

RECREATION PROGRAMS

SPRING
2018



COLUMBIA HEIGHTS
REDISCOVER THE HEIGHTS



12th Annual Heights Idol

"Columbia Heights has got talent." We are searching for talented youth, adults, and seniors to be a part of the 12th Annual Heights Idol competition. All talents can audition. CASH, Prizes and Trophies will be awarded at the event! Questions call (763) 706-3733.

When: Auditions for all talents by appointment only. Come prepared with one or two music selections if singing or performing music.

Where: Theater Rm lower level Murzyn Hall

Who: Youth - Adult **Activity #** 1158-18

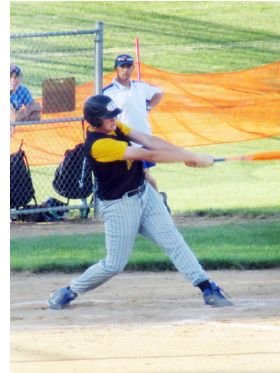
Fee: \$10 **Performance** Jamboree Saturday, June 23 outdoor stage of Murzyn Hall.

Summer Sports Sign Up NOW!

Youth summer Baseball and Softball opportunities for Kindergarten - 18 & Under. T-Ball for K-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.



HYLANDER CENTER 1300 49th Ave.

The exercise room contains 2 treadmills, 3 elliptical machines, and various weight machines. Open gym, when not in use for programming, for basketball, and volleyball. Hylander Center - East Door #38, North side of CH High School.

WHO: Adults & Youth, Residents/Non-Residents

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

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

**Closed if hosting a tournament and on holidays*
Calendar available at www.columbiaheightsmn.gov

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

COST: \$1 Daily drop in
\$10 monthly pass for adults

Summer Program
Registration will start in the beginning of May for ages 4 & up. FREE lunch provided for all summer programs.



ONLINE REGISTRATION www.chreconline.org
Check out our City website: 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
February 19, March 30, & May 28

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 4:00 p.m. Call our information line at (763) 706-3737.



FOR SALE!

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

Columbia Heights Recreation Mission Statement

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

REGISTRATION INFORMATION

Online: www.chreconline.org. **In person or via mail at Columbia Heights Recreation, John P. Murzyn Hall, 530 Mill Street N.E., Columbia Heights, MN 55421. Drop box after hours is on the east side of building. You may also register over the phone 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. Registrations will be placed on a wait list if full.
- Refunds will not be given if withdrawn 1 week prior to the activity.

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.

Park & Recreation Commission

Chair: David Payne

Commission Members: Ann Carder, Sean Clerkin, Jr., Bruce Evans, Tom Greenhalgh, Kevin McDonald, David Payne, & Marsha Stroik
Council Representative: Nick Novitsky

John P. Murzyn Hall Rental Information

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

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



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

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.

PARK RESERVATIONS

The City of Columbia Heights has established a Park Reservation Fee. Reservations will begin on the first business day of each year. A permit must be filled out with the Recreation Office. Fees including tax, are as follows and due at time of reservation:

Residents: \$45 **Non-Residents:** \$65
Large Groups 100 people or more: \$110

NEIGHBORHOOD EVENT WAGON

The Neighborhood Event Wagon is for residents of Columbia Heights to use. It will be delivered and picked up by the Recreation Department. Reservations will begin on the first business day of each year.

Reservation Fee: \$40



Make reservations at the Recreation Department 530 Mill Street or by calling 763-706-3730. Payment is required at time of reservation.



PHOTOS:
SULLIVAN LAKE PARK &
HUSSET PARK WEST



FREE - Youth After School Supervised Open Gym Hylander Center

1300 49th Ave. Door #38

Mondays: Columbia Academy

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

Thursdays: CH High School

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

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



Columbia Heights Royalty Program is now accepting applications. Miss Columbia Heights, CH Princess for young ladies ages 17-21, CH Jr. Princess for those going into grades 6, 7, and 8 and Little Miss CH for those going into grades 1, 2, or 3. All ages are as of July 1, 2017. Applications are available at <http://www.columbiaheightsmn.gov/departments/recreation/jamboree.php> or you may contact Sue Hansen at Embroidery and More at 763-789-2334.

JOIN US! The **Columbia Heights Boosters** need your help supporting youth activities and athletics in Columbia Heights!! Monthly Meetings: 3rd Wed. of every month 7 p.m. @ Murzyn Hall. Bingo, Meat Raffles, Pull Tabs, and **FUNDRAISING OPPORTUNITIES!** <http://chathleticboosters.com> www.facebook.com/ColumbiaHeightsBoosters

Park Square Theater “Diary of Anne Frank” *

5th -12th grades, Monday, March 26

Talk back with actors after performance. Bring bag lunch. **Must Register** early to ensure group reservation! **Reg deadline March 16.**

Who: 5th - 12th grade **When:** Monday, March 26

Drop off & Pick up at Murzyn Hall **Drop-Off:** 9:00 am **Bus Leaves:** 9:10 am

Pick-up: 1:45 pm **Fee:** \$5 **Activity #** 2403-w18



Guthrie Theater “Familiar” * 9th-12th grades, Wednesday, March 28

A boisterous family drama; a feisty, heart-warming play about a Zimbabwean-American family preparing for their daughter Tendi’s wedding. Talk back with actors after performance. Eat lunch on own prior to trip. **Must Register** early to ensure group reservation! **Reg deadline January 31.**

Who: 9th - 12th grade **When:** Wednesday, March 28 Drop off & Pick up at Murzyn Hall

Drop-Off: 12:10 pm **Bus Leaves:** 12:15 pm **Pick-up:** 4:00 pm

Fee: \$5 **Activity #** 2404-w18

**This program is partially funded with a grant from the Minnesota Department of Education using federal funding, CFDA 84.287, Every Student Succeeds Act, Title IV B-21 Century Community Learning Centers. The content of this program do not necessarily represent the policy of the federal Department of Education or the Minnesota Department of Education.*

NICKELODEON UNIVERSE Thursday, March 29

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.** Please wear your Wild Wednesday shirt if you have one. **Reg deadline March 22**

Who: 4th - 8th graders **When:** Thursday, March 29

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

Fee: \$15 **Activity #** 4160-sp18



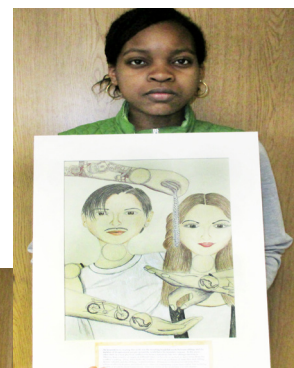
SIGN UP FOR PROGRAMS AT WWW.CHRECONLINE.ORG

12th Annual CH Sister Cities International Young Artist Showcase Friday, March 2, 7:00 p.m.

We are searching for local students 13-18 years of age to participate in the 2018 Young Artist Showcase. This year’s theme is “The Art of Diplomacy”. 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 Rezkath Awal received \$100 and her work moved on to the national level. Local runners up Kuri Cordova and Johny Castro Gutierrez.

Youth Art Exhibition at CH High School Media Center 7:00 p.m. March 2.

This wonderful community is event open to everyone. Come enjoy the art exhibit, local judging, and treats. Winners will be announced at the exhibition. Sponsored by the CH Recreation Dep. and the CH Sister Cities. For information call the Recreation Dept. at (763) 706-3733.



Spring Egg Hunt Saturday, March 24

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 24 **Time:** 11:00 am - 12:30 pm
Where: Senior Center, lower level Murzyn Hall
Fee: \$7 per child **Activity #** 2609-18



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

Girls & Boys Summer Basketball Clinic

EARLY BIRD REGISTRATION ... SAVE \$10! Coach Aaron Goff will lead participants through fundamentals and techniques of the game. Instruction 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 9 - Thursday, July 12 **Time:** 6:30 - 8:30 p.m.
Fee: Early Bird Special \$30 After June 9, \$40 **Activity #** 1596-18



Spring Tennis Clinic Girls & Boys, Grades 3 - 8

CH Girls Tennis Head Coach Jenny. Three years ago she started a summer tennis program for players entering seventh through twelfth grade in CH. Jenny has been a Tennis & Life Camps instructor at Gustavus for 3 summers and has been a Tennis Pro at Lifetime Athletic. Jenny feels truly thankful for the opportunity to help students and athletes reach their full potential while also being able to teach them life skills. Participants receive a T-shirt. This camp session is designed for beginner and intermediate players. The group will engage in warm up games to build hand eye coordination, balance, flexibility, and agility. Players will learn ground strokes, volleys, over heads, and serves in a progression format. They will learn some tennis vocabulary and it's meaning including the lines of the court and racket anatomy.



Where: Columbia Academy Tennis Courts (Bring your own racket and tennis shoes.)
When: Tuesdays & Thursdays - May 24, 29, 31, June 5
Grades 3-5, 4:30 - 6:00 p.m. Fee: \$35 **Activity #** 2201-18
Grades 6-8, 6:00 - 7:30 p.m. Fee: \$35 **Activity #** 2202-18



This SUMMER we will offer an 8 week session for beginner and intermediate players looking to learn more about tennis. Players will learn how to do ground strokes, volleys, over heads, and serves in a progression format. By the end of the clinic, players will know tennis vocabulary and it's meaning, including the lines of the court, and racket anatomy. Players will also learn scoring in doubles and singles. Dates and registration information available in May.

Spring Girls Volleyball Clinic



Join Coach Zach Awsumb Columbia Heights alum class of 2007. Graduated from Winona State University with a bachelor's degree in 2013, moved back to the twin cities where I now reside in Osseo. Going on my 3rd year as Head coach of the Columbia Heights Volleyball team and 5th year of being an assistant on the baseball team. Sessions will include instruction in setting, hitting, passing, serving, and teamwork. Games may be played time permitting. Participants will receive a T-shirt.

Where: Hylander Center City Gym **When:** Tues. & Thur., April 17, 19, 24, 26
Who: Girls Grades 3-5 **Time:** 6:00 - 7:00 p.m. **Fee:** \$35 **Activity #** 1307-18
Who: Girls Grades 6-8 **Time:** 7:15 - 8:15 p.m. **Fee:** \$35 **Activity #** 1308-18



GYMNASTICS Instructors, Danielle Lindstedt & Connie Alvarez. Attire: leotard or fitted tank top and athletic shorts, hair pulled back. No jewelry, shoes/socks. **Class Location: John P Murzyn Hall - Edgemoor Rm (lower level).**

Wednesday classes: March 21 - May 9

Koalas & Adult: (18 mo-2 yrs w/adult) 4:15–4:45pm Wed. March 21 - May 9 Fee: \$35 Activity #1199-sp18

This class is a great starter class for children not ready to leave mom's side. Children will learn the basics of balance, strength, and flexibility while practicing listening skills, taking turns, and cooperative play.

Monkeys: (3-4 years old) 4:45 – 5:15pm Wednesdays March 21 - May 9 Fee: \$35 Activity #1200-sp18

This class will work on developing gymnastics skills, strength, and flexibility while developing the basic skills and knowledge that will lay the foundation for future classes. We will also be working on listening, taking turns and cooperative play.

Lions: (5-8 yrs, no experience) 5:15 – 5:45pm Wed. March 21 - May 9 Fee: \$35 Activity #1201-sp18

This class will work on developing gymnastics skills, strength, and flexibility while developing the basic skills and knowledge that will lay the foundation for more advanced classes.

Tuesday classes: March 20 - May 8

Rollers (Lvl 1): (5-8 yrs old) 4:30 – 5:15pm Tuesdays March 20 - May 8 Fee: \$40 Activity #1202-sp18

This class builds on knowledge gained in previous gymnastics classes. We will be working on basic floor skills such as rolls, handstands, cartwheels, and jumps as well as beginning skills on beam and bars.

Turners (Lvl 2): (5-9 yrs old) 5:15 – 6:00pm Tuesdays March 20 - May 8 Fee: \$40 Activity #1203-sp18

This class will focus on building existing gymnastics skills to prepare them for the next class level. We will continue to work on floor skills such as jumps and basic tumbling on beam, low bar work and beginning vaults.

Twisters (Lvl 3): (6-10 yrs old) 6:00 – 7:00pm Tuesdays March 20 - May 8 Fee: \$45 Activity #1204-sp18

This class will focus on building gymnastics skills from previous class levels. We will incorporate higher level tumbling skills and more advanced work on beam, vault and bars.



Register for programs online at www.chreconline.org

DANCE Rising STARS Wanted! Big smiles and lots of enthusiasm are part of this 8-week dance class. Learn

fundamental ballet & jazz technique, play games... and HAVE FUN! Weekly curriculum

includes strength & stretching, dance technique, music appreciation, confidence-building, & creative movement. Miss Jen has a BA in dance and Communications studies, is a mom of 2, and has been involved in dance for 35 years! MINI-RECITAL INCLUDED! Every dancer will perform a final routine for family & friends. Students must wear dance or athletic attire. Ballet, jazz or tennis shoes required. **Class Location: John P Murzyn Hall - Edgemoor Room (lower level).**

Mondays: April 30 - June 25 *No class May 28 (8 sessions)

Preschool 3 - 5 years old 5:00pm – 5:45pm Fee: \$40 Activity #1210-sp18 min 5 max 15
Learn fundamental ballet & jazz.

Kindergarten - 2nd Grade 6:00pm – 6:45pm Fee: \$40 Activity #1211-sp18 min 5 max 20
Learn fundamental ballet, jazz, & hip hop.

3rd – 5th Grades 7:00pm – 7:45pm Fee: \$40 Activity #1212-sp18 min 5 max 20
Miss Jen will focus on dancing along to age appropriate Hip-Hop and The Hits! Learn fundamental ballet, jazz & hip hop.



CREATIVE DANCE CLASSES 5th - 12th gr

Leanna Browne holds a B.A. in Psychology and Special Major in Dance & Black Studies from Swarthmore College. She was fortunate to work with different choreographers such as Idan Porges and Hadar Katz and was active in Rhythm 'n' Motion (RnM), the Tri-College student dance company rooted in the styles of the African Diaspora. As an emerging professional artist, she is delving deeper into performance, choreography, and teaching, with special interest in using dance for social change. In 2017, Leanna received her M'Singha Wuti-level certification in Umfundalai, a contemporary African dance technique, which enables her to share Umfundalai with recreational dance communities. She enjoys bringing her knowledge of different dance forms to youth as a teaching artist and witnessing them experience the powerful benefits of dance!

Class Location: John P Murzyn Hall - M/M Room (lower level). Max of 15.



Creative Movement & Dance Exploration (5th-8th grade students) * Class held in M/M Room

This class explores creative expression through movement. Instead of focusing on one type of dance, we will draw on different genres to delve into the breadth of dance. Through creative movement activities, improvisation, and other exercises, students will be encouraged to play, move through their unique voice, build community, and have fun!

Spring – Wednesdays, April 4 - May 30 * No class May 23, 5:30 – 6:45 pm Fee: \$10 Activity #1216-Sp18

African Dance: Umfundalai (9th – 12th grade students)* Class held in M/M Room

This class introduces students to Umfundalai (MA-FOON-DAH-LAH), a contemporary African dance technique. Students will learn the history of the technique and explore the core movements. Through activities and exercises that build upon each other, students will gain a holistic experience in African dance and have fun in community with one another!

Spring – Wednesdays, April 4 - May 30 *No class May 23, 6:45 - 8:00 pm Fee: \$10 Activity #1217-Sp18

**This program is partially funded with a grant from the Minnesota Department of Education using federal funding, CFDA 84.287, Every Student Succeeds Act, Title IV B-21 Century Community Learning Centers. The content of this program do not necessarily represent the policy of the federal Department of Education or the Minnesota Department of Education.*

Martial Arts

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

Little Tigers 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.

Who: Youth Ages 3 - 6 years old **Min 8/Max 20** 4 week classes

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

When: Spring Session I: Thursdays, March 1 - 22 **Activity # 2234-w18 Fee: \$37**

When: Spring Session II: Thursdays, April 19 - May 10 **Activity # 2231-sp18 Fee: \$38**



Tae Kwon Do

Ages 6 & up This Martial Arts program teaches participants (beginner to advanced) the skills of Tae Kwon Do along with its historical perspective. Participants learn self-defense, kicks, stances, and Tae Kwon Do Hyung (form Chon Ji). Students will be trained for belt certification testing. In addition to the registration fee, participants are expected to purchase a uniform from the instructor and pay for belt registration fee.

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

When: Spring Session: Thursdays, Feb. 22 - March 29

Level 1: No belt - Yellow belt **Time:** 6:00 - 6:45 pm **Fee:** \$49 **Activity # 2235-w18**

Level 2: Orange belt & higher **Time:** 6:45 - 7:30 pm **Fee:** \$49 **Activity # 2236-w18**

When: Winter Session: Thursdays, April 12 - May 17

Level 1: No belt - Yellow belt **Time:** 6:00 - 6:45 pm **Fee:** \$50 **Activity # 2232-sp18**

Level 2: Orange belt & higher **Time:** 6:45 - 7:30 pm **Fee:** \$50 **Activity # 2233-sp18**

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 15. 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 # 1608-18



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

Girls Fast Pitch Softball

Traveling fast pitch softball for girls ages 9 to 18. Age is as of January 1, 2018. 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 15. Max of 13 per team.

Dates and times TBD.

Participant fee: \$60

10 & under (min 9 yrs): Activity # 1610-18

12 & under: Activity # 1612-18

14 & under; Activity # 1614-18

16 & under: Activity # 1616-18

18 & under: Activity # 1618-18



BASEBALL & SOFTBALL



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. June 5 - July 31

Fee: \$35

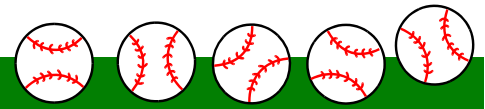
Registration deadline: May 22

Please choose a location:

McKenna Park #1006-18

Huset Park #1007-18

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. June 4 - July 30

***No July 4**

Fee: \$35

Registration deadline: May 21

Please choose a location:

McKenna Park #1011-18

Huset Park #1012-18

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 12 players per team. Coaches umpire all games. There will be two teams at Huset Park

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 & Uniform Deposit: \$50

AGE GROUPS

10U #1064-18 - Max. age as of May 1 = 10 yrs

11/12U #1065-18 - Max. age as of May 1 = 12 yrs

13U #1066-18 - Max. age as of May 1 = 13 yrs

14U #1067-18 - Max. age as of May 1 = 14 yrs

15U #1068-18 - Max. age as of May 1 = 15 yrs

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

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

2018 ADULT SLOW PITCH SOFTBALL



Monday Mens “E” Double Header League

Cost: \$700
Start Date: April 16
Max # of Teams: 8
of Weeks: 11 + playoff

Thursday Mens “D” Double Header League

Cost: \$700
Start Date: April 19
Max # of Teams: 8
of Weeks: 11 + playoff

Friday Co-Ed Double Header League

Cost: \$650
Start Date: April 20
Max # of Teams: 8
of Weeks: 11 + playoff

CH JAMBOREE TOURNAMENT MEN’S SLOW PITCH SOFTBALL

Double Elimination -
16 Teams Max

JUNE 23rd - 24th

1st Place - \$270 and trophy

2nd Place - \$170

Entry Fee of \$180

Activity #5099-18

TEAM DEPOSIT

A non-refundable deposit of \$250 will secure your team a place in a league. Any balance must be paid by April 10.

MANDATORY MANAGERS MEETING

All managers are required to attend a mandatory meeting on Thur., April 12 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.

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. Classes held at Murzyn Hall.

***Beginner** New to Stompin'? Great! We would love for you to join on either day. Sign up for the Beginner class and Judy will meet with you individually to show you the exercise routines so you become familiar with the class style prior to joining the rest of the class. Begins April 5 - eventually joins one of the other days. Call to be added to the list 763-706-3730.

Mondays

Date: April 9 - May 21
Time: 9:00 - 10:05 a.m.
Activity # 8202-sp18
Cost: \$19.25 - 7 classes

Thursdays

Date: April 5 - May 17
Time: 9:00 - 10:05 a.m.
8204-sp18
\$19.25 - 7 classes



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

Tuesdays

Date: April 3 - May 15
Time: 6:30 - 7:35 p.m.
Activity # 8206-sp18
Costs: \$19.25 - 7 classes

Thursdays

Date: April 5 - May 17
Time: 6:30 - 7:35 p.m.
8207-sp18
\$19.25 - 7 classes



FREE Senior Exercise Classes. Schedule varies, see Senior Active Agers newsletter each month for dates and times.

Mobility: This is a 60 minute mid-tempo class with the emphasis on range of motion movements. Come shake off of those cobwebs and get your body moving better. Feel free to just show up; you do not need to sign up or preregister.

Core Yoga: This is a 30 minute class that we will gently move into poses that we will hold to slowly build up strength. This is a great place to start off if you have not been exercising. Feel free to just show up.

These classes are offered through the Senior Center programs. The instructor is the Senior Citizen Coordinator Delynn. The monthly Active Agers newsletter can be found at the City website, www.columbiaheightsmn.gov under Senior Programs.

Total Body Conditioning

Tone your muscles with this Total Body Workout taught by Donna, AFAA certified group fitness instructor & personal trainer. Improve posture, balance and core strength through a variety of exercises and stretching for flexibility. We will lunge, squat, and sculpt in a motivating atmosphere. All fitness levels are encouraged. This is your workout and you are encouraged to work at your level while pushing yourself just a little more each time. Bring a set of 2 lbs and/or 5 lbs weights, a bottle of water, a yoga mat or towel, and tennis shoes.

Who: Adults, all ages & skill levels, class min. 8.

Where: Edgemoor Rm, lower level Murzyn Hall

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

When: Wednesdays, Mar. 14 - May 2 **Fee:** \$48

Activity # 5101-Sp18



Crochet Class

Do you love to crochet? Would you like to improve your skills, get some new ideas, or just set aside some weekly time to focus on your hobby? Then this class is for you! This is a fun social group that loves to crochet! Bring your own projects. We will share patterns and ideas while working together to solve problems and learn new skills.



Who: Ages 16 & over
Time: 6:30 - 8:00 p.m.
Where: Keyes Rm, upper level Murzyn Hall
Winter / Spring Session:
 Thursdays, March 1 - April 26 *No class March 29
Fee: \$10 Activity # 2653-W18

HYLANDER CENTER

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.

WHO: Adults & Youth, Residents/Non-Residents

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

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

**Closed if hosting a tournament and on holidays*
 Calendar available at www.ci.columbia-heights.mn.us

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

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

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



REGISTRATION INFORMATION

Columbia Heights Recreation – Registration Form Phone: 763-706-3730

Register online at www.chreconline.org or Bring / Mail the Form to: 530 Mill Street NE, Columbia Heights MN 55421

Participant Name: _____ Birthdate: _____ Grade: _____ Male/Female: _____

Address: _____ City: _____ State: _____ Zip: _____

Parent/Guardian Name: _____ Home Phone: _____

Email Address: _____ Work/Cell Ph: _____

Emergency Contact Name: _____ Phone: _____

| <u>Activity Name</u> | <u>Activity Number</u> | <u>Fee</u> |
|----------------------|------------------------|------------|
| 1. _____ | # _____ | \$ _____ |
| 2. _____ | # _____ | \$ _____ |
| 3. _____ | # _____ | \$ _____ |

Make checks payable to “City of Columbia Heights” Total Due \$ _____

Data Privacy: 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 agree to participation 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.

12 Adult & Senior Citizen Information

Senior Center

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

“500” Club

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

Cribbage

A senior cribbage group meets every Friday at 10:00 a.m. in the Senior Center. All levels are welcome.

Chores & More

This is for persons over 60. If you need assistance with various household services including house cleaning, mowing, raking, snow removal, and minor repairs, please call 763-783-4767, Monday through Friday. We utilize a sliding fee scale, and for income eligible we ask for a suggested donation. Funding support under contract with the Metropolitan Area Agency on Aging, Inc. as part of the Older Americans Act Program.

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 information call Karen F., Senior Outreach Worker for Columbia Heights 763-783-4741.

Active Agers

This monthly newsletter informs seniors of the programs, classes & special events being offered at the center. Available at the Senior Center, Recreation Office, CH Public Library, City Hall, and senior housing facilities and online www.columbiaheightsmn.gov.

Blood Pressure

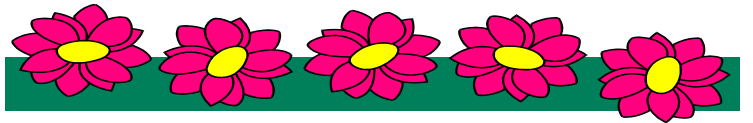
Blood Pressure is checked free of charge on the second Monday of every month in the main hall from 1:00 p.m. to 1:45 p.m. by the CH Fire Dept.

AARP Safe Driver (Refresher) 4 hour

Courses. All AARP Safe Driver Refresher Courses are \$22.00 per person. This course meets refresher requirements of every three years. Individuals do need to be preregistered and prepaid one week prior to the course being offered. Most courses meet in the Senior Center lower level of Murzyn Hall.

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.



S P R I N G

Walking Club

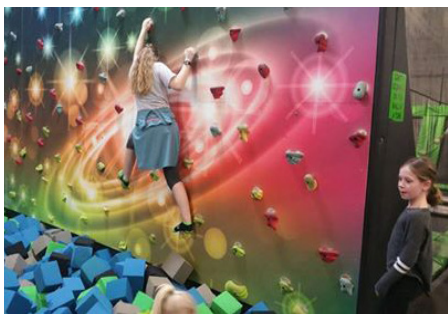
The Senior Walking group meets every Wednesday morning for fellowship and exercise. Meet in the parking lot behind Murzyn Hall at 8:40 a.m. rain or shine! New walkers always welcome.

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 \$36 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.

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



**Theater Trips!*

**Nickelodeon Universe!!*

UPCOMING SPORTS

- `Baseball!
- `Softball!
- `Gymnastics!
- `Dance!
- `Tae Kwon Do!
- `Tennis Clinic!
- `Volleyball!
- `Basketball Clinic!



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



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

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

Bienvenido

INFORMACION DE LA INSCRIPCION *La inscripciones 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, CDEA 84.287, IV B-21st Century Community Learning Centers.



COLUMBIA HEIGHTS
REDISCOVER THE HEIGHTS

SPRING 2018

CITY NEWSLETTER



The library appreciates volunteers like, from left, Farah Abdulkadir, Olivia Salzwedel and Hiba Minhas.

Columbia Heights Library loves its teen volunteers

They love books, so when they were considering places to volunteer, three local high school students selected the Columbia Heights Public Library. It's turned out to be a great match for the teens and also for the library.

Hiba Minhas has been going to the Columbia Heights Public Library her whole life. She mostly volunteers during the summer, when school is not in session and she has more time. She loves art so a favorite project was transforming the library's book drop into a life-sized robot one summer.

Farah Abdulkadir began volunteering along with a friend two years ago. She enjoys the nice environment of the library and likes being there and helping out in many ways.

Olivia Salzwedel heard about the library's Teen Advisory Board (TAB) from a friend

and thought it sounded interesting. TAB meets once a month to talk about programs the library should offer and ways the library could be more inviting to teens. Olivia serves year-round on TAB and also volunteers in other ways.

Hiba, Farah and Olivia are among 25 teens and 27 adults volunteers who contribute their time and talents as library volunteers.

"We're very grateful to our teen volunteers," said Brianna Belanger, children's librarian. "They serve in many ways to make the Columbia Heights Public Library a great place."

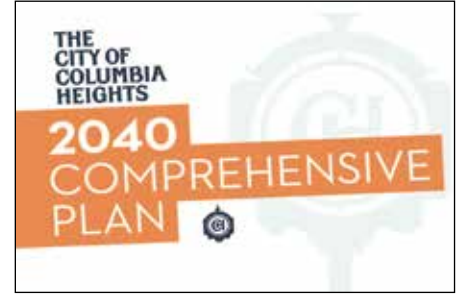
She lists some examples of youth volunteer tasks:

- shelving library materials
- cleaning library shelves

Volunteers, continued on page 2

New updated plan will guide city's future

Columbia Heights began work to update its existing 2030 Comprehensive Plan in March 2017 to set the stage for future growth and development out to the year 2040. The plan addresses future land use, transportation, parks, economic development, housing and infrastructure.



A Review Committee comprised of 15 Columbia Heights residents and business people is coordinating the work of city staff and project consultant Hoisington Koezler Group Inc. Over the last 10 months the city has been engaging with residents at community events to understand what the community desires for the long term development and growth of Columbia Heights.

From January through March 2018, the consultant will prepare drafts of each of the Comprehensive Plan chapters which will be evaluated by the Review Committee. Draft chapters will be posted on the city's website and community input will

Future, continued on page 2

City now offers curbside pickup of organics

Columbia Heights residents now have the opportunity to recycle organics (food scraps and food-soiled paper) at their property. Residents can also decrease the size of their trash cart and save money later this year when the city offers a 30-gallon every-other-week trash service in conjunction with organics recycling. The city will provide large yard waste/organic carts upon request for curbside pickup. These carts will have a dual purpose as both yard waste and food waste can be put in the same cart.

Organics, continued on page 3

SEE FLIP SIDE FOR RECREATION PROGRAMS

IN THIS ISSUE

| | |
|---------------------------------------|----|
| Citywide garage sale | 2 |
| Nominate Outstanding Citizen..... | 3 |
| Employees of the Year..... | 3 |
| Election judges needed | 7 |
| New police officers..... | 8 |
| Spring cleaning for yards..... | 9 |
| Recycling, refuse and yard waste..... | 11 |

Residential Customer
55421

*****ECPWSS*****

PRSRFT STD
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Permit No. 32324
TWIN CITIES, MN

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

Future, continued from page 1

be gathered at community events and meetings in April through mid-May. The date and time for these meetings will be posted on the city's website and promoted on Facebook and at public facilities.

After comments have been received, a second draft of the Comprehensive Plan will be assembled for review by the Columbia Heights Planning Commission and City Council. After receiving an initial approval in June, Minnesota State Law requires that the draft plan be submitted to adjacent communities and other governmental jurisdictions for review and comment. At the conclusion of a six-month review period, the city will be able to formally adopt the plan.

The final plan is expected to be in place by the end of 2018. From that time on, the Columbia Heights 2040 Comprehensive Plan will articulate the city's future vision and it will be used to help guide decisions by the Planning Commission and City Council. It will also serve as the basis for any subsequent changes in codes and regulations that are needed.

More information about the Columbia Heights 2040 Comprehensive Plan, including upcoming meetings and opportunities for you to get involved, will be posted as it becomes available. Please check back for updates and sign up for e-mail updates at: www.columbiaheightsmn.gov.

Volunteers, continued from page 1

- helping with youth programming (and even leading youth programming)
- creating artistic projects to enhance the library
- developing a list of graphic novels the library should purchase
- helping serve lunch at the library
- developing scavenger hunts for the kids' area
- assisting with the summer reading program
- creating and implementing a sidewalk chalk obstacle course.

"The work they do is integral to creating a welcoming environment for families and youth at the library," said Belanger.

While teens contribute to the library with their volunteering, they're also gaining personal and professional skills and experiences. Belanger said, "My hope is that youth leave this experience with not only leadership and job skills, but more confidence in their abilities and talents."

If you are a teen who is interested in volunteering at the Columbia Heights Public Library, please stop by the library and pick up an application. Thanks for your interest!

Library volunteers recommend books for youth:

- Hiba: – Harry Potter series by J.K. Rowling
– "Fault in Our Stars" by John Green
- Farah: – Red Queen series by Victoria Aveyard
– Infernal Devices (Clockwork Series) Cassandra Clare
- Olivia: – "Six of Crows" by Leigh Bardugo
– "The Running Dream" by Wendelin Van Draanen

Discover treasures in citywide garage sale June 23

One person's junk is another's treasure! Planning is underway for the 2nd Annual Citywide Garage Sale on Saturday, June 23, from 8 a.m. to 4 p.m. during the Columbia Heights Jamboree.



This is a great opportunity to declutter your home and make some cash.

There is no cost to participate. Just fill out an application online or download a printable form on the city's website, or in person at Columbia Heights City Hall.

New this year, participants will be offered the opportunity to select from a list of categories of items they will have available at their sale (i.e., children's clothing, tools, household items). A flyer listing the participants' addresses and the categories of items available at each sale will be made available at the various municipal buildings a couple of weeks prior to the sale.

Updates will also be made available on the city's website as they become available, so be sure to check there in the coming months if you are interested in participating or contact the city's Community Development department at (763) 706-3670 with questions.

Updates on development projects in Heights

Legends of Columbia Heights

The construction of the Legends of Columbia Heights, located at the intersection of University Avenue NE and 37th Avenue NE, is almost complete. This independent senior living community has a theatre room, underground parking, on-site beauty salon, a 24-hour fitness center and more. For information, contact the Legends of Columbia Heights at (763) 225-4633 or legends.heights@dominiuminc.com.

Grand Central Flats

Dominium, operator and developer of multi-family rental properties, started construction on two apartment buildings that will be completed in spring 2019. Located at 4729 Grand Avenue NE and 1069 Grandview Way, the apartments are collectively referred to as the Grand Central Flats. There will be 148 housing units for middle-income service workers, such as paramedics, nurses, police officers and teachers. One, two, and three bedroom apartments are available for households who earn no more than 60% of the area median income (see below). Rents will range from \$939 for a one-bedroom with one bathroom up to \$1,297 for a three-bedroom with two bathrooms.

Income Limits by Household Size

| Household Size | 60% AMI Limits |
|----------------|----------------|
| 1 | \$ 37,980 |
| 2 | \$ 43,440 |
| 3 | \$ 48,840 |
| 4 | \$ 54,240 |

Hy-Vee

Hy-Vee, an Iowa-based supermarket chain, purchased the Central Valu Center located at 4300 Central Avenue NE in 2016. Hy-Vee wanted to begin construction in 2017, however due to the extent of hazardous materials identified for removal and abatement after an environmental investigation, Hy-Vee decided to delay the renovations. Currently, construction is anticipated to begin by June 1, 2018, and the supermarket will open by July 1, 2019.

Organics, continued from page 1

The carts will be emptied weekly during the yard waste season starting in April, and every other week during the winter. This service is partially funded through a grant so the yard waste/organic carts will only cost \$2.50 per month. Contact the Public Works Department at publicworks@columbiaheightsmn.gov to order a cart and you will receive a free kitchen starter kit and the required bags for disposal. Apartment buildings and condos can order too, plus townhomes will be offered small organic carts as well.

Allowable materials include all food waste including produce, meat, bones, dairy, seafood and shells. Food-soiled paper such as paper napkins and pizza boxes are also allowed. The material is composted at an industrial-size organics facility and made into compost. The compost is returned to the city's Recycling Center and sold by students as a fundraiser for the Key Club at Columbia Heights High School.

There's also an advantage to the city and its taxpayers. The Minnesota Pollution Control Agency (MPCA) is mandated by the state legislature to recycle 75% of solid waste by 2030. One of the best solid waste management practices is to recycle organics, which are estimated to be a third of all solid waste. The city of Columbia Heights pays for trash disposal at \$75/ton and disposed of over 7,000 tons last year so the city could save an estimated \$175,000 by recycling organics.

For more information, go to the Public Works section of the city's website at www.columbiaheightsmn.gov.

Residents invited to Coffee With a Cop events

Join your neighbors and local police officers for free coffee and interesting conversations at several upcoming Coffee With a Cop events.

This is an opportunity to ask questions, voice concerns, get to know your police officers and learn more about the Columbia Heights Police Department in a casual, approachable and comfortable atmosphere.

- March, 13, 6-7 p.m. at Miller's, 547 40th Ave. NE
- April 10, from 6-7 p.m. at Immaculate Conception Catholic School, 4030 Jackson St. NE
- May 23, from 9 to 10 p.m. at the Islamic Center of MN, 4056 7th St. NE
- June 12, from Noon to 1 p.m. at the VFW, 4446 Central Ave. NE



Tom Costello



Tim Gouras



Steve Olson



Eric Shurson

Liquor store staff member are Employees of the Year

The Columbia Heights 2017 Employees of the Year is not just one individual, but the team of our four assistant liquor managers: Tom Costello, Tim Gouras, Steve Olson and Eric Shurson.

Like many of the employees of the City of Columbia Heights, they are hard-working, intelligent, dedicated, and they consistently project a positive image of the city. What sets these 2017 Employees of the Year apart and makes them deserving of this special honor, is their record of stepping up to go the extra mile, even in very difficult circumstances.

In 2016, a need was identified for the Liquor Operations Department to implement a perpetual inventory system. This is a difficult task for any operation, but it would prove to be an even more complex project than most, due to the vast product selection the stores offer and compounded by the absence of day-to-day computerized inventory records.

Before this project could progress very far, the liquor operations manager retired and the assistant liquor managers assumed additional duties caused by the vacancy. This would have seemingly made it impossible to move ahead with the project, but the team was determined to make sure that the trial implementation was not postponed.

Not only did the trial implementation proceed in January 2017 as planned, but the assistant liquor managers have kept it going live throughout the year. This is a huge improvement to many aspects of the liquor operation and truly impacts what it can contribute to the community. A few of these improvements include accurate and timely financial reporting, informed purchasing, better response to sales, better theft control, and improved response time to customer inquiries.

The initiative and leadership demonstrated by this successful and significant accomplishment has earned this team the Employee of the Year award for 2017. Columbia Heights is fortunate to have these diligent, energetic and ambitious individuals working for us. Congratulations and thank you to Tom, Tim, Steve and Eric!

Search for Outstanding Citizens will expand

Shine a spotlight on an adult or youth who has unselfishly contributed their time and effort helping people, the environment and/or the Columbia Heights community by nominating them for an award.

Every year the City of Columbia Heights seeks nominations for Humanitarian of the Year. This year, the city is changing the name to Outstanding Citizen AND will select TWO Outstanding Citizens for recognition.

"With so many residents doing so many wonderful things for their neighbors and contributing so much to our community, we thought it is only fitting to increase the recognition they receive," said Human Resources Director Kelli Bourgeois. "For 2018, we are requesting nominations for adults and teenage residents (ages 14-18)."

Nominees must be those who selflessly give of their time and efforts to help others, the environment and/or the community. As always, nominations are particularly sought of people who have not otherwise been publicly recognized. Please note that public officials, current candidates for public office, and past award recipients are not eligible for this award.

Please consider making a nomination, or two, for a deserving Outstanding Citizen. The nomination process is simple and it is a wonderful way to give public recognition to people whose actions often go unnoticed and underappreciated.

Nomination forms are available at www.columbiaheightsmn.gov; at the City Hall Reception Window; or by calling (763) 706-3610. Nominations are due by May 4. Nomination forms from previous years are not retained and therefore cannot be considered.

LIBRARY

3939 Central Ave NE
Library Director: Renee Dougherty
Information and Reference (763) 706-3690
At-home Service (763) 706-3681
Renewal: (763) 324-1590

www.anokacountylibrary.org
www.columbiaheightsmn.gov
Cable Channel 19
www.facebook.com/ColumbiaHeightsPublicLibrary

Celebrate National Library Week – April 8-14



Birdscaping Basics

Wednesday, March 21, 6:30 p.m.



How can you attract more birds to your yard? This hour-long class will introduce the idea of "birdscaping" -- landscaping that deliberately keeps birds in mind with plants, layouts and other features to attract them. We will discuss the benefits of birdscaping for birds, as well as other species, like butterflies and bees. Free. No registration required. In partnership with Heights NEXT.

Mysteries of History

Monday, April 9, 6:30 p.m.

Join in the fun as we try to figure out the order of construction photos, deduce eras based on the clothing worn, or just determine "what in the world is going on in that picture?" Funding for this free presentation is provided by Minnesota Arts and Cultural Heritage Fund. No registration required.

Book Talk: "Frantic 7: The American Effort to Aid the Warsaw Uprising and the Origins of the Cold War, 1944"

Monday, May 8, 6:30 p.m.

Learn about the American effort to aid the Warsaw Uprising during Operation Frantic in World War II. The "Frantic 7" operation in 1944 led to the formation of a Sister City relationship between Columbia Heights and Lomianki, Poland. This program will be presented by co-author John Radzilowski, Ph.D. This free program is sponsored by the Columbia Heights Sister Cities International program. No registration required.

Book Talk: 'Everybody's Heard About the Bird' with Rick Shefchik

Saturday, April 21, 1 p.m.

Learn how a handful of Minnesota bands erupted out of a small Midwest market and made it big. Author Rick Shefchik will discuss his most recent book "Everybody's Heard About the Bird: The True Story of 1960s Rock 'n' Roll in Minnesota." From Augie Garcia and Bobby Vee to The Trashmen and the Castaways, Shefchik's book reveals how this monumental era of Minnesota rock music in the 1960s evolved. Free. No registration required.



Meditation for Inner Peace

Wednesday, May 9, 6 p.m.

Long-time meditator Arvind Naik will revisit the library to talk about the journey of lasting peace, happiness, and a greater sense of well-being he has found through meditation. There will be a short meditation sitting. Free. No registration required.

Library Book Club

Drop in for a favorite book discussion or become a regular member of the Book Club that meets in the library at 10 a.m. on the third Wednesday of each month. Upcoming books to be discussed are:

Wednesday, March 21

"The Twelve Tribes of Hattie" by Ayana Mathis

Wednesday, April 18

"Speak for the Dead" by Christopher Valen (author will be in attendance)

Wednesday, May 16

"Out Stealing Horses" by Per Petterson

Open to Business

March 13, April 10, May 8 from 1:30 to 4 p.m.

Open to Business provides free one-to-one business counseling to current and prospective entrepreneurs in our community. Open to Business consultant Kathleen DuChene can help with strategic planning, marketing, writing a business plan, seeking funds to start or expand a business, and general management and bookkeeping training for new business owners. Open to Business is a program of the Metropolitan Consortium of Community Developers in partnership with Anoka County Housing and Redevelopment Authority. Call (763) 438-7315 for information.



Scrabble Club (Adults)

First and third Tuesdays of each month, 6:30 to 7:30 p.m.

March 6 & 20, April 3 & 17, May 1 & 15

Exercise your brain and challenge others to a friendly game of Scrabble. Hosted by the Friends of Columbia Heights Library. Walk-ins welcome.

Senior Surf 55+

First Wednesday of each month, 9:30 to 11:30 a.m.

March 7, April 4, May 2

Learn computer basics, how to navigate and search the Internet, and how to access websites of interest to seniors. Presented in collaboration with Senior Linkage Line, Minnesota Board on Aging, and Metropolitan Area Agency on Aging. Register online or call (763) 706-3690.

Library Hours

Monday-Wednesday: 9 a.m. to 8 p.m.
Thursday-Friday: 9 a.m. to 5 p.m.
Saturday: 11 a.m. to 4 p.m.
Sunday: CLOSED

Library Holidays

Friday, March 30 (Good Friday)
Thursday, May 3 (Staff Training)
Saturday, May 26 through Monday, May 28 (Memorial Day)

Storytime @ the Library

March 12- April 28

Family Storytime

Mondays, 10:30 to 11 a.m.

Share books, songs, and rhymes with your children at this storytime designed to promote school readiness in 2 to 5 year olds. Librarians, caregivers and children will sing, talk, read, write and play together to build early literacy skills. Siblings are also welcome!

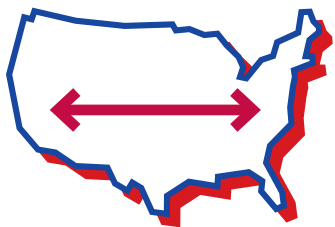


Baby Read, Baby Grow

Thursdays, 10:30 to 11 a.m.

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

Baby Read, Baby Grow is a program for infants ages birth to 24 months and their parents and 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 Across America Day

Friday, March 2

Stop by the library today and celebrate Read Across America Day with a scavenger hunt and craft. Curl up next to the fireplace and end your time at the library with reading together!

Family Night

Wednesday, March 7, 6:30 to 7:30 p.m.

Wednesday, April 4, 6:30 to 7:30 p.m.

Spend the first Wednesday of the month at a literacy-based family event. Each program will include a story and related activities such as crafts, songs, games, or STEAM projects focused on Science, Technology, Engineering, Arts and Math. For families. No registration required.



LEGO Club

Wednesday, March 14, 4 to 5 p.m.

Wednesday, April 11, 4 to 5 p.m.

Wednesday, May 9, 4 to 5 p.m.

Do you love all things LEGO? We'll provide the LEGOs, you bring the imagination. For grades K-6. No registration required.

Forecast Calls for Art

Tuesday, March 27, 2 to 3:30 p.m.

Children will create a "cloud cup" light that will glow brightly the next time clouds roll in. This program is funded with money from Minnesota's Arts and Cultural Heritage Fund. For grades 1-6. Registration required.

Maker Club

Wednesday, March 28, 4 to 5 p.m.

Wednesday, April 25, 4 to 5 p.m.

Calling all tinkerers, creators and crafters! Join us after school for STEAM (Science, Technology, Engineering, Arts and Math) related projects. For grades K-5. Registration not required.

Teen Programs

Teen Advisory Board (TAB)

Saturday, March 17, 2 to 3 p.m.

Saturday, April 21, 2 to 3 p.m.

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

TAB is a group of teens who participate in the functioning of the library and is a forum to have your opinions heard. Membership is open to grades 6 through 12. The group meets on the third Saturday of each month from 2 to 3 p.m.

4-H Tech Wizards

Tuesdays, 4 to 6 p.m.

Tech Wizards is a free program that engages youth in small group mentoring around technology and STEM (Science, Technology, Engineering and Math) concepts in partnership with Anoka County 4-H. For grades 5-8.

Escape the Library

Wednesday, March 28, 6 to 7 p.m.

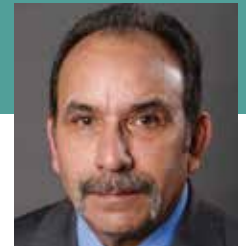
A new game is coming, filled with puzzles, riddles, and intrigue as you race to break out before your time is up. For grades 6-12.

Volunteering

Learn more about the library, help your community, meet new people and earn community service hours for school. For teens ages 13 and older who are self-motivated, reliable, and want to have fun. Applications are available at the library. We will begin accepting applications for summer on Monday, April 2.

COUNCIL CORNER

by John Murzyn, Jr., Member of the Columbia Heights City Council



Learning about our police department builds confidence and pride

This fall/winter the Columbia Heights City Council members attended a Council Academy put on by the Columbia Heights Police Department (CHPD). We spent seven evenings learning about many different aspects of law enforcement and our own CHPD to understand police operations, how local resources are being used to reduce crime and increase public safety, and how our police officers are working with the community to provide better service to all of our residents.

The first session included information on police department organizational structure, shifts, officer and sergeant duties, office staffing, calls for service, hiring and training practices, the department's mission statement and strategic plan, and ended with a tour of our public safety facility.

In the second session we learned about use-of-force and discussed de-escalation techniques used by the officers. We were able to participate in use-of-force scenarios through a Lasershot system. This system gave us hands-on experience with the decision making process and the minimal timeframes officers have to make life or death decisions when they respond to calls.

The third session focused on what happens when there is a complaint filed against an officer and the internal affairs investigations process. We learned how the department processes investigations, and how the officer disciplinary process is handled. We were also briefed on domestic vio-

I'm proud of this department and all of the people we have serving us.

lence laws and how the police department responds to calls of domestic violence.

The fourth and fifth sessions we discussed firearms, including less lethal alternatives such as a gun that shoots beanbags. We were given the opportunity to shoot firearms in the CHPD's gun range with our staff members who are certified firearms instructors. We learned about the different types and levels of traffic stops, the department's pursuit policy and traffic stop processes, and other types of patrol operations. We also learned about probable cause arrests and different levels of crimes.

Session six was an overview of Columbia Heights' nuisance regulations and a detailed discussion about nuisance properties in the city and problem-oriented policing. Officers presented a case study of a rental property and explained how problems were solved with that property in the past as compared to how it is dealt with by our various departments now. We learned about the procedures the department uses to identify and solve community crime issues including crime mapping and surveillance cameras. Some of us also went on ride-a-longs with police officers.

Finally, in December we were given a tour of the Midwest Regional Forensic Laboratory at the Anoka County Sheriff's Department. We learned about the functions and capabilities of the lab ranging from fingerprinting to DNA testing.

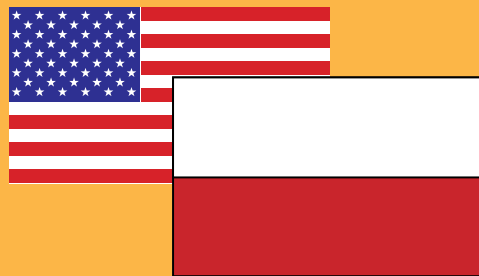
This was a time intensive and weeks-long commitment but the information I learned makes me even more confident in the professionalism and care our CHPD has for our community. I'm proud of this department and all of the people we have serving us.

Sister City group provides update and look back at its history

Our members are distributing English copies of "Frantic 7", the World War Two documentary authored by Jerzy "Jurek" Szczesniak, our friend in Warsaw. This book is now available for purchase from Amazon and books will also be donated to various libraries, veterans groups and Minnesota communities that have sizeable Polish populations. Members assisting with distribution are Gil Mros, Dan Schyma, Karen Karkula, Veronica Johnson and Dolores Strand.

Another special book project is being coordinated by Chair Gloria Bergstrom who is sending boxes of book donations to Lomianki schools and library. These books in English are very popular with children and adults in our Sister City. Shipping costs are provided by Columbia Heights SCI funds.

While reviewing some SCI archive records, I came across the names of the



following people who served on the task force while I was organizing our Sister Cities, International, organization – dated October 25, 1990: Mayor Edward Carlson; Dolores Strand (Chair); Bernard Szymczak (Vice Chair), Janet Gillespie (Secretary/Historian); Michael Collins (Treasurer, VP Northeast State Bank). Directors: Donald Johnson (Columbia Heights School District); Robert Guzy (attorney and partner: Barna, Guzy, et al); Linda Magee (Columbia Heights Assistant City

Manager); Wally Rasmussen (consultant, international promotions); Anthony Maciaszek (businessman, Credit Union official, translator); and Mona Tatting (School Board Member). We currently have the following charter members Esther Guzik, Frania Jensen, Robert Guzy, Linda Magee and myself. Our Sister Cities group has seen 27 years of remarkable accomplishments!

During my involvement with Sister Cities, International, I have enjoyed years of wonderful life experiences (local, national and international) working with dedicated and hardworking friends/members who accomplished incredible humanitarian, educational, cultural, civic and social activities. I have resigned as current Co-Chair to still be active in this fantastic organization as a member under the capable leadership of Chairperson Gloria Bergstrom.

Submitted by Dolores Puente Strand



Connie Buesgens, Bobby Williams, Donna Schmitt, John Murzyn, Jr. and Nick Novitsky.

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, 590 40th Ave NE. 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.

| | | |
|----------------------------------|--------------------------------------|--|
| Donna Schmitt, Mayor | (763) 706-3607 | dschmitt@columbiaheightsmn.gov |
| Connie Buesgens, Council Member | (763) 788-5072 | cbuesgens@columbiaheightsmn.gov |
| John Murzyn, Jr., Council Member | (763) 781-4983 | jmurzynjr@columbiaheightsmn.gov |
| Nick Novitsky, Council Member | (612) 760-4463 | nnovitsky@columbiaheightsmn.gov |
| Bobby Williams, Council Member | (763) 788-1113 (612) 414-3981 (c) | rwilliams@columbiaheightsmn.gov |

Interested in being an election judge?

Columbia Heights will be holding both a Primary and General Election in 2018. There will be eight polling places throughout the city and 10-12 judges will be needed to staff each polling place.

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

No previous experience is needed. Paid training is offered through Anoka County. Columbia Heights election judges earn \$11 per hour.

To be an election judge, you must:

- Be eligible to vote in Minnesota,
- Be able to read, write and speak English.
- Complete an election judge training course (at least two hours, on-line training available).

Employers are required to give employees time off to work as an election judge (MN Statute 204B.195.)

If you are interested, please contact Columbia Heights City Clerk Katie Bruno at (763) 706-3611 or kbruno@columbiaheightsmn.gov for more information. Applications are available at www.columbiaheightsmn.gov

Candidates can file for office beginning May 22

The time period for interested candidates to file for local offices in Columbia Heights is May 22 through June 5, 2018.

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, stop by Columbia Heights City Hall, between 8 a.m. and 4:30 p.m., Monday through Friday. Extended filing hours will take place from 8 a.m. to 5 p.m. on Tuesday, June 5. If you have questions, please contact the City Clerk at (763) 706-3611, or kbruno@columbiaheightsmn.gov.

The 2018 Primary Election will be on Tuesday, Aug. 14, followed by the General Election on Tuesday, Nov. 6.

Apply by March 2 for city commissions

Residents are encouraged to apply for any of the six 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 submit application by March 2. More information and applications are available at www.columbiaheightsmn.gov.

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
Assessing.....(763) 706-3700
Garbage/Refuse Pick-up/
Recycling (Waste
Management).....(888) 960-0008
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
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



MISSION STATEMENT Our mission is to provide the highest quality public services. Services will be provided in a fair, respectful and professional manner that effectively address changing citizen and community needs in a fiscally-responsible manner.

This newsletter is published four times a year by the City of Columbia Heights to keep residents informed about their city. More information is available on the city's website at www.columbiaheightsmn.gov.

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



Darry Jones

Troy Vaughn

New officers join CHPD through pathways program

In early 2017 the Columbia Heights Police Department (CHPD) hired two part-time Community Service Officers (CSO) Darry Jones and Troy Vaughn who possessed bachelor degrees in Criminal Justice, but had not completed the required coursework to be licensed police officers in Minnesota.

A new suburban law enforcement program called the Pathways to Policing Program, which is geared toward getting police workforce diversification, began in 2017. The program is designed to take individuals with bachelor's degrees and put them through the required coursework to become licensed police officers. Sponsoring agencies enrolled employees into the program and the employees attend class full time at Hennepin Technical College for 12 weeks, after which they graduate and are eligible to take the MN POST (Peace Officer Standards and Training) Board licensing exam. CSOs Darry Jones and Troy Vaughn started the program last June and attended class full-time while still working part-time as CSOs on the evenings and weekends.

In September Mayor Donna Schmitt, Chief Lenny Austin, City Manager Walt Fehst, HR Director Kelli Bourgeois and Sergeant Matt Markham attended the first ever Pathways Program graduation at Hennepin Technical College to see Darry and Troy graduate from the program. They both passed the MN POST test, and were certified to become police officers. Darry started his career as a Columbia Heights Police officer in October and Troy in December.

"The CHPD is proud to have these two fine young officers among its ranks, and appreciates the support of the City Council and administration in supporting our participating in the Pathways to Policing program" said Chief Lenny Austin.

Police calls for service trending up

In 2017 the Columbia Heights Police Department handled over 18,000 calls for service. This is the highest number in the 30 years that this statistic has been tracked. Since 2013, there has been a 22% increase. There were 15,415 calls in 2013 compared to 18,841 in 2017.

The increased calls for service do not mean that crime has increased. Overall crime is down 28% since 2013. There were 1,453 crimes reported in 2017 compared to 2,008 in 2013.

The 2017 Annual Report, available on the City's website, contains a more detailed analysis of crime statistics.

Spotlight: Chief Austin

Lenny Austin was officially sworn in as the new chief of the Columbia Heights Police Department (CHPD) in November. Surrounded by friends, family and co-workers who came to show their support, Austin took his oath of office. He had been serving as chief since July when then-Chief Scott Nadeau left for a position as Director of Public Safety for the City of Maplewood.

Austin plans to continue the department's emphasis on community policing and building partnerships in and with the community. His other priorities will be continued training for officers on de-escalation and crisis intervention as an approach that further reduces use of force incidents.



"Being appointed chief is an honor that I don't take lightly," said Austin. "I've been very fortunate to be surrounded by a good department, a good community, and very supportive city leaders."

Austin has been a member of the CHPD since 1995. He has a bachelor's degree in Organizational Management and Communication from Concordia University, and later completed his master's degree in Police Leadership at the University of Saint Thomas. Since starting his career in Columbia Heights, Austin has served as a patrol officer, field training officer, use of force and firearms instructor, corporal and sergeant. He was promoted to captain in 2008. He has enthusiastically supported the department's community outreach, and participates as a Big Brother in the Big Brothers Big Sisters program, and reads to youth as part of the Anti-Bullying Reading Program.

When asked what he likes best about working in Columbia Heights, Austin replied, "I enjoy working in a city the size of Columbia Heights because it gives you a chance to know people and know your community on a more personal level than in a larger city."

825 41st Ave NE, Columbia Heights, MN 55421

fire@ci.columbia-heights.mn.us

Be up to date on activities and regular safety reminders of the Columbia Heights Fire Department by following us on Facebook and Twitter.

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

Spring cleaning for your yard

Spring is rapidly approaching. There are multiple items that you can do around the house to get ready for the warmer weather that is coming. A great place to start is outside. Here are spring-cleaning tips to keep your yard and home looking good and in compliance with the city's property maintenance code.

Clean up any outside storage of articles including 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 such as art, furniture and landscaping must be separated from the root system. The remaining stump/roots should be removed.

Firewood should be neatly stacked in rear yards only, and

placed in an area that does not promote rodent harborage or the deterioration of adjacent surfaces and does not adversely affect adjoining buildings.

Exterior property and premises should be maintained free from diseased, dead and hazardous trees, noxious weeds and long grass. Long grass and weed 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

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

To learn more about the city's code enforcement program or file a complaint, go to www.columbiaheightsmn.gov or call (763) 706-8156.

Free smoke alarm installations

The Columbia Heights Fire Department has partnered with the American Red Cross to offer FREE smoke alarm installations for private home residents in Columbia Heights and Hilltop. Included with the installation will be a FREE fire prevention home survey, done by city firefighters who will also answer any questions about fire safety.

The American Red Cross has launched a home fire campaign to reduce deaths and injuries caused by home fires by 25 percent over the next five years. The Red Cross asks every household in America to take two simple steps to help save lives: check or install smoke alarms and practice fire drills at home.

“Having a working smoke alarm in your home cuts your chances of dying in a fire in half,” said Fire Chief Gary Gorman. “This makes smoke alarms the most effective early warning device you can have.”

To schedule an appointment for your FREE smoke detector installation, call (763) 706-8150.



Learn CPR; be ready to save lives

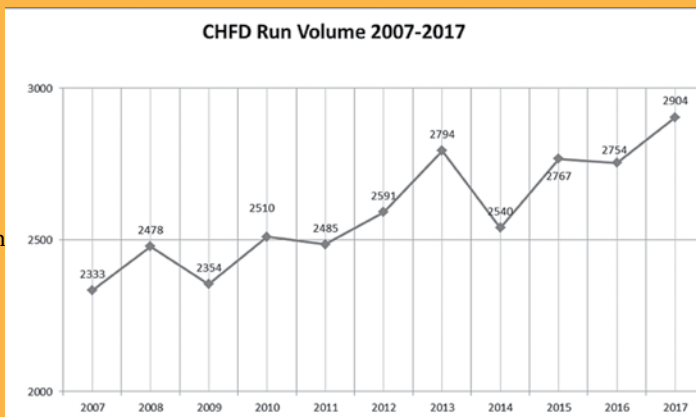
Would you know what to do if a loved one or a complete stranger at the mall suddenly collapsed? Hands-only CPR can save lives. Most people who experience cardiac arrest at home, work or in a public location die because they don't receive immediate CPR from someone on the scene. As a bystander, don't be afraid. Your actions can only help.

The Columbia Heights Fire Department has teamed up with the American Heart Association to offer BLS certified CPR/AED classes and CPR & First Aid class. The department is now scheduling classes and can answer questions you may have about it.

Department responded to record number of calls in 2017

The Columbia Heights Fire Department responded to 2,904 calls in 2017. This is the highest amount of calls the department has responded to in its 110-year history. This chart shows call volumes for the past 10 years.

Check the fire department's website for the 2017 Yearly Report along with more statistics and information.



Hydrant flushing begins in April

Fire hydrant flushing will take place from April 9 through 30 in Columbia Heights. Hydrants will be flushed from 7 a.m. to 3:30 p.m.

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

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



The hydrant flushing schedule is as follows:

North of 45th Avenue, East of Central Avenue - April 9, 10, 11, 12

South of 45th Avenue, East of Central Avenue - April 13, 16, 17, 18

North of 45th Avenue, West of Central Avenue - April 19, 20, 23, 24

South of 45th Avenue, West of Central Avenue - April 25, 26, 27, 30

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

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

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

University Avenue resurfacing begins in spring

This spring and summer, the Minnesota Department of Transportation will resurface a stretch of University Avenue in Columbia Heights and Minneapolis. This will require the road to close from 44th Avenue to Lowry Avenue from about April to August. Detours will be marked and sections of road will be open to local traffic only. Metro Transit buses will be rerouted. For more information, go to the project web page <http://www.dot.state.mn.us/metro/projects/hwy47mpls/> or call Dave Aeikens of MnDOT communications at (651) 234-7511 david.aeikens@state.mn.us.

Rain gardens improve water quality

In planted landscapes, rain soaks into the ground, but when rain falls onto roofs, roads, driveways and other hard surfaces, it cannot infiltrate. The runoff is directed into storm sewers and then makes its way into nearby streams, wetlands, ponds or lakes — untreated!

Stormwater pollutes local waters. It goes directly into local lakes and streams carrying pollutants like soil, fertilizers, pesticides, oil, soap, litter, organic matter and pet feces.

Stormwater runoff in our lakes causes turbid water, sediment buildup and contributes to algae blooms. It can impact health of aquatic plants and animals. Poor water quality in lakes affects aesthetics and recreation.

Sending rainwater out of the neighborhood contributes to flooding downstream; it needs to soak in near where it falls so it can help recharge groundwater aquifers.

WHAT IS A RAIN GARDEN?

A rain garden is a depression in the landscape that is planted like a garden, collects rainwater runoff, and allows it to infiltrate.

Capture: A rain garden catches runoff and holds standing water for no more than 48 hours.

Soak: Deep-rooted plants loosen the soil, creating a sponge zone. Water soaks in and groundwater aquifers are recharged.

Filter: In the soil, microbes break down pollutants and nutrients washed in by the rain.

LESS water down the storm sewer! Cleaner lakes and streams!



ALERT! Emerald ash borer kills trees

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 www.mymnnesotawoods.umn.edu/eab-risk.

* * * *

Street sweeping begins in spring

The Columbia Heights 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 these bodies of water. Sweeping operations will continue until all streets have been swept twice and then on an as-needed basis until fall.

* * * *

Whom to call about water, sewer emergencies

When you have a water service leak or sewer clog, call the Columbia Heights Public Works Department before calling a contractor:

- Weekdays: 7 a.m. – 3:30 p.m. (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 the phone "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 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

Waste Management

Customer Service Phone: 1-888-960-0008
www.wm.com/us/customer-support

City Refuse/Recycling website

www.columbiaheightsmn.gov/departments/public_works/
Public Works Department Phone: (763) 706-3700

Anoka County Recycling & Resource Solutions

(763) 324-3400
www.anokacounty.us/recycle

Holiday Schedule

- Presidents Day, Feb. 19, No delay in service
- Good Friday, March 30, No delay in service
- Memorial Day, May 28, Service delayed by one day all week

Recycling

- Visit www.columbiaheightsmn.gov/departments/public_works/recycling.php for curbside list.
- Single-sort recycling collection is every other week. Please check the Refuse & Recycling web page or call 1-888-960-0008 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 containers.
- Large recycling carts are available, call (763) 706-3700.

Yard Waste & Organics

- Collection begins in April after the snow cover melts.
- Order dual purpose yard waste/organic carts by calling (763) 706-3700. A free organics starter kit will also be provided.
- Food waste must be in compostable bags and only disposed of into carts provided by the city.
- Yard waste by itself can be placed on the street curb in compostable bags. No other containers allowed.
- Brush should be cut in 3-foot lengths and branches cannot be more than 4" in diameter. Place in the yard waste/organics cart or bundle on the street curb.
- Contact Anoka County yard/tree waste site at (763) 324-3400.

Computers/Electronics Recycling

Electronics must be properly disposed of due to the hazardous nature of the material. Call Waste Management at 1-888-960-0008 to schedule a pickup. A flat \$20 collection fee will be charged. Items must come from the property.

Bulk Collection

To ensure timely pickup of bulky items such as furniture, carpet and mattresses, call 1-888-960-0008 to arrange for collection before placing outside. Items must have come from the property. Please try to sell, donate or recycle the items first. www.anokacounty.us/recycle

Appliance Recycling

Call 1-888-960-0008 to arrange for a pickup at your home. Please empty freezers and refrigerators and remove doors. Each property is offered one free appliance pickup per calendar year.

Household Hazardous Waste (HHW)

Some household products are hazardous and should not be placed in the garbage. Take unneeded paint, cleaners, automotive fluids, fluorescent bulbs and garden products to: Anoka County Household Hazardous Waste Facility, 3230 101st Ave. NE, Blaine. There is no charge to use the facility. Proof of residency is required.

For more information:

Anoka County Recycling & Resource Solutions
(763) 324-3400 www.AnokaCounty.us/recycle



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

Location and hours:

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

Items accepted:

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

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

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. Request a bulk reuse/recycling guide by calling (763) 706-3706 or refer to the Anoka County website www.anokacounty.us/1653.

Organics kit available for your events

An organics event kit is available for residents to use at local gatherings and events upon request. After the event return the kit to Public Works and the organics will be emptied into the drop-off containers at the Recycling Center.

Cleaning is a recycling opportunity

There are many spring/fall cleaning and garage sale recycling options provided by the City of Columbia Heights and local donation drop spots. For more information visit www.columbiaheightsmn.gov or call (763) 706-3700 to request a recycling packet.

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

Mallee Point
Moscato 750 ml

\$5.97



Coupon expires 3/31/18. 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

Cocobon Red & Dark
750 ml

\$5.97



Coupon expires 3/31/18. 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

Dynamite Cabernet
Sauvignon
750 ml

\$7.97



Coupon expires 3/31/18. 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

Phillips Vodka
1.75 liter

\$12.47



Coupon expires 3/31/18. 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

Teeling Irish Whiskey
750 ml

\$22.97



Coupon expires 3/31/18. While supply lasts. No further discount. Store not responsible for typographical errors.



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

Miller Lite 16 oz
15 pack

\$15.97



Coupon expires 3/31/18. 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 3/31/18. 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

Surly Furious 16 oz
4 can

\$8.97



Coupon expires 3/31/18. While supply lasts. No further discount. Store not responsible for typographical errors.