

Heights Happenings

RECREATION FALL 2014

Columbia Heights

HYLANDER CENTER

City Fitness Facility - 1300 49th Ave.

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



WHO: Adults & Youth, Residents/Non-Residents

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

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

Saturdays 9:00 a.m. - 12:00 p.m.

Sundays 11:30 - 2:30 p.m.

**Closed if hosting a tournament and on holidays*

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

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

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

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

**FREE - Youth After School
Supervised Open Gym
Begins September 8**

Mondays: Central Middle School
3:30 - 5:30 p.m. **Permission slip 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.

For more information or questions contact the Recreation Dept. 763-706-3730. Permission slip available at www.ci.columbia-heights.mn.us, look for Recreation Department, Hylander Center.



MN TWINS VS. Arizona Diamondbacks at Target Field

Tuesday, September 23rd

Game time: 7:10 p.m.



The Recreation Dept. has 100 tickets for youth and their family, bus ride included. *Parents/guardians ~ you must be responsible for your own children for the evening.* Everyone must be together at the end of the game before heading back out to the bus. We will do our best to seat groups together based on tickets. This is a youth based trip.

Who: CH Youth/Families - Children must be accompanied by an adult, no more than 5 children per group, max of 2 adults per group.

PRE-REGISTRATION REQUIRED!

REGISTRATION BEGINS SEPTEMBER 8TH

First come first served.

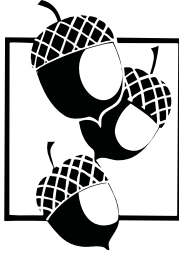
Time: Check in at Murzyn Hall at 6:00 p.m.

Fee: \$5.00 per person **Activity #** 1147-14



Inside you'll find Adult & Youth Exercise, Sports, Enrichment Programs, MEA School Release Trips, Senior Aerobics & Information, and Murzyn Hall Rental Information.

C.H. Recreation Department
 530 Mill Street N.E.
 John P. Murzyn Hall
 763-706-3730
 Office Hours:
 Monday through Friday,
 8:00 a.m. to 4:45 p.m.
 The office will be closed on
 September 1,
 November 11, 27 & 28, 2014



Columbia Heights Recreation Mission Statement

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

Recreation Hotline

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

Park & Recreation Commission

Chair: Eileen Evans
 Commission Members:
 Sean Clerkin, Jr.
 Tom Greenhalgh
 Stan Hoium
 Kevin McDonald
 David Payne
 Marsha Stroik
 Council Representative:
 Gary Peterson

Photo Policy:

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

REGISTRATION INFORMATION

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

- Please fill out a separate registration form for each participant.
- Please make checks payable to: City of Columbia Heights.
- Confirmation: Assume registration is confirmed. You will be notified only if the class is canceled or already filled.

Participants Scholarship:

Apply at the office for assistance if unable to pay for an activity. The scholarship will cover 75% of the program fee (maximum discount is \$25); the remaining 25 percent needs to be covered by the participant's parent or guardian. Please bring a copy of your Federal income tax or school district free lunch form for verification. Only one scholarship per child per newsletter.

Hylander Center Information

The Hylander Center is a gymnasium and exercise room facility run by the City of Columbia Heights. It was built in 2009 in partnership with the Columbia Heights School District adjacent to the High School. The Hylander Center is open to the public during scheduled times. Please see the monthly calendar for availability at www.ci.columbia-heights.mn.us. General rates: \$1 daily drop in, \$10 monthly pass for CH residents and \$20 monthly pass for non-residents.

Hylander Center - East
 1300 49th Avenue
 Office: 763-528-4495



SAVE THE DATE EVENTS!

The Mayor's Taste of Columbia Heights Holiday Kickoff Friday, November 21 6:00 - 10:00 p.m. Murzyn Hall 530 Mill St.

Mark your calendar now to attend this festive event and take a taste from some of the fantastic restaurants in our great city. Top Valu tasting & Lion's cash bar. Local food, live music & fun! Free admission. \$2 per ticket per food sample.

*Interested CH food vendors/restaurants or volunteer musical entertainment and local bands please call Liz 763-706-3733 or Gary 763-706-3607.



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. The full kitchen is ideal for any licensed caterer or bring in any food that has been prepared off site. Several meeting rooms are also available for rentals. See more photos of Murzyn Hall on our website at: www.MurzynHall.com or at www.ci.columbia-heights.mn.us.

Residents of Columbia Heights receive a 25% discount off of the rental fee. 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.

Jr. Hylander Basketball League

Boys and Girls, Grades 3 - 6

This league will focus on fun, instruction, skill development and organized games. 3rd & 4th Girls games will be on Saturdays in Fridley; 3rd & 4th Boys games are to be determined; 5th & 6th Girls Saturdays @ Immaculate Conception School; 5th & 6th Boys Sundays @ Immaculate. *Over previous years this has been the game schedule, but is subject to change.* Registrants may be shifted to even out teams. Max of 10 per team. ***Registration deadline October 15th***

When: November - February. Practice schedule to be determined. See times below, some weekend morning games may be added.

Fee: \$40 (\$45 after registration deadline Oct 15)

Boys Grades 3-4

Schedule TBD

Activity #1530-14

The City Gym at the Hylander Center

Boys Grades 5-6

Schedule TBD

Activity #1533-14

Girls Grades 3-4

Schedule TBD

Activity #1523-14

The City Gym at the Hylander Center

Girls Grades 5-6

Schedule TBD

Activity #1526-14

Jr. Hylander Basketball Clinic Boys & Girls in 1st & 2nd Grade

This clinic will focus on beginning fundamentals, instruction, skill development, and fun. Join us for this introduction to basketball. The clinic is for 5 sessions on Mondays and Tuesdays in October. Early Bird Registration by Sept. 15th.

Who: Boys & Girls in 1st & 2nd grade

When: Tuesdays & Thursdays, October 7, 9, 14, 16, & 21 a showcase finale

Time: 6:00 pm - 7:15 pm **Where:** Hylander Gym

Fee: \$20 (\$25 after Sept. 15) **Activity #** 1510-F14

**Volunteer Coaches
needed at all levels!!!
Call 763-706-3730.**



CH BASKETBALL ASSOCIATION WORKOUTS

Who: Boys & Girls 5th - 8th grade

When: Early September - Late October 2014

Time: To be determined

Where: Columbia Academy

Fee: \$25 paid to CHBA, payment can be dropped off at the Recreation Office

The CH Basketball Association is holding skills and conditioning training for boys and girls from grades 5th to 8th grade. Workouts will be held two nights a week at Columbia Academy. Kids will work on fundamental skills like shooting, dribbling, passing and drills that emphasize conditioning, strength, and teamwork. There may be an opportunity for the kids to participate in a couple of tournaments for MYAS (Minnesota Youth Athletic Sports). Boys and girls will practice separately.

Any questions, please contact Aaron Goff at 763-568-8860 or email at amarcg@centurylink.net

TRAVELING BASKETBALL

Fall & Winter Season CH Basketball Association

Informational meeting Aug. 26 & Oct. 14, 6:30 pm @ the CH Hylander Gym *must be accompanied by a parent, treats will be provided.

Fall Season: September - early November, \$75

Winter Season: Mid-Nov. thru Mid-March, \$125

Fall/Winter season combined special - cost \$175 (Pay by September 10 to get combined deal) Paid to CHBA, payment can be dropped off at the Recreation Office.

- Boys & Girls 4th - 8th gr.
 - Kids will play in 30-40 games (within their grade and age level) against teams from other cities.
 - Play in official game settings with referees, score keepers, scoreboards, and full four-quarter games.
 - Works in partnership with the CH Recreation League and the CHHS Varsity Coaches.
 - Family discount for two or more siblings
 - \$60 uniform if you don't have one from last year
- Questions, please contact Aaron Goff at 763-568-8860 or Tom Greenhalgh at 612-597-6301, or amarcg@centurylink.net

WRESTLING

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



When: late November – March

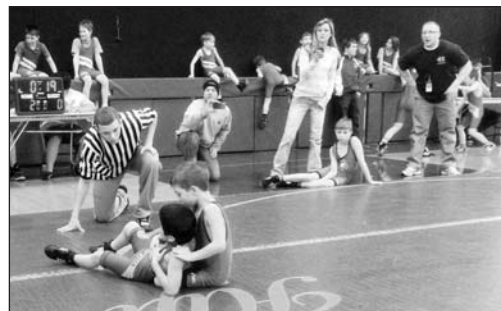
Time: 6:30 - 8:00 pm

Fee: \$40 (\$45 after Oct. 31) & \$40 uniform deposit
Held at the CH High School Wrestling Room.

•Youth Program Grades 2-5 Activity # 1600-14

•Middle School Grades 6-8 Activity # 1601-14

****Volunteer Coaches NEEDED!**



Register online www.CHRECONLINE.org



Mighty Mites Flag Football Boys & Girls K-2 grade

Learn the game of flag football. Emphasis is on fun and learning. Participants will learn the basic skills on passing, kicking and catching. Min 8/Max 20. Reg deadline Aug. 30.

Who: Boys & Girls, K-2nd grade
When: Saturdays, September 6 - October 11

Time: 11:30 am - 12:45 pm

Where: McKenna Park

Fee: \$20 (\$25 after registration deadline Aug. 30)

Activity # 2055-14

IT'S HOCKEY SEASON

North Metro Youth Hockey Association proudly serves the youth hockey communities of Brooklyn Park, Brooklyn Center, Fridley and Columbia Heights. More information at www.nmyha.com.

Heights Kickers Soccer Preschool & Kindergarten

Learn the exciting game of soccer in a controlled setting. Emphasis is on fun & learning while learning the basic soccer skills. Coaches Samantha & Karl. Min 10/Max 25. Reg deadline Aug. 29.

Who: Boys & Girls, Preschool thru Kindergarten

When: Saturdays, September 6 - October 18 * No Sept 26

Time: 10:00 am - 10:45 am

Where: Huset Park East

Fee: \$20 (\$25 after registration deadline Aug. 29)

Activity # 1806-14

Youth Football

There is still time to sign up! Twin Cities North Youth Football League. Grades 2 & 3, 4, 5, 6 - team based on grade level, regardless of weight. *Volunteer Coaches Needed

Dates: Practices just began. Games are in early September through October. There are approximately 2 practices and 2 games a week.

Fee: \$60 per participant and \$100 uniform deposit fee. Helmet, shoulder pads, game & practice pants and jersey provided by the Rec. Dept. Players buy their own shoes and mouth guard.



6

Enrichment Programs

Water Park of America

Thursday, October 16

*Join us at America's Biggest Water Park! This park offers Surfing, Wave Pool, 10 story Water Slide, Kayak Course, World's Longest Indoor Family Raft Ride, Interactive Play Structure, Lazy River with Caves, Spas & Activity Pools and Water Cannons & Dumping Buckets! It also has a 5,800 sq. ft. Arcade & Camp

Concessions. What more could you ask for!! No food or beverages allowed, bring \$\$ for concessions/lunch. Min 25/Max 50

Reg. deadline Oct. 9

Who: 4th - 8th graders **When:** Thursday, October 16

Drop-off: 10:00 am at Murzyn Hall

Bus leaves 10:15 am

Pick-up: 4:00 pm

Fee: \$14

Activity # 4150-F14



River Valley Ranch Horseback Riding Friday, October 17

*Saddle-up for an hour trail ride at River Valley Ranch. Sit back and relax around a fall campfire, make a hotdog and a s'more to enjoy. If you want additional items bring a bag lunch and a beverage. Dress appropriately for the weather. Min 25/Max 50. **Reg. deadline Oct. 10.** (No refund after deadline.)

Who: 4th - 9th graders

When: Friday, October 17

Drop off & Pick up, Murzyn Hall

Drop off: 9:15 am

Bus leaves at 9:30 am

Pick up: 2:15 pm

Fee: \$22 **Activity #** 2440-14



Register online
CHRECONLINE.org

TNT (Teens N Togetherness) 6th - 9th Grade

Youth Lounge NOW Open at Murzyn Hall!!! Bring your friends to hang out after school for free time. Max of 20 students.

Who: 6th - 9th grade

When: Tuesdays, September 16 - October 28

Time: 3:30 - 5:30 pm - Students must sign in by 4:00

Where: Murzyn Hall Youth Lounge, lower level

Fee: FREE



Harvest Fest Thursday, October 23rd

Join us for an “old fashioned” bash guaranteed to please any little ghost or goblin! Come in costume and have loads of fun playing Fall games, enjoying treats & prizes, getting a photo taken and much more!! We may even have a fall puppet show. **Please color this picture, add your own touches and bring it along with you for a contest with a prize! Pre-registration required.**



Who: 4 years old - 3rd grade

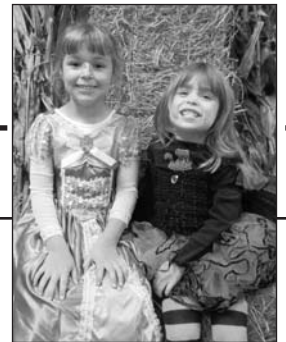
When: Thursday, October 23

Time: 6:00 pm - 7:30 pm

Where: Senior Center lower level at Murzyn Hall

Fee: \$8 per child (no charge for adults) Max of 25

Activity # 2601-14



REGISTER ONLINE WWW.CHRECONLINE.ORG



PUPPETEERS NEEDED!!!

Puppeteers are needed for the Harvest Fest puppet show on Thursday, October 23rd. Rehearsal October 14 & 16, 5:30-7:30 in the Theater Room, lower level Murzyn Hall. Perform the show at the Harvest Fest on Thursday, October 23.

Who: 4th grade & Up

When: Tues. Oct 14 & Thurs. Oct. 16, Performance Thursday, October 23

Time: Rehearsal 5:30 pm - 7:30 pm

Where: Theater Room lower level at Murzyn Hall

Fee: \$5

Activity # 1167-14



CALLING ALL YOUNG ACTORS!*

*If you were a part of the Moonshoe or Millstreet Players this summer, we would love to have you be a part of our holiday play for the “Custard & Sprinkles Party” on Tues., December 16. The first meeting and rehearsal will be on Mon., Nov. 3, 3:45-5:30 p.m. A regular schedule will be set & a play determined at that time.

Who: 6th grade & up

When: Monday, 3:45-5:30 pm beginning Nov. 3

Times/dates changes may occur based on the actor’s schedules

Where: Preschool Room, lower level Murzyn Hall

Fee: \$20

Activity # 1151-14



GYMNASTICS - CLASSES @ MURZYN HALL

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

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

When: Tuesdays Sept. 9 - Oct. 28 / Wednesdays Sept. 10 - Oct. 29

WEDNESDAY SESSIONS Sept. 10 - Oct. 29

Mommy & Me 18 mo. - 2 1/2 Year Olds | 30 Min Class | 4:00-4:30 Wednesdays | Fee: \$35 | Activity # 1199-F14

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

Mighty Tykes 3 Year Olds | 30 Min Class | 4:30-5:00 Wednesdays | Fee: \$35 | Activity # 1200-F14

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

Mighty Tykes 4 & 5 Year Olds | 45 Min Class | 5:00-5:45 Wednesdays | Fee: \$40 | Activity # 1201-F14

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

TUESDAY SESSIONS Sept. 9 - Oct. 28

Shooting Stars (lvl 1) | Ages around 5-8 | 45 Min Class | 4:30-5:15 Tuesdays | Fee: \$40 | Activity # 1202-F14

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

Springers (lvl 2) | Ages around 5-9 | 45 Min Class | 5:15-6:00 Tuesdays | Fee: \$40 | Activity # 1203-F14

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

Leapers (lvl 3) | Ages around 6-10 | 60 Min Class | 6:00-7:00 Tuesdays | Fee: \$40 | Activity # 1204-F14

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



DANCE Mondays September 8 - October 27

Miss Sarah from NMotion Dance Center in Fridley, will focus on ballet and tumbling with the younger groups. The older groups will have more instruction on ballet and jazz.

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



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

CLASS Schedules - \$40 per class Mondays September 8 - October 27

Who: Preschool 3 & 4 years old
When: Mon. 5:00 - 5:45
Activity # 1210-F14 Min 5/Max 10

Who: 5 years old & Kindergarten
When: Mon. 5:45 - 6:30
Activity # 1211-F14 Min 5/Max 10

Who: 1st & 2nd grades
When: Mon. 6:30 - 7:30
Activity # 1212-F14 Min 5/Max 15

Who: 3rd - 5th grades
When: Mon. 7:30 - 8:30
Activity # 1213-F14 Min 5/Max 15

Register online www.CHRECONLINE.org

Instructor, Dan Malone, has been in tae kwon do for 20+ years and teaching for about 15 years. He's a 4th dan (degree) black belt in Tae Kwon Do and a 3rd dan (degree) black belt in Hapkido.

Little Tigers Martial Arts for Kids ages 3-6

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

Who: Youth Ages 3 - 6 years old Min 8/Max 20 *4 weeks each session.
Time: 5:30 - 6:00 pm **Where:** Edgemoor Rm, lower level Murzyn Hall
When: Fall Session: Thursdays, Sept. 25 - Oct. 16 **Fee:** \$30 **Activity #** 2231-F14
Winter Session: Thursdays, Nov. 13 - Dec. 11 ***No Classes Nov. 27** **Fee:** \$30 **Activity #** 2234-W14

Tae Kwon Do Ages 6 & up

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



Who: Youth Ages 6 years old & up Min 8/Max 20
Where: Edgemoor Rm, lower level Murzyn Hall
When: Fall Session: Thursdays, Sept. 18 - Oct. 23

Level 1: Beginner/No belt	Time: 6:00 - 6:45 pm	Fee: \$40	Activity # 2232-F14
Level 2: White belt & higher	Time: 6:45 - 7:30 pm	Fee: \$40	Activity # 2233-F14

When: Winter Session: Thursdays, Nov. 6 - Dec. 18 ***No Classes Nov. 27**

Level 1: Beginner/No belt	Time: 6:00 - 6:45 pm	Fee: \$40	Activity # 2235-W14
Level 2: White belt & higher	Time: 6:45 - 7:30 pm	Fee: \$40	Activity # 2236-W14

**STOMPIN' AT THE HALL
55 YEARS AND OLDER**

Increase your energy! Improve your flexibility and circulation through walking, stretching, and exercising at a level that is safe for you. Wear aerobic shoes and loose, comfortable clothes. Bring a mat or blanket for floor exercises.



You may choose one or two regular sessions. Both men and women are welcome. A special class is offered for beginners to be able to learn the routines before joining the regular classes. All classes are held at John P. Murzyn Hall, Main Hall, 530 Mill St. N.E.

Mondays

Date: Sept. 15 - Dec. 22
 *No Class Sept 29, Oct 20
Time: 9:00 - 10:00 a.m.
Activity # 8202-F14
Fee: \$35.75 - 13 classes

Thursdays

Date: Sept. 18 - Dec. 18
 *No Class Oct 2, Nov 27
Time: 9:00 - 10:00 a.m.
Activity # 8204-F14
Fee: \$33.00- 12 classes

***Beginner Class starts Tues. Sept. 16**

New to Stompin'? Great! We would love for you to join us 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 group.

Crochet Class

Do you want to learn to crochet, improve your skills or just want to set aside time to crochet? This class is for you. The Holidays are coming so here is your chance to get some homemade gifts done. We will be sharing patterns and ideas. All skill levels welcome.



Where: Keyes Room, upper level Murzyn Hall
Who: Ages 16 & over **Time:** 6:00 - 8:00 p.m.
Session 1: Thursdays, Sept. 4 - Oct. 16
Fee: \$10 **Activity #** 2653-F14
Session 2: Thursdays, Oct. 23 - Dec. 18
 *No class Nov. 27
Fee: \$10 **Activity #** 2654-W14

ADULT AEROBIC DANCE

Enjoy this vigorous and fun exercise class that will help you get in shape and stay in shape. Class uses low impact dance steps for a motivating workout. Wear aerobic shoes and loose, comfortable clothes. Bring a mat or blanket for floor exercises. Class is held at John P. Murzyn Hall, Main Hall, 530 Mill St. Min 8/Max 25.

Tuesdays

Date: Sept. 16 - Dec. 16
 *No class Sept 30
 No class Nov 11

Thursdays

Date: Sept. 18 - Dec. 18
 *No class Oct 2, Nov 27

Time: 6:30 - 7:30 p.m. 6:30 - 7:30 p.m.
Activity # 8206-F14 # 8207-F14
Fee: \$33.00 - 12 classes \$33.00 - 12 classes



Register online

www.CHRECONLINE.org

Total Body Conditioning

Tone your muscles with this Total Body Workout taught by Donna, AFAA certified group fitness instructor & personal trainer. Improve posture, balance and core strength through a variety of body conditioning exercises and stretching for flexibility. We will lunge, squat, and sculpt in a motivating atmosphere. All fitness levels are encouraged. This is your workout and you are encouraged to work at your level while pushing yourself just a little more each time. Bring a set of 2 lbs and/or 5 lbs weights, a bottle of water, a yoga mat or towel, and tennis shoes. Minimum 8 students.



Who: Adults, all ages & skill levels
When: Wed. Sept. 17 - Nov. 12 *no class Oct 22
Time: 6:00-7:00 p.m.
Where: Edgemoor Rm, lower level Murzyn Hall
Fee: \$40 **Activity #** 5101-F14

REGISTRATION INFORMATION

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

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

ACTIVITY / PROGRAM INFORMATION

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

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

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

Parent/Guardian or Adult Participant Signature: _____

FOR OFFICE USE ONLY

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

SENIOR CENTER

The 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.

"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 bring a bag lunch and contribute 25 cents per time for coffee and dessert. If you would like to give it a try, please stop by.

Bridge

A senior bridge group meets on Mondays from 9:30 a.m. - 12:00 noon in the Senior Center. If you are interested in playing, please call 763-706-3735 for more information.

You do not need a partner, as you will be paired that day. You must be familiar with the rules of the game.

Trips and Outings

Enjoy the exciting sights and sounds of the metro and surrounding areas.

Theaters, concerts, luncheons, tours and special places of interest will be visited. If you are interested in being on our mailing list, please call 763-706-3730 to leave your name and address.

Senior Outreach

The Senior Outreach Program (ACCAP) for provides assistance to senior and disabled adults throughout Anoka County. Helping people find resources in the community to help enable them to remain independent. Did you know that there are programs to help subsidize your energy bills, prescription discount programs, food assistance, free insurance counseling, "Store to Door" grocery shopping and legal aid assistance that comes to local senior centers? Senior outreach workers can come to your home and assist you with access to these programs. For more information call Karen Barnes-Fantle, Senior Outreach Worker for Columbia Heights at 763-783-4741.

Senior Highlights

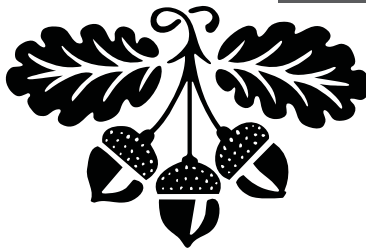
This monthly newsletter informs seniors of the programs, classes & special events being offered at the center. Available at the Senior Center, Recreation Office, CH Public Library, City Hall and senior housing facilities.

Golden Age Club

The Golden Age Club is a social group that meets the first and third Thursday of every month at Murzyn Hall from 11:45 a.m. to 2:00 p.m. Coffee and dessert are provided and you may bring a bag lunch if you desire. Yearly membership fee = \$20.

Walking Club

The Senior Walking group meets every Wednesday morning for fellowship and exercise. Meet in the parking lot behind Murzyn Hall at 8:50 a.m. rain or shine! New walkers are welcomed any time.

**CHORES & MORE**

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

BLOOD PRESSURE

Blood Pressure is checked free of charge on the second Friday of every month in the Senior Center from 9:30 a.m. to 10:00 a.m. Provided by the CH Fire Department.

Recreation Highlights

12

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

*SUMMER
FUN 2014*



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

Benvenido

INFORMACION DE LA INSCRIPCION

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

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

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

Heights Happenings



FALL 2014

News and information about your neighbors and your city.

Join police officers for coffee or ice cream



Officer Danielle Pregler

The Columbia Heights Police Department is continuing its monthly coffee klatch known as “Coffee with a Cop” and invites community members to enjoy a free cup of coffee and talk with officers about whatever is of interest.

Officers will also be hosting “Cone with a Cop” this summer.

Upcoming events are:

- Dairy Queen (“Cone with a Cop”) from 4 to 5 p.m. on Aug. 18 at Central and Gould.
- McDonald’s from 9 to 10 a.m. on Sept. 4 at 4605 Central.
- Johnson’s Café from 10 to 11 a.m. on Oct. 8 at 513 40th Ave NE.

Library seeks volunteer tutors

Ana Maria Tafur, who is originally from Peru, would like to sharpen her skills in reading, speaking and writing English.

Jane Polley, who has lived in Columbia Heights for 46 years, is a retiree who wants to volunteer and give back to the community.

Both women are participating in the “Buddy Up & Read” literacy program through the Columbia Heights Public Library.

They meet about two hours every week so Jane can tutor Ana in English. They read and talk together so that Ana can learn new vocabulary, increase her fluency and build comprehension.

“Jane is a good teacher,” says Ana, who appreciates the support she gets from Jane with classes she’s taking at Metro North ABE on Central Avenue.

Last year, Jane tutored a woman from Somalia who was attending college.

Process begins to create city budget for 2015

In August of every year, Columbia Heights City Manager Walt Fehst proposes a city budget for the next calendar year. This starts a review process prescribed by the city charter and state statute which culminates in the adoption of the next year’s budget by the Columbia Heights City Council at a public hearing each December. The schedule for this process is included on the next page. Along the way, there are opportunities for community members to obtain information on the proposed budget and to provide input on the city council’s decision.

A key aspect of evaluating the proposed budget is to consider it within the context of the long term trend of actual expenditures for city services. In addition, comparing the change in city expenditures to the general change in price levels throughout the economy explains the true cost of city services. Historic trends for city functions funded by property taxes are shown in the graph on next page. The city functions of water, sewer and refuse services will be addressed in the next issue of the Heights Happenings newsletter.

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www.ci.columbia-heights.mn.us

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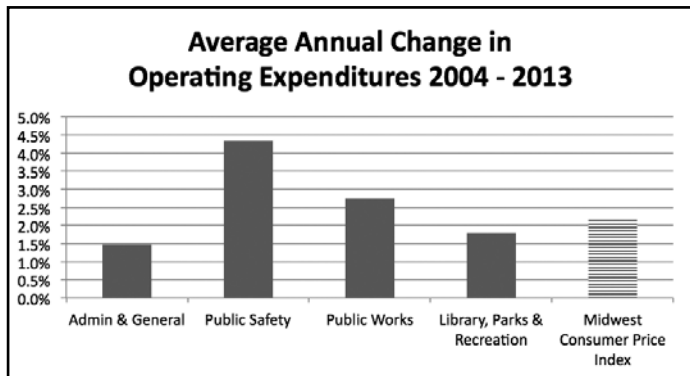
*****ECPWSS*****

City of Columbia Heights
590 40th Ave., N.E.
Columbia Heights, MN 55421
763-706-3600
TDD 763-706-3692
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Budget, continued from page 1

The consumer price index is a widely-used measurement of general price levels. It is based on a standard “basket” of goods and services purchased by the average consumer, including average prices paid for food, housing, energy, etc. The average annual increase in this price index over the last ten years has been about 2.2% per year. In comparison, operating expenditures in Columbia Heights for library, parks and recreation over the last ten years have increased by an average of only 1.8% per year and administrative expenditures have increased by an average of only 1.5% per year. Given that the level of services provided in these areas has remained relatively similar over the last ten years, the data shows a clear long-term trend of “doing more with less.”



Over this same ten year period from 2004 to 2013, the average annual increase in tax-supported operating expenditures for public works was 2.8% per year, which is somewhat more than the increase in the consumer price index. A major cause of this trend is the fact that fuel and energy costs have increased more than other types of costs. Fuel makes up a much greater share of total public works costs than the average consumer uses. Activities like street maintenance not only require fuel for vehicles and petroleum to make asphalt, but also every major supply item such as sand or road salt comes with a significant fuel delivery charge.

From 2004 to 2013, the average annual increase in operating expenditures for public safety has been 4.4% per year, or about double the annual increase in the consumer price index. This reflects several factors. A small portion of this increase in expenditures has been funded by increases in non-tax revenues, such as contracts to provide services to other local governments and fees to inspect rental property. Another factor in this expenditure trend is that police and fire services are frequently required to use city funds to comply with many external requirements mandated by federal, state and county government.

Given that personnel costs make up more than 80% of the public safety operating budget, the largest single factor in the increased cost trend for public safety has been the priorities of the city council regarding the level of police and fire services to the community over the last ten years. It is notable that the City of Columbia Heights had the highest crime rate of any city in Anoka County in 2004; whereas in 2013, Columbia Heights crime statistics were in the mid-range for Anoka County cities.

Key dates for the 2015 city budget process

Aug. 25, 2014, Council Meeting

The budget and tax levy proposed by the city manager for 2015 is distributed to the city council.

Sept. 8 or 22, 2014, Council Meeting

A proposed budget and tax levy for 2015 is approved by the city council.

Sept. 30, 2014 (approximately)

Following review by Anoka County and the State of Minnesota, the proposed budget and tax levy for 2015 will be available on the city’s website at www.ci.columbia-heights.mn.us.

Nov. 24, 2014

Taxpayers receive, by mail, a notice from Anoka County showing the 2015 property tax proposed for their property.

Dec. 8, 2014, Council Meeting

A public hearing takes place on the 2015 budget and tax levy. Following the hearing, city council members adopt the budget and the final version of the tax levy, which cannot exceed the proposed tax levy they approved at the September meeting.

Dec. 9, 2014

A copy of the resolution approved at the Dec. 8 public hearing, adopting the 2015 budget and final tax levy, will be available on the city’s website.

Feb. 2015

Bound copies of the 2015 adopted budget book will be available at the Columbia Heights Public Library. This document provides over 200 pages of budget information, including graphic presentations, detail by department and function, and comparisons of various multi-year historical trends. This document will also be available in electronic format on the city’s website.

On-going

In addition to the opportunities listed above, community members can submit comments on the 2015 budget through the city’s Facebook page, or by contacting city council members directly. An essential element in the annual budget process is input from residents on the level of city services they desire.

The data shown for public safety operating expenditures does not include the annual debt service costs for the public safety building constructed in 2009. This facility certainly is a major change that occurred over the last ten years. As a very long-term investment in public safety for the community however, it is also very different from an annual operating expenditure. The annual property taxes required to finance this project are approximately \$50 per year on an average value home.

For 2015, the proposed budget for tax-supported expenditures is an overall increase of 2.5%. This consists of an increase of 4.2% in public safety, and increases of less than 1.5% in all other tax-supported functions combined. In the most recent 12 months, the consumer price index increased 2.1%, or substantially the same as its average annual change over the previous ten years. Additional financial information is available in the city’s comprehensive annual financial reports and annual budget reports. Copies of these documents are available on the city’s website at www.ci.columbia-heights.mn.us and at the Columbia Heights Public Library.

Meet Your Neighbor: Lorien Mueller

Lorien Mueller has been volunteering all her life. “My Mom was a teacher and my Dad was also involved in schools,” she said. “It was just something that we did in our family — volunteer in our community.”

When her son was in first grade seven years ago, Mueller began volunteering in earnest. “When your kids are in school, you’re part of it, to support teachers and the learning environment,” she said.

She has been described as the backbone of the Parent Teacher Organization (PTO) in both Highland Elementary School and Columbia Academy Middle School. She has organized many events and enjoys seeing families come together for movie and game nights.

In recognition of her extraordinary contributions to the community, Mueller received the 2014 Humanitarian of the Year award at the Columbia Heights City Council meeting in June.

Much of her focus has been on wellness for students. Because being healthy has been important to her, she wants to make it more available to all. She gained weight with the birth of her twins. Then about five years ago, she decided to eat better and exercise more. She lost 100 pounds and now participates in marathons and triathlons.

That’s why she played a key role in the decision to lengthen the elementary school day to allow students adequate time for lunch and recess. As a result, the elementary school day was extended by 20 minutes so students have the opportunity to eat, run and play as part of their daily routine.

Mueller wrote a grant for a large garden in front of Highland Elementary School and contacted garden centers and contractors to donate time and materials for it. She also organized parent volunteers for laying out the garden and planting donated materials.

Mueller, who has three children and also works full-time managing 19 rental properties, still finds time to volunteer. She encourages others to get involved in their community in



Lorien Mueller, pictured at Highland Elementary School, is the 2014 Columbia Heights Humanitarian of the Year.

whatever area interests them. “It doesn’t have to be a long-time commitment,” she said. “Just donate an hour or two. What an amazing community it would be if everyone did that.”

Why Heights: Lorien, from a suburb of Chicago, and husband, Gregg, from South Dakota, decided to move to the Twin Cities as a compromise. They researched and selected Columbia Heights because it is a community school district, which was important to them.

Best of Heights: She loves the Columbia Heights School District, where her children will be entering grades 3 and 8. Diversity is a strength. She wanted her children growing up in a community with people who live, think and look differently than they do. “I like that each of us brings something different to the ‘table’ and we all work together.”

Favorite Heights Hangouts: “The parks! We spend a lot of time in the parks, walking, biking and running.”

Teaching her children: To be good citizens, as her parents taught her. Also, showing them that one person can make a difference.

New Public Arts Commission will sponsor logo contest

Feeling creative? Members of the Columbia Heights Public Arts Commission invite you to enter their logo contest this fall and design a logo for the group. Entry forms will be available at www.ci.columbia-heights.mn.us/index.aspx?nid=581 and prizes will be offered.

It’s one of two projects the commission – the city’s newest – has taken on. The other is a directory, both electronic and in print, of local artists of all kinds.

The commission’s mission is simple: to encourage and promote the arts to enrich the lives of citizens and visitors to the community. As with all city commissions, they serve in an advisory capacity to the Columbia Heights Mayor and City Council.

“We have really strong arts in Columbia Heights Schools and in our community, we’re looking for more ways to share the expertise and talent our residents have,” said Gretchen Nelson, one of the six members of the commission. Others are Carrie Magnuson, Rita Nau, Keith Roberts, Erin Rominger and Catherine Vesley. They share a passion for the arts and a commitment to boosting the presence of arts and artists in Columbia Heights. They are brainstorming the best ways to do that.

Nelson, who recently served as a judge in an arts competition sponsored by the Columbia Heights Sister Cities International group, was awed by the entries. “We have so much talent here and so many people involved in the arts,” she said. “This community understands that art enriches the lives of all of us.”

Volunteering, continued from page 1



Volunteer Jane Polley, left, tutors Ana Maria Tafur on English speaking skills.

“Volunteering enriches me,” said Jane, who enjoys learning about other cultures and languages. She has even brushed up on her Spanish speaking skills through interactions with Ana.

Jane encourages others to volunteer as Reading Buddies. “These are residents of our community who are eager to learn English to be better understood and to do better,” she said. “When you volunteer, you get back so much more than you give.”

The library is on the lookout for volunteer literacy tutors for the 2014-2015 school year.

“Our greatest need is finding more adult volunteers who are interested in participating in this program,” said Barb Kondrick, adult services librarian. “Since I started working with this program last year, we’ve always had a list of people waiting for a volunteer tutor.”

Volunteers are asked to make a minimum 6 month (preferably 9 month) commitment. Most Reading Buddies meet during the school year and then take the summer off.

“Volunteering in the ‘Buddy Up and Read’ program is truly a way to make a difference in someone’s life,” said Kondrick. For more information, contact her at (763) 706-3690.

Columbia Heights Sister Cities group reports on activities

Stephanie Avalos, a 10th grade student at Columbia Heights High School, was selected as runner-up in the Sister Cities International (SCI) Showcase for Young Authors competition in Washington, D.C., recently. Her poem, entitled “Puzzle Pieces,” was displayed at the 2014 Annual SCI Conference in San Jose, Calif., in July and will go on a tour to select Sister Cities’ locations around the country for the rest of the year. The Columbia Heights SCI group congratulates Stephanie!

Check out the Murzyn Hall SCI showcase which features the Children’s Hospital in Lomianki, the Sister City of Columbia Heights. Greeting cards made by patients are displayed along

City’s crime rate is down

Crime is down. With data access back to 1981, crime in Columbia Heights is now at a lower level than in any of those intervening years. In the first half of 2014, Columbia Heights had only four robberies, compared with seven in 2013, and 12 in the first half of 2012. Some of the serious assaults edged up slightly this year, but violent crime as a whole is still down 28 percent over 2012. Total property crime, listed in the Part I offenses, is down 12 percent from 2012. Yet, auto theft and burglary both had four more incidents over the same period in 2013.

For the less serious offenses that actually affect far more people, rates are down over 20 percent these last two years. While numbers of fraud and possession of stolen property went up slightly, criminal damage to property, disorderly conduct and a host of other offenses went down over this half year checkpoint.

The Columbia Heights Police Department continues to exercise its mission statement and live its core values. Preventing crime is at the top of the list for connecting with the community as a whole. This good news of lower crime rates should not cause anyone to let up on a prevention attitude or philosophy. The police/community partnership can always continue and improve on what’s been accomplished.

Neighborhood Watch program is crime prevention that works

No one wants to be a victim. Homes are supposed to be safe areas. There is comfort knowing you are not alone against criminal intent. The Neighborhood Watch program in Columbia Heights helps prevent crime by taking away the very environment that thieves love: APATHY.

“Columbia Heights and Hilltop have organized Neighborhood Watch groups that cover about a third of residences,” said Officer Maggie Titus. “We would like the entire city to be involved in this proven safety prevention program in which neighbors look out for each other.”

Are you covered? Are you involved? Do you want to say you are doing your part in your keeping your neighborhood secure? For answers to these and other safety and security questions, contact Officer Titus at (763) 706-8128, or Maggie.Titus@ci.columbia-heights.mn.us.

with letters of appreciation from the director for our generous donations to their hospital over the past 20 years.

The Police Officer Exchange Committee is planning a fundraiser in October at Murzyn Hall to assist with the expenses of a couple of Columbia Heights police officers going to Lomianki, Poland in September 2015. Then, in return, Polish police officers would come to Columbia Heights in 2016. The SCI group is counting on community support to make it happen.

This article was submitted by Co-Chair Dolores Strand with Gloria Bergstrom. For information about the Columbia Heights Sister Cities group, call (763) 571-1709.

COLUMBIA HEIGHTS PUBLIC LIBRARY

820 40th Ave. NE

Reference/Information: (763) 706-3690

Renewal: (763) 717-3261

Fax: (763) 706-3691

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

www.anoka.lib.mn.us

www.ci.columbia-heights.mn.us

Cable Channel 19

"Like" us on Facebook!

www.facebook.com/ColumbiaHeightsPublicLibrary

Library Hours beginning Sept. 1

Monday – Wednesday: 9 a.m. to 8 p.m.

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

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

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

Sunday: CLOSED

Library Closed

Labor Day Weekend, Aug. 30-Sept. 1

Veteran's Day, Nov. 11

Thanksgiving Holiday, Nov. 27-28



**Spaghetti Dinner Fundraiser
for a new library
Wed., Sept 10, 4:30-7 p.m.
Murzyn Hall, 530 Mill St. NE,
Columbia Heights**

Adult Programs**October Polish-American exhibit and events**

Visit the library to view the Sister Cities exhibit on Poland during National Polish-American Month and watch for more information about free Polish cultural events for all ages.

Library Book Club

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

Sept. 24 – "The Other Typist" by Suzanne Rindell

Oct. 29 – "Calling Me Home" by Julie Kibler

Nov. 26 – "Still Life" by Louise Penney

Nonfiction Book Club

2 p.m., Sept. 19, Oct. 17, Nov. 21

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

Avoiding scams and frauds: Financial literacy for seniors

Wednesday, Sept. 10, 10:30 a.m.

Protect your savings and investments by recognizing questionable marketing practices and techniques. Register online or call Barb at (763) 706-3690

Volunteer opportunities

Do you have an hour or more each week to volunteer your time and talents? Library volunteers meet with adults who want to improve their English language skills, help patrons with computers and printers, sign up to "adopt" a shelf, and deliver books and other materials to homebound patrons. For more information, stop in or call Barb at (763) 706-3690.

Senior Surf

Get hands-on computer experience with help from representatives of the Senior LinkAge Line. Register for one session online or call (763) 706-3690.

Wednesday, Sept. 3, 9:30-11:30 a.m.

Wednesday, Oct. 1, 9:30-11:30 a.m.

Wednesday, Nov. 5, 9:30-11:30 a.m.

Loft Writing Class for Adults**Creating Characters**

Tuesday, Oct. 7, 2-3:30 p.m.

Whether you're writing about kings, detectives, vampires or spies, learn how to dig deeper into your characters to make them complex, conflicted and compelling. Register online or call (763) 706-3690.

Loft Writing Class for Seniors**Senior Moments: Starting Your Writing Project at 55+**

Wednesday, Oct. 29, 10-11:30 a.m.

Interested in writing your memoir, favorite family stories, or completing a novel-in-progress? Register online or call (763) 706-3690.

FOR ALL AGES...**Saturday Live with Leo & Kathy Lara**

Saturday, Sept. 13, 2-3 p.m.

Pack up the family, from babies to grandparents, for this special program featuring Columbia Heights residents Leo and Kathy Lara playing wind, string and percussion instruments from the Andes Mountains.



Children's Programs

Back to School Open House

Tuesday, Sept. 9, 5 to 7 p.m.

Get prepared for the school year at the library! At this open house-style program, students and their parents can learn how to find things in the library, learn about informational databases including our online Homework Rescue resource with live homework help, meet the Children's Librarian and make school-themed crafts. There will be an all-ages storytime at 6:30 p.m. For students in grades K-12 and their parents.

LEGO Club

Second Thursday of each month

Sept. 11, Oct. 9, Nov. 13, 3:30 to 4:30 p.m.

Do you love all things LEGO? Join us after school for a LEGO building program. We'll provide the LEGO bricks, you bring the imagination. For grades K-8. Registration not required.

Yu-Gi-Oh

Saturday, Sept. 27, 12 to 2 p.m.

Break out your cards — it's Yu-Gi-Oh for the whole family. Players of all levels welcome. Please bring your own deck. For grades 3-12. Registration not required.

READ Dogs

Real dogs in the library? Yes! Register for a 15-minute one-on-one reading session with a therapy animal.

Baby Read, Baby Grow

Sept. 23 to Oct. 21, Tuesdays, 2 p.m.

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-alongs, activities and lots of fun. It is free and part of the early literacy collaboration between the library and the Columbia Heights School District's Early Childhood Family Education (ECFE).

Storytime @ the Library

Sept. 16 to Nov. 18

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

Toddler storytime

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

Geared toward ages 18 months to 3 years

Preschool storytime

Tuesdays, 10:30 to 11:00 a.m.

Geared toward ages 3 to 5

Family storytime (For all ages)

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

Sept. 9, Oct. 14, no storytime on Nov. 11

Teen Programs

Teen Read Week

Oct. 13-18

Hey, teens! Stop by the library this week for the daily challenge and the chance to win prizes.



Books & Bites

Wednesday, Oct. 15, 4 to 5 p.m.

Do you like to read? Find out about the best books you haven't read. We will chat about books and eat snacks. Bring a book you'd like to share. For teens in grades 5-12. No registration required.

Teen Murder Mystery

Thursday, Oct. 16, 4 to 6 p.m.

Find out who done it! Play a humorous murder mystery game. Visit the crime scenes to find clues. Snacks will be provided.

Digital Photography Basics for Teens

Monday, Nov. 3, 2 p.m. to 4 p.m.

Join Silverwood Park artists and learn how to make amazing photographs with some easy-to-learn tricks and simple camera functions. Afterward, make a lovely little album, print a few of your snappy photos and pop them inside. Cameras and art materials provided. For teens in grades 6-12. Registration required.

Game On!

Tuesday & Wednesday, Nov. 25-26, 2 to 4 p.m.

Celebrate International Games Day with gaming at the library. Drop in to play Wii and board games and enjoy snacks. For grades 5-12. Registration not required.

Teen Advisory Board (TAB)

TAB is a group of teens who participate in the functioning of the library and is a forum to have your opinions heard. Membership is open to grades 6 through 12. See Children's Librarian Bethany for more information. The group meets on the first Monday of each month from 4 to 5 p.m., Sept. 8 (library closed on Sept. 1), Oct. 6, , Nov. 3

Henri Matisse "Sea World"

Friday, Oct. 17, 10 a.m. to 11:30 a.m.

Participants will create and cut out sea items and attach them to a canvas panel in the style of artist Henri Matisse. For grades K-1. Registration required.

Color, Camera, Autumn! Digital Photography + Stamp Prints

Thursday, Oct. 16, 10 to 11:30 a.m.

You'll love this tree-mendous digital photography and printing program where you'll go on a photo scavenger hunt, learn about the life cycle of a tree, and make a postcard from a tree cookie stamp! Digital cameras and art materials provided. For grades 3-5. Registration required.

Smart about Money: Financial Literacy for Youth

For grades K-6, Wednesday, Oct. 15, 2 to 3 p.m.

Ever wonder what to do with your allowance? This program will help you understand the difference between "needs" and "wants" and provide information about the value of saving.



Gary Peterson



Tami Diehm



Bruce Nawrocki



Donna Schmitt



Bobby Williams

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

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

Gary Peterson, Mayor (763) 788-7517

(c) (612) 978-9858

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

Tami Diehm, Council Member (763) 574-2122

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

Bruce Nawrocki, Council Member (763) 571-1311

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

Donna Schmitt, Council Member (763) 634-1356

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

Bobby Williams, Council Member (763) 788-1113

(c) (612) 414-3981

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

Voters can cast absentee ballots for upcoming city election

Columbia Heights residents who are unable to go to their polling place on Election Day on Nov. 4 may cast an absentee ballot by mail or in person. Absentee balloting will take place between Friday, Sept. 19, and Monday, Nov. 3.

Voters can download the absentee ballot application any time at www.anokacounty.us/absenteevoting or call (763) 323-5275 to have an absentee ballot application sent to them. Voters who prefer to cast their absentee ballot in person may vote at Columbia Heights City Hall during regular office hours from 8 a.m. to 4:45 p.m.

In-person absentee balloting will be available on Saturday, Nov. 1, from 10 a.m. to 3 p.m. and on Monday, Nov. 3, from 8 a.m. to 5 p.m.

Voters will be electing a mayor for a two-year term and two council members for four-year terms.

For more information about elections and voter registration, go to: www.anokacounty.us/elections. or www.sos.state.mn.us or contact the City Clerk at (763) 706-3611.

IMPORTANT PHONE NUMBERS

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

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

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

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

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

Community
Development (763) 706-3670
Comm. Dev. Director.... (763) 706-3675
City Planner (763) 706-3673

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

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

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

Police department office hours

The Columbia Heights Police Department office is open Monday through Friday, 8 a.m. to 4:45 p.m.

The telephone number is **(763)**

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

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



For general information, activities, ordinances, and services, visit www.chpolice.com, find us on



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

Drivers, walkers, bikers must focus on safety

By Terry Nightingale, Community Policing Coordinator

Ever since the first Model A vehicle, there has been conflict between cars and pedestrians. Do you know who “WINS” in these contact battles? How can you avoid this type of clash?

Drivers: We face lots of distractions as a driver. Stereos, phones, kids and ever-larger structural windshield posts all contribute to miss seeing pedestrians. In law enforcement, we have the W.I.N. philosophy (acronym borrowed from Coach Lou Holtz). What’s Important Now? Alert driving is what should be important to you every moment you spend behind the wheel.

Pedestrians: You may have the right-of-way, but walk defensively. Too many walkers disobey laws intended to keep pedestrians safe. Obey traffic control signals, use crosswalks and foot bridges, and realize that cars take a lot more time to stop than you might think.

Bicyclers: Half vehicle and half pedestrian, bikers need to be aware of both sides of the game. As a bike rider, you must obey the same signs and signals that vehicles do. You must have a light at night, ride with traffic always keeping to the right on two-way streets, use hand signals, and wear a helmet. (Search the internet and you will see how many people end up in hospitals with concussions they suffered from falling off a bike!)

Columbia Heights had eight vehicle-versus-pedestrian accidents in 2013, and none in the first half of 2014. Since 2009, officers routinely enforce pedestrian laws because it was found too many were disobeying the very rules designed to keep them safe.

With another school year about to start, spread the word to those you know about the W.I.N. (What’s Important Now) philosophy. No one needs to lose as a driver, walker or biker.

Spotlight on Officer Maggie Titus

Raised in the West St. Paul area, Maggie Titus (formerly Beranek) became a Columbia Heights Police Department officer in 2010. Now married to a Fridley police officer, Titus attained her B.A. in Sociology and Law, Crime and Deviance from the University of Minnesota. She earned a law enforcement certificate through Metro State University and is now completing a master’s degree in police leadership from the University of St. Thomas.

Titus has been active in department projects and positions. She is an instructor in the use of force and firearms, a Neighborhood Watch liaison, a Crisis Intervention Team officer, and a Wellness Committee member. She serves on the executive board of the Minnesota Association of Women Police.



Officer Titus and U.S. Senator Al Franken at a meeting in August that highlighted police training when interacting with people having mental health issues.

Titus is a mentor to a Highland Elementary School student through Big Brothers/Big Sisters, reads anti-bullying books to elementary children, and coordinated the 2014 Teen Police Academy at the high school. Her interest in training officers to better serve people with mental illness led to

a congratulatory visit by U.S. Senator Al Franken last year.

Titus has newly been assigned to take over the department’s Community Policing Coordinator position in the fall.

Asked about what she likes about Columbia Heights, Titus said, “I like working in a diverse community.” She also enjoys “learning something new every shift.”

Titus’ off duty time is filled with friends and family. She spends time at a lake place and has traveled, most recently to Turks and Caicos Islands near the Bahamas.

Drivers be aware of school bus laws

With the new school year upon us, the safety of students around school buses is very important. Drivers may not pass a school bus on the same roadway when its red lights are flashing and the stop arm is out.

Also, drivers may not pass a bus on the passenger door side of the bus when the amber pre-warning lights are activated. That would seem simple enough, but still too many drivers are violating this law because they are impatient and try to “beat” the signal arm or are just too distracted. For more information, search MN statute 169.444.

FIRE DEPARTMENT

825 41st Ave. NE,
Columbia Heights, MN 55421
fire@ci.columbia-heights.mn.us
Non-Emergency.....(763) 706-8150
EmergencyCall 9-1-1
Fax.....(763) 706-8151
Housing Maintenance
Inspections.....(763) 706-8156
fireinspections@
ci.columbia-heights.mn.us

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

Fire Department Open House is Sept. 27

The Columbia Heights Fire Department will host an open house on Saturday, Sept. 27, 11 a.m. to 2 p.m., to promote “Working Smoke Alarms Save Lives!” Through educational, family-oriented activities, residents can learn more about the importance of working smoke alarms and testing them monthly. Some of the activities include:

- Station tours,
- Kid’s activities,
- Fire truck displays,
- Antique fire truck rides,
- Informational booths and
- Demonstrations.

Free blood pressure checks

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



Working smoke alarms save lives

Working smoke alarms can make a life-saving difference in a fire. That’s the message behind this year’s Fire Prevention Week campaign, “Working Smoke Alarms Save Lives: Test Yours Every Month!”

Along with firefighters and safety advocates nationwide, the Columbia Heights Fire Department is joining forces with the nonprofit National Fire Protection Association (NFPA) to remind local residents about the importance of having working smoke alarms in the home and testing them monthly.

According to the latest NFPA research, working smoke alarms cut the chance of dying in a fire in half. Meanwhile, almost two-thirds of home fire deaths resulted from fires in homes with no smoke alarms or no working smoke alarms.

“In a fire, seconds count,” said Fire Chief Gary Gorman. “Roughly half of home fire deaths result from fires reported at night between 11 p.m. and 7 a.m. when most people are asleep. Home smoke alarms can alert people to a fire before it spreads, giving everyone enough time to get out.”

This year’s Fire Prevention Week campaign includes the following smoke alarm messages:

- Install smoke alarms in every bedroom, outside each separate sleeping area and on every level of the home, including the basement.
- Interconnect all smoke alarms throughout the home. This way, when one sounds, they all do.
- Test alarms at least monthly by pushing the test button.
- Replace all smoke alarms when they are 10 years old or sooner if they don’t respond properly.
- Make sure everyone in the home knows the sound of the smoke alarm and understands what to do when they hear it.

To learn more about smoke alarms and “Working Smoke Alarms Saves Lives,” visit NFPA’s website at www.firepreventionweek.org.

Working Smoke Alarms Save Lives

Test Yours Every Month!

Visit nfpa.org

- JANUARY
- FEBRUARY
- MARCH
- APRIL
- MAY
- JUNE
- JULY
- AUGUST
- SEPTEMBER
- OCTOBER
- NOVEMBER
- DECEMBER

Ways families can stay safe from fires

- Teach your kids how to respond in the event of a fire.
- Make sure young children know how to dial 911.
- Establish and practice a fire escape plan with your family that includes a designated meeting area outside the home.
- Practice stop, drop and roll with your children so they learn how to escape beneath a fire.
- Teach everyone in your family multiple ways to escape from every room in case of fire.
- Make sure that there is a sufficient quantity of working smoke detectors in your home.
- Make sure everyone in your family knows how to use a fire extinguisher.
- Do not place lit candles where they can be reached by children and never leave burning candles unattended.
- Don’t leave cooking food unattended on the stove.
- Keep everything that might be flammable away from your stove.
- Make sure all flammable substances are properly stored in safe containers and out of reach of youngsters.

New electronics recycling service

Starting in September, Columbia Heights residents can dispose of electronics on the curb for a flat \$5 collection charge.

Thanks to additional recycling grant money from Anoka County, the city will be able to subsidize the curbside collection cost for residents on the second Tuesday of each month. To schedule a pickup, call the recycling contractor, Advanced Disposal, at (763) 225-8705. The \$5 collection charge covers an unlimited number of electronic items per stop. Items must come from the property where collected.

Weekly fluorescent bulb drop-off update

The Columbia Heights Recycling Center will accept fluorescent and other high intensity discharge light bulbs from Xcel Energy customers on Saturdays starting Sept. 6.

Environmentally safe ways to care for lawns

Fall is the best season to fertilize your lawn and control common weeds, but do so in an environmentally friendly way. Use fertilizers and pesticides conservatively and always read and follow product instructions carefully. Be aware that Minnesota law restricts the use of fertilizers containing phosphorus.

To protect area lakes and rivers:

- Check your car and lawn equipment for leaks. A good rainstorm can send gasoline and oil drips from automobiles, lawnmowers and power equipment into waterways.
- Consider using alternative lawn care techniques in addition to, or instead of pesticides. Try pulling weeds by hand or spot-treating weedy areas instead of the entire yard.
- Sweep up grass clippings and fertilizer from driveways, sidewalks and streets. Use the sweepings as mulch and compost yard waste. Don't forget to sweep along the curb.

Mid-year recycling goal is 86% achieved

Thanks to Columbia Heights residents, 756 tons of reusable materials have been recycled this year as of June 30. While this is notable, it is 15% less than the mid-year goal set for the city.

Columbia Heights has done very well with the single-sort recycling cart and each household only needs to recycle 73 lbs per month to meet the 1,818 ton goal. Please continue working together to keep trash disposal costs down by recycling as much as possible. Recycling is contracted for collection every-other-week and residents who need more room can exchange their current 60-gallon recycling cart to a 90-gallon recycling cart at the same flat rate of \$2.92/month. The contractor will always collect extra recycling that is left outside of the container if it is properly prepared using an old recycling box or paper bags. If your household has a large amount to recycle after moving, holidays, parties, or spring/fall cleaning, you can use the city recycling center (see page 11). Recycling taken to that site is added to the city's residential total.

There are several financial benefits for recycling besides the environmental impact. The more recyclable materials that are put in the recycling bin rather than the trash will lower the overall tons of solid waste, and hence, the total cost of disposal. For example, diverting the 756 tons of reusable material from the trash saved the city's refuse fund over \$43,000 in trash disposal fees. As residents increase their recycling efforts, they may also notice a decrease in refuse, making it possible to switch to a smaller and less expensive garbage container service.

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

Fallen leaves affect quality of lakes, rivers

Wherever leaves fall, they decompose and restock the soil with nutrients and organic matter. But when there is no soil to land on, such as on a street or sidewalk, the leaves and all their decomposing bits wash down the street and into the storm drain. They go directly into lakes and rivers where the nutrients will feed unwanted algae growth next summer. In addition to a major "ick" factor, this algae is a problem because when it decomposes at the bottom of the lake, it uses up oxygen that fish and native plants need. In the Mississippi River-Twin Cities watershed, 87 of the 180 lakes studied did not meet water quality standards because of excess nutrients, and leaves were a major source of the problem.

Don't "leaf" it up to someone else to solve this problem! Here's what to do with your autumn leaves so that they nourish the soil and not unwanted algae.

- Rake the leaves that have accumulated along your curb, sidewalk, and alley multiple times during the fall.
- Never rake leaves into the street.
- Never trash or burn your leaves and don't add leaves to the regular trash because it is illegal.
- Put leaves in your backyard compost pile, one of the best ways to use leaves!
- Use leaves to mulch your garden and lawn because it benefits the soil and reduces weeds.
- Drop leaves off at a compost site or use curbside pick-up as a convenient option.

Source: Minnesota Pollution Control Agency Website www.pca.state.mn.us

Streets will be swept in fall

The Columbia Heights Street Department will begin street sweeping in late September and continue for as long as weather permits. As a reminder to all property owners, it is against city ordinance to deposit litter — including yard waste and snow — into public streets.

REFUSE, RECYCLING AND YARD WASTE

Advanced Disposal Services, Inc.

(formerly Veolia ES)

Customer Service Phone: (763) 225-8705

E-mail: columbiaheights-ads@advanceddisposal.com

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

Anoka County Integrated Waste Management

Phone: (763) 323-5730

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

City Refuse/Recycling website

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

Public Works Department Phone: (763) 706-3700

Holiday Schedule

Labor Day, Sept. 1: Monday through Friday service delayed by one day

Veterans Day, Nov. 11: no delay in service

Thanksgiving Day, Nov. 28: Thursday and Friday service delayed by one day

Recycling

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

Yard Waste

- Last collection day Nov. 29 or sooner if snow cover.
- Bag (ASTMD6400 compostable only) or bundle branches.
- Place on the street curb.
- Anoka County compost at Bunker Hills site (763) 767-7964.
- Yard waste carts are available to residents. Order by calling (763) 706-3700.

Computers/Electronics Disposal

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

Approved sites are listed on the county and state web pages:

- www.anokacounty.us/1653/Search-the-Recycling-and-Disposal-Direct. Use "electronics" in the search box.
- www.pca.state.mn.us

Bulk Collection

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

Appliance Disposal

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

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

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

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

Location and hours:

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

Items accepted:

Paper	Cans	Oil filters	Cardboard	Antifreeze
Tires	Used oil	Glass bottles	Scrap metal	Plastics
Fluorescent bulbs	Household batteries			

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

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

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

Fluorescent bulb collection days:

Saturday, Oct. 4, 2014

RECYCLING TIP:

Take household and metal garbage items to the Columbia Heights Recycling Center. Bring anything that is mostly metal to the scrap metal bin, free of charge. This includes items such as chairs, tables, lamps, stands, pots, pans, grills, plant hangers, rods, buckets, tools, fencing and yard equipment.

Please tell us about your recycling success

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

TOP VALU LIQUOR

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

TOP VALU LIQUOR

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



Corona
12 bottles

\$11.97



Coupon expires 9/27/14. While supply lasts. No further discount. Store not responsible for typographical errors.

TOP VALU LIQUOR

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



Blue Moon
12 Bottles

\$11.97



Coupon expires 9/27/14. While supply lasts. No further discount. Store not responsible for typographical errors.

TOP VALU LIQUOR

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



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



Coupon expires 9/27/14. While supply lasts. No further discount. Store not responsible for typographical errors.

TOP VALU LIQUOR

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



Kim Crawford
Sauvignon Blanc
750 ml \$12.97



Coupon expires 9/27/14. While supply lasts. No further discount. Store not responsible for typographical errors.

TOP VALU LIQUOR

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



Starling Riesling
1.5 liter

\$12.97



Coupon expires 9/27/14. While supply lasts. No further discount. Store not responsible for typographical errors.

TOP VALU LIQUOR

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



Christian Brothers
Dry Sherry
1.5 liter \$7.97



Coupon expires 9/27/14. While supply lasts. No further discount. Store not responsible for typographical errors.

TOP VALU LIQUOR

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



Absolut
Cherry Kran
liter \$16.97

\$16.97



Coupon expires 9/27/14. While supply lasts. No further discount. Store not responsible for typographical errors.

TOP VALU LIQUOR

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



Sugar Island
Spiced & Coconut
750 ml \$15.97

\$15.97



Coupon expires 9/27/14. While supply lasts. No further discount. Store not responsible for typographical errors.