.

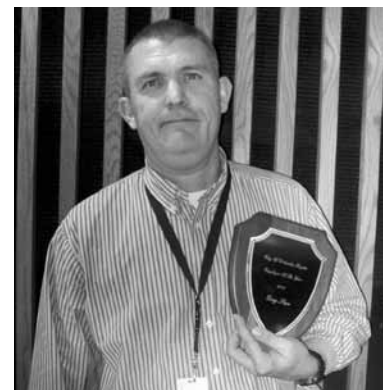
As residents increase their recycling efforts, they may also notice a decrease in trash, making it possible to switch to a smaller and less expensive garbage container service. Recycling reusable material makes more sense than burning or dumping in a landfill.

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

Police officer is city's 'Employee of the Year'

The 2013 Employee of the Year for the City of Columbia Heights is Officer Greg Sinn, a 13-year police department employee. He was recognized for his consistent high performance and significant accomplishments. Sinn is an instructor in the use of force. He serves as the Bureau of Criminal Apprehension's contact in tracking predatory offenders in the community, and he is the coordinator of the LaserShot program.

This year, his investigation of a graffiti case resulted in the identification of a suspect who was linked to similar cases throughout the metro area, resulting in significant costs to several property owners. He has also been instrumental in the development of the department's wellness program, and helping individual police employees with their specific health and wellness concerns. Congratulations to Officer Sinn!



Greg Sinn

Meet Your Neighbor: Siobhán Kierans

Siobhán Kierans grew up in a close-knit community in County Louth, Ireland, where everyone knows their neighbors and they look out for each other. When she immigrated to the USA, she wanted a place with that same sense of community. She found it in Columbia Heights.

She lives on Polk Street in a 1918 home loaded with charm. She likes Columbia Heights' proximity to both downtown St. Paul and Minneapolis.

"There's a wee bit of everything in Columbia Heights," said Kierans, who can walk to work and to nearby restaurants with cuisine from all over the world. "You get a lot of house for the price in Columbia Heights and from what I'm seeing, this is becoming a coveted area."

But best of all, she appreciates her neighborhood and has stepped up to make it even better. Kierans is among Columbia Heights residents who volunteer as block captains in the Neighborhood Watch program.

"Siobhán wants to get more involved," said Terry Nightingale, the community policing coordinator for the Columbia Heights Police Department. "She hosted her first National Night Out event last August and has helped us spread crime prevention messages through her radio program on KFAI."

"Neighbors, like Siobhán, looking out for each other strengthens our community," he adds.

There are 105 organized block groups, covering about one-

third of Columbia Heights and Hilltop. If you would like to become a block captain, please contact Nightingale at (763) 706-8128 or terry.nightingale@ci.columbia-heights.mn.us.

More about Kierans:

Family: Still in Ireland, but fiancé Ahmed Al-Beheary lives here and they enjoy scuba diving in their free time.

Occupation: She worked 20+ years in radio and TV as producer, director, editor and host but was looking for a career change. She now works in the insurance business with her fiancé but continues to host TV and radio programs including "Malarkey" (about all things Irish) and "Morning Blend," a news and music program.

Favorite Heights hangouts: Heights Theatre is "so lovely," and Filfillah restaurant at 43rd and Central has great food and tea. Trails and parks make Columbia Heights very walkable.



Siobhán Kierans and her Irish "Mum" toured the Wabasha Caves in St. Paul recently.

Free exercise class designed for seniors

A free exercise class takes place from noon to 1 p.m. on Mondays and Fridays at Murzyn Hall.

The "Head to Toe" class is open to all, but especially designed with adults, ages 55 and older in mind.

The class is led by Delynn Mulligan, the senior center coordinator since 2012, who has been teaching fitness classes for years.

"This is a very gentle, gradual seated class that does just what it says — it works you head to toe," she said. "The main goal of this class is that we keep moving for an hour."

Participants loosen and stretch and, as a result, feel more limber and flexible.

Falling may be a concern for some seniors, says Mulligan. The class increases stability so that participants feel stronger and more confident.

Registration is not required. Just show up as often as you like. For more information, call (763) 706-3735. The Columbia Heights Senior Center is located in the lower level of Murzyn Hall, 530 Mill Street NE.

Volunteers, continued from page 1

the 2012-2013 school year, and is now recruiting community volunteers to expand the program. Approved volunteers spend one hour a week with their "Little" during school hours, with activities provided. "A little bit of time can make a big difference in a child's life," said Chief Scott Nadeau, who has been involved with the BBBS program for eight years. He has found, as have many other "Bigs," that this experience is often as great for the adult as it is for the child.

Here are comments from a few of the Columbia Heights children involved in the program:

"I like having a big sister, she makes everything better."
— 4th grade girl

"I like that I can talk to her about anything and she always comes to see me." — 4th grade girl

"He's not really like a big brother; he's more like a father because I don't see my real dad. He gives me advice and helps me when I need it." — 3rd grade boy

"My favorite thing about having a big brother is that we get to spend time together." — 3rd grade boy

Interested in seeing how an hour a week can improve the life of a child? Contact Officer Danielle Pregler, Columbia Heights Police Department, (763) 706-8132.

COLUMBIA HEIGHTS PUBLIC LIBRARY

820 40th Ave. NE

Reference/Information: (763) 706-3690

Renewal: (763) 717-3261

Fax: (763) 706-3691

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

www.anoka.lib.mn.us

www.ci.columbia-heights.mn.us

Cable Channel 19

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

April 18: Good Friday

May 15: Staff Development Day

May 24, 26: Memorial Day Weekend

Book Club

Drop in for a favorite book discussion or become a regular member. Book Club meets in the library at 10 a.m. on the last Wednesday of each month. The club will be discussing:

“The Tale of Halcyon Crane” by Wendy Webb

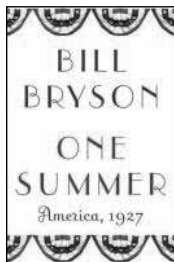
Wednesday, March 26, 10 a.m.

“One Summer: America 1927” by Bill Bryson

Wednesday, April 30, 10 a.m.

“Orphan Train” by Christina Baker Kline

Wednesday, May 28, 10 a.m.



Senior Surf

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

Wednesday, May 7, 9:30 to 11:30 a.m.

Learn computer basics, how to navigate and search the Internet and how to access websites of interest to seniors. Get hands-on



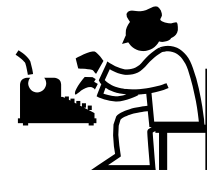
computer experience with help from representatives of the Senior LinkAge Line®. To register, call Barb at (763) 706-3690. Presented in collaboration with Minnesota Board on Aging and Metropolitan Area Agency on Aging.

Loft Writing Class

Get past your fear of the blank page!

Tuesday, March 11, 2 p.m.

Learn the secrets of getting past your fear of the blank page from a writer who has been there before. Our teaching artist will guide you through proven exercises to break through your writer's block and get you writing! Register online or call Barb at (763) 706-3690. Limit: 20.



This program is funded with money from Minnesota's Arts and Cultural Heritage Fund.

Do you have trouble using a standard phone?

TED Program Presentation

Wednesday, March 19 at 10:30 a.m.



Come learn more about telephone equipment that can benefit you or someone you know who has trouble using a standard phone. The TED Program provides telephone equipment to people who are deaf, hard of hearing, deaf/blind, speech

disabled or have a physical disability and need adaptive equipment to use the phone. The equipment is loaned at no cost on a long-term basis. Available equipment includes captioned phones, light flashing ring signalers, TTYs, amplified telephones, loud ringers, hands-free speakerphones and more. To qualify, you must be a Minnesota resident, have a hearing, speech or physical disability, have phone service, and have an annual income below \$45,387 for individuals or \$59,352 for a two-person household.

Presented in collaboration with the Minnesota Department of Human Services.

Nonfiction book club: What are you reading now?

Friday, March 21, 2 p.m.

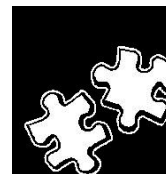
Friday, May 16, 2 p.m.

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.

Challenge your brain

Ongoing (in the Adult Reading Rooms)

Stretch your mental muscle while you visit the library by helping to assemble a jigsaw puzzle, playing a game of chess, checkers or Scrabble, or sampling one of our Brain Fitness Games.





Bike U – basic bike maintenance and operation

Saturday, April 5, 10:30 to 2:30

Learn how to properly care and maintain your bicycle to get ready for hours of riding enjoyment. Presented by John Ford, ride marshal and experienced bicyclist, in collaboration with Twin Cities Bike Club.

eBook class

Wednesday, April 23, 10:30 a.m.

Bring your reader and learn how to download eBooks, eAudiobooks, and eMagazines from the library. No registration required.



Loft Writing Class

Creative writing sampler

Tuesday, May 13, 2 p.m.

Not sure if you're a poet, a novelist or a memoirist? Come and sample poetry, fiction, and creative nonfiction by exploring craft techniques common to all three and experimenting with each through creative writing exercises. Register online or call Barb at (763) 706-3690.

Become a Friend

Friends of the Library are individuals and families who believe quality library services and programs are an asset to the community. Support from the Friends provides materials, equipment and volunteer time. Pick up a membership application at the library and join today!

Children's Programs

Listen up: Tales of trickery and wit

Saturday, March 1, 2 to 3 p.m.

Sing a greeting song in Swahili and participate throughout the performance. Be captivated by the South African story of how a boy and his father defeat the fearsome Abiyoyo the Giant. Listen and laugh along to the adventures of West African trickster Anansi the Spider, or Brer Rabbit, a trickster common in African-American folktales in the South. Witness how stories communicate important lessons on life, family and community. For all ages.

LEGO Day

Wednesday, March 19, 2 to 3 p.m.

Do you love all things LEGO? Enjoy your spring break at the library with a LEGO building program. We'll provide the LEGO bricks, you bring the imagination. For kids in grades K-8. Registration not required.

Game on!

Thursday & Friday, March 20-21, 2 to 4 p.m.

Celebrate Teen Tech Week with gaming at the library. Drop in to play Wii games, play board games, eat snacks, or make a case for your phone out of duct tape. For kids in grades 5-12. Registration not required.

Rube Goldberg marble machine

Saturday, March 22, 2 to 4 p.m.

Put on your most creative thinking cap to design your own marble machine using a variety of tubes, papers, and unusual scraps. Just add a few marbles and watch the good times roll! For kids in grades 3-6. Registration required.

Maud Hart Lovelace visit

Saturday, April 19, 2 to 3 p.m.

To celebrate the Maud Hart Lovelace Award, a history player will tell Maud's story. You'll learn about her childhood in Mankato and what it was like to grow up in Minnesota 100 years ago. For all ages.

Storytime @ the Library

March 3 to April 22

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

Toddler story time

(Geared for ages 18 months to 3 years)

Mondays, 10:30 to 10:50 a.m.

Preschool story time

(Geared for ages 3-5)

Tuesdays, 10:30 to 11 a.m.

Family story time

(For all ages)

Second Tuesday of each month 6:30 to 7 p.m.

(March 11 and April 8)

'Baby Read, Baby Grow'

Thursdays, 10:30 to 11:15 a.m.

March 27 to April 24



"Baby Read, Baby Grow" is a program for infants ages birth to 24 months and their parents or caregivers. Join us at the library for read-aloud stories, sing-a-longs, activities and lots of fun. Sessions include tips

and hints on what to look for as your child develops and ways to ensure your infant's intellectual growth matches his/her physical growth. "Baby Read, Baby Grow" is free and is part of the early literacy collaboration between the library and the Columbia Heights School District's Early Childhood Family Education (ECFE).



READ Dogs returns

Mondays, 6-7:45 p.m.

March 31-April 28

Call the library to register: (763) 706-3690.

Police department office hours

The Columbia Heights Police Department office is open Monday through Friday, 8 a.m. to 4:45 p.m. The telephone number is (763) 706-8100. The office is located in the Public Safety building, 825 41st Avenue NE. The police department is closed on weekends and holidays. A telephone is located inside the entry doors that can be used after hours to request assistance.



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



Spotlight on Sergeant Matt Markham

Matt Markham moved to the Twin Cities from the Rochester area when he was hired by the Columbia Heights Police Department in 1998. He obtained his first degree in law enforcement at Rochester Community College, followed by a bachelor of science from Winona State University. He completed a master's degree in leadership from the University of St. Thomas in December.



Matt Markham

Promoted to the rank of sergeant in 2009, Markham has been assigned to patrol most of his career. He was a department investigator from 2005 to 2009. He is one of the department's instructors for use of force and firearms, as well as a Taser instructor and field training officer. He has headed up projects and programs to include a summer enforcement initiative in high crime areas, a mini police academy for Columbia Heights High School students, and Crime Prevention Through Environmental Design (a building security survey process).

Markham enjoys working for CHPD, because "it is a progressive department that serves a diverse community." He believes, "the size of the city really allows you to recognize what kind of an impact you as an individual officer can have in making Columbia Heights a safer community to live in."

A father of three, Markham uses his off-duty time for family, friends, biking, hiking and following the Twins and Vikings.

2014 to be 'Year of Prevention' for CHPD

As part of its 2014 Strategic Plan, the Columbia Heights Police Department will extend its efforts to reduce crime through prevention actions.

"Crime is not just a police matter, it is a community issue," said Chief Scott Nadeau. "Yes, statistically we saw another seven percent reduction in crime during 2013, but I know together with our community partners, 2014 can be better yet." The department believes that when community partners are involved, criminal activity can be reduced, thus making crime reduction everyone's business.

In 2008, the police department started refocusing its philosophy to reduce crime and disorder through problem-solving and community policing techniques. Part of that philosophy was to incorporate community policing strategies that required reaching out to the community's rental owners, youths, and the growing multi-cultural demographic.

"We have the same goals," Nadeau said. "A city where everyone puts forth a little effort can reap big gains." Anyone wondering what they can do to participate need only consider the department's various programs, including Neighborhood Watch, Business Watch, National Night Out, school-based youth mentoring, or by "target hardening" their property with a free security survey (CPTED). Residents can assess their own situation by reading literature on how to avoid becoming a victim of theft, which is the most frequent police report. "You can defeat any thief by eliminating only one of three elements for a crime to happen: desire, ability or opportunity," said Nadeau. "For our part the CHPD will continue to work with residents on eliminating easy opportunities for thieves, such as open garage doors or cars left running with keys while unattended."

Those interested in getting involved with crime prevention may call Officer Terry Nightingale at (763) 706-8128, or email at terry.nightingale@ci.columbia-heights.mn.us.

Police will test wearable cameras

In the first quarter of 2014, Officers from the Columbia Heights Police Department will begin a test of wearable video cameras made by Taser.

The police department has been using squad-based video recording for several years now, but the technology for wearable cameras has improved and they have the potential for several advantages over the previous system.

Officers will be testing two versions of the camera system, which is about the size of a deck of playing cards. One version includes a camera that is worn on the officer's head and captures what the officer is looking at. The second version attaches to the officer's uniform and uses a wide-angle lens to capture a large field of view.

The use of these video cameras aids the police department in the successful prosecution of criminal activity by providing invaluable evidence of exactly what the officer sees and hears at the scene. The police department plans to complete the testing by the end of 2014.

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

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

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

Gary Peterson, Mayor (763) 788-7517

(c) (612) 978-9858

Gary.Peterson@ci.columbia-heights.mn.us

Tami Diehm, Council Member (763) 574-2122

Tami.Ericson-Diehm@ci.columbia-heights.mn.us

Bruce Nawrocki, Council Member (763) 571-1311

Bruce.Nawrocki@ci.columbia-heights.mn.us

Donna Schmitt, Council Member (763) 634-1356

Donna.Schmitt@ci.columbia-heights.mn.us

Bobby Williams, Council Member (763) 788-1113

(c) (612) 414-3981

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

Apply to be an election judge

The City of Columbia Heights is looking for citizens to serve as election judges for the 2014 election.

Election judges are paid officials who staff local polling places and ensure that the rights of voters are protected on Election Day. Election judges are essential to the democratic process. Serving as an election judge provides an opportunity to learn more about the election process and is a great service to the community.

Required qualifications to serve as a judge are:

- Be a U.S. Citizen
- Be a Minnesota Resident
- Be at least 18 years of age
- Not have had your voting rights revoked
- Can read, write and speak English
- Attend a two-hour training session.



The 2014 election dates are the Primary Election on Aug. 12 and the General Election on Nov. 4.

If you are interested in becoming an election judge, contact City Clerk Tori Leonhardt at (763) 706-3611 or by email at tori.leonhardt@ci.columbia-heights.mn.us.

IMPORTANT PHONE NUMBERS

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

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

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

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

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

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

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

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

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

FIRE DEPARTMENT

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

fire@ci.columbia-heights.mn.us

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

EmergencyCall 9-1-1

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

Housing Maintenance

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

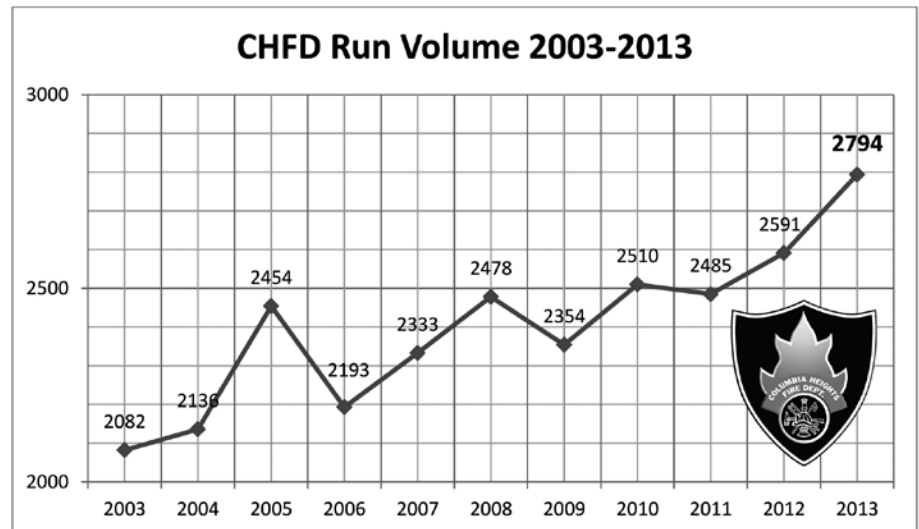
fireinspections@

ci.columbia-heights.mn.us

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

Call volume continues to rise in city

In 2013, the Columbia Heights Fire Department responded to 2,794 calls, which was the highest ever yearly volume. Firefighter/EMTs handled 852 fire-related and 1,942 medical-related calls. Statistics show that 84.2% of all calls have a response time from dispatch to arrival of 6 minutes or less. See chart (below) showing volumes for the past 10 years.



Free first Aid/CPR/AED training offered

Have you ever wondered what you would do if someone in your family, a co-worker or a stranger at the shopping mall suddenly had a medical emergency? No need to wonder anymore! You can be prepared by taking a free informative class taught by Columbia Heights police officers and fire fighters for those with little or no previous training. The course includes basic first aid, hands-only CPR and AED training through lecture, video and hands-on skills training. No formal certifications are provided for this class. Maximum of 30 participants. Contact (763) 706-8150 with questions.

Who: 16 years and older

When: Saturday, April 5

Time: 9 to 11:30 a.m.

Where: Police/Fire training room
825 41st Ave. NE

Class # 8090 - Pre-registration required!
Call (763) 706-3730

Maintenance is required to keep properties looking great and meeting city code

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 city's Property Maintenance Code.

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

Follow these outdoor spring-cleaning tips to keep your yard and home looking good and in compliance with the city's code.

Clean up any outside storage of articles including, but not limited to, equipment, construction materials, excess soil, garbage, rubbish, yard waste, recyclables, hazardous waste, items not designed for exterior use, and maintenance equipment.

Remove tree stumps to four inches below the surface of the ground, including root extensions. Stumps that are to

be used for other purposes including, but not limited to, art, furniture, and landscaping must be separated from the root system. The remaining stump/roots should be removed as outlined above.

Firewood should be neatly stacked in rear yards only, and placed in an area that does not encourage rodents or the deterioration of adjacent surfaces and does not adversely affect adjoining homes.

Exterior property and premises should be free of diseased, dead and hazardous trees, noxious weeds, and long grass. Inspections are conducted. Any grass over nine inches should be cut and weeds/scrub growth around foundations of buildings, along the alley and along fence lines should be removed. In 2012 the fire department wrote up over 1,337 violations for long grass alone.

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

Free blood pressure checks

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



Street sweeping begins in April

The Street Department will begin street sweeping 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 bodies of water. Sweeping operations will continue until all streets have been swept twice and then on an as-needed basis until fall.

Fire hydrants will be flushed

The fire hydrant flushing program will take place from April 14 through May 6. Hydrants will be flushed during the time period of 7 a.m. to 3:30 p.m.

It is necessary to flush all fire hydrants in the city 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 14, 15, 16, 17
- South of 45th Ave., East of Central Ave. - April 21, 22, 23, 24
- North of 45th Ave., West of Central Ave. - April 25, 28, 29, 30
- South of 45th Ave., West of Central Ave. - May 1, 2, 5, 6

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.

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

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

Consider adding a rain garden

Planting season may seem like a long way off, but winter is a great time to plan your garden so you're ready to go in May.

Consider installing a rain garden. Rain gardens provide wildlife habitat and an opportunity to create beautiful landscaping. And, by soaking up rain where it falls, rain gardens slow storm-water runoff, help prevent erosion, and remove pollutants in the process. Check out the City's Storm Water web page at www.ci.columbia-heights.mn.us.



Storm water pollution prevention

Do you know where rainwater and melting snow flows? If you guessed the storm water drainage system, you are correct. The storm water system is generally located along street curbs and drains above ground water runoff. This means anything you put on your lawn, sidewalk, driveway or parking lot will end up with the storm water. The storm water system drains this runoff to ponds, lakes, streams and rivers.

Pollutants in this water will affect wildlife and our recreation areas. Special concerns include phosphorus fertilizers, petroleum products, salt, other chemicals, garbage and sediments from erosion. Federal and State environmental laws have resulted in more stringent regulations concerning pollution from storm water systems. Local governments may incur large fines if they do not have an active program to reduce storm water pollution.

A PUBLIC HEARING WILL BE HELD MAY 8th at 6 P.M. IN THE CITY COUNCIL CHAMBERS AT CITY HALL, 590 - 40th AVENUE, COLUMBIA HEIGHTS, MN.

The Public Works Department conducts a required public hearing on our SWPPP (Storm Water Pollution Prevention Program) annually. The City of Columbia Heights has developed a SWPPP plan in response to Federal and State regulations concerning the quality of water entering streams, rivers and lakes from storm water drainage systems.

Water mains will be cleaned

This summer, the City of Columbia Heights, working cooperatively with the Minneapolis Water Works, will clean and line approximately 6,000 lineal feet of water main.

The 2014 program area includes:

- Mulcare Drive from Pierce Terrace to Polk Place
- Pierce Terrace from Polk Place to Polk Place/Pierce Terrace
- 50th Avenue from Tyler Street to Fillmore Street
- Buchanan Place from Fillmore Street to Pierce Terrace
- Lincoln Terrace from Molan Terrace to Johnson Street
- Fillmore Street from north of 49th Avenue to Pierce Terrace

When cast iron water main pipes were installed 40 or more years ago, the interior of the pipe was not lined with a protective coating to prevent mineral build up. As a result, iron deposits can build up in the pipes and contribute to discoloration. To correct this, the city will clean the water mains to remove build up and install a protective coating to prevent new rust from forming. This will keep the water clear and add approximately 35-50 years to the life of the pipes.

Permits required for dumpsters, PODs

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. Permits cost \$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.

Fertilizer tips – keep that lawn looking green

Article provided by Minnesota Clean Water

A properly maintained lawn helps protect water quality since healthy grass requires fewer resources to keep it looking great. A healthy lawn is also better able to take up fertilizer, which reduces the chance of pollutants washing through the soil and reaching the water supply. But also keep in mind that fertilizer in stormwater runoff heads to surface waters and over-feeds the algae living there. Excess algae and weed growth is a major problem in many Minnesota lakes and waterways. Too much algae lowers oxygen levels and darkens the water, which has devastating effects on fish populations. Fertilize with care:

- Mow high and often. Set your mower at 2-1/2 to 3 inches to help keep out weeds and make your lawn more resistant to drought and disease.
- By mowing high and often you will be able to leave grass clippings on the lawn, which adds nutrients to the soil, reducing lessening the need for commercial fertilizer. Clippings also add organic matter, which improves the quality of the soil and in turn increases its ability to absorb stormwater.
- Fertilize cool-season grasses (Kentucky bluegrass, fescue, ryegrass) in the fall. Fertilize warm-season grasses (Bermuda grass, zoysia grass) in the summer. Test First
- Fertilizers, leaves, and grass clippings from lawns contribute to phosphorus problems in our lakes and rivers. Homeowners can protect water quality by using lawn fertilizers that do not contain phosphorus—it's the law in Minnesota. Look for a middle number of zero—and sweep up grass clippings from

streets and sidewalks after mowing and trimming.

Minnesota soils are naturally high in phosphorus, so our lawns usually don't need extra, but to determine if your lawn is nutrient poor and requires fertilizer, have a soil test completed. In Minnesota, you can use the University soil testing laboratory. Visit <http://soiltest.cfans.umn.edu/>.

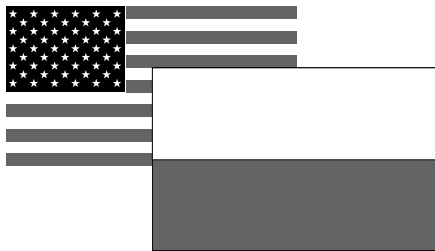
If your lawn is deficient in some nutrient, remember it is best to fertilize just prior to periods of active growth—this means fall for cool-season northern grasses.

More fertilizer is NOT better! Fertilizer that is not absorbed up by plants will run off into the stormwater system. Follow package instructions for applying fertilizer. Keep fertilizer off paved surfaces: It's illegal to spread any fertilizer on hard surfaces such as streets, sidewalks, and driveways. Rain can wash the fertilizer into storm drains, eventually leading to a lake or river near you. If you accidentally spill or spread fertilizer on a hard surface, clean it up immediately—it's the law in Minnesota.

Slow-release fertilizers are an excellent alternative to soluble fertilizers (those that break down when they come in contact with water). Slow-release fertilizers are categorized into groups based on how nutrients are released (pellets, chemically-altered, or coated). Instead of releasing a quick rush of nutrients like soluble crystal or granular fertilizers do, these release their nutrients slowly over a longer period and are less likely to create a flush of nutrient-laden runoff pollution.

Sister City group reports on recent activities

Representatives from the Columbia Heights Police Department will visit Sister City, Lomianki, Poland, in September 2015 for the initial phase of an exchange of officers. The Komendant in Lomianki extended the invitation which was received with great interest by Columbia Heights Chief of Police Scott Nadeau and his officers. Future fundraisers will be held to facilitate this project.



Representatives from Columbia Heights attended the International Polonaise Ball sponsored by the American Institute of Polish Culture in Miami in February. Those who attended were Martha Pachnik, Charleen Kaletka Delaney and Dolores Strand. This year's ball focused on an Argentine theme and former Polish President Lech Walesa was the guest of honor.

SAVE THE DATE: Sister Cities International (SCI) Showcase for Young Artists and Authors will take place at 7 p.m. on April 9, in Murzyn Hall. This is a FREE open house and the public is invited. Artistic and written entries submitted by students 13-18 years will be judged on the local level for cash prizes and then sent to Sister Cities, International, Washington, D.C., to be judged in national competition. For more information, contact Dolores Strand at (763) 571-1709 or Liz Bray at the Columbia Heights Recreation Department (763) 706-3730.

Member Mary Jerde was been in Poland visiting family, sight-seeing, and devoting the majority of her time and energies to volunteering in a children's home. This was all done at her own expense in the true spirit of humanitarianism.

Plans are being made for a three-day trip to Wisconsin in May in cooperation with the Free Spirit Club of Northeast Bank. The tour will include a performance of "Fiddler on the Roof" at Fort Atkinson's Fireside Dinner Theatre; the House on the Rock; Frank Lloyd Wright's home/school; and circus attractions in Baraboo, etc. People who are not members of the Sister Cities group are welcomed, too. For more information contact Dolores Strand at (763) 571-1709.

For membership information or questions, contact Co-chairs Gloria Bergstrom at (651) 633-0506 or Dolores Strand at (763) 571-1709.

REFUSE, RECYCLING AND YARD WASTE

Advanced Disposal Services, Inc.

(formerly Veolia ES)

Customer Service Phone: (763) 225-8705

E-mail: columbiaheights-ads@advanceddisposal.com

Website: www.advanceddisposal.com/mn/saint-paul/saint-paul-collection/guideline/columbia-heights-mn

Anoka County Integrated Waste Management

Phone: (763) 323-5730

Website: www.anokacounty.us/recycle

City Refuse/Recycling website

www.ci.columbia-heights.mn.us/index.aspx?nid=223

Public Works Department Phone: (763) 706-3700

Holiday Schedule

Good Friday, April 18, no delay in service

Memorial Day, May 26, service delayed by one day

Recycling

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

Yard Waste

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

Computers/Electronics Disposal

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

There are several options to properly dispose of electronics. The city's refuse contractor has a separate service to collect and dispose of electronics. Call Advanced Disposal Services (763) 225-8705 for pick-up and disposal fees. To avoid pick-up charges there are several drop-off locations in the area, although a disposal fee is normally charged. The Anoka County Recyclopedia (mailed to all properties in 2013) contains a thorough list of facilities that accept electronics. Also visit the Anoka County Integrated Waste Management website for an updated listing of drop-off locations: http://www.co.anoka.mn.us/v2_dept/iwm/index.aspx

Appliance Disposal

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

Online Refuse and Recycling Survey

Feel free to complete the Columbia Heights Refuse and Recycling online survey at <http://www.ci.columbia-heights.mn.us/forms.aspx?FID=91> to provide feedback regarding current service and ideas to reduce trash disposal and increase recycling.

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

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

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

Location and hours:

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

Items accepted:

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

NO garbage, NO hazardous materials, NO furniture
NO appliances, NO trash, NO lumber, NO electronics

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

Used motor oil and oil filters: Accepted only during hours
Recycling Center is open for non-business purposes only.

Fluorescent bulb collection days:

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

RECYCLING TIP:

Reduce solid waste disposal by selling or donating household goods. Refer to your Anoka County Recyclopedia for ideas on where and how to donate, or visit http://www.anokacounty.us/v2_dept/iwm/links.aspx#Reuse. To request a Recyclopedia please call (763) 706-3700. DON'T THROW AWAY, DONATE TODAY

TOP VALU LIQUOR

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

TOP VALU LIQUOR

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



Grain Belt Premium
12 bottles
\$8.97



Coupon expires 4/15/14. While supply lasts. No further discount. Store not responsible for typographical errors.

TOP VALU LIQUOR

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



**High Life &
High Life Light**
24 cans **\$13.97**



Coupon expires 4/15/14. While supply lasts. No further discount. Store not responsible for typographical errors.

TOP VALU LIQUOR

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



**Bison Ridge
Whiskey**
1.75 liter **\$13.97**



Coupon expires 4/15/14. While supply lasts. No further discount. Store not responsible for typographical errors.

TOP VALU LIQUOR

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



**Grant's Blended
Scotch**
1.75 liter **\$25.97**



Coupon expires 4/15/14. While supply lasts. No further discount. Store not responsible for typographical errors.

TOP VALU LIQUOR

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



**Revelstoke Spiced
Whiskey**
1.75 liter **\$16.97**



Coupon expires 4/15/14. While supply lasts. No further discount. Store not responsible for typographical errors.

TOP VALU LIQUOR

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



**Carnivor
Cabernet**
750 ml **\$9.97**



Coupon expires 4/15/14. While supply lasts. No further discount. Store not responsible for typographical errors.

TOP VALU LIQUOR

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



**Mionetto
Valdobriadene
Prosecco**
750 ml **\$9.97**



Coupon expires 4/15/14. While supply lasts. No further discount. Store not responsible for typographical errors.

TOP VALU LIQUOR

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



**Jadot Beaujolais-
Villages**
750 ml **\$7.97**



Coupon expires 4/15/14. While supply lasts. No further discount. Store not responsible for typographical errors.