

MAPLEWOOD IN

# MOTION

Volume 4, Number 1

Official City Newsletter

January 1995

*Come Join Us This Coming Year*



**Maplewood Community Center**  
**2100 White Bear Avenue**

# Administration

Dear Neighbors:

This month's newsletter will take several different paths. First of all, the Council was generous enough to share some thoughts with me about their 1995 Wish Lists. In 1995 the Council will be looking at a number of significant projects. Everyone agrees that resolving the Fire Protection contracts and the manner of organization of the fire service would be our top priority. As many of you know, we have three separate fire departments providing fire and emergency services to us. We are looking at combining them into a single organization, either as a private group or as a municipal department. The firefighters would remain volunteer and the level of service would not change.

Completion of the Open Space acquisition program was also a popular subject for the Council. As you know, the \$5M referendum was passed in 1993. Since then the Council has been working on the acquisition of the open space throughout the City. An early criteria was that the land was going to be acquired if the owner was willing to sell, we would not commit time and expense to acquisition by eminent domain. We have acquired several sites at this writing and are close to a number of others.

Other topics for 1995 action will include the following items:

- Negotiating a reasonable contract with ISD #622 for gym space for our recreational programs — essentially bring a satellite community center to the southern part of Maplewood.
- Resolving the location and funding for an additional sheet of ice for the ice enthusiasts is another hot topic.
- Establishing a Community Fund, or endowment program, which would allow residents to make donations and have the interest of invested funds go for community activities, etc.
- More emphasis on crime prevention. Mentioned programs were the McGruff homes, crime watch and implementing a community policing plan.
- Taking a serious look at the condition of the City's 138 miles of streets as identified by our PAVER software program and developing a plan to invest in improvements which are affordable to the landowners and taxpayers.
- Bringing improved telecommunications to the City satellite communications to the Community Center, Internet to City Hall, and government and public access programming to every home.

- Developing some Council-sponsored public service projects, such as blood drives, community volunteers and arts in the parks.

If you have any suggestions for our 1995 workload, jot them down and send them to me at City Hall.

In closing, I would like to talk about an important law. Local governments are covered by the Americans with Disabilities Act (ADA). This law has some very important provisions relating to programming and activities and the accessibility to persons with disabilities.

Under the law our facilities need to be accessible. City Hall for example, added automatic door openers at a cost of \$3,700. The new Community Center was designed to be accessible to all residents and included the door openers on two of our entrances.

Unfortunately, I have seen all of these devices abused by people without disabilities. In one instance, some 8-10 year old kids were pushing the button and then holding the door closed as a test of strength. Standing around the doors you often see able-bodied kids and adults hitting the button and having the door stand open for their ingress or egress from the building.

I would ask of you as users of the City's facilities to talk to your family members about the devices and their purpose. The devices are costly to install. They are costly to repair, particularly if the life expectancy is lowered by abuse. But more importantly, if they are not in working order, people who need them may be denied access to our activities and buildings.

Please, if you do not need to use them, don't push the button. If you see kids playing with them, whether the kids are yours or not, say something. Remember, the facilities belong to you. You have to help keep them clean and in good repair. The City cannot do it alone. Thanks

Have a great New Year!

Sincerely,

Gary Bastian  
Mayor



# Council Corner



The City Council conducted two regular meetings during the month of November. The highlights of those meetings were:

- ✓ Tabling the proposed Mapleleaf Estates project until December 12 for further consideration. The proposed development for 78 single family homes is on a 32.5 acre site along Forest and Cyprus Streets north of Gervais Avenue and Keller Parkway. The City is currently negotiating with the developer for open space.
- ✓ Approval of the preliminary plat for Highwood Fourth Addition. This is the development of three single family homes near Sterling Street and Schaller Drive.
- ✓ The rejection of an application to construct an inflatable golf dome for public use at the northwest corner of Van Dyke Street and Ripley Avenue south of Aldrich Arena.
- ✓ An amendment to Maplewood's ordinance which regulates recreational fires. Before the change, the City code required that all residents obtain a permit from City the day of the fire in order to legally have a recreational

fire. With the amendment, a recreational fire permit is no longer required. For more information, call the Public Safety Department at City Hall.

- ✓ Approval of an application to redevelop the land between White Bear Avenue and Ariel Street and between 11th Avenue and Highway 36. The proposal is for 27.5 acres of commercial and 6.6 acres of multiple dwellings for a total of 34.1 acres. The project, Maplewood Retail addition, will house five separate stores (grocery, home-care, restaurant, video, and pet supply).
- ✓ Tabling of the proposed development of 31 rental town houses at the northwest corner of 11th Avenue and Ariel Street. This 16 two bedroom and 15 three bedroom development was tabled until December 19, 1994.
- ✓ Rejection of the purchase of Open Space Site #140. This site is 1.6 acres located on the northwest corner of the intersection of the DNR Willard Munger Trail and the soon-to-be developed Soo Line Trail near English and Frost. The City Council directed staff to acquire the \$80,500 site using park funds.

## Important City Meetings

Your City Council meets on the 2nd and 4th Monday of each month, and other meetings as scheduled. The other commissions/boards meet regularly to provide input to the Council. All meetings are held at City Hall, 1830 East County Road B, Maplewood.

### City Council Meetings

7:00 p.m. January 9 & 23

### Community Design Review Board

7:00 p.m. January 10 & 24 ..... 2 & 4th Tuesday

### Housing & Redevelopment Authority

7:00 p.m. January 10 ..... 2nd Tuesday

### Human Relations Commission

7:00 p.m. - January 3 ..... 1st Tuesday

### Park & Recreation Commission

7:00 p.m. January 23 ..... 3rd Monday  
(Note date change due to holiday)

### Planning Commission

7:00 p.m. January 3 & 17 ..... 1st & 3rd Monday  
(Note date changes due to holidays)

## BE INFORMED BE INVOLVED

Come meet the Mayor at this month's forum.  
Bring a friend or neighbor.

January 7, 1995  
10:00 a.m. - 12:00 noon  
**Maplewood Library**  
1670 Beam Avenue  
Maplewood, MN

# Maplewood's Government Channel

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The City has a government channel on cable TV which operates 24 hours a day. If you have basic cable service, current City information and programs can be viewed on **Channel 64** (if you have a converter box), or **Channel 56** (if you have a cable-ready TV).  
**Mondays, January 9 and 23 at 7 p.m. - City Council Meetings - cable cast live from City Hall.**

**Thursdays, January 12 and 26 at 7 p.m. - Rebroadcast of the City Council meeting that was conducted on the previous Monday.**

If you are interested in a special viewing of the City Council meetings, contact the City Manager's office. Tapes of the meetings are kept for 30 days.

## Open Space Update

The negotiations continue for the acquisition of open space. The land is being purchased with the \$5 million that the voters approved last November. At the time of this writing, only one property had been officially acquired - the 24 acres at the southwest corner of English and Frost. This property tied with two other sites for a sixth place in the city-wide ranking of 66 sites that were selected for the program. The cost of the property was \$827,000.

The Open Space Committee was a 12-resident group appointed in 1991 to define open space, identify property that met their definition, and make a recommendation to the City Council about acquisition. Sixty-six sites were walked and rated using 54 criteria such as view, wildlife, wetlands, and neighborhood. After the referendum for the funding was passed, the City Council directed staff to negotiate for the purchase of the top 19 sites. One has been acquired, and a total of four have been presented to the City Council for consideration. More details will follow in future **Maplewood in Motion** issues as the process moves forward. If you have questions, call Assistant City Manager Gretchen Maglich at 770-4526.



### *It doesn't take much!* **Second Harvest Food Bank**

The Maplewood Community Center is a year-round drop off site for the Second Harvest St. Paul Food Bank. When you come to the Community Center, bring a non-perishable contribution for Second Harvest. Second Harvest distributes food to over 50 charitable food programs and you can help by dropping off a contribution the next time you visit the Maplewood Community Center.

# Public Works

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## Phalen Chain of Lakes Watershed Project - A Partnership for Local Protection of Natural Resources

by Clifton Aichinger, Administrator  
Ramsey-Washington Metro Watershed District

Last year the Maplewood In Motion reported on the formation of the Phalen Chain of Lakes Watershed project and the appointment of two Maplewood Representatives to the Steering Committee for this project. This Steering Committee completed the plan in June of 1994 and is now proceeding with implementation of the plan's recommendations. This project was a partnership of local city governments, Ramsey County, Ramsey-Washington Metro Watershed District, watershed citizens, developers and businesses, University of Minnesota Dept. of Landscape Architecture, and the Department of Natural Resources.

The partnership received a grant from the McKnight Foundation for the development of the comprehensive natural resources plan for the watershed. The final plan includes several major goals and many recommended action steps to protect, restore, and manage natural resources in the watershed in the short and the long term. The actions recommended in the plan focus on demonstration projects that cities, counties, residents, businesses, and agencies can complete to show better ways to manage resources. The plan also describes how all interests can work together to make needed changes and achieve the vision for natural resources developed by the watershed residents. Major goals included in the action plan for the watershed include the following:

- Improve, restore, and protect water quality
- Restore, enhance, and protect wetlands and creeks
- Protect the groundwater resources in the watershed
- Develop and support a connected system of "green corridors" to protect water resources, enhance fish and wildlife habitat, and provide natural resources, recreation and education opportunities
- Restore and expand forest cover and diverse native vegetation
- Increase public awareness and involvement in natural resources management in yards, public and private lands, and all areas of the watershed
- Establish a Natural Resources Board to coordinate implementation of the watershed plan

During the summer of 1994 the watershed partners began to implement the Watershed Plan. Several of these actions included:

- Preparing a program and submitting grant application to the Legislative Commission of Minnesota Resources (LCMR) for an innovative stormwater management project in Maplewood that will infiltrate stormwater within the neighborhood and eliminate the need for new stormsewers that would empty into Lake Phalen. This grant was awarded by the LCMR and will be implemented in 1995.
- Working with the City of St. Paul and District 2 Community Council to obtain funding for the start of the Phalen Wetland Park Restoration South of Lake Phalen. This Phase 1 project was also funded by the LCMR as a grant to the City of St. Paul. This project will also begin in 1995.
- Completing a wetland vegetation restoration project in a demonstration site at H.B. Fuller Co. Willow Lake Nature Preserve.
- Working with the Ramsey-Washington Metro Watershed District to complete a watershed-wide Wetlands Management Plan based on the functions and values of wetlands in the watershed.
- Completing field work to identify remaining natural areas, prairie fragments, and inventory of open space areas to assist in the development of "green corridors" within the watershed.
- Completing a residential yard planting using native vegetation and wild flowers to demonstrate the use of native materials.

The Phalen Watershed Steering Committee will continue to meet during the remainder of 1995 and will be formalizing the Natural Resources Management Board to continue work with the communities in the watershed on natural resources management issues. The committee is always looking for involvement of interested residents. For more information on becoming a member of the Steering Committee or obtaining copies of the Watershed Plan, contact Sherri Buss at 772-7980 or Cliff Aichinger at 777-3665.

# Public Safety

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## Recreational Fires

On November 14, 1994, the Maplewood City Council passed an ordinance change regarding recreational fire permits. You may now have a recreational fire (an outdoor fire not contained in a City-approved incinerator) without obtaining a permit from the City of Maplewood. **You must still comply with the following regulations:**

- Fire is to be 3 feet or less in diameter and 2 feet or less in height.
- Fire is for pleasure, religious, ceremonial, cooking or similar purposes.
- Hours for burning are 2:00 p.m. until 11:00 p.m. (unless written permission for exception is received from the Director of Public Safety or Fire Marshal).
- Only charcoal, coal or clean, dry wood may be used for burning (no refuse, grass, leaves, yard waste or other combustibles).
- Fires are to be at least 20 feet from any building and are to be supervised at all times.

Violation of any of these regulations is a misdemeanor and may result in a citation being issued.

Common sense dictates that fires should not be started when conditions are too dry or too windy (over 15 m.p.h.). If you are in doubt about whether it is safe to burn, call 777-8191.

If you have any questions regarding these regulations, please contact the Fire Marshal's office at 770-4546.

## Don't Let Purse Theft Happen To You

Use these tips from the Seattle Police Department to keep your purse out of danger:

- Don't "wear" your handbag across your body (slung from left shoulder to right hip). Reason: If your bag is snatched and you can't get free of the straps, you may be dragged by the thief. Instead, wrap the straps around the bag and carry it tightly against your waist in the crook of your arm, like a football.
- While driving, keep your purse under the passenger seat. (If it's under the driver's seat, it can interfere with pedals.) Also, keep windows rolled up and doors locked.
- Carry your house keys in a pocket or pin them to your underclothing. Keep house and car keys separate so if a thief gets one, he won't automatically get the other.
- Never leave your purse in a shopping cart, hanging on the back of a chair or on the floor beside you. In public, keep it on your lap; at work, stow it in a locked drawer.
- Use a handbag that closes securely, and don't overfill it.
- Finally, photocopy all of your credit cards and other pieces of ID onto one sheet of paper and keep it in a secure place, such as a safety deposit box, in case your handbag disappears.

## The Quiet Killer

Each year thousands of people are exposed to the threat of carbon monoxide poisoning. Don't be one of them. Keep your residence safe from this deadly gas.

Carbon monoxide is called the "Quiet Killer" because it is often difficult to detect. It is a toxic gas that has no color, odor or taste. It's formed when fuels like gasoline, natural gas, coal, wood, oil, propane, etc., burn without proper ventilation. Plugged chimneys or furnace flues, rusted-out vent pipes, burning charcoal inside or idling the car in the garage are all causes of carbon monoxide in your home. Carbon monoxide poisoning often has flu-like symptoms without the runny nose or cough. Watch for these warning signs: If all family members are affected by headaches, vomiting or nausea, dizziness, weakness or tightness of the chest, carbon monoxide may be the culprit.

Keep your home carbon monoxide free:

- Provide a good supply of combustion air to all gas appliances.
- Vent furnaces, space heaters and water heaters to the outside.
- Inspect heating equipment each winter.
- Make sure all chimneys and vents are open and clean of debris.
- Don't burn charcoal in the house.
- Don't heat your house by leaving the oven door open. It's dangerous and can shorten the life of your appliance.
- Don't sit in a parked car with the engine running and don't run a car engine in the garage because CO can escape from the garage into the house.

# Community Development

## Maplewood Curbside Recycling

### Materials To Recycle

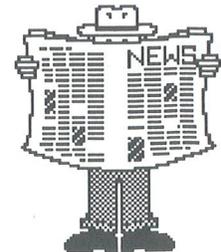
- **Paper**  
Newspaper  
Junk Mail (no glossy paper)  
Envelopes (without plastic window)  
Magazines (bundle or put in paper bags)  
Corrugated cardboard (cut in 2' x 2' sections)
- **Glass**  
Bottles and Jars  
Clear - Brown - Green (must be sorted by color)
- **Metal**  
All beverage cans  
All food cans
- **Ferrous metal**  
All metal cut in 2 x 2 sections
- **Drain Oil**  
Must be in a one-gallon sealed non-breakable container
- **Batteries**  
Button batteries  
Auto Batteries
- **Plastic Bottles**  
Liquor bottles, milk bottles  
Soft drink bottles and soap bottles  
(No caps or rings and rinsed)  
#1 Plastic bottles, #2 Plastic with seams



### How To Prepare Materials

#### Paper & Corrugated

Put newspaper, non-glossy paper and envelopes in paper grocery bags or cardboard boxes that can be put into trunk and recycled. Corrugated must be bundled and tied no larger than 20 pounds.



#### Metal -

Rinse cans and remove labels. Place in paper bags or cardboard boxes.

#### Glass -

Remove lids and metal rings, rinse and sort by color; Clear, Brown, Green. Place unbroken glass in paper bags or cardboard boxes.

### Where To Place Recyclables

Recyclables will be picked up on the same day as your normal refuse collection. All recyclables will be picked up at curbside.

Materials must be on the curb by 6:30 a.m. Following a holiday recyclables will be picked up one day late for the rest of the week.



### Materials That Cannot Be Recycled

Pop, Wine and Beer Carriers  
Glossy paper  
Telephone books  
Windowpane glass  
Glass dishes  
Paper milk containers  
Building materials  
Questions: 770-4500  
Missed Pickup: 459-6377

### Questions?

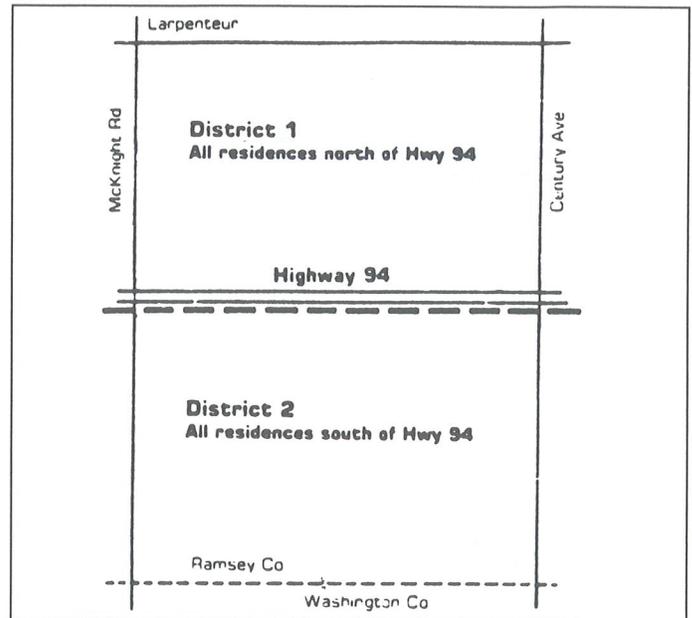
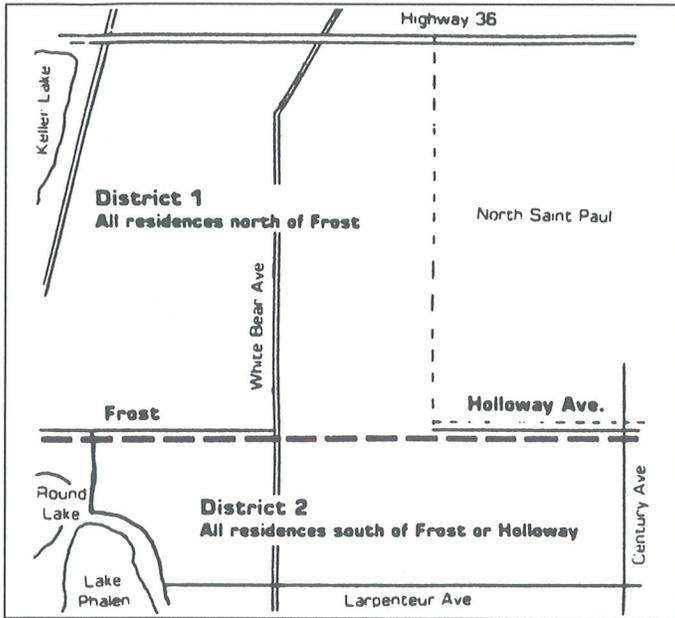
Recycling questions please contact Maplewood Community Development Department at 770-4560.



# Maplewood Curbside Recycling

Your recycling pickup day is:  
**MONDAY**  
 Districts 1 and 2 service will be continuous every other Monday.

Your recycling pickup day is:  
**TUESDAY**  
 Districts 1 and 2 service will be continuous every other Tuesday.



## 1995

## 1995

District 1		District 2	
January	09-23	January	02-16-30
February	06-20	February	13-27
March	06-20	March	13-27
April	03-17	April	10-24
May	01-15-30*	May	08-22
June	12-26	June	05-19
July	10-24	July	03-17-31
August	07-21	August	14-28
September	05*-18	September	11-25
October	02-16-30	October	09-23
November	13-27	November	06-20
December	11-26*	December	04-18

District 1		District 2	
January	10-24	January	03-17-31
February	07-21	February	14-28
March	07-21	March	14-28
April	04-18	April	11-25
May	02-16-31*	May	09-23
June	13-27	June	06-20
July	11-25	July	05*-18
August	08-22	August	01-15-29
September	06*-19	September	12-26
October	03-17-31	October	10-24
November	14-18	November	07-21
December	12-27*	December	05-19

\*Date shown is one day late for holiday

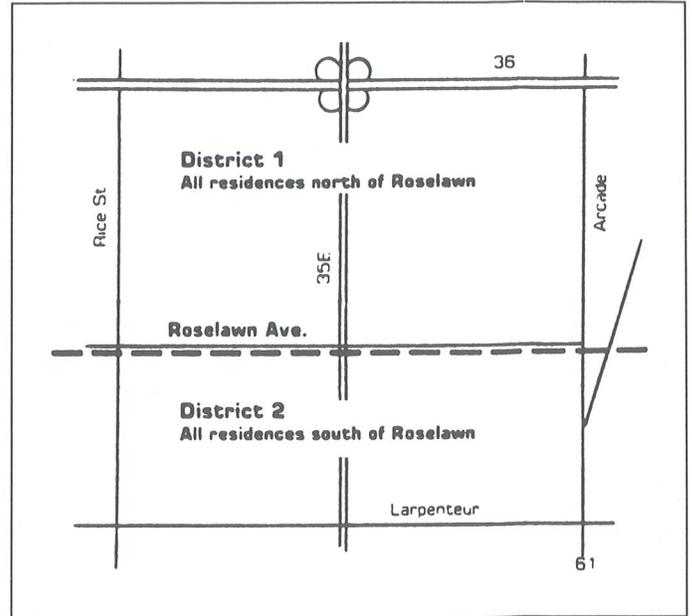
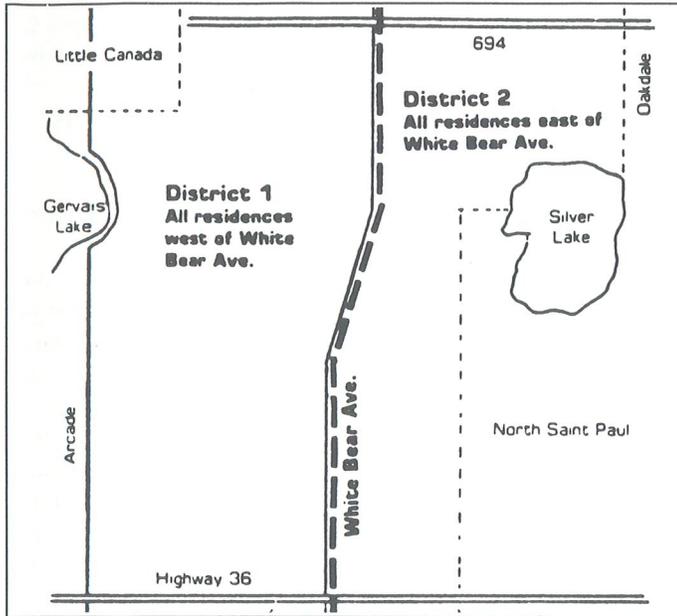
\*Date shown is one day late for holiday



# Maplewood Curbside Recycling

Your recycling pickup day is:  
**WEDNESDAY**  
 Districts 1 and 2 service will be  
 continuous every other Wednesday.

Your recycling pickup day is:  
**THURSDAY**  
 Districts 1 and 2 service will be  
 continuous every other Thursday.



## 1995

## 1995

### District 1

### District 2

January	11-25	January	04-18
February	08-22	February	01-15
March	08-22	March	01-15-29
April	05-19	April	12-26
May	03-17	May	10-24
June	01*-14-28	June	07-21
July	12-26	July	06*-19
August	09-23	August	02-16-30
September	07*-20	September	13-27
October	04-18	October	11-25
November	01-15-29	November	08-22
December	13-28*	December	06-20

### District 1

### District 2

January	12-26	January	05-19
February	09-23	February	02-16
March	09-23	March	02-16-30
April	06-20	April	13-27
May	04-18	May	11-25
June	02*-15-29	June	08-22
July	13-27	July	07*-20
August	10-24	August	03-17-31
September	08*-21	September	14-28
October	05-19	October	12-26
November	02-16-30	November	09-24*
December	14-29*	December	07-21

\*Date shown is one day late for holiday

\*Date shown is one day late for holiday

# Emergency Management

## Household Chemical Labels

### Why read labels?

Household chemical product labels contain valuable consumer information, ranging from the product brand name to instructions for use.

It's important to read all of a label before buying and using a product. By doing so, you'll be able to buy the right product for your project and you'll know what safety precautions to take while using the product.

By understanding the information on labels, you'll also be able to choose the least-hazardous household chemical, both for your safety and for the environment.

### What information can I find on labels?

To protect consumers, federal laws require household chemical labels to contain certain information. Any household chemical which contains a hazardous ingredient must be labeled with:

- ◆ signal words: Caution, Warning, Danger or Poison
- ◆ description of the major hazards
- ◆ the common or chemical name of the hazardous substances
- ◆ safety instructions
- ◆ instructions for special handling or storage
- ◆ first aid instructions, when needed
- ◆ the warning: "Keep out of the reach of children"
- ◆ the manufacturer's name and place of business

Labels of weed killers, insect killers and other pesticides must contain more information, including a description of environmental hazards.

### Signal Words

The signal words - *caution, warning, danger or poison* - give you a quick and easy way to judge how safe a product is. Each signal word has a specific meaning

in the laws. Product labels must display the signal word that matches the product's safety level.

Remember, signal words are found on labels of new products. Older products in your home may not contain signal words.

#### Signal Words: What they Mean

POISON	= highly toxic
DANGER	= extremely flammable, corrosive or highly
WARNING	= moderate hazard
CAUTION	= mild/moderate hazard
NO SIGNAL WORD	= the product is not hazardous

### Major Hazards

Once you've found the signal word and identified a product's level of safety, look for the description of the major hazards. This will tell you the way in which you may be injured by the product.

**Toxic products** will include the words "harmful or fatal if swallowed", "vapor harmful" or "harmful if absorbed through the skin". These words alert you to possible poisoning by swallowing, inhaling or skin contact. **Products which can easily catch fire** will be labeled "extremely flammable", "flammable" or "combustible".

The words "contains petroleum distillates" may also be found on products that are a fire hazard. **Corrosive products** will be labeled with words such as "causes severe burns to skin".

### Additional information for your safety

The label also includes first-aid instructions, safety precautions to take while using a product and information on safe storage. Read the label. It's your safety at stake!

### How can I use label information?

By reading labels before you buy a product, you can make the best choice for your health, your family's health and the environment. Choosing the product that's safest to use is usually the safest environmental choice, too.

- ◆ Try using alternatives to hazardous household products.
- ◆ Don't buy a gallon when a quart will do. Economy sizes are never a bargain when you add in the cost of disposal.
- ◆ When buying a household chemical, look for signal words on the label. Buy products with no signal words — they aren't hazardous. If you must buy a product with a signal word on the label, choose one with *Caution*.
- ◆ Always keep all chemicals out of the reach of children.
- ◆ Always read and follow safety precautions on the label.
- ◆ Follow storage instructions carefully. By storing products correctly, they'll be usable for another project and won't become waste.
- ◆ Be ware of disposal instructions on labels. Some labels contain inaccurate disposal advice due to recently enacted legislation or regulations. It's best to check with the Ramsey County Solid Waste Office, Household Hazardous Waste at 633-9449 to be sure.

### What to do if you're injured by a chemical. . .

If you think you've been injured by skin contact, swallowing or breathing a household chemical, don't take chances! Call 911 Emergency and then contact Poison Center at 221-2113.

# Finance

## 1995 City Ambulance Rates

Ambulance rates have been increased effective January 1, 1995 to provide the anticipated revenue in the 1995 Budget and to make our rates comparable to those charged by other providers. Ambulance rates have been increased annually over the past several years. Since the rate increases have exceeded the inflation rate, the property tax subsidy for paramedic services has decreased as follows:

	1993 <u>Actual</u>	1994 <u>Re-Est</u>	1995 <u>Budget</u>
Estimated cost of paramedic services:			
General Fund	\$479,300	\$570,990	\$569,810
Capital Improvement Fund	73,333	0	0
Less ambulance charges	<u>-409,251</u>	<u>-417,300</u>	<u>-458,000</u>
Property tax subsidy	143,382	153,690	111,810
Subsidy percent	25.9%	26.9%	19.6%

It should be noted that the cost of paramedic services listed above excludes indirect costs such as administration and billing costs.

Past rate increases have been based upon the average charged by other providers. During preparation of the 1995 Budget, a survey was conducted of rates charged by other providers in the area. According to the survey information, Maplewood ambulance rates in 1994 (excluding mileage charges) were less than those charged by other providers. To decrease the property tax subsidy for paramedic services and to make Maplewood rates comparable to those charged by other providers, Maplewood ambulance rates were increased to the average amount charged by other providers. This decreased the property tax subsidy for paramedic services to 19.6%.

The following is a comparison of 1994 and 1995 ambulance rates:

	<u>1994</u>	<u>1995</u>
<u>Basic live support:</u>		
Resident	\$225	\$240
Non-resident	250	265
<u>Advanced life support:</u>		
Resident	430	465
Non-resident	475	510
Charge per mile	7.10	7.10

The rates for 1995 will still be less than other providers. This is because the 1995 rates are based on the average rates charged by other providers in 1994 and it's anticipated that the other providers will increase their rates for 1995. Also, Maplewood does not charge for special services and supplies like other providers.

# Parks and Recreation

## Maplewood Nature Center Programs



Maplewood Nature Center is Located at 2659 East 7th Street,  
Maplewood, Minnesota 55119 Phone Number: 738-9383

### Interpretive Building Hours

Monday through Saturday 8:30 a.m. - 4:30 p.m.

### Trail Open Every Day

1/2 Hour Before Sunrise to 1/2 Hour After Sunset

### Building Closed:

January 11

Martin Luther King Day

## Nature Center Programs and Events

Maplewood Nature Center complies with A.D.A. requirements. Please inform us of any special needs so that we can more fully accommodate you.

### Meet the Animals

**Saturday, January 7, 10-11:00 a.m.**

Meet our Box Turtle, Rabbit, Snakes and Tiger Salamander. Watch as they munch their lunch. **For youth all ages.**

**FREE** Call 738-9383 for reservations

### Family Snowshoeing

**Saturday, January 14, 1:30-3:00 p.m.**

Travel the snowy trails on snowshoes. A short lesson will enable you to enjoy this sport. In case of poor snow conditions, we will hike instead. **For adults & children ages 4+.**

**Fee: \$2/person** Prepay by Jan. 12

### FULL MOON WALKS

Full Moon Walks are celebrated each month at four local nature centers: Maplewood, Harriet Alexander, Tamarack and Wargo Nature Centers. Attend one walk at each of the four nature centers and be eligible to purchase a commemorative enamel pin depicting the full moon. Each program includes a short indoor activity, 45 minute hike, and a beverage (bring a mug!). Please call the individual nature centers for more information.

### By the Light of the "Wolf Moon"

**Tuesday, January 17, 7-8:30 p.m.**

Coyotes are wolves' cousins and they live in our suburbs! Learn a coyote legend, then hike or snowshoe the trails under the full moon. Hot beverage provided. **For families & adults, kids 7+**

**Fee: \$2/person or \$5/family**



Prepay by Jan. 14

### Harriet Alexander Nature Center

Tuesday, January 17, 6:00-7:30 p.m. 482-8266

### Tamarack Nature Center

Monday, January 15, 6:30-8 p.m. 429-7787

### Wargo Nature Center

Monday, January 16, 6:30 p.m. 429-8007

### Snowshoeing for Preschoolers

**Saturday, January 28, 1:30-3:00 p.m.**

Your preschooler will love the opportunity to snowshoe alongside a parent on our snowy trails. A brief lesson is all that's required. **For children 3-5, accompanied by adult**

**Fee: \$2/child**

Prepay by Jan. 26

### Family Snowshoe Hike

**Saturday, February 4, 9:30-11:00 a.m.**

Travel the snowy trails on snowshoes. A short lesson will enable you to enjoy this sport. In case of poor snow conditions, we will hike instead. **For adults & kids 4+.**

**Fee: \$2/person**

Prepay by Feb. 2

### Ellesmere Island and the Arctic Wolf

**Monday, February 6, 7-8:00 p.m.**

Take an interpretive armchair tour of the high Arctic with editor/writer Jay Hutchinson. View slides of the Arctic Wolf, wildflowers and Arctic scenes. Learn about the natural history of the Arctic wolf. See a close-up video of the wolves in their den with their pups. **For adults & children 10+.**

**Fee: \$2/person**

Prepay by Feb. 3

# Birthdays



## Birthday Parties

Celebrate your child's birthday at Maplewood Nature Center. Winter themes include our live animals, snowshoeing and animal tracking. Call for more information at 738-9383.

## Parks & Recreation Programs - Maplewood Community Center

### Community Center Schedule

**2100 White Bear Avenue**

(Schedules Subject to Change)

#### Building Hours:

Monday-Friday 6:00 a.m.-10 p.m.

Saturday & Sunday 8:30 a.m.-9 p.m.

#### Holiday Hours:

New Years Eve 8:30 a.m.-6:00 p.m.

New Years Day Noon-9:00 p.m.

#### Customer Service Counter

##### Hours:

Monday - Friday 8:00 a.m.-8 p.m.

Saturday 8:30 a.m.-6 p.m.

Sunday 11:00 a.m.-6 p.m.

All Maplewood Parks and Recreation program registrations will be done at the Community Center Customer Service Counter located on the upper level.

**779-3555**

## 1994/95 ICE RINKS

### Hockey Rinks

#### Hours:

Monday-Friday	5-8:00 p.m.	Decmeber 25	Closed
Saturday	1-7:00 p.m.	December 31	1-4:00 p.m.
Sunday	1-5:00 p.m.	January 1	1-5:00 p.m.
Winter Break	1-8:00 p.m.	January 16	1-8:00 p.m.
December 24	Closed		



Afton Heights	63 North Sterling (Sterling & James)	731-9811
Edgerton	2001 Bradley	776-9147
Four Seasons	1685 Gervais (Gervais & Kennard)	777-9937
Gethsemane Park	2410 Stillwater (Stillwater & Bartelmy)	731-9830
Wakefield Park	1590 Frost Avenue	777-9838

### Pleasure Rinks

Geranium	2568 Geranium Street
Harvest	2561 Barclay (Barclay & Brooks)
Kohlman	1000 County Road C (Cypress & County Rd C)
Maplecrest	2101 Arcade (Eldridge & Arcade)
Maplewood Heights	2071 Beam (Frederick & Beam)
Pleasantview	1100 Marnie (Southcrest & Marnie)
Vista Hills	2480 Mailand Road (Mailand & Sterling)
Western Hills	1750 Adolphus

# AFTER SCHOOL ACTIVITIES

## Swim & Gym at the Maplewood Community Center (grades 3-6)

Spend the day with the Recreation Department at the Maplewood Community Center. You will enjoy the water slide, swimming in the indoor pools, playing basketball, volleyball and much more! Transportation will be provided from the school to the Community Center. Participants need to bring a swim suit, towel, and gym clothes to class every day, and will need to be picked up at the Community Center following the program. **Class limit is 24. Fee: \$22.50**

<i>Sessions</i>	<i>(6 weeks - Begins January 30)</i>	
Beaver Lake Gym	Mondays	3:30-5:00 p.m.
Carver Gym	Tuesdays	3:00-4:30 p.m.
Edgerton Gym	Wednesdays	3:30-5:00 p.m.
Weaver Gym	Thursdays	3:30-5:00 p.m.

## Volleyball (grades 3-6)

Bring your friends and learn the basic skills of volleyball while exercising and having fun! Emphasis will be placed on learning the fundamentals of eye-hand coordination, positions, serving, spiking, scoring, good sportsmanship and teamwork. **Class limit is 16. Fee: \$18**

<i>Sessions</i>	<i>(6 weeks - Begins January 30)</i>	
Edgerton Gym	Mondays	3:30-4:30 p.m.
Weaver Gym	Tuesdays	3:30-4:30 p.m.
Beaver Lake Gym	Wednesdays	3:30-4:30 p.m.

## Make & Take Crafts

Expand your artistic knowledge and experience a wide variety of art projects each week at the Maplewood Community Center. Learn how to design and create beautiful pieces of art yourself. Fee includes materials, except for "Winter Shirt Design class (bring a t-shirt or sweatshirt to class). **Class limit is 20.**

<u>Class</u>	<u>Grade</u>	<u>Date</u>
Wreaths	K-3	January 5
Clay Jewelry	3-6	January 12
Indian Bead Jewelry	6-8	January 19
Dream Catchers	K-3	January 26
Winter Shirt Designs*	1-3	February 2
Lanyard Creations	6-8	February 9
Custom Greeting Cards	K-3	February 16
Decorative Candles	3-6	February 23

**Where:** Maplewood Community Center, Craft Room  
**When:** Thursdays, 6:30-8:00 p.m.  
**Fee:** \$12/member (per class)  
 \$14/resident (per class)  
 \$16/non-resident (per class)

## Nerf Sports (grades K-2)

Experience football, soccer and floor hockey indoors! Game skills and fundamentals for each sport will be taught with an emphasis on coordination, positions, rules, good sportsmanship and teamwork. **Class limit is 16. Fee: \$18**

<i>Sessions</i>	<i>(6 weeks - Begins January 30)</i>	
Weaver Gym	Mondays	3:30-4:30 p.m.
Beaver Lake Gym	Tuesdays	3:30-4:30 p.m.
Carver Gym	Wednesdays	3:00-4:00 p.m.
Edgerton Gym	Thursdays	3:30-4:30 p.m.

## Winter Crafts (grades K-2)

Create a variety of winter craft projects using paint, craft sticks, ceramics, fabrics and more! Develop your artistic ability and make a different craft project each week. **Class limit is 12. Fee: \$18**

<i>Sessions</i>	<i>(6 weeks - Begins January 30)</i>	
Edgerton Gym	Tuesdays	3:30-4:30 p.m.
Weaver Gym	Wednesdays	3:30-4:30 p.m.
Beaver Lake Gym	Thursdays	3:30-4:30 p.m.

## Announcing . . .

### Kids Just Wanna Have Fun

A park and recreation supervised play program for children ages 6-12 years of age, where parents do not need to remain in the building. The children will be supervised at a 10:1 ratio and will be able to utilize the facility as you would. Your children will enjoy facilitated activities in the gym, pool and craft room. You will be able to enjoy a work out or have your children brought in after school. Registration is available both in advance as well at the admissions counter. However, is required in advance of services.

Program hours are from 3-8:00 p.m., Monday - Friday. Beginning the first of the year.

Rates: Daily admission fee plus, either hourly or weekly program fee.

	<u>Admission Fee</u>	<u>Hourly + Program Fee</u>	<u>or Weekly Fee</u>
Members	No Fee	\$2.50	\$50
Residents	\$2.25	\$3.00	\$65
Non-Residents	\$3.25	\$3.50	\$75

\*\* If you would like dinner provided for your child please include an additional \$2 per child for: Hot Dog, chips and beverage. Dinner is at 6:00 p.m.

\*\*\* Transportation to the community center must be arranged by parents separately. Kids Around Town is a local transportation company that is willing to offer discounts for groups of children from locations that are currently on their bussing schedule or if the time of the run will fit into their schedule. Kids Around Town is also prepared to transport children from school to the Community Center and then home. Barbara Ruprecht is the owner and the telephone number is 738-4878.

# GYMNASTICS

## Tiny Tot Tumbling (4 & 5 year olds)

by Tania Chase

Spend an afternoon strengthening muscles, improving agility, developing coordination, and having fun! Emphasis will be placed on learning the fundamentals of movement, eye-hand and eye-foot coordination, improving body awareness, motor skills, balance, listening skills, and good sportsmanship. It is recommended that each participant tie long hair back to lessen the risk of injury. *Class limit is 14.*

**Where:** Maplewood Community Center, Gymnasium  
**When:** Saturdays, January 21 - February 25 (6 weeks)  
9:00-9:45 a.m.  
**Fee:** \$21/Member \$24/Resident \$26/Non-resident

## Gymnastics I (6-8 year olds)

by Tania Chase

Experience basic gymnastic skills and learning the fundamentals of movement and coordination. Emphasis will be placed on forward rolls, backward rolls, back bends, head & hand stands, cartwheels, bridges, beam and floor routines. This is a pre-prerequisite class for Gymnastics II. Students showing sufficient progress will be advanced by the instructor. Please register for the correct ability level. The instructor has the right to move any participant to their correct ability level at any time. It is recommended that each participant tie long hair back to lessen the risk of injury. *Class limit is 24.*

**Where:** Maplewood Community Center, Gymnasium  
**When:** Saturdays, January 21 - February 25 (6 weeks)  
10:00-11:00 a.m.  
**Fee:** \$23/Member \$25/Resident \$27/Non-resident

## Gymnastics II (8-10 year olds)

by Tania Chase

Develop your gymnastic ability and become prepared to enter the gymnastic clubs! This program is geared toward the older student who would like to polish their beam and floor skills, or would like to increase their flexibility. Learn back walk-overs, round-offs, back hand springs, and advanced beam/floor techniques. Participants must have completed Gymnastics I, or be able to test out with the instructor. You may test out on the first day of class. It is recommended that each participant tie long hair back to lessen the risk of injury. *Class limit is 18.*

**Where:** Maplewood Community Center, Gymnasium  
**When:** Saturdays, January 21 - February 25 (6 weeks)  
11:15-12:15 p.m.  
**Fee:** \$23/Member \$25/Resident \$27/Non-resident

## Advanced Gymnastics (8-12 year olds)

by Tania Chase

This advanced class will place an emphasis on strength, flexibility, form, apparatus and advanced floor techniques. This is an advanced level of gymnastics, and the instructor has the right to move or place any registrant in this program to an appropriate level. *Class limit is 12.*

**Where:** Maplewood Middle School  
**When:** Tuesdays, February 28-April 11 (No class 3/14)  
6:30-8:00 p.m.  
**Fee:** \$30/Resident \$34.50/Non-resident

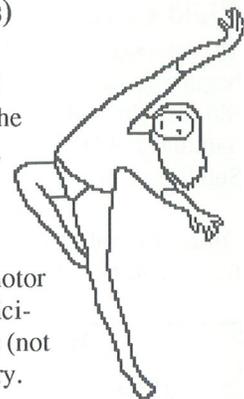
# BALLET & JAZZ

## Pre-Ballet & Jazz (4-5 year olds)

by Mandy Anzaldi

Experience the art of classical ballet and modern jazz. The class is designed for the beginner who has little to no experience, and would like to develop the fundamentals of movement and coordination required for both styles of dance. Focus will be on improving body awareness, motor skills, balance, and listening skills. Participants are required to wear ballet slippers (not tights or socks) to lessen the risk of injury. *Class limit is 10.*

**Where:** Maplewood Community Center  
**When:** Fridays, January 20-March 3  
5:30-6:15 p.m. (6 weeks)  
No class on February 24.  
**Fee:** \$21/Member \$24/Resident \$26/Non-resident



## Ballet & Jazz I (6-8 year olds)

by Mandy Anzaldi

Learn progressive classical ballet and modern jazz techniques. This class is designed for the intermediate level student. Focus will be on improving body awareness, motor skills, balance and beginning barre techniques required for both styles of dance. This class is a pre-requisite for Ballet & Jazz II. Students showing sufficient progress will be advanced, by the instructor. Participants are required to wear ballet slippers (not tights or socks) to lessen the risk of injury. *Class limit is 14.*

**Where:** Maplewood Community Center, Aerobics Room  
**When:** Fridays, January 20-March 3  
6:30-7:30 p.m. (6 weeks)  
No class on February 24.  
**Fee:** \$23/Member \$25/Resident \$27/Non-resident

## Ballet & Jazz II (8-12 year olds)

by Mandy Anzaldi

This class is geared toward an advanced level student who desires a higher level of ballet and jazz. Emphasis will be placed on classical ballet & jazz techniques, vocabulary, improving body awareness, and advanced barre. Participants must have completed Ballet & Jazz I, or be able to test out with the instructor. You may test out in the first class. Participants are required to wear ballet slippers (not tights or socks) to lessen the risk of injury. *Class limit is 12.*

**Where:** Maplewood Community Center, Aerobics Room  
**When:** Fridays, January 20-March 3  
7:45-8:45 p.m. (6 weeks)  
No class on February 24.  
**Fee:** \$23/Member \$25/Resident \$27/Non-resident

# PRE-SCHOOL PROGRAMS

## Child Care Room Change in hours!

The hours of the child care room will be slightly altered beginning January 1, 1995. The new hours are as follows:  
Monday through Friday, 9:00 a.m.-1:00 p.m. and 5 - 9:00 p.m.  
Saturdays, 9:00 a.m. - 1:00 p.m.  
Sundays, Closed

For further information about the child care room please feel free to call the Child Care Coordinator at 779-3554.

### Clip and Save this Coupon

you will be glad you did and so will your children

#### Maplewood Community Center Child Care Room Coupon

Good for One hour of child care for one child  
for member, resident or non-resident  
One coupon per visit. Copies not accepted.  
Valid through January 31, 1995

## Talk with the Animals

(Ages 2+)

Talk with the Animals is a program designed to introduce young children to all sorts of animals. Each session will be a step on the wild side. You will meet and be allowed to touch animals from all walks of life. From the slithering snake to the wolly lama you will learn about each animal, get a close up look and be able to touch and feel some of them. Age 2 - who ever is interested. Classes are 2/7, 2/14, 2/21 & 2/28 Tuesday evenings from 7-8:00 p.m. in the Craft Room  
Fee: \$18/Members \$22/Residents \$25/Non-Residents

## Español

### Spanish for the Preschooler

(Ages 3-5)

This Spanish class is specifically designed for the preschool age child. The children will start at the beginning and learn the language not only through repeat practice but also through games and songs. Anna Kelly has been teaching preschoolers Spanish for many years privately as well as to large child care chains. Class will be held in the lounge.

Session I 10-11:00 a.m. Fridays, February 10-April 28  
Session II 7-8:00 p.m. Wednesdays, February 8-April 26  
Fee: \$35/Members  
\$42/Residents  
\$48/Non-residents



## Travel's Galore

(Ages 3-5)

### Mondays, February 13-March 20

Travel's Galore is about imagination exploration and education of other nations, cultures and peoples. This program is an interactive program for the young designed around education travel through imagination exploration as well as tactile hands on propaganda for each exploration. There will be singing, games and experiences associated with each culture and will give young children insight and experiences to broaden their knowledge and perspective on the world.

Session I 10-11:00 a.m. in the Craft Room

Session II 7-8:00 p.m. in the Craft Room

Fee: \$30/Members  
\$36/Residents  
\$41/Non-Residents



## Come Play with Me: Art : Gym : Swim

(Ages 2-4)

### Thursdays February 17-March 24

Do you hear "Mom" or "Dad" "Come play with me?" Well here is the perfect opportunity to do so. Come Play With Me is a pre-planned play time with Mom or Dad and a child. The program is designed to provide families with alternative play activities that are fun, creative and diverse. Developmentally appropriate activities will be facilitated by an instructor and will offer parent and child alike the opportunity to get acquainted with other families in the community in a relaxed, challenging and talent sharing experience. Classes run February 17 through March 24. The fee includes one parent and one child.

Session I 10-11:00 a.m. in the Craft Room

Fee: \$18/Members  
\$20/Residents  
\$24/Non-residents

## Dancercise Kids

(Ages 3-6)

Introduction to fitness. Dancercise kids is a program designed to introduce the young to dance, fitness, and creative movement. Children will enjoy an environment filled with fun activities which will encourage and promote physical fitness through dance, movement and tumbling. The course will meet weekly in gym 2. Parents are invited to attend February 22 for a performance.

Wednesdays, January 4, 11, 18, 25 &  
February 1, 8, 15 & 22

Session I: 9:30-10:30 a.m. in Gym 2

Session II: 5:30-6:30 p.m. in Gym 2

Fee: \$35/Members  
\$42/Residents  
\$48/Non-residents

## Preschool Education program: "How About Me"

For 4-5 Year olds

January 2 - March 17 (10 weeks)

M-W-F 8:30-11:00 a.m.

There is no idle time in a child's world; and it is with this premise that we have developed a Park and Recreation Preschool Program. Our time is productive, educational, nurturing and FUN. Our philosophy about children is simple. Children need to explore and grow and we provide the perfect environment for growth. The methodology of our preschool program is a focus on age appropriate activities and stimuli for social, emotional, intellectual and physical growth and interaction. The Preschool Program will be a wonderful mixture of structured activities including morning groups to welcome students and start the day off singing and talking about the days of the week and the weather. As well as with large group play activities such as parachute play, dancing, music and art; as well as times when the children are guided in small group free play activities.

In addition to these concepts there will also be many other enrichment areas such as math, science, sound, manipulatives, a library and fun and educational games. If you are interested in registering and would like to guarantee your reservation stop in today. If you would like additional information on "How About Me" please contact the Park and Recreation Child Care Coordinator at 779-3554. Space is limited so call early, 10:1 ratio.

Fee: \$180/Members \$210/Residents \$255/Non-residents

## The Drama Kids

(For children in grades 1-5)

Acting for the amateur. This is a class designed to give children the opportunity to experience the involvement of a play production, acting, prop making and team work. The course is designed to strengthen confidence, self-esteem and accomplishment through team work. The course will meet weekly in the Banquet Room, Prop Night, rehearsal, and production will be held in the theater. Mondays, January 9, 16, 23, 30, & February 6, 13 & 20

Plus prop, rehearsal & productions nights  
February 22-24 6:30-8:00 p.m.

Fee: \$35/Members  
\$40/Residents  
\$48/Non-residents

## Under the Rainbow

(For children ages 3-6)

Preschool acting adventures. This course is an introduction to acting for preschool age children. Children will act out short skits based on familiar stories from Mother Goose. This course strengthens a child's confidence, self esteem, and introduces them to concepts involved in the team work necessary to put on a production. The course will meet weekly in the Banquet Room. Prop Night, rehearsal and production will be held in the theater.

Mondays, January 9, 16, 23, 30 & February 6, 13 & 20

Plus prop, rehearsal & productions nights  
February 22-24 5:30-6:30 p.m.

Fee: \$25/Members  
\$30/Residents  
\$35/Non-Residents

## Karate

(For children ages 4-6)

Preschool Karate will be taught by a national champion. This program is for the young preschooler interested in learning a sampling of the basic techniques and skills of the discipline. Karate is an art form which encourages self control and discipline. Classes run every Tuesday from January 10 through February 28. No class will be held February 21. (Children that are 3 will be admitted depending on maturity.)

Session I 9:00-10:00 a.m.

Session II 7:00-8:00 p.m.

Fee: \$15/Members  
\$18/Residents  
\$20/Non-Residents

## Family Affair

Family Affair is a monthly class offered to parents on various child rearing/family related topics. The class offering will occur monthly from 7-9 p.m. on or around the 19th of the month. The topics for this program will vary; see partial schedule below. We are utilizing professionals in the industry to offer top quality programs critical to families in today's society.

Along with the Parent Awareness program we are offering child care at a discounted rate. We will provide supervised play times for 2-9 year olds at \$2 /hour, while infants through 2 will utilize the child care room at \$2.50 and \$2 respectively. Classes will be held in Conference Rooms A & B.

Thursday, January 19	Family Dynamics/Self Esteem Susan Wick	7-9:00 p.m.
Thursday, February 16	Drug Awareness/Roots & Wings Bonnie Hermann	7-9:00 p.m.
Thursday, March 16	The Juggling Act-For Single Parents Susan Wick	7-9:00 p.m.
Thursday, April 20	Time Out Uses & Abuses Bonnie Hermann	7-9:00 p.m.
Thursday, May 18	Child Safety Susan Wick	7-9:00 p.m.
Thursday, June 22	Power Struggles with Teens Bonnie Hermann	7-9:00 p.m.

<u>Individual</u>	<u>Choose 3</u>	<u>Entire Series</u>
\$15 Member	\$40	\$80
\$18 Resident	\$48	\$98
\$20 Non-Resident	\$55	\$110
<u>Couples</u>		
\$25 Member	\$70	\$140
\$30 Resident	\$85	\$176
\$35 Non-Resident	\$100	\$200

# AEROBICS

It is now even easier to take our Aerobics classes! Beginning January 2, 1995, all aerobic class will run continuously through the whole year. You just come to the Customer Service counter on the 2nd level and buy a punch card. Punch cards are valid for one month and can be bought in groups of 5, 10, or 15 classes. And we also have some great new classes starting in January as well, so come on in and give it a try! Class sizes are limited to 30 people. Prices are as follows:

5 class punch card	\$15/Members, \$18/Resident, \$20/Non-Resident
10 class punch card	\$30/Members, \$36/Resident, \$40.50/Non-Resident
15 class punch card	\$45/Members, \$54/Resident, \$60/Non-Resident

Special introductory rate: \*sign up in January and receive 2 punch cards of equal value for the price of 1! This offer is not valid on the drop-in rate.

## Water Aerobics

### Silver Splashers

Learn to use the water for your benefit at your speed. The water is a wonderful medium to use for your workout because it is gentle on your muscles and joints. This class is great for people who like a lower intensity workout. You do not need to be a swimmer to enjoy these classes!

### "H2O"robics

Come and exercise in the refreshing buoyancy of water. Water aerobics is a safe way to get a great work-out. You do not need to be a good swimmer. This class will be introducing the water step for short intervals. Try it today!

## Land Aerobics

### Step Into Fitness (SIF)

Step into fitness by joining us for our step aerobics class. The step class is a fun and energetic workout. The class is easy to follow, requiring no fancy dance moves, and is a great workout that can be modified to any level from beginners to advanced. The class includes stretching, cardiovascular work and a strengthening and toning segment.

### Controlled Impact Aerobics (CIA)

Keep your feet close to the ground and keep fit. Our controlled impact aerobics classes are excellent work-outs with safety and fun as our goal. A person with any level of fitness will enjoy this class. The class includes stretching, cardiovascular work and a strengthening and toning segment.

Maplewood Community Center  
2100 White Bear Avenue

**Bring in this coupon to sign up for an  
Aerobics Punch Card  
and receive 2 punch cards  
for the price of 1!**

Good only for the month of January 1995!  
Redeemable at the Customer Service Counter.  
No Copies Please!

### Silver Swingers

This class is geared toward the fitness needs of seniors. The therapeutic training will concentrate on flexibility, strengthening, and some cardiovascular training.

### Teen Bob Shop

This combined step and controlled impact class is geared to the teen scene. Music and moves will be fun and easy to follow and accommodate the "growing" needs of teens. For teens ages 13-18 years old.

### Combined Step & Controlled Impact

This class is excellent for those people who like variety in their workout. The class will offer 15 minutes of step and 15 minutes of controlled impact aerobics as well as strengthening and toning. Any fitness level is welcome.

### Sports Fitness Class

(75 minutes in length)

Looking for a challenge? This is the class for you! The class will have 20 minutes of step, 20 minutes of controlled impact, 20 minutes of toning, and 10 minutes of stretching and relaxation. This class is for the intermediate to advanced participant. (75 minutes in length)



## Aerobics Schedule

### Morning Aerobics Classes

Time	Day	Class
6:15-7:05 a.m.	M,W,F	SIF, SIF, SIF
8:00-9:00 a.m.	M,W	Silver Swinger
9:30-10:30 a.m.	M,W,F	"H20"robics
10:00-11:00 a.m.	T,Th	SIF, SIF
10:00-11:00 a.m.	W, F	CIA, CIA

### Afternoon and Evening Aerobics

12:00-12:50 p.m.	M,W,F	Combined
2:00-3:00 p.m.	T,Th	Silver Splasher
5:30-6:30 p.m.	M,W,F	SIF, CIA, SIF
6:30-7:30 p.m.	M,W	"H20"robics
7:00-8:15 p.m.	T,Th	Sports Fitness
7:00-8:00 p.m.	M,W	Teen Bop Shop

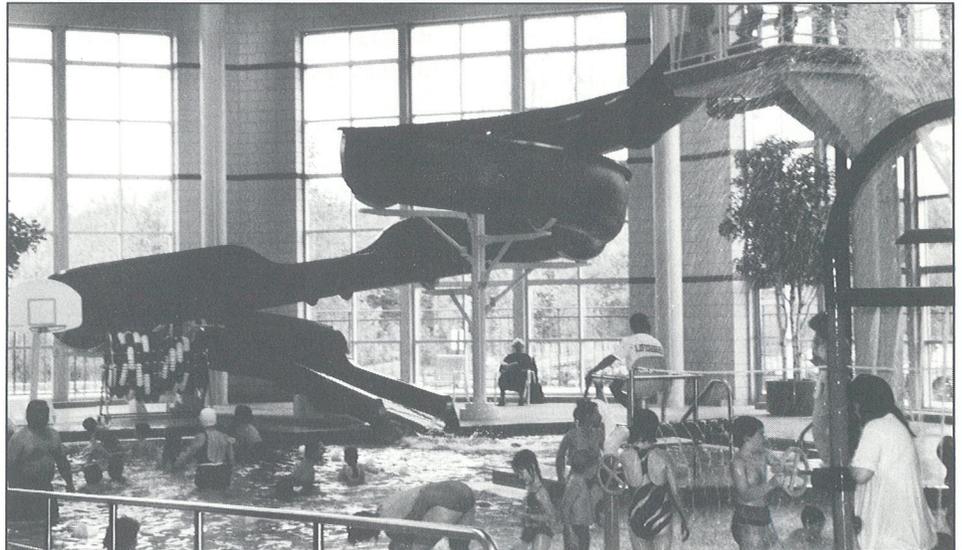
### Weekend Aerobics Classes:

10:00-11:00 a.m.	Sa	SIF
4:00-5:00 p.m.	Su	Combined

If you are extra busy, our drop-in classes are just for you! Try using our drop-in aerobics schedule. Just stop in when you have time for any of the classes listed above. Pay the daily drop-in fee for aerobics and you are ready, set, step!! Please pay for your drop-in fees at the admissions counter, located on the 1st level.

Fee:	\$3.00	Member
	\$3.50	Resident
	\$4.00	Non-Resident

## AQUATICS



### Pool Schedule

Lap Pool:	Monday - Friday Saturday Sunday	Lap Swimming	6:15 a.m. to 10:00 p.m. Noon. to 9:00 p.m.
Leisure Pool	Monday - Friday Saturday Sunday	Open Swim	9:00 a.m. to 9:00 p.m. 8:00 a.m. to 10:00 p.m. Noon to 9:00 p.m.
Waterslide	Monday - Friday Saturday Sunday	150 foot waterslide	9:00 a.m. to 9:00 p.m. 3:30 p.m. to 10:00 p.m. Noon to 9:00 p.m.
Spa	Monday - Friday Saturday Sunday	Hot Water Spa	9:00 a.m. to 9:00 p.m. 6:15 a.m. to 10:00 p.m. Noon. to 9:00 p.m.
Senior Swim	Monday - Friday	Lap Pool	9:00 a.m. to 9:00 p.m. 8:00 a.m. to 10:30 a.m.

### Pool Usage During Swim Lessons:

In an effort to provide the highest quality instructional swimming lesson program, the Maplewood Community Center finds it necessary to limit pool usage during the lesson program. Recreational pool usage will open at Noon on Saturdays. We apologize for any inconvenience and thank you for your understanding and cooperation.

### Private Lessons Available

If you have special needs or would like the personalized instruction that private lessons affords - we can Help!!! Please contact our Aquatics Coordinator at 779-3563.

## Class Descriptions:

### Infant/Watertoddler 9 to 36 Months

Children and adults participate together. Children will learn basic skills and safety from a familiar adult with guidance from an instructor.

### Pre-School I - 3 to 5 years

Entry level class for the child who is uncomfortable in the water and will not put their face in the water.

### Pre-School II

Designed for the child who is uncomfortable in the water and has not mastered floating.

### Pre-School III

Designed for children with high level of comfort and confidence in the water. Should be able to perform basic skills.

### Level I - Water Exploration

Entry level for children 6 years and older. No previous experience or skill necessary for this class.

### Level II - Primary Skills

Children who have successfully completed level I. Students in this level will build up to the basic skills for level I.

### Level III - Stroke Readiness

This class emphasizes endurance and improving their stroke proficiency.

### Level IV - Stroke Development

Swimmers with a level III or equivalent skills will focus on refining their strokes.

### Level V - Stroke Refinement

Refined coordination and improved endurance are the key emphasis here.

## Winter Swimming Lessons

The Maplewood Community Center will be offering lessons on Saturdays mornings this winter starting January 7 to February 25. Lessons will run 30 minutes in length for infant and pre-school and 45 minutes in length for youth. The Community Center staff finds it necessary to limit pool usage during swim lessons. The pool will open to recreational usage at noon on Saturday's.

<u>Level</u>	<u>Class</u>	<u>Time</u>	<u>Limit</u>	<u>Mem</u>	<u>Res</u>	<u>Non-Res</u>
	Infant/Watertoddler	9:00-9:30 a.m.				
	Pre-School One	9:00-9:30 a.m.	10	\$20	\$24	\$27
	Pre-School Two	9:00-9:30 a.m.	10	\$20	\$24	\$27
	Pre-School Three	9:00-9:30 a.m.	10	\$20	\$24	\$27
I	Water Exploration	9:45-10:30 a.m.	10	\$25	\$30	\$33
II	Primary Skills	9:45-10:30 a.m.	10	\$25	\$30	\$33
III	Stroke Readiness	9:45-10:30 a.m.	10	\$25	\$30	\$33
IV	Stroke Development	9:45-10:30 a.m.	10	\$25	\$30	\$33
V	Skill Development	9:45-10:30 a.m.	10	\$25	\$30	\$33
I	Water Exploration	10:30-11:15 a.m.	10	\$25	\$30	\$33
II	Primary Skills	10:30-11:15 a.m.	10	\$25	\$30	\$33
III	Stroke Readiness	10:30-11:15 a.m.	10	\$25	\$30	\$33
IV	Stroke Development	10:30-11:15 a.m.	10	\$25	\$30	\$33
V	Skill Development	10:30-11:15 a.m.	10	\$25	\$30	\$33
	Infant/Watertoddler	11:30-Noon				
	Pre-School One	11:30-Noon	10	\$20	\$24	\$27
	Pre-School Two	11:30-Noon	10	\$20	\$24	\$27
	Pre-School Three	11:30-Noon	10	\$20	\$24	\$27

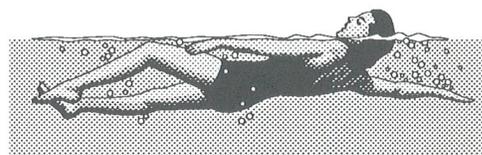
## Volunteers Make a World of Difference!

The City of Maplewood invites you to become a valuable resource in the Community Center. There are many ways you can help and meet new people at the same time. Some of the ways you can become involved are:

- \* Greet the public at the entrances
- \* Give directions to people using the Community Center
- \* Lead tours through the Center
- \* Be an usher in the auditorium
- \* Spend time in the Child Care room
- \* Working in other areas of the Community Center based on where your interests are.

There are also many ways that you will benefit by giving of your time. You will meet new people and develop new friendships. You will have a sense of commitment towards your community.

Volunteers are recognized frequently for their contributions. If you are interested please call our coordinator at 779-3554



# RACQUETBALL/WALLYBALL

## Court Policy and Fees

1. Racquetball courts may be reserved three (3) days in advance by members and two (2) days in advance by non-members. All reservations are one(1) hour in length. Reservation will be taken daily between 9:00 a.m. and closing, by phone or in person. One reservation per day per party. Back-to-back play will be allowed if the court is available (open) after users complete their scheduled time. The second court time must be paid for prior to use.
2. When making a court reservation, be prepared to provide your name phone number, and membership number. For racquetball only, please provide the name of playing partner.
3. All court time must be paid for prior to an individual or group taking the court.
4. Any person who has already participated with another person or group may not reserve a second court time on the same day.
5. When the hour is completed, the players must leave the court. See item #1 regarding open courts.
6. Tennis shoes must be worn at all times. No bare feet, street shoes, or black soled shoes that leave marks. Eye protection is recommended for racquetball players.
7. No smoking, food or drinks allowed on the courts.
8. Wallyball players are responsible for putting up and taking down their own equipment. Equipment is available at the Customer Service Counter.

## Court Fees:

Racquetball  
(per court/per hour/per person)

**Fees:** \$2/Member  
\$5/Resident  
\$6/Non-resident

Wallyball  
(per court/per hour/per group)

**Fees:** \$10/Member  
\$10/Resident  
\$12/Non-resident

## Racquetball Challenge Ladder

Beginning in January, a CHALLENGE LADDER will be held on Saturday mornings from 8:30 a.m. to 12 noon.

The Ladder is open to all challengers. All you need is the energy and the desire to be the CHALLENGE LADDER CHAMPION!

Maplewood Community Center - Court 1

**Fees:** Member \$2.00/Saturday  
Resident \$5.00/Saturday  
Non-resident \$6.00/Saturday

## Racquetball Partners

Are you looking for a racquetball partner? Well look no further!!! Sign up and your name will be available to others who are also looking for racquetball partners. The sign-up list is located at the lower customer service counter. This is a free service to all customers of the Maplewood Community Center.

## Racquetball Lessons

### Beginner

Thursdays, January 26 - March 2

The ricocheting action of racquetball is here! Learn the basics of the game and meet new friends. This introductory course is designed for individuals who have never played the game but would like to learn. All required equipment is provided. Class size: Minimum - 5, Maximum - 12.

Community Center Courts 1 & 2

**Session I:** 7:00 p.m.

**Session II:** 9:00 p.m.

**Fees:** \$22/Member  
\$26/Resident  
\$30Non-resident

### Intermediate

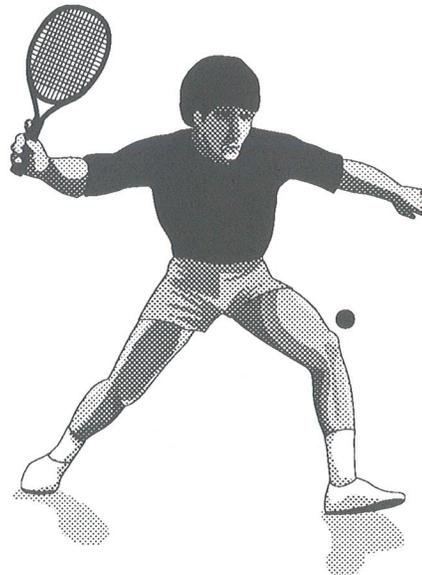
Thursdays, January 26 - March 2

Continue to develop your racquetball skills and knowledge while having fun. This class is designed for individuals who have completed the Beginner course and would like to improve their game. Class size: Minimum - 5, Maximum - 12.

Community Center Courts 1 & 2

**Session I:** 8:00 p.m.

**Fees:** \$22/Member  
\$26/Resident  
\$30/Non-resident



# WEIGHT TRAINING

## Free Weight Room

The free weight room is located on the lower level across from the locker rooms and contains seven pieces of Trotter weight equipment. The free weight room is open specific hours and people who are 18 years and older can use the free weight room during the hours posted below. There will be a fitness specialist supervising the free weight room during the posted hours for your convenience. Please be safe - always use a spotter.

Monday-Friday 6:00 a.m. - 10:00 p.m.  
Saturday & Sunday 8:30 a.m. - 9:00 p.m.

## The Body Shop

Learn from the experts. We have designed six classes to educate and orient you to a free weight program. Programs will be individualized to each person's goals. Each of the sessions will concentrate on specific muscle groups and various exercises to strengthen and tone them. Come and join us to learn how to use free weights safely and effectively. During this class the free weight room will be closed to the public. This class is for men and women who are 18 years and older.

January 10, 12, 17, 19, 24, 26  
Tuesdays & Thursdays, 7:00-8:00 p.m.

### Free Weight Room

(1st level across from the locker rooms)

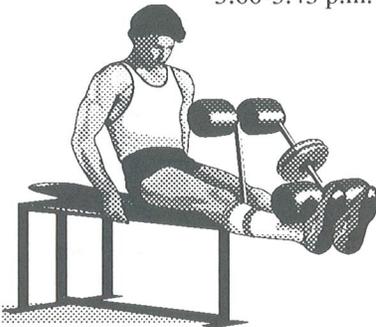
Fee: \$36.00 Member  
\$38.00 Resident  
\$43.00 Non-resident

## Exercise Equipment Orientation

Do these new machines seem foreign to you? Learn how to use the equipment correctly. This class is for anyone who is planning to use any of our state-of-the-art Cybex machines and cardiovascular machines. A trained and knowledgeable fitness staff member will take a group of 6 people through the new equipment piece-by-piece to learn how to use the machines correctly so that you can reach your maximum benefit in your workout. This class is great as a refresher for the old pro or to educate a new athlete. Instructors are provided by AMHealth Physical Care, Inc. Be sure to sign up for your class in the Exercise Area (mezzanine level).

Mondays, Wednesdays, Fridays 10:45-11:30 a.m.  
Tuesday or Thursdays 5:30-6:15 p.m.  
Saturday 3:00-3:45 p.m.

**FREE**



## Cybex Orientation

This orientation consists of a one-on-one session with a Fitness Specialist who will familiarize you with the Cybex variable resistance machines. The instructor will determine the proper seat adjustments and make weight training recommendations. This session lasts approximately 30-45 minutes. Please register and pay the fee at the Customer Service Counter, located on the 2nd level. Registration for a Cybex Orientation must be taken at least 3 days prior to the date of your orientation. Please choose hours that are available during the following times:

Monday-Friday 7:00-10:00 a.m.  
Noon-5:30 p.m.  
8:00-9:30 p.m.  
Saturday or Sunday 10:00 a.m.-2:00 p.m.  
4:30-8:00 p.m.

### Exercise Area (3rd level)

Fee: \$7.00 Member  
\$8.50 Resident  
\$9.50 Non-resident

*Learn how to improve your workouts!  
Sign up today!*

## Individual Program Design

This orientation consists of a one-on-one session with a fitness Specialist to design an exercise program tailored to your specific goals, needs and limitations. This program will incorporate appropriate Cybex machines, free weights, and cardiovascular machines. The instructor will also make individual training recommendations and will demonstrate proper stretching techniques. This class lasts approximately 60-90 minutes. Please register and pay the fee at the Customer Service Counter, located on the 2nd level. Registration for an Individual Program Design must be taken at least 3 days prior to the date of your orientation.

Please choose hours that are available during the following times:

Monday-Friday 7:00-10:00 a.m.  
Noon-5:30 p.m.  
8:00-9:30 p.m.  
Saturday or Sunday 10:00 a.m.-2:00 p.m.  
4:30-8:00 p.m.

### Exercise Area (3rd level)

Fee: \$25.00 Member  
\$30.00 Resident  
\$34.00 Non-resident

# ADULT ACTIVITIES

## Rec Walkers Club

Join our walking club at the NEW Community Center and enjoy many benefits such as: high energy, weight loss, reverse the physical aspects of aging and help prevent heart disease. Walking is one of the best forms of exercise, so make it a life long habit. This program is free, but sign up at the customer service counter on the 1st level and we will keep track of your mileage for you.

## 1000 Mile Club

Become a part of the Rec Walkers Club at the NEW Maplewood Community Center and if you walk 1000 miles in a one year period of time, you earn a free pair of Nike or Reebok running shoes. Just sign up at the customer service desk on the 1st level and we will keep track of your mileage for you. All 1000 miles need to be walked on the Community Center running/walking track.

## Country Line Dancing

Come to the Maplewood Community Center and learn the latest dance steps in town! Country Line Dancing is a great way to meet new people and is so easy that anyone can learn. It is also fun, great exercise, and the hottest trend around. Come out and experience all of the excitement for yourself. The instructor is Patty Rose, who is a member of the K102 Rodeo Renegades, precision line dance team. Mondays, January 23, 30, February 6, 13, 6:00-7:00 p.m. Meeting Room Dance Floor  
Fee: \$20/Member \$24/Resident \$27/Non-resident

## Couple Country Dancing

Bring a partner to try our new country dance class. Learn how to do the two step, three step, waltzes, and basic turns. This class will also touch on advanced footwork, twirls and other moves. You will also review as you go so you will not forget a thing! The instructors are Debbie and Gary Cottrell and they have been teaching Country Dancing for over 4 years. Thursdays, January 26, February 2, 9, 16, 23, and March 2, 9, 16, 7:00-9:00 p.m. Meeting Room Dance Floor  
Fee: \$60/Member \$72/Resident \$81/Non-resident

## Yoga for Relaxation

Do you feel like you have stress in your life! Come to the newly opened Community Center and take a break. Learn how to relax and relive stress through yoga stretches, proper breathing techniques, and diet and nutrition. Be sure to wear loose, comfortable clothing; we recommend no jeans. Instructor is Mike Wilke. Fridays, February 3, 10, 17, 24, March 3, 10, 17, 24, 6:30-8:00 p.m. Aerobic Studio  
Fee: \$30/Member \$36/Resident \$40.50/Non-resident

# ADULT ARTS & CRAFTS

## Cartooning for Adults Tuesday, February 21 and Thursday, February 23, 6-8:00 p.m. both nights

Learn how to use line and shape to create your own cartoon characters and put your characters into a cartoon strip. Learn techniques to inspire humorous drawings and creations. We will also touch on animation techniques. At the end of the night, you will have started your own sketch book to take home. All materials are included in fee.  
Instructor: Layl McDill  
Craft Room  
Fee: \$20/Member  
\$24/Resident  
\$27/Non-Resident

## Gardening and Seed Catalogs Thursday, February 16 6:30-8:00 p.m.

Plan your ideal backyard eden! Bring in your seed catalogs and meet with an experienced gardener to pick out appropriate plants and flowers that will thrive in your environment. This class is great for the new beginner or the old pro.  
Instructor: Trudy Dubois  
Craft Room  
Fee: \$8/Member  
\$10/Resident  
\$12/Non-Resident

## Jewelry Making Thursday, February 9, 6-8:00 p.m.

Learn how to make wonderful, professional looking jewelry from ordinary materials you have in your own home. You will make Magazine Jewelry from materials made of paper products. You will make Hardware Jewelry from washers, nuts, bolts, and wire. You will make Nature Jewelry from materials from the outdoors. You will bring home pins, earrings, and necklaces to use as gifts or for your own personal enjoyment. Materials are included in the cost of the class, but you can bring any special items in form your home for an extra special touch.  
Instructor: Layl McDill  
Craft Room  
Fee: \$12/Member  
\$14.40/Resident  
\$16.20/Non-Resident

# ADULT TRIPS & TOURS

## After Christmas at the Fanny Hill Dinner Theater

**Wednesday, January 11, 1995, 9:30 a.m. - 5:30 p.m.**

After the holiday rush, we can take time to relax and still view the elegant Victorian decorations, thousands of twinkling lights and festive animated scenes at the Fanny Hill Dinner Theater in Eau Claire, Wisconsin. Gracious fine dining, hilarious live theater and fantastic decorations make it a favorite destination. "Murder at the Howard Johnson's" is a matinee comedy about a love triangle at a Howard Johnson motel. Join us for a delicious meal and a day of fun and laughter.

Fee: \$44/person

## Blast off & Soar with the Eagles

**Tuesday, January 24, 1995 - 11:30 a.m. - 4:15 p.m.**

Avoid cabin fever! Join us on a fun day outing. Begin with the award winning buffet meal at Lee Ann Chin's restaurant, located in the historic depot in St. Paul. From there we will visit the Science Museum of Minnesota. The Omnitheater plans to feature a film about space exploration, much of the footage coming from NASA shuttle missions. This spectacular site is the closest most earthlings will come to orbiting our planet. As we walk through the exhibit hall, we will find it has "gone to the birds". We will see scavengers, messengers, and hunting companions in this special raptor exhibit called "Hunters of the Sky". There will be time to pursue other displays and exhibits in this fine museum.

Fee: \$28/person

# FAMILIES

## New Years Eve Family Bash!!!

**Saturday, December 31 6:00-10:00 p.m.**

Ring in the NEW Year at the Maplewood Community Center! Activities will include the movie "Free Willy" in the pool, unlimited pool, waterslide, gym, volleyball, wallyball, racquetball and more! Fee would also include exercise room, machines, walking/running track, hot tub, and party favors. Snacks will be available at the concession stand for an additional fee. Pre-registration is required. Send fee and registration form to the Maplewood Community Center. Sign up today and reserve your spot!!!

Fees: \$2/Member  
\$3/Resident  
\$4/Non-Resident  
\$10/Family



## Stars on Ice

**Sunday, February 5, 1995, 4:00-10:00 p.m.**

This spectacular presentation features Olympic Gold Medalist Kristy Yamaguchi and Scott Hamilton along with silver medalist Paul Wylie, Katarina Witt, Kurt Browning and Gordeeva & Grinkov plus many other international skating champions. Each skater's individual talent and personality will be highlighted and complimented by dramatic lighting, superb costuming and choreography. Discover Card Stars on Ice presents an unforgettable evening of eye-dazzling artistry you will not want to miss! We will stop for dinner (Dutch treat) prior to the show at the Target Center.

Fee: \$50/person

## March Into Spring . . .

**Thursday, March 23, 1995, 9:30 a.m.-4:30 p.m.**

by smelling the flowers at the Dayton's - Bachman's Spring Flower Show. After lunch and time on your own at Dayton's we will attend a delightful production of "East of the Sun and West of the Moon" at the Children's Theater where a matinee especially for seniors has been arranged. Maybe you would even like to share the day with a grandchild!

Fee: \$30/person, includes motorcoach transportation, general admission theater tickets, and professional guide service.



## Super Bowl Bash

**Sunday, January 29 3 p.m.**

Hey, football fans! Come to the Maplewood Community Center's new theater and watch Super Bowl XXIX held in Miami, Florida on a big screen! Our theater holds 278 football-hungry people. We will have every seat filled with football fans just like you watching the big game on our huge 20'x30' screen. At half-time you will enjoy a catered feast fit for your favorite football player. A buffet lunch and a cash bar will be available during half time. Pop and popcorn will be available for purchase and can be brought into the theater anytime during the game. However, all alcoholic beverages and catered food must stay in the banquet room. Make it a great get together for friends and your family! Seating begins at 3:00 p.m. for the pre-game warm-up or you can join us at 4:30 p.m. for the game! Pre-registration is required at the Customer Service Counter at the Maplewood Community Center. Space is limited so sign up early! Maplewood Community Center Theater  
Sunday January 29, seating is anytime between 3-4:30 p.m.  
Fees: \$8/Member \$10/Resident \$11/Non-resident

# SENIOR CITIZEN ACTIVITIES

Come and enjoy activities and programs with the Maplewood Seniors. Adults, ages 62 and older, are invited to participate in a variety of senior activities, trips, outings, senior club I and II, bingo, cards, crafts, education classes, social programs and more! Information is available in the Maplewood Community Center or by calling Julie at 779-3555.

## Table Tennis

by Ray Mosio & Henry Klass (*state & national competitors*)

Increase your overall physical fitness and relieve stress while playing table tennis. Have fun learning the fundamentals, and strategies of this very popular game. Bring friends and meet new ones while spending a couple hours at the Maplewood Community Center. No experience is required.

*Class limit is 8.*

Where: Maplewood Community Center, Gym

When: Thursdays, January 12 - February 23  
1:00-2:30 p.m. (No class February 2)

Fee: \$6.00

## Rec Walkers & 1000 Mile Club

Join our FREE walking clubs at the Maplewood Community Center and enjoy many benefits such as: high energy, weight loss, reversing the physical aspects of aging, help prevent heart disease, and have fun! Walking is one of the best forms of exercise, so make it a life long habit. If you join the 1000 mile club you may earn a new pair of walking shoes! For more information call 779-3555, or sign up at the Admissions counter in the lower level.

## Tuesday Movies

Enjoy current and old movies played on a 30' x 30' screen in our state of the art theater. Movies will be played beginning at 1:30 p.m. in the Maplewood Community Center Theater. Fee includes popcorn and beverage. For more information on the movie scheduled please call 779-3555.

Where: Maplewood Community Center, Theater  
2100 White Bear Avenue, Maplewood

When: Tuesdays, begins January 10, 17, 24, 31

Fee: \$2.00

## Senior Citizens Advisory Committee

Express your opinions regarding Senior Citizen issues through this advisory committee. Emphasis will be placed on programming, transportation, fee scales, fundraising and more! Sponsored by the Maplewood Park and Recreation Department and District #622. This committee will meet once a month to discuss important community wide issues.

Where: Maplewood Community Center, Lounge

When: Wednesday, January 19

11:00 a.m. -12:00 p.m.

(Please call Julie at 779-3555 to reserve a seat on the Senior Advisory Committee.)

## FREE Senior Lounge Activities

Join us every day for cards, yatzee, chess, checkers, backgammon, socializing and more! The Maplewood Community Center Lounge will be open for senior citizen programs Monday thru Friday (9:00-11:00 a.m. & 1:00-3:00 p.m.). Grab your friends and neighbors for a day of fun and excitement.

Where: Maplewood Community Center, Lounge

When: Monday-Friday, Beginning January 5  
9:00-11:00 a.m. & 1:00-3:00 p.m.

Fee: FREE!!!!

## Seniors Club I - January 12 & February 9

*2nd Thursday of the Month*

Meetings are held at Hafner's Restaurant the 2nd Thursday of each month. Reservations are required by contacting Mrs. Boogren at 771-3614.

## Seniors Club II - January 5 & February 2

*1st Thursday of the Month*

Meetings are held at the Maplewood Community Center, 2100 White Bear Avenue. Meetings are scheduled to begin at 11:00 a.m. Pre-registration is required with fee to the Maplewood Parks and Recreation Department. No annual membership fee is required. For more information please contact Julie at 779-3555.

## 1995 Adult Softball Program

The 1995 Softball Program will begin in late April and run for 14 games to August. Registration information, cost, and specific dates will be available after February 1 at the Parks and Recreation Department at 770-4570. Leagues are limited in size and are filled on a first-come, first-served basis. A deposit is required to register a team. The following leagues will be offered:

Monday ..... Men's Recreation Slow-Pitch  
Sanctioned Recreational Softball League.  
League will be divided into two divisions.

Tuesday ..... Senior Boys Slow-Pitch  
This league is open to Maplewood & School District #622 youth in grades 9-12 as of May 1, 1995. Each team must have a responsible adult as Team Manager (21 years or older).



Men's & Women's Recreational Slow-Pitch  
Sanctioned Recreational Softball Leagues.  
Women's Class "B" and Men's Class "C"

Men's & Women's Recreational Daytime  
League  
Games are played in the morning.

Wednesday ..... Women's Recreational Slow-Pitch  
This sanctioned league will consist of teams interested in recreational oriented softball League will be divided into two divisions, Class "C" and Class "D" Leagues.

Men's Recreational Slow-Pitch  
Sanctioned Recreational Softball League.  
League is limited in size. Class "C" and "D" Leagues.

Thursday ..... Men's Recreational Slow-Pitch  
Sanctioned Recreational Softball League.  
League will be divided into Class "C" and Class "D" Leagues.

Sunday ..... Men's Recreational Slow-Pitch  
Sanctioned Recreational Softball Leagues  
Class "C" and Class "D".



## MAA News

The Board members of the Maplewood Athletic Association were recently elected, and are beginning to plan the 1995 baseball season! If you have any suggestions, please join us at the Maplewood City Hall offices on the third Tuesday of each month, at 7:00 p.m.

We will be offering an exceptional opportunity for boys and girls interested in baseball this year because:

1. The M.A.A. is run by members of the community, and easily accessible.
2. The M.A.A. Board members are all volunteers who have children in the program, and therefore have a vested interest in a quality organization.
3. The fees: a) are comparable to other baseball programs; b) are applied 100% to our baseball program; and c) include a full uniform for each child (hat, jersey, pants, and socks/stirrups), which the player keeps at the end of the season.
4. Opportunities are available for kids ages 10-15 to try-out for All-Star/Traveling teams, which offer more competitive play against baseball teams from other communities.
5. A pre-season and post-season tournament will be scheduled for all in-house teams.
6. Offering an enjoyable program for Maplewood youth is our primary concern, and no outside organizations are involved which could dictate differently.

The sign-up dates will be scheduled at an upcoming Board meeting. We hope to see you at a future Board meeting, and at sign-ups in the spring!

### M.A.A. Board Members



## Registration Information

1. Registrations will be accepted until one week prior to the first session, unless noted otherwise. **NO PHONE** registrations will be accepted.
2. Complete registration form and return it with a check payable to the following:  
**Maplewood Parks & Recreation** or **Maplewood Nature Center**  
 2100 White Bear Avenue, Maplewood, MN 55109      2659 East 7th Street, Maplewood, MN 55119  
**Customer Service Hours:** Monday thru Friday, 8:00 a.m.-8:00 p.m.  
 Saturday 8:30 a.m.-6:00 p.m. Sunday 8:30 a.m.-6:00 p.m.
3. You will only receive further notification if the class is cancelled or changed.

## Registration Forms

<b>Park &amp; Recreation Registration</b>	Participant _____	Home Phone _____
	Address _____ Apt. _____	Emergency Phone _____
	City _____	Zip _____
	School _____	Grade _____ Date of Birth _____
	Activity/Class _____	<p align="center"><b>Waiver for Participant by Parent</b></p> <p>In consideration of your accepting my child's entry, I hereby, for myself, my child, my heirs, executors and administrators, waiver and release any and all Maplewood or school district and its representatives, successors and assigns for any and all injuries suffered by myself or my child at any activity sponsored by these groups.</p> <p>Signature: X _____</p> <hr/> <p align="center"><b>FOR OFFICE USE ONLY</b></p> <p>Fee \$ _____ Cash <input type="checkbox"/> Check <input type="checkbox"/> # _____</p> <p>Received by _____ Date _____</p>
	Starting Date _____ Time _____	
Day _____		
Location _____		
Head of Household Name _____		
Team Name _____		
<b>Nature Center Registration</b>	Participant _____	Home Phone _____
	Address _____ Apt. _____	Emergency Phone _____
	City _____	Zip _____
	School _____	Grade _____ Date of Birth _____
	Activity/Class _____	<p align="center"><b>Waiver for Participant by Parent</b></p> <p>In consideration of your accepting my child's entry, I hereby, for myself, my child, my heirs, executors and administrators, waiver and release any and all Maplewood or school district and its representatives, successors and assigns for any and all injuries suffered by myself or my child at any activity sponsored by these groups.</p> <p>Signature: X _____</p> <hr/> <p align="center"><b>FOR OFFICE USE ONLY</b></p> <p>Fee \$ _____ Cash <input type="checkbox"/> Check <input type="checkbox"/> # _____</p> <p>Received by _____ Date _____</p>
	Starting Date _____ Time _____	
Day _____		
Location _____		
Head of Household Name _____		
Team Name _____		

## BIRTHDAY PARTIES

### Have your Birthday Party at the Community Center

Your child's birthday is a very special occasion and we offer you two packages to choose from at the Maplewood Community Center. The Birthday Child will receive admission FREE on the special day. Reservations are required with deposit. Parties are scheduled for Friday, Saturday and Sundays. Call 779-3555 to make a reservation.

#### Package I

- Use of Swimming Pool & Waterslide, Gym
- Birthday Party Room Rental
- Birthday Cake
- Plates, Napkins & Cups
- Two Pitchers of Pop

<b>Fee:</b>	Maplewood Resident	\$5.00/youth
	Maplewood Resident	\$5.75/adult
	Non-resident	\$6.00/youth
	Non-resident	\$6.75/adult

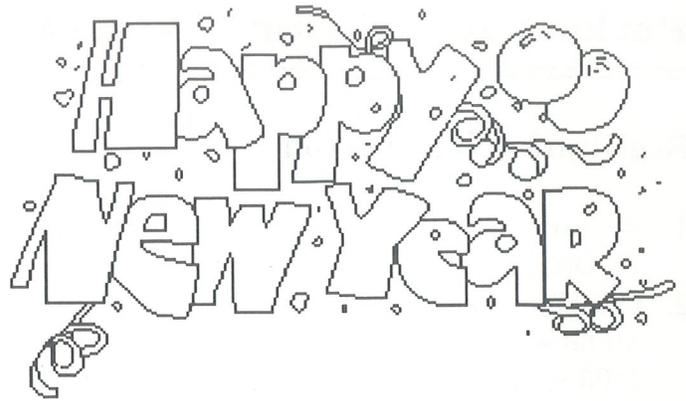


#### Package II

- Use of Swimming Pool & Waterslide, Gym
- Birthday Party Room Rental
- Birthday Cake
- Plates, Napkins & Cups
- Two Pitchers of Pop
- One Hot Dog and One Bag of Chips per child

<b>Fee:</b>	Maplewood Resident	\$6.00/youth
	Maplewood Resident	\$6.75/adult
	Non-resident	\$7.00/youth
	Non-resident	\$7.75/adult

\*Membership discount \$1.00 per carded member.



## New Years Eve Family Bash!!!

**Saturday, December 31 6:00-10:00 p.m.**

Ring in the NEW Year at the Maplewood Community Center! Activities will include the movie "Free Willy" in the pool, unlimited pool, waterslide, gym, volleyball, wallyball, racquetball and more! Fee would also include exercise room, machines, walking/running track, hot tub, and party favors. Snacks will be available at the concession stand for an additional fee. Pre-registration is required. Send fee and registration form to the Maplewood Community Center. Sign up today and reserve your spot!!!

<b>Fees:</b>	\$2/Member
	\$3/Resident
	\$4/Non-Resident
	\$10/Family

## Maplewood City Council



Mayor ..... Gary Bastian  
 Council Member ..... Sherry Allenspach  
 Council Member ..... Dale Carlson  
 Council Member ..... Marvin Koppen  
 Council Member ..... George Rossbach  
 City Manager ..... Michael McGuire

#### City Hall

1830 East County Road B  
 Maplewood, MN 55109

612/770-4500

TDD-612/770-4500

#### Hours:

Monday - Friday 8:00 a.m. - 4:30 p.m.

Bulk Rate  
 Car-Rt Pre-Sort  
 U.S. Postage  
**PAID**  
 Permit No. 4903  
 St. Paul, MN

## Residential Customer

"Upon request this newsletter will be made available in an alternate format such as large print or audio tape. Contact the City of Maplewood at 770-4500."

**DATED MATERIAL**  
**Deliver by December 30, 1994**

This brochure is completely recyclable.



2012 0001 01721

# Greetings From City Hall



# Administration

Dear Neighbors:

How many of your New Year resolutions have fallen by the wayside already? Because of the lag time in writing this newsletter and its publication and delivery to your mailboxes, I'm on track to keep mine (it's only January 3).

One of the many things that I have kept on my spindle relates to violence in our society. Did you know that by the time an average child reaches the eighth grade, that child will have been exposed to over 18,000 acts of violence on television?

One of the driving forces for the Community Center was to offer children and adults a place of family-oriented, non-violent activities. Take a walk through the facility and see the synergy taking place. In addition, the City Council has committed private developer's dollars to the expansion of two elementary school gyms to provide satellite centers in our city. Edgerton and Carver schools are the selected sites.

The Partnership, a local non-profit organization, has been working on programs dealing with drug and alcohol abuse, violence in our community and diversity awareness. The Partnership is represented by local officials (city, county, and school), private sector (businesses and professionals) and local church and civic leaders. We cannot do it alone, we need your help to stamp out the abuses impacting our children, families and communities.

The City Council will be looking for different events in 1995 to make Maplewood a more caring, giving community. Look for blood drives, garage sales, food and clothing drives, all activities seeking to involve as many of you as can possibly volunteer. If you can't volunteer at a city/community function, do so through your church or civic organizations. The point is to reach out and make one person or family feel as though someone cares about them.

I decided to continue my Mayor's Forums through 1995. I've enjoyed meeting with many of you on the first Saturday of the month and trying to resolve your concerns, or just to share a lively discussion on a variety of topics. Make it a point to come to a Forum or two throughout the year. If you have any suggestions for topics, call and leave a message at City Hall or my home. For that matter, if you have any suggestions about the way the City does business, or the way you feel it should, drop one of us on the Council a note, or leave a slip on the Manager's Suggestion Box. Your opinions and ideas can and do make a difference. Please share them with us in 1995.

Sincerely,

Gary Bastian  
Mayor

*All of the employees, elected officials and  
volunteers at City Hall  
wish you a successful and peaceful 1995*

# Council Corner

The City Council conducted two regular meetings during the month of December. The highlights of those meetings were:

- Approval of preliminary plan for the east half of the Mapleleaf Estates project. The proposed single family home development is located north of Gervais along Forest and Cyprus Streets. Changes to the land use plan and zoning map were also approved to allow the residential development. The City is still negotiating with the developer to acquire the western half of the proposed development for open space.
- Adoption of the 1995 Budget and property tax levy.
- Approval of the conditional use permit for the remodeling and additions to Edgerton Elementary School located on the northwest corner of Edgerton and Roselawn.
- The expiration of the moratorium on clinics within the City. A moratorium on the expansion or remodeling of clinics was imposed last year to allow the Planning Commission and staff enough time to study the impacts that they have on surrounding uses. No changes to City code were recommended, and the moratorium was lifted.
- Approval was given to acquire 23 acres of open space on County Road D, east of Ariel in the northeast corner of the City for a price of \$655,000. The City Council also decided not to purchase 1.6 acres of open space on the northwest corner of the intersection of the two regional trails near English and Frost.

## **BE INFORMED BE INVOLVED**

Meet the Mayor at this month's forum.  
Bring a friend or neighbor

February 4, 1995  
10:00 am- 12:00 noon  
Maplewood City Hall  
1830 East County Road B  
Maplewood, MN

## **Important City Council Meetings**

Your City Council meets on the 2nd and 4th Monday of each month, and other meetings as scheduled. The other commissions/boards meet regularly to provide input to the Council. All meetings are held at City Hall, 1830 East County Road B, Maplewood.

### **CITY COUNCIL MEETINGS**

7:00 pm; February 13 & 27  
Monday meeting

### **COMMUNITY DESIGN REVIEW BOARD**

7:00 pm; February 14 & 28  
2nd & 4th Tuesday

### **HOUSING & REDEVELOPMENT AUTHORITY**

7:00 pm; February 7  
1st Tuesday

### **HUMAN RELATIONS COMMISSION**

7:00 pm; February 7  
1st Tuesday

### **PARK & RECREATION COMMISSION**

7:00 pm; February 27  
3rd Monday (Note Date Change)

### **PLANNING COMMISSION**

7:00 pm; February 6 & TBD  
1st and 3rd Monday

# Maplewood's Government Channel

The City has a government channel on cable TV which operates 24 hours a day. If you have basic cable service, current City information and programs can be viewed on **Channel 64** (if you have a converter box), or **Channel 56** (if you have a cable-ready TV).

**Monday, February 13 and 27 at 7pm - City Council Meetings** - cable cast live from City Hall.

**Thursdays, February 16 and March 2 at 7pm - Rebroadcast of the City Council meeting that was conducted on the previous Monday.**

If you are interested in a special viewing of the City Council meetings, contact the City Manager's office. Tapes of the meetings are kept for 30 days.

## Public Safety

### Crime Prevention

#### FOOLING A BURGLAR

Good physical security should always be the first line of defense against a burglar. This includes auxiliary door locks, high security strike plates, auxiliary window locks (pinning them is still the best) and extra security measures for sliding glass doors. Additionally, you can take other measures to help keep a burglar from targeting your home in the first place.

Burglars do not select homes at random. They look for signs that a home is unoccupied before they even approach it. If your home looks occupied, it may not be selected. Some of the tell-tale signs burglars look for are:

- A mailbox with letters bulging out. Buy a box large enough to hold the mail you usually receive.
- Newspapers and advertising fliers piled up. Ask a neighbor to pick up newspapers and fliers when you are out of town.
- An empty driveway or garage. Cover garage windows that are visible from the street. Have your window shades and drapes look the same as if you were home.

- A dark house at night. Use two timers to turn on lights and make sure to adjust the times when the seasons change. Outside lighting is advisable, especially motion sensing lights. Make sure your shades are shut.

Even if a thief selects your home for further investigation, do not make it easy for him. Usually burglars ring the doorbell as a final check to make sure no one is home. Muffle your doorbell ringer so it cannot be heard from outside the door. A burglar might not want to risk the attention that banging on the door might bring. Also, make sure your telephone is turned down so it cannot be heard ringing from outside your home. Another telephone tip is to use an answering machine so that no one can call and tell you are not home when it just keeps ringing.

You can take extra steps to make your home look occupied by "setting the stage" in your yard. A child's tricycle sitting out signals that kids are home playing. Other "props" could be gardening tools, a car in the driveway, an outside radio, etc. The more inventive the better. Make sure they are visible from the street.

Another factor that may invite or repel a burglar is your home's visibility, particularly from the sides and rear. They love homes that neighbors cannot see. Try to eliminate plants and fences which block your neighbor's view of your home.



# Public Safety

## Crime Prevention

### What is suspicious?

#### Non-Resident Going Into Back or Side Yard of House:

Suspicious under most circumstances. Possible significance: Burglary or trespass in progress.

#### Going Door to Door in a Residential Area:

Especially suspicious if after a few houses are visited, one or more of the persons goes into a back or side yard. More suspicious if another remains in the front when this occurs. Possible significance: Casing for a house to burglarize, burglary in progress, trespassing or soliciting.

#### Forcing Entrance To or Tampering With a Residence or Vehicle:

Suspicious under any circumstances. Possible significance: Burglary, theft, damage to property or trespass in progress.

#### Waiting in Front of a House or Business:

Particularly suspicious if owners are away or, if it is a business, the establishment is closed. Possible significance: Lookout for a burglary in progress.

#### Carrying Property:

Suspicious, depending on the circumstances. For instance, if at an unusual hour or location or if it is not normal to see that type of property being carried; e.g., stereo equipment, televisions, pillowcases (used by thieves to carry their loot). Possible significance: Leaving a crime scene.

#### Heavy Human Traffic to and From a Certain Residence:

Suspicious when it occurs on a daily or regular basis. Especially if the people only stay for a short time. Possible significance: Drug dealing.

**IF YOU SEE A SITUATION AND IT DOESN'T  
"FEEL" RIGHT TO YOU, IT'S SUSPICIOUS!  
CALL THE POLICE  
IMMEDIATELY AT 9-1-1**

## Community Development

### **Maplewood Truth-In-Housing**

Maplewood adopted a truth-in-sale of housing ordinance in 1991. This ordinance requires all residential property owners to have a truth-in-housing evaluation done for their property. A Maplewood-licensed evaluator must do the evaluation before the owner lists or shows the

property for sale. The evaluation shows the current condition of the property and is to give potential buyers information about the property.

Please call Associate Planner Ken Roberts at 770-4566 for more information about Truth-in-Housing in Maplewood.

# Emergency Management

## Hazardous Waste: Automotive Products

### Oil and Filters

You may be aware that used oil is recycled in Minnesota, a lot of that, as of Jan. 1, 1995 "do-it-yourself" also recycle used oil filters. (It is for businesses to place used oil filters since Jan. 1, 1994.) Businesses in Minnesota must collect signs indicating the nearest recycling oil. The Minnesota Pollution Control Agency (MPCA) is encouraging businesses to also collect oil and filters to also bring them for recycling.

Used oil contains pollutants like metals and chemicals. A used oil filter contains about 100 ml of oil. In Minnesota, it's illegal to dump used oil anywhere on the land, including lawns, to suppress dust. More than 100 million gallons of used motor oil are collected each year in Minnesota. In 1994, the estimate is 400 million gallons, the equivalent of 35 Exxon

oil can be burned as an industrial fuel and reused.

How to manage used antifreeze is to bring it to service stations and auto maintenance recycling systems for used oil. Be willing to accept it.

When it, the major components of antifreeze are treated by a sewage treatment plant. It depends on whether wastewater goes to a sewage treatment plant. If you are not sure, check with your county.

If your wastewater goes to a sewage treatment plant (city sewer), flush the used antifreeze down the drain with plenty of water. Do not use storm sewers in the street for disposal as they empty directly into lakes and rivers without treatment. If your wastewater goes into a septic system, do not pour used antifreeze down your toilet or sink as it can damage your septic system by destroying the microorganisms that make the system work. Instead, ask someone connected to city sewer to dispose of your antifreeze.

Antifreeze contains chemicals which are poisonous to humans and animals. Pets are attracted to puddles of sweet-tasting antifreeze and lap it up. Never let this poisonous liquid pool up on the ground. Also, never mix antifreeze with used motor oil, which makes the oil difficult or impossible to recycle.

### Gasoline

Gasoline is extremely flammable and is one of the most dangerous substances found in the home. The best way to handle leftover gas is to use it up or give it to someone else to use. For example, farmers will often accept old gas and use it in farm vehicles. Gas that can't be used up must be disposed of properly through a household hazardous waste collection program.

Store gas in an approved airtight gasoline-storage container away from heat, sparks and flame. Buy unleaded gas for small engines so you can use up leftovers in your car. For small engines that use an oil/gas mix, buy and mix only the

## Maplewood

### **GREAT HORNS**

Sat., Feb. 25, 3:00-5:00  
Owls will nesting soon. Facts about owls and how they live. Warm up with an owl mask. For children 5 - 8 years old accompanied by an adult. Fee: \$2/person. Prepay by 2-22

### **STARGAZING**

Thurs., March 2, 7:00-9:00  
Bring a sleeping bag and walk to gaze at stars and learn a stargazing. Hot beverage provided.

### **F**

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# Emergency Management

amount you need to run the engine. Use up gas left in engines at the end of a season before storing. For example, run your lawn mower until the tank is empty before storing it for the winter. *Don't* use gas to clean up after painting projects. Gas is highly flammable and this practice is very dangerous.

## Used Automotive Batteries

Lead-acid batteries used in cars, boats, motorcycles, snowmobiles, golf carts, etc. become *spent* or *used* when they no longer hold a charge. It is illegal in Minnesota to put these batteries in the trash.

Motor vehicle batteries contain about 18 pounds of lead and about one gallon of corrosive lead-contaminated sulfuric acid. Each year, an estimated 70 million spent lead-acid batteries are generated in the U.S. That's 1.25 billion pounds of lead and 70 million gallons of sulfuric acid.

Take used batteries to a retailer who sells them for recycling. Under state law all places that sell lead-acid batteries are required to accept up to five used batteries per consumer, free of charge, whether you are a customer or not. When you buy a new motor vehicle battery, you're required to turn in your old battery for recycling. Otherwise under state

law the retailer will charge a \$5 fee. The fee must be refunded if you bring in the old battery and receipt within 30 days.

## In General

In addition to being illegal, when disposed of improperly (in the trash, on the ground or in a sewer system) these pollutants may reach lakes, rivers or

ground water and can be a health, environmental and safety hazard.

In Maplewood, used motor oil (but *not* used oil filters) can be put in a one-gallon sealed non-breakable container and placed out for curbside recycling. Used motor vehicle batteries can also be placed out for curbside recycling.

For additional information on household hazardous wastes and collection programs, contact the MPCA's household hazardous waste program at 296-6300.



## **DON'T BURN THIS WOOD**

If you have a pile of preservative-treated wood scraps, such as old railroad ties, scrap construction wood, telephone poles and similar items destined for your fireplace or wood stove, get rid of it. This is the advice of articles in *The Family Handyman* and a report in *The New England Journal of Medicine* and others. Wood treated with chromate-copper-arsenate (CCA) is extremely toxic when burned in the confines of a home or even outside if the smoke is breathed for a length of time.

As an example, a rural Indiana family of eight had been heating their home with a wood-burning

stove fueled with leftover scraps of CCA-treated wood and plywood. The entire family came down with symptoms of copper-chromium-arsenic poisoning, including bronchitis, pneumonia, ear infections, black-outs, gastrointestinal ills, nosebleeds, muscle cramps, dermatitis and other ailments. The symptoms were most severe during the winter and tended to subside during the summer. The youngest children, who played on the floor, had the most severe skin and respiratory ailments and recurring hair loss.

# City Finances

## 1995 UTILITY RATES

Maplewood utility bills consist of charges for sewer service, hydrants and recycling. In 1995, the quarterly bill for an average home will increase by \$1.25. This is an increase of 3.1%. The largest component of the utility bill is for sewer services and most of the revenue collected is for the Metropolitan Waste Control Commission (MWCC). Maplewood's sewage system delivers waste into the MWCC lines. This agency bills Maplewood for sewage treatment, and these costs account for 72.8% of the City's budget for sewer services. Sewage treatment costs for 1995 are 5.1% more than 1994. Sewer service charges also finance the cost to operate and maintain Maplewood sewer lines and pumping stations and administrative expenses related to the sewer system.

## 1995 PROPERTY TAXES

The 1995 Budget adopted by the City Council at a public hearing on December 12th will result in an increase in City taxes of \$32 on an average home which has a value of \$86,100. Most of the increase (\$27) is due to the tax levy for Open Space Bonds. These bonds were authorized by taxpayers at last year's referendum. The City portion of taxes will increase by \$23 on a \$70,000 house and \$50 on a \$140,000 house. The tax levy adopted by the Council was the same amount that was used to calculate estimated 1995 property taxes listed on the notice mailed to residents by Ramsey County in November. (City taxes will account for approximately 17% of the total property taxes a homeowner pays.) Please contact the school district and Ramsey County for further information on how their adopted tax levies compared to the estimated tax levies.

## 1995 BUDGET

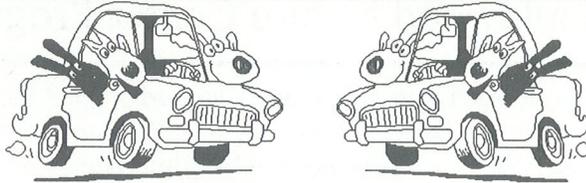
The City Council adopted the 1995 Budget at a public hearing on December 12th. The following is a breakdown of the 1995 Budget by section and the percent change over the 1994 Budget:

	<u>Amount</u>	<u>Change</u>
Operations	\$20,835,765	+ 20.3%
Capital improvements	7,369,670	- 29.4%
Debt service	<u>6,304,000</u>	<u>+ 74.3%</u>
Total	\$34,509,435	+ 74.3%

The operations portion of the budget covers basic city services such as police, fire fighting, street maintenance, recreation programs, park maintenance, planning, building inspections, recycling and utility maintenance. The large increase in the budget for operations is due to the new community center and water system operations. Excluding these two items, the increase is 5.0%, which is near the total of the projected 1995 inflation rate (3.3%) and anticipated population growth (1.5%). Most of the capital improvements portion of the budget is for the public improvement projects and open space land acquisition. Debt service costs in the budget are for payment of principal and interest on the City's bonded indebtedness. A copy of the 1995 Budget is available at the Ramsey County Public Library located on Beam Avenue.

For further information on the 1995 Budget contact the Finance Director at 770-4510.

# City Clerk



MAPLEWOOD ORDINANCE REQUIRES LICENSING OF ALL CATS AND DOGS OVER 3 MONTHS OF AGE WHICH ARE KEPT IN THE CITY. If you have not already licensed your pet and it is not convenient for you to come to City Hall, you may obtain the license by mail. Complete the form below (be sure to indicate whether it is for a cat or dog) and mail, along with the appropriate payment and the original signed Certificate of Rabies Vaccination from your veterinarian to:

City Clerk's Office  
City of Maplewood  
1830 East County Road B  
Maplewood, MN 55109

This form may be copied if you need to license more than one animal. The Certificate of Vaccination will be returned to you with the license and your receipt of payment. REMINDER: IF YOU HAVE MORE THAN 2 CATS OR 2 DOGS, IT IS REQUIRED THAT YOU OBTAIN A KENNEL LICENSE. CALL 770-4521 (CITY CLERKS'S OFFICE) FOR FURTHER INFORMATION AND AN APPLICATION FORM.

=====

**CITY OF MAPLEWOOD  
APPLICATION FOR CAT/DOG PERMIT  
For the year ending 2/29/96**

**FEE:**

\$15.00 Male  
\$15.00 Female  
\$12.00 Spayed or Neutered

**ADD \$1.00 PENALTY FOR LICENSES PURCHASED AFTER MARCH 31**

I, \_\_\_\_\_, residing

at \_\_\_\_\_, Maplewood, MN ZIP \_\_\_\_\_

Telephone (H) \_\_\_\_\_ (W) \_\_\_\_\_, hereby apply for a permit to keep the below-described cat/dog and do agree to comply with the rules and regulations duly adopted by the lawful governing body of the City of Maplewood and the provisions of Municipal Code 1101, and subsequent amendments and any other applicable state and local laws.

Cat \_\_\_\_\_ Dog \_\_\_\_\_ Rabies Shot Date \_\_\_\_\_ NEXT DUE \_\_\_\_\_

Breed \_\_\_\_\_ Name \_\_\_\_\_

Age \_\_\_\_\_ Color \_\_\_\_\_ Application Date \_\_\_\_\_

Signature of Owner \_\_\_\_\_

# Parks & Recreation Department

## Maplewood Nature Center Programs

Maplewood Nature Center is located at 2659 East 7th Street,  
Maplewood, Minnesota 55119 Phone: 738-9383

### **Interpretive Building Hours**

Monday-Saturday 8:30 - 4:30pm

### **Trails Open Every Day:**

1/2 hour before sunrise until 1/2 hour after sunset.

### **Building Closed:**

February 20 President's Day

Maplewood Nature Center complies with the American Disabilities Act (A.D.A) requirements. Please inform us of any special needs so that we can more fully accommodate you.

### **FAMILY SNOWSHOE HIKE**

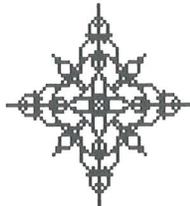
Saturday, February 4, 9:30 - 11:00 am  
Travel the snowy trails on snowshoes. A short lesson will enable you to enjoy this sport. In case of poor snow conditions, we will hike instead.

For adults & kids 4+  
Fee: \$2/person  
Prepay by 2-2

### **ELLESMERE ISLAND AND THE ARCTIC WOLF**

Monday, February 6,  
7 - 8:00pm  
Take an interpretive armchair tour of the high Arctic with editor/writer Jay Hutchinson. View slides of the Arctic Wolf, wildflowers and Arctic scenes. Learn about the natural history of the Arctic Wolf. See a close-up video of the wolves in their den with their pups.

For adults & children 10+  
Fee: \$2.00/person  
Prepay by 2-3



### **FISH THROUGH THE ICE- A MINNAQUA PROGRAM**

Thursday, February 9, 6:30pm - 9:00pm, and  
Saturday February 11, 3:30pm - 5:00pm  
Join us for an ice fishing clinic for beginners!

*Thursday:* Discover how to bait your hook, tie fishing knots and identify panfish. You'll also learn how to dress for ice fishing and how to filet panfish.

*Saturday:* Practice what you've learned. Fish through the ice on Silver Lake. Fishing poles, bait and hot cider provided.

For families, kids 5+  
Fee: \$2.00/person  
Prepay by 2-7

### **SNOWFLAKES & SNOWSTORMS**

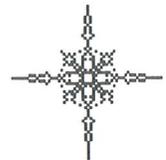
Sat., Feb. 11, 2 - 3:00pm  
Join us in some snowy activities for preschoolers. Indoor and outdoor activities plus hot chocolate.

For children 3 - 5, accompanied by adult  
Fee: \$2/child  
Prepay by 2-8

### **ANIMAL TRACKS TO WEAR**

Sat., Feb. 18, 9:30 - 11:30am  
Print animal tracks on a sweatshirt you bring. Take a tracking adventure along the trails.

For children 6 and up  
Fee: \$3/child  
Prepay by 2-16



# Maplewood Nature Center Programs

## GREAT HORNED OWLS

Sat., Feb. 25, 3:00 - 4:30pm

Owls will nesting soon. Brrrrr! Learn more facts about owls and hike into the woods where they live. Warm up with hot chocolate and make an owl mask.

For children 5 - 8,  
accompanied by adult

Fee: \$2/person

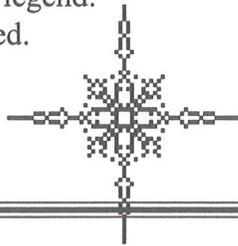
Prepay by 2-22

## STARGAZING AND SLEEPING BAGS

Thurs., March 2, 7:00 - 9:00pm

Bring a sleeping bag and lay back on the boardwalk to gaze at stars. Make your own star clock and learn a stellar legend.

Hot beverage provided.



## FULL MOON WALKS

Full moon walks are celebrated each month at four local nature centers: Maplewood; Harriet Alexander (Roseville); Tamarack (White Bear Lake), and Wargo (Lino Lakes).

Attend one walk at three different nature centers and be eligible to purchase a commemorative enamel pin depicting the full moon.

Each program includes a short indoor activity, 45-minute hike and a beverage - bring a mug. All nature centers request no children under 7 years. Please call the individual nature centers for more information.

For Scout and youth groups  
& families, ages 9+

Fee: \$3/person or \$6/family

Prepay by 2-27

## BIRTHDAY PARTIES

Celebrate your child's birthday at Maplewood Nature Center. Themes include Snakes Alive, Bunny Hop, Snowshoeing and others. Call for more information. 738-9383

## OJIBWA FAMILIES OF LONG AGO

Sat., March 4, 10:00 - 11:00am

Audrey Wyman will portray Ojibwa culture at the time of the fur trades with costumes, trade goods, furs and artifacts. Ojibwa family life (especially the role of women) will be discussed.

For adults and families, children 6+

Fee: \$3/adult, \$2/child

Prepay by 3-1

## BY THE LIGHT OF THE "BEAR MOON"

Tues., Feb. 14, 7 - 8:30pm

Bring your valentine for an inspiring hike or snowshoe walk by the light of the full moon. Learn why February is the Bear Moon and enjoy a Valentine's evening snack. Bring a mug.

For adults and kids 7+

Fee: \$2/person or \$5/family

Prepay by 2-11

Harriet Alexander

Wed., Feb. 15, 6:30 -  
7:30pm

Ph: 482-8266

Tamarack

Wed., Feb. 15, 6:30 -  
8:00pm

Ph: 429-7787

Wargo

Wed., Feb. 15, 7:00pm

Ph: 429-8007



# Parks & Recreation Department

Maplewood Community Center  
2100 White Bear Avenue  
Main number 779-3555  
Community Center Hours:

Monday - Friday  
6:00am to 10:00pm

Saturday and Sunday  
8:30am to 9:00pm

Starting in the March issue of *Maplewood in Motion*, the Parks & Recreation Department will publish information four times per year. The March issue will cover the Months of March, April and May

## Community Center Swimming Pool:

The aquatics area consists of two pools. The lap pool has six lanes and is 25 yards in length.

The highlight of the aquatics area is the leisure pool. There is a 120 foot waterslide, zero depth entry, various water toys and water exercise pool.

## Community Center User Fees

### Daily Admission

Resident	Adult	\$ 3.00
	Youth	2.25
	Senior	2.25
Non-resident	Adult	4.00
	Youth	3.25
	Senior	3.25

### Membership Rates

Resident	Youth	\$ 85.00/year
	Senior	85.00/year
	Sr. Household	165.00/year
	Adult	150.00/year
	Family	250.00/year
Non-resident	Youth	\$ 95.00/year
	Senior	95.00/year
	Sr. Household	185.00/year
	Adult	250.00/year
	Family	350.00/year

### **Group Discounts**

Any group of ten or more non-members wishing to participate at the lower level can receive 10% off the daily admission price if they register seven or more days in advance.  
Please call 779-3555 to make a reservation

There is no recreational swimming on Saturdays,  
9:00am - noon, due to swimming lessons:  
January 7th - February 25th

# Parks & Recreation Department

## POOL SCHEDULE

Lap Pool	M-F	6:15am - 10:00pm
	Sat	noon - 9:00pm
	Sun	9:00am - 9:00pm
Leisure Pool	M-F	8:00am - 10:00pm
	Sat	noon - 9:00pm
	Sun	9:00am - 9:00pm
Waterslide	M-F	3:30pm - 10:00pm
	Sat	noon - 9:00pm
	Sun	9:00am - 9:00pm
Spa	M-F	6:15am - 10:00pm
	Sat	noon - 9:00pm
	Sun	9:00am - 9:00pm
Swimming Lessons	Sat	9:00am - noon

## AEROBICS SCHEDULE

### Morning Aerobics Classes:

<u>Time</u>	<u>Day</u>	<u>Class</u>
6:15 - 7:05am	M, W, F	SIF, SIF, SIF
8:00 - 9:00am	M, W	Silver Splashers
9:30 - 10:30am	M, W, F	"H <sup>2</sup> O"robics
10:00 - 11:00am	T, Th	SIF, SIF
10:00 - 11:00am	W, F	CIA, CIA

### Afternoon and Evening Aerobics Classes:

12:00 - 12:50pm	M, W, F	Combined
2:00 - 3:00pm	T, Th	Silver Splashers
5:30 - 6:30pm	M, W, F	SIF, CIA, SIF
7:00 - 8:15pm	T, Th	Sports Fitness
6:30 - 7:30pm	M, W	"H <sup>2</sup> O"robics
7:00 - 8:00pm	M, W	Teen Bop Shop

### Weekend Aerobics Classes:

10:00 - 11:00am	Saturday	SIF
4:00 - 5:00pm	Sunday	Combined

SIF=Step into Fitness

CIA=Controlled Impact Aerobics

Silver Splashers=Senior Fitness

# Parks & Recreation Department

## Community Center Services

### Snack Bar

Snack Bar area for fast food and healthy appetites, plus pro shop items for sale.

### Child Care

A special service for parents. Workout, take an aerobics class or go swimming while your child enjoys their own activities.

#### Hours:

Monday - Friday

9:00am - 1:00pm

4:30pm - 9:00pm

Saturday

9:00am - 12:00pm

### Gift Certificates

For any age a great gift!  
Available at the Service Desk.

### Food Shelf Donations

The Community Center is a year-round drop off site for Second Harvest Food Shelf. Include a non-perishable food item when you pack your gym bag.

### Birthday Parties

Choose from two packages:

- I. Use of Pool & Waterslide/Gym  
Birthday Party Room  
Birthday Cake  
Plates, Napkins, Cups  
Two Pitchers of Pop

- II. Use of Pool and Waterslide/Gym  
Birthday Party Room  
Birthday Cake  
Plates, Napkins, Cups  
Two Pitchers of Pop  
One Hot Dog &  
One Bag of Chips

#### Rates:

- |     |              |                 |
|-----|--------------|-----------------|
| I.  | Resident     | Youth - \$ 5.00 |
|     |              | Adult - 5.75    |
|     | Non-resident | Youth - \$ 6.00 |
|     |              | Adult - 6.75    |
| II. | Resident     | Youth - \$ 6.00 |
|     |              | Adult - 6.75    |
|     | Non-resident | Youth - \$ 7.00 |
|     |              | Adult - 7.75    |

*Membership Discount of \$1.00 per carded member. For more information please call 779-3555.*

### Registration for Parks and Recreation Programs

Registration for Parks and Recreation classes will be held at the Customer Service counter at the Community Center.

### Customer Service Hours

Monday - Friday	8:00am-8:00pm
Saturday	8:30am-6:00pm
Sunday	8:30am-6:00pm

### Special Rental Facilities

Enjoy our Center for wedding receptions, banquets, corporate meetings, family reunions and informal gatherings.

- Banquet Room seats up to 395 people
- Theatre seats up to 276 people
- Four meeting rooms
- Adult lounge

## 1995 Adult Softball Program

The 1995 Softball Program will begin in late April and run for 14 games to August. Registration information, cost, and specific dates will be available after February 1 at the Parks and Recreation Department, 770-4570. Leagues are limited in size and are filled on a first-come, first-served basis. A deposit is required to register a team. The following leagues will be offered:

Monday      Men's Recreation Slow-Pitch  
Sanctioned Recreation Softball League.  
League will be divided into two divisions.

Tuesday      Senior Boys Slow-Pitch.  
This league is open to Maplewood &  
School District #622 youth in grades 9-12  
as of May 1, 1995. Each team must have a  
responsible adult as Team Manager (21  
or older).

Men's & Women's Recreational Slow-  
Pitch Sanctioned Recreational Softball  
Leagues. Women's Class "B" and Men's  
Class "C".

Wednesday      Women's Recreational Slow-Pitch.  
This Sanctioned League will consist of  
teams interested in recreational oriented  
softball. League will be divided into  
two divisions, Class "C" and Class "D"  
Leagues.

Thursday      Men's Recreational Slow-Pitch  
Sanctioned Recreational Softball  
League. League is limited in size.  
Class "C" and "D" Leagues.

Friday      Men's Recreational Slow-Pitch  
Sanctioned Recreational Softball  
League. League will be divided into  
Class "C" and Class "D" Leagues.

Saturday      Mens Recreational Slow-Pitch  
Sanctioned Softball Leagues, Class  
"C" and Class "D"

### Parks and Recreation Registration Information

1. Registrations will be accepted until one week prior to the first session, unless noted otherwise. **NO PHONE** registrations will be accepted.
2. Complete registration form and return it with a check payable to the following:

**Maplewood Parks and Recreation**

2100 White Bear Avenue, Maplewood, MN 55109

**Customer Service Hours:**      Monday thru Friday, 8:00am - 8:00pm  
Saturday 8:30am - 6:00pm, Sunday 8:30am - 6:00pm

3. You will only receive further notification if the class is cancelled or changed.

### Registration Form

Park & Recreation Registration	Participant _____	Home Phone _____
	Address _____	Emergency Phone _____
	City _____	Zip _____
	School _____	Grade _____ Date of Birth _____
	Activity/Class _____	<p style="text-align: center; font-weight: bold; margin: 0;">Waiver for Participant by Parent</p> <p style="font-size: small; margin: 0;">In consideration of your accepting my child's entry, I hereby, for myself, my child, my heirs, executors and administrators, waiver and release any and all Maplewood or school district and its representatives, successors and assigns for any and all injuries suffered by myself or my child at any activity sponsored by these groups.</p> <p style="margin: 0;">Signature: X _____</p> <hr style="border: 0.5px solid black;"/> <p style="text-align: center; font-weight: bold; font-size: small; margin: 0;">FOR OFFICE USE ONLY</p> <p style="font-size: small; margin: 0;">Fee \$ _____ Cash <input type="checkbox"/> Check <input type="checkbox"/> # _____</p> <p style="font-size: small; margin: 0;">Received by _____ Date _____</p>
	Starting Date _____ Time _____	
	Day _____	
	Location _____	
	Head of Household Name _____	
	Team Name _____	

**HERITAGE THEATRE COMPANY**

Presents

**You're A Good Man Charlie Brown**

Heritage Theatre Company presents the musical "You're A Good Man Charlie Brown".  
Based on the comic strip "Peanuts" by Charles M. Schultz, music and lyrics by Clark Gesner.

Sharon Howard will be directing.

It's funny, comical, colorful and just good wholesome entertainment for the entire family. Everyone can see a little bit of "Charlie Brown" or "Lucy" in themselves or friends. You'll laugh at the most likable, winningest loser you'll ever meet. The music is great. Come cheer for "Charlie Brown" - he really is a "good man".

"You're a Good Man Charlie Brown" will run Fridays, Saturdays and Sundays,  
February 10-12, 17-19, 24-26, and March 19-21 at the new  
Community Center Theatre.

For tickets call 773-1455.



**Maplewood  
City Council**



Mayor ..... Gary Bastian  
Council Member ..... Sherry Allenspach  
Council Member ..... Dale Carlson  
Council Member ..... Marvin Koppen  
Council Member ..... George Rossbach  
City Manager ..... Michael McGuire

**City Hall**

1830 East County Road B  
Maplewood, MN 55109

**612/770-4500**

**TDD-612/770-4500**

**Hours:**

Monday - Friday 8:00 a.m. - 4:30 p.m.

Bulk Rate  
Car-Rt Pre-Sort  
U.S. Postage  
**PAID**  
Permit No. 4903  
St. Paul, MN

**Residential Customer**

"Upon request this newsletter will be made available in an alternate format as large print or audio tape. Contact the City of Maplewood at 770-4500"

**DATED MATERIAL**  
**Deliver by January 25, 1995**

This brochure is completely recyclable.



**MAPLEWOOD**

**MOTION**

Volume 4, Number 5

Official City Newsletter

May 1995

**Maplewood City Hall  
Open House  
May 17th**

**5:00pm-8:00pm**



# Administration

Dear Neighbors:

Spring is here, and it's a good time to get outside and get our yards cleaned up before the warm days of summer arrive.

Maplewood ordinances prohibit piles of brush and "junk" in our yards. Besides being unsightly, these piles can be breeding grounds for undesirable critters, including the Gypsy Moth. The City of Maplewood operates a recycling center where residents and businesses in the City can bring items such as broken appliances, and other large items. This recycling center is located just north of City Hall.

Let's get out and haul away those piles of branches, move away those old vehicles that don't run, and pick up the trash along our streets. This is a great opportunity to meet new neighbors and get things cleaned up at the same time. Team up with your neighbors who may not have a truck to haul away some of the junk in their yard. Helping them clean up will not only help your neighbor, but it will make you feel good. Plus, you will have a clean and safer neighborhood!

As long as I'm on the subject of cleaning up, many of you are aware that the City Council is once again taking a look at organized garbage collection. Some of our neighboring cities are already doing this, and the City of Oakdale has also begun a study of this system for their city.

Maplewood requires every household to have garbage collected by a licensed hauler once a week. Currently, each household can contract with the hauler of their choice. Under an organized collection plan, you would not be able to choose your own hauler. There are pros and cons to both sides of this issue, and the City Council will be looking at all of these. We will be asking for your input as well, through this newsletter and at public hearings. I encourage you to get involved by learning about this issue and letting us know how you feel.

As the weather continues to get warmer, I'll be looking forward to seeing many of you as we are out walking on the streets and trails and enjoying our many parks.

Sincerely,

Sherry Allenspach  
Councilmember

\* \*The Mayor's Message normally appears in this spot. However, throughout the year, Maplewood City Councilmembers will be submitting their messages to the residents of the City. Councilmember Allenspach was elected to serve a four-year term from January 1994 through December 1997.\*\*

## Maplewood's Government Channel

The City has a government channel on cable TV which operates 24 hours a day. If you have basic cable service, current City information and programs can be viewed on **Channel 64** (if you have a converter box), or **Channel 56** (if you have a cable-ready TV).

**Mondays, May 8 and 22 at 7 p.m. -  
City Council Meetings,**  
cable cast live from City Hall.

**Thursdays, May 11 and 25 at 7 p.m. -  
Rebroadcast of the City Council meeting that  
was conducted on the previous Monday.**

If you are interested in a special viewing of the City Council meetings, contact the City Manager's office. Tapes of the meetings are kept for 30 days.

**BE INFORMED  
BE INVOLVED**

Come meet the Mayor at this month's forum.  
Bring a friend or neighbor.

May 6, 1995  
10:00a.m. - 12:00noon  
Maplewood Community Center  
2100 White Bear Avenue  
Maplewood, MN

## Council Corner

The City Council conducted two regular meetings during the month of March. The highlights of those meetings were:

- Approval of a conditional use permit for the construction of a 5,000 square foot, one story addition to the Ramsey County Correctional Facility at 297 South Century Avenue. The addition is for the expansion of the visitor area and a new medical ward. There will be no increase in inmate count or new cell space.
- Award of a \$120,404 bid to Thor Construction for the completion of the Community Center trail. In 1993, the City obtained a Federal grant of \$94,500 to construct a pedestrian and bike trail on the south side of the Community Center parking lot. This trail would complete the circle around the pond between City Hall and the Community Center. The trail also will have two connection points to the DNR Willard Munger Gateway Trail which is located just south of City Hall. Trail lighting, a gazebo near the pond, bike racks and landscaping are included in the project.
- Approval of an agreement with Ramsey County to overlay Keller Parkway from Edgerton Street to County Road C. Approval was granted for two twelve foot lanes with three foot, gravel shoulders. Keller Parkway is owned and maintained by Ramsey County.
- Approval of an conditional use permit , design review, variance form the underground lawn sprinkling code, and a screen waiver for the addition to Carver Elementary School located at 2680 Upper Afton Road. The expansion includes 1,800 additional square feet for gym space, additional classrooms and support space. The parking lot will be enlarged by 56 parking stalls.
- Approval of tax-exempt housing revenue bond financing for Phase III of the Carefree Cottages of Maplewood. Phase III is proposing to develop about 142 additional senior housing units along Gervais Avenue between the existing Carefree Cottages and Rainbow Foods. In return for the financing , the developer would keep the rents affordable for low and moderate income seniors for at least 15 years.
- Appointment of Linda Wainio and Regina Laroche-Theune to fill the two vacancies on the Human Relations Commission. Mr. Gordon Berggren was also appointed to a position on the Community Design Review Board.

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### ORGANIZED COLLECTION

At their March 13 meeting, the City Council decided to begin studying organized collection more seriously. Organized collection is a system of garbage collection in which the City contracts with one or more refuse collection companies to handle all of the residential garbage pick-up within the City.

The City currently has a "modified open hauling" system. Residents can select their own hauler. The only involvement of the City is that haulers must be licensed, and they can only collect in neighborhoods on certain days. In addition, they must offer rates based on volume. That means that each garbage collection company must offer a cheaper rate for a smaller amount of trash.

Why is the Council researching organized collection? There are two main reasons. 1) Studies have shown that customers living in areas with organized collection pay less for the same service. 2) Organized collection reduces the number of garbage trucks on City streets. With our current system, each of the residents on a street can contract with a different company. All of the trucks need to pick-up on the same day, but you could have a different truck for each home on the street.

The City Council would like to hear from you about this issue. State law requires that many months of public meetings and planning take place. But your telephone call or quick note is just as important as you attending a meeting. Call the City Manager's office at 770-4526 or drop us a line at City Manager's Office, 1830 E. County Road B, Maplewood, MN 55109.

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**MCC Performing Arts Center Theatre  
Maplewood Community Center  
2100 White Bear Avenue  
Maplewood, MN 55109  
612-779-3555**

The City of Maplewood presents arts and entertainment events in the new, 276 seat, state-of-the-art theatre. The finest local, regional, national and international artists will be featured in this visually and acoustically beautiful setting.

The Baroque quartet, *Belladonna*, will present an evening of late Renaissance and early Baroque instrumental music on Thursday, May 25th, at 7:30p.m. in the Maplewood Community Center Performing Arts Center Theatre. *Belladonna* has performed in Europe, South America and at music festivals throughout the United States.

Tickets are \$12.00 at the door or \$10.00 in advance and are available at the Maplewood Community Center, or by telephone. Please call 770-3555 for more information and tickets.

# Finance

## COMMUNITY CENTER FINANCIAL REPORT

No property taxes have been levied to finance the operations of the Community Center. Instead the operating costs of the Center are planned to be financed by membership sales, admission charges, rental fees and concession sales. To monitor the progress of meeting this objective, a monthly financial report on the Community Center Operations Fund is prepared. This fund accounts for all operating costs of the Center including utilities, maintenance and depreciation.

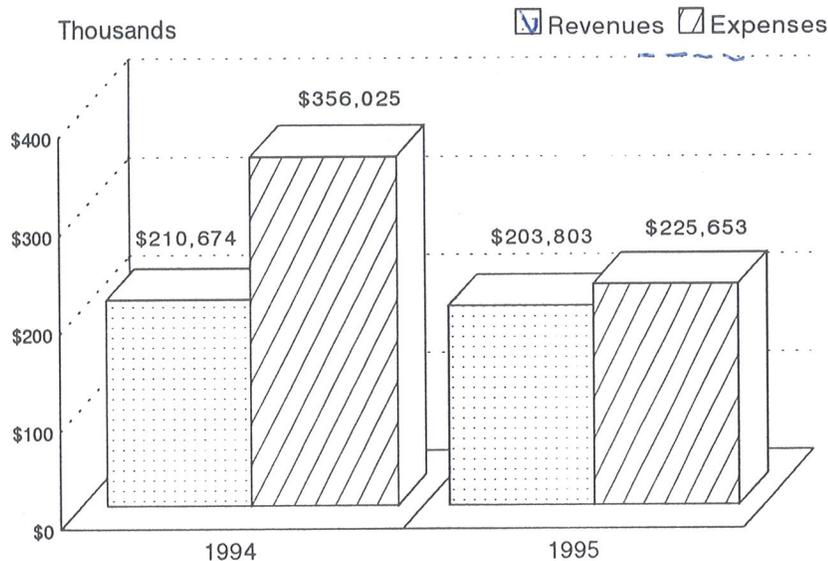
The Community Center opened October 1, 1994 and generated revenues of \$210,674 through December 31, 1994. Expenses for the same period were \$356,025 which caused a net loss of \$145,351. Monthly revenues in 1995 are significantly higher than 1994. Revenues totaled \$203,803 for the first two months of 1995. (This

article was written in March.) Expenses for January and February totalled \$225,653 and there was a net loss of \$21,850 for this period. The following graph provides a comparison of the financial data for 1994 with 1995.

The graph indicates that much progress has been made to make the Community Center self-supporting financially. Additional steps to make the Center self-supporting will be taken as the year progresses. Some of the changes that will be made or are under consideration include an increase in the non-resident admission fee, an increase in the banquet room charge, reduced staffing level in the fitness area, increased marketing of memberships, development of a volunteer program to supplement paid staff, and a summer rate special to entice college students and seniors.

The Community Center financial report is on the City Council agenda quarterly for public discussion. Your input and suggestions are encouraged.

### COMMUNITY CENTER OPERATIONS FUND Revenues and Expenses 1994 - 1995



### *Important City Meetings*

Your City Council meets on the 2nd and 4th Monday of each month, and other meetings as scheduled. The other commissions/boards meet regularly to provide input to the Council. All meetings are held at City Hall, 1830 East County Road B, Maplewood.

**CITY COUNCIL MEETINGS**  
7:00 p.m.; May 8 & 22  
2nd & 4th Monday

**COMMUNITY DESIGN REVIEW BOARD**  
7:00 p.m.; May 9 & 23  
2nd & 4th Tuesday

**HOUSING & REDEVELOPMENT AUTHORITY**  
7:00 p.m.; May 9  
2nd Tuesday

**HUMAN RELATIONS COMMISSION**  
7:00 p.m.; May 2  
1st Tuesday

**PARK & RECREATION COMMISSION**  
7:00 p.m.; May 15  
3rd Monday

**PLANNING COMMISSION**  
7:00 p.m.; May 1 & 15  
1st & 3rd Monday

# Maplewood Nature Center

## Jim's Prairie- Step Into Maplewood's Past

### 15 th Anniversary Prairie "Work" Days and Wildflower Walks

During June, the Maplewood Nature Center will celebrate the 15th anniversary of Jim's Prairie. Named after Jim McKee - the naturalist who first recognized it's significance. He recommended that the city preserve the area. The land was set aside as a park in 1978. Jim's Prairie is a small 3 1/2 acre remnant of the tall grass prairie which was once common in Maplewood. Located along the railroad tracks between McKnight and Century, Jim's Prairie rests in the heart of the city and provides a unique window to the past.

### Why Preserve Jim's Prairie?

Lovers of wildflowers, those who savor the sight of tall lush grasses waving in the breeze and people who appreciate the beauty of Maplewood's distant past will agree with Jim McKee that the Prairie must be preserved for present and future generations.

Jim's Prairie is a one-of-a-kind in Ramsey County. If there was a Guinness Book of Records about the Maplewood area this small piece of land would be in it. For example, the rare *cowbane* thrives in relative abundance here.

Jim's Prairie is a remnant of the kind of landscape that once was a common sight when Indians and pioneers roamed the land. This is an extremely valuable part of our natural heritage. It is important that we protect and preserve this area.

Although the Prairie is rather small, to the northeast is a 65-acre site which recently was purchased by the City of Maplewood. This site will remain open space. Several small wetlands, upland prairie in need of restoration, a pine plantation, an apple orchard, and oak woods are all located on the site. Jim's Prairie is a critical part of this eco-system that is both diverse and representative of the flora and fauna of the area.

Let's not forget the valuable habitat for mammals, birds, butterflies, amphibians etc. that Jim's Prairie and the adjacent lands provide.

### Prairie Wildflowers Need Wildfire

Fire is the friend of wildflowers and grasses. Like many natural preserves, Jim's Prairie is being threatened by progress. Management by fire has become difficult on account of encroachment of development to the southeast. The Prairie now needs a helping hand.

In 1981, a fire was sparked by a wheel on the railroad tracks. The fire burned back the woody vegetation, allowing more sunlight to fall on the specialized flowers and grasses that depend on it.

Since the Prairie has been managed by the



Maplewood Nature Center, controlled burns have been conducted every 2-3 years with the able assistance of the East County Line Fire Station. Due to access problems for fire trucks and the wet nature of the prairie this has met with mixed success. In order to preserve its overall beauty, unique flowers, sedges and grasses, Jim's Prairie needs a helping hand from the citizens of Maplewood.....

**How can you help?** The Nature Center is sponsoring a "Friends of Jim's Prairie" group and encourages your participation on two **Saturdays, June 10 and 17** to help with prairie management projects such as cutting woody shrubs, weeding out exotic species such as creeping charlie and knapweed, and scoring aspen trees to discourage growth. We will provide tools and refreshments. Please wear long pants, gloves, long-sleeved shirts, sunhat, sunscreen, and bring a waterbottle.

Please call the Maplewood Nature Center at 738-9383 to express your interest. Your efforts will promote more blooms and will help to preserve one of Maplewood's most unique natural sites!

**Prairie Wildflower Walks** will be held on Thursday evenings - June 8 and July 20 from 7-9 pm and on August 17 from 6:30 - 8:30 pm. After you've done your share to help encourage wildflower growth come on out and get to know *prairie phlox*, *blazing star* and *mountain mint*. These walks will be leisurely strolls on deer trails, so wear long pants, and bring bug repellent. There is a \$2.00 per person fee to be pre-paid one day prior to each hike. (*Note: Fee waived for volunteer workers*). This Walk is for adults and youth 13 and older. See you at Jim's Prairie!

# Public Safety

## RECREATIONAL FIRES

On November 14, 1994, the Maplewood City Council passed an ordinance change regarding recreational fire permits. You may now have a recreational fire (an outdoor fire not contained in a City-approved incinerator) without obtaining a permit from the City of Maplewood. **You must still comply with the following regulations:**

- Fire is to be 3' or less in diameter and 2' or less in height.
- Fire is for pleasure, religious, ceremonial, cooking, or similar purposes.
- Hours for burning are 2:00 p.m. until 11:00 p.m. (unless written permission for exception is received from the Director of Public Safety or Fire Marshal).
- Only charcoal, coal, or clean, dry wood may be used for burning (no refuse, grass, leaves, yard waste, or other combustibles).
- Fires are to be at least 20' from any building and are to be supervised at all times.

Violation of any of these regulations is a misdemeanor and may result in a citation being issued.

Common sense dictates that fires should not be started when conditions are too dry or too windy (over 15 m.p.h.). If you are in doubt about whether it is safe to burn, call 777-8191.

If you have any questions regarding these regulations, please contact the Fire Marshal's office at 770-4546.



EMS (Emergency Medical Services) Week is May 15-21, and we would like to take this opportunity to recognize the dispatchers, first responders, emergency medical technicians, paramedics, nurses, physicians, educators, and administrators who provide emergency medical care or training. Maplewood has 14 Police Officer/Paramedics, 3 CSO/Paramedics, and approximately 150 Firefighter EMT's who responded to 1,821 medical calls in 1994. As a result of these 1,821 calls, 1,585 people were transported to hospitals for further treatment. We would like to commend these dedicated individuals for their contribution to our community.

Everyone is invited to visit our department during the **Open House**, on May 17. Many of our most popular attractions/events will be returning, including:

- Squad car rides
- K-9 demonstrations
- Crime prevention information
- D.A.R.E. officers
- 9-1-1 demonstrations
- McGruff the Crime Dog
- Firearms training system
- Ambulance demonstrations & blood pressure checks

## Bicycle Safety

The Maplewood Police Department would like to offer a few safety rules for bike riders:

- Ride on the right-hand side of the street (**move with the flow of traffic**).
- Don't speed, race, or weave in and out of traffic.
- **Ride single file** at all times and stay close to the curb or side of the road.
- **Always give proper signals** (using left arm):
  - *Left turn--arm straight out.*
  - *Right turn--arm bent up at the elbow.*
  - *Stop--arm bent down at the elbow.*
- Use bike paths if possible, and stay off busy streets.
- **Obey all traffic signs and signals.** Stop completely at stop signs, and look both ways before starting out again.
- Walk your bike across busy intersections.
- Avoid riding your bike at night. If you must ride at night, equip your bike with a good headlight and rear reflectors. Wear light-colored or reflective clothing so others can see you.
- Keep both hands on the handlebars (except when signaling).
- Only one person belongs on your bike. Never let a second person ride with you.
- Avoid sand, loose gravel, or broken pavement. They can cause you to lose control of your bike.
- **Wear a helmet.**

The Maplewood Police Department Bicycle Patrol is beginning its third season. Officers will again be patrolling the streets, parks and commercial areas of the City by bicycle. This is an excellent opportunity to get to know your police officers! Don't hesitate to stop them and talk to them!



# Emergency Management

## LIGHTNING: NATURE'S HAIR-RAISING PHENOMENON

Lightning is a sudden release of electric charges that have been stored in the clouds.

Ray Sullivan, a retired National Park Ranger, was hit by lightning seven times, as of 1985. He's been knocked down, picked up and thrown in the air, lost his shoes and a toenail, lost his eyebrows, had his left shoulder burned, his hair set on fire and can't hear as well as he used to, but he's lucky he's alive.

An average lightning flash could light a 100-watt light bulb for more than 3 months.

Lightning occurs with *all* thunderstorms and kills more people each year than tornadoes or hurricanes, injures hundreds and starts fires. Twice in 1991 (at the U.S. Open and Phalen Golf Course), we saw locally what lightning can do. Fortunately, lightning related fatalities are decreasing, due mainly to increased awareness. In 1993 there were no deaths in Minnesota due to lightning.

In Minnesota from 1959-1992 there have been 51 deaths and 105 injuries from lightning. These figures may not tell the whole story as they include mainly direct hits and may not include deaths or injuries caused by secondary accidents like electrocution by downed power lines, felled trees and fires caused by lightning.

Aside from "in the open," there are five main categories in direct-hit lightning injuries and fatalities:

1. Under trees. This largest category is composed of those who seek refuge under trees during thunderstorms, with about 1/3 being golfers.
2. Open water includes swimmers, those near or on beaches, water skis, small boats, piers, levees, etc.
3. Tractors includes those in, on or near farm tractors and implements, and construction equipment.
4. Golf. This does *not* include golfers in the "under trees" category.
5. Telephone includes those killed or injured while talking on the telephone, mainly in rural areas.

There is a higher incidence of lightning deaths along some principal waterways; the Mississippi, Ohio and Hudson Rivers and their drainage basins. Other lightning-prone areas are along the Florida Gulf Coast and the Colorado mountains.

Thunder and lightning occasionally accompany snow or freezing rain.

Most involved in lightning accidents recover fully. They were probably not hit directly but received a shock from being close to a strike.

Most deaths involve outdoor recreationists (golfing, camping, water activities, athletics, horse-back riding, etc.) and those who work outdoors.

Fewer are killed indoors, with the greatest number probably due to lightning-caused fires. A smaller number involve those using phones, or standing by or touching fixtures connected to plumbing or electrical wiring.

When a thunderstorm threatens, get inside a building, or an all-metal (*not convertible*) automobile (be sure to close the windows). Do not use the phone except for emergencies.

If you are caught outside, do not stand underneath a tall isolated tree or telephone pole. Avoid projecting above the area landscape. In a forest, seek shelter in a low area under a thick growth of small trees. In open areas, go to a low place, like a ravine or valley but watch for flooding.

Get off of or away from open water and metal equipment like tractors, motorcycles, bicycles, golf carts, etc. Put down golf clubs and take off metal golf shoes. Stay away from wire fences, clothes-lines, metal pipes and rails. If you are in a group in the open, spread out and keep people several yards apart.

Lightning can hit several miles from the parent cloud. Take precautions even though the thunderstorm is not directly overhead. If you can hear thunder, you are close enough to be hit.

To determine how far away lightning is in miles, count the number of seconds between the flash of light and the sound of thunder, then divide that number by five.

If you are on a level field or prairie far from shelter and you feel your hair stand on end, lightning may be about to strike you. Squat low to the ground on the balls of your feet and place your hands on your knees with your head between them. Make as small a target as possible and minimize contact with the ground. **Do NOT lie flat on the ground.**

People hit by lightning receive a severe electrical shock and may be burned, but carry no electrical charge and can be handled safely. Someone who appears to have been killed by lightning can often be revived by quick action. When a group is struck, the seemingly "dead" should be treated first.

The American Red Cross says mouth-to-mouth resuscitation should begin immediately if a victim is not breathing, until medical help arrives. If the heart has stopped too, cardiopulmonary resuscitation (CPR) is necessary. This procedure should be administered only by those with proper training.

Victims who appear stunned or otherwise unhurt may also need attention. Check for burns, especially at fingers and toes, and next to buckles and jewelry. Give first aid for shock and do not let the victim walk around. Send someone for help. Stay with the victim until help arrives.

For more information please contact Maplewood Emergency Management at 770-4547.

# Public Works



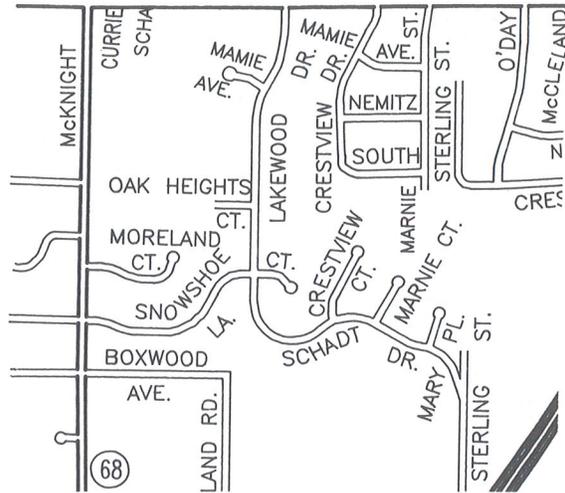
sign request to be discussed at  
May 8, 1995 Council Meeting

In response to the stop sign article which appeared in the March issue of *Maplewood in Motion*, the Public Works Department received a petition requesting all-way stop signs at the intersection of Lakewood Drive and Snowshoe. The residents of this neighborhood are interested in stop signs at this intersection for the safety of their children and the users of nearby Pleasant View Park.

In dealing with the issue of stop sign placement, a distinction must be made between stop signs for residential neighborhoods and warranted stop signs for traffic control on the rest of the street system. The placement of stop signs in the City is regulated by and consistent with the *Minnesota Manual of Uniform Traffic Control Devices* (MMUTCD). This manual is adopted by city ordinance to regulate all street signage, markings, and signals.

Studies by the Institute of Transportation Engineers indicate that stop signs which do not meet the standard warrants of MMUTCD tend, to some extent, to be ignored by drivers, whereas stop signs placed for right-of-way purposes are more likely to be obeyed. Other studies show that stop signs tend to increase noise in the vicinity of the intersection by adding accelerating and braking noises. Deceleration, idling, and acceleration increase air pollution and fuel consumption with an adverse impact on the air quality in the immediate vicinity.

Although the MMUTCD specifically advises that stop signs should not be used for purposes of speed control, and should only be used where warranted by facts and field studies, residential neighborhoods present



special cases. Often a neighborhood's "uniqueness" makes it unreasonable to follow uniform criteria for stop sign placement. Typically, traffic volumes are very low and are not easily qualified. Intersection design, frequency, and spacing are quite variable. Cul-de-sacs, housing density, curves, and sight distance are not uniform from one subdivision to another. Although many neighborhood intersections are not even close to meeting warrants, these factors and criteria, in spite of the MMUTCD, have been persuasive and can be used.

In adopting the neighborhood stop sign policy, the city council sought to provide a forum for citizen input and open discussion of the pros and cons of stop sign placement. The regular May 8, 1995 Council meeting (7p.m. at City Hall) will provide such a forum and an opportunity to consider this stop sign request.

## Maplewood City Council



Mayor ..... Gary Bastian  
Council Member ..... Sherry Allenspach  
Council Member ..... Dale Carlson  
Council Member ..... Marvin Koppen  
Council Member ..... George Rossbach  
City Manager ..... Michael McGuire

### City Hall

1830 East County Road B  
Maplewood, MN 55109  
612/770-4500  
TDD-612/770-4500

### Hours:

Monday - Friday 8:00a.m. - 4:30p.m.

Bulk Rate  
Car-Rt Pre-Sort  
U.S. Postage  
**PAID**  
Permit No. 4903  
St. Paul, MN

## Residential Customer

"Upon request this newsletter will be made available in an alternate format such as large print or audio tape. Contact the City of Maplewood at 770-4500."

**DATED MATERIAL**  
Deliver by April 25, 1995

# MAPLEWOOD IN MOTION

Volume 4, Number 6

Official City Newsletter

June 1995

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**Maplewood July 4th Celebration  
Hazelwood Park  
1663 County Road C**

Dear Neighbors:

What do you want from your City government? I ask this because we are in the budget cycle developing our budget, with its level of service, for the City's fiscal year that begins January 1, 1996. This is a great time for your input.

Efficient and good service? More services? Less taxes? During the school year, I received a number of letters from students. Their requests included more gym space, more ball fields, inexpensive athletic programs, less use of sand on roads and more ice sheets for winter sports. Adults writing to me asked for lower taxes, the right to decide on trash haulers, the initiation of a City organized garbage collection program, better roads, open space preservation, and continuation of the volunteer fire program. These are just a few examples of the many letters that come addressed to me and/or the City Council.

We are preparing the City for the year 2020, planning for our future today. Residents will be surveyed, focus groups will be formed and groundwork will be done to look at where we will be in 25 years. While seemingly unrelated, the 1996 budget and the budget for 2020 are quite intertwined.

In 1993, 55 out of 100 voters approved an open space plan. It has become a reality. In 1991, 66 out of 100 were in favor of a community center. It is open and operating. We have two satellite gyms being constructed in partnership with the two school districts educating our children - one at Edgerton, the other at Carver (at this writing the City has authorized the funding and is awaiting the bid award by ISD #622). Both will have a long-term impact on City costs and services needed to be provided out of City sources.

We have looked at consolidation and cooperation with surrounding cities. To date, not one letter has come in encouraging or discouraging such ideas. Large government units are not necessarily more efficient. But there are some very attractive reasons for looking at the merger of programs with neighboring cities. The creation of a joint police department between Maplewood and North St. Paul would have saved us \$500,000 a year. Other similar savings could result in looking at other opportunities.

At my forums, people come and ask for more enforcement of our laws. Usually it involves nuisance conditions, like dogs (barking and unsanitary conditions) to cleaning up yards and property. In the end, no matter what the City's laws say, it's up to the courts to enforce. It's out of the City's control.

In all of this there is a message. Some things government can do better. We can provide the basic services - police, fire, water, parks, planning, recreation. There are overlapping programs with the schools and County. We must work to minimize these overlaps. But we cannot do it alone. We need you. We need your involvement, your time and opinions.

*Maplewood in Motion* tries to keep you informed and up-to-date on your City government. I have held nearly 60 monthly forums since September 1991 to get your direct input and also to provide a relaxed setting to get information to the City. Call us, write to us, or show up at a Council meeting or Forum. This year happens to be a City election year. Many will be involved by voting. That's not enough. Shape your City's future. Do it now!

By "it", I mean calling with your thoughts and suggestions. Our fee increases last year generated many comments at local stores and meetings. The fees offset increases in delivering our services, instead of putting the increases on the property taxes for all to pay. In theory, those that use would pay.

There is a careful balance to strike between the demand for more and the ability to pay. You can help us strike that balance and make the decisions that will help this City prosper and grow. We need to plan now for our future.

Have a great summer!

Sincerely,

Gary Bastian  
Mayor

### Maplewood's Government Channel

The City has a government channel on cable TV which operates 24 hours a day. If you have basic cable service, current City information and programs can be viewed on **Channel 64** (if you have a converter box), or **Channel 56** (if you have a cable-ready TV).

**Mondays, June 12 and 26 at 7 pm - City Council Meetings - cable cast live from City Hall.**

**Thursdays, June 15 and 29 at 7 pm - Rebroadcast of the City Council meeting that was conducted on the previous Monday.**

If you are interested in a special viewing of the City Council meetings, contact the City Manager's office. Tapes of the meetings are kept for 30 days.

## Council Corner

The City Council conducted two regular meetings during the month of April. The highlights of those meetings are as follows:

- The approval of the Ice Arena Task Force recommendation to add an additional ice arena at Tartan High School. The cities of Maplewood, Oakdale, and North St. Paul and School District 622 organized a task force to study the need for an additional sheet of ice within the School District. The approval was with the following contingencies:
  - 1) The State of Minnesota approves legislation for funds to construct additional arenas in the State, and the School District obtains \$250,000 of the funds.
  - 2) The Ice Arena Levy of the School District is not repealed.
  - 3) School District 622 donates the land for the arena.
  - 4) Tartan Area Youth Hockey Association contributes \$250,000 to assist with construction and money for operations.
  - 5) The three cities and the School District are equal partners in paying for the operating expenses of the arena.
- Approval was given to Corner Kick Soccer Center to add a 3,000 square foot, one-story addition for a pro-shop, new entrance and a viewing/waiting area.
- Approval of the final plans for improvements to Western Hills Park and Timber Park. Award of the bid is scheduled for May 8.
- Charitable gambling funds were awarded to the North High School Graduation Committee (\$1,000); Maplewood Seniors and Persons with Disabilities Advisory Committee (\$500); North High's Shades of Youth Group for their diversity awareness program (\$700); Maplewood Police Cadets to attend the 1995 Law Enforcement Explorers Conference (\$3,500); and the Parks and Recreation department for a flower planting program, marketing program, scholarship program, and a volunteer program for park clean-up (\$21,700).
- Approval was given to purchase 5.5 acres of open space in the "leg" for \$49,500. The two lots are located north of Highwood and east of Lakewood Drive. In addition, the Council approved the acquisition of 7.5 acres of open space at the southwest corner of Hazelwood and Beam for a cost of \$220,000.
- Staff was directed to advertise for volunteers to serve on a Community Fund Task Force. The Committee will research the creation of a "community fund" to help finance City programs in Parks & Recreation, Nature Center, Community Center, and the arts. Interested residents can call the City Manager's office at 770-4524.
- Approval was given to conduct a community telephone survey in late May and early June. The purpose of the survey is to obtain residents' thoughts about the City's future, residents' levels of satisfaction with City

services, and issues that residents would like to see the City concentrate on.

- A new wetland setback ordinance was adopted. The ordinance requires a minimum buffer zone and building setbacks around wetlands and streams. It also prohibits mowing, cutting, filling or dumping within the buffer zone. The width of the buffer zone varies according to the quality of the wetland.

### IMPORTANT CITY MEETINGS

Your City Council meets on the 2nd and 4th Monday of each month, and other meetings as scheduled. The other Commissions/Boards meet regularly to provide input to the Council. All meetings are held at City Hall, 1830 East County Road B, Maplewood.

#### CITY COUNCIL MEETINGS

7:00 pm; June 12 & 26  
2nd & 4th Monday

#### COMMUNITY DESIGN REVIEW BOARD

7:00 pm; June 13 & 27  
2nd & 4th Tuesday

#### HOUSING & REDEVELOPMENT AUTHORITY

7:00 pm; June 13  
2nd Tuesday

#### HUMAN RELATIONS COMMISSION

7:00 pm; June 6  
1st Tuesday

#### PARK & RECREATION COMMISSION

7:00 pm; June 19  
3rd Monday

#### PLANNING COMMISSION

7:00 pm; June 5 & 19  
1st & 3rd Monday

### *BE INFORMED BE INVOLVED*

Come meet the Mayor at this month's forum. Bring a friend or neighbor. During the summer months, Mayor Bastian will be holding his Mayor's Forums at his home on the first tuesday of the month, starting on:

June 6, 1995  
6:00pm - 7:30pm  
Mayor Bastian's Home  
2220 Ide Court  
Maplewood, MN

## Administration

### ORGANIZED COLLECTION

Last month, we asked residents to call with their thoughts about organized collection - a system of garbage collection in which the City contracts with one or more trash haulers to handle the residential garbage collection within the City. The City Council plans to study this system to see if it makes sense to change from our current "modified open hauling" in which all residents select their own hauler.

The City Manager's office thanks all of the individuals who have called or written with their thoughts. We would like to encourage more people to call us at 770-4524 or write us at 1830 E. County Road B, Maplewood, MN 55109 about changing garbage hauling systems. Changing to an organized collection system means that the City would negotiate the rates for a certain level of service and a resident would be assigned a hauler for their neighborhood. The advantages of the system are generally lower rates and less truck traffic on your street. It should be noted that according to current City ordinance, all residences are required to have garbage pick-up. Keep those calls and letters coming! Thanks for taking the time to respond to our questions!

## Community Development

### COMMITTEE SEEKING NEW MEMBERS

#### MAPLEWOOD SENIORS AND PERSONS WITH DISABILITIES COMMITTEE

The Maplewood Seniors and Persons with Disabilities Committee is seeking members.

Maplewood residents who are older adults, or people with disabilities, are needed to serve on an advisory committee to the City Council. A Metropolitan Council survey indicated that most older adults and people with disabilities want to continue to live in their suburban homes but need additional help. This Committee accesses needs, identifies resources and makes recommendations to the City Council so that these residents can continue to effectively participate in the residential, work, commercial, social and recreational life of Maplewood.

The Maplewood Seniors and Persons with Disabilities Committee meets on the second Wednesday of each month from 10am - 11:30am at Maplewood City Hall. Call Tom Ekstrand at 770-4563 if you are an older adult or a person with a disability and are interested in becoming a member of this Advisory Committee.

## Finance

### 1994 ANNUAL FINANCIAL REPORT

The City's 1994 Annual Financial Report was presented to the City Council in April. Financial highlights of 1994 are as follows:

- The City's property tax levy increased by 8.2%. The tax levy for 1994 was \$8.0 million and 84% of this was for operations. The remaining 16% was for principal and interest payments on bond issues. The tax levy for operations increased by 2.7% and the tax levy for bonds increased 52.2%.
- Revenues were \$220,635 over budget and expenditures were \$502,003 under budget in the General Fund which finances most of the City's budget. As a percent of the amount budgeted, revenues were 102.1% and expenditures were 95.4%. As a result, the ending balance in the General Fund exceeded the 1994 Budget by \$748,726.
- Net bonded debt increased by 11.2% from \$26.0 to \$28.9 million. There was one bond issue in 1994: a \$5.0 million bond issue to finance the purchase of land for open space. This bond issue was approved by voters at a referendum in November, 1993.
- Expenditures on special assessment construction projects were \$336,526 in 1994 which was 82.7% less than 1993. In 1993 the expenditures were \$1.9 million.
- The net income in the Sewer Fund was \$7,534 in 1994 compared to \$227,350 in 1993. Ideally the net income for this fund should be near zero as sewer utility rates are set at a level to cover operating expenses. However, in 1993 operating expenses were under budget by 5% and revenues were slightly above budget.
- The Community Center Operations Fund had a net loss of \$145,351 in 1994. The Community Center opened October 1, 1994 and generated operating revenues of \$188,251 during the first three months of operation. However, expenses were in excess of revenues.
- The City's liability for employee leave benefits such as vacation and sick leave was 94% funded in 1994 and a \$59,479 deficit exists. The 1995 Budget will provide the funding necessary to eliminate this deficit.
- Interest earned on investments was \$674,034 in 1994. This compares with interest earnings of \$559,660 in 1993. The average interest rate earned on investments from 3.5% in 1994 and 3.8% in 1993.

A copy of the 153-page 1994 Annual Financial Report is on file at the Maplewood Branch of the Ramsey County Public Library.

### FLASH FLOODS: More Than Just A Threat ...Even In Maplewood

Most areas in Minnesota are prone to the effects of flash flooding which can occur any time heavy rainfall results in excessive runoff. Every year, 7 to 10 flash flood events occur throughout the state of Minnesota.

The most notable storms were in 1978 when "back-to-back" thunderstorms dumped 9" of rain over Rochester and southeastern Minnesota killing 5 and causing \$28 million in property damage and, in July of 1987 when again, 2 "back-to-back" thunderstorms dumped as much as 16" of rain on parts of the Twin Cities killing 2 and causing over \$50 million in property damage. In 1988, 8"-10" of rain fell north of Grand Rapids, resulting in over 75 flood-damaged homes.

The loss of life from flash flooding is a tragic yet often preventable occurrence. Another tragedy is that most flood victims didn't carry flood insurance. A standard homeowner's insurance policy will not cover flood damages. Of the thousands of flood victims in Minnesota, only a small fraction had adequate flood insurance.

Urban areas are especially prone to flash flooding because of the potential for rapid runoff from heavy rainfall due to high concentrations of roadways, parking lots and buildings.

Besides people who live in low areas that are vulnerable to flooding, others who are at risk are motorists who attempt to cross flooded roadways. Over half the people killed during flash floods were trying to cross fast-flowing streams, even with some type of vehicle. Campers are also at risk if they place their campsites near a stream bank or an area that could easily flood with heavy rainfall.

Those who have higher risks of flooding should develop flash flood action plans in advance, to protect life and property. Here are a few safety tips:

- Keep a weather alert radio near to hear weather forecasts and emergency information. **HEED ALL WARNINGS:** A Flash Flood *Watch* means flash flooding is possible. A Flash Flood *Warning* means a flash flood is imminent--**MOVE TO HIGHER GROUND IMMEDIATELY!**
- **PLAN AN EVACUATION ROUTE IN ADVANCE.** Do not count on roads that may be underwater or washed away as an evacuation route. Know where high ground is and how to get there quickly.
- **ABANDON STALLED VEHICLES,** they can easily be swept away in rapidly rising water.
- **MOVE PERSONAL BELONGINGS,** if time permits, to higher ground and turn off utilities.
- **DO NOT TOUCH ELECTRICAL SWITCHES** if they are wet or if you are standing in water.
- **EVACUATE YOUR HOME** if told by officials to do so and do not reoccupy your home until you've been advised it is safe.
- **HAVE THE PROPER INSURANCE COVERAGE,** *a standard homeowners insurance policy does not cover flood losses.* Flood insurance is available through the Federal government's National Flood Insurance

Program (NFIP) and can be purchased through any licensed property/ casualty insurance agent if you live in a participating community. You do not need to be in a floodplain to buy flood insurance. For more information, call your insurance agent or the NFIP toll-free at 1-800-638-6620.

Additional flash flood insurance facts:

- Flood insurance is available for property in communities that have agreed to adopt and enforce sound floodplain management practices. There are about 18,000 communities participating in the NFIP throughout the U.S. Maplewood is a participating community.
- While there are more than 2 million flood insurance policyholders, estimates are that 6 - 8 million buildings in the U.S. are exposed to the risk of flooding.
- Over a third of all flood insurance claims have come from outside special flood hazard areas.
- Almost any building with at least 2 walls and a roof may be insured if it is mainly above ground and in a participating community. Coverage may also be obtained for buildings under construction.
- Businesses can be insured through the NFIP.
- Contents of insurable, fully enclosed buildings may be insured with a separate policy, making flood insurance available to renters, too.
- There is normally a 5-day waiting period between the time flood insurance is purchased and the time coverage is in force.
- The purchase of flood insurance may be required as a condition of a mortgage.
- The NFIP is a program of the Federal Insurance Administration, which is part of the Federal Emergency Management Agency (FEMA).

The City of Maplewood has one floodplain located in the Battle Creek area on McKnight Road. However, flooding has occurred throughout the City. For example, after the storm in July 1987, 9 Maplewood residents submitted applications to the Federal government for assistance to repair damage caused by flooding. These residents were spread throughout Maplewood and none of them lived in the floodplain area.

## FLASH FLOOD AWARENESS WEEK

**JUNE 5 - 11, 1995**

### Loud Radios in Motor Vehicles

The City of Maplewood has an ordinance regarding loud radios in motor vehicles. The ordinance reads as follows:

All operation of any motor vehicle radio receiving set, tape player, compact disc player, paging system, or any other device for the production or reproduction of sound in a distinctly and loudly audible manner so as to unreasonably disturb the peace, quiet, and comfort of any person nearby or at a distance of 25 feet or more is prohibited.

Violation of this ordinance is a misdemeanor. It may result in a citation being issued and a fine of \$700 or 90 days in jail or both being assessed.

### Curfew

Did you know it is illegal for a child under the age of 16 to loiter, wander, stroll or play in or upon any public streets, highways, roads, places of entertainment and amusement, vacant lots, parks, playgrounds and other unsupervised places in the City between the hours of 10 pm and 5 am the following day.

For minors who are 16 or 17, it is unlawful to be in these places unsupervised between 12 midnight and 5:00am the following day.

These provisions do not apply to any minor who is accompanied by a parent or guardian. Nor do these provisions apply to a minor who is at a legitimate business for employment purposes or at an organized and supervised activity (such as high school dances, plays, etc.).

### Overnight Parking

As a reminder to all residents, Maplewood City Ordinance 18-27 prohibits the parking of any vehicle upon any street or road for more than two hours between the hours of 2:00am and 6:00am. **THIS ORDINANCE IS ENFORCED 365 DAYS A YEAR.**

### When The Siren Sounds

Imagine that you are working alone in a Public Safety communications center. The severe weather siren sounds

and hundreds of people start calling you to ask why the sirens are going off. It may be difficult to keep your composure and explain over and over again that you do not have information regarding the status of the weather. You are also worried that people with medical emergencies, crimes, and fires to report cannot get through because all

of the phone lines are jammed with people asking about the weather.

Remember--all of the information you need regarding severe weather is usually available by turning on a local TV or radio station.

**Yielding To Emergency Vehicles**

When you hear a siren and/or see an emergency vehicle with red lights activated, you are to **MOVE TO THE RIGHT side of the street or highway AND STOP** until the emergency vehicle has passed.




### Use Your Headlights

It is the law in Minnesota to display your headlights under the following circumstances:

- Between sunset and sunrise.
- Any time it is raining, snowing, sleet or hailing.
- Any time when visibility is impaired by weather, smoke, fog, or other conditions or there is not sufficient light to render clearly discernible persons and vehicles on the road at a distance of 500 feet ahead (parked vehicles are an exception).

Your Sewer System - A Guided Tour

Your sanitary sewer is very much like your water heater - you don't think about it much until it doesn't work. Sewers are something that are taken for granted - out of sight, out of mind - until the out of sight part stops working.

A basic understanding of the plumbing and sanitary sewer systems in your house will help you to know what to do if waste water does not drain from your house. The sanitary sewer system begins with the drains inside your house. All of the drains from the sinks, toilets, etc., are piped to the sanitary sewer service that exits your house underground and connects to the sanitary sewer main under the street. Each drain has a "trap" that prevents sewer gasses and odors from entering the house. Each drain also has a roof vent pipe that exhausts gasses through a chimney-like stack and admits fresh air to the drains. Vents maintain the pressure behind the flow of drain water and wastes, thus preventing water from being siphoned out of the traps.

The sewer service line is typically a four-inch diameter cast-iron pipe (plastic in homes built after 1980), and is usually installed under the basement floor. A clean-out opening is installed just before the pipe leaves the house. In case of a blockage in the sewer service line, plumbers use this clean out to eliminate blockages between the house and the sewer main. After the sewer service line leaves the house, it typically connects to a six-inch diameter clay pipe which then connects to the eight-inch diameter clay pipe sewer main. The typical length of the sewer service line from the house to the centerline of the

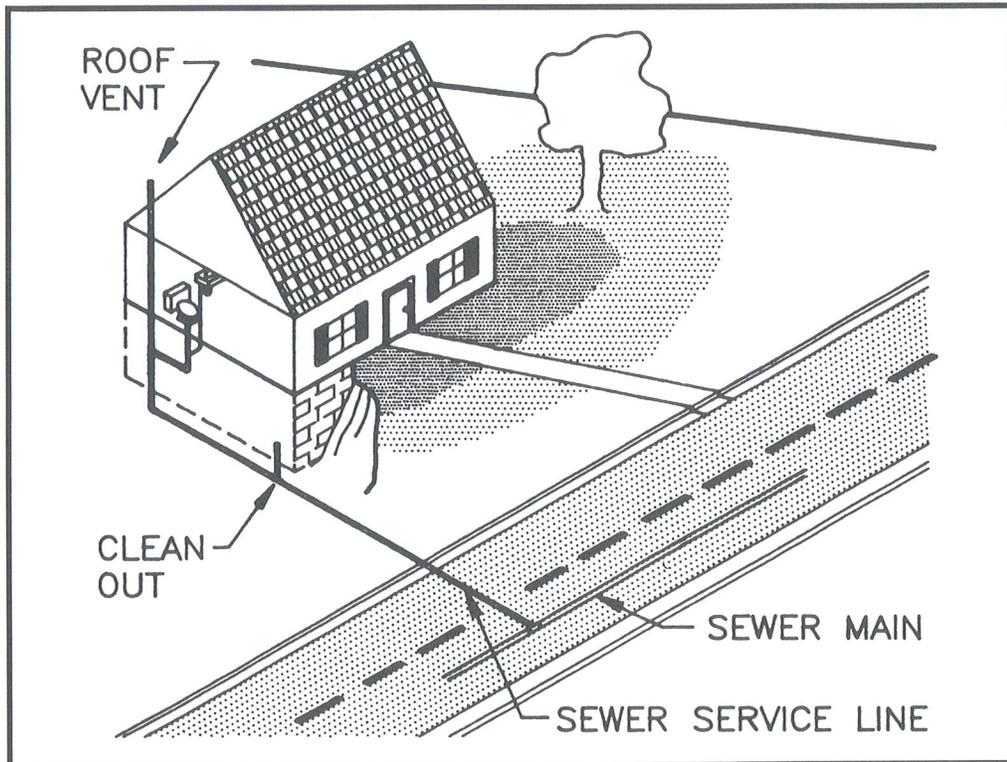
street (or the sewer main) is 60 feet. The first 30 feet of the sewer line is typically cast iron, and the remaining 30-foot run to the sewer main is clay pipe.

Drain pipes and vent pipes, collectively called the drain-waste-vent, or DWV system, must work together to drain water and waste. If a vent pipe is plugged, the drain will burp and bubble as water drains out. If only one section of plumbing does not drain, it is usually an internal plumbing problem. However, if no drains work, or the entire system drains slowly, or the worst case scenario occurs - waste water comes back through the basement floor drain - the problem is outside of the house in either the sewer service line or the sewer main.

**If you suspect a blockage outside of your house, contact our Public Works department at 770-4550 (or call Maplewood Police at 777-8191 after normal business hours).** Our utility department will check the sewer main through a manhole to determine if there is a blockage in the sewer main line. If there is no problem in the street, the blockage is probably between the house and the sewer main. Tree-root invasion at the joints of the old style clay pipe is a common problem where mature trees exist.

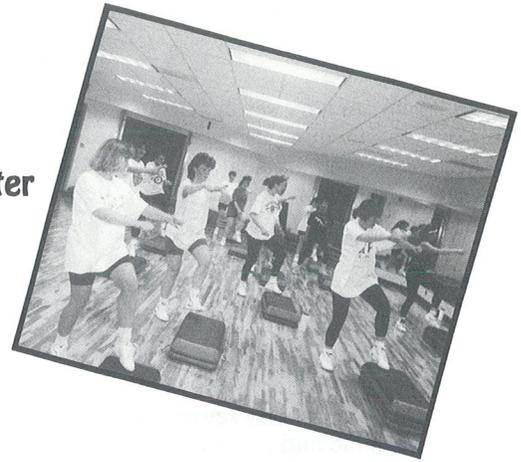
If there is a blockage in the sewer service line, it is the homeowner's responsibility. Our utility department requests that they be notified after a sewer service line has been cleaned. Typically, the cleaning process pushes an accumulation of tree roots and sewage into the sewer main that may cause a blockage of the main, and consequently cause sewer backups in your neighbors' homes.

Most of the City's sewer mains were installed in the late '50's and early '60's. Much of the system is eight-inch clay pipe that connects to the large Metropolitan Waste Control interceptors that ultimately convey sewage to the Pigs Eye Treatment Plant in St. Paul. Our utility department cleans and maintains 138 miles of sanitary sewer and 12 pump stations.





**Maplewood Community Center**  
**2100 White Bear Avenue**  
**779-3555**



### **Facility Hours**

Monday - Friday 6:00am - 10:00pm  
Saturday & Sunday 8:30am - 9:00pm  
Call for special holiday hours

### **Customer Service Counter Hours**

Monday - Friday 8:00am - 8:00pm  
Saturday 8:30am - 6:00pm  
Sunday 11:00am - 6:00pm

The Customer Service Counter is located on the second level and is available for Membership purchases, program registration, general information, building rental.

### **Admissions/Snack Bar Hours**

Monday - Friday 6:00am - 10:00pm  
Saturday & Sunday 8:30am - 9:00pm  
A Membership card or daily admission fee must be presented at the admissions desk to gain access to lower level.

## **FACILITIES AVAILABLE**

**Theater** - One of the many of highlights of the Community Center is the theater. Capable of seating 276 people, it features a large stage, back stage area for set construction, loading dock, orchestra pit, men's and women's dressing rooms, green room and a control room.

**Banquet/Meeting Rooms** - Stage your weddings, parties, corporate receptions or conferences in our beautiful banquet/meeting room. We offer a wonderful room for you to entertain small or large groups. The banquet room can seat up to 400 people for a variety of events, and can include a dance floor. The room can be divided into four smaller meeting rooms. This area is available for rent with several price options depending on rental type.

**Kitchen** - Our kitchen is conveniently located off the banquet room, the facility is available to accommodate groups wishing to serve food at their event. The majority of the food service from the kitchen is catered.

**Lounge** - The lounge is available for adults to drop-in and visit with friends, play cards, read or just relax.

**Child Care** - Child care is for drop-in only. Parents may drop off their child only if they are going to be staying in the building. Child care will be open specific hours according to demand.

**Craft Room** - This room will be programmed with various classes relating to art/crafts, etc. It also serves as the Birthday Party room.

**Aquatics** - The Aquatics area consists of two pools. A lap pool with six lanes, 25 yards in length. This pool can accommodate the leisure lap swimmer as well as a competitive swim team. During some open swim times this also will serve as a leisure swim pool.

A highlight of the aquatics area is the leisure pool. Its unique shape provides for a 120-foot water slide, zero depth entry, various water toys (bar jet, arch jet, solid stream jet, water curtain and an umbrella) and a water exercise pool. A hot spa is also located in the aquatics area.

**Gymnasium** - The gymnasium has two full-size basketball courts which can be divided by curtains into four smaller sections so that different activities can occur at the same time. Programming in this area consists of open gym, open basketball, open volleyball, gymnastics, youth and adult leagues, clinics, pre-school activities, etc.

**Racquetball/Wallyball Courts** - There are two courts off the gymnasium that can be rented by the hour for racquetball and for a two-hour time block for wallyball.

**Game Room** - This room has video games where individuals of all ages can take a break from the activities and relax.

**Aerobic Room** - The aerobic room is located on the lower level. It is a large room that will be programmed for aerobics, dance, karate, etc. Its wood-cushioned floor is designed to make the heavy, physical pounding characteristic of many forms of exercise easier on the joints and muscles.

**Weight Room** - Located on the lower level, the free weight room has free weights for the serious weight lifter.

**Track/Fitness Area** - The mezzanine level has a walking/jogging track and fitness area. The track has a rubber floor, banked corners to minimize stress, and is 1/11 of a mile long. The fitness room consists of Cybex circuit training, Life cycles, Tectrix stair climbers, Nordic tracs, Concept II rowing machines, bikes, etc.



## Announcing:

### 3 MONTH MEMBERSHIPS May 1 - September 30 1995

Beginning May 1, the Community Center will offer 3 month Memberships to individuals only. This program is intended to provide students and seniors who are away during the winter months an opportunity to purchase a Membership during the summer months. They can be purchased for three months only and are good for 3 months from date of purchase. This offer will run from May 1 - June 30. Stop at the Customer Service counter for more information.

	<u>Resident</u>	<u>Non-Resident</u>
Youth (2 - 17 years)	\$25.00	\$30.00
Senior (62 & Over)	\$25.00	\$30.00
Adult (18 - 61 years)	\$45.00	\$65.00

#### Volunteers Make a World of Difference

The City of Maplewood invites you to become a valuable resource in the Community Center. There are many ways you can help and meet new people at the same time. Some of the ways you can become involved are:

- \* greet the public at entrances
- \* assist at admissions
- \* ensure locker room upkeep
- \* usher at special events
- \* assist in the Fitness area
- \* child care, and more...

There are many ways you will benefit by giving of your time. You will meet new people and develop new friendships and know that you are making a valuable contribution to your community.

#### "FREE"

#### Community Center Equipment Bag Offer

Due to the huge response this past March, we are extending the FREE Community Center equipment bag offer. Purchase an annual Membership to the Community Center and receive a FREE equipment bag. This bag is a high quality bag that you will be able to use for years to come. For more information, stop at the Customer Service counter, or call 779-3555.

One bag per Membership purchased.  
Offer not good for the Corporate or Seasonal Membership programs.

#### Child Care Room

Child care hours are changing for the Summer! Beginning in June, reservations will be required for all evening and weekend child care needs. The child care room will only be open if reservations are made in advance. You may call 779-3557 or 779-3554 to make reservations. Please allow 24 hours to assure staffing requirements are maintained. A child care provider will call to confirm your reservation. Thank you in advance for your assistance.

-The child care staff.

#### MCC Group Program

Bring your group to the Maplewood Community Center for gym and swim fun! Come for the water slide but stay for the whole adventurous package. Shoot hoops in the gym, spike the ball in wallyball, rocket down the slide, enjoy the pinball action in our arcade, and eat to your hearts content at our snack bar. We offer special group rates as well as numerous packages including a room for lunch and movies. Call 779-3554 for more details.



# MAPLEWOOD COMMUNITY CENTER

**Daily Admissions** - Individuals can participate at the Community Center by paying a daily use fee. This allows for usage of the facility during open sessions.

<b>Resident</b>	
Youth .....	\$2.25
Senior .....	\$2.25
Adult .....	\$3.25
<b>Non-Resident</b>	
Youth .....	\$4.00
Senior .....	\$3.25
Adult .....	\$5.00

**Memberships** - Memberships will be sold on an annual basis. Anyone can qualify for a Community Center Membership by paying the annual fee. When purchasing a Membership a person receives - open swim, lap swim, open gym, track, free weight room, exercise room, video game room. Members will receive a discounted rate on racquetball & wallyball, child care (6weeks - 6yr. old.), swim lessons and all Community Center programs.

Memberships will be offered in eight levels and are good for a year from the date of purchase. Methods of payment are check, cash, Visa and Mastercard. Compare our monthly rates with your club and see what great things we offer!

**Memberships can now be purchased with a Visa or Mastercard! Stop at the Customer Service Counter for more information.**

<b>Resident</b>	
Youth .....	\$85.00
Senior .....	\$85.00
(individual 62 years and older)	
Senior Household .....	\$165.00
(both individual must be 62)	
Adult .....	\$150.00
Family .....	\$250.00



<b>Non-Resident</b>	
Youth .....	\$95.00
Senior .....	\$95.00
(individual 62 years and older)	
Senior Household .....	\$185.00
(both individuals must be 62)	
Adult .....	\$250.00
Family .....	\$350.00



### Corporate Membership Discount

Any corporation or business wishing to enroll their employees in the Community Center corporate Membership program may do so under the following criteria:

Companies that purchase 1-3 Memberships do not qualify for a discount but can purchase at the Resident rate if they are a Maplewood company.

Companies that purchase 4-9 Memberships can qualify for a 5% discount off the above Membership rate.

Companies that purchase 10-99 Memberships can qualify for a 15% discount off the above Membership rate.

Companies that purchase 100 or more Memberships can qualify for a 25% discount off the above Membership rate.

Employees are considered to be anyone who works full-time or permanent part-time. An employee who is on the company payroll 12 months a year and works a minimum of 20 hours per week is considered to have permanent part-time status. To qualify for a family Membership an employee must be the head of a household (parents, guardian, grandparents).

Each company is required to assign one employee to administer their company's Membership.

### Maplewood Community Center Public Input Meetings

<i>Tuesdays</i>	
May 16	7:00pm
June 20	7:00pm
July 18	7:00pm
August 15	7:00pm

These meetings are intended to provide an opportunity for the public to interact with the Center Staff to discuss operations of the facility. It is an open forum and there is no agenda. If you have an issue that you would like to bring to our attention, we encourage you to attend.

*Refreshments will be served.*  
Join us for some informal discussions about the Community Center.

### School's Out at the MCC

School's Out For the Summer!!! If you are a student, bring your school I.D. from the school you attend and get into the MCC for \$.50 off the regular rate. You pay \$1.75 if you are a Resident and \$3.50 if you are a Non-Resident. So meet your friends at the MCC and have a blast!!

Friday, June 16	3:00 - 10:00pm
Friday, July 14	3:00 - 10:00pm
Friday, August 11	3:00 - 10:00pm
Friday, Sept. 15	3:00 - 10:00pm

**Community Center Comets (CCC)  
School-age Summer Day Camps**

Spend your summer at our exciting day camps. The following day camps have been created to give children the best summer experience ever. Children will be utilizing the Maplewood Community Center to its fullest, including art, gym and swim daily, along with the special events listed below...

**Summer Blast Off**

Come have a blast at the Community Center. We will have a week filled with many crazy and exciting activities to get us started on a perfect summer vacation. Fish for trout, slide down the chutes and spit those watermelon seeds as far as you can. These are just a sampling of the events to come!!!

**Who:** Youth age 6-12  
**Where:** Maplewood Community Center Craft Room  
**When:** June 26 - June 30  
 9:00am-5:00pm  
**Activity#** 3250.202

**Youth Day Camps**

Maplewood Parks and Recreation is offering a variety of Summer Day Camps for youth ages 6 - 12. Extended hours are also available at the Maplewood Community Center. Please call 779-3554 for details. If you pre-register to participate in three or more of the Day Camps offered this summer, you will receive a **10% discount** off your total fee due. In addition, if you are enrolling 2 or more children in the same camp you will receive an added 10% off the fee. All Camps are limited in enrollment size and do require pre-registration with full fee paid in advance at the Maplewood Community Center.

**Wet and Wild Week**

Grab your suit and hang on for the ride of your life. We will spend the entire week in a whirlwind of water. Wild and untamed slides will be our conquest. Wiener roasts at the beach and water wars will be on our agenda.

**Who:** Youth age 6-12  
**Where:** Maplewood Community Center Craft Room  
**When:** July 24 - July 28  
 9:00am-5:00pm  
**Activity#** 3250.205

\*Before and after care will be available for an additional weekly fee of \$1.50/hour, Members: \$2.00/hour, Residents: \$2.50/hour, Non-residents



**Radical Fanatical Fun  
Theme Party Week**

Every day is a radical, fanatical party bash! There is a theme party planned for each day. Pirate hunt for the treasure; Fiesta Mexican style; shake your bootie at our sock hop; aloha at our Hawaiian Luau; and be a beach bum in the sand at our Beach Party.

**Who:** Youth age 6-12  
**Where:** Maplewood Community Center Craft Room  
**When:** August 21 - August 25  
 9:00am-5:00pm  
**Activity#** 3250.207  
**Fee:\*** \$120.00/week Members  
 \$144.00/week Residents  
 \$162.00/week Non-Residents

\*Fees include a staff ratio of 10 to 1, all field trips, materials, daily admission and snacks. Lunch is not included, you may bring a bag lunch or utilize the snack bar.



## Camp Silver Maple Day Camp

**Ages 6-9**

Discover the world of outdoor fun at the Maplewood Day Camp. Staged at exciting areas throughout the community such as Maplewood Community Center, Maplewood Nature Center, Lake Elmo Park Reserve, Silver Lake, and more! This Day Camp offers experiences in environmental education, arts and crafts, sports and games, animal and nature studies, hiking, musical activities, and swimming. The Day Camp staff is well known for their super special events! Our goal is to provide a safe, fun, and memorable indoor/outdoor recreational experience. Campers should bring their own bag lunch, beverage, swim suit & towel each day. Camp will be held rain or shine. Participants are to be dropped off at 8:30am and picked up at 4:30pm at the Maplewood Community Center upper level. Parent information packets, which include a complete activity schedule, will be sent out during the summer.

**When:** Monday-Friday, July 17-21  
**Location:** Maplewood Community Center  
**Drop/Pick-up:** 8:30am/4:30pm  
**Fee:** Resident \$80.00  
 Non-Resident \$85.00  
**Activity#:** 3250.204  
Registration deadline is July 7th.



## Youth Arts Festival

Presented by Maplewood Parks and Recreation Department. The Youth Arts Festival is an event that will give the participant the opportunity to participate in hands-on craft making, see the production of the Summer Youth Drama Camp, puppet shows, ice cream social, musical entertainment and much more. Be sure to put this special date on your calendar...

**Who:** Youth and Adults  
**Where:** Maplewood Community Center  
 2100 White Bear Avenue.  
**When:** July 21, 1995, from 5:00pm to 9:00pm  
**Cost:** Minimal fees for crafts, ice cream and performance admission. All fees payable at the door. No registration is required.



## Summer Music Project

Mon. & Wed., June 19, 21, 26, 28,  
 July 10, 12, 17, 19, 24, 26, 31, Aug. 2, 7, 9  
 (Class will not meet the week of July 4th.)  
 9:00 - 11:00am  
**Fee:** \$30.00/Member,  
 \$36.00/Resident,  
 \$40.00/Non-Resident

The Summer Music Project is a fun, interactive musical adventure for middle-school age youth (kids who will be entering the 6, 7, & 8 grades in the fall). Participate in the arts by performing in a choir with other children your age. The middle-school aged choir will practice through the summer and perform with the adult choir at the end of the class in our theater.

## Drama Kids Camp

**The Drama Kids**  
 Acting for the amateur. This camp is created to give children the opportunity to experience a play production from beginning to end. Children will act, create stage sets, learn about lighting, sound, stage presentation and enjoy a little clowning around. Professionals in the industry will be instructing special sessions along with Sue Lodmill. The children will not only have this incredible opportunity to create and bring to life a production, they will also be able to utilize the Community Center for swimming and gym activities.

**Who:** Children age 6-12.  
**Where:** Maplewood Community Center Theater  
**When:** Monday Through Friday 10:00 - 3:00\*  
 Session I, June 12-23 Performance 6/23  
**Activity#** 3250.201  
 Session II July 10-21 Performance 7/21  
**Activity#** 3250.203  
 Session III: August 7-18 Performance 8/18  
**Activity#** 3250.206  
**Fees:\*** \$120.00 Members  
 \$144.00 Residents  
 \$162.00 Non-Residents

\*Before and after care will be available for an additional weekly fee of \$1.50/hour for Members, \$2.00/hour for Residents, \$2.50/hour for Non-Residents.

## Young Minds at Work and Play

### Kindergarten Readiness Program

Created and Taught By: Cathy Casey,  
Elementary/Early Child Development Teacher  
Enrich your summer experience with this program designed around the development of the whole child. *Young Minds at Work and Play* incorporates age-appropriate activities and stimuli for social, emotional, physical and educational growth. Our day will be spent on: group discovery times, music, finger-plays, creative movement, art expression, literature, snack and gross motor activities. We will also work on other crucial skills for Kindergarten Readiness such as fine motor skills, listening skills and introducing children to a structured environment.

**Who:** Children age 4 and 5 who will attend Kindergarten in the fall.  
**Where:** Maplewood Community Center - Child Care  
**When:** Tuesday and Thursday Mornings 9:00-11:30  
Session I: June 13 - June 29 (3 wks)  
**Activity#** 3050.201  
Session II: July 11 - July 27 (3 wks)  
**Activity#** 3050.202  
Session III: Aug. 1 - Aug. 24 (4wks)  
**Activity#** 3050.203

**Fees:** Session I & II \$50.00/Members (per session)  
\$60.00/Residents (per session)  
\$67.50/Non-Residents (per session)  
Session III \$65.00/Members (per session)  
\$78.00/Residents (per session)  
\$87.75/Non-Residents (per session)



### Come Play With Me:

**Art/Gym/Swim**  
Come Play With Me is an age appropriate play time designed for parent and child. Activities will be preplanned in art, gym and swim activities to provide an alternative play place. Each day will be scheduled with a messy, creative and busy art project and followed up with some gross motor activities either in the gym or pool. Each activity is developmentally appropriate and will be facilitated by Sylvia Dolinski, a Child Care Professional. Come on and join the fun!!!

**Who:** One child age 2-4 and one adult.  
**Where:** Maplewood Community Center Craft Room  
**When:** June 8 - July 20 \*No class July 6  
Session I: Thursdays 10:00 - 11:00am  
**Activity#** 3004.201  
Session II: Thursdays 6:00 - 7:00pm  
**Activity#** 3004.202

**Fee:** \$20.00 Members  
\$22.00 Residents  
\$26.00 Non-Residents

### Magical Musical Adventures

By: Sherri Quinn, Music Instructor  
Take a journey into the sounds, rhythms and movements of music. Explore the musical abilities that exist within all of us. Children will experience music through age-appropriate activities and projects that will be the building blocks to a lifetime of musical enjoyment.

**Who:** Children age 3-5  
**Where:** Maplewood Community Center Craft Room  
**When:** Monday mornings, 10:00 - 10:45  
Session I: June 5 - 26  
**Activity#:** 3020.201  
**Fee:** \$16.00 Members  
\$20.00 Residents  
\$24.00 Non-Residents



### Computer Tots

Early Childhood Computer Education! Computer Tots is a program designed to offer small, personalized computer classes for children ages 3 through 6. Computer Tots utilizes highly interactive animated and developmentally appropriate software for young children. The curriculum complements the young child's development. Teachers serve as facilitators, encouraging discovery and active learning. Discover the world of learning through computers!

**Who:** Children age 3-6  
**Where:** Maplewood Community Center Craft Room  
**When:** Monday Evenings June, July, and August  
Session I: 5:30-6:00pm  
**Activity#** 3080.201  
Session II: 6:00-6:30pm  
**Activity#** 3081.201  
Session III: 6:30-7:00pm  
**Activity#** 3082.201  
Session IV: 7:00-7:30pm  
**Activity#** 3083.201

**Fees:** \$30.00/monthMembers  
\$34.00/monthResidents  
\$38.00/monthNon-Residents



## Slammen Milk Cap Tourney!

The Maplewood Community Center and Kids Stock are sponsoring this grand event and we are looking forward to seeing you all there.

The world's largest, slammenest Milk Cap Tournament is on the agenda. Come alone or register with your friends. This will be an afternoon to remember. You can stop by any participating local business, White Bear Association Members, or the Maplewood Community Center for FREE MILK CAPS! The tourney will be held July 28 at 1:00pm at the Ramsey County Bandshell. Registration in advance is recommended. Individuals may come without registering in advance for a \$1.00 charge. All tournament participants will receive free daily admission passes to the Community Center.

Dear Parents of all those Pog players. We are looking for volunteers to assist with the Pog tourney. If you are available and as excited about this event as we are, please call 779-3554!

### "Litter" Maplewood with Art

Show off your sidewalk chalk drawing talent and have a chance to take home the dough.

Maplewood Community Center south end parking lot will be converted to the world's largest canvas for a sidewalk chalk drawing contest. Participants may purchase a 3'x5' square beginning July 19. Everyone of all levels of talent is invited to show off his or her creativity. Judging will be done by professional artists on July 21 at 6:00pm, awards will be given out at that time. Come join the fun, and take a stroll down this picturesque lane.

**Who:** Anyone interested in sharing their talent  
**Where:** MCC South Parking Lot; register in advance  
**When:** July 19-21  
**Fee:** \$10.00 /per 3'x5' square  
**Prizes:** \$150.00; \$100.00; \$50.00

For all those young artists there will be the world's largest color by numbers which will be located in the South parking lot as well. Children will have the opportunity to choose a number to color and help us fill in a replica of the Ramsey County Fair button. All you need to participate in the worlds largest color by number is a Ramsey County Fair button.

**Who:** Youth of any age  
**Where:** MCC South Parking Lot  
**When:** July 19-21



### Mother Goose Story Hour

By: Deb Murphy, Master Story Teller

Here is a special story hour just for you. Listen to tales of adventure, fantasy, and imagination from a professional storyteller. Create a work of art based on the story of the hour. This special hour can be spent on your own or you can share it with mom or dad.

**Who:** Children age 3-6  
**Where:** Maplewood Community Center Lounge  
**When:** Tuesday Evenings 6:00-7:00  
 July 11 - August 15  
**Activity#** 3015.201  
**Fee:** \$20.00 Member  
 \$25.00 Residents  
 \$30.00 Non-Residents

Pre-Register Early to Reserve Your Spot!!

### Dancercise Kids

By: Rebecca Jacobson, Dancercise Instructor

Dancercise Kids is a program designed to introduce the young to dance, fitness, and creative movement. Children will enjoy an environment filled with fun activities which will encourage and promote physical fitness through dance, movement and tumbling. Parents are invited to attend the last class for a performance.

**Who:** Children age 3-6  
**Where:** Maplewood Community Center  
**When:** Wednesday Mornings and Evenings  
 Session I 10:30-11:15am, Aerobics  
 Session Ia: June 7 - June 28  
**Activity#** 3000.201  
 Session Ib: July 11 - August 2  
**Activity#** 3000.202  
 Session Ic: August 9 - August 30  
**Activity#** 3000.203

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Session II: 6:00 - 6:45pm, Craft Rm  
 Session IIa: June 7 - June 28  
**Activity#** 3001.201  
 Session IIb: July 11 - August 2  
**Activity#** 3001.202  
 Session IIc: August 9 - August 30  
**Activity#** 3001.203

**Fee:** \$20.00/month Members  
 \$25.00/month Residents  
 \$30.00/month Non-Residents

## 1995 Summer Ballet & Jazz

### Pre-Ballet & Jazz (4-5yrs old)

by Mandy Anzaldi

Experience the art of classical ballet and modern jazz. The class is designed for the beginner who has little or no experience, and would like to develop the fundamentals of movement and coordination required for both styles of dance. Focus will be on improving body awareness, motor skills, balance, and listening skills. Participants are required to wear ballet slippers (not tights or socks) to decrease the risk of injury. *Class limit is 10.*

**Where:** Maplewood Community Center

**When:** Tuesdays & Thursdays 5:30-6:15pm

Session #	Date	Activity#
I	June 13 - June 29 (3 week session)	1352.201

II	July 11 - July 27th (3 week session)	1352.202
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**Fee:** \$21.00/Member  
\$23.00/Resident  
\$25.00/Non-Resident

### Ballet & Jazz I (6-8yrs old)

by Mandy Anzaldi

Learn progressive classical ballet and modern jazz techniques. This class is designed for the intermediate level student. Focus will be on improving body awareness, motor skills, balance, and beginning barre techniques required for both styles of dance. This class is a pre-requisite for Ballet & Jazz II. Students showing sufficient progress will be advanced by the instructor into Ballet & Jazz II. Participants are required to wear ballet slippers (not tights or socks) to lessen the risk of injury. *Class limit is 14.*

**Where:** Maplewood Community Center, Aerobics Room

**When:** Tuesdays & Thursdays 6:30-7:30pm

Session #	Date	Activity#
I	June 13 - June 29 (3 week session)	1352.203

II	July 11 - July 27th (3 week session)	1352.204
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**Fee:** \$23.00/Member  
\$25.00/Resident  
\$27.00/Non-Resident

### Ballet & Jazz II (8-10yrs old)

by Mandy Anzaldi

Learn advanced classical ballet and modern jazz techniques. This class is designed for the advanced level student, who would like to improve on body awareness, techniques, balance, and polish both styles of dance. Ballet & Jazz I is a pre-requisite. Participants are required to wear ballet slippers (not tights or socks) to lessen the risk of injury. *Class limit is 14.*

**Where:** Maplewood Community Center, Aerobics Room

**When:** Tuesdays & Thursdays 7:45-8:45pm

Session	Date	Activity#
I	June 13 - June 29 (3 week session)	1352.205

II	July 11 - July 27th (3 week session)	1352.206
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**Fee:** \$23.00/Member  
\$25.00/Resident  
\$27.00/Non-Resident

## Karate

### Pre-school through Adult

Karate will be taught by Dave Graf, a thirty-year veteran of the profession. He will be instructing Okinawa Shuri-Te Karate. Karate is an empty hand self-defense art form which encourages self-control and discipline. Dave teaches more than just technique, he instructs Shuri-Te to challenge individuals both physically and mentally to excel within themselves. The true goal of karate is to become a better human being and to set a standard by example.

### Pre-school Karate

**Who:** Children age 4-6

**Where:** Maplewood Community Center, Aerobics Rm

**When:** Tuesday Mornings and Evenings

Session I: 9:00-9:45am  
Session Ia: June 6-27  
Activity# 3005.201

Session Ib: July 11-Aug 1  
Activity# 3005.202

Session Ic: Aug. 8-29  
Activity# 3005.203

Session IIa: June 6-27  
Activity# 3006.201

July 11-Aug 1

Activity# 3006.202

Aug. 8-29

Activity# 3006.203

**Fee:** \$10.00/session/month Members  
\$13.00/session/month Residents  
\$15.00/session/month Non-Residents

### Beginner Karate

**Who:** Youth age 7- Adult

**Where:** Maplewood Community Center, Gym 4

**When:** Saturday Mornings from 9:00-10:30am

Session Ia: June 3-24  
Activity# 4000.201

Session Ib: July 8-29  
Activity# 4000.202

Session Ic: August 5-26  
Activity# 4000.203

**Fee:** \$15.00/session/month Members  
\$20.00/session/month Residents  
\$25.00/session/month Non-Residents

### Advanced Karate

**Who:** Youth age 7- Adult

**Where:** Maplewood Community Center, Aerobics room

**When:** Tuesday & Thursday evenings: 7:30-9:00pm

Session Ia: June 6-29  
Activity# 4001.201

Session Ib: July 11- Aug.3  
Activity# 4001.202

Session Ic: August 8-31  
Activity# 4001.203

**Fee:** \$25.00/session/month Members  
\$30.00/session/month Residents  
\$35.00/session/month Non-Residents

## 1995 Summer Pool Hours

All Maplewood Parks and Recreation lifeguards, water safety instructors, and water safety aides are certified by the American Red Cross and participate in regular in-service trainings and continual updates.

The Maplewood Community Center allows open, recreational swimming during most swimming lessons. Open, recreational swimming is restricted during Saturday morning swimming lessons. Please be courteous to swimming lesson participants.

### Recreational and Lap Swimming\*

Monday - Friday

6:15am - 10:00pm

Saturday

12:30pm - 9:00pm

Sunday

9:00am - 9:00pm

\*Swimming lessons will be held from 8:00am - 12:00pm on Monday, Wednesday, and Friday, and Monday thru Thursday from 5:30 - 10:00pm during the summer.

### Waterslide

Monday, Wednesday, Friday

12:30pm - 9:30pm

Tuesday & Thursday

10:00am - 9:30pm

Saturday & Sunday

12:30pm - 8:30pm

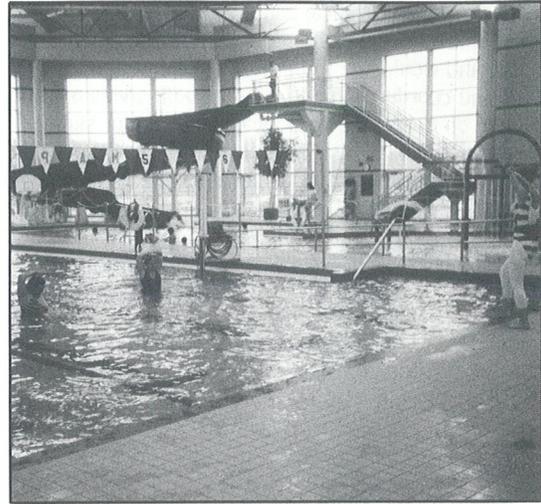
### Spa

Monday - Friday

6:15am - 10:00pm

Saturday & Sunday

9:00am - 9:00pm



## POOL CLOSING FOR ROUTINE UPKEEP

In our continuous quest to create a healthy, safe and fun environment, the Maplewood Community Center Aquatics Area will be closed to the public on ***Thursday, June 1, Friday, June 2, and Saturday, June 3*** to attend to routine maintenance and mechanical operations in the pool area. We thank you for your understanding and apologize for any inconvenience this may create.



### Lifeguards and Water Safety Instructors

The City of Maplewood is looking for Lifeguards and Water Safety Instructors. You must have current certifications and be dependable. For more information or for an application, please contact the Maplewood Community Center, 2100 White Bear Avenue.

Maplewood Parks and Recreation Lifeguards and Water Safety Instructors are certified by the American Red Cross and participate in regular in-service trainings and continual updates.

# SUMMER SWIMMING LESSONS

The Maplewood Community Center is offering a variety of times and levels for swimming lessons so that every individual is sure to find a swimming program to meet his/her needs. Open, recreational swimming is available during all swimming lessons, with the exception of Saturday morning swimming lessons. Open, recreational swimming is restricted during Saturday morning swimming lessons. All swimming lessons are taught by Water Safety Instructors and Water Safety Aides who have been certified by the American Red Cross. All lifeguards, water safety instructors, and water safety aides participate in regular in-service trainings and continual updates.

## Swimming Lesson Fees

Fees include one low cost for each 8 class session from Parent/Child to Level VII swim classes.

\$25.00/Member

\$30.00/Resident

\$35.00/Non-Resident

## Class Level Descriptions

### Parent/Child - 9 to 36 months

Our certified instructor facilitates a positive, non-threatening environment where children and adults can participate together. Children will be exposed to basic skills and safety from a familiar adult with guidance from the instructor. Adults will learn important safety skills for working with children in and around the water. Safety, fun and water adjustment are the primary goals of this class.

### Pre-school Classes

The pre-school program provides an opportunity for children to participate independently without a parent. Three levels of instruction are offered to accommodate children with minimal skills through children with a high level of comfort in the water and some ability to swim. Adults are not in the water during these classes.

**Pre-school I** - This is an entry level class for the child who is uncomfortable in the water and will not put his/her face in the water.

**Pre-school II** - This class is designed for the child who is able to put his/her face in the water, but has not mastered floating by themselves.

**Pre-school III** - This level is for the child with a high level of comfort and confidence in and around the water. Children should be able to perform basic skills such as floating and swimming independently without flotation aides.

### Registration Dates

June 1 - Members & Maplewood Residents

June 5 - Non-Residents

## Learn-to-Swim Levels

Children must be at least 6 years or older and participate without a parent.

### Level I - Water Exploration

This is an entry level class for children ages 6 and up. No previous experience or skills are necessary for this class. Children will build a sound foundation of water adjustment, safety and basic skills. Skills will include floating and gliding on both front and back and alternating arm movements for a combined stroke.

### Level II - Primary Skills

Children who are 6 years of age and older who have successfully completed either Level I, Pre-school III, or possess the equivalent skills for Level I. Students in this level build upon the basic skills expanding on the fundamentals of locomotion and safety. Rhythmic breathing, front crawl and back crawl are introduced.

### Level III - Stroke Readiness

This class emphasizes endurance and improving stroke proficiency. Swimmers who have completed Level II or have equivalent skills will be introduced to the elementary backstroke and treading water, as well as continuing to improve their front and back crawl stroke.

### Level IV - Stroke Development

Swimmers with Level III or equivalent skills will focus on refining their strokes with attention to detail. The breaststroke and sidestroke are introduced.

### Level V - Stroke Refinement

Refined coordination and improved endurance are the key emphasis at this level. Butterfly and surface dives are introduced at this level.

### Level VI - Skill Proficiency

Swimmers will strive to swim with greater power, efficiency and ease for improved endurance over greater distances.

### Level VII - Advanced Skills

Long term fitness habits through endurance swimming, along with perfecting stroke technique, are the goals of this level.



# Summer Swimming Lesson Session Schedule

## Weekday Morning Lessons (Monday - Wednesday - Friday)

Session I ..... June 12, 14, 16, 19, 21, 23, 26, 28\*  
 Session II ..... July 10, 12, 14, 17, 19, 21, 24, 26  
 Session III ..... July 31, August 2, 4, 7, 9, 11, 14, 16  
 (\*no lessons on the week of July 3 - 7.)

## Swim Lesson Schedule - Weekday Mornings

### 8:00 - 8:45am

Parent/Child, .... #1500.201  
 Pre-school I, ..... #1501.201  
 Pre-school II, ..... #1502.201  
 Pre-school III, .... #1503.201  
 Level VII, ..... #1510.201

### 10:00 - 10:45am

Level I, ..... #1504.202  
 Level II, ..... #1505.202  
 Level III, ..... #1506.202  
 Level IV, ..... #1507.202  
 Level V, ..... #1508.202

### 9:00 - 9:45am

Level I, ..... #1504.201  
 Level II, ..... #1505.201  
 Level III, ..... #1506.201  
 Level IV, ..... #1507.201  
 Level V, ..... #1508.201

### 11:00 - 11:45am

Parent/Child, .. #1500.202  
 Pre-school I, ... #1501.202  
 Pre-school II, .. #1502.202  
 Pre-school III, . #1503.202  
 Level VI, ..... #1509.201

## Saturday Morning Swimming

June 17, 24, July 8, 15,  
 22, 29, August 5, 12\*  
 \*no lessons on July 1

### 9:00 - 9:45am

Parent/Child, #1500.206  
 Pre-school I, .. #1501.206  
 Pre-school II, . #1502.206  
 Pre-school III, #1503.206

### 10:00 - 10:45am

Level I, ..... #1504.207  
 Level II, ..... #1505.207  
 Level III, ..... #1506.206  
 Level IV, ..... #1507.206

### 11:00 - 11:45am

Level I, ..... #1504.208  
 Level II, ..... #1505.208  
 Level III, ..... #1506.207  
 Level IV, ..... #1507.207

## Weekday Evening Lessons

Session IA (Mon. & Wed.) ..... June 12, 14, 19, 21, 26, 28, July 10, 12\*  
 \*no lessons the week of July 3 - 7.

### 5:30 - 6:15pm

Parent/Child, ... #1500.203  
 Pre-school I, .... #1501.203

### 6:30 - 7:15pm

Pre-school II, . #1502.203  
 Pre-school III, #1503.203

### 7:30 - 9:30pm

Water Safety Aide, ... #1511.201

Session IB (Tues. & Thurs.) ..... June 13, 15, 20, 22, 27, 29, July 11, 13\*  
 \*no lessons the week of July 3 - 7.

### 5:30 - 6:15pm

Level I, ..... #1504.203  
 Level II, ..... #1505.203

### 6:30 - 7:15pm

Level III, ..... #1506.203  
 Level IV, ..... #1507.203

### 7:30 - 8:15pm

Adult Lessons, ..... #1512.201

Session IIA (Mon. & Wed.) ..... July 17, 19, 24, 26, 31, August 2, 7, 9

### 5:30 - 6:15pm

Level I, ..... #1504.204  
 Level II, ..... #1505.204

### 6:30 - 7:15pm

Level III, #1506.204  
 Level IV, #1507.204

### 6:00 - 10:00pm

Lifeguard Training, ... #1513.201

Session IIB (Tues. & Thurs.) ..... July 18, 20, 25, 27, August 1, 3, 8, 10

### 5:30 - 6:15pm

Pre-school II, .... #1502.204  
 Pre-school III, ... #1503.204

### 6:30 - 7:15pm

Parent/Child, #1500.204  
 Pre-school I, .. #1501.204

### 7:30 - 8:15pm

Level I, ..... #1504.205  
 Level II, ..... #1505.205

Session IIIA (Mon. - Thurs.) ..... August 14, 15, 16, 17, 21, 22, 23, 24

### 5:30 - 6:15pm

Parent/Child, ... #1500.205  
 Pre-school I, ..... #1501.205  
 Pre-school II, .... #1502.205

### 6:30 - 7:15pm

Pre-school III, #1503.205  
 Level I, ..... #1504.206  
 Level II, ..... #1505.206

### 7:30 - 8:15pm

Level III, ..... #1506.205  
 Level IV, ..... #1507.205  
 Level V, ..... #1508.203

### Water Safety Aide

The pre-requisites are that you must be 10 years or older and have successfully completed Level IV swimming lessons. Would you like to learn to help teach swimming lessons? This Red Cross Course will teach you how to assist a Water Safety Instructor in preparing and teaching swimming lessons. Upon successful completion you will receive a WSA certificate and will be eligible to assist with the instruction of Red Cross lessons. *Volunteer and paid employment opportunities exist for certificate holders.*

**Where:** MCC Pool  
**When:** Monday & Wednesday  
June 12, 14, 19, 21, 26, 28, July 10, 12  
**Time:** 7:30 - 9:30pm  
**Activity#:** 1511.201  
**Fee:** \$30.00/Member  
\$35.00/Resident  
\$40.00/Non-Resident

### Introduction to Synchronized Swimming

Would you like to learn how to do a "ballet leg" in the water? Have you ever watched Olympic synchronized swimming and wondered how they're able to do those moves? Come to the MCC and learn the basics about synchronized swimming from an experienced instructor. This class is fun and educational at the same time ... and it's not as easy as it looks!

**Where:** MCC Pool  
**When:** Tuesday & Thursday  
August 1, 3, 8, 10, 15, 17, 22, 24  
**Time:** 8:00 - 9:30am  
**Activity#:** 1514.201  
**Fee:** \$30.00/Member  
\$35.00/Resident  
\$40.00/Non-Resident



### Lifeguard Training

This course contains the new material lifeguarding, CPR for the Professional Rescuer, and First Aid. The pre-requisite skills to this class include

- participant must 15 years old on or before the beginning of the course.
- the ability to swim at least 500 yards continuously, using each of the following strokes for at least 50 yards: crawl, breast stroke, sidestroke.
- the ability to tread water for one minute

**Where:** MCC Pool  
**When:** Monday and Wednesday, July 17, 19, 24, 26, 31, and August 2, 7, 9, 14, 16  
**Time:** 6:00pm - 10:00pm  
**Activity#:** 1513.201  
**Fee:** \$130.00/Member  
\$147.00/Resident  
\$160.00/Non-Resident

### Adult Lessons

Adult lessons offer the opportunity to participate with other adults in a non-threatening environment. We can accommodate all levels from the non-swimmer to the tri-athlete. The class is tailored to the needs of the individuals in the class.

**When:** Tuesday and Thursday, June 13, 15, 20, 22, 27, 29, July 11, 13,  
**Time:** 7:30 - 8:15pm,  
**Where:** MCC Pool  
**Activity#:** 1512.201  
**Fee:** \$25.00/Member  
\$30.00/Resident  
\$33.00/Non-resident

### Private Swimming Lessons

Do you have a special need or would you like personalized one-to-one attention that you do not get in group swimming lessons? We can accommodate your needs!! To schedule a private swim lesson, please call the Head Guard phone at 779-3565.

**Fees:** \$15.00/half hour/Member  
\$18.00/half hour/Resident  
\$20.00/half hour/Non-Resident

# ADULT ACTIVITIES

## Yoga for Relaxation

Do you feel that you have stress in your life? Come to the Community Center and *relax!* Learn how to relax and relieve stress through yoga stretches, breathing techniques, and proper diet and nutrition. Be sure to wear loose, comfortable clothing... we recommend no jeans. The instructor is Mike Wilke.

**Who:** Adults, age 18 and older

**Where:** Aerobics Studio

**When:** see below

Session I ..... June 7, 14, 21, 28, 6:30 - 8:00pm

Session II ..... July 12, 19, 26 Aug 2, 6:30 - 8:00pm

Session III ..... August 9, 16, 23, 30, 6:30 - 8:00pm

Act #0004.202 session I, Act#0004.203 session II

Act.# 0004.204 session III.

**Fee:** \$14.00/Member/session

\$17.00/Resident/session

\$19.00/Non-Resident/session

*Yoga for Relaxation* is now also available on a drop-in basis.

**Fee:** \$3.50/Member

\$4.25/Resident

\$4.75/Non-Resident

## Summer Music Project for Adults

Have you been waiting to sing in an adult choir? Join us this summer for the *Summer Music Project for Adults*. Participate in the arts by performing in a choir with other adults. The choir will practice regularly through the summer. A combined performance with the children's choir will be held in our theater at the end of the class.

**Who:** Adults age 18 and older

**Where:** MCC Theater Activity # 3501.201

**When:** Mon. & Wed., June 19, 21, 26, 28,

July 10, 12, 17, 19, 24, 26, 31,

Aug. 2, 7, 9

(Class will not meet the week of July 4th.)

7:00 - 9:00pm

**Fee:** \$30.00/Member

\$36.00/Resident

\$40.00/Non-Resident

# FITNESS CLASSES

## Exercise Equipment Orientation

Do exercise machines seem foreign to you? Learn how to use equipment correctly. A trained and knowledgeable fitness staff Member will take a group of 6 - 8 people through the Cybex and cardiovascular equipment piece by piece to demonstrate how to use the machines correctly so that you can reach your maximum benefit in your workouts. This class is great as a refresher for the old pro or to educate a new athlete. Instructors are provided by amHealth Inc. Sign up for your class in the Exercise Area (mezzanine level).

**Who:** Anyone age 12 and older

**Where:** Exercise Area

**When:** Mon. or Wed., 10:45 - 11:30am,

Tues. or Thurs., 5:30 - 6:15pm

**Fee:** Free

## Cybex Orientation

This orientation consists of a one-to-one session with a Fitness Specialist who will familiarize you with the Cybex variable resistance machines. The instructor will determine the proper seat adjustments and make weight training recommendations. This session lasts 30 - 45 minutes. Please register and pay the fee at least 3 days prior to your appointment at the Customer Service Counter.

**Who:** Anyone age 12 and older

**Where:** Exercise Area

**When:** Monday - Friday, 8:00am - 12:00pm,

4:00 - 8:00pm

**Fee:** \$7.00/Member

\$8.50/Resident

\$9.50/Non-Resident

## Individual Program Design

This program consists of a one-on-one session with a Fitness Specialist to design an exercise program tailored to your specific goals, needs and limitations. This program will incorporate appropriate Cybex machines, free weights, and cardiovascular machines. The instructor will also make individual training recommendations and will demonstrate proper stretching techniques. This class lasts approximately 60 - 90 minutes. Please register and pay the fee at the Customer Service Counter, located on the 2nd level. Registration for an Individual Program Design must be made at least 3 days prior to the date of your orientation.

**Who:** Anyone age 12 and older

**Where:** Exercise Area

**When:** Monday - Friday, 8:00am - 12:00am,

4:00 - 8:00pm

**Fee:** \$25.00/Member

\$30.00/Resident

\$34.00/Non-Resident

## AEROBICS SCHEDULE

### Morning Aerobics Classes:

Time	Day	Class
6:15 - 7:05am	M,W,F	SIF
8:30 - 9:15am	T,TH	"H2O"robics
9:15 - 10:15am	M,W	Combo
9:15 - 10:15am	T,TH	SIF

### Evening Aerobics Classes:

5:30 - 6:30pm	M,W,F	SIF
6:15 - 7:30pm	T,TH	Sports Fitness
6:30 - 7:30pm	M,W,F	"H2O"robics

### Weekend Aerobics Classes:

9:00 - 10:00am	Sat	SIF
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## AEROBICS

We know you're busy ... so we make it easy for you to take our Aerobics classes. Just come to the Customer Service counter on the 2nd level and buy a punch card. Punch cards can be purchased in groups of 5, 10, or 15 classes. Come on in and give it a try! Class sizes are limited to 30 people. Fees are as follows:

<b>5 class punch card</b>	\$14.00/Member \$17.00/Resident \$19.00/non-res.
<b>10 class punch card</b>	\$28.00/Member \$34.00/Resident \$38.00/non-res.
<b>15 class punch card</b>	\$42.00/Member \$51.00/Resident \$57.00/non-res.

### Water Aerobics Classes

There will be no water aerobic classes held on the following days: May 29, July 4, September 4.

### "H2O"robics

Come and exercise in the refreshing buoyancy of water. Water aerobics is a safe way to get a great workout. Participants will strengthen and tone as well as get an excellent cardiovascular workout. You do not need to be a good swimmer. This class will be introducing the "water step" for short intervals. Try it today!

### Land Aerobics Classes

#### Step Into Fitness (SIF)

Step into fitness by joining us for our step aerobics class. The step class is a fun and energetic workout. The class is easy to follow, requiring no fancy dance moves, and is a great workout that can be modified to any level from beginner to advanced. The class includes stretching, cardiovascular work, and a strengthening and toning segment.

#### Combined Aerobics

This class is excellent for people who like variety in their workout. The class will offer 15 minutes of step and 15 minutes of controlled impact aerobics, as well as strengthening and toning. All fitness levels are welcome!

#### Sports Fitness Class (75 minutes in length)

Looking for a challenge? This is the class for you! This class will have 20 minutes of step, 20 minutes of controlled impact, 20 minutes of toning, and 10 minutes of stretching and relaxation. This class is for the intermediate to advanced participant.

Is your schedule extra busy? Try using our drop-in aerobics schedule. Just stop in when you have time for any of the classes listed here. Pay the daily drop-in fee for aerobics and you are ready, set, step!! Please pay for your drop-in fees at the admissions counter, located on the 1st level.

**Fee:** \$3.00/Member  
\$3.50/Resident

\$4.00/Non-Resident

## Wellness Classes

### Nutrition Controversies - An Update for the 90s

This class will explore current issues and controversies in nutrition. Topics will include antioxidants, fat and sugar substitutes, trends in vegetarian eating, food irradiation, healthy weight, the fat-free controversy and more.

Instructor is Teresa Kvam, R.D.

**Who:** Anyone 15 and older  
**Where:** Meeting Room A  
**When:** Thurs - June 22, 6:00pm - 7:30pm  
**Fee:** \$4.00/Member  
\$5.00/Resident  
\$6.00/Non-Resident

Act.# 5500.201

### Summer Salads and Marinades

Spice up your summer gatherings and cookouts with some new salad and marinade ideas! We'll discuss ways to incorporate nutritious dark green leafy vegetables into your diet. These veggies are excellent because of their vitamin boost and the time savings of altering marinades to provide variety to your low-fat meat choices. You'll get a chance to sample a variety of low-fat recipes, so come and taste for yourself!

Instructor is Teresa Kvam, R.D.

**Who:** Anyone 15 and older  
**Where:** Meeting Room A  
**When:** Monday, July 17, 6:00 - 7:30pm  
**Fee:** \$5.00/Member  
\$6.00/Resident  
\$7.00/Non-Resident

Act. # 5501.201

### The Winning Edge - Sports Nutrition Tips for All Ages

Learn how to fuel your body for peak performance at any level of participation - from recreational to competitive athlete. Are you interested in which foods are superior for pre- and post-event meals or wonder if sports drinks are actually necessary? The most current and practical information to these and many other questions, along with several "sporty" snack recipes will be provided. Instructor is Teresa Kvam, R.D.

**Who:** Anyone 15 and older  
**Where:** Meeting Room A  
**When:** Wednesday, August 9, 6:00 - 7:30pm  
**Fee:** \$4.00/Member  
\$5.00/Resident  
\$6.00/Non-Resident

Act. # 5502.201

### Recipes for Success

Receive the most medically sound, current information on nutrition, exercise, and lifestyle changes. Make 1995 your healthiest year yet! Participants will receive a two-week low-fat menu plan and recipes, grocery guide, information on fast food and restaurant "best bets", a simple "fat guesstimate" technique used to determine daily personal fat gram goals, plus exercise tips and practical recommendations on the best ways to achieve permanent change for healthier habits.

**Who:** Anyone 15 and older  
**Where:** Meeting Room A  
**When:** Monday, August 21,  
6:00 - 7:30pm

Activity#: 5503.201



**Fee:** \$4.00/Member  
\$5.00/Resident  
\$6.00/Non-Resident

**Just look what we have for you!**

The Gladstone Senior Center and Maplewood Community Center are joining together to offer you exciting trips through out the summer. Our day trips are planned with your comfort and enjoyment in mind. Join your friends (or make new ones) as you take off with us on new adventures! All trips leave from the south parking lot at the Maplewood Community Center, located at 2100 White Bear Avenue. For further information, please call 779-3555.

**Quilts Galore and More...!**

Friday, June 23, 8:20am - 4:40pm

**Activity#:** 0010.201

**\$30.00/person**

Join us for the 1995 Minnesota Quilt Show, entitled "Quilts for All Seasons" at Eagan High School. The admission fee includes the quilt show itself, merchant mall, quilters boutique, and an exciting informational workshop entitled Quilts Galore and More! The stories attached to the quilts will entertain you! You will enjoy dining at the Cherokee Sirloin Room for lunch, but your day is not over yet! Then we will be off to the Yankee Doodle Crafts Show where we will enjoy browsing. Whether you are a window shopper or craft crazy, this trip offers something for everyone. Bus transportation, quilt show admission, craft shopping, lunch at the Cherokee Sirloin Room, and escort is included in the price of this trip.

**Radio Days at Orchestra Hall (Music and Memories from the War Years)**

Friday, July 7, 9:50am - 3:00pm

**Activity#:** 0010.202

**\$32.00/person**

Enjoy five gifted singers, the Minnesota Orchestra and Cabaret Pops favorite Norman Leyden as they re-create radio's Golden Age. Sing along with big band hits and vintage radio jingles, and be entertained by "guest appearances" from Carmen Miranda, Kay Kyser and other favorites of the time. After the matinee performance, enjoy a delicious late lunch at the Lido Cafe Italia. Choose either their famous spaghetti with red sauce and meatballs or fresh fettuccine chicken salad. Both are served with Italian bread and butter, coffee, tea, milk or soft drink. Spaghetti is served with a combination salad. The cost of the trip includes deluxe motorcoach transportation, orchestra ticket, luncheon, escort, and all taxes and gratuities.

**A Day in Duluth**

Tuesday, August 29, 6:50am - 6:20pm

**Activity#:** 0010.203

**\$48.00/person**

This tour has it all! We'll spend one day doing the "best" of Duluth. After motoring north in a deluxe motorcoach, our first stop is "Tobies" for coffee and one of their fabulous rolls. Back on the road, we'll travel to Duluth for a tour of the Glensheen Mansion. Then we'll board the "Vista Queen" for a tour of beautiful Lake Superior and Duluth's mining industry and to eat lunch. Get your "land legs" back shopping and strolling in Canal Park. The last stop is an hour visit to the Black Bear Casino. What a fun-filled day! Cost of the trip includes deluxe motorcoach, roll and coffee, Glensheen Mansion tour, Vista Queen tour and lunch on board (sandwich buffet, salad, chips, beverage and dessert).

**Walking in Wabasha**

Tuesday, September 26, 8:00 - 3:15pm

**Activity#:** 0010.204

**\$32.00/person**

Visit the wonderful historic town of Wabasha, located on the Mississippi River, and enjoy a day of beauty, history, and adventure. The tour will begin with a stop at the Pottery Mall in Red Wing and the Wild Wings Art Gallery on the way down to Wabasha. Then we will enjoy a wonderful luncheon at Minnesota's oldest operating hotel, The Anderson House. After the luncheon, we will go on an historical walking tour and learn more about what life was like in this community. Lastly, we will visit Lark Toys Factory and Gift Shop in Kellogg, Minnesota to learn how toys are made.

**Oktoberfest Celebration**

Tuesday, October 10, 8:50am - 2:40pm

**Activity#:** 0010.205

**\$30.00/person**

Fall is a great time to travel! This tour has something for everyone! Get a jump on your Christmas shopping at The General Store of Minnetonka. It is a beautiful store filled with lovely holiday crafts. Then we will enjoy a Bavarian feast at the "Bayrischer Hof Restaurant" in Montrose. Your traditional meal consists of smoked pork chop, bratwurst, mashed potatoes and cabbage, beverage and a sweet treat. For your dining enjoyment, you will listen to a talented keyboard player entertain you with your musical favorites. Our last stop is an orchard where you can load up with apples and other goodies. Enjoy the fall colors, shopping, an authentic ethnic meal ... Cost of the tour includes deluxe motorcoach, luncheon, and escort.

**Defensive Driving: 55 and Alive**

Drivers who are 55+ are eligible to qualify for a 10% auto insurance discount by taking this course and refreshing and improving their driving skills. This class is open to people who are 50+. All instructors are age 50 or older.

**Who:** Anyone 50 or older

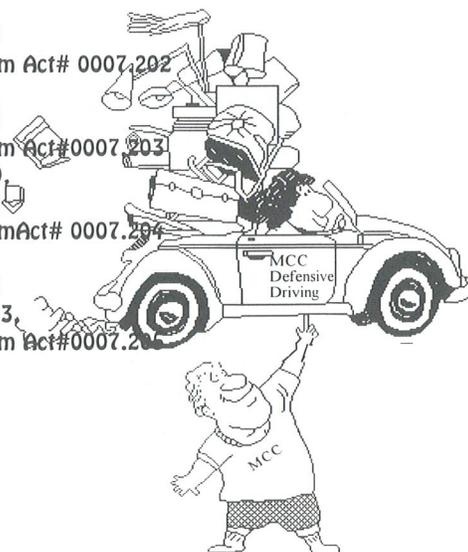
**Where:** Meeting Room A

**When:**

- Session I: Tues. & Thurs, (8-hour course) June 20 & 22, 9:00am - 1:00pm Act# 007.201
- Session II: Wed, June 28, (4-hour course) 9:00am - 1:00pm Act# 0007.202
- Session III: Thurs, July 13, (4-hour course) 9:00am - 1:00pm Act# 0007.203
- Session IV: Wed., August 9 (4-hour course) 9:00am - 1:00pm Act# 0007.204
- Session V: Mon. & Wed., (8-hour course) August 21 & 23, 9:00am - 1:00pm Act# 0007.205

**Activity#:** 0010.206

**Fee:** \$8.00/person



## Birthday Parties

Your child's birthday is a very special occasion, and we offer you three birthday packages to choose from at the Maplewood Community Center and the Nature Center. Each party includes, a balloon bouquet, decorations, birthday cake, and tons of fun! For more information please call the Birthday Party Hotline at 779-3540 or the Maplewood Community Center at 779-3555. Reservations do require a \$20.00 non-refundable deposit. There is no minimum on how many youth can attend.

### Package I

- \* Use of Swimming Pool, Waterslide & Gym
- \* Rental of the Birthday Party Room (1hr)
- \* Birthday Cake
- \* Birthday Balloon Bouquet
- \* Decorations, Plates, Napkins, Cups...
- \* Two Pitchers of Pop

Resident: ..... \$5.00/youth  
 Non-Resident: ..... \$6.00/youth



### Package II

- \* Use of Swimming Pool, Waterslide & Gym
- \* Rental of the Birthday Party Room (1hr)
- \* Birthday Cake
- \* Birthday Balloon Bouquet
- \* Decorations, Plates, Napkins, Cups...
- \* Two Pitchers of Pop
- \* (1) Hotdog, (1) Bag of Chips per youth/adult

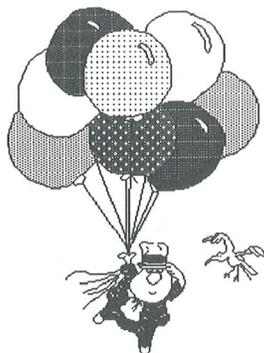
Resident ..... \$6.00/youth  
 Non-Resident ..... \$7.00/youth

Fee is determined by the residency status of the individual booking the parties.  
 Membership Discount \$1.00/carded Member

### **Beginning Watercolor for the Adult**

Dive into the colorful world of watercolor! Learn the basics of color through the use of watercolor. We'll start with simple compositions to discover the possibilities of this quick and exciting medium. Then towards the end of the session, we will travel to an outdoor setting and create a landscape. When you register, please ask for a list of painting supplies you will need to bring on the first night.

**Who:** Anyone 15 and older  
**Where:** Craft Room  
**When:** Tuesday, July 18, 25,  
 August 1, 8, 15, 22, 6:30 - 8:00pm  
**Fee:** \$25.00/Member  
 \$30.00/Resident  
 \$35.00/Non-Resident



### It doesn't take much!

The Maplewood Community Center is a year-round drop off site for the Maplewood Food Bank. When you come to the Community Center, please bring a non-perishable contribution for the Maplewood Food Bank and help people in your own neighborhood. The Food Bank distributes food to over 500 charitable food programs and you can help by dropping off a contribution the next time you visit the Maplewood Community Center.





### Sami Dare - Hypnotist

Stage hypnotist Sami Dare will lead you on a journey through the uncharted regions of the imagination using the most difficult and spectacular hypnotic effects: full body catalepsy, indirect suggestion, speed induction and post-hypnotic feats - all shrouded in a veil of mystery and peppered with her sharp feminine wit.

**Who:** Individuals of all ages youth-seniors  
**Where:** MCC-Theater  
**When:** July 19 - 7:00pm  
**Activity#:** 3500.201  
**Fee:** \$10.00 at the door, evening of the show  
\$8.00 advance sales, Members and seniors  
\$6.00 for students

Tickets can be purchased by phone using Visa or Mastercard - 779-3555.

## Entertainment Series Maplewood Community Center Theater

### July 4th Celebration

Join us at the ANNUAL JULY 4TH CELEBRATION at Hazelwood Park. Entertainment this year will feature top name entertainers.!

4:00 *Teddy Bear Band*  
5:00 *Stoney Lonesome Band*  
6:15 *The Boomers Classic Rock Band*  
9:15 *The Philomusica Orchestra*

All entertainment is **FREE** at the July 4th Celebration. Bring a blanket or lounge chair and relax and enjoy the holiday with Maplewood Parks and Recreation.



### Jeff Peterson - Magician

The moment Jeff Peterson takes the stage the audience is kept on the edge of their seats until the end of the performance. Featuring comedy and magic involving audience participation, fire and live birds. Jeff creates an intimate relationship that totally envelops the crowd. He is a polished professional.

**Who:** Individuals of all ages youth - senior  
**Where:** Maplewood Community Center  
**When:** August 10 - 7:00pm  
**Activity#:** 3500.202  
**Fee:** \$10.00 at the door  
\$8.00 advanced, Members, seniors  
\$6.00 students



### California Roll An Evening of Innovative Stand-Up Comedy and Video

*Expand Productions*, Founded by Mitch Hedberg of St. Paul and Jana Johnson of Lake City, is excited to bring to the Maplewood Community Center a night of electric stand-up comedy!

Feature performers will consist of:  
Brian Malow, Chard Hogan, Doug Stanhope, Mitch Hedberg,  
and Tim Schlect.

Don't miss your chance to catch these exciting young artists on their rise to greatness!

**Who:** Adults  
**Where:** MCC Theater  
**When:** June 15  
**Ticket information:** Please call 730-5814  
(tickets to this event will not be sold at the MCC)

# A Star Spangled Spectacular July 4th Celebration

Hazelwood Park  
1663 East County Road C

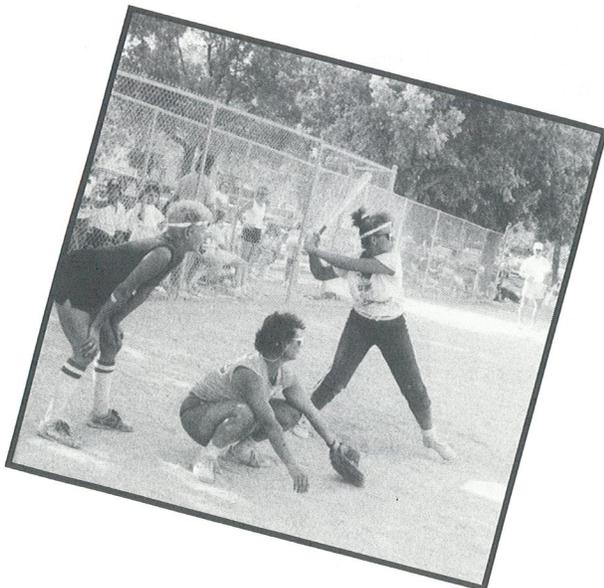
- 8:30am 5K & 10K Run - MCC
- 8:30am Swim-a-thon Challenge - MCC pool
- 9:00am Adult Softball Tournament at  
Goodrich & Wakefield Park
- 2:00pm Food Concessions Open at Hazelwood Park
- 3:00pm Youth Games and Activities
- 3:30pm Puppet Wagon Show
- 4:00pm "The Teddy Bear Band"
- 4:30pm Annual Watermelon Eating  
Contest
- 4:45pm Puppet Wagon Show
- 5:00pm "Celebrity Dunk Tank"
- 5:00pm "Stoney Lonesome Band"
- 6:15pm "The Boomers Classic Rock  
Band"
- 7:30pm Family Games and Races
- 9:15pm "The Philomusica Orchestra"
- 10:15pm Fireworks Display over the  
the Pond.

Activity#: 2500.201

Registration for the 5K & 10K run, Swim-a-thon, Adult Softball Tournament available at the Customer Service Counter 2nd floor at the Maplewood Community Center. Deadline for registration is July 1.

Parking will be available at Maplewood Mall. Hazelwood Park is located across the street from St. John's Hospital and Maplewood Mall on Beam Avenue. There will be parking allowed in the parking lot off of County Road C. Limited street parking will also be allowed.

For more information please call 779-3555



## NEW!! 1995 Summer Playground Program

This NEW playground program was developed to involve children ages 4 thru 12. Recreational activities will include creative crafts, action packed games, sports, coordination skills, and much more! This program is geared toward structured weekly activities for each participant. Our program will promote friendship building, self-esteem, and provide a safe environment for all who participate. Pre-registration is required and participants must be 4 years old prior to the 1st day of the program. You must be registered to participate in this program! No drop-in participants allowed.

<u>Location</u>	<u>Day</u>	<u>Time</u>	<u>Session I</u> (June 19 - July 13) Activity#	<u>Session II</u> (July 24 - August 17) Activity#
Kohlman Pk (1000 Cty Rd C)	M & W	9:30-11:30am	1350.201	1350.202
Maple Crest Pk (2101 Arcade)	M & W	9:30-11:30am	1350.203	1350.204
Harvest Pk (2561 Barclay)	M & W	12:30-2:30pm	1350.205	1350.206
Robinhood Pk (2039 Manton)	M & W	12:30-2:30pm	1350.207	1350.208
Geranium Pk (2568 Geranium)	M & W	12:30-2:30pm	1350.209	1350.210
Wakefield Pk (1590 Frost)	M & W	3:00-5:00pm	1350.211	1350.212
Sherwood Pk (Cope & Hazelwood)	M & W	3:00-5:00pm	1350.213	1350.214
Gethsemane Pk ( 2410 Stillwater Rd)	M & W	3:00-5:00pm	1350.215	1350.216
Four Seasons Pk (1685 Gervais)	T & Th	9:30-11:30am	1350.217	1350.218
Afton Heights Pk (63 N. Sterling)	T & Th	9:30-11:30am	1350.219	1350.220
Maplewood Hgts Pk (2071 Beam)	T & Th	12:30-2:30pm	1350.221	1350.222
Vista Hills Pk (2480 Mailand)	T & Th	12:30-2:30pm	1350.223	1350.224
Nebraska Pk (2332 Nebraska Ave)	T & Th	9:30-11:30am	1350.225	1350.226
Playcrest Pk (2390 Lydia Ave)	T & R	3:00-5:00pm	1350.227	1350.228
Pleasantview Pk (1100 Marnie)	T & R	3:00-5:00pm	1350.229	1350.230
Edgerton Pk (1929 Edgerton)	T & Th	3:00-5:00pm	1350.231	1350.232

**Who:** Youth ages 4-12. (Participants must be 4 yrs old prior to the 1st day of the program.)

**When:** Session#  
Session I June 19-July 13  
Session II July 24-Aug 17

**Fee:** One Session      Both Sessions  
Residents      \$25.00      \$40.00  
Non-Residents      \$30.00      \$45.00

(Includes supervision, crafts, games, and tons of FUN!  
Activities will not be made up if cancelled due to weather).

### MAPLEWOOD PUPPET WAGON SCHEDULE

The 1995 Puppet Wagon season is scheduled for June 19 - August 18. Shows will be conducted daily and last approximately 20 minutes (weather permitting). All shows are FREE!

**Monday:**

1:00 pm      Maryknoll & Kennard  
                  (S. of Frost Ave)  
1:35 pm      Goodrich Park  
2:20 pm      Maplewood Middle School  
2:50 pm      Geranium Park  
3:30 pm      Maplewood Nature Center

**Tuesday:**

9:30 am      Cope Ave & Craig Place  
10:10 pm      Sherwood Park  
10:40 am      Robinhood Park  
11:15 am      Wakefield Park  
1:00 pm      Glosfer Park  
1:35 pm      Timber Park  
2:10 pm      Atlantic St & Lark Ave

**Wednesday:**

9:30 am      Bellwood Ave/Burr St  
10:10 am      Edgerton Park  
10:40 am      Maplecrest Park  
11:15 am      Laurie Rd & DeSoto Ave  
1:00 pm      Jackson St & Downs Ave  
1:35 pm      Timber Park

**Thursday:**

9:00 am      Nebraska Park  
9:30 am      Lions Park  
10:10 am      Gethsemane Park  
10:40 am      Brookview Dr / Brookview Ct  
11:15 am      Afton Park  
1:00 pm      Crestview Park  
1:35 pm      Dahl Court & Dahl Ave  
2:10 pm      Pleasantview Park

**Friday:**

9:30 am      Kohlman Park  
10:10 am      Four Seasons Park  
10:40 am      Hazelwood Park  
11:15 am      Maplewood Heights Park  
11:40 am      Playcrest Park

# Freaky Friday Adventures

## Swim & Gym at the MCC

**June 30**

Spend the afternoon sliding down our 120 foot water slide, playing with the water toys, swimming in the 6 lane lap pool and leisure pool, playing basketball in our gymnasium, and much more! Fee includes unlimited daily admission, and chaperons. Lunch is not included, and participants are encouraged to bring additional monies for the concession area. Participants are to be dropped off at 12:00pm, and picked up at 5:00pm at the Maplewood Community Center upper level.

Min/Max: 20/50.

**Who:** Grades K - 5

**Fee:** Member \$5.00

Resident \$6.00

Non-Resident \$7.00

**Activity#:** 2950.201

Registration deadline is June 23rd.

## Minnesota Zoo

**July 14**

Join us as we explore and discover ocean mammals, tropical creatures and Minnesota's predators! Visit the dolphins, pumas, leopards, camels, timber wolves, children's zoo, and much more! Lunch is not included, and participants are encouraged to bring a bag lunch or additional monies for the concession areas. Fee includes admission, bus, parking, chaperons, tax, and handling fees. Participants are to be dropped off at 10:00am, and picked up at 5:00pm at the Maplewood Community Center upper level.

Min/Max: 40/50.

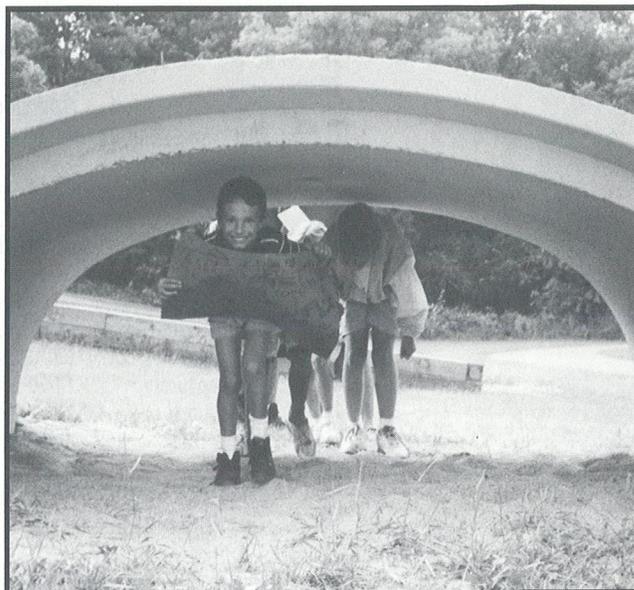
**Who:** Grades K - 5

**Fee:** Resident \$10.00

Non-Resident \$12.00

**Activity#:** 2950.202

Registration deadline is July 7th.



## Valley Fair

**August 4**

Join us for a fun-filled day at Valleyfair! Your ticket allows you to experience over 75 rides, the NEW Hydroblaster, the Pepsi MAX Theater and much more! Fee includes unlimited use of all rides and attractions, live entertainment, and the sensational waterpark. Lunch is not included, and participants are encouraged to bring a bag lunch or money to purchase a lunch. A change of clothes, swimsuit and towel should also be brought if planning to participate in water rides and activities. Transportation and chaperons will be provided. **NOTE:** Chaperons do not accompany participants within the park, however, all participants must check-in with chaperons at 1:00pm Participants are to be dropped-off at 9:00am and picked-up at 5:00pm at the Maplewood Community Center upper level. Min/Max: 40/50.

**Who:** Grades 4 and up

**Fee:** Resident \$25.00

Non-Resident \$29.00

**Activity#:** 2950.203

Registration deadline is July 28th.

## Penny Carnival

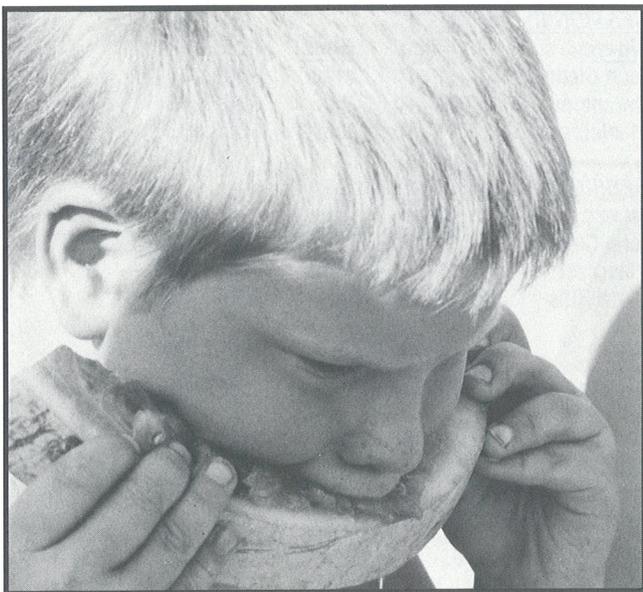
**August 18**

Bring your pennies, dimes, and nickels and enjoy an afternoon filled with fun and games at Wakefield Park. There will be puppet shows, clowns, games for all ages, and much more!

**Who:** Kids - all ages

**Time:** 1:00-4:00 pm

**Fee:** Pennies, nickles, dimes, quarters



# MAPLEWOOD TENNIS LESSONS 1995

### Maplewood Tennis Court Locations

<u>Park</u>	<u>Address</u>	<u># Courts</u>	<u>Lights</u>
Afton	60 N. Sterling	2	Yes
Four Seasons	1685 Gervais	2	Yes
Geranium	2568 Geranium	2	No
Harvest	2561 Barclay	2	No
John Glenn Sch.	1560 Cty. Rd. B	4	No
Maplecrest	2101 Arcade	2	No
Maplewood Hts.	2071 Beam	2	Yes
MW Middle Sch.	1854 Lakewood	4	No
Playcrest	2390 Lydia	2	No
Pleasantview	1100 Marnie	2	No
Sherwood	2237 Kennard	2	No
Vista Hills	2480 Mailand	2	No

\*Due to park renovations during the summer of 1995, WESTERN HILLS' tennis courts will be closed.

### Pee Wee Lessons

Youth, 4 to 7 years of age, will be introduced to the basics of tennis. Special racquets, balls and nets are used to enhance the participants experience. All classes are held Monday - Thursday (Friday is rain make-up day) and are 45 minutes in length. Classes are limited to 20 participants.  
Instructor: Jerry Diebel.

**Who:** Youth 4 - 7 years old

#### SESSION I: June 19 - 29

<u>Where</u>	<u>When</u>	<u>Time</u>	<u>Act. #</u>
John Glenn	M - Th	9am	6004.201
John Glenn	M - Th	10am	6004.202
Pleasantview	M - Th	1pm	6004.203
Maplewood Hts	M - Th	1pm	6004.204

#### SESSION II: July 10 - 21

<u>Where</u>	<u>When</u>	<u>Time</u>	<u>Act. #</u>
John Glenn	M - Th	9am	6005.201
John Glenn	M - Th	10am	6005.202
Geranium	M - Th	1pm	6005.203
Maplecrest	M - Th	1pm	6005.204

#### SESSION III: July 31 - August 11

<u>Where</u>	<u>When</u>	<u>Time</u>	<u>Act. #</u>
John Glenn	M - Th	9am	6006.201
John Glenn	M - Th	10am	6006.202
Playcrest	M - Th	1pm	6006.203
Vista Hills	M - Th	1pm	6006.204

**Fee:** \$20.00/Resident per session  
\$25.00/Non-Resident per session

### Beginner Youth Lessons

This class is designed to teach the basics of tennis to youth, 8 to 15 years of age. Each session will conclude with a "Tennis Olympics". All classes are held Monday - Thursday (Friday is rain make-up) and are one hour in length. Tennis shoes and a tennis racquet are required. Classes are limited to 16 participants at John Glenn and 12 participants at other parks.  
Instructor: Jerry Diebel.

**Who:** Youth 8 - 15 years old

#### SESSION I: June 19 - 29

<u>Where</u>	<u>When</u>	<u>Time</u>	<u>Act. #</u>
John Glenn	M - Th	11am	6007.201
Maplewood Hts	M - Th	2pm	6007.202
Pleasantview	M - Th	2pm	6007.203

#### SESSION II: July 10 - 21

<u>Where</u>	<u>When</u>	<u>Time</u>	<u>Act. #</u>
John Glenn	M - Th	11am	6008.201
Geranium	M - Th	2pm	6008.202
Maplecrest	M - Th	2pm	6008.203

#### SESSION III: July 31 - August 11

<u>Where</u>	<u>When</u>	<u>Time</u>	<u>Act. #</u>
John Glenn	M - Th	11am	6009.201
Playcrest	M - Th	2pm	6009.202
Vista Hills	M - Th	2pm	6009.203

**Fee:** \$20.00/Resident per session  
\$25.00/Non-Resident per session

**Youth Tennis Registration Deadlines:**  
**Session I June 12**  
**Session II July 3**  
**Session III July 24**

### Beginner Adult Lessons

Learn the basics of tennis, exercise and meet new people. Tennis shoes and a tennis racquet are required. 1 hour classes are held on Monday and Wednesday evenings. Classes are limited to 16 participants at John Glenn and 12 participants at other parks.

Instructor: Jerry Diebel.

**Who:** Adults, 18 years and over

#### SESSION I: June 19 - July 12

Where	When	Time	Act. #
John Glenn	M & W	6pm	6510.201
Vista Hills	M & W	6pm	6510.202

#### SESSION II: July 17 - August 2

Where	When	Time	Act. #
John Glenn	M & W	6pm	6511.201
Pleasantview	M & W	6pm	6511.202

**Fee:** \$20.00/Resident per session  
\$25.00/Non-Resident per session

### Advanced Adult Lessons

Build on the skills from Beginner Adult Lessons. Tennis shoes and a tennis racquet are required. 1 hour classes are held on Monday & Wednesday evenings. Classes limited to 16 participants at John Glenn and 12 participants at other parks. Instructor: Jerry Diebel.

**Who:** Adults who have completed Beginner Lessons

#### SESSION I: June 19 - July 12

Where	When	Time	Act. #
John Glenn	M & W	7pm	6512.201
Vista Hills	M & W	7pm	6512.202

#### SESSION II: July 17 - August 2

Where	When	Time	Act. #
John Glenn	M & W	7pm	6513.201
Pleasantview	M & W	7pm	6513.202

**Fee:** \$20.00/Resident per session  
\$25.00/Non-Resident per session

### Mixed Doubles

Each session matches will be played between participants. Tennis racquets and tennis shoes are required. Classes will meet on Saturday mornings for 1 1/2 hours. Class limited to 16 participants. Note: Participants who register as a couple will receive priority for this class. Single registration is possible but an equal number of males and females is required.

**Who:** Adults, 18 years and over  
**Where:** John Glenn  
**When:** Saturday, June 24 - August 5  
**Time:** 9am - 10:30am  
**Activity#:** 6517.201  
**Fee:** \$20.00/Resident  
\$25.00/Non-Resident

(Registration Deadline: June 12)

### Adult Singles

Each session will consist of playing a match with another participant. Designed for players looking for new tennis partners. A tennis racquet and tennis shoes are required. Class meets on Tuesday evenings for 1 1/2 hours. Limited to 8 participants. Instructor: Jerry Diebel  
Note: MEN and WOMEN will participate together.

**Who:** Adult, 18 years and older  
**Where:** John Glenn  
**When:** Tuesday, June 20 - August 1  
**Time:** 6pm - 7:30pm  
**Activity#:** 6514.201  
**Fee:** \$20.00/Resident  
\$25.00/Non-Resident

### Adult Doubles

Participants will play a doubles match each session. Class meets on Thursday evenings for 1 1/2 hours. Limited to 16 participants. Instructor: Jerry Diebel  
Note: MEN and WOMEN will participate together.

**Who:** Adults, 18 years and over  
**Where:** John Glenn  
**When:** Thursday, June 22 - August 3  
**Time:** 6pm - 7:30pm  
**Activity#:** 6515.201  
**Fee:** \$20.00/Resident  
\$25.00/Non-Resident

**Adult Tennis Registration Deadlines**  
Session I June 12  
Session II July 10

### Adult Drills

Each session will focus on a different tennis stroke or strategy. All players are required to have a tennis racquet and tennis shoes. Classes will meet on Saturday mornings for 1 hour. Limited to 20 participants at John Glenn and 12 participants at other courts. Instructor: Jerry Diebel

**Who:** Adults, 18 years and over  
**Where:** Vista Hills  
John Glenn  
Pleasantview  
**When:** Sat.  
Sat.  
Sat.  
**Time:** 9:00am  
10:30am  
10:30am  
**Act. #:** 6516.201  
6516.202  
6516.203  
**Dates:** June 24 - August 5  
**Fee:** \$20.00/Resident  
\$25.00/Non-Resident

(Registration Deadline: June 17)



### Advanced Youth Lessons

After completing Beginner Youth Lessons, continue to develop your tennis skills and knowledge. All classes are held Monday thru Thursday (Friday is rain make-up) and are one hour in length. Tennis shoes and a tennis racquet are required. Classes are limited to 16 participants at John Glenn and 12 participants at other parks.  
Instructor: Jerry Diebel.

**Who:** Youth 8 - 15 who have completed Beginner Tennis Lessons

#### SESSION I: June 19 - 29

Where	When	Time	Act. #
John Glenn	M - Th	1pm	6010.201
Maplewood Hts	M - Th	3pm	6010.202
Pleasantview	M - Th	3pm	6010.203

#### SESSION II: July 10 - 21

Where	When	Time	Act. #
John Glenn	M - Th	1pm	6011.201
Geranium	M - Th	3pm	6011.202
Maplecrest	M - Th	3pm	6011.203

#### SESSION III: July 31 - August 11

Where	When	Time	Act. #
John Glenn	M - Th	1pm	6012.201
Playcrest	M - Th	3pm	6012.202
Vista Hills	M - Th	3pm	6012.203

**Fee:** \$20.00/Resident per session  
\$25.00/Non-Resident per session

### Young-At-Heart Lessons

Here's an opportunity for adults, 55 years and older, to exercise, energize and socialize. Tennis racquets, tennis shoes and a desire to recreate are required. Classes meet Monday thru Thursday (Friday is rain make-up day) and are 1 hour long. Limited to 16 participants.  
Instructor: Jerry Diebel

**Who:** Adult 55 years and older

#### SESSION I: June 19 - 29

Where	When	Time	Act. #
John Glenn	M - Th	8am	0555.201

#### SESSION II: July 10 - 21

Where	When	Time	Act. #
John Glenn	M - Th	8am	0555.202

#### SESSION III: July 31 - August 11

Where	When	Time	Act. #
John Glenn	M - Th	8am	0555.203

**Fee:** \$20.00/Resident per session  
\$25.00/Non-Resident per session

### Youth and Young-At-Heart Tennis

#### Registration Deadlines:

- Session I June 12
- Session II July 3
- Session III July 24

### Teen Tennis Camp

Teenagers, ages 12 to 18 years, will learn the skills that are needed to be great tennis players. The camp is held Monday thru Thursday (Friday is rain make-up) and are 2 hours in length. Students must have prior tennis experience and their own racquet. Classes are limited to 20 participants.  
Instructor: Jerry Diebel

**Who:** Youth ages 12 to 18 years old

#### SESSION I: June 19 - 29

Where	When	Time	Act. #
John Glenn	M - Th	2pm	6013.201

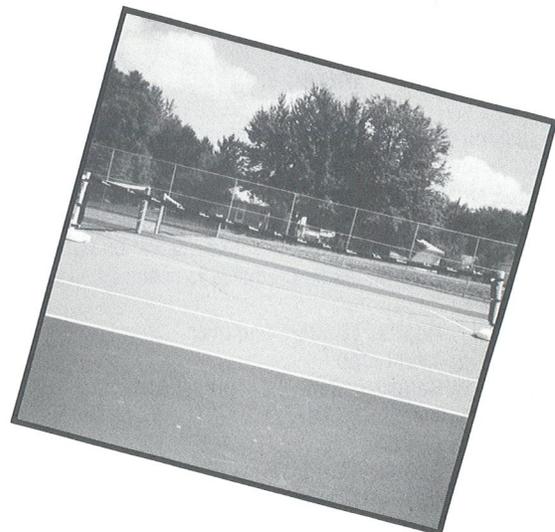
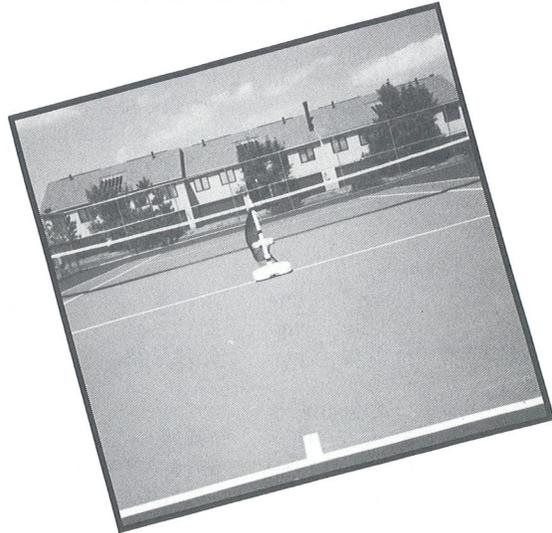
#### SESSION II: July 10 - 21

Where	When	Time	Act. #
John Glenn	M - Th	2pm	6013.202

#### SESSION III: July 31 - August 11

Where	When	Time	Act. #
John Glenn	M - Th	2pm	6013.203

**Fee:** \$25.00/Resident  
\$30.00/Non-Resident



**Youth Tennis Tournament**  
August 9 & 11

Where: John Glenn

**DOUBLES**

Who	When	Time	Act. #
Boys, Gr. 6 - 8	8/9 & 8/11	9am	6014.201
Boys, Gr. 9 - 12	8/9 & 8/11	9am	6014.202
Girls, Gr. 6 - 8	8/9 & 8/11	9am	6014.203
Girls, Gr. 9 - 12	8/9 & 8/11	9am	6014.204

**SINGLES**

Who	When	Time	Act. #
Boys, Gr. 6 - 8	8/9 & 8/11	1pm	6015.201
Boys, Gr. 9 - 12	8/9 & 8/11	1pm	6015.202
Girls, Gr. 6 - 8	8/9 & 8/11	1pm	6015.203
Girls, Gr. 9 - 12	8/9 & 8/11	1pm	6015.204

**Fee:** \$8.00/Resident per session  
\$13.00/Non-Resident per session

**(REGISTRATION DEADLINE: AUGUST 4TH)**

**Adult Tennis Tournament**  
August 11, 12 & 13

Where: John Glenn

**SINGLES**

Who	When	Time	Act. #
Men, Open	8/11 & 8/13	6pm	6518.201
Women, Open	8/11 & 8/13	6pm	6518.202
Men, Sr 40+	8/11 & 8/13	6pm	6518.203
Women, Sr 40+	8/11 & 8/13	6pm	6518.204

**DOUBLES**

Who	When	Time	Act. #
Men, Open	8/12 & 8/13	8am	6519.201
Women, Open	8/12 & 8/13	8am	6519.202
Mixed, Open	8/12 & 8/13	8am	6519.203

**Fee:** \$8.00/Resident per session  
\$13.00/Non-Resident per session

**(REGISTRATION DEADLINE: AUGUST 4TH)**

**Youth Soccer Clinic**

Boys and girls, grades 1 through 6, will learn the fundamental skills of soccer and have the opportunity to use these skills in game situations. The clinic will consist of 2 one-week sessions. Session I will concentrate on soccer skill development while Session II will focus on game situations. Each session is limited to 40 participants.  
Instructor: Chris Galbraith.

**Who:** Boys and girls, grades 1 - 6  
**Where:** Hazelwood Soccer Fields  
**When:** Session I August 7 - 10  
Grades 1 - 3 9:00am - 10:15am  
Grades 4 - 6 10:15am - Noon  
(Friday is rain make-up day)  
Session II August 14 - 17  
Grades 1 - 3 9:00am - 10:15am  
Grades 4 - 6 10:15am - Noon

**Act #**

Session I	Gr. 1-3	6016.201
	Gr. 4-6	6016.202
Session II	Gr. 1-3	6017.201
	Gr. 4-6	6017.202
Sessions I/II	Gr. 1-3	6018.201
	Gr. 4-6	6018.202

**Fee:** *1 Session Only*  
\$14.00/Resident  
\$19.00/Non-Resident

*Both Sessions*  
\$20.00/Resident  
\$25.00/Non-Resident

**Soccer Clinic Registration Deadline:**  
Session I July 31  
Session II August 7

**Hershey Track and Field**

Watch for information about the 1995 Maplewood/Hershey Track and Field Day. Youth, ages 9 - 14, will participate in running and field events. Flyers will be distributed to elementary and middle school students in May. For further information please call 779-3555.

**In-Line Skating Class**

Learn the fundamentals of in-line skating from a certified in-line skating instructor. In addition to learning proper skating techniques, participants will also learn about skating safety and purchasing equipment. Owning skates is not a requirement, some equipment will be available to class participants on a rental basis. Look for this class to be held at the Maplewood Community Center in mid-June. For more information please call 779-3555.

## RACQUETBALL/WALLYBALL COURT POLICY

1. Racquetball courts may be reserved three (3) days in advance by Members and two (2) days in advance by non-Members. All reservations are one (1) hour in length. **WALLYBALL MAY BE RESERVED FOR TWO (2) HOURS.** Reservations will be taken daily between 9:00am and closing by telephone or in person. **One reservation per day per party.** Back-to-back play will be allowed if the court is available (open) after users complete their scheduled time. The second court time must be paid prior to use.
2. When making a court reservation, be prepared to provide your name, phone number and Membership number. For racquetball only, please provide the name of playing partner.
3. All court time must be paid for prior to an individual or group taking the court.
4. Any person who has already participated with another person or group may not reserve a second court time on the same day.
5. When the hour is completed, the players must leave the court. See item #1 regarding open courts.
6. Tennis shoes must be worn at all times. No bare feet, street shoes or black-soled shoes that leave marks. Eye protection is *strongly* recommended for all players.
7. No smoking, food or drinks allowed on the courts.
8. Wallyball players are responsible for putting up and taking down their own equipment. Equipment is available at the Customer Service counter.
9. Court users must be at least 15 years old unless accompanied by an adult.
10. All participants 14 years old and under must wear safety goggles.
11. Court fee per player is determined by status (Member, Resident, Non-Resident) of individual/group reserving court.

### COURT FEES

	<u>Racquetball</u> (per court/per person /per hour)		<u>Wallyball</u> (per court/per hour /per group)
<b>Fee:</b>	\$2.00/Member \$5.00/Resident \$6.00/Non-Resident	<b>Fee:</b>	\$10.00/Member \$10.00/Resident \$12.00/Non-Resident

**COURT RESERVATIONS:  
779-3561**

## Racquetball Lessons

All racquetball lessons are designed to teach the fundamental skills of the game. In order to provide proper instruction, a minimum of 4 participants (maximum 8) must be registered per class. Instructor: Bob Corbett

### Youth Lessons

**Who:** Youth ages 15 -17  
**Where:** Maplewood Community Center Courts  
**When:** Thursdays, June 22 - July 27  
 6:00pm - 7:00pm  
**Act.#** 6003.210  
**Fee:** \$22.00/Member  
 \$26.00/Resident  
 \$31.00/Non-Resident

### Beginning Adult Lessons

**Who:** Adults  
**Where:** Maplewood Community Center Courts  
**When:** Thursdays, June 22 - July 27  
 7:00pm - 8:00pm  
**Act.#** 6500.201  
**Fee:** \$22.00/Member  
 \$26.00/Resident  
 \$31.00/Non-Resident

### Intermediate Adult Lessons

**Who:** Adults (who have completed Beginner Lessons)  
**Where:** Maplewood Community Center Courts  
**When:** Thursdays, June 22 - July 27  
 8:00pm - 9:00pm  
**Act.#** 6501.201  
**Fee:** \$22.00/Member  
 \$26.00/Resident  
 \$31.00/Non-Resident

*Racquetball Registration Deadline:  
Thursday, June 15*

### Racquetball Challenge Ladder

A racquetball challenge ladder is held on Saturday Mornings from 8:30 am to 12 noon. The ladder is open to all challengers. All you need is the energy and desire to be the **CHALLENGE LADDER CHAMPION!**

**Who:** Adults  
**Where:** Maplewood Community Center, Courts 1 & 2  
**When:** Saturdays, 8:30 am - 12 noon  
**Fee:** Member \$2.00/Saturday  
 Resident \$5.00/Saturday  
 Non-Resident \$6.00/Saturday

## Maplewood Athletic Association Baseball News

The 1995 season of MAA Baseball is underway. We wish to welcome back all who participated last year as well as those new to our organization. MAA has 32 teams in the In-House program this year, divided into four leagues: C League - 3rd graders, B League - 4th & 5th grades, A League - 6th & 7th grades, and Midget League - 8th, 9th and 10th grades. MAA also has 'ten year-old' and 'eleven year-old' tournament teams made up of In-House players, as well as Travelling Teams for ages 12, 13, 14, 15 - 16.

Our program would not be possible if not for many dedicated volunteers. MAA board members, all coaches, and all other volunteers deserve a big THANK YOU.

The MAA Board of Directors is always looking for more volunteers. Please phone any of the people listed below if you are interested in becoming active in the MAA. Also, please contact anyone listed below if you have any questions, comments, or concerns regarding MAA.

### 1994-1995 Board of Directors MAPLEWOOD ATHLETIC ASSOCIATION

<b>President</b> Jerry Harrigan (H) 739-1535 (W) 733-9584	<b>Vice-President</b> Greg Walker 738-3260	<b>Secretary</b> Karen Rasmussen 770-6428	<b>Treasurer</b> Tom Nikolas 777-0134
<b>Member-at-Large</b> Greg Nelson 776-2195	<b>Member-at-Large</b> Bud Beck 489-5345	<b>Travel Director</b> Jeff Pluff 770-7188	<b>In-House Director</b> Hap Schultz 771-1082

#### Area Directors

Carver: Ken Krekelberg, 738-8817  
 Gladstone/North: Dave Lombardi, 777-6728  
 Parkside: Greg Nelson, 776-2195, Bud Beck, 489-5345

### 1995 MAA Sponsors

We would also like to thank the following sponsors who made donations to our program for this season. You will see their names on the backs of In-House uniforms. Please keep these sponsors in mind when you are looking for good food, great goods, and super service.

Ace Hardware Mapleleaf Family Hair Care MPG (Miller Promotional Graphics) Performance Pool & Spa Rue Plastics West Point	J. Thomas Athletic Moto Photo Olive Garden Premier Bank Sgt. Peppers
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### IMPORTANT DATES

Pre-season Tournament (In-House) - May 19 - 21  
 MAA Day with the St. Paul Saints - July 16th  
 Post Season Tournament (In-House) - July 28 - 30

**\*\*\* GOOD LUCK TO EVERYONE THIS SEASON \*\*\***



## Third Annual Lady Polars Summer Basketball Camp

Presented by the  
North Saint Paul/Maplewood Area Girls' Basketball Association  
and the North High Girls' Basketball Coaching Staff

Date:  
August 7 - 11

Time:  
Monday - Thursday  
9:00am - 2:00pm  
Friday, 9:00am - Noon,  
(Awards Program  
at 11:30am)

Camp highlights include:  
Individual Instruction, Contests,  
League Games, Guest Speakers and  
Awards

For:  
Girls entering grades 4-9

Cost:  
\$50.00, includes T-shirt

Location:  
North High School

Aspects of the game covered will be:  
fundamental drills; shooting; dribbling; passing; defense; rebounding;  
sportsmanship and rules of the game.

Athletes will provide their own lunch and a beverage daily.

For more information please call Coach Diane Morin at 770-4705 (w) or 771-6016 (h)  
or Pat Frank at 770-3647.

## Pee Wee Sports

Ages 4-5

Pee Wee Sports are easy to learn and fun to play! Boys and girls will learn basic skills and rules with low key games that will allow the children to have fun, be active, socialize, and learn sportsmanship.  
Children must be the appropriate age by the first day of class.

<u>Sport</u>	<u>Activity#</u>	<u>Dates</u>	<u>Location</u>	<u>Days</u>	<u>Times</u>	<u>Registration Deadline</u>
Soccer	3450.201	June 19-29	Edgerton Park	M-Th	9:30-11:30 am	June 12th
T-Ball	3450.202	July 3-13	Gethsemane Park	M-Th	9:30-11:30 am	June 26th
Tumbling	3450.203	July 24-Aug 3	MCC	M-Th	9:30-11:30 am	July 17th
Sampler	3450.204	Aug 7-17	Playcrest Park	M-Th	9:30-11:30 am	July 31st

**Fee:**           \$24.00/Resident  
                      \$29.00/Non-Resident

## North East Soccer Association

Travelling soccer is now underway! This season we have 300 boys and girls playing in our soccer program ranging in age from 7 through 18. All of our coaches are volunteers and work very hard to teach these players the skills necessary to play the game. All of our teams play their home games at Hazelwood fields located in Maplewood. On any given night, Monday through Thursday beginning at 6:00pm all are welcome to stop by Hazelwood to watch our teams play.

You may also want to mark your calendar for June 17 and 18 to stop by the fields to watch the N.E.S.A Spring Sprint tournament featuring teams from under 10 boys and girls and under 12 boys. There is no cost to watch the game and a refreshment stand will be there if anyone is hungry or would like information regarding the N.E.S.A. program.

Many of our local high school players began their careers learning the game at N.E.S.A. and many players have gone on to play for college teams throughout the area. Our goals at N.E.S.A. are simple-teach boys and girls the skills of soccer, let the players experience the fun of playing soccer and let them discover the long-term friendships they will develop with their teammates as well as their opponents.



**Maplewood Nature Center**  
**2659 East Seventh Street**  
**Maplewood, Minnesota 55119**  
**738-9383**

**Interpretive Building Hours**  
 Monday - Saturday: 8:30 - 4:30 pm  
 Sunday (April - October) 12:30 - 5:30 pm  
**Trails Open Every Day:**  
 1/2 hour before sunrise until 1/2 hour after sunset  
**Building will be closed:**  
 Tuesday, July 4

Maplewood Nature Center complies with A.D.A. requirements.  
 Please inform us of any special needs so that we can more fully accommodate you.

To register for Nature Center programs, please use the registration form  
 at the back of this publication.

Maplewood Nature Center has a small room available for  
 rent. It is available between 8:30 - 5:00 pm Monday -  
 Friday. Other times are negotiable.

This room has a kitchenette, tables and chairs. Call 738-  
 9383 for more information.

### SUNDAY FAMILY PROGRAMS

Drop-by any Sunday between 1:30 - 3:00 pm for Naturalist directed on-going activities.  
 These Family programs are free.

**June 4**  
**Birding on Boardwalk**  
 (Binoculars available)

**June 11**  
**Catch Waterbugs**

**June 18**  
**Dad's Day at the Pond**

**June 25**  
**Toads & Tadpoles**

**July 2**  
**Touch a Turtle**

**July 9**  
**Cattail Critters**

**July 16**  
**Predator Scavenger Hunt**

**July 23**  
**Waterbugs & Waterflowers**

**July 30**  
**Snakes Alive**

**August 6**  
**Galls & Goldenrod**

**August 13**  
**Live Turtle & Salamander**

**August 20**  
**Prairie Bugs & Beasts**

**August 27**  
**There's No Place Like Home**



## Full Moon Walks

Full moon walks are celebrated each month at five local Nature Centers: Maplewood, Crosby Farm Park (St. Paul), Harriet Alexander (Roseville), Tamarack (White Bear Lake), and Wargo (Lino Lakes).

Attend three moon walks at 3 different participating Nature Centers and be eligible to purchase a full moon walk enamel pin for \$3.00.

Programs last one and 1/2 hours. There is a short indoor activity, an outdoor hike and a beverage (please bring a mug). Call the individual Nature Centers to pre-register. Full moon walks are appropriate for ages 7 and up. Pre-pay registration 2 days prior to each moon walk.

**Fee: \$2.00 per person**

### BY THE LIGHT OF THE...

#### "Strawberry" Moon

**Monday, June 12, 8:30 - 10:00 pm**

Stroll the trails of Maplewood Nature Center in search of strawberries, raspberries and elderberries. We'll probably spot some baby toads, raccoons and other young animals on the move. Eat a "berry" delicious sundae.

#### "Mid-Summer Prairie" Moon

**Tuesday, July 11, 8:30 - 10:00 pm**

Meander through the tall grasses and oaks of Jim's Prairie, Maplewood's last remaining virgin prairie remnant. Meet at the Maplewood Nature Center's Interpretive Building and carpool over to the prairie.

#### "Bat" Moon

**Thursday, August 10, 8:30 - 10:00 pm**

Hike around the pond at Maplewood Nature Center and listen for echo-locating bats with a bat detector. Eat a fruit snack that you can thank a bat for.

**Crosby Farm Park..... 488-9646**

Monday, June 12, 7:30 - 9:00 pm  
Wednesday, July 12, 7:30 - 9:00 pm  
Thursday, August 10, 7:00 - 8:30 pm

**Harriet Alexander Nature Center ..... 482-8266**

Monday, June 12, 7:30 pm  
Wednesday, July 12, 8:00 pm  
Thursday, August 10, 7:00 pm

**Tamarack Nature Center ..... 429-7787**

Monday, June 12, 7:30 - 9:00 pm  
Wednesday, July 12, 7:30 - 9:00 pm  
Thursday, August 10, 7:00 - 8:30 pm

**Wargo Nature Center ..... 429-8007**

Monday, June 12, 8:30 pm  
Wednesday, July 12, 8:00 pm  
Friday, August 11, 8:30 pm

## June Programs



### Prairie Wildflower Walks

**Thursdays, June 8, 7:00 - 9:00 pm**  
\*July 20, 7:00 - 9:00 pm  
\*August 17, 6:30 - 8:30 pm

Visit Jim's Prairie to see the changing panorama of prairie wildflowers through the season. Meet at the Nature Center and carpool to the prairie.

**Adults and youth 13+**

**Fee: \$2.00/person/hike**

**Pre-pay 1 day prior to each hike**

**\*Note: Fee waived for Prairie workday volunteers**

### Prairie Work Days

**Saturdays, June 10 & 17, 9 - Noon &/or 1:30 - 4:30 pm**  
Roll down your sleeves and help the naturalist remove woody brush from Jim's Prairie. Your efforts will promote more blooms and help preserve one of Maplewood's most unique natural sites. Tools and refreshments will be provided. Meet at the Nature Center and carpool to Jim's Prairie. Wear long sleeved shirt, long pants, hat, gloves and sunscreen. Bring water bottles.

**Free**

**Call 738-9383 to register**

### **The Grouchy Ladybug**

**Saturday, June 3, 10:00 - 11:00 am**

Listen to Eric Carle's story about a grouchy ladybug and then meet a real, live ladybug. Find out just what a ladybug likes to do. Program includes story, craft, and trail hike to look for ladybugs.

**Children 3-5, accompanied by adult**

**Fee: \$3.00/child**

**Pre-pay by June 1**

### **Nature 2-Gether**

**Tuesdays, June 13, 20 & 27, 10-10:30 am**

Introduce your toddler to nature with some fun activities to delight both of you.

**2 years old, accompanied by an adult**

**Fee: \$6.00/child/series**

**Pre-pay by June 8**

### **Snakes Alive!**

**Wednesday, June 14, 1:30 - 2:30 pm**

Touch and see a snake! Learn about snake habits.

**For all ages**

**Free**

**Call 738-9383 to register**

### **Jr. Volunteers**

**Parent info. meeting: Thursdays, June 15, 6:30 - 7:30 pm**

**Tuesdays, June 20, 27; Thursday, July 13; Tuesdays, July 25; August 8 & 15, 9:30 - 11:00 am**

Help the naturalist with trail clearing, building trail steps, planting wildflowers and monitoring birdhouses (at the Nature Center and at Jim's Prairie). Attend 5 out of 6 sessions and receive a certificate at the potluck awards ceremony on August 15. Parent and child attendance required at informational meeting on June 15. Bring a water bottle or canteen.

**Youth, ages 10 - 14**

**Free**

**Call 738-9383 to register by June 15**

### **"Quack, Quack, Ribbet, Ribbet"**

**Puppet Show**

**Friday June 16, 10:00 am**

Join the animal puppets for a summertime story on the pond.

Self-guided bingo hike available on request.

**Best for kids 3 - 7, accompanied by adult**

**\$1.00/person**

**Pre-pay by June 14**

### **Nature After Dark Overnight**

**Friday, June 16, 8:00 pm - 8:00 am**

Find out what goes on at the Nature Center after dark.

Activities include stargazing, nocturnal animal search (bats, moths, raccoons, owls, etc.), games and crafts. After midnight there will be movies for the serious "Night Owls". Late night snack and continental breakfast included.

**Children 9 - 12**

**Fee: \$30.00/child**

**Pre-pay by June 12**

### **Audubon Bird Club**

**Wednesday & Thursday, June 21 & 22, 9:30 - 12 noon**

Join our Audubon Bird Club to learn more about bird behavior, nesting and feeding. Help trap live birds. Use binoculars and monitor nest boxes. Snack provided.

**Children 8+**

**Fee: \$10.00/child/series**

**Pre-pay by June 19**

### **Ducks & Their Babies**

**Saturday, June 24, 1:00 - 2:30 pm**

Visit with a live duckling and discover how duck moms take care of their babies.

**Children 3-5, accompanied by adult**

**Fee: \$3.00/child**

**Pre-pay by June 22**

### **Butterflies in Your Garden**

**Wednesday, June 28, 1:30 - 3:00 pm**

Visit the Butterfly Garden, band a monarch and do a craft. Each family takes home garden plans and a butterfly flower plant.

**Adults and children, 6+**

**Fee: \$6.00/family or \$2.00/person**

**Pre-pay registration by June 26**

## **July Programs**

### **Where Am I?**

**Saturday, July 1, 10:00 - 11:30 am**

Insects are everywhere. Find out why camouflage is important to them. Make your own walking stick insect and go on a trail hike to play a camouflage game with the insect you made.

**Children 4 - 8, accompanied by adult**

**Fee: \$3.00/child**

**Pre-pay by June 30**

### **Sunshine Club**

**Thursday, July 6, 13 & 20, 9:30 - 10:30 am**

Learn about a favorite animal each week with stories crafts and hikes. Bring a tee shirt with you to the first session and we will print a "Sunshine Club Shirt" to wear each time.

**Children 3-5, accompanied by adult**

**Fee: \$10.00/child/series**

**Pre-pay by June 29**

### **Fantastic Fish for Pre-schoolers**

**Friday, July 7, 9:30 - 11:00 am**

Hear a story, collect some fish and fish like a heron. Make a fish to take home.

**Children 3-5, accompanied by adult**

**Fee: \$3.00/child**

**Pre-pay by July 5**

### **Nature Bingo**

**Saturday, July 8, 10:00 - 11:30 am**

Take a walk along the trails with a naturalist and play a game of Nature Bingo. Everyone who plays wins a prize.

**All ages**

**Fee: \$2.00/person or \$5.00/family**

**Pre-pay by July 6**

### **Nature Quest**

**9:30 - 11:00 am**

**Session I: Mondays, July 10 & 17**

**Session II: Mondays, August 7 & 14**

This National Wildlife Federation program will focus on a special "quest" each session.

**Week 1: Rocks:** make a mineral mosaic, test rocks for hardness, color and learn basic identity.

**Week 2: Study plant life,** make a flower press, and go on a plant bingo hike.

**Children 7 - 9**

**Fee: \$8.00/child/session**

**Pre-pay Session I by July 7**

**Pre-pay Session II by August 4**

### **Firefly Magic**

**Tuesday, July 18, 7:00 - 8:30 pm**

Fireflies are magical little bugs that carry their own night lights with them. Listen to a story about fireflies, take a hike to search for fireflies, and make your own glow-in-the-dark firefly to take home.

**Children 3 - 8, accompanied by adult**

**Fee: \$3.00/child**

**Pre-pay by July 9**

### **Turtle Tales**

**Saturday, July 22, 10:00 - 11:30 am**

Get acquainted with this armored creature through stories, craft and hike.

**Children 3 - 7, accompanied by an adult**

**Fee: \$3.00/child**

**Pre-pay by July 20**

### **Victorian Herbal Crafts**

**Saturday, July 29, 10:00 - noon**

Learn the art of making potpourri, Tussie Mussies and more Victorian Herbal crafts. Enjoy a glass of herbal iced tea and transport yourself back to a time when all "genteel ladies" took time to smell the roses.

**Adults & Teens 15+**

**Fee: \$5.00/includes materials**

**Pre-pay by July 27**

## **August Programs**

### **"Wild Life Wonders"**

**Nature Discovery Camp, 9-3 pm**

**Tuesday-Friday, August 1-4**

How can ducks swim without getting wet? Why does a tree need a squirrel? How long does it take a snake to eat a mouse? In this camp we will search the marsh, meadow and forest for animals from muskrats to millipedes. Participate in creative crafts and activities that teach about adaptations and how people, plants and animals interact. Exciting field trip planned. Bring a bag lunch and beverage. Snacks provided.

**Children 7 - 12 (completed 1st grade)**

**Fee: \$75.00/child**

**Pre-pay by July 25**

### **Eagles, Hawks and Owls**

**Saturday, August 5, 1:00 - 2:00 pm**

Come visit with a live Bald Eagle, owl and hawk from the Raptor Center.

**All ages**

**Fee: \$2.00/person or \$5.00/family**

**Pre-pay by August 1**

### **Creepy Crawly Critters**

**Friday, August 11, 9:30 - 11:30 am**

Make some creepy crawly cookies and search for real critters in the pond and prairie.

**Children 3-8, accompanied by adult**

**Fee: \$3.00/child**

**Pre-pay by August 9**

### **Building for Bats**

**Thursday, August 17, 1:00 - 2:30 pm**

Are bugs bugging you? Build a bat "house" that may attract some bug-munching bats. Discover how neat these creatures really are. Bring a hammer.

**Adults and children 8+**

**Fee: \$10.00/house**

**Pre-pay by August 15**

### **Grasshopper Race**

**Saturday, August 19, 10:00 - 11:30 am**

Net a grasshopper, observe it and release it when the race begins. Bring a plastic peanut butter jar.

**Children 4-8, accompanied by adult**

**Fee: \$2.00/child**

**Pre-pay by August 17**

### **Panfish Clinic**

**Monday, August 21, 6:30 - 9:00 pm &**

**Thursday, August 24, 7:00 - 8:30 pm**

**Day 1:** Learn how to bait your hook, tie a fishing knot and rig a rod. Visit the pond to discover what fish eat when they're not eating your bait. Learn ethics, rules and regulations.

**Day 2:** Practice what you've learned at Silver Lake. We'll fish for panfish, make fish prints and practice filleting a fish. All fishing gear provided.

**Adults and children 4+**

**Fee: \$2.00/person**

**Pre-pay by August 20**

### **Digging Into Dinosaurs**

**Saturday, August 26, 10:00 - 11:30 am**

Even though dinosaurs lived on the earth 200 million years ago, they did all the things animals today do: eat, drink, sleep and defend themselves from enemies. Find out which dinosaurs lived in the U.S., what they ate, and how they defended themselves from predators. Play a dinosaur game, listen to a story, and make a dinosaur mask to take home.

**Children 4+, accompanied by adult**

**Fee: \$4.00/child**

**Pre-pay by August 24**

# Parks and Recreation and Maplewood Nature Center

## Registration Information

1. Complete registration form and return it with a check payable to one of the following:

**Maplewood Parks and Recreation**  
 2100 White Bear Avenue  
 Maplewood, MN 55109  
 (779-3555)

or

**Maplewood Nature Center**  
 2659 East 7th Street  
 Maplewood, MN 55119  
 (738-9383)

2. You will be notified if the class or activity is changed or cancelled.

Park & Recreation Registration

Participant \_\_\_\_\_ Home Phone \_\_\_\_\_  
 Address \_\_\_\_\_ Apt. \_\_\_\_\_ Emergency Phone \_\_\_\_\_  
 City \_\_\_\_\_ Zip \_\_\_\_\_  
 School \_\_\_\_\_ Grade \_\_\_\_\_ Date of Birth \_\_\_\_\_

Activity/Class \_\_\_\_\_  
 Starting Date \_\_\_\_\_ Time \_\_\_\_\_  
 Day \_\_\_\_\_  
 Location \_\_\_\_\_  
 Head of Household Name \_\_\_\_\_  
 Team Name \_\_\_\_\_

**Waiver for Participant by Parent**

In consideration of your accepting my child's entry, I hereby, for myself, my child, my heirs, executors and administrators, waiver and release any and all Maplewood or school district and its representatives, successors and assigns for any and all injuries suffered by myself or my child at any activity sponsored by these groups.

Signature: X \_\_\_\_\_

**FOR OFFICE USE ONLY**

Fee \$ \_\_\_\_\_ Cash  Check  # \_\_\_\_\_  
 Received by \_\_\_\_\_ Date \_\_\_\_\_

Park & Recreation Registration

Participant \_\_\_\_\_ Home Phone \_\_\_\_\_  
 Address \_\_\_\_\_ Apt. \_\_\_\_\_ Emergency Phone \_\_\_\_\_  
 City \_\_\_\_\_ Zip \_\_\_\_\_  
 School \_\_\_\_\_ Grade \_\_\_\_\_ Date of Birth \_\_\_\_\_

Activity/Class \_\_\_\_\_  
 Starting Date \_\_\_\_\_ Time \_\_\_\_\_  
 Day \_\_\_\_\_  
 Location \_\_\_\_\_  
 Head of Household Name \_\_\_\_\_  
 Team Name \_\_\_\_\_

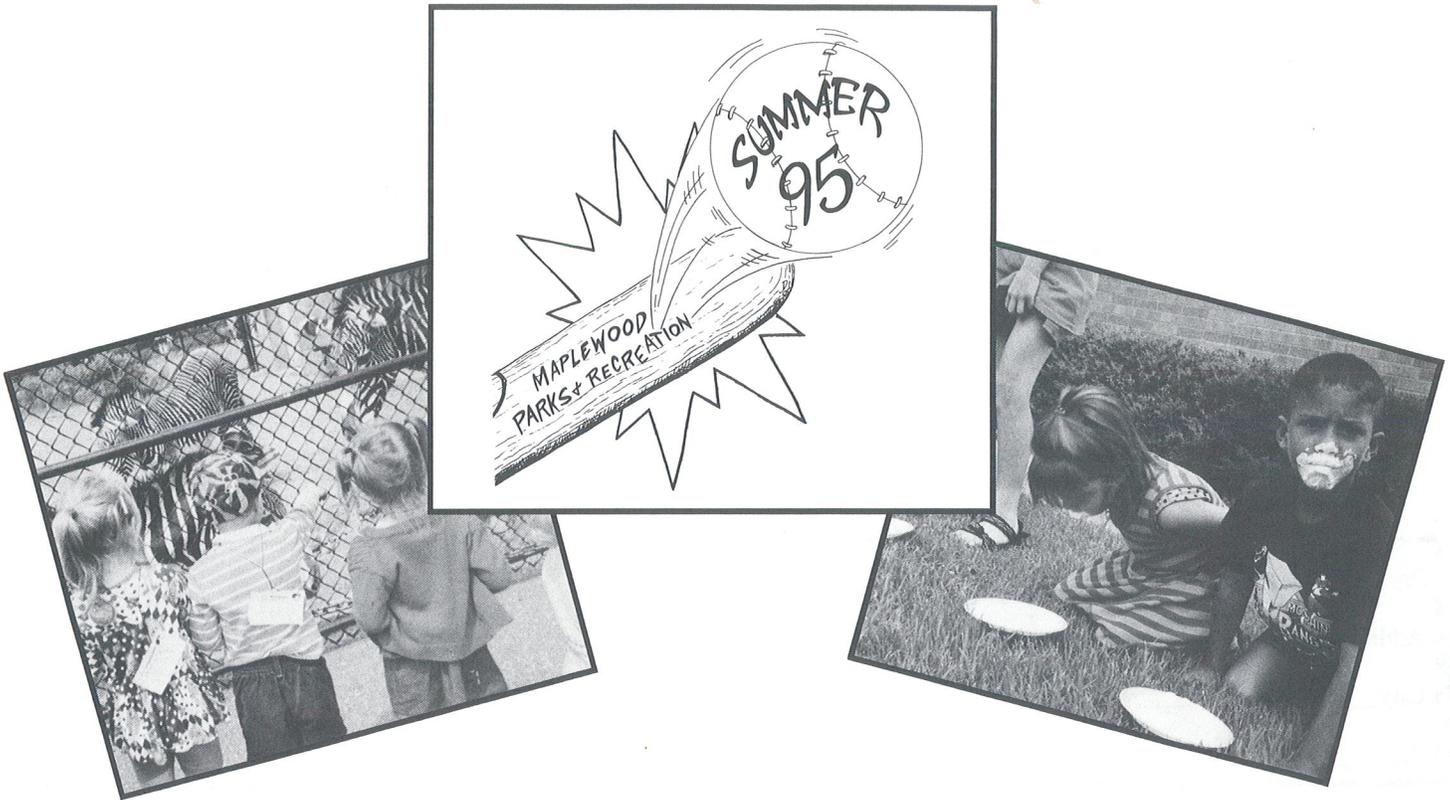
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Signature: X \_\_\_\_\_

**FOR OFFICE USE ONLY**

Fee \$ \_\_\_\_\_ Cash  Check  # \_\_\_\_\_  
 Received by \_\_\_\_\_ Date \_\_\_\_\_



## Summer Programs Maplewood Parks & Recreation Department

**2100 White Bear Avenue  
Maplewood, MN 55109  
779-3555**

### Maplewood City Council



Mayor..... Gary Bastian  
 Council Member ..... Sherry Allenspach  
 Council Member ..... Dale Carlson  
 Council Member ..... Marvin Koppen  
 Council Member ..... George Rossbach  
 City Manager ..... Michael McGuire

**City Hall**

1830 East County Road B  
 Maplewood, MN 55109  
 612/770-4500

TDD-612/770-4500

**Hours:**

Monday - Friday 8:00am - 4:30pm

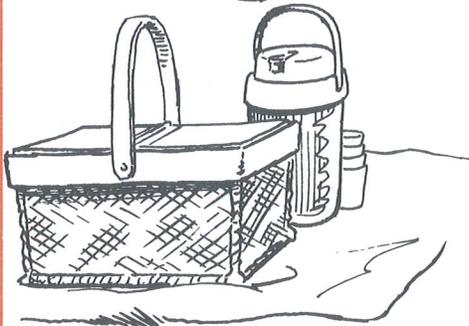
Bulk Rate  
 Car-Rt Pre-Sort  
 U.S. Postage  
**PAID**  
 Permit No. 4903  
 St. Paul, MN

### Residential Customer

"Upon request this newsletter will be made available in an alternate format such as large print or audio tape. Contact the City of Maplewood at 770-4500."

**DATED MATERIAL**  
 Deliver by May 25, 1995

**MEMORIES OF SUMMER**



Dear Neighbors:

I write this letter to you in June knowing you will see it toward the end of summer in August. I hope and trust that it has been a safe and enjoyable summer for all.

Quite a bit has been going on and I wanted to update you on some major happenings in Maplewood as well as the status of earlier initiatives.

The Cable Commission will soon be finalizing plans that will allow all residents to obtain the public access cable channels at no cost. Public access includes the city, library, school, and metropolitan government channels. Our goal is to offer another way for citizens to keep informed about what is happening in their community.

The Public Safety Department has been busy doing crime watch programs. We want to be more proactive in getting citizens involved in their neighborhoods. The Police Department has met with ten neighborhoods so far. They will cover the entire city over the next year. If you find a flyer on your door for a meeting, please attend. Please call the Public Safety Department at 770-4530 if you have questions.

We are still looking for people to volunteer for our Community Fund Task Force. A community fund is an endowment whereby dividends earned from the principal are used to support specific programs. Our intention is for the fund to help support our parks, recreation, Nature Center, and arts programs. If you have the time, we can use your help. Call the City Manager's office at 770-4524 for more information and an application.

The Open Space Program is entering the final phase of acquisition. We have had some great successes and, unfortunately, some disappointments. A major disappointment was the loss of the Oakridge site.

We quickly found out that acquiring the Oakridge property would have used virtually all the Open Space funds-we simply got priced out of that site. The major successes, however, are that we have acquired several beautiful pieces of property in Maplewood. Other cities in the metro area are following our lead with Eden Prairie and Plymouth both passing open space referendums. I'm sure more will follow.

The Maplewood History Committee has been meeting and will soon be writing their Charter. Look for more information on the new Maplewood Historical Society and join up.

If you haven't guessed it yet, the theme of my article is volunteerism. We need people to be a part of our community. This is the only way for us to build for the future and set an example for our children. When people volunteer, we can achieve great things. Let's work together for our future.

If you have any questions or comments, give us a call or write. For those who are connected electronically, my Internet address is dhcarlson@aol.com.

Enjoy the rest of the summer!

Dale Carlson  
Councilmember\*

\*The Mayor's Message normally appears in this spot. However, throughout the year, Maplewood City Councilmembers will be submitting their messages to the residents of the City. Councilmember Carlson was elected to serve a four-year term from January 1992 through December 1995.

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## Maplewood's Government Channel

The City has a government channel on cable TV which operates 24 hours a day. If you have basic cable service, current City information and programs can be viewed on **Channel 64** (if you have a converter box), or **Channel 56** (if you have a cable-ready TV).

**Mondays, August 14 and 28 at 7pm - City Council Meetings** - cablecast live from City Hall.

**Thursdays, August 17 and 31 at 7pm - Rebroadcast of the City Council meeting conducted on the previous Monday.**

If you are interested in a special viewing of City Council meetings please contact the City Manager's office. Tapes of the meetings are kept for 30 days.

## Council Corner

The City Council conducted two regular meetings during the month of June. The highlights of those meetings were:

- Approval of the third phase of Carefree Cottages of Maplewood. This development is 142 units of senior housing on the north side of Gervais Avenue between Rainbow Foods and the existing Carefree Cottages of Maplewood.
- Approval of a new parking lot for I.S.D. 622's administrative offices at 2055 East Larpenteur Avenue.
- Approval of a 10,000 square foot, one-story office building north of the existing City & County Employees Credit Union, 1661 Cope Avenue. The new building will house employees only and will not be open to the members.
- Award of a \$624,895 bid to Sheehy Construction to construct an enlarged gymnasium at Carver Elementary School. In cooperation with I.S.D. 622, this project will result in an auxiliary Community Center site in the south end of Maplewood.
- Approval of plans for a 4,884 square foot, one-story pet clinic at the southwest corner of Radatz and White Bear Avenue, Maplewood Pet Center.
- Adoption of a resolution of appreciation for Mr. Roger Anitzberger for his volunteer service on the Community Design Review Board and the Planning Commission since 1990.
- Approval of the architectural, landscaping and signage plans for the proposed Dayton's and Mervyn's stores at the Maplewood Mall.

## Important City Meetings

Your City Council meets regularly on the 2nd and 4th Monday of each month. Other meetings are held as scheduled. The other Commissions/Boards meet regularly to provide input to the Council. All meetings are held at City Hall, 1830 East County Road B, Maplewood.

**CITY COUNCIL MEETINGS**  
7:00pm; August 14 & 28  
2nd & 4th Monday

**COMMUNITY DESIGN REVIEW BOARD**  
7:00pm; August 8 & 22  
2nd & 4th Tuesday

**HOUSING & REDEVELOPMENT AUTHORITY**  
7:00pm; August 8  
2nd Tuesday

**HUMAN RELATIONS COMMISSION**  
7:00pm; NO MEETING THIS MONTH  
1st Tuesday

**PARK & RECREATION COMMISSION**  
7:00pm; August 21  
3rd Monday

**PLANNING COMMISSION**  
7:00pm; August 7 & 21  
1st & 3rd Monday

### **Be Informed Be Involved**

Come meet the Mayor at this month's forum. Bring a friend or neighbor. During the summer months, Mayor Bastian will be holding his Mayor's Forums at his home on the first Tuesday of the month.

August 1, 1995  
6:00pm - 7:30pm  
Mayor Bastian's Home  
2220 Ide Court  
Maplewood, MN

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### **-Committee Seeking New Members- Maplewood Seniors and Persons with Disabilities Committee**

The Maplewood Seniors and Persons with Disabilities Committee is seeking members. Maplewood residents who are older adults, or people with disabilities, are needed to serve on an advisory committee to the City Council. A Metropolitan Council survey indicated that most older adults and people with disabilities want to continue to live in

their homes but need additional help. This Committee identifies needs, accesses resources and makes recommendations to the City Council so that these residents can continue to effectively participate in the residential, work, commercial, social and recreational life of Maplewood.

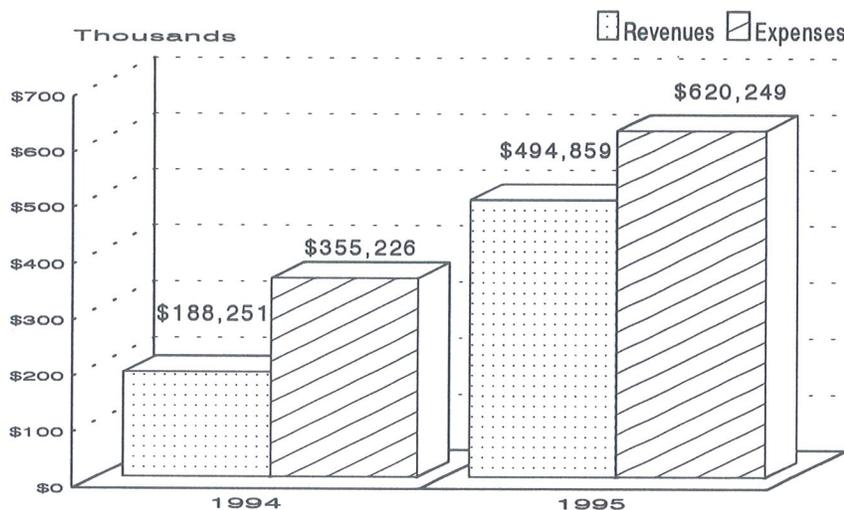
The Committee meets on the second Wednesday of each month from 10am - 11:30am at Maplewood City Hall. Please call Tom Ekstrand at 770-4563 if you are interested in becoming a member of this advisory committee.

**COMMUNITY CENTER FINANCIAL REPORT**

No property taxes have been levied to finance the operations of the Community Center. Instead, the operating costs of the Center are planned to be financed by membership sales, admission charges, rental fees and concession sales. To monitor the progress of meeting this objective, a monthly financial report on the Community Center Operations Fund is prepared. This fund accounts for all operating costs of the Center including utilities, maintenance and depreciation.

The Community Center opened October 1, 1994 and generated operating revenues of \$188,251 through December 31, 1994. Operating expenses excluding depreciation for the same period were \$355,226 which caused a net loss of \$166,975. Monthly operating revenues in 1995 are significantly higher than 1994. Operating revenues totaled \$494,859 for the first five months of 1995. (This article was written in June.) Operating expenses excluding depreciation for January through May totaled \$620,249 and there was a net loss of \$125,390 for this period. The following graph compares the financial data for 1994 with 1995.

**COMMUNITY CENTER OPERATIONS FUND**  
Operating Revenues and Expenses  
1994 - 1995



The graph indicates that much progress has been made to make the Community Center financially self-supporting. Additional steps to make the Center self-supporting will be taken as the year progresses. Some of the changes that have been made or are under consideration include an increase in the non-resident admission fee, an increase in the banquet room charge, reduced staffing level in the fitness area, increased marketing of memberships, development of a volunteer program to supplement paid staff, and a summer rate special to entice college students and seniors.

The Community Center financial report is on the City Council agenda quarterly for public discussion. Your input and suggestions are encouraged.

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**SOME CAR ACCESSORIES ARE ILLEGAL**

**Public Safety**

While some of the new car accessories may make your car look great, they may also be illegal.

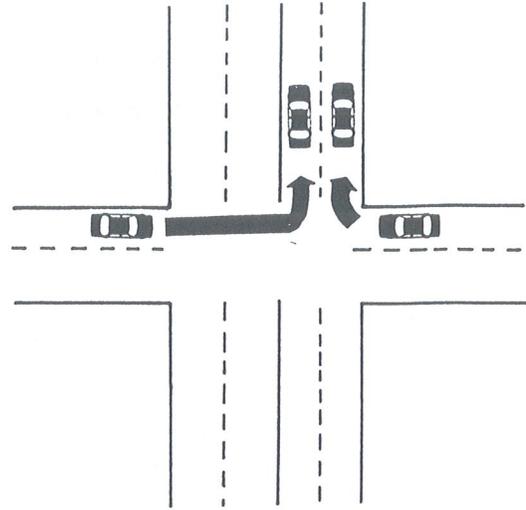
- State Statute 169.65 prohibits the use of smoked plastic lenses, commonly referred to as "Blackouts", covering the head and tail lights on motor vehicles. This prohibition is in effect 24 hours per day.
- State Statute 169.79 prohibits the use of any material over/obstructing license plates. This includes smoked, colored, and even clear plastic license plate covers; license plate frames; trailer hitches ; grease; mud; paint; rags; etc.

Violation of these statutes is a misdemeanor and may result in a citation being issued and a fine of \$700 or 90 days in jail or both being assessed.

Minnesota traffic laws are clear regarding turns:

- When making a right turn onto a four-lane street/highway, you are to turn into the right lane of traffic, **not** the left lane.
- If you are making a left turn onto a four-lane street/highway, you are to turn into the left lane, **not** the right lane.

(Remember to signal at least 100 feet before making your turn.)



## Public Works

### WATER CONTRACT UPDATE

For many years, the City of Maplewood was a retail customer of the St. Paul Water Utility. This meant that every business and home within Maplewood paid 120% of the rate paid by a comparable customer within the City of St. Paul. The retail contract expired in 1984. During the next nine years the major issues during contract negotiations were establishing a rate less than 120%, exploring a way to become an owner of the system, and streamlining construction standards.

In April 1993, the Maplewood City Council approved a wholesale contract. The terms of the agreement said that within an estimated two years Maplewood would install master meters to measure water at the city borders, and then take over distribution of water. This would include operation, construction, meter reading, invoicing, and full maintenance. The Public Works Department has been working toward the planned conversion which was to occur on July 1, 1995.

Since the adoption of the wholesale agreement, there were various personnel changes on the St. Paul Board of Water Commissioners and the water utility staff. A cooperative attitude became evident. Subsequently, the general manager of the water utility and the Maplewood staff began taking another look at the retail contract. Other issues discussed were:

- Maplewood becoming a partner in the system
- Maplewood receiving a payment in lieu of taxes for the water utility property within the city
- Construction standards
- Other retail options

The City of Maplewood is very interested in becoming a partner in the water distribution system. Maplewood staff looked for ways in which the City would own the system similar to the residents of St. Paul. (Maplewood residents would be billed at the same rates as St. Paul residents and would also have the liability for the system.) Since the City of St. Paul owns the water system now, special legislation would be required. The current political atmosphere stresses cooperation and consolidation of government services. It is believed that a method for retail customers to "buy" into the system can now be accomplished.

Since the current retail contract expires on July 1 (wholesale conversion would have occurred on or before that date), an interim retail contract is needed to cover the time required to investigate these structural changes. A 15-month interim agreement would allow Maplewood and St. Paul enough time to proceed with special legislation in early 1996 and to organize a new water utility if the State Legislature agrees with the consolidation. During this time, all actions related to implementation of the wholesale conversion have been postponed. The desired result for the citizens of Maplewood would be a continued source of safe, clean water at an affordable price.

#### Youth Fall Soccer Program Deadline to Register August 4th

Maplewood Parks and Recreation Department is offering Fall Soccer for youth of all skill levels. All participants will have an equal opportunity to play. Girls and boys will play in separate leagues, except for the Co-rec 2nd grade league. Please register for the grade during the 1995/96 school year.

Maplewood Residents:	\$17.00 2nd grade
	\$25.00 all other grades
Non-residents:	\$22.00 2nd grade
	\$30.00 all other grades

# Emergency Management

## Family Emergency Disaster Preparedness

Where will your family be when disaster strikes? If separated, how will you find each other? Will you know if your children or other family members are safe?

Disaster can, and does, hit quickly and without warning. It can confine you to your home or force you to evacuate. Would you be prepared if basic services like water, gas, electricity or telephones were cut off?

Knowing what to do is your best protection and is your responsibility. Preparing a Family Disaster Plan using the following four-step approach can help individuals and families cope in emergency situations.

### 1. Learn about hazards and how to prepare.

Contact your local Emergency Management/Civil Defense office or the St. Paul Chapter of the American Red Cross. Find out what types of disasters are most likely to occur in your area and ask for information on how to prepare for each type.

Learn about the outdoor warning sirens; what the different tones mean and what to do when you hear them.

If you have pets, find out about animal care after a disaster. Due to health regulations, animals may not be allowed inside emergency shelters.

Find out about disaster plans at your workplace, your children's school or day care, and other places where your family spends time.

Find out how to help elderly or disabled persons who may need assistance.

### 2. Create a disaster plan.

After you obtain information on hazards in your area, hold a family meeting to discuss why you need to prepare for potential disasters and explain the dangers to children. Work together and share responsibilities.

Discuss types of disasters most likely to occur and what to do in each case.

Pick two places to meet:

1. Right outside your home in case of a sudden emergency like a fire.

2. Outside your neighborhood choose a contact person in case you can't return home. All family members must know the address and phone number of the contact person.

After a disaster it is often easier to call long distance. Ask an out-of-state friend to be your "family contact." If separated in a disaster, instruct family members to call this person and tell them where they are. All family members must know your contact's phone number.

Discuss what to do in an evacuation. Plan how to take care of pets.

### 3. Put the plan into action.

Regardless of age, each family member can be responsible for implementing part of the plan.

Post emergency phone numbers (police, fire, poison control, etc.) by phones.

Teach children how and when to call 911 for emergency help.

Show family members how and when to shut off water, gas and electricity at main switches.

Check with your insurance carrier to make sure you have adequate coverage.

Teach family members where your fire extinguisher is kept and how to use it.

Stock emergency supplies.

Find the best escape routes from your home (two for each room).

Determine the safe spots in your home for each type of disaster.

Take Red Cross first aid and CPR classes.

Install smoke detectors on each floor of your home, especially near bedrooms.

### 4. Practice and maintain your plan.

Every six months, quiz family members so they remember what to do.

Conduct regular fire and emergency evacuation drills.

Replace stored food every six months and stored water every three months.

Test and recharge fire extinguishers according to the manufacturer's directions.

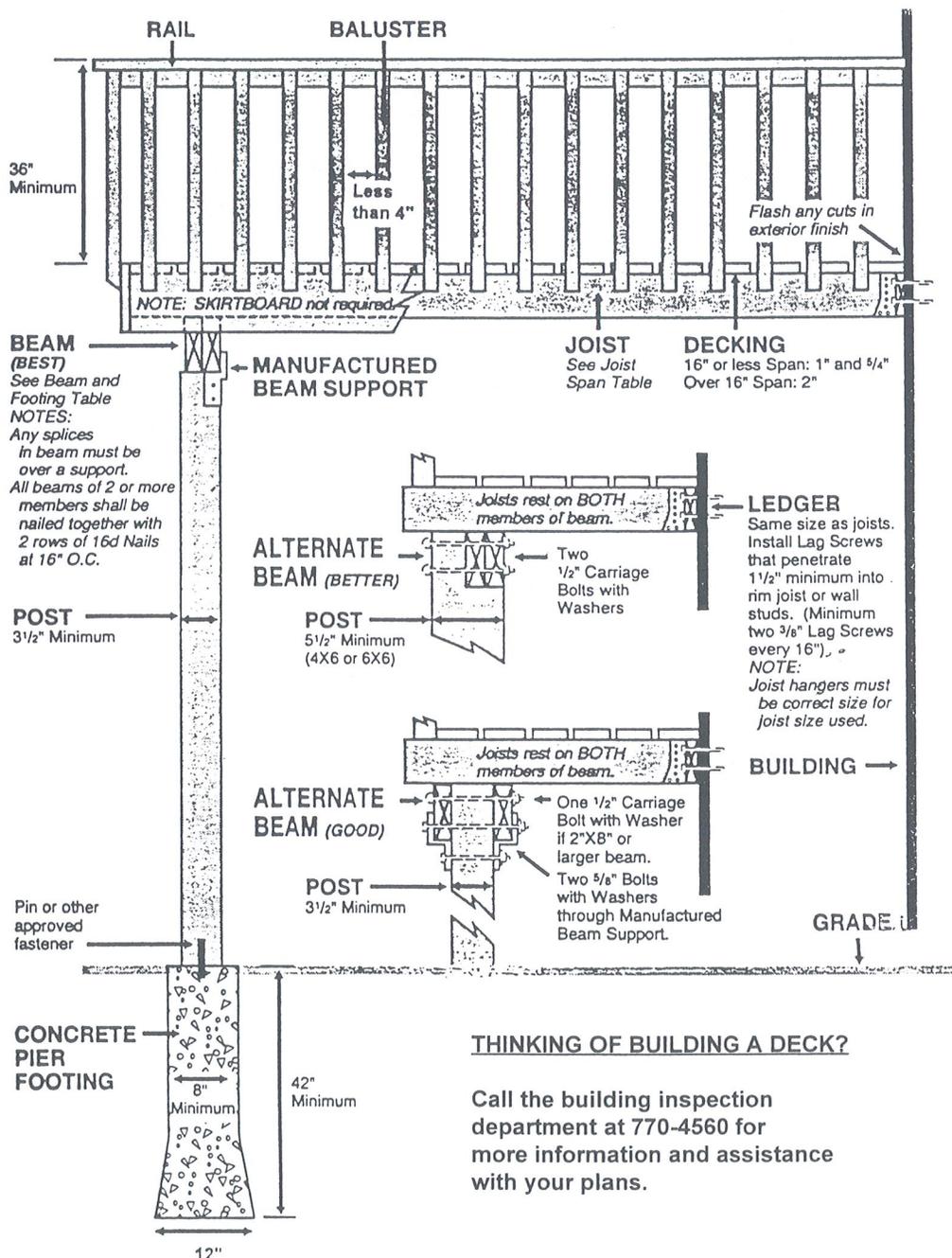
Test smoke detectors monthly and replace batteries at least once a year. Neither the government nor disaster response/relief organizations can be everywhere helping

everyone immediately after a disaster. There are preparedness activities you can take now to increase your chances of survival and your ability to cope in disaster situations.

If you would like additional information, contact our office at 770-4547. You can also obtain information through the St. Paul Chapter of the American Red Cross at 291-6789.

## Community Development

### RESIDENTIAL DECKS



### Building Hours

Monday - Friday 6:00am - 10:00pm  
Saturday - Sunday 8:30am - 9:00pm

### Customer Service Hours

Monday - Friday 8:00am - 6:00pm  
Saturday 9:00am - 1:00pm

The Customer Service office is open for registrations, membership sales, facility reservations, general information and also serves as the Parks and Recreation office.

### Daily Admissions

Residents  
Youth \$2.25  
Senior \$2.25  
Adult \$3.00  
Members FREE

Non-residents  
Youth \$4.00  
Senior \$3.25  
Adult \$5.00  
Members FREE

### Memberships

Available to members at no extra charge:  
Open swim, lap swim, open gym, track, free weight room, exercise area, game room.

Available to members  
at a discounted rate:

Racquetball & wallyball, child care (6 weeks - 6 years old), exercise classes, swimming lessons and community center programs.

Corporate memberships may be purchased through your employer.

### Annual Membership Dues

	<u>Resident</u>	<u>Non-Resident</u>
Youth	\$ 85.00	\$ 95.00
Senior	85.00	95.00
Senior Household	165.00	185.00
Adult	165.00	250.00
Family	250.00	350.00

Membership rates will be increasing in the fall...  
Join now at the current rates!

Memberships may be purchased with  
VISA or Mastercard.

✦ Excellent meeting and banquet facilities available for  
weddings, corporate receptions and conferences

✦ On-sight kitchen facilities

✦ Rooms for meetings and functions

✦ Packages available that include use of  
health facilities and pool

✦ Convenient location

✦ Superior service, superior rates

**MAPLEWOOD  
COMMUNITY CENTER**  
779-3555

**MAPLEWOOD  
COMMUNITY CENTER**  
779-3555

## Maplewood City Council



Mayor..... Gary Bastian  
Council Member ..... Sherry Allenspach  
Council Member ..... Dale Carlson  
Council Member ..... Marvin Koppen  
Council Member ..... George Rossbach  
City Manager ..... Michael McGuire

**City Hall**  
1830 East County Road B  
Maplewood, MN 55109  
612/770-4500

**Hours:**  
Monday - Friday 8:00am - 4:30pm

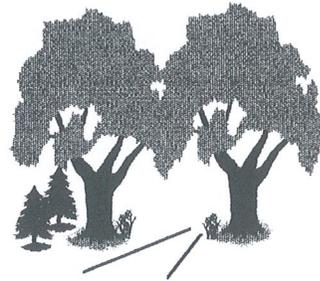
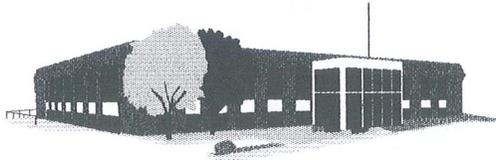
Bulk Rate  
Car-Rt Pre-Sort  
U.S. Postage  
**PAID**  
Permit No. 4903  
St. Paul, MN

## Residential Customer

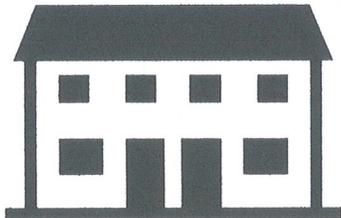
Upon request this newsletter will be made available  
in an alternate format such as large print or audio tape.  
Contact the City of Maplewood at 770-4500.

**DATED MATERIAL**  
Deliver by July 25, 1995

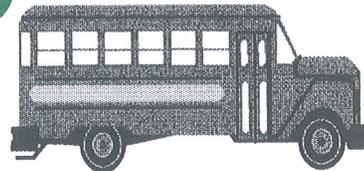
This brochure is completely recyclable.



Drug-Free  
and  
Weapon-Free  
School,  
Park,  
and  
Housing  
Zones



For  
Minnesota's  
Children



**THE ZONE**

Since 1991, the Minnesota Legislature has declared the area surrounding any Minnesota school, public housing project, school bus carrying students, and park property as DRUG-FREE and WEAPON-FREE ZONES. Anyone caught possessing or selling illegal substances or possessing or using weapons may be subject to increased penalties for committing the crime in one of these zones.

The zone begins at the boundaries of the property and extends 300 feet from that point, or one city block, whichever is greater.

For more information on this subject, please see page 3.

Dear Neighbors:

Volunteerism and Cooperation--

Have you been by the Community Center and City Hall lately? The grounds are being landscaped and beautified by various volunteer organizations. Boy Scout Troops #63 and 188 needed a service project for two boys to earn their Eagle Scout rank. Eagle Scout rank is the highest rank a Boy Scout can earn--only 1 out of 100 boys will earn this rank. The new flower beds on White Bear Avenue next to the Community Center is that project. Boy Scout Troop #461 planted over 200 trees in Vista Hills Park. Great job, boys, and many thanks!

The City received an ISTE A Grant of \$250,000. ISTE A stands for Intermodal Surface Transportation Efficiency Act (of 1991). With this money and the help and support of other volunteer groups, a gazebo is being built between the pond and City Hall. The State trail is being connected and the whole area will be landscaped. There is a possibility of an Amphitheater also.

We even have volunteers help at the Community Center. If you're interested in volunteer work at the Community Center, please call 779-3555 for further information.

Last year the City backhoe broke down and the City of North St. Paul loaned their backhoe to Maplewood. This year the City of Maplewood and Oakdale together purchased a crack sealer machine for the two cities to use. It was in the best interest for the two cities to share, as this equipment was very expensive.

Were you at the White Bear Days Parade? Did you think all those people wearing blue uniforms were all Police Officers? Wrong, many of them were Police Reserves. The Police Reserves are volunteers who help the Police patrol and work special events.

When you see a Maplewood fire truck or ambulance, with their lights and sirens going, driving down the street, please be courteous and pull over to the right side of the road to make room for them. These people are all volunteers.

The list of the people and service organizations doing good deeds for their City is endless. Go ahead! Get out and volunteer your time to some worthy cause. Community pride is what makes our city great!

Sincerely,

Marv Koppen  
City Councilmember\*

\*The Mayor's Message normally appears in this spot. However, throughout the year, Maplewood City Councilmembers will be submitting their messages to the Residents of the City. Councilmember Koppen was elected to serve a four-year term from January 1994 through December 1997.

### Maplewood's Government Channel

The City has a government channel on cable TV which operates 24 hours a day. If you have basic cable service, current City information and programs can be viewed on **Channel 64** (if you have a converter box), or **Channel 56** (if you have a cable-ready TV).

**Mondays, September 11 and 25 at 7 p.m. - City Council Meetings** - cable cast live from City Hall.

Thursdays, September 14 and 28 at 7 p.m. -  
Rebroadcast of the City Council meeting that was conducted on the previous Monday.

If you are interested in a special viewing of the City Council meetings, contact the City Manager's office. Tapes of the meetings are kept for 30 days.

### Mayor's Forum

**Be Informed  
Be Involved**

Come meet the Mayor at this month's forum. Bring a friend or neighbor. The Mayor's Forums are held the first Saturday of the month. Due to the Labor Day Weekend, this month's forum will be the second Saturday of September.

September 9, 1995  
10:00am - Noon  
Maplewood Nature Center  
2659 East 7th Street  
Maplewood, MN

## Council Corner

The City Council conducted two regular meetings during the month of July. The highlights of those meetings were:

- Approval of a resolution dissolving the current Cable Commission and creating a successor Commission (Ramsey/Washington Counties Suburban Cable Communications Commission II) for the administration of a cable communications franchise, adopted a new Joint and Cooperative Agreement with Birchwood Village, Dellwood, Lake Elmo, Mahtomedi, Willernie and the Townships of Grant and White Bear.
- Approved second reading of an ordinance granting a franchise to Group W Cable of Ramsey/Washington, Inc., to operate and maintain a cable communications system in Maplewood.
- Authorized construction of an innovative storm water management system in the Gladstone area.
- Approved a Conditional Use Permit for the First Evangelical Free Church on Hazelwood Street to expand their parking lot by 131 spaces.
- Denied the request for zoning changes and approval of a preliminary plat for Parkview Townhomes on Londin Lane.
- Approved a general concept for a joint powers agreement to construct a hockey arena at Tartan High School.
- Authorized the competitive negotiated sale of \$915,000 General Obligation Improvement Bonds and \$1,224,000 of General Obligation Tax Increment Refunding Bonds.
- Approved a contract with CorVel for managed care services for the control of worker's compensation costs.

## Important City Meetings

Your City Council meets on the 2nd and 4th Monday of each month, and other meetings as scheduled. The other commissions/boards meet regularly to provide input to the Council. All meetings are held at City Hall, 1830 East County Road B, Maplewood.

### CITY COUNCIL MEETINGS

7:00 pm.; September 11 & 25  
2nd & 4th Monday

### COMMUNITY DESIGN REVIEW BOARD

7:00 pm.; September 12 & 26  
2nd & 4th Tuesday

### HOUSING & REDEVELOPMENT AUTHORITY

7:00 p.m.; September 12  
2nd Tuesday

### HUMAN RELATIONS COMMISSION

7:00 pm.; September 5  
1st Tuesday

### PARK & RECREATION COMMISSION

7:00 p.m.; September 18  
3rd Monday

### PLANNING COMMISSION

7:00 p.m.; September 18 (No meeting on  
September 4 due to Holiday)  
1st & 3rd Monday

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## DRUG-FREE AND WEAPON-FREE SCHOOL, PARK AND PUBLIC HOUSING ZONES

As stated on the cover, the Minnesota Legislature has established drug-free and weapon-free zones around any Minnesota school, park, public housing project and school bus carrying students. The zones begin at the boundaries of the property and extend 300 feet from that point, or one city block, whichever is greater.

Anyone caught possessing or selling illegal drugs or possessing or using dangerous weapons may be subject to increased penalties for committing the crime in one of these zones.

Juveniles convicted of these crimes who are at least 14 years old can be treated as an adult and sentenced in adult court.

## Public Safety

The tougher penalties imposed include:

**Drugs: Adults convicted of sale or possession of illegal drugs in a school, park or public housing zone:**

### Sale of 25 Kilograms of Marijuana or Hashish

- Up to 30 years in prison
- Up to \$1 million fine
- Repeat sale - up to 40 years with a required sentence of at least 4 years



Selling or Possessing Other Illegal Drugs (LSD, Speed, PCP, Marijuana or any Other Narcotic Drug)

- Tougher sentences than usual for selling or possessing any illegal drug in a school, park or public housing zone
- Sentencing may be further increased with possession or use of a dangerous weapon in these zones

Sale of Narcotic Drugs, Methamphetamine, Amphetamine (Cocaine, Crack, Opium, Heroin or Crank) or 5 Kilograms of Marijuana or Hashish

- Up to 25 years in prison
- Up to \$500,000 fine
- Repeat sale - up to 40 years with a required sentence of at least 3 years

Possessing a Narcotic Drug, Methamphetamine or Amphetamine (Cocaine, Crack, Opium, Crank or Heroin)

- Up to 20 years in prison
- Up to \$250,000 fine

- Repeat possession - up to 30 years with a required sentence of at least 2 years

**Weapons: Adults convicted of possession or use of a gun or other dangerous weapon in a school, park or public housing zone:**

Recklessly Handling, Possessing or Using a Dangerous Weapon

- Up to 1 year in prison
- Up to \$3,000 fine

Intentionally Discharging a Firearm

- Up to 5 years in prison
- Up to \$10,000 fine

A hotline has been established to report crimes committed in a school zone, and rewards are offered for information leading to arrests. The phone number in the Metro area is 643-2187.

## Community Development

### New Materials Added to Curbside Recycling Program

Effective immediately, two new materials are being added to Maplewood's curbside recycling program. They are boxboard and textiles. Follow the recycling directions listed below. Only those items listed under the "Yes" column are acceptable.

#### Boxboard Recycling

Paper recycling mills are now able to recycle thin boxboard. Save only the boxes listed below. You need not sort them into a separate bag for recycling. Just flatten them out and put them together in the bag or bin you already use to recycle your mail and magazines.

**Yes! Clean Paper Boxes!**

Boxes you may think of as thin cardboard are called boxboard. They are grey, white or tan on the inside. Please completely empty out all boxes, flatten and remove any plastic liners or other plastic parts.

Recycle dry food boxes:

- Cereal, cracker and cake boxes, etc.
- Potato chip, pretzel & snack boxes, etc.
- Noodle and pasta boxes

Recycle bathroom and laundry boxes:

- Tissue boxes
- Toilet paper and paper towel rolls
- Aspirin, medicine, soap and toothpaste boxes, etc.
- Detergent boxes

Also recycle:

- Pop, water & beer boxes
- Shoe, toy, game & gift boxes

**No! Coated Boxes!**

All boxes made to go in the freezer or refrigerator. Please throw all these boxes in the garbage.

No freezer boxes or cartons such as:

- Juice concentrate tubes
- Microwave food and frozen food boxes
- Ice cream/yogurt cartons

No refrigerator boxes or cartons such as:

- Milk, juice, sour cream/yogurt cartons
- Juice boxes
- Grated cheese tubes
- Boxes with food stuck on them
- Foil, plastic wrap or wax paper boxes
- Paper plates or cups
- Pizza boxes and egg cartons

*All boxes must be clean and made of paper only.*

#### Textile Recycling

Put your cloth and old clothing into a clean plastic bag, 30-gallon size or smaller, and seal tightly. Wait until the bag is full before you set it out on your regular recycling day. It is very important that the textiles are kept dry and clean when put out for collection.

**Yes! Recyclable...**

Clean, dry clothing and cloth

**No! Not Recyclable...**

Clothing or cloth with paint, grease, gasoline or mildew. No cloth pieces smaller than 5" x 5". Shoes.

E X E R C I S E   Y O U R   R I G H T   T O   V O T E

Six candidates have filed for election to the two available seats on the Maplewood City Council. After the September 12 Primary Election, the four candidates who receive the most votes in the Primary Election will appear on the ballot for the General Election on November 7. Following is a sample ballot with the names of the candidates in alphabetical order:

OFFICIAL BALLOT  
NONPARTISAN  
PRIMARY ELECTION

CITY OF MAPLEWOOD

RAMSEY COUNTY,  
MINNESOTA  
SEPTEMBER 12, 1995

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To vote: complete the arrow  
pointing to the candidate of your  
choice, like this: ←

CITY OFFICES  
COUNCILMEMBER  
(FOUR YEAR TERM)  
(VOTE FOR UP TO TWO)

DALE H. CARLSON	←	■
LOWELL A. COLLIANDER	←	■
GARY R. HOOK	←	■
FRANCES L. JUKER	←	■
GEORGE F. ROSSBACH	←	■
JOSEPH A. ZAPPA	←	■

The Primary Election will be held in the City of Maplewood, Ramsey County, Minnesota, on Tuesday, the 12th day of September, 1995, between the hours of 7:00 A.M. and 8:00 P.M., in the following polling places within the City:

PRECINCT NO. 1	PARKSIDE FIRE DEPARTMENT	2001 McMENEMY ROAD
PRECINCT NO. 2	ST. JEROME'S SCHOOL	380 ROSELAWN AVENUE E.
PRECINCT NO. 3	EDGERTON SCHOOL	1929 EDGERTON STREET
PRECINCT NO. 4	GLADSTONE FIRE DEPARTMENT	1900 CLARENCE STREET
PRECINCT NO. 5	GLADSTONE COMMUNITY CENTER	1945 MANTON STREET
PRECINCT NO. 6	HAZELWOOD FIRE STATION	1530 E. COUNTY ROAD C
PRECINCT NO. 7	FIRST EVANGELICAL FREE CHURCH	2696 HAZELWOOD
PRECINCT NO. 8	CONCORDIA ARMS	2030 LYDIA AVENUE
PRECINCT NO. 9	MAPLEWOOD CITY HALL	1830 EAST COUNTY ROAD B
PRECINCT NO. 10	RAMSEY COUNTY HOME	2000 WHITE BEAR AVENUE
PRECINCT NO. 11	MAPLEWOOD MIDDLE SCHOOL	1896 LAKEWOOD DRIVE N.
PRECINCT NO. 12	BEAVER LAKE SCHOOL	1060 STERLING AVENUE N.
PRECINCT NO. 13	EAST COUNTY LINE FIRE DEPARTMENT #1	1177 CENTURY AVENUE N.
PRECINCT NO. 14	CARVER SCHOOL	2680 UPPER AFTON ROAD
PRECINCT NO. 15	EAST COUNTY LINE FIRE DEPARTMENT #2	2501 LONDIN LANE
PRECINCT NO. 16	EAST COUNTY LINE FIRE DEPARTMENT #2	2501 LONDIN LANE

# Emergency Management

## Storing And Using Hazardous Household Chemicals Safely

Storing household chemicals safely is an important part of reducing the amount of household hazardous wastes produced. When stored properly, most household chemicals will stay usable for years and can be used up on other projects. Many household chemicals brought to collection sites have become unusable due to improper storage.

Safe storage of home chemicals can also prevent the numerous accidental poisonings reported to the poison control centers each year.

### Where to Store

To prevent accidental poisoning, household chemicals should always be stored in an area where children and pets can't get into them. The best place to store chemicals is in a locked cabinet. If that's not possible, you can also use a high shelf where children can't reach them.

To help keep products usable, store them in a cool, dry place. This will keep the products from freezing or becoming a fire hazard, and the containers from becoming damaged. Because temperatures in Minnesota winters always drop below freezing, an unheated garage is **NOT** a good place to store chemicals. Damp areas are also not good storage sites because many containers are easily damaged by moisture.

Always store household chemicals away from food storage areas and away from sources of sparks and flames.

### How to Store

When storing, make sure caps and lids are tightly sealed. Always store chemicals in their original containers. If a container is leaking or has become damaged, place the original container into a larger one (for example, a plastic bucket with a lid), and clearly label the outside of the new container. **Never store household chemicals in food or beverage containers.**

### Using Household Chemicals

It's important to use chemicals properly to limit exposure to you and your family. Always read and follow label directions, including wearing protective clothing such as gloves and goggles. Label precautions are there for a purpose -- to ensure your safety while using a product.

When using household chemicals, always work in a well-ventilated area, especially if the product contains a solvent (solvent-containing products have the words "Flammable", "Combustible" or "Contains Petroleum Distillates" on the label).

**NEVER** mix products containing bleach with products containing ammonia. This combination can produce a toxic gas.

To prevent poisonings, **NEVER** leave a child unattended with a household chemical. Buy products with child-proof caps and secure the cap immediately after you have finished using the product. According to

Minnesota's Regional Poison Center, many poisonings occur while a product is being used.

### Advice from Minnesota's Regional Poison Center- If a Poisoning Occurs...

1. Remain calm. Stop further contact with the poison. Dial 911 immediately if the victim is unconscious or convulsing, having breathing problems or is in obvious distress. Begin CPR if necessary and if you know how.
2. Be sure to read the Caution and First Aid information on the label.

**For swallowed poison:** *Remove* anything remaining in the victim's mouth.

**For swallowed medicine:** **Do not** give fluids until you have called the Poison Center.

**For swallowed household chemicals:** *Give* the victim one glass of milk or water immediately, unless the victim is unconscious, having convulsions or cannot swallow. Then call the Poison Center for further treatment.

**For poisons in the eye:** *Flush* eye by gently holding the eyelid open for 10 to 15 minutes. Use lukewarm tap water poured in a gentle stream from a container held about three inches away from the eyes.

**For poisons on the skin:** *Remove* any clothing contaminated by the poison. *Rinse* skin for 10 to 15 minutes with large amounts of water. *Wash* the affected area several times during this period with mild soap. Wash clothing before wearing it again.

**For inhaled poisons:** *Move* the victim to fresh air as soon as possible. *Avoid breathing the fumes yourself* - you, as the rescuer, are also at risk.

3. Call the Poison Center. Do not wait for symptoms to appear. Call even if you suspect, but don't know for sure, that a poisoning has occurred.

Minnesota's Regional Poison Center operates a 24-hour hotline for emergency poison information. When you call, be sure to have the chemical container handy so that you can provide information from the label.

The information in this article was provided by the Minnesota Pollution Control Agency (MPCA). For additional information on household hazardous wastes and collection programs, contact the MPCA's household hazardous waste program at 296-6300.

Post the Poison Center's number near your phone and don't hesitate to call:

**ST. PAUL AREA POISON CENTER**  
**221-2113**

## City Receives Award on Budget Document

For the eleventh year in a row, Maplewood has received the Distinguished Budget Presentation Award for its budget. Maplewood's budget document is prepared by the Finance Department and City Manager. The award was presented to the City by the Government Finance Officers Association of the United States and Canada (GFOA) for the 176-page 1995 Budget document.

The award is the highest form of recognition in governmental budgeting. To receive the award, cities submit their budget document for review by a panel of independent budget experts. Using extensive criteria, the reviewers evaluate the effectiveness of the budget as a policy document, a financial plan, an operations guide and a communications device. Maplewood's budget document was rated proficient in all four categories.

A copy of the 1995 Budget is available at the public library located on Beam Avenue in Maplewood.

The GFOA is a nonprofit professional association serving 12,625 government finance professionals with offices in Chicago, Illinois and Washington, D.C.



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## Lawn Care for the Fall

Fall is approaching. It is almost time to prepare the lawn for winter. Practicing effective lawn management now means green, healthy grass next spring. New research from the University of Minnesota shows that some traditional ways of caring for the lawn are really not very effective and end up costing more for turf maintenance than is necessary.

In 1993 John W. Schultz and Terry H. Cooper studied the lawn care practices of suburban Twin Cities home owners. The overall health of these lawns was also researched. The findings indicate that, due to the way grass grows and uses nutrients, the common practice of fertilizing grass in the spring is not very effective.

Most people in the study fertilized during the spring, April through June. According to the authors of the study, the best time to fertilize is actually in September and then again in mid-October. Fertilizer applied in the spring causes the grass to flower and to grow longer, which means more frequent mowing. But fertilizer applied in the fall provides nutrients that are used for root and rhizome development. The lawn becomes thicker and the grass gets more dense. Another advantage to fall application is that turf grasses green up quickly. This happens because the growth cycle of grass causes sugar to be stored over winter and used in the spring as the temperatures rise.

Applying the wrong nutrients can also be a waste of money. The three numbers on the outside of fertilizer bags indicate the proportions of nutrients that comprise

## Public Works

the fertilizer (nitrogen, phosphorous, potassium). Although specific locales may vary, soils in the Metro area are generally adequate in phosphorous. This nutrient does not usually need to be added to Metro area lawns. Shop for fertilizers that contain little or no phosphorous. In addition, it is a good idea to have soil tested for nutrient content in order to know what is really needed by a particular lawn. This service is available from the University of Minnesota Soil Testing Laboratory at 625-3101. There is a \$7.00 fee for regular nutrient testing. (Testing soil for lead content is an additional \$15.00.)

Another effective lawn care habit is to let grass grow to a height of 2 to 2.5 inches. Taller grass is more resistant to the damaging effects of heat stress. In addition, a higher mowing height encourages deeper rooting, thus saving money by reducing the need for water and fertilizer.

Changing old habits is tough. Fertilizing the lawn in the spring seems to go along with cleaning out the garage or spring house cleaning. So, it's important to keep in mind that fall is also a time of cleaning up and putting things away for the winter. Maybe it helps to know that money is saved and the lawn is actually healthier when fertilizer is applied in the fall instead of in the spring.

More information is available from the Minnesota Extension Service at 625-8173. Copies of the Shultz/Cooper article (1993) are available at 770-4550.

## Introducing our Fall Membership Program

This fall we will have completed the first year for the Maplewood Community Center providing services to the area. We are extremely excited about our future. On October 15 we will be holding a One Year Birthday Celebration. More specific information will be available on this event but we encourage you to mark your calendars as it promises to be a fun-filled day.

As with any new operation, we are always looking for ways to improve. Throughout the year we have kept an open line of communication with our users by offering suggestion boxes throughout the building, monthly public input meetings with the Manager, and ensuring that staff is available at all times to listen to your concerns and suggestions. The following new offerings will be coming this fall. We appreciate your input.

- New Package** We will be introducing an "Aerobics Membership Package". Anyone interested in aerobics will have the option of buying this package for an additional price and receive unlimited free aerobics classes (water and dryland).
- Free Aerobics** As part of the aerobics program, we will be offering a FREE session to anyone once per week in hopes of building a strong program.
- Great Value** We will continue to offer Memberships, programs, and room rentals at excellent rates.
- Special Renewal Fee** While it's true that our Membership fees will be increasing in 1996, our existing Members will be able to purchase at the old rate. (Limited time offer.)
- Payment Program** We introduced the charge card program last spring. New this fall will be a payment program where you can chose to purchase your annual Membership by making three separate payments. More information will be available in the near future on this exciting new program.
- We Want Your Input** We will continue to offer the Public Input Meetings with Community Center Staff. These have proven to be invaluable in understanding the needs of the public. We strongly encourage your attendance. They are held every third Tuesday of the month at 7:00pm.
- News-letter Mailings** Beginning in 1996, on a quarterly basis, we will mail out an informational newsletter to our Members with program information, Member accomplishment recognition, and health tips.
- Adult Lounge** We now have an adult lounge. It is located on the upper level across from the customer service counter and available to all adults for reading, making phone calls, watching TV, or just relaxing while you wait for a friend or family member. Watch in climate-controlled comfort as your children swim in the pool.

<b>Daily Admissions -</b> Individuals can participate at the Community Center by paying a daily use fee. This allows for usage of the facility during open sessions.	<b>Resident of Maplewood</b>	
	Youth .....	\$2.25
	Senior .....	\$2.25
	Adult .....	\$3.25
	<b>Non-Resident</b>	
	Youth .....	\$4.00
	Senior .....	\$3.25
Adult .....	\$5.00	

## Facility Hours

Monday - Friday  
6:00am - 10:00pm

Saturday & Sunday  
8:30am - 9:00pm  
Call for special holiday hours

### Customer Service

Monday - Friday  
8:00am - 8:00pm  
Saturday  
9:00am - 1:00pm

The Customer Service Counter is located on the second level and is available for Membership purchases, program registration, general information & building rental.

### Admissions/Snack Bar

Monday - Friday  
6:00am - 10:00pm  
Saturday & Sunday  
8:30am - 9:00pm

A Membership card or daily admission fee must be presented at admissions desk to gain access to lower level.

## Memberships

Memberships are sold on an **annual basis**. Anyone can qualify for a Community Center Membership by paying the annual fee. When purchasing a Membership a person receives - open swim, lap swim, open gym, track, free weight room, exercise room, game room. Members will receive a discounted rate on racquetball & wallyball, child care (6weeks - 6yr. old.), swim lessons and all Community Center programs. Memberships can now be purchased with Visa or Mastercard.

### Resident of Maplewood

Youth ..... \$85.00  
Senior ..... \$85.00  
(individual 62 years

and older)  
Senior Household .... \$165.00  
(both individuals  
must be 62)

Adult ..... \$150.00  
Family ..... \$250.00

### Non-Resident

Youth ..... \$95.00  
Senior ..... \$95.00  
(individual 62 years

and older)  
Senior Household .... \$185.00  
(both individuals  
must be 62)

Adult ..... \$250.00  
Family ..... \$350.00



## FACILITIES AVAILABLE

**Theater** - One of the many of highlights of the Community Center is the theater. Capable of seating 287 people, it features a large stage, back stage area for set construction, loading dock, orchestra pit, men's and women's dressing rooms, green room and a control room.

**Banquet/Meeting Rooms** - Stage your weddings, parties, corporate receptions or conferences in our beautiful banquet/meeting room. We offer a wonderful room for you to entertain small or large groups. The banquet room can seat up to 400 people for a variety of events, and can include a dance floor. The room can be divided into four smaller meeting rooms. This area is available for rent with several price options depending on rental type.

**Kitchen** - Our kitchen is conveniently located off the banquet room, the facility is available to accommodate groups wishing to serve food at their event. The majority of the food service from the kitchen is catered.

**Lounge** - The lounge is available for adults to drop-in and visit with friends, play cards, read or just relax.

**Child Care** - Child care is for drop-ins only. Parents may drop off their child only if they are going to be staying in the building. Child care service will be available specific hours according to demand.

**Craft Room** - This room will be programmed with various classes relating to art/crafts etc. It also serves as the Birthday Party room.

**Aquatics** - The Aquatics area consists of two pools. A lap pool with six lanes, 25 yards in length. This pool can accommodate the leisure lap swimmer as well as a competitive swim team. During some open swim times this also will serve as a leisure swim pool.

A highlight of the aquatics area is the leisure pool. Its unique shape provides for a 120-foot water slide, zero depth entry, various water toys (bar jet, arch jet, solid stream jet, water curtain and an umbrella) and a water exercise pool. A hot spa is also located in the aquatics area.

**Gymnasium** - The gymnasium has two full size basketball courts which can be divided by curtains into four smaller sections. Programming in this area consists of open gym, open basketball, open volleyball, gymnastics, youth and adult leagues, clinics, pre-school activities, etc.

**Racquetball/Wallyball Courts** - There are two courts off the gymnasium that can be rented by the hour for racquetball and for a two hour time block for wallyball.

**Game Room** - This room has video games where individuals of all ages can take a break and relax.

**Aerobic Room** - The aerobic room is located on the lower level. It is a large room that will be programmed for aerobic, dance, karate, etc. Its wood cushioned floor is designed to make exercise easier on the joints and muscles.

**Weight Room** - Located on the lower level, the free weight room has free weights for the serious weight lifter.

**Track/Fitness Area** - The mezzanine level has a walking/jogging track, and fitness area. The track has a rubber floor, banked corners to minimize stress, and is 1/11 of a mile long. The fitness room consists of Cybex circuit training, Life cycles, Tectrix stair climbers, Nordictrac ski and Concept II rowing machines, bikes, etc.

## Corporate Membership Discount

Any corporation or business wishing to enroll their employees in the Community Center Corporate Membership Program may do so under the following criteria.

- Companies that purchase 1-3 Memberships do not qualify for a discount but can purchase at the Resident rate if they are a Maplewood company.
- Companies that purchase 4-9 Memberships can qualify for a 5% discount off the standard Membership rate.
- Companies that purchase 10-99 Memberships can qualify for a 15% discount off the standard Membership rate.
- Companies that purchase 100 or more Memberships can qualify for a 25% discount off the standard Membership rate.
- "Employees" are considered anyone who works full time or permanent part-time. Permanent part-time is an employee who is on the company payroll 12 months a year and works a minimum of 20 hours per week. To qualify for a family Membership a employee must be a head of household (parents, guardian, grandparents).
- Each company is required to assign one employee as administrator of the company's Membership.

### Check Out Our... Birthday Parties

The Maplewood Community Center offers a number of birthday party packages. These include admissions to the Community Center for gym and swim, room rental and setup, birthday party cake of your choosing, grab bags for all children, beverages, and a special T-shirt for the birthday party person. For an additional charge pizza, subs, or McDonalds happy meals can be ordered and delivered to your party.

Call our Birthday Party Hotline for details at 779-3540.

Our Coordinator will be happy to help you plan the perfect party!

## Maplewood Community Center 1995-1996 Subscription Series

### The Bullas

Saturday, October 7 - 2:00pm

The Bullas, a family group consisting of Mom, Dad, Son and Daughter with surprise appearances by the younger siblings, has proven time and again that they are a delight to audiences of all ages. The eldest Bulla kids, Luke and Jenny Ann, are national fiddle champions and engaging performers and singers.

**Act. #:** 3500.301

*Admission:*

Adults, \$12.00 at the door,  
\$10.00 in advance  
Seniors and MCC Members,  
\$10.00  
Students and Children,  
\$8.00

### Neal and Leandra

Thursday, November 16, 7:30pm

Neal Hagberg and Leandra Peak are a husband wife, singer-songwriter team from Minneapolis that has achieved prominence on the national folk music scene. They have appeared across the U.S. this past year through Columbia Artists and perform regularly on Minnesota Public Radio's "A Prairie Home Companion with Garrison Keillor" and the "Morning Show." Their music touches the heart and often tells a story about people they have known and places they have seen in their travels across America.

**Act. #:** 3500.302

*Admission:*

Adults, \$12.00 at the door,  
\$10.00 in advance  
Seniors and MCC Members,  
\$10.00  
Students and Children,  
\$8.00



*The Bullas*

### A Voice Trek Christmas

(Friday - Sunday), December 8,  
8:00pm/December 9, 8:00pm;  
December 10, 2:00pm

Bring the spirit of the season into your heart with these five celestial voices as they blend their respective talents in this lyrical holiday production. *Voice Trek* was formed in 1987 and has performed at the Montreal Jazz Festival and the prestigious Montreux Jazz Festival in Switzerland. They will be accompanied by a four-piece ensemble and assisted by local singer, actor and broadcaster, Arne Fogel.

**Act #:** Friday, 12/8 3500.304  
Sat. 12/9 3500.305  
Sun. 12/10 3500.306

*Admission:*

Adults, \$16.00 at the door,  
\$14.00 in advance.  
Students, \$12.00 at the door,  
\$10.00 in advance.  
Seniors and MCC Members,  
\$12.00

(For groups of 15 or more the ticket price is \$11.00 per person.)

### The Nutcracker Continental Ballet Company

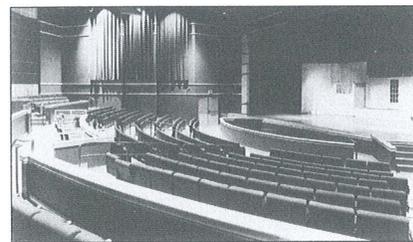
Saturday, December 2, 1995,  
2:00 and 7:00pm

See and hear a holiday classic by a Twin Cities based professional dance company.

**Act. #:** 3500.303

*Admission:*

Adults, \$14.00 at the door,  
\$12.00 in advance  
Seniors and MCC Members,  
\$12.00  
Students and Children,  
\$8.00



### George Maurer, pianist and composer

Thursday, March 14, 1996, 7:30pm

Join us in the anticipation of spring with the environmental sounds of keyboardist George Maurer as he paints musical imagery with his own original compositions. If you enjoy the music of Lorie Line and George Winston, be prepared to be swept away by this young, inspiring musician.

**Act. #:** 3500.308

*Admission:*

Adults, \$10.00 at the door,  
\$8.00 in advance.  
Seniors and MCC Members,  
\$8.00.  
Students, \$6.00.

### A Stoney Lonesome Country Gospel Weekend

Friday, April 5 and Saturday,  
April 6, 1996, both shows at 7:30pm

Minnesota's premiere bluegrass band will present their special Easter weekend show featuring bluegrass, folk, country and country-gospel music. The "house band" for MPR's "A Prairie Home Companion", Stoney Lonesome features the vocals of Garrison Keillor's lead singer and actress, Kate Mackensie. In 1995, Stoney Lonesome toured Europe.

**Act #:** 3500.309

*Admission:*

Adults, \$10.00 at the door,  
\$8.00 in advance.  
Seniors and MCC Members,  
\$8.00.  
Students, \$6.00.

### Eiji Oue and Members of the Minnesota Orchestra

Thursday, February 8, 1996, 8:00pm

Join Eiji Oue, the exciting and dynamic new Music Director of the Minnesota Orchestra, and chamber players from the Minnesota Orchestra as they perform Igor Stravinski's popular work, "A Soldier's Tale". A beautifully textured, dramatic work, "The Soldier's Tale" will sound wonderful in the intimate setting of the Theater.

**Act. #:** 3500.307

*Admission:*

Adults, \$15.00 at the door,  
\$12.00 in advance.  
Seniors and MCC Members, \$12.00.  
Students, \$10.00.

**3M Club Symphony  
Orchestra Series**

**3M Club Symphony  
Orchestra Fall Concert**

*Sunday, November 5, 1995, 3:00pm*  
Enjoy listening to the 3M Club Symphony Orchestra under the direction of John Noble Moye in the Maplewood Community Center Theater. Seating is limited so purchase your tickets early for this delightful autumn concert which will feature viola soloist Eiji Ikeda.

**Act. #:** 3500.310

Admission:

Adults .....	\$9.00/door
	\$7.00/advance
MCC Members .....	\$7.00/door
	\$5.00/advance
Seniors .....	\$7.00/door
	\$5.00/advance
Students .....	\$7.00/door
	\$5.00/advance

**3M Club Symphony  
Orchestra Holiday Concert**

*Saturday, December 16, 7:00pm*  
*Sunday, December 17, 3:00pm*  
The North High Alumni Choir under the direction of Karl Lepke will join John Noble Moye and Maplewood's own resident community orchestra in a special holiday concert of favorites for all ages. A sure way to get into the spirit of the Holiday Season.

**Act. #:** 3500.311

Admission:

Adults .....	\$11.00/door
	\$9.00/advance
MCC Members .....	\$9.00/door
	\$7.00/advance
Seniors .....	\$9.00/door
	\$7.00/advance
Students .....	\$9.00/door
	\$7.00/advance

**3M Club Symphony  
Orchestra Spring concert**

*Sunday, April 21, 1996, 3:00pm*  
Enjoy a wonderful afternoon of music presented by the 3M Club Symphony Orchestra under the direction of John Nobel Moye in the relaxed atmosphere of the Maplewood Performing Arts Theater. This spring concert will feature soprano Suzanne Draayer, Professor of Music at Winona State University.

**Act. #:** 3500.312

Admission:

Adults .....	\$9.00/door
	\$7.00/advance
MCC Members .....	\$7.00/door
	\$5.00/advance
Seniors .....	\$7.00/door
	\$5.00/advance
Students .....	\$7.00/door
	\$5.00/advance

**The Teddy Bear Band**

*Sunday, October 15, 1995, 6:00pm*  
Join the best kids band in the land as we celebrate the one year anniversary of the opening of the Maplewood Community Center! Bring your own Teddy Bear and hear the great sounds of the The Teddy Bear Band-music designed to get kids involved and excited about music.

Admission: This is a *FREE* concert!

**Philomusica Chamber  
Orchestra**

*Thursday, January 18, 1996, 7:30pm*  
*Philomusica* means, in Latin, "for the love of music". You will love the sounds of this professional chamber orchestra made up of the Twin Cities' finest classical musicians. Playing music that will appeal to all ages and musical tastes, *Philomusica* is a "listener friendly" orchestra that makes first-time exposure to classical music a delightful experience.

Admission: This is a *FREE* concert!

**Fun Day for Families  
and Kids**

*Saturday, February 10, 1996, 2:00pm*  
An afternoon of entertainment especially for kids featuring magician Jerry Frazier, puppeteer and ventriloquist Ian Varella, and juggler and acrobat Sean Emery.

**Act. #:** 3500.313

Admission:

Adults .....	\$8.00 at the door
	\$6.00 for
	advanced tickets
Seniors .....	\$6.00
MCC Members .....	\$6.00
Students/Children .....	\$4.00

Subscription Series order  
forms available by calling  
779-3555.

Save 10% by ordering 7  
concerts for \$66.00.

MCC Members may take  
another \$6.00 off, for a  
total of \$60.00 for  
7 concerts.

\*Based on advanced sales

For tickets and information call the ticket hotline at 779-3540 or the Maplewood Community Center at 779-3555.

*Ticket office hours:*

Monday - Friday,  
8:00am - 6:00pm  
Saturday, 9:00am - 1:00pm  
Closed Sunday

**Senior Luncheon/Matinee  
Concert Series**

The Maplewood Community Center Theater offers a special musical offering for older Adults. These programs begin with a catered luncheon in our beautiful Banquet Room and then moves to the Theater to hear artists selected especially for them.

Fee includes lunch and concert.

Cash Bar.... 11:00am  
Catered Lunch.... 11:30am  
Concerts.... 12:45pm

**Diana Pierce**

Thursday, October 19, 1995,  
In addition to being a long-standing and popular anchor on KARE-11 TV, Diana is an accomplished singer and entertainer. Hear her voice and experience her sparkling personality in this rare appearance. Twin Cities keyboardist, Paul Todd, will accompany.

**Act. #:** 3500.314

**Fee:** \$14.00/person

**The Vic Tedesco Orchestra**

Friday - December 8  
Vic Tedesco will bring singer Debbie Bigelow to the Maplewood Community Center for an afternoon of excitement for all. His 14-piece big band will delight all who come to this exceptional concert of hits from the Big Band Era.

**Act #:** 3500.315

**Fee:** \$14.00/person

**Steve Grimm**

Thursday, April 11, 1995.  
Steve will offer a heartwarming and entertaining concert of showtunes, comic songs, and beautiful ballads, sure to bring a tear to the eye and joy to the heart.

**Act. #:** 3500.316

**Fee:** \$14.00/person



**1995 Fall Pool Hours**  
**Recreational and Lap**  
**Swimming**



Monday - Friday  
6:15am - 10:00pm  
Saturday  
12:30pm - 9:00pm  
Sunday  
8:30am - 9:00pm

Swimming lessons are held on Saturday mornings during the fall.

*Note:* Recreational swimming is not available during Saturday morning swimming lessons.

**Waterslide**

Monday - Friday  
3:30pm - 9:30pm  
Saturday  
12:30pm - 8:30pm  
Sunday  
12:30pm - 8:30pm

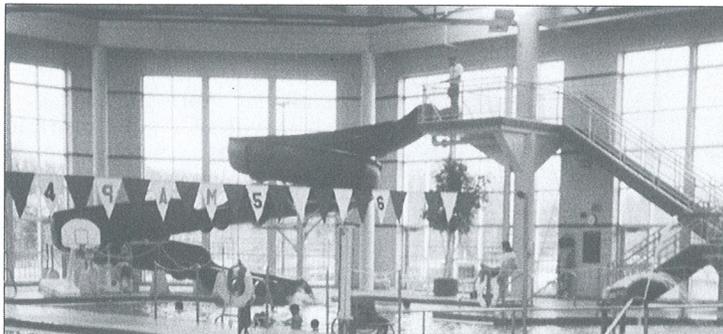
**Spa**

Monday - Friday  
6:15am - 10:00pm  
Saturday & Sunday  
9:00am - 9:00pm

**Registration for**  
**Swimming Lessons -**  
***Maplewood Residents and Members...***  
**Begins Wednesday,**  
**September 5th, noon.**

***Non-Residents...***  
**Begins Monday,**  
**September 11th, 8:00am,**

**\*Please register at the Customer Service Desk.**



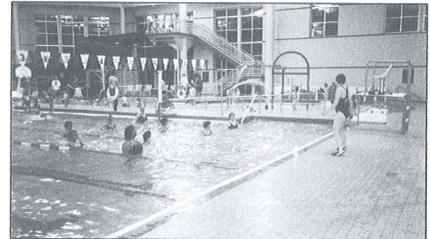
**Pool Closing For  
Routine Upkeep**

In our continuous quest to create a healthy, safe and fun environment, **the Aquatics Area will be closed to the public Tuesday, September 5 through Friday, September 15 to attend to routine maintenance and mechanical operations in the pool area.** The aquatics area will reopen on Saturday, September 16 at 8:30am. We thank you for your understanding and apologize for any inconvenience this may create.

**Lifeguards and Water  
Safety Instructors**

The City of Maplewood is looking for lifeguards and water safety instructors. You must have current certifications and be dependable. For more information or for an application, please contact the Maplewood Community Center, 2100 White Bear Avenue.

Maplewood Parks and Recreation lifeguards and water safety instructors are certified by the American Red Cross and participate in regular in-service trainings and continual updates.



**Groups Discounts**  
**-Swim and Gym-**

Did you know that you can receive a discount on admissions by registering your group 10-14 days in advance?

When you are planning those field trips or outings or looking for something fun for the group...think of us. Come for the water slide, but stay for the whole adventurous package!

Shoot hoops in the gym, spike the ball in wallyball, rocket down the slide, enjoy the pinball action in our arcade, and eat to your hearts content at our snack bar. Room rentals, meal plans and facilitators are among the options to make your visit easier and fun for all. (Call 779-3554 for more details.)

## Swimming Lessons Saturday Morning

September 23, 30, October 7,  
14, 21, 28, November 4, 11

9:00 - 9:45am  
 Level I ..... 1500.301  
 Level II ..... 1501.301  
 Level III ..... 1502.301  
 Level IV ..... 1503.301

10:00 - 10:45am  
 Level I ..... 1500.302  
 Level II ..... 1501.302  
 Level V ..... 1504.301  
 Level VI ..... 1505.301  
 Level VII ... 1506.301

11:00 - 11:45am  
 Parent/Child....1507.301  
 Pre-school I....1508.301  
 Pre-school II....1509.301  
 Pre-school III...1510.301

## Weekday Morning Lessons

Session I  
 Tuesdays & Thursdays,  
 Sept. 19, 21, 26, 28,  
 Oct. 3, 5, 10, 12

Session II  
 Tuesdays & Thursdays,  
 Oct. 17, 19, 24, 26, 31,  
 Nov. 2, 7, 9

Session III  
 Tuesdays & Thursdays,  
 Nov. 28, 30,  
 Dec. 5, 7, 12, 14, 19, 21

9:00 - 9:30am Classes  
 Parent/child ..... I, 1507.302,  
   II, 1507.303,  
   III, 1507.304  
 Pre-school I..... I, 1508.302,  
   II, 1508.303,  
   III, 1508.304

9:30 - 10:00am Classes  
 Pre-school II .... I, 1509.302,  
   II, 1509.303,  
   III, 1509.304  
 Pre-school III ... I, 1510.302,  
   II, 1510.303,  
   III, 1510.304

**Swimming Lesson Fees**

Fees include one low cost for each 8 class session from Parent/Child to Level VII swim classes.

\$25.00/Member  
 \$30.00/Resident  
 \$35.00/Non-Resident

### Class Level Descriptions

**Parent/Child - 9 to 36 months**  
 Our certified instructor facilitates a positive, non-threatening environment where children and adults can participate together. Children will be exposed to basic skills and safety from a familiar adult with guidance from the instructor. Adults will learn important safety skills for working with children in and around the water. Safety, fun and water adjustment are the primary goals of this class.

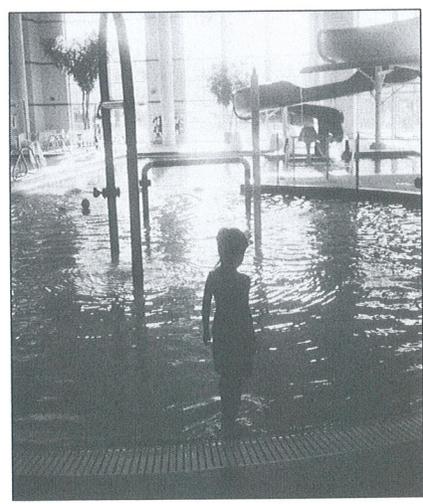
### Pre-school Classes

The pre-school program provides an opportunity for children to participate independently without a parent. Three levels of instruction are offered to accommodate children with minimal skills through children with a high level of comfort in the water and some ability to swim. Adults are not in the water during these classes.

**Pre-school I** - This is an entry level class for the child who is uncomfortable in the water and will not put his/her face in the water.

**Pre-school II** - This class is designed for the child who is able to put his/her face in the water, but has not mastered floating by themselves.

**Pre-school III** - This level is for the child with a high level of comfort and confidence in and around the water. Children should be able to perform basic skills such as floating and swimming independently without flotation aides.



### Learn-to-Swim Levels

Children must be at least 6 years or older and participate without a parent.

**Level I - Water Exploration**  
 This is an entry level class for children ages 6 and up. No previous experience or skills are necessary for this class. Children will build a sound foundation of water adjustment, safety and basic skills. Skills will include floating and gliding on both front and back and alternating arm movements for a combined stroke.

**Level II - Primary Skills**  
 Children, 6 years of age and older who have successfully completed either Level I, Pre-school III, or possess the equivalent skills for Level I. Students in this level build upon the basic skills expanding on the fundamentals of locomotion and safety. Rhythmic breathing, front crawl and back crawl are introduced.

**Level III - Stroke Readiness**  
 This class emphasizes endurance and improving stroke proficiency. Swimmers who have completed Level II or have equivalent skills will be introduced to the elementary backstroke and to treading water, as well as continuing to improve their front and back crawl stroke.

**Level IV - Stroke Development**  
 Swimmers with Level III or equivalent skills will focus on refining their strokes with attention to detail. The breaststroke and sidestroke are introduced.

**Level V - Stroke Refinement**  
 Refined coordination and improved endurance are the key emphasis at this level. Butterfly and surface dives are introduced at this level.

**Level VI - Skill Proficiency**  
 Swimmers will strive to swim with greater power, efficiency and ease for improved endurance over greater distances.

**Level VII - Advanced Skills**  
 Long term fitness habits through endurance swimming, along with perfecting stroke technique, are the goals of this level.

### Swimming for Adults with Disabilities

Certified Red Cross Water Safety Instructors will supervise swimmers in this recreational aquatic setting. Volunteers will provide assistance. Those swimmers requiring one to one assistance must provide personal supervision in the pool.

**Where:** MCC Pool  
**When:** Tuesdays, Oct. 3, 10, 17, 24, Nov. 7, 14, 7:45 - 8:30pm

**Register:** 770-4744  
*Note:* Registrations are taken at Harmony Community Education Center, 1961 E. County Road C., (Room 202), Maplewood

### Swimming for Youth with Disabilities

Red Cross trained Adapted Aquatic Water Safety Instructors will supervise volunteers as they work one to one to assist youths ages 3- 15 years in learning to swim at a pace comfortable for each individual.

**Where:** MCC Pool  
**When:** Tuesdays, Oct 3, 10, 17, 24, Nov. 7, 14 6:15 - 7:00pm & 7:00 - 7:45pm

**Register:** Call 770-4744  
*Note:* Registrations are taken at Harmony Community Education Center, 1961 E. County Road C., (Room 202), Maplewood.

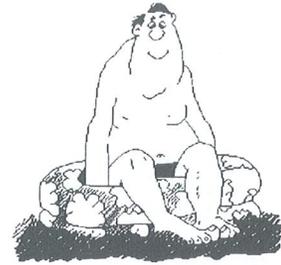
(The two programs listed above are co-sponsored with ISD 622 Community Education, 1961 East Cty Road C, Maplewood)



### Adult Lessons

Adult lessons offer the opportunity to participate with other adults in a non-threatening environment. We can accommodate all abilities from non-swimmer to the tri-athlete. This class is tailored to the needs of the individuals in the class.

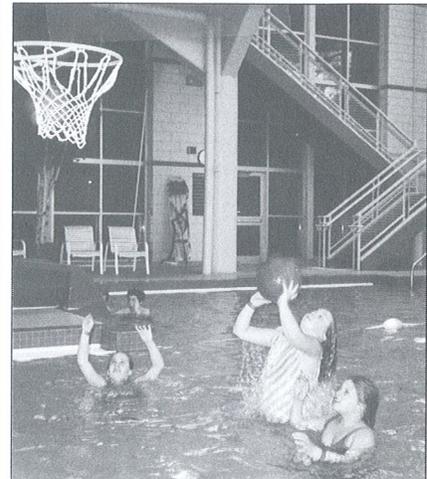
**Activity #:** 1500.314  
**Where:** MCC Pool  
**When:** Wednesdays, Sept. 20, 27, Oct. 4, 11, 18, 25, Nov. 1, 8, 8:00 - 8:45pm  
**Fee:** \$25.00/Member  
 \$30.00/Resident  
 \$35.00/Non-Resident



### Private Swimming Lessons

Do you have a special need or would you like personalized one-to-one attention that you do not get in group swimming lessons? We can accommodate your needs! To schedule a private swim lesson, please call Linda at 779-3563.

**Fee:** \$15.00/half hour/Member  
 \$18.00/half hour/Resident  
 \$20.00/half hour/Non-Resident



### Water Safety Aide Course

Would you like to learn to help teach swimming lessons? This Red Cross Course will teach you how to assist a Water Safety Instructor in preparing and teaching swimming lessons. The pre-requisites are that you must be 10 years or older and have successfully completed Level IV swimming lessons. Upon successful completion you will receive a WSA certificate and will be eligible to assist with the instruction of Red Cross lessons. Volunteer and paid employment opportunities may exist for certificate holders.

**Activity #:** 1500.312  
**Where:** MCC Pool  
**When:** Thursdays, September 21, 28, October 5, 12, 19, 26, 6:00 - 8:30pm  
**Fee:** \$30.00/Member  
 \$35.00/Resident  
 \$40.00/Non-Resident

### Water Safety Aide Apprenticeship Program

As an alternative to our Water Safety Aide class, we also offer a WSA apprenticeship as an option to receive Water Safety Aide certification. Requirements are the same as for the WSA Course. Twelve (12) hours of volunteer aiding swim classes and book/stroke work with the instructor are also required. Volunteer and paid employment opportunities exist for certificate holders.

**Activity #:** 1500.313  
**Where:** MCC Pool  
**When:** Saturdays, Sept. 23, 30, Oct. 7, 14, 21, 28, Nov. 4, 11, 11:00 - 1:00pm  
**Fee:** \$30.00/Member  
 \$35.00/Resident  
 \$40.00/Non-Resident

Welcome to our Aerobics Program for the Fall 1995 Season. The Fall schedule begins Tuesday, September 5 and continues through December 31, 1995. Our Aerobics classes are fun, flexible and full of high energy. Ask about our Aerobics package when signing up for your Membership and you can attend classes all year long at a reduced price!

**Class Descriptions**

**Water Aerobics Classes**

There will be no water aerobic classes held on the following days: October 19, 20, November 23, December 24, January 1.

**“H2O”robics**

Come and exercise in the refreshing buoyancy of water. Water aerobics is a safe way to get a great workout. Participants will strengthen and tone as well as get an excellent cardiovascular workout. You do not need to be a good swimmer to participate. This class introduces the “water step” for short intervals.

**Land Aerobics Classes**

**Step Into Fitness (SIF)**

“Step Into Fitness” by joining us for our step aerobics class. The step class is a fun and energetic workout. The class is easy to follow, requiring no fancy dance moves, and is a great workout that can be modified to any level from beginner to advanced. The class includes stretching, cardiovascular work, and a strengthening and toning segment.

**Combined Aerobics**

This class is excellent for people who like variety in their workout. The class will offer 15 minutes of controlled impact aerobics, 15 minutes of step, and a strengthening and toning segment. All fitness levels are welcome!

**Sports Fitness Class  
(75 minutes in length)**

Looking for a challenge? This class is for you! This class contains 20 minutes of step, 20 minutes of controlled impact, 20 minutes of toning, and 10 minutes of stretching and relaxation. This class is for the intermediate to advanced participant.

*Classes are co-sponsored by MCC and United and Children's Hospitals. All instructors have received extensive training in pre-natal fitness needs.*

**Positive Pregnancy Fitness**

Now that you are expecting, it is time to participate in a fitness and support program just for you! PPF classes incorporate a balanced selection of extended rhythmic warm-ups, low - impact cardiovascular activity, special toning and stretching exercises, cool down activities, guided relaxation and visualizations for you and your unborn baby. Positive Pregnancy Fitness classes are an excellent complement to your regular childbirth preparation classes.

**Positive Parenting Fitness**

This is a special postnatal fitness class for new moms and babies! Positive Parenting Fitness classes are designed to work with a new mother's healing body. Classes include special healing, stretching and toning exercises for “trouble spots”, low impact aerobics, safe and fun baby movements and infant massage, relaxation especially for new moms and babies. You must have your physician or nurse - midwife's written approval to attend this class.

*Flexibility for You -  
Three Ways to Pay*

*Our Punch Card Prices  
Have Now Been Reduced!!!*

- 1) Look for information regarding our new Aerobics Package that you can now purchase in addition to a Membership and never pay for an aerobics class in the next year! A variety of prices exist. People who have purchased a Membership and the additional aerobics package have first priority into all aerobics classes. Ask a Customer Service Representative for details!
- 2) Punch cards are available to make it easier for you to attend our aerobics classes. Just come to the 2nd level Customer Service counter and buy a punch card in groups of 5, 10, or 15 punches. Then you can attend any class at any time - land or water! People who purchase a punch card for aerobics have second priority into all aerobics classes. Prices are as follows:

5 class punch card  
\$10.00/Member  
\$12.50/Resident  
\$15.00/Non-Resident

10 class punch card  
\$20.00/Member  
\$25.00/Resident  
\$30.00/Non-Resident

15 class punch card  
\$30.00/Member  
\$37.50/Resident  
\$45.00/Non-Resident

- 3) Drop-ins are welcome to attend all aerobic classes as well. People who use the drop-in aerobics system have last priority into all aerobics classes. Just stop by the admissions counter, located on the lower level and pay your fee. Prices are as follows:  
\$3.00/Member  
\$3.50/Resident  
\$4.00/Non-Resident

*Free Aerobics class every Thursday  
in gym 3 & 4!!*

**Aerobics Room Schedule - Fall 1995**

<u>Day</u>	<u>Time</u>	<u>Class</u>
<b>Morning Aerobics Classes:</b>		
M, W, F	6:15 - 7:05am	SIF
T, Th, F	9:30 - 10:15am	“H2O”robics
T, Th	10:00 - 11:00am	Combined
M, W	9:30 - 10:30am	Positive Pregnancy Fitness
M, W	10:45am - Noon	Positive Parenting Fitness
<b>Afternoon and Evening Aerobics Classes:</b>		
M, W, F	5:30 - 6:30pm	SIF
M, W	6:30 - 7:30pm	Family Self Defense
M, W	7:30 - 8:45pm	Sports Fitness
M, T, W, Th	5:30 - 6:15pm	“H2O”robics
T	4:00 - 5:00pm	Yoga
Sat	9:30 - 10:30am	SIF
Sat	11:00am - Noon	Combined
Sun	4:00 - 5:00pm	Combined
Th	6:00 - 7:00pm	Combined (FREE!)

**Fitness Specialist** hours for September 5 to December 31 are:

Sunday ..... Noon - 6:00pm  
 Monday ..... 6:00 - 11:00am & 4:00 - 8:00pm  
 Tuesday ..... 4:00 - 8:00pm  
 Wednesday .. 6:00 - 11:00am & 4:00 - 8:00pm  
 Thursday ..... 4:00 - 8:00pm  
 Friday ..... 6:00 - 11:00am & 4:00 - 8:00pm  
 Saturday ..... Noon - 6:00pm

(Sign up for all exercise classes at the Customer Service counter on the second level. Registrations must be taken by a Customer Service representative at least three (3) days before your appointment.)

**How To Buy Home Exercise Equipment**

(Registration and class are being held at Gladstone Community Education Center.) You have set your fitness goals and want to purchase home equipment.



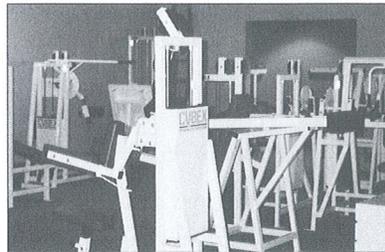
What will meet your needs? How much should you spend? What brands are most reputable? What questions should you ask about the equipment? Join Matt Brady, a Fitness Consultant for Pro Source Fitness, as he answers all your questions about stairclimbers, rowers, treadmills, bikes, Nordic Tracks and more.

**Where:** Gladstone Community Education Center Community Room  
**When:** Tuesday, September 26, 7:00 - 8:30pm  
**Fee:** \$5.00/person

**Individual Program Design**

This program consists of a one-on-one session with a Fitness Specialist to design an exercise program tailored to your specific goals, needs and limitations. This program will incorporate appropriate Cybex machines, free weights, and cardiovascular machines. The instructor will also make individual training recommendations and will demonstrate proper stretching techniques. This class lasts approximately 60 - 90 minutes.

**Where:** Exercise Area  
**When:** Mon., Wed., Fri. 7:00 - 11:00am & Monday - Friday, 4:00 - 8:00pm  
**Fee:** \$25.00/Member  
 \$30.00/Resident  
 \$34.00/Non-Resident



**Cybex Orientation**

This orientation consists of a one-to-one session with a Fitness Specialist who will familiarize you with the Cybex variable resistance machines. The instructor will determine the proper seat adjustments and make weight training recommendations. This session lasts 30 - 45 minutes.

**Where:** Exercise Area  
 Mon., Wed., Fri. 7:00 - 11:00am  
 Mon. - Fri. 4:00 - 8:00pm  
**Fee:** \$7.00/Member  
 \$8.50/Resident  
 \$9.50/Non-Resident

**Exercise Equipment Orientation**

Free!

Do these machines seem foreign to you? Learn how to use the equipment correctly. A trained and knowledgeable Fitness Specialist will take a group of 6 - 8 people through the Cybex equipment piece by piece to learn how to use the machines correctly so that you can reach your maximum benefit in your workout. This class is great as a refresher for the old pro or to educate a new athlete.

**Where:** Exercise Area  
**When:** Mon. or Wed., 10:00 - 10:45am, Tues. or Thurs., 5:30 - 6:15pm

**Personal Training**

Have a private session with a Personal Trainer at the Community Center. Work one-to-one with a certified Personal Trainer to improve your health and fitness whether you are interested in just one session or a long term commitment to meet your fitness goals. Several packages are available. For more information, please ask a Fitness Specialist or call 779-3564. Fees are as follows:

<i>Initial Consultation</i>	
<i>Fee (1/2 hour)</i>	\$22.00
1 session	\$32.00/Member \$37.00/Resident \$42.00/Non-
<b>Resident</b>	
3 sessions	\$93.00/Member \$112.00/Resident \$127.00/non-Resident
5 sessions	\$150.00/Member \$180.00/Resident \$203.00/non-Resident
10 sessions	\$290.00/Member \$348.00/Resident \$392.00/non-Resident

**Walking/Running Track**

The track is made of a special rubberized material that is sure to be gentle on your joints and muscles. It is 1/11 of a mile in length. Please look for the directional arrow and be courteous of other users. Slow users stay to the inside of the track. Faster paced individuals stay to the outside of the track.

**Exercise Area**

The exercise area is located on the 3rd floor by accessing the stairs by the racquetball courts or taking the elevator. This area contains 14 pieces of Cybex variable resistance machines, 3 nordic tracks, 3 rowing machines, 5 stairclimbers, 6 upright bikes, and 6 recumbent bikes. People who are 18 years and older can access this area or people who are 12 to 17 years old can gain access to this area by attending a youth orientation class.

**Free Weight Room**

The free weight room is located on the lower level across from the locker rooms and contains seven pieces of free weight equipment. The free weight room is open to people who are 18 years and older or to people who are 16 and 17 years old by participating in a one time training session with a Fitness Specialist.

### Family Wellness

The Maplewood Community Center and Gladstone Senior Center have teamed up again! We will be holding several positive family education classes at the Maplewood Community Center. Child care is available. Reservations are required.

### Positive Discipline

Learn practical ways to deal with messy rooms, bedtime stalling and other common family dilemmas. This class will share Dr. Jane Nelsen's popular approach to discipline which emphasizes trust and respect. Books will be available to buy at class.

Instructor: Joyce Flynn.

**Where:** MCC Mtg. Rm A

**When:** Wednesdays,  
Oct. 25 -  
Nov. 1, 8, 15,  
6:30 - 8:30pm

**Activity #:** 4500.301

**Fee:** \$20.00/person

*Child Care Fee:* \$14.00/child  
(advanced reservations required)

### Success Between Home and School

Triangles are powerful shapes. Parents, teachers and students can also be a powerful combination when they all communicate. Learn how to keep contact and know what is happening with your child's school life. Develop a plan of working together for dealing with positive behavior and/or negative situations.

**Where:** MCC Mtg. Rm A

**When:** Thursday, Sept. 28,  
7:00 - 8:30pm

**Activity #:** 4500.302

**Fee:** \$5.00/person

*Child Care Fee:* \$2.50/child  
(advanced reservations required)



Scott Dercks, First 1000-mile finisher at the MCC

### Cartooning Class (ages 8 & up)

Learn how to create your own characters and put them into a funny situation. We will do lots of fun activities to get your imagination rolling - like monster building and a dictionary of body parts! Then we will bring your characters to life through three different kinds of animation!

**Activity #:** 1300.301

**Where:** MCC Craft Room

**When:** Tuesdays, Sept. 12,  
19, 26, Oct. 3, 10,  
17, 6:30 - 8:00pm

**Fee:** \$27.00/Member  
\$32.50/Resident  
\$36.50/Non-Resident

### Basic Drawing (ages 8 & up)

Learn new ways to look at objects and find out how easy it can be to draw them. Students will be introduced to a wide variety of drawing techniques so that they can discover the method that works best for them! We will start with basic line drawings and move up to detailed value studies. This class will experiment with pencil, charcoal, pastel, colored pencil and other materials. Suggested, but not required materials to bring to class are a sketch book, a pen or pencil, a masonite drawing board, and any other drawing materials you might already have.

**Activity #:** 1300.302

**Where:** MCC Craft Room

**When:** Tuesdays, Nov. 7,  
14, 21, 28,  
6:30 - 8:00pm

**Fee:** \$18.00/Member  
\$22.00/Resident  
\$24.00/Non-Resident

### Rec Walkers Club and 1000-mile Club.....

Benefits of walking include high energy and weight loss. Earn a free pair of walking shoes by walking 1000 miles in a one-year period. Register at one of the Customer Service counters.

**Where:** MCC Walking/  
Running Track

**When:** Programs run  
(walk) continuously

**Fee:** \$2.00/Member  
\$2.50/Resident  
\$3.00/Non-Resident

### "Magical" Art (ages 8 and up)

You will become the kingdom's most powerful wizard! The wand you create will be used to change everyday objects into whatever you imagine! Turn a cereal box into a robotic dinosaur to save the king or zap a pile of colorful fabric into a hat that makes you fly! Learn how to stretch your creativity and imagination as we pretend to enter a world of magic. Class coincides with Winter break at schools!

**Activity #:** 1300.303

**Where:** MCC Craft Room

**When:** Thursday,  
December 28,  
9:00 - 11:30am

**Fee:** \$4.00/Member  
\$5.00/Resident  
\$5.50/Non-Resident

### Parent & Child Arts and Crafts

Artistic Ornament Making for Parent and Child (children ages 3 - 6 years old).

Create ornaments with your 3 to 6 year old by using everyday objects you can find in your own house. You and your child can learn how to look for the magic that is hidden in things you might normally throw away! We will create several ornaments so you can keep some and give some away as gifts!

#### Session I

**Activity #:** 0300.303

**Where:** MCC Craft Room

**When:** Monday, Dec. 4,  
10:00 - 11:00am

**Fee:** \$4.00/Member  
\$5.00/Resident  
\$6.00/Non-Resident

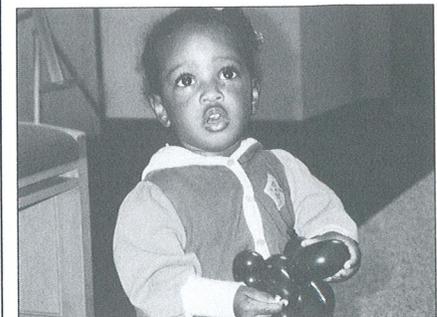
#### Session II

**Activity #:** 0300.304

**Where:** MCC Craft Room

**When:** Monday, December  
4, 6:30 - 7:30pm

**Fee:** \$4.00/Member  
\$5.00/Resident  
\$6.00/Non-Resident



Maplewood Park and Recreation is proud to present Enrichment Programs for your preschooler. We are offering a number of new and returning selections both interactive and educational; for the child and parent interaction as well as for the child alone. Our goal is to offer social, emotional, physical and educationally sound programs to stimulate fun in learning.



### Computer Tots

Early Childhood Computer Education!

ComputerTots is a program designed to offer small, personalized computer classes for children ages 3 through 6. ComputerTots utilizes highly interactive animated and developmentally appropriate software for young children. The curriculum complements the young child's development. Teachers serve as facilitators encouraging discovery and active learning.

Discover the world of learning through computers!

**Who:** Children age 3 & 4 at 6:30  
Children age 5 & 6 at 7:00

**Where:** MCC Lounge

**When:** Monday Evenings  
September 4 - 25  
Session Ia :  
6:30-7:00pm  
**Activity #** 3082.301  
Session IIa:  
7:00-7:30pm  
**Activity #** 3083.301

**When:** Monday Evenings  
October 2 - 23  
Session Ib:  
6:30-7:00pm  
**Activity #** 3082.302  
Session IIb:  
7:00-7:30pm  
**Activity #** 3083.302

**When:** Monday Evenings  
November 6 - 27  
Session Ic:  
6:30-7:00pm  
**Activity #** 3082.303  
Session IIc:  
7:00-7:30pm  
**Activity #** 3083.303

**Fee:** \$30.00/month/Members  
\$34.00/month/Residents  
\$38.00/month/Non-Res.

### Come Play With Me:

**Art : Gym : Swim**

Come Play With Me is an age appropriate play time designed for parent and child. Activities will be preplanned in art, gym and swim activities. Each day will be scheduled with a messy, creative and busy art project and followed up with some gross motor activities either in the gym or pool. Each activity is developmentally appropriate and will be facilitated by Sylvia Dolinski a Child Care Professional. Come on join the fun!!!

**Who:** One child age 2-4 and one adult.

**Where:** Maplewood Community Center Craft Room

**When:** October 5 thru November 9  
Session I:  
Thursdays 10:00 - 11:00am

**Act. #:** 3004.301

**Fee:** \$20.00/Members  
\$22.00/Residents  
\$26.00/Non-Residents

### "Kids Just Wanna Have Fun"

The MCC is continuing its after school program. This year we are adding special events, activities and sports clinics. Youth will have the opportunity to participate in gym, swim, art and specific sports clinics each day! Sports clinics will vary from soccer, floor hockey, volleyball, wallyball, and games galore and will run for two weeks.

Maplewood Park and Recreation will provide transportation from the schools according to the following schedule to allow children to participate at the MCC. Parents will then be able to pick up their children from the MCC by 6:00pm.

Session I:	Sept. 11 - Dec. 22
Van Schedule:	Monday - Friday
3:00pm .....	Carver Elementary
3:30pm .....	Edgerton Elem.
3:30pm .....	Beaver Lake Elem.
3:00pm .....	Weaver Elem.
<b>Fee:</b>	\$32.00/per week
	\$60.00/per 2-week period.

Registration must be made with full payment in advance of services.

See page 22 for School Release Programs

### Child Care Center

The Child Care Room hours are Monday thru Friday 9:00am to 1:00pm. If you would like care any other time, any other day of the week, please feel free to call 779-3557 to request care. Your call will be returned to confirm your request and staffing availability. Questions, comments and suggestions are always welcome. Thank you, The Child Care Staff.

**Rates:** Infants (newborns to 15mo.)  
Members \$2.50/hr  
Residents \$3.00/hr  
Non-Residents \$3.50/hr

Toddlers & Preschool

(16mo. to 6 yrs)

Members \$2.00/hr  
Residents \$2.50/hr  
Non-Residents \$3.00/hr

Questions, comments and suggestions are always welcome. Thank you, Child Care Staff.

### KinderMusik

By: Sherri Quinn, Music Instructor  
KinderMusik is a premier music program for young children. The heart of the KinderMusik curriculum are the materials for teacher, parents and children. Each learning aid is chosen to fascinate and inspire. Children will take a journey into the sounds, rhythms and movements of music and experience music through age appropriate activities and projects that will be the building blocks to a lifetime of musical enjoyment.

**Who:** Children age 3-5

**Where:** Maplewood Community Center Craft Room

**When:** Monday 11:00 - 11:45am  
Session I:  
September 11 - December 4  
(12 sessions)

**Act. #:** 3020.301

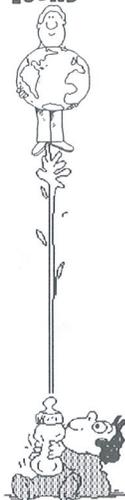
**Fee:** \$80.00/Members  
\$96.00/Residents  
\$104.00/Non-Residents

(\$32.00 of the tuition fee is for wonderful, creative materials the children will take home and be able to share with all of the family.)





**IT'S ALL YOURS!**



### Mother Goose Story Hour

By: Deb Murphy, Master Story Teller  
Here is a special story hour just for you. Listen to tales of adventure, fantasy, and imagination from a professional storyteller. Create a work of art based on the story of the hour. This special hour can be spent on your own or you can share it with mom or dad.

**Who:** Children age 3-6  
**Where:** MCC Lounge  
**When:** September 19 thru October 24

**Session I:** Tuesday morning 10:00 - 11:00am  
**Activity #:** 3015.301

**Session II:** Tuesday Evenings 6:00 - 7:00pm  
**Activity #:** 3015.302

**Activity #:** 3015.302  
**Fee:** \$20.00/Member  
\$25.00/Residents  
\$30.00/Non-Residents



### Dancercise Kids

By: Rebecca Jacobson, Dancercise Instructor  
Introduction to fitness. Dancercise Kids is a program designed to introduce the young to dance, fitness, and creative movement. Children will enjoy an environment filled with fun activities which will encourage and promote physical fitness through dance, movement and tumbling. All participants will be invited to attend a grand recital December 15th.

**Who:** Children age 3 - 6  
**Where:** MCC  
**When:** Wednesday Mornings and Evenings

#### Session I

**Session Ia:** September 6 - 27  
**Activity #:** 3000.301

**Session Ib:** October 4 - 25  
**Activity #:** 3000.302

**Session Ic:** November 1 - 29  
\*No Class Nov. 22

**Activity #:** 3000.303

\*\*\*\*\*

#### Session II:

6:35 - 7:20pm, Aerobics Rm.

**Session IIa:** September 6 - 27  
**Activity #:** 3001.301

**Session IIb:** October 4 - 25  
**Activity #:** 3001.302

**Session IIc:** November 1 - 29  
\*No Class Nov. 22

**Fee:** \$20.00/month/Members  
\$25.00/month/Residents  
\$30.00/month/Non-Residents

### Under the Rainbow

Preschool acting adventures. This course is an introduction to acting for preschool age children. Children will act out short skits based on familiar stories from Mother Goose. This course strengthens a child's confidence, self esteem, and introduces them to concepts involved in the team work necessary to put on a production.

**Who:** Children age 3 1/2 - 5  
**Where:** Maplewood Community Center Craft Room  
**When:** Tuesday 5:30-6:30pm  
September 12 - November 1  
\*No Class October 31;

**Activity #:** 3000.301  
**Fee:** \$30.00/Member  
\$36.00/Resident  
\$39.00/Non-Res

All classes come together for the following....

**Prop Night:**  
November 1, 5:00 - 9:00pm

**Dress Rehearsal:**  
November 2, 5:00 - 9:00pm

**Performance:**  
November 3, 5:00 - 9:00pm

### Spanish

These Spanish classes are specifically designed for the young child. The children will start at the beginning and learn the language not only through repeat practice but also through games and songs. Anna Kelly has been teaching Spanish for many years privately as well as in schools and child care centers. This program offering will be the third one at the Community Center. Classes fill fast so register today!

**Who:** Children age 3-5 (limit 10)  
**Where:** MCC Craft Room  
**When:** Wednesday 6:00-7:00pm  
Sept. 13 - Nov. 15

**Act. #:** 3002.301  
**Fee:** \$30.00/Members  
\$36.00/Residents  
\$39.00/Non-Residents

\*\*\*\*\*

**Who:** Children age 6-12 (limit 10)  
**Where:** MCC Craft Room  
**When:** Wednesday 7:00-8:00pm  
Session I: September 13 - November 15

**Act. #:** 3002.302  
**Fee:** \$30.00/Members  
\$36.00/Residents  
\$39.00/Non-Residents

### The Drama Kids

Acting for the amateur. This program is designed to give children the opportunity to experience the involvement of a play production from beginning to end. Children will act, create stage sets, learn about lighting, sound, stage presentation and do a little clowning around. Professionals in the industry will be instructing special sessions along with Sue Lodmill. The children will not only have this incredible opportunity to create and bring a play to life - they will learn about team work, and build their self-confidence and self-esteem.

Due to the high interest in our Drama Kids program we have added a second session. Both sessions will come together for prop night, dress rehearsal and performance for the completion of the program. These classes do have limited space so register early!

**Who:** Children age 6-12  
**Where:** MCC Craft Room  
**Session I:**  
**Activity #:** 3007.301  
**When:** Tuesday 6:30 - 8:00pm  
 September 12 - November 3  
 \*No Class Oct. 31

**Session II:**  
**Activity #:** 3007.302  
**When:** Thursday 5:30-7:00pm  
 September 14 - November 2

**Fee:**  
 \$40.00/Member/session  
 \$48.00/Resident/session  
 \$52.00/Non-Resident/session



**Heritage Theatre Company** of Maplewood is pleased to announce that season tickets are now available. The 1995-1996 season includes "Oliver" in October, "On Golden Pond" in January, "Two By Two" in March and "The King & I" in May. For information please call 773-1455.



### Teen Drama Kids

Are you interested in acting? Do you have fun performing skits for family and friends? Then this class is for you!! This class is designed to give teens an opportunity to experience the involvement of a play production. They will choose their production piece, decide on set design, create the set, and add their own unique concepts, ideas and personalities to the production. This, along with the other drama programs, is an excellent program for building self-confidence, self-esteem, and a sense of accomplishment through team work. Youth will have an opportunity to meet other young people with interests similar to their own outside the classroom environment. It is a wonderful time to be yourselves, enjoy and share your own creativity with others.

**Who:** Youth age 13-18  
**When:** Thursday, 7:00-9:00pm  
 September 14 - November 2  
**Activity #:** 3007.303  
**Fee:** \$45.00/Member  
 \$54.00/Resident  
 \$58.50/Non-Res.

All Drama classes come together for the following:  
**Prop Night:** November 1, 5:00 - 9:00pm  
**Dress Rehearsal:** November 2, 5:00 - 9:00pm  
**Performance:** November 3, 5:00 - 9:00pm



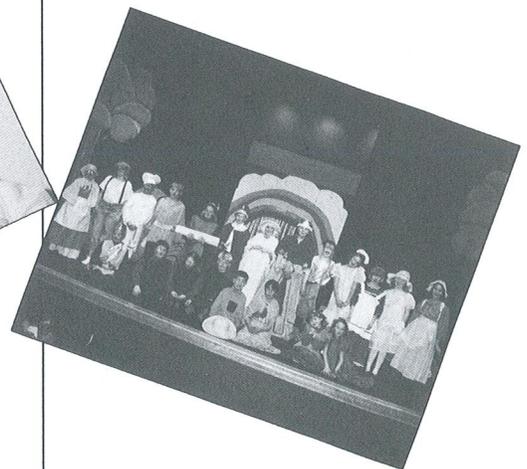
### Maplewood Community Adult Chorus

The chorus will be directed by Rebecca Jacobson. All levels of experience are welcome, from shower singers to church choir Members. A holiday season performance will be held in the theater with several other performing arts programs.

**Act. #:** 1300.305  
**Where:** MCC Craft Room  
**When:** Monday, Oct., 2, 9, 16, 23, 30, Nov., 6, 13, 20, 27, Dec., 4, 11, 7:45 - 9:30pm  
**Show Night:** Friday, Dec. 15, 6:00 - 8:00pm  
**Fee:** \$20.00/Member  
 \$24.00/Resident  
 \$27.00/Non-Res.



**Fee:**



## Halloween at the Community Center (ages 3 - 10)

Join us at the Community Center for a spooky and fun Halloween Party! Bring the whole family! Activities include visiting the MCC Pumpkin Patch (additional fee for pumpkins), a costume contest, horse & buggy rides, trick-or-treating through the Community Center, cookie decorating, and lots more fun and prizes! It's a party your family doesn't want to miss! (Pre-registration is Oct. 27)

**Where:** MCC Banquet Rm  
**When:** Sunday, October 29, 1995, 2:00 - 5:00pm  
**Activity #:** 2500.301  
**Fee:** \$7.00/MCC Member  
 \$20.00/MCC Member family  
 \$8.50/Resident  
 \$24.00/Resident family  
 \$9.50/Non-Resident  
 \$27.00/Non-Resident family



## Family Turkey Shoot

The Family Turkey Shoot is designed to provide parents and their children with an opportunity to participate in various events as a team. Each team consists of 1 child and 1 parent. The winning team in each division will receive a turkey. Total points determine the winners. Teams will participate in the following events:

*Basketball Shoot*  
*Floor Hockey Puck Shoot*  
*Frisbee Toss*  
*Soccer Kick*

**Who:** Families  
**Where:** MCC Gym  
**When:** November 11

**Time:**  
 Child, 5 - 7yrs. Noon  
 Child, 8 - 10yrs 1:00pm  
 Child, 11 - 14yrs 2:00pm

**Activity #:**  
 Ages 5 - 7yrs. 2550.301  
 Ages 8 - 10yrs. 2550.302  
 Ages 11 - 14yrs. 2550.303

**Fee:** \$2.00/Team/  
 MCC Member  
 \$3.00/Team/  
 Resident  
 \$8.00/Team/  
 Non-Resident  
**Deadline:** November 10

## Lunch with Santa (ages 3 - 10)

Join us in welcoming Santa to the Maplewood Community Center! Visit Santa's workshop, listen to the holiday songs and stories of the Puppet Wagon, enjoy facepainting, lunch and much more!

Pre-registration is required by December 14.

Kathy O'Brien Puppet Show- 10:00 - 10:30am  
 Santa Arrives- 10:30am-  
 Visit with Santa, arts & crafts, face painting & Santa's Workshop- 10:30am - Noon  
 Lunch including hot dogs, chips, apple, pop, cookies  
 Noon - 1:00pm

**Where:** MCC Banquet Rm  
**When:** Saturday, Dec. 16 10:00am - 1:00pm

**Activity #:** 2501.301

**Fee:** \$7.00/MCC Member  
 \$20.00/MCC Member family  
 \$8.50/Resident  
 \$24.00/Resident family  
 \$9.50/Non-Resident  
 \$27.00/Non-Resident family



## New Year's Eve Family Bash!!!

All Ages Welcome!

Ring in the New Year at the Maplewood Community Center! Activities include a movie in the Theater, unlimited use of the pool, waterslide, gyms, volleyball, wallyball, racquetball and more! Fee also includes use of the exercise area, walking/running track and hot tub for adults. Party favors, popcorn, and pop is included in fee. Other concessions are available for an additional fee. Pre-registration is required by Friday, December 29. Space is limited so sign up early!

**Where:** MCC  
**When:** Sunday, Dec, 31, 6:00 - 10:00pm

**Activity #:** 2502.301  
**Fee:** \$4.00/MCC Member  
 \$15.00/MCC Member/family  
 \$5.00/Resident  
 \$18.00/Resident family  
 \$5.50/Non-Resident  
 \$20.00/Non-Resident family

## MEA Specials

### GYM & SWIM

Join your friends at the Maplewood Community Center for a day of fun and exercise. The morning will be spent in the gymnasium and the afternoon in the pool and water slide. You can bring a bag lunch or money for concessions. Adult chaperons will be provided.

**Who:** Youth, ages 6-12  
**Where:** MCC  
**When:** Thursday, Oct. 19 10:00am - 4:00pm  
**Act #:** 2551.301  
**Fee:** \$6.00/MCC Members  
 \$8.00/Residents  
 \$13.00/Non-Res.  
**Deadline:** October 6

### MOVIES, PIZZA & POOL

Watch a movie, eat pizza and play in the pool and water slide. Adult chaperons will be provided.

**Who:** Youth, ages 6-12  
**Where:** MCC  
**When:** Friday, October 20  
**Time:** 10:00am - 4:00pm  
**Act. #:** 2551.302  
**Fee:** \$8.00/MCC Members  
 \$10.00/Residents  
 \$15.00/Non-Res.  
**Deadline:** October 6

\*In order for staff to supervise MEA participants, youth should not arrive at the Community Center before 9:45am and should be picked up by 4:15pm. Thank you.

### Walking in Wabasha

Visit the historic town of Wabasha, located on the Mississippi River, and enjoy a day of beauty, history and adventure. The tour will begin with a stop at the Pottery Mall in Red Wing and the Wild Wings Art Gallery on the way down to Wabasha. Then we will enjoy a wonderful luncheon (Roast Chicken with special Dutch dressing and dumplings, whipped potatoes, country vegetables, tossed salad, homemade bread and roll tray, and beverage) at Minnesota's oldest operating hotel, The Anderson House. After the luncheon, we will go on a historical walking tour and learn more about the community of Wabasha. (Non-walkers can visit main street or sit and visit comfortably on our coach.) Our last stop is the Lark Toy Factory and Gift Shop in Kellogg, Minnesota.

**Activity #:** 0010.204  
**Where:** Meet in south parking lot of the MCC  
**When:** Tuesday, Sept. 26, 8:00 - 3:25pm  
**Fee:** \$32.00/person

### Oktoberfest Celebration

Fall is a great time to travel! This tour has something for everyone! Get a jump on your Christmas shopping at The General Store of Minnetonka. It is a beautiful store filled with lovely holiday crafts. Then we will enjoy a Bavarian feast at the "Bayrischer Hof Restaurant" in Montrose. Your traditional meal consists of smoked pork chop, bratwurst, mashed potatoes and cabbage, beverage and a sweet treat. For your dining enjoyment, you will listen to a talented keyboard player entertain you with your musical favorites. Our last stop is an orchard where you can load up with apples and other goodies. Enjoy the fall colors, shop, and enjoy an authentic ethnic meal ... doesn't this sound fun? Cost of the tour includes deluxe motor coach, luncheon, and escort.

**Activity #:** 0010.205  
**Where:** Meet in south parking lot at MCC  
**When:** Tuesday, Oct. 10, 8:50am - 2:30pm  
**Fee:** \$30.00/person



The Maplewood Community Center and the Gladstone Senior Center are joining together to offer you exciting trips. Our day trips are planned with your comfort and enjoyment in mind. Join your friends (or make new ones) as you take off with us on a new adventure! All tours travel deluxe motor coach. For your convenience, register either at Maplewood or Gladstone.



### Edgewood Holiday in Cannon Falls

The sounds and sights of the holiday season are everywhere at the Edgewood Restaurant in Cannon Falls. Enjoy a horse-drawn sleigh ride, hot cider, a lavish buffet luncheon, and traditional holiday entertainment. This trip is a holiday package with your name on it!

**Activity #:** 0010.302  
**Where:** Meet in south parking lot at MCC  
**When:** Wednesday, Dec. 13, 9:10am - 2:40pm  
**Fee:** \$42.00/person

### Fanny Hill Dinner Theatre

The Fanny Hill Theatre productions in Eau Claire, Wisconsin, are proven crowd pleasers. The fun and magic of the holiday season is the subject of this comedy "You Better Watch Out". Our tour includes matinee performance, luncheon, deluxe motor coach transportation, and on-board surprises!

**Activity #:** 0010.301  
**Where:** Meet in south parking lot at MCC  
**When:** Tuesday, Nov. 28, 10:10am - 5:25pm  
**Fee:** \$44.00/person

### ? Mystery Trip ?

This trip is planned just for you! We promise a day of fun and surprises too. The "Saintly City" is full of history, but it's only one part of this touring mystery. Food and laughter and sights galore, prizes and pleasure are what's in store.

OUR GUARANTEE:

- \* NO Outdoor Activity
- \* NO Hidden Costs
- \* NO Swimsuit Competition!

**Activity #:** 0010.303  
**Where:** Meet in south parking lot at MCC  
**When:** Tuesday, Jan. 16, 10:10am - 5:10pm  
**Fee:** \$34.00/person

## Plan Ahead! Spring Fling to Branson, Missouri!!!



We are always open to suggestions for new and interesting trips. Give us a call at 779-3555.

**It's Back by Popular Demand!!**

**Senior Appreciation Party at Grand Casino Hinckley**

Don't you just love a party? Especially when it's thrown in your honor! Ride with the Maplewood Park and Recreation Department to Grand Casino Hinckley for a special day devoted just for Seniors! We will arrive at the casino at 10:30am where you will have time on your own. From Noon until 3:00pm join everyone in the Party Hall for the celebration. Activities include live entertainment and dancing, cake and coffee, drawings for cash, merchandise, and other great packages. It's a deal you won't want to miss! Motor coach transportation leaves at 3:30pm to return to the MCC.

**Where:** Meet in south parking lot of the MCC  
**When:** Tuesday, Sept. 19, 9:30am - 4:30pm  
**Activity #:** 0010.304  
**Fee:** \$3.00/person

**Jewelry Making for the Adult**

Create professional looking jewelry with things you have in and around your home. We will explore four different styles - magazine jewelry, tool box jewelry, sewing box jewelry, and nature jewelry. Make necklaces, pins, earrings, bracelets, hair barrettes, anything you like! Feel free to bring in any items from home that you want to use.

**Where:** MCC Craft Room  
**When:** Tuesday & Thursday, October 24 & 26, 6:30 - 8:00pm  
**Activity #:** 0300.301  
**Fee:** \$8.00/Member  
 \$10.00/Resident  
 \$11.00/Non-Resident

**Artistic Ornament Making**

Just in time for the holiday season! You can create one-of-a-kind ornaments with everyday objects. Turn sticks, string, buttons, and other objects into magical tree ornaments. Learn creative skills that you can apply to other art forms and decorate your tree at the same time!

**Where:** MCC Craft Room  
**When:** Wednesday, Dec. 6, 6:30 - 8:30pm  
**Activity #:** 0300.302  
**Fee:** \$5.00/Member  
 \$6.00/Resident  
 \$7.00/Non-Resident



**Wednesday Wellness Talks- Topics for Healthy Living**



Please join us on the 4th Wednesday of every month as we discuss a broad range of health-related topics with exciting and interesting speakers.

Wednesday Wellness Talks are co-sponsored by Evercare, ISD 622 Senior Program, Good Neighbor Foundation, Maplewood Good Samaritan Center, Rosewood Estate, and the Maplewood Community Center. Seating is limited - please call 779-3555 to pre-register by Friday, October 20.

**Coming in November... Beating the Winter Blahs!**

**Aging is a Life Long Process: Living Life to the Fullest**

Come and enjoy this humorous presentation stressing the importance of making the most of what life has to offer. Regardless of age or condition, living life to the fullest is important. Your health depends on it! Presenter will be Sue Carter, L.S.W.

**Where:** MCC Theatre  
**When:** Wednesday, October 25, 10:30 - 11:30am  
**Activity #:** 0007.305  
**Fee:** \$1.00 donation is requested



**Luncheon/Concert Series**

Join us as we enjoy a catered luncheon and matinee concert in the outstanding MCC Theater.

**October 19  
Diana Pierce**

**December 8  
The Vic Tedesco Orchestra**

**Lunch, 11:30 -  
Show, 12:45**

**Tickets Required  
(Seating Limited)**

**See page 11 for detailed information**

**Defensive Driving: 55 Alive**

Drivers who are 55+ are eligible to qualify for a 10% auto insurance discount by taking this course and refreshing and improving their driving skills. This class is open to people who are 50+. All instructors are age 50 and older.

**Fee:** \$8.00/person  
**Session I:** Thursday, Sept. 14, 9:00am - 1:00pm (4 hour course)  
**Activity #:** 0007.301

**Session II:** Tuesday, Oct. 10, 9:00am - 1:00pm (4 hour course)  
**Activity #:** 0007.302

**Session III:** Wednesday & Thursday, Nov. 8 & 9, 9:00am - 1:00pm (8 hour course)  
**Activity #:** 0007.303

**Session IV:** Tuesday, Dec. 12, 9:00am - 1:00pm (4 hour course)  
**Activity #:** 0007.304



**Lounge area open daily!!  
Upper Level MCC**

Welcome to the Maplewood Park and Recreation Ballet and Jazz Dance Program! Our classes are instructed by Mandy Anzaldi and meet in the aerobics studio of the MCC. All classes are designed to promote team work and self-esteem while teaching the basic fundamentals of ballet and jazz dance. Session II classes will conclude with a "show night" in the MCC Theater along with other performing arts programs.

**Class Fees:**  
 \$20.00/Member/session  
 \$24.00/Resident/session  
 \$27.00/Non-Resident



**Ballet & Jazz I  
 (6 - 8 years old)**

Learn progressive classical ballet and modern jazz techniques. This class is designed for the intermediate level student. Focus will be on improving body awareness, motor skills, balance, and beginning barre techniques required for both styles of dance. This class is a pre-requisite for Ballet & Jazz II. Students showing sufficient progress will be advanced by the instructor into Ballet & Jazz II. **Participants are required to wear ballet slippers to lessen the risk of injury.** (Please not tights or socks.)

Session I

**Activity #:** 1352.303  
**Where:** MCC Aerobics Rm  
**When:** Thursdays, Sept. 21, 28, Oct. 5, 12, 19, 26, 6:00 - 7:00pm

Session II

**Activity #:** 1352.304  
**Where:** MCC Aerobics Rm  
**When:** Thursdays, Nov. 2, 9, 16, 30, Dec. 7, 14, 6:00 - 7:00pm

**Show Night:** Friday, December 15, 6:00 - 8:00pm



**Ballet & Jazz II  
 (8 - 10 years old)**

Learn advanced classical ballet and modern jazz techniques. This class is designed for the advanced level student, who would like to improve body awareness, techniques, balance, and polish both styles of dance. Ballet & Jazz I is a pre-requisite. **Participants are required to wear ballet slippers to lessen the risk of injury.** (Please not tights or socks.)

Session I

**Activity #:** 1352.305  
**Where:** MCC Aerobics Rm  
**When:** Thursdays, Sept. 21, 28, Oct. 5, 12, 19, 26, 7:00 - 8:00pm

Session II

**Activity #:** 1352.306  
**Where:** MCC Aerobics Rm  
**When:** Thursdays, Nov. 2, 9, 16, 30, Dec. 7, 14, no class Nov. 23, 7:00 - 8:00pm

**Show Night:** Friday, December 15, 6:00 - 8:00pm



**Ballet & Jazz for the  
 Preschooler (3 - 5 years old)**

Experience the art of classical ballet and modern jazz. This class is designed for the beginner who has little or no experience and would like to develop the fundamentals of movement and coordination required for both styles of dance. Focus will be on improving body awareness, motor skills, balance and listening skills. **Participants are required to wear ballet slippers to lessen the risk of injury.** (Please not tights or socks.)

Session I

**Activity #:** 1352.301  
**Where:** MCC Aerobics Rm  
**When:** Thursdays, Sept. 21, 28, Oct. 5, 12, 19, 26, 5:15 - 6:00pm

Session II

**Activity #:** 1352.302  
**Where:** MCC Aerobics Rm  
**When:** Thursdays, Nov. 2, 9, 16, 30, Dec. 7, 14, no class Nov. 23, 5:15 - 6:00pm

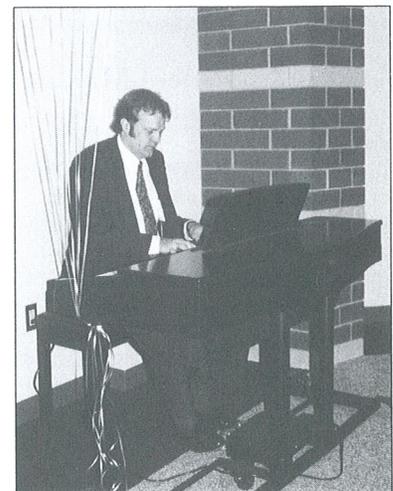
**Show Night:** Friday, December 15, 6:00 - 8:00pm



**Children's Performing Choir (grades 1 & up)  
 "Adventures in Music"**

"Adventures in Music" is a fun, interactive music program for school age youth. Students will be introduced to all aspects of music and the performing arts. The class will be taught by Rebecca Jacobson, who has a degree and experience in voice and violin. The finale to the class will be a performance in the Theater with several other performing arts programs. Participants will have the opportunity to meet new friends, develop an appreciation for music, and increase both their self-esteem and ability to express themselves.

**Activity #:** 1300.304  
**Where:** MCC Craft Room  
**When:** Monday, Oct. 2, 9, 16, 23, 30, Nov. 6, 13, 20, 27, Dec. 4, 11, 6:30-7:30pm  
**Fee:** \$20.00/Member  
 \$24.00/Resident  
 \$27.00/Non-Resident  
**Show Night:** Friday, December 15, 6:00 - 8:00pm



### Beginners I: Grades K - 1

Introduction to the beginning level of tumbling and gymnastics. No previous experience is required for this class. Students will work on forward rolls, backward rolls, bridges, headstands, basic cartwheels, and will be introduced to the equipment.

**Who:** Youth, grades K - 1  
**Where:** Maplewood Middle School

**When:** Saturdays  
**Session I:** Oct. 7 - Nov. 18  
\*No class Oct. 21

**Session II:** Jan. 6 - Feb. 10  
**Session III:** Mar. 2 - Mar. 30  
**Session IV:** April 13 - May 18  
9:00am - 9:55am

**Activity #:**  
Session I: ..... 6043.301  
Session II: ..... 6043.401  
Session III: ..... 6043.402  
Session IV: ..... 6043.101  
**Fee:** \$28.00/Residents  
\$33.00/Non-Res.

### Beginners II: Grades 2 - 3

This class is for youth who have taken Beginners I or have had some previous experience. Must be able to do a basic cartwheel, forward and backward rolls. We will expand and learn from these skills. Beginning skills will be taught on the equipment.

**Who:** Youth, grades 2 - 3  
**Where:** Maplewood Middle School

**When:** Saturdays,  
10:00 - 10:55am  
**Session I:** Oct. 7 - Nov. 18  
\*No class Oct 21

**Session II:** Jan. 6 - Feb. 10  
**Session III:** Mar. 2 - Mar. 30  
**Session IV:** April 13 - May 18

**Act. #:**  
Session I: 6044.301  
Session II: ..... 6044.401  
Session III: ..... 6044.402  
Session IV: ..... 6044.101  
**Fee:** \$28.00/Residents  
\$33.00/Non-Res.

### Advanced: Grades 4 - 6

For students who have passed Beginners II and are able to do round-offs, running cartwheels, bridges, and a basic handstand. This class will work on walkovers, combining skills, and a mini floor routine. Must have experience with equipment.

**Who:** Youth, grades 4 - 6  
**Where:** Maplewood Middle School  
**When:** Saturdays, 11:00am - 11:55am

**Session I:** Oct. 7 - Nov. 18  
\*No class Oct. 21  
**Session II:** Jan. 6 - Feb. 10  
**Session III:** Mar. 2 - Mar. 30  
**Session IV:** April 13 - May 18

**Act. #:**  
Session I: 6045.301  
Session II: ..... 6045.401  
Session III: ..... 6045.402  
Session IV: ..... 6045.101  
**Fee:** \$28.00/Residents  
\$33.00/Non-Res.

\*If your child has previous gymnastics experience and would like to be in another class other than the specific classes listed above, please talk to the instructor and we will make necessary arrangements. Instructors have the right to place child in classes that best fit their ability level.

#### Registration Deadline Grades K - 6:

Session I: ..... September 22  
Session II: ..... December 22  
Session III: ..... February 6  
Session IV: ..... March 29

### Tiny Tots: 3, 4, & 5 year olds

These classes are designed to teach children coordination, balance, taking turns, following directions, interacting with other children, and having fun. They will start learning the basic body positions, forward rolls, and listening skills. They will use floor mat, wedges, and octagons for learning experiences. This class will also use low beams. Separate classes will be held for 3 year olds, 4 year olds and 5 year olds.

**Who:** Youth, ages 3,4 or 5  
**Where:** MCC  
**When:** Saturdays

3-year olds ..... 1:30pm - 2:15pm  
4-year olds ..... 2:15pm - 3:00pm  
5-year olds ..... 3:00pm - 3:45pm

**Session I:** Oct. 7 - Nov. 18  
\*No class Oct. 21  
**Session II:** Jan. 6 - Feb. 10  
**Session III:** Mar. 2 - Mar. 30  
**Session IV:** April 13 - May 18

**3 year olds Act. #:**  
Session I: ..... 6046.301  
Session II: ..... 6046.401  
Session III: ..... 6046.402  
Session IV: ..... 6046.101

**4 year olds Act. #:**  
Session I: 6047.301  
Session II: 6047.401  
Session III: 6047.402  
Session IV: 6047.101  
**5 year olds Act. #:**  
Session I: ..... 6048.301  
Session II: ..... 6048.401  
Session III: ..... 6048.402  
Session IV: ..... 6048.101  
**Fee:** \$25.00/Residents  
\$30.00/Non-Res.

#### Registration Deadlines Ages 3, 4 or 5

**Saturday Classes:**  
Session I: ... September 22  
Session II: .. December 22  
Session III: . February 6  
Session IV: . March 29

Maplewood Park and Recreation Department offers a well-rounded tumbling/gymnastics program for youth. Class sizes are limited. Pre-registration is required (with fee).



### Youth Gymnastics Weekday Classes



**Who:** Youth, age 3, 4 or 5  
**Where:** MCC  
**When:** Tues. & Thurs.  
Session I: ..... Oct. 24 - Nov. 9  
Session II: ..... Jan. 9 - Jan. 26  
Session III: ..... Feb. 6 - Feb. 22  
Session IV: ..... Mar. 5 - Mar. 21  
**3 year olds** ..... 11:30am - 12:15pm  
**4 year olds** ..... 12:15pm - 1:00pm  
**5 year olds** ..... 1:00pm - 1:45pm

**3-year olds Act. #:**  
Session I: ..... 6049.301  
Session II: ..... 6049.401  
Session III: ..... 6049.402  
Session IV: ..... 6049.101

**4-year olds**  
Session I: ..... 6051.301  
Session II: ..... 6051.401  
Session III: ..... 6051.402  
Session IV: ..... 6051.101

**5-year olds**  
Session I: ..... 6052.301  
Session II: ..... 6052.401  
Session III: ..... 6052.402  
Session IV: ..... 6052.101  
**Fee:** \$25.00/Residents  
\$30.00/Non-Res.

#### Registration Deadlines Ages 3, 4 or 5

**Weekday Classes:**  
Session I: ... October 13  
Session II: .. December 22  
Session III: . January 26  
Session IV: . February 23

### Preschool through Adult

Karate will be taught by Dave Graf, a thirty-year veteran of the profession. He will be instructing Okinawan Shuri-Te Karate. Karate is an empty hand self-defense martial art form which encourages self-control and discipline. Dave teaches more than just technique, he instructs Shuri-Te to challenge individuals both physically and mentally. The true goal of Karate is to become a better human being and to set a standard by example.

#### Preschool Karate

**Who:** Children age 4-6  
**Where:** MCC-Aerobics Rm  
**When:** Tuesday Mornings and Evenings

Session I: 9:00-9:45am  
 Session Ia: September 5 - 26  
 Act. #: 3005.301

Session Ib: October 3 - 24  
 Act. #: 3005.302

Session Ic: Nov. 7 - Dec. 5  
 \*No Class Nov. 21  
 Act. #: 3005.303

Session II  
 Session IIa: 5:30-6:15pm  
 September 5-26  
 Act. #: 3006.301

Session IIb: 6:00 - 6:45pm  
 October 3 - 24  
 Act. #: 3006.302

Session IIc: 6:00 - 6:45pm  
 Nov. 7- Dec. 5  
 \*No class Nov. 21  
 Act. #: 3006.303

**Fee:** \$12.00/session/month/Members  
 \$15.00/session/month/Residents  
 \$17.00/session/month/Non-Res



### Beginner Karate

**Who:** Youth age 7- Adult  
**Where:** MCC Gym 4  
**When:** Saturdays, 9:00-10:30am

Session Ia: September 9-30  
 Act. #: 4000.301

Session Ib: October 7-28  
 Act. #: 4000.302

Session Ic: Nov. 4 - Dec. 2  
 \*No Class Nov. 25  
 Act. #: 4000.303

**Fee:** \$15.00/session/month/Members  
 \$20.00/session/month/Residents  
 \$25.00/session/month/Non-Res.

### Advanced Karate

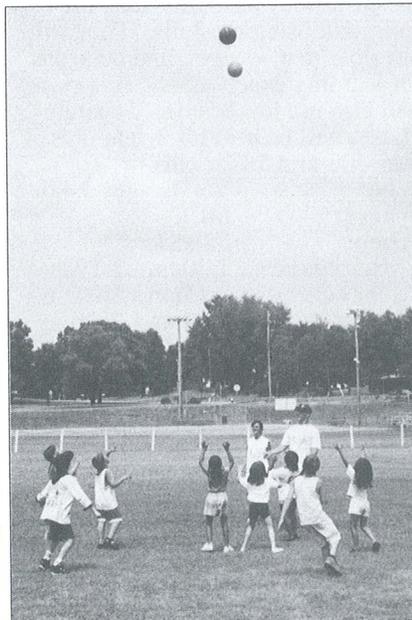
**Who:** Youth age 7- Adult  
**Where:** MCC Aerobics Rm  
**When:** Tues. & Thurs., 8:00-9:30pm

Session Ia: September 5 - 28  
 Act. #: 4001.301

Session Ib: October 3 - 26  
 Act. #: 4001.302

Session Ic: Nov. 7 - Dec. 7  
 \*No Class Nov. 21 - 23  
 Act. #: 4001.303

**Fee:** \$25.00/session/month/Members  
 \$30.00/session/month/Residents  
 \$35.00/session/month/Non-Res.



### Youth Flag Football

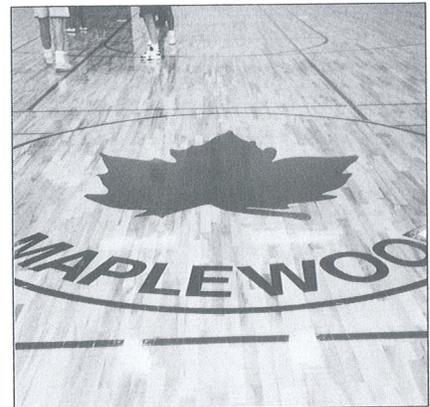
After school Flag Football is being offered for BOYS and GIRLS, grades 3 - 5. Flag Football is a non-contact form of football. Teams will be selected weekly at each site by the Parks and Recreation staff. Participants will have an opportunity to play with everyone. Cooperation, not competition, is the goal. An all-site tournament will be held on Saturday, October 28th. Minimum: 8, Maximum: 20

**Who:** Youth, grades 3 - 5  
**Where:** See below  
**When:** Carver - Monday, Sept. 11 - Oct. 23  
 Weaver - Tuesday, Sept. 12 - Oct. 24  
 Edgerton - Wed., Sept. 13 - Oct. 25  
 Beaver Lk-Thurs., Sept. 14 - Oct. 26

**Time:** Immediately After School

**Activity #:**  
 Carver ..... 6055.301  
 Weaver ..... 6055.302  
 Edgerton ..... 6055.303  
 Beaver Lake ..... 6055.304

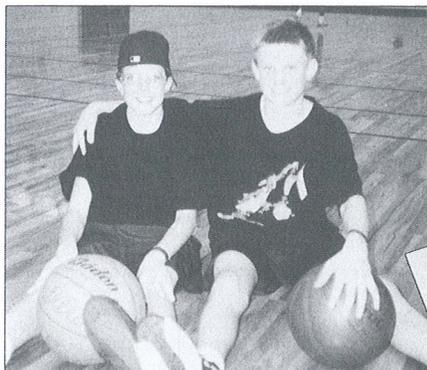
**Fee:** \$16.00  
**Deadline:** Friday, Sept. 1



## Youth Volleyball

Co-rec Youth Volleyball leagues are being formed for boys and girls grades 3 to 8 (as of the 1995/96 school year). The season is scheduled to begin in mid-September and conclude with a season end tournament in mid-November. Games are played on Saturday Mornings at John Glenn Middle School with 1 practice during the week.

**Who:** Youth, grades 3 - 8  
**Where:** John Glenn Middle School  
**When:** Saturdays, Sept. 18 - Nov. 18, mornings  
**Act. #:**  
 Grades 3 & 4..... 6040.301  
 Grades 5 & 6..... 6040.302  
 Grades 7 & 8..... 6040.303  
**Fee:** \$25.00/Residents  
 \$30.00/Non-Res  
**Deadline:** September 1st

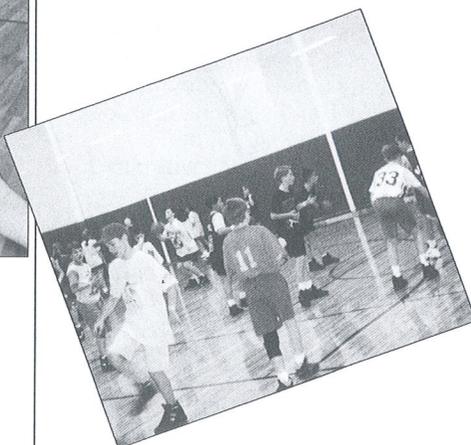


## Youth Basketball Skills Camp

Children, K - 3rd grade, will learn to dribble, pass and shoot. In order to provide a more positive experience, lower baskets are used. Camp begins November 12th and sessions are 1 - hour in length.

**Who:** Youth, grades K - 3  
**Where:** MCC, Gyms 3 & 4  
**When:** Sundays, Nov. 12 - Dec. 10; 4:00pm  
 \*No class Nov. 26  
**Act #:** 6042.301  
**Fee:** \$12.00/Members  
 \$14.00/Residents  
 \$19.00/Non-Res  
**Deadline:** Friday, Nov. 3

**Volunteer Coaches Needed**  
 The Maplewood Park and Recreation Department is in need of volunteer coaches for all youth athletic programs. If you are interested in coaching, please contact Steve at 779-3559.



## Youth Basketball

The Maplewood Youth Basketball program is for girls and boys grades 3 - 8 (as of the 1995/96 school year). This is a *Recreational Program* designed to provide all participants with an opportunity to have fun, to learn the basic basketball skills and to play as a team.

Boys and girls will play in separate leagues according to grade level. The 3/4 grade divisions play their games with 8 1/2 foot baskets to provide a positive and rewarding experience for the participants. The 5/6 & 7/8 grade divisions use regulation 10 foot baskets.

Games are played on Saturday mornings and afternoons beginning in early December and concluding in March with a season end tournament. Teams will begin practice in mid-November. Games are held at John Glenn Middle School, Gladstone, Maplewood Middle School, Little Canada Elementary and Mahtomedi Middle School.

**Who:** Youth, grades 3 - 8  
**Where:** (see above)  
**When:** Saturdays, Dec. - March; Mornings and Afternoons

**Boys Act #:**  
 Grades 3 & 4..... 6060.401  
 Grades 5 & 6..... 6060.402  
 Grades 7 & 8..... 6060.403  
**Girls Act #:**  
 Grades 3 & 4..... 6060.404  
 Grades 5 & 6..... 6060.405  
 Grades 7 & 8..... 6060.406  
**Fee:** \$34.00/Residents  
 \$39.00/Non-Res.  
**Deadline:** October 20th



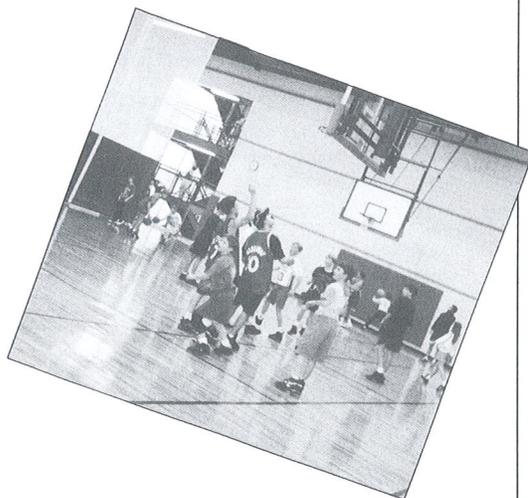
## Volunteers Make a World of Difference

The City of Maplewood invites you to become a valuable resource in the Community Center. There are many ways you can help and meet new people at same time. Some of the ways you can become involved are:

- \* Greet the public at admissions
- \* Greet individuals and clean fitness equipment in between uses
- \* Give tours of the Center
- \* Usher at special events
- \* Gym supervision
- \* Child care, and much more...

There are many ways you will benefit by giving of your time.

*Ask about our incentive program for volunteers!*



### Racquetball Lessons

All racquetball lessons are designed to teach the fundamental skills of racquetball. In order to provide proper instruction, a minimum of 4 participants (maximum 8) must register in a class.  
Instructor: Bob Corbett

### Youth Lessons

**Who:** Youth ages 15 -17  
**Where:** MCC, Crts. 1 & 2  
**When:** Thursdays, 6:00 - 7:00pm  
 Session I: Oct. 5 - Oct. 26  
 Session II: Nov. 2 - Nov. 30  
 \*No class Nov. 23  
 Session III: Jan. 4 - Jan. 25

**Activity #:**  
 Session I: 6003.301  
 Session II: 6003.302  
 Session III: 6003.401  
**Fee:** \$22.00/Member  
 \$26.00/Resident  
 \$31.00/Non-Res.

### Beginner Adult Lessons

**Who:** Adults  
**Where:** MCC Crts. 1 & 2  
**When:** Thursdays, 7:00 - 8:00pm  
 Session I: Oct. 5 - Oct. 26  
 Session II: Nov. 2 - Nov. 30  
 \*No class Nov. 23  
 Session III: Jan. 4 - Jan. 25

**Activity #:**  
 Session I: 6500.301  
 Session II: 6500.302  
 Session III: 6500.401  
**Fee:** \$22.00/Member  
 \$26.00/Resident  
 \$31.00/Non-Res.

### Intermediate Adult Lessons

**Who:** Adults (completed Beginner level)  
**Where:** MCC Crts. 1 & 2  
**When:** Thursdays, 8:00 - 9:00pm  
 Session I: Oct. 5 - Oct. 26  
 Session II: Nov. 2 - Nov. 30  
 \*No class Nov. 30  
 Session III: Jan. 4 - Jan. 25

**Act #:**  
 Session I: ..... 6501.301  
 Session II: ..... 6501.302  
 Session III: ..... 6501.401  
**Fee:** \$22.00/Member  
 \$26.00/Resident  
 \$31.00/Non-Res.

### Racquetball Lessons Registration Deadlines:

Session I: ... September 29  
 Session II: .. October 27  
 Session III: . December 29

### Challenge Ladder

A racquetball challenge ladder is held on Saturday mornings from 8:30am - Noon. The Ladder is open to all challengers. All you need is the energy and the desire to be the Challenge Ladder Champion!

**Who:** Adults  
**Where:** MCC, Ct. 1  
**When:** Saturdays, 8:30am - Noon  
**Activity #:** 6502.501  
**Fee:** \$2.00/Saturday/Member  
 \$5.00/Saturday/Resident  
 \$6.00/Saturday/Non-Resident

### MCC Racquetball League

NEW! Adult racquetball leagues are being formed at the Maplewood Community Center. Individuals can register for 1 of 3 separate divisions: Men's A/B, Men's C/D, and Women's. All divisions will play 1 match per week for a period of 10 weeks. Participants are required to arrange a court time with that week's opponent. All fees include court time and league awards. Minimum: 4, Maximum: 24

**Who:** Adults  
**Where:** MCC  
**When:** Session I: Oct. 8 - Dec. 9  
 Session II: Jan. 7 - March 16

**Session I: Act #:**  
 Men's A/B ..... 6505.301  
 Men's C/D ..... 6505.302  
 Women's ..... 6505.303

**Session II:**  
 Men's A/B ..... 6505.401  
 Men's C/D ..... 6505.402  
 Women's ..... 6505.403

**Fee:** \$35.00/Member  
 \$60.00/Resident  
 \$70.00/Non-Res.

**Deadline:**  
 Session I: September 22  
 Session II: December 26

### Racquetball Punch Card

New! You can now purchase a *Racquetball Punch Card* at the lower Customer Service Counter. Individuals may purchase a block of 5, 10, 15 or 20 hours.  
**Fee:** \$9.00/5-Hours/Member  
 \$23.00/5-Hours/Resident  
 \$28.50/5-Hours/Non-Res.

#### RACQUETBALL/WALLYBALL COURT POLICY

- Racquetball Crts. may be reserved three (3) days in advance by Members and two (2) days in advance by non-Members. All reservations are one (1) hour in length. **WALLYBALL MAY BE RESERVED FOR TWO (2) HOURS.** Reservations will be taken daily between 6:00am and closing by telephone or in person. **One reservation per day per party.** Back-to-back play will be allowed if the court is available (open) after users complete their scheduled time. The second court time must be paid prior to use.
- When making a court reservation, be prepared to provide your name, phone number and Membership number. For racquetball only, please provide the name of playing partner.
- All court time must be paid for prior to an individual or group taking the court.
- Any person who has already participated with another person or group may not reserve a second court time on the same day.
- When the hour is completed, the players must leave the court. See item #1 regarding open Courts.
- Tennis shoes must be worn at all times. No bare feet, street shoes or black soled shoes that leave marks. Eye protection is strongly recommended for all players.
- No smoking, food or drinks allowed on the Courts.
- Wallyball players are responsible for putting up and taking down their own equipment. Equipment is available at the Customer Service counter.
- Court users must be at least 15 years old unless accompanied by an adult.
- All participants 14 years old and under must wear safety goggles.
- Court fee per player is determined by status (Member, Resident, Non-Resident) of individual/group reserving court.**

#### COURT FEES

Racquetball (per court/per person/ per hour)	Wallyball (per court/per hour/ per group)
\$2.00/Member	\$10.00/Member
\$5.00/Resident	\$10.00/Resident
\$6.00/Non-Resident	\$12.00/Non-Resident

Courts may reserved 3 days in advance by Members and 2 days by non-Members.

**COURT RESERVATIONS: 779-3561**

MAPLEWOOD COMMUNITY CENTER - GYM SCHEDULE FOR FALL 1995

Gymnasium

ACTIVITY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
ADULT OPEN BASKETBALL	Courts 2 & 3 - 6 to 10		Courts 2 & 3 - 6 to 10		
ADULT OPEN VOLLEYBALL		Courts 3 & 4 - 6 to 10		Court 4 - 6 to 10	
TEEN OPEN BASKETBALL		Court 3 - 4 to 8:30		Court 2 - 4 to 8:30	Court 3 - 4 to 7
TEEN OPEN VOLLEYBALL				Court 3 - 6 to 9	Court 4 - 7 to 9:30
PARKS AND REC. PROGRAMS					
OPEN GYM	Court 1 - All Day	Court 1 - All Day	Court 1 - All Day	Court 1 - All Day	Court 1 - All Day

SATURDAY

ACTIVITY	12:00 - 2:00	2:00 - 4:00	4:00 - 6:00	6:00 - 8:30
ADULT OPEN BASKETBALL	Court 3	Court 3		
ADULT OPEN VOLLEYBALL		Court 4		
TEEN OPEN BASKETBALL				
TEEN OPEN VOLLEYBALL	Court 4			
FAMILY OPEN VOLLEYBALL				Court 4
PARKS AND REC. PROGRAMS				
OPEN GYM	Court 1	Court 1	Court 1	Court 1 & 2

SUNDAY

ACTIVITY	12:00 - 2:00	2:00 - 4:00	4:00 - 6:00	6:00 - 8:30
ADULT OPEN BASKETBALL	Court 3	Court 3		
ADULT OPEN VOLLEYBALL	Court 4			
TEEN OPEN BASKETBALL				
TEEN OPEN VOLLEYBALL		Court 4	Court 3	
FAMILY OPEN VOLLEYBALL				Court 4
OPEN VOLLEYBALL			Court 4	
OPEN GYM	Court 1	Court 1	Court 1	Court 1 & 2

ADULT 16 AND OLDER / TEEN 12 TO 16

STAFF RESERVES THE RIGHT TO ADJUST SCHEDULE AS NECESSARY, CHANGES WILL BE POSTED ON GYM BULLETIN BOARD

**GYM RULES AND POLICIES**

- RESPECT ALL COMMUNITY CENTER STAFF, PATRONS AND EQUIPMENT.
- TENNIS SHOES MUST BE WORN ON GYM FLOOR. NO BARE FEET, STREET SHOES OR BLACK SOLED SHOES THAT LEAVE MARKS.
- NO FOOD OR DRINK ALLOWED IN GYMNASIUM AREA.
- NO KICKING OF UNAPPROVED BALLS, BASKETBALLS, VOLLEYBALLS, ETC.. DO NOT THROW BALLS UP TO TRACK LEVEL.
- NO SPITTING, ROUGH HOUSING, WRESTLING OR PUSHING ALLOWED.
- ABUSIVE OR FOUL LANGUAGE OR BODY GESTURES WILL NOT BE TOLERATED. REMEMBER, THE MAPLEWOOD COMMUNITY CENTER IS A FAMILY CENTER.
- NO DUNKING, NO HANGING ON THE RIM, NO HANGING

- ON THE NET, NO SLAPPING THE BACKBOARD.
- NO ORGANIZED GAMES (ANY SPORT) ARE ALLOWED ON COURT #1 (COURT NEAREST THE GYM OFFICE).
- ORGANIZED GAMES WILL BE ALLOWED IN UN-SCHEDULED GYMS ONLY WHEN SPACE PERMITS.
- FULL COURT BASKETBALL GAMES, OUTSIDE OF SCHEDULED OPEN BASKETBALL, ALLOWED ONLY IF GYM SPACE PERMITS.
- WAITING PLAYERS AND/OR TEAMS MUST BE ROTATED INTO PLAY DURING OPEN BASKETBALL OR VOLLEYBALL. COMMUNITY CENTER STAFF WILL FACILITATE THIS WHEN NECESSARY.
- CITY OF MAPLEWOOD STAFF HAS THE RIGHT TO DETERMINE ALL GYM USE.**
- ONE WARNING RULE:** VIOLATORS OF ANY OF THE ABOVE RULES WILL BE

- REMINDED OF THE RULE *ONCE* AND ASKED TO LEAVE THE BUILDING ON THE SECOND OFFENSE. **VIOLATORS MAY BE ASKED TO LEAVE WITHOUT A WARNING.** NO REFUND OF DAILY FEE.
- JOIN US IN KEEPING OUR GYM A FUN, SAFE AND CLEAN ENVIRONMENT FOR ALL USERS.

GYM CONFIGURATION

Crt. #4	Crt. #2	RB
Crt. #3	Crt. #1	CRTS

WATCH BULLETIN BOARD FOR SCHEDULE REVISIONS

### Family Self-Defense

This class is designed to improve family members' (minimum age: 8 years old) self-confidence and personal safety. Learn risk reduction skills, confrontation skills and self-defense tactics.

**Who:** Individuals 8 years and older  
**Where:** MCC, Aerobics Rm  
**When:** Mondays & Wednesdays, 6:30 - 7:30pm

Session I: Oct. 24 - Nov. 16  
 Session II: Jan. 9 - Feb. 1

**Activity #:**  
 Session I: 4550.301  
 Session II: 4550.401  
**Fee:** \$18.00/Members  
 \$23.00/Residents  
 \$28.00/Non-Res.

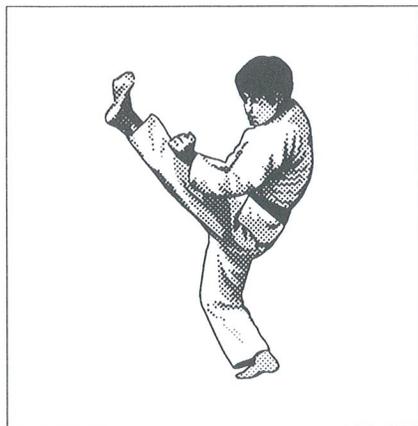
**Deadline:**  
 Session I: October 13,  
 Session II: December 29

### Yoga for Relaxation

Do you feel that you have too much stress in your life? Come to the Maplewood Community Center and *relax!* Learn how to relax and relieve stress through yoga stretches, breathing techniques, and proper diet and nutrition. Be sure to wear loose, comfortable clothing...we recommend no jeans. Instructor is Mike Wilke.

**Where:** Aerobics Studio  
**When:** Tuesdays, Sept. 12, 19, 26, Oct. 3, 10, 17, 24, 31, Nov. 7, 14, 21, 28, Dec. 5, 12, 19, 26

4:00 - 5:00pm  
**Activity #:** 0050.301  
**Fee:** Please refer to aerobics price list. Prices and procedures are the same.



### Women and Co-Rec Fall Volleyball

Maplewood Park and Recreation fall volleyball leagues are available to Women and co-rec teams. League play will begin in late September or early October, depending upon gym availability. League information is available at both Maplewood City Hall and the Maplewood Community Center. Questions should be directed to the Park and Recreation office at 770-4570.

**Available Leagues:**  
 Co-rec Leagues - A, B, C & D  
 Women's Leagues - B & C

*Registration opens September 1st and will be taken at the Maplewood Community Center. Registration continues until September 15th or until the leagues are filled.*

**Who:**  
Adult Teams  
 A, B & C ..... Officiated Power Volleyball  
 D ..... Un-officiated Power Volleyball  
**Where:** Local Gyms  
**When:** Late Sept. thru December  
**Activity#:** 6520.301 Co-rec A  
 6520.302 Co-rec B  
 6520.303 Co-rec C  
 6520.304 Co-rec D  
 Women's B ..... 6520.305  
 Women's C ..... 6520.306  
**Fee:** A, B & C Leagues - \$165.00\*  
 D Leagues - \$95.00\*  
 \*3 or more Non-Residents, add \$20.00



### Senior High Volleyball Leagues

New for fall 1995 is our senior high school co-rec volleyball league. This league will be a power volleyball league with overhand serving and spiking allowed. Games will be officiated. Games will be played with 3 males and 3 females per team on the court (teams will be allowed to play with more females than males). For further information, contact Doug at 770-4572.

**Who:** High School Students Grades 10 -12

**Where:** MCC  
**When:** Mid-October thru Mid-December

**Activity #:** 6520.309  
**Fee:** \$145.00/Team  
*Register Sept. 1 thru Sept. 29*

### Men's Volleyball Leagues

Maplewood Parks and Recreation volleyball leagues for Men will begin play in late November or early December.

League information is available at both Maplewood City Hall and the Maplewood Community Center. Questions should be directed to the parks and recreation office at 770-4570.

Leagues are offered at three levels of play, Men's A/B and Men's C. The A/B league is officiated, while the C league is un-officiated. Both leagues are power volleyball leagues.

**Who:** Class A/B  
 -Officiated Power Volleyball

Class C  
 Un-officiated Power Volleyball  
**Where:** Local Gyms  
**When:** Late November thru March

**Activity#:**  
 Men's A/B ..... 6520.307  
 Men's C ..... 6520.308

**Fee:**  
 A/B League \$245.00\*  
 C League \$120.00\*  
 \*3 or more Non-Residents, add \$20.00

*Registration opens October 2nd and will continue thru November 15th or when leagues fill.*

**Ice Rink Shelter  
Locations and Hours**

**Shelters**

Locations

Afton Heights.....	63 North Sterling
Edgerton .....	2001 Bradley
Four Seasons* .....	1683 Gervais
Gethsemane .....	2401 East 7th St.
Wakefield .....	1845 Prosperity

Hours

Monday - Friday ....	5:00pm - 8:00pm
Saturday .....	1:00pm - 7:00pm
Sunday .....	1:00pm - 5:00pm
Winter Break.....	2:00pm - 8:00pm
December 24 .....	Closed
December 25 .....	Closed
December 31 .....	1:00pm - 4:00pm
January 1 .....	1:00pm - 4:00pm
January 15 .....	2:00pm - 8:00pm

\*Four Seasons will only be open on Saturdays and Sundays

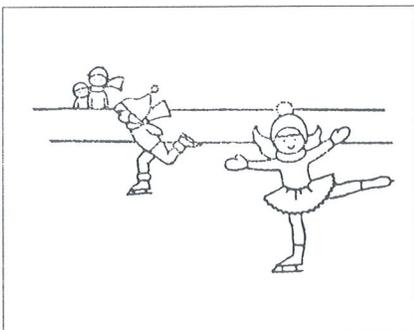
**Pleasure Rinks**

Geranium .....	2568 Geranium
Harvest .....	2561 Barclay
Kohlman .....	1000 Cty Rd C
Maplecrest .....	2101 Arcade
Maplewood Hts. ....	2071 Beam
Pleasantview .....	1100 Marnie
Vista Hills .....	2480 Mailand
Western Hills .....	1750 Adolphus

**Adult Co-Rec Broomball**

Join the fun of Co-Rec Broomball! Cooperation and fun are stressed, not competition. All games are on outdoor ice and unofficiated. Each team will play a minimum of 8 games, weather permitting. Minimum: 4 teams, Maximum: 8 teams

**Who:** Adults, 18 years and older  
**Where:** Edgerton Park  
**When:** Dec. 20 - Feb. 14, 6:00, 7:00, 8:00, or 9:00pm  
**Activity #:** 6530.401  
**Fee:** \$180/team (up to 3 Non-Residents) \$210/team (4+ non-Residents)  
**Deadline:** Friday, Dec. 1st



**Adult Boot Hockey**

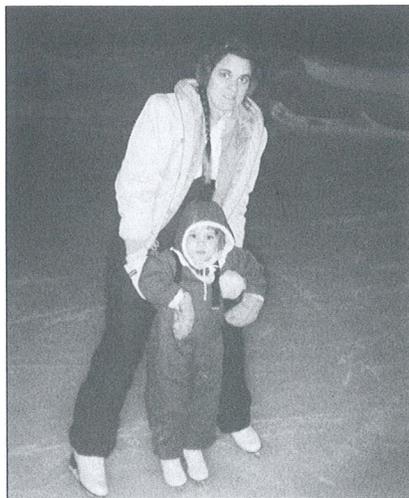
The slipping and sliding fun of Boot Hockey will be held at Gethsemane Park. Teams will play with 6 players per side and use a boot hockey ball instead of a puck. The action will be fast and furious in this recreational league. Each team will play a minimum of 8 officiated games (weather permitting) with a season end tourney. Minimum: 4 teams, Maximum: 8 teams

**Who:** Adults, 18 years and older  
**Where:** Gethsemane Park  
**When:** Dec. 19 - Feb. 12, 6:00, 7:00, 8:00 or 9:00pm  
**Activity #:** 6531.401  
**Fee:** \*\$150.00/team (up to 3 Non-Res.) \*\$175.00/team (4+ Non-Residents) \*\$50.00 refundable conduct deposit required  
**Deadline:** Dec. 1

**Figure Skating Skills Camp**

Here is an opportunity for boys and girls, ages 5 - 12, to learn the fundamentals of this lifetime sport. Participants will learn to glide, start, stop, figure 8's, crossovers and more. Do not be shy. Sharpen your figure skates and join the fun! Minimum: 8, Maximum: 20

**Who:** Youth, ages 5 - 12  
**Where:** Afton Park  
**When:** Thursday, Dec. 28 - Feb. 8, 6:45pm - 8:00pm  
**Activity #:** 6031.401  
**Fee:** \$28.00/Resident \$33.00/Non-Res.  
**Deadline:** December 1st



**Adult 4-Person Ice Hockey**

Saturday, October 7 - 2:00pm  
 An unofficiated, action packed version of ice hockey. 4 Person Ice Hockey is a recreational and informal athletic program, rather than a serious or highly competitive league. This program offers fast paced physical activity without physical contact. Each team will play a minimum of 6 games (weather permitting). Minimum: 4 teams, Maximum: 8 teams

**Who:** Adults, 18 years and older  
**Where:** Wakefield Park  
**When:** Wednesday, Dec. 20 - Feb. 14, 6:00, 7:00, 8:00 or 9:00pm  
**Activity #:** 6532.401  
**Fee:** \*\$85.00/team (up to 3 Non-Residents) \*\$100.00/team (4+ Non-Residents)  
**Deadline:** Dec. 1

**Ice Hockey Skills Camp**

Girls and boys, grades K - 2, will learn the basics of ice hockey. Basic skating skills will be emphasized throughout the entire camp. Participants will also be introduced to passing, puck handling, shooting and hockey rules. No formal games will be played but fun, non-contact scrimmages will be held. All participants will receive 6 weeks of instruction (weather permitting). Hockey skates, hockey stick, hockey helmet w/ mask mouth guard and a supporter w/ cup are required. Minimum: 8, Maximum: 16

**Who:** Grades K - 2  
**Where:** Wakefield Park  
**When:** Saturday, Jan. 6 - Feb. 11  
 Session I, 9:30am - 10:30am  
 Session II, 10:45am - 11:45am  
**Activity#:** Session I: 6030.401 Session II: 6030.402  
**Fee:** \$28.00/Resident \$33.00/Non-Res.  
**Deadline:** Dec. 22



## Maplewood Nature Center

2659 East Seventh Street  
 Maplewood, Minnesota 55119  
 738-9383

### Interpretive Building Hours

Monday - Saturday: 8:30 - 4:30 P.M.  
 Sunday (April - October) 12:30 - 5:30 P.M.

### Trails Open Every Day:

1/2 hour before sunrise until 1/2 hour after sunset

### Building will be closed:

Saturday - Monday, Sept. 2, 3, & 4, Labor Day Weekend  
 Friday, November 10, Veterans Day  
 Thurs., Fri., & Sat. November 23, 24 & 25, Thanksgiving

Maplewood Nature Center complies with A.D.A. requirements. Please inform us of any special needs so that we can more fully accommodate you.

To register for Nature Center programs, use the registration form found at the back of this issue.

Drop by any Sunday between 1:30 - 3:00pm for Naturalist directed on-going activities. These Family programs are free.

- Sept. 3 ..... Closed
- Sept. 10 ... Pond Watch
- Sept. 17 ... Nuts About Nuts
- Sept. 24 ... Salamander Meander
- Oct. 1 ..... Fall Color Watch
- Oct. 8 ..... Waterfowl Watch
- Oct. 15 .... Feeding Time
- Oct. 22 .... Snakes Alive
- Oct. 29 .... Muskrat Watch

### Maplewood Nature Center Volunteers have more fun!

Volunteer to lead a trail group, take part in a puppet show, garden or greet visitors. Bring your enthusiasm and a willingness to learn. Attend Volunteer Orientation and Training events the week of September 11 - 15. Call 738-9383 for more information. You too can join in the fun!

### Upcoming Volunteer training:

- Monday, September 11...  
Metro Area Volunteer Workshop "Old Fields"
- Wednesday September 13...  
New Volunteer Orientation Luncheon & Speaker Trail Hike
- Fall Program Training
- Thursday, September 14...  
Volunteer Field Trip

### Full Moon Walks

Full moon walks are celebrated each month at five local nature centers: Maplewood, Crosby Farm Park (St. Paul), Harriet Alexander (Roseville), Tamarack (White Bear Lake, and Wargo (Lino Lakes).

Attend three moon walks, at 3 different participating nature centers and be eligible to purchase a full moon walk enamel pin for \$3.00.

Programs last one and a half hours. There is a short indoor activity, an outdoor hike and beverage (please bring a mug). Call the individual nature centers to pre-register. Full moon walks are appropriate for ages 7 and up. Prepay registration 2 days prior to each moon walk  
**Fee:** \$2.00 per person

### BY THE LIGHT OF THE:

#### "Leaves Turning Moon"

Thursday, Sept. 7, 8:00 - 9:30pm  
 Leaves are changing color and the days grow short. Enjoy a late summer stroll and listen for crickets and katydids while using nets and jars.  
**Prepay \$2.00/person by Sept. 5**

#### "Harvest Moon"

Monday, Oct. 9, 7:30 - 9:00pm  
 Celebrate the first full moon after fall equinox by making a wild edible snack and hike the trails by the light of the moon. Bring a mug.  
**Prepay \$2.00/person by Oct. 7**

### "Muskrat" Moon

Monday, Nov. 6, 7:00 - 8:30pm  
 Hike by the light of the moon to spy on muskrats building their cattail homes. Listen to a legend about how muskrat was determined to help create land. Bring a mug. Hot beverage provided.  
**Prepay \$2.00/person by Nov. 4**

*There are several Nature Centers in the area that participate in the Full Moon Walk Program. For more information please call the location that interests you.*

### Crosby Farm Park...

488-9646  
 Friday, Sept. 8, 6:30 - 8:00pm  
 Sunday, Oct. 8, 6:30 - 8:00pm  
 Wednesday, Nov. 8, 6:30 - 8:00pm

### Harriet Alexander Nature Ctr...

482-8266  
 Thursday, September 7, 8:00 pm  
 Sunday, Oct. 8, 7:00 - 8:30 pm  
 Wednesday, November 8, 6:30 - 8:00pm

### Tamarack Nature Center...

429-7787  
 Friday, September 8, 8:00 - 9:30pm  
 Sunday, Oct. 8, 6:30 - 8:00pm  
 Tuesday, November 7, 6:30 - 8:00pm

### Wargo Nature Center...

429-8007  
 Friday, September 8, 7:30pm  
 Sunday, Oct. 8, 7:00 - 8:30pm  
 Tuesday, November 7, 6:30 - 8:00pm

### Conference Room Rental

Maplewood Nature Center has a conference room available for seminars, meetings, private functions. This 20' x 30' room comfortably accommodates up to 20 people and is equipped with a kitchenette, microwave, marker board, projection screen, tables and chairs. You may access the lobby and explore our trails. For more information, call Maplewood Nature Center at 738-9383.



## September 1995:

### **Tee Shirt Printing**

Sat., September 9  
10:00am - 11:30am,  
(families with kids 4+),  
2:00 - 4:00pm  
(adults & youth 14+ )  
Decorate a t-shirt or sweatshirt with  
fall leaf patterns! We provide the  
textile paints and leaves.  
You bring the shirt.  
**Fee:** \$3.00/person  
**Prepay** by Sept. 7

### **Junior Volunteers**

Thursdays, 6:30 - 8:00pm  
(*Informational Meeting:*  
*Mon., Sept. 18, 6:30- 7:15pm*)  
Sept. 21, 28, Oct. 12, 26 & Nov. 9  
Help the naturalist with on-going  
nature projects including seed  
collection, planting wildflower roots,  
litter pick up, birdfeeder projects and  
pumpkin totem pole for the Hallow-  
een Haunt. Kids attending 4 out of 5  
sessions will receive a Maplewood  
Nature Center button and certificate  
of accomplishment.

For informational meeting please  
wear play clothes and sturdy shoes.  
Parent attendance required.  
Youth age 10 - 14.  
Call 738-9383 to register.  
**Free**

### **Spiders and Spiderlings**

Sat., Sept. 16, 10:00-11:30am  
Watch Charlotte at her web and make  
a spider family to take home. Join  
the Spider Search outdoors.  
Families welcome.  
**Fee:** \$3.00/child  
**Prepay** registration by Sept. 14

### **Those Sassy Squirrels**

Sat., Sept. 23, 1:00 - 2:30pm  
Children 4 - 6, accompanied  
by an adult.  
Who stashes away 22 pine cones in a  
car engine, plants thousands of trees,  
and hangs upside down by his  
toenails? Yep, squirrels, that's who.  
Discover the difference between  
squirrels and chipmunks. Touch and  
see skulls, furs and mounts. Make  
your own squirrel craft. Hike to  
count squirrels and play "hide the  
acorn". Children 4 -6, accompanied  
by an adult.  
**Fee:** \$3.00/child or \$5.00/family  
**Prepay** by Sept. 21

## **Adult Fall Birding Seminar**

Thurs., Sept. 28, 7:00 - 8:30pm  
Sat., Sept. 30, 10:00am - Noon  
& Sat., Oct. 7, 9:00am - Noon  
*Sept. 28 Introduction to Birding.*  
This session will consist of topogra-  
phy of birds, field identification  
marks, hands on identification of our  
mounts and a brief look at field  
guides and binoculars.  
*Sept. 30 Mist Netting and Banding  
of Fall Migrants.*

Observe banders trap birds in several  
different habitats, then band and  
release them during the class.  
*Oct. 7 Waterfowl Field Trip*  
Use our binoculars to observe  
migrating waterfowl at a nearby  
wetland. Van transportation will be  
provided.  
Adults and teens 16+  
**Fee:** \$10.00/3 sessions  
**Prepay** by Sept. 21

### **Girl Scout Badge: Wildlife**

Sat., Sept. 30 & Oct. 28,  
1:30 - 3:00pm  
Learn about the birds and mammals  
at Maplewood Nature Center and do  
all the requirements needed to earn  
the Girl Scout Wildlife Badge. Must  
attend both sessions to earn the  
Badge. Dress for outside activities.  
Jr. Scouts  
**Fee:** \$6.00/Scout  
**Prepay** by Sept. 28

### **Halloween Haunt "Creature Trail"**

Friday Oct. 27  
Guided trail hikes leave every 15  
minutes starting at 6:15pm  
Come in your favorite costume and  
hike the trails to meet the Hallow-  
een Creatures of the Night!  
Listen to a musician and participate  
in a *Candy Leaf Crawl*. Beverage  
provided. Fun and educational with  
an element of surprise!  
Best for ages 4-10,  
(accompanied by adult)  
**Fee:** \$3.00/person or  
\$12.00/family  
**Prepay** by Oct. 26



## October 1995

### **Volunteer Plant-In**

Sat., Oct. 14, 9:00 - Noon  
or 1:00 - 4:00pm  
Help transplant trees and shrubs for  
our new tree-rific trail head. Receive  
a Maplewood Nature Center button.  
Adults and children 10+  
Call 738-9383 to register  
**Free**

### **Wonder Fall Puppet Show**

Thursday, Oct. 19, 10:00am  
Laugh and sing along with our wild  
animal puppets as they share their  
autumn antics. Hike the trail with a  
self-guided bingo sheet.  
Best for ages 3 - 7, (accompanied by  
an adult)  
**Fee:** \$1.00/person  
**Prepay** by Oct. 17

### **Creepy Crawly Critters**

Sat., Oct. 21, 10:00 - 11:15am  
Search in rotting logs for bugs that  
creep and crawl. Make a creepy  
crawler to take home. Magnifying  
bug box included.  
Children 3-7 accompanied by adult  
**Fee:** \$3.00/child  
**Prepay** by 10-19

### **Birthday Parties**

Have your child's party at the  
Maplewood Nature Center! Parties  
include Polaroid picture of the  
group, party favors and birthday  
crown. Indoor and outdoor activi-  
ties, including educational stories,  
games and hikes are all part of the  
fun. (Cake & ice cream not in-  
cluded.) Inquire about rental of our  
conference room to serve your own  
birthday treats.  
**Fee:** \$25.00

## November 1995

### **Woollybear Caterpillars**

Sat., November 4, 10:00 - 11:30am  
Learn about Woollybear Caterpillars  
and how they change. Meet a  
woollybear puppet and make a  
woollybear to take home.  
Families with children 3 - 8, (accom-  
panied by adult)  
**Fee:** \$3.00/child  
**Prepay** by November, 2

### Holiday Vine Wreaths

Sat., November 11, 10:00 - 11:30am  
 Make a vine wreath and trim it for the holidays. Materials provided.  
 Adults  
**Fee:** \$6.00/person  
 Prepay by November, 6

### Black Bears and Teddy Bears

Sat., November 18, 10:00 - 11:00am  
 Bring your favorite teddy bear with you as we learn where black bears live, what they eat and where they spend the winter. "Bear snacks" will be served.  
 Children 3 - 5,  
 (accompanied by adult)  
**Fee:** \$3.00/child  
 Prepay by November, 16

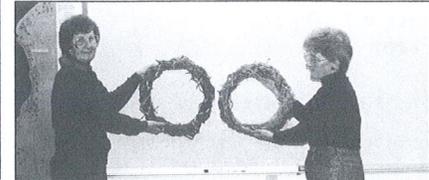
### Build A Birdfeeder

Tues. or Wed., Dec. 5 or 6  
 4:00 - 5:30pm or 6:30 - 8:00pm  
 Scout troops and families can build a wooden and plexiglass feeder to take home. Learn how to identify winter birds and find out what to feed them.  
**Bring a hammer.**  
 Children 4th grade & older  
 (with adult)  
**Fee:** \$4.00/feeder  
 Prepay by November, 29



### Stargazing & Sleeping Bags

Tues., November 21, 7:00 - 9:00pm  
 Bring a sleeping bag or blanket and lay back on the boardwalk to gaze at stars! Learn how to tell time by the stars. Make your own star clock and learn a stellar legend. Hot beverage provided.  
 Scouts and families (4th grade & up)  
**Fee:** \$3.00/child  
 Prepay by November, 18



### Maplewood Athletic Association

Another season of MAA Baseball has just been completed. The Board of Directors of the Maplewood Athletic Association would like to take this opportunity to thank all of the participants who helped make the past season of MAA Baseball a successful one.

#### In-House Program

Congratulations to all of the In-House teams who received awards during the 1995 season. They are as follows:

	<u>1995 Post-Season Tournament Results:</u>				
	<u>C-League</u>	<u>B-League</u>	<u>B-League</u>	<u>A-League</u>	<u>Midget</u>
	<u>Div. I</u>	<u>Div. I</u>	<u>Div. II</u>	<u>Div. I</u>	<u>League</u>
1st	Pirates	Dodgers	Rangers	Cubs	White Sox
2nd	Yankees	Expos	Mariners	Athletics	Yankees
3rd	Orioles	Pirates	Cardinals	Pirates	Tigers
Cons. I	Mets	Athletics	Mets	Mariners	Blue Jays
Cons. II	Mariners			Rockies	

	<u>1995 Regular Season</u>	<u>1995 Sportsmanship</u>
	<u>First Place Finishers</u>	<u>Winners</u>
C-League	Pirates	Pirates
B-Amer. League	Pirates	Royals
B-Nat. League	Dodgers	White Sox
A-League	Mariners	Rockies
Midget	Tigers	Blue Jays

The Maplewood Athletic Association would like to say "thank you" to all of the coaches who volunteered their time and talents during this 1995 season of MAA Baseball. We also would like to thank all of the assistant coaches, score-keepers, base coaches, and everyone else who helped out.

The "In-House" Coaches for this season are listed below:

<u>C-League</u>	<u>B-League</u>	<u>A-League</u>	<u>Midget League</u>
Tim Pleggenkuhle	Tom Avery	Dave Lombardi	Mark Prigge
Mike Holder	Greg Nelson	Mark Naughton	Hap Schultz
Tom Lais	Larry Podobinski	Larry Benson	Dennis Kringle
Larry Shanley	Loren Mack	Phil Dezelar	Rick Saniti
Mark O'Neill	Mark Bradley	Bill Priefer	Nick Francis
Ron Rice	Keith Ringold	Don Newpower	
Peter Ryan	Wally Wickard	Richard Svendsen	
Mike DeRosa	Jim Wahlstrand		
	Greg Walker		
	Jerry Harrigan		
	Lowell Colliander		
	Mark Thompson		

<u>Area Directors</u>	
Carver: .....	Ken Krekelberg, 738-8817
Gladstone/North: .....	Dave Lombardi, 777-6728
Parkside: .....	Greg Nelson 776-2195, Bud Beck, 489-5345

### M.A.A. Travel Program

The 1995 season was a success for all of our Maplewood teams. All of our teams, from the 10-year olds to the 17-year olds, were competitive. Among the honors earned by the various teams were: league champion, tournament champion, second and third place finishers, and a State tournament appearance.

Congratulations to all of the players, parents and fans, and many thanks to our coaches, who are listed below:

10-year olds .....	Tom Nikolas
11- year olds .....	Jerry Harrigan
12- year olds .....	Dan Nerud
13- year olds .....	Bud Beck
14- year olds .....	Don Larson
17- year olds .....	Dick Schmidt

Also, a special "thank you" to all of the assistant coaches, and team managers, whose help with their teams was very much appreciated.

We wish all of our Members and volunteers a great fall, and we hope to see you next year.

Sincerely,  
 MAA Board of Directors

### MAA Indoor Soccer

MAA also wishes to thank Greg Micheal and Ken Krekelberg for organizing and coaching our first ever MAA Indoor Soccer Team during the past '94-'95 season.

#### 1994-1995 Board of Directors Maplewood Athletic Association

<u>President</u>	<u>Vice President</u>	<u>Secretary</u>	<u>Treasurer</u>
Jerry Harrigan (H) 739-1535 (w) 733-9584	Greg Walker 738-3260	Karen Rasmussen 770-6428	Tom Nikolas 777-0134

<u>Member at Large</u>	<u>Member at Large</u>	<u>Travel Director</u>	<u>In-House Director</u>
Greg Nelson 776-2195	Bud Beck 489-5345	Jeff Pluff 770-7188	Hap Schultz 771-1082

## MAPLEWOOD COMMUNITY CENTER MEMBERSHIP FORM



Name: \_\_\_\_\_  
 Street: \_\_\_\_\_ Apt#/Suite: \_\_\_\_\_  
 City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_  
 Phone: Hm: \_\_\_\_\_ Wk: \_\_\_\_\_  
 Activity/ Class \_\_\_\_\_ Team Name \_\_\_\_\_  
 Starting date: \_\_\_\_\_ Time: \_\_\_\_\_

First time application for Membership?  
 Yes  No

To sign up for Membership by mail please fill out form, attach a check to form and mail both to the MCC.

Stop by later to pick up your Membership card!

Please see page 8 for rate information.

**WAIVER FOR PARTICIPANT BY PARENT**

In consideration of your accepting my child's entry, I hereby, for myself, my child, my heirs, executors and administrators, waiver and release any and all rights and claims for damages I or my child may have against the City of Maplewood or school district and its representatives, successors and assigns for any and all injuries suffered by myself or my child at any activity sponsored by these groups.

SIGNED \_\_\_\_\_

Please list first name of family Members to be included within this Membership:

Name: \_\_\_\_\_ D.O.B. \_\_\_\_\_ Relationship: \_\_\_\_\_ Card#: \_\_\_\_\_ Date \_\_\_\_\_  
 Name: \_\_\_\_\_ D.O.B. \_\_\_\_\_ Relationship: \_\_\_\_\_ Card#: \_\_\_\_\_ Date \_\_\_\_\_  
 Name: \_\_\_\_\_ D.O.B. \_\_\_\_\_ Relationship: \_\_\_\_\_ Card#: \_\_\_\_\_ Date \_\_\_\_\_  
 Name: \_\_\_\_\_ D.O.B. \_\_\_\_\_ Relationship: \_\_\_\_\_ Card#: \_\_\_\_\_ Date \_\_\_\_\_  
 Name: \_\_\_\_\_ D.O.B. \_\_\_\_\_ Relationship: \_\_\_\_\_ Card#: \_\_\_\_\_ Date \_\_\_\_\_

I the undersigned, understand that if any information on this form is found to be inaccurate, it will be cause to forfeit all Membership privileges to the Maplewood Community Center.

MAKE CHECKS PAYABLE TO:  
 Maplewood Park & Recreation  
 2100 White Bear Ave., Maplewood, MN 55109

SIGNED \_\_\_\_\_

PLEASE PHOTO-COPY ME

PLEASE PHOTO-COPY ME

## PARK AND RECREATION REGISTRATION FORM

Park & Recreation Registration

Participant \_\_\_\_\_ Home Phone \_\_\_\_\_  
 Address \_\_\_\_\_ Apt. \_\_\_\_\_ Emergency Phone \_\_\_\_\_  
 City \_\_\_\_\_ Zip \_\_\_\_\_  
 School \_\_\_\_\_ Grade \_\_\_\_\_ Date of Birth \_\_\_\_\_

Activity/Class \_\_\_\_\_  
 Starting Date \_\_\_\_\_ Time \_\_\_\_\_  
 Day \_\_\_\_\_  
 Location \_\_\_\_\_  
 Head of Household Name \_\_\_\_\_  
 Team Name \_\_\_\_\_

**Waiver for Participant by Parent**

In consideration of your accepting my child's entry, I hereby, for myself, my child, my heirs, executors and administrators, waiver and release any and all Maplewood or school district and its representatives, successors and assigns for any and all injuries suffered by myself or my child at any activity sponsored by these groups.

Signature: X \_\_\_\_\_

---

**FOR OFFICE USE ONLY**

Fee \$ \_\_\_\_\_ Cash  Check  # \_\_\_\_\_  
 Received by \_\_\_\_\_ Date \_\_\_\_\_

Please return registration form with check payable to:  
**Maplewood Nature Center** or **Maplewood Park and Recreation**  
 2659 East 7th Street or 2100 White Bear Avenue  
 Maplewood, MN 55119 Maplewood, MN 55109  
 (779-3555) (738-9383)

Registration

Park and Recreation  
Special Section

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*Happy Birthday!!*



**Maplewood Community  
Center Birthday Party**  
*Sunday, October 15, 1995*



Free Admission to MCC all day!  
 Drawings every hour... Win a 3-month MCC Memberships!  
 Tours on the hour... 2:00pm - 6:00pm!  
 Show your Membership card and receive a *Free Gift* (while they last)!

**Schedule of Events**

- 2:00 Heritage Theatre presents *Oliver!*  
(Purchase tickets from Heritage Theatre Co.)
- 2:00 "H2O"robics class *FREE* in the lap pool (2:00 - 3:00pm)
- 3:00 "**Crunch**" from the Minnesota Timberwolves in Gym
- 3:00 **Sami Dare** - Hypnotist, in Banquet Room - space limited
- 3:00 *FREE* Caricatures, Balloons, Face Painting
- 3:30 Controlled Impact Aerobics Class *FREE* in Aerobic Room
- 4:00 Water Carnival in the Pool - swimsuits required!  
(Pool will be limited in open swim space 4:00 - 6:00  
due to carnival events)
- 5:00 Step into Fitness Aerobic Class *FREE* in Aerobic Room
- 5:00 *FREE* Birthday Cake served in Banquet Room
- 6:00 *FREE* Concert in the Theater featuring "The Teddy  
Bear Band"

For additional information please call 779-3555

**Maplewood  
City Council**



- Mayor ..... Gary Bastian
- Council Member ..... Sherry Allenspach
- Council Member ..... Dale Carlson
- Council Member ..... Marvin Koppen
- Council Member ..... George Rossbach
- City Manager ..... Michael McGuire

**City Hall**

1830 East County Road B  
 Maplewood, MN 55109

612/770-4500

TDD-612/770-4500

**Hours:**

Monday - Friday 8:00a.m. - 4:30p.m.

Bulk Rate  
 Car-Rt Pre-Sort  
 U.S. Postage  
**PAID**  
 Permit No. 4903  
 St. Paul, MN

**Residential Customer**

Upon request this newsletter will be made available in an alternate format such as large print or audio tape. Contact the City of Maplewood at 770-4500.

**DATED MATERIAL**  
 Deliver by August 25, 1995

# MAPLEWOOD

# MOTION

Volume 4, Number 10

Official City Newsletter

October 1995



## Administration

Dear Neighbors:

A typo caused me to miss my August Forum even though some of you were there. Thanks to Sherry Allenspach, who was there, their concerns were heard and have been addressed. A low point in my Forums was reached in July, when no one attended. Maybe it was the extreme heat we had. The old record was January, 1992 when one person attended a Saturday session.

I still plan to reserve the first Saturday of the month during the school year for meetings with you. There are times when the day is changed to the second Saturday, so look elsewhere in the *Maplewood In Motion* to confirm the date and location.

I had an interesting summer. I served on two groups that will have an impact on our pocketbooks as time passes. I was a member of the Weber-Brandle group appointed to look at the funding of local governments. The State-provided local government aid will decrease as the State Budget struggles with federal budget cuts and the demands for increases from the various programs funded at the State level. Cuts up the ladder will force Maplewood and other local governments to examine their budgets and prioritize services. More public input will be recommended, as well as encouraging local units of government--all levels--to explore and utilize cooperative approaches to delivering their programs.

The other group was the Governor's Commission on Public Sector Employment Contracts where I was asked to serve as a resource person. The State Auditor attempted to define the nature of compensation benefits provided to highly paid public officials. Highly paid officials are defined as those receiving more than \$68,703 a year. Maplewood has only one employee in that category. Practices varying between all the different political subdivision. For instance, schools hire superintendents on three-year contracts. One Hennepin County unit provided a \$4,000-a-year contribution to an employee's health club membership.

Under current state law there is a cap on local government salaries. The cap is tied to the Governor's salary. The Commission is examining the possibility of greater disclosure to the public on the full extent of public officials' compensation, whatever is provided. I think it is a fine idea. We deal with all compensation issues at our public meetings. It should be that way.

Mark October 28 on your calendar. It's the day of the Red Ribbon Parade. It's scheduled for Maplewood this year (at least at this writing), starting at John Glenn Middle School and ending up at the Maplewood Community Center. Food will be served in the parking lot.

Finally, remember to vote November 7 in City and school elections.

Sincerely,

Gary Bastian  
Mayor

### MAPLEWOOD GOVERNMENT CHANNEL

The City has a government channel on cable TV which operates 24 hours a day. If you have basic cable service, current City information and programs can be viewed on **Channel 64** (if you have a converter box), or **Channel 56** (if you have a cable-ready TV).

**Mondays, October 9 and 23 at 7 p.m. – City Council Meetings** – cable cast live from City Hall.

Thursdays, October 12 and 26 at 7 p.m. – Rebroadcast of the City Council meeting that was conducted on the previous Monday.

If you are interested in a special viewing of the City Council meetings, contact the City Manager's office. Tapes of the meetings are kept for 30 days.

## Council Corner

The City Council conducted two regular meetings during the month of August. The highlights of those meetings were:

- Authorized an agreement with the Minnesota Pollution Control Agency to conduct an Innovative Storm Water Management Project in Maplewood.
- Approved a joint powers agreement with Woodbury to share costs for a feasibility report for providing sanitary sewer service along Century Avenue from Highwood to Linwood.
- Approved a Land Use Plan change, a Conditional Use Permit and design approval for the Tri-District Community Elementary School planned for a 28-acre site on the south side of County Road B, east of Cub Foods.
- Vacated Keuffner Place west of the westerly Arcade Street right-of-way.
- Approved a Conditional Use Permit and site plan approval for a used motor vehicle sales lot at 135 Century Avenue North.
- Approved one-year time extension for the Amber Hills revised preliminary plat along with vacation of the street right-of-way for that part of Crestview Drive between Schaller Drive and the south property line of Amber Hills 1st Addition .
- Denied the west one-half of the 1994 Mapleleaf Estates preliminary plat and approved the revised preliminary plat.
- Extended the Conditional Use Permit for the Compost Site on Beam Avenue with the new requirement of reporting on a yearly basis.
- Authorized the competitive negotiated sale of \$1,215,000 General Obligation Tax Increment Refunding Bonds and \$915,000 General Obligation Improvement Bonds.
- Reviewed and renewed the Conditional Use Permit allowing Schroeder Milk to expand their dairy produce processing and distribution facility at 2080 Rice Street.
- Amended the Alarms and Alarm Systems Ordinance.
- Authorized an agreement with School District 622 to place antennas on two Maplewood water towers.

## Important City Meetings

Your City Council meets on the 2nd and 4th Monday of each month, and other meetings as scheduled. The other commissions/boards meet regularly to provide input to the Council. All meetings are held at City Hall, 1830 East County Road B, Maplewood.

### CITY COUNCIL MEETINGS

7:00 p.m.; October 9 & 23  
2nd & 4th Monday

### COMMUNITY DESIGN REVIEW BOARD

7:00 p.m.; October 10 & 24  
2nd & 4th Tuesday

### HOUSING & REDEVELOPMENT AUTHORITY

7:00 p.m.; October 10  
2nd Tuesday

### HUMAN RELATIONS COMMISSION

7:00 p.m.; October 3  
1st Tuesday

### PARK & RECREATION COMMISSION

7:00 p.m.; October 16  
3rd Monday

### PLANNING COMMISSION

7:00 p.m.; October 2 & 16  
1st & 3rd Monday

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### MAYOR'S FORUM

**BE INFORMED  
BE INVOLVED**

*Come meet the Mayor  
at this month's forum. Bring a friend  
or neighbor.*

The Mayor's Forums are held the first  
Saturday of the month.

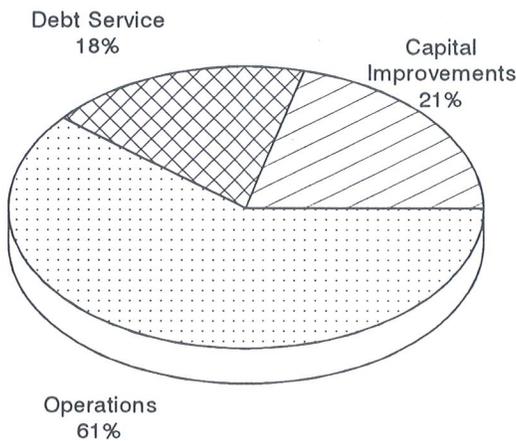
October 7, 1995  
10:00 a.m. - 12:00 noon  
Maplewood Community Center  
Theater  
2100 White Bear Avenue  
Maplewood, MN

# Finance

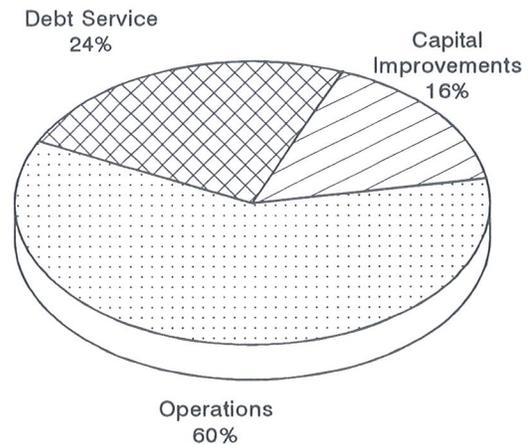
## No Tax Increase In Maplewood's 1996 Budget

The City Council has accomplished one of its top objectives: no increase in the city's tax levy for 1996. The 1996 Proposed Budget prepared under the direction of Michael McGuire, City Manager, recommends a tax levy for 1996 of \$8,572,900. This is the same amount as 1995. Other budget highlights include the addition of a police officer to be funded by a federal grant, implementation of recreation programs at the Carver and Edgerton community gymnasiums and maintenance of the present level of services provided by all other departments.

The total proposed 1996 Budget recommended by the City Manager is \$34,411,000 which is 0.3% less than 1995. This includes \$20,746,000 for operations, \$5,335,000 for capital improvements and \$8,330,000 for debt service. The proposed budget for operations is 0.4% less than 1995 and the proposed budget for capital improvements is 27.6% less than 1995. Offsetting these decreases is a 32.1% increase in the budget for debt service. The following pie charts provide a comparison of the 1995 Budget with the 1996 Proposed Budget.



1995 Expenditures By Category  
\$34.5 Million



1996 Expenditures By Category  
\$34.4 Million

By November 24, Ramsey County will mail notices to each taxpayer that includes a comparison of 1995 taxes and proposed 1996 taxes. Maplewood's public hearing on the proposed 1996 taxes will be held at 9:00 a.m. on Saturday, December 9.

The November issue of Maplewood In Motion will contain detailed information on the proposed 1996 Budget. A copy of the proposed 1996 Budget is available for review at the Ramsey County Public Library in Maplewood. For more information, please contact the Finance Director at 770-4510.

## Emergency Management

### Maplewood 4x4 Unit

Do you own a four-wheel-drive vehicle and like to go four-wheeling in the snow? Do you enjoy helping people? If so, we need people like you to join our volunteer 4x4 Unit.

The Maplewood 4x4 Unit was formed in 1984. During severe snow storms and extreme cold, volunteers have traveled the streets of Maplewood assisting stranded motorists, getting Maplewood hospital and nursing home staff to/from work, and assisting those who cannot get out for needed medications.

Many of our volunteers work as husband/wife or parent/child teams. The only requirements to join our 4x4 Unit are a valid Minnesota driver's

license, a good driving record and, of course, a four-wheel-drive vehicle.

We usually hold one meeting each season. This year's meeting will be held Saturday, October 21 at 9:00 a.m. If you are interested in becoming a member or would like more information, please join us at this meeting.

This is a good chance to make new friends, help out and have fun. If you're willing to contribute time and effort to community service, join us at our meeting on October 21. Give us a call at 770-4547 to let us know that you will be attending and/or to request an application.

### Surviving Winter Storms in Your Car

According to the National Weather Service, 36% of all winter storms affect Minnesota in some part. Most deaths that occur during winter storms are related to driving.

Travel during a winter storm should be avoided unless absolutely necessary. If you must venture out during a winter storm, use common sense, dress properly, travel with someone else and tell someone where you are going. Equip your car with a winter survival kit containing items like blankets or sleeping bags, extra winter clothing, candles, matches, flares, a flashlight, jumper cables, rope, a shovel and sand.

If you do become stranded, the following guidelines should help you to survive:

- STAY IN THE CAR!
- Run the engine only when necessary.
- Open windows slightly (on side away from wind) when running the engine.
- Make sure the exhaust pipe is clear of snow.
- Hang a cloth from a window or antenna, or display a trouble sign after wind slows down and visibility is good.
- Leave the dome light on at night and/or flash directional lights when visibility is good.
- Preserve your energy, don't try to shovel out.
- Do not remain in one position for long periods of time. Exercise mildly, massage each other, warm hands under arms or between legs.
- Sleep in shifts (if alone, stay awake).
- Drape rubber floor mats over lap, legs or over children for extra insulation.
- Ration your food items.

Don't expect to be comfortable. Your goal is to survive until you are found. Remember, your car is your shelter—don't leave it. The storm will pass and you will be found.

For more information on winter storms, call us at 770-4547.

## Public Works

### Storm Sewers Are For Storm Water Only

Throughout the past two years, public works has published several articles that have addressed the issue of improving water quality in our city. We have discussed water quality as it related to our wetlands, storm water management policy, water conservation, and what residents can do to be part of the solution in helping to reduce urban water pollution and to protect and preserve our existing water resources.

Autumn is here and to some this means changing the oil and antifreeze in your vehicle. To others this means raking leaves and mowing the lawn one last time before the first snowfall. What does motor oil, antifreeze, leaves, and grass have to do with water quality? PLENTY— if these wastes are dumped into the city's storm sewer system. ***Storm sewers are intended for one thing only—storm water.***

A common misconception about storm sewers, is that water and materials that flow into storm sewers go to a waste water treatment plant. Unlike the city's sanitary sewer system that carries away waste water, there are no treatment plants to remove pollutants from water in a city's storm sewer system.

The dumping of motor oil, antifreeze, leaves, grass, and other debris into storm sewers is not only illegal, it is polluting. Remember, what goes down a storm sewer flows into storm water holding ponds and ultimately to downstream wetlands, lakes, and rivers. The adverse effect on the quality of both ground and surface waters, as well as wildlife habitat, is obvious. One gallon of oil will pollute hundreds of thousands of gallons of water that will ultimately be the source of your drinking water.

It is widely known among water quality planners that phosphorus is the leading cause in the deterioration of water quality in lakes and ponds. When "artificially" introduced into water bodies as a result of human activity, phosphorus can lead to the overgrowth of aquatic vegetation, emergence of algae, depletion of oxygen, the loss of game fish, and the accelerated aging and premature decline of a water body.

Among the major contributory factors to the pollution of water in urban areas are the practices carried out by property owners in the maintenance of the home landscape. These can include the overuse of phosphorus fertilizers, detrimental mowing practices, the placement of compost piles

and grass clippings near ponds, and the disposal of oil, antifreeze, and other household chemicals and cleaning agents into the storm sewer system.

### Maplewood Residents Can Play A Vital Role in Water Quality

Because we all have a stake in the quality and quantity of our water supply, the voluntary assistance of city residents is part of the solution in helping to reduce urban water pollution. The following suggestions are offered:

- Do not rake leaves into the gutter under the assumption that the street sweeper will clean them up. Dry leaves are very difficult to pick up with a street sweeper and will likely be washed down the storm sewer before the sweeper gets to your neighborhood.
- When mowing, direct the discharge of your mower towards the interior of your lawn to avoid depositing the clippings directly into the street. Grass clippings, like leaves, can be washed into the storm sewer and ultimately into a downstream water body. As grass clippings and leaves decompose in a water body, they release high levels of phosphorus and nitrogen.
- Whenever possible, avoid using a grass catcher when mowing your lawn. Research has shown that leaving clippings on your lawn is equal to approximately one fertilizer application each year.
- If you do not compost your grass clippings and leaves, you can bring both to the Ramsey County compost site located in Maplewood on Beam Avenue, east of Highway 61, and at the Battle Creek site located off London Lane, west of McKnight Road in St. Paul. Fall hours for both sites will be Monday, Wednesday, and Friday from 10 a.m. to 6 p.m., Saturday from 9 a.m. to 5 p.m., and Sunday from 11 a.m. to 5 p.m. beginning October 1 and running through November 29.
- Used motor oil and antifreeze can be properly disposed of through Maplewood's curbside recycling program. Put used oil and antifreeze in separately marked and sealed one-gallon non-breakable containers. Never mix oil and antifreeze. Mixing creates a hazardous waste that is both more complicated and expensive to recycle.

Be part of the solution, not part of the problem, by using these simple pollution abatement techniques.

### Small Incinerators To Be Banned

Small waste incinerators belching smoke from shopping centers, schools, apartment buildings, homes and many other sources throughout Minnesota are destined to become a thing of the past, the Minnesota Pollution Control Agency says. Operators of such small incinerators have until January 30, 1996, to plan other ways to manage their wastes. On that date, the use of most small incinerators, new ones and those already existing, will be banned by state law.

The MPCA says that with more than a year to plan how to dispose of wastes without burning them, and with the demand for recyclable waste materials rising, facilities should be able to find economical disposal alternatives.

These steps will protect public health and the environment from the pollutants released by small

incinerators. The MPCA staff says that such incinerators generally lack sufficient pollution control equipment and release large quantities of air pollutants. The agency estimates that these small incinerators are responsible for 93% of the dioxin emissions from waste combustion in Minnesota.



The new MPCA waste combustor rule that includes the ban on small incinerators allows their continued use at hospitals, crematoria and a few other types of facilities. However, the rule includes extensive requirements for permitting, operating, testing and reporting on incinerators of all sizes.

If you have any questions, please feel free to call the Fire Marshal at 770-4546.

### Public Works

#### Tree Trimming Time

Autumn is boulevard tree trimming time for our street maintenance crew. City forces trim boulevard trees for safety and operational reasons, rather than for aesthetics. Any boulevard tree that overhangs the street and is an impediment to street maintenance and snowplowing is trimmed in the fall and during winter when necessary. Trimming boulevard trees becomes necessary when a snowplow truck is unable to safely pass a tree when the truck's dump box is up for sanding.

Reasonable tree trimming practice dictates the trimming of branches back to the trunk rather than partial limb removal. If you have any questions or concerns, call public works at 770-4550.

#### Community Violence Symposium

Twin cities leaders will gather to speak about the issue of community violence at Lakewood Community College's 20th Annual Symposium: *Responding to Violence; Reweaving the Fabric of Community.*

The symposium will be held Oct 23rd to the 27th on the Lakewood campus.

For more information, you may call 779-3222.

#### Human Relations Commission Applications Sought

Maplewood City officials are taking applications from City residents to fill a vacancy on the local Human Relations Commission which meets the first Tuesday evening of each month. The Commission works to secure for all Maplewood citizens equal opportunity in housing, employment, public accommodations, public services, education, and to improve the human relations climate in the community. Applications are available by calling 770-4524. Deadline for applications is October 27, 1995.

### City Clerk

Primary Election



The results of the primary held on September 12:

- \* Dale H. Carlson ..... 551
- Lowell A. Colliander ..... 188
- \* Gary R. Hook ..... 396
- Frances L. Juker ..... 290
- \* George F. Rossbach ..... 581
- \* Joseph A. Zappa ..... 335

\* Will appear on the ballot for the General Election on November 7.

# Maplewood Athletic Association

Another season of MAA Baseball has just been completed, and the Board of Directors of the Maplewood Athletic Association would like to take this opportunity to thank all of the participants who helped make the past season of MAA Baseball a successful one.

## In-House Program

Congratulations to all of the *In-House* teams who received awards during the 1995 season. They are as follows:

### 1995 Post-Season Tournament Results

	C-League Div. I	B-League Div. II	B-League Div. II	A-League Div. I	Midget League
1st	Pirates	Dodgers	Rangers	Cubs	White Sox
2nd	Yankees	Expos	Mariners	Athletics	Yankees
3rd	Orioles	Pirates	Cardinals	Pirates	Tigers
Cons. I	Mets	Athletics	Mets	Mariners	Blue Jays
Cons. II	Mariners			Rockies	



Maplewood's "11 and under" tournament team gets last minute instructions prior to taking the field at the MSF state tournament held in Rosemont, MN.

### 1995 Regular Season First Place Finishers

C League  
B-Amer. Lge.  
B-Nat. Lge.  
A-League  
Midget

Pirates  
Pirates  
Dodgers  
Mariners  
Tigers

### 1995 Sportsmanship Winners

Pirates  
Royals  
White Sox  
Rockies  
Blue Jays



Maplewood Tournament Team "11 year olds". Ryan Naughton, Danny Pluff and Dan Mauer take practice swings during Minnesota Sports Federation State Tournament held in Rosemount.

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The Maplewood Athletic Association would like to say "THANK YOU" to all the coaches who volunteered their time and talents during this 1995 season of MAA baseball. We also would like to thank all of the assistant coaches, scorekeepers, base coaches, and anyone else who helped out.

The *In-House* coaches for this season are listed below:

<u>C-League</u>	<u>B-League</u>	<u>A-League</u>	<u>Midget League</u>
Tim Pleggenkuhle	Tom Avery	Dave Lombardi	Mark Prigge
Mike Holder	Greg Nelson	Mark Naughton	Hap Schultz
Tom Lais	Larry Podobinski	Larry Benson	Dennis Kringle
Larry Shanley	Loren Mack	Phil Dezelar	Rick Saniti
Mark O'Neill	Mark Bradley	Bill Prierfer	Nick Francis
Ron Rice	Keith Ringold	Don Newpower	
Peter Ryan	Wally Wickard	Richard Svendsen	
Mike DeRosa	Jim Wahlstrand		
	Greg Walker		
	Jerry Harrigan		
	Lowell Colliander		
	Mark Thompson		

---

### M.A.A. Travel Program

The 1995 season was a successful one for all of our Maplewood teams—with our 10-year olds through our 17-year olds being competitive. Among the titles earned by the various teams were: League Champion, Tournament Champion, Second and Third Place finishers, and a state tournament appearance.

Congratulations to all of the players, parents and fans, and many thanks to our coaches, who are listed below:

10-year old coach: Tom Nikolas  
 11-year old coach: Jerry Harrigan  
 12-year old coach: Dan Nerud

13-year old coach: Bud Beck  
 14-year old coach: Don Larson  
 17-year old coach: Dick Schmidt

Also, a special thank you to all of the assistant coaches and team managers whose help with their team was very much appreciated.

## Maplewood Athletic Association

### Special Thanks Go Out To...

- ◆ Lynn and Ken Krekelberg and Karen Rasmussen for their efforts in running the concessions at the Spring and Post-Season tournaments.
- ◆ Ken and Lynn Krekelberg for providing computer graphics to advertise registrations and food concessions.
- ◆ Peg Foley, for recruiting team sponsors for this season.
- ◆ Jerry Hanson, for handling registrations and distributing the coaches surveys. And also for handling the sale of St. Paul Saints shirts and sweatshirts at registrations.
- ◆ The City of Maplewood Parks and Recreation Department for their help with scheduling, permits, field preparation, coaches certifications, etc.
- ◆ Jeff Pluff for organizing the travel program and taking care of travel uniforms and equipment.
- ◆ Greg Walker and Jerry Harigan for taking care of *In-House* equipment and uniforms.
- ◆ Gayla Pleggenkuhle, Shirley Berg and Jane Harrigan for 'sorting and bagging' the *In-House* uniforms.
- ◆ Greg and Jane Walker for their handling of the MAA-SAINTS DAY ticket sales and distribution.
- ◆ Tom Nikolas for his recruitment and training of our umpires.
- ◆ Jerry Harrigan for handling the trophies and medals.
- ◆ Hap Schultz for organizing the *In-House* program and tournaments.
- ◆ Area directors (Ken Krekelberg, Greg Nelson, Bud Beck and Dave Lombardi for organizing the *In-House* teams
- ◆ *All of those people who may not be mentioned above who also gave of their time and talents. We apologize for any oversights.*

We wish all of our members and volunteers a great fall, and we hope to see you next year.

Sincerely,

MAA Board of Directors

### **M.A.A. Board Meetings**

The M.A.A Board of Directors meets on the third Tuesday of each month at Maplewood City Hall at 7:00 p.m. (9:00 p.m. in June and July at the Little Canada City Hall). All are welcome to attend. We are always looking for new ideas and suggestions, as well as new volunteers to help our organization grow and serve the youth of Maplewood.

At the September meeting, nominations were taken for the 1995-1996 Board of Directors. Elections will be held at the October meeting.

*Please attend a meeting and see what we are all about.*

**1994-1995 Board of Directors  
Maplewood Athletic Association**

President  
Jerry Harrigan  
(H) 739-1535  
(W) 733-9584

Vice President  
Greg Walker  
738-3260

Secretary  
Karen Rasmussen  
770-6428

Treasurer  
Tom Nickolas  
777-0134

Member At Large  
Greg Nelson  
776-2195

Member At Large  
Bud Beck  
489-5345

Travel Director  
Jeff Pluff  
770-7188

In-House Director  
Hap Schultz  
771-1082

Area Directors  
Carver: Ken Krekelberg, 738-8817  
Gladstone/North: Dave Lombardi, 777-6728  
Parkside: Greg Nelson, 776-2195 and Bud Beck, 489-5345

**MAA INDOOR SOCCER**

*MAA also wishes to thank Greg Michael and Ken Krekelberg for organizing and coaching our first ever MAA Indoor Soccer Team during the past 1994-1995 season.*

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# COMMUNITY DEVELOPMENT

## Home Repairs for Low-Income Homeowner (Suburban Ramsey County)



Are you a low-income homeowner with a home in need of repair? Or do you know someone with this need?

The Metropolitan Council's Housing Redevelopment Authority (Metro HRA) administers the Minnesota Housing Finance Agency (MHFA's) Home Rehabilitation Deferred Loan/Grant Program for low-income people in Suburban Ramsey County. The deferred loan is a loan without interest or monthly payments. The loan **NEED NOT** be repaid unless the borrower sells, transfers, or stops living in the improved property within ten years of the loan date. Owners are to use deferred rehabilitation loans for basic repairs that make a home more livable, energy efficient, or accessible to a disabled occupant.

Improvements such as electrical wiring, plumbing, roofing, heating, insulation and accessibility improvements may be eligible. You may receive up to \$10,000 to make these basic repairs to your home.

To qualify, applicant's annual adjusted income may not exceed \$10,000 and assets (excluding the value of the property to be improved and two surrounding acres) may not exceed \$25,000. The income level adjustments would include \$1,000 for each resident. The Metro HRA also may consider a special deduction for extraordinary medical expenses.

If your household's annual adjusted gross income is \$18,000 or less, Metro HRA has a 3% loan available. Homeowner may take up to 15 years to pay the loan back. There is a minimum payment of \$20 a month.

Other funding resources also may be available.

For more information, please call the Metro HRA at 291-6596.



### Maplewood City Council



Mayor ..... Gary Bastian  
Council Member ..... Sherry Allenspach  
Council Member ..... Dale Carlson  
Council Member ..... Marvin Koppen  
Council Member ..... George Rossbach  
City Manager ..... Michael McGuire

**City Hall**  
1830 East County Road B  
Maplewood, MN 55109  
(612)770-4500  
TDD-(612)770-4500

**Hours:**  
Monday - Friday 8:00 a.m. - 4:30 p.m.

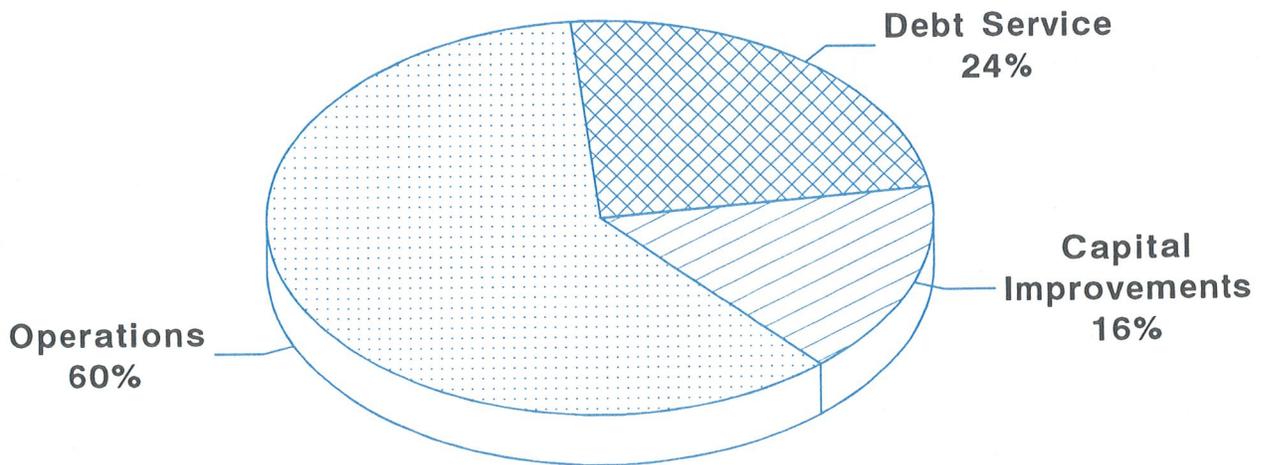
Bulk Rate  
Car-Rt Pre-Sort  
U.S. Postage  
PAID  
Permit No. 4903  
St. Paul, MN

## Residential Customer

"Upon request, this newsletter will be made available in alternate format such as large print or audio tape. Contact the City of Maplewood at 770-4500".

**DATED MATERIAL**  
Deliver by September 25, 1995

## 1996 BUDGET



### NOTICE OF PUBLIC HEARING ON THE PROPOSED 1996 BUDGET

Saturday, December 9, 1995  
9:00 a.m.  
City Council Chambers, City Hall

Details on pages 4 and 5.

## Administration

Dear Neighbors:

Today's topic: **What can we do to keep the Water Clean?** It is a matter of bringing the community's awareness to a new level about the "things" we use on our lawns and gardens. Pesticides that are being introduced into sanitary and storm water sewer systems can cause environmental and treatment problems for us. For example, a state-of-the-art sanitary sewer treatment facility in Kentucky kept failing biomonitoring tests. After spending \$300,000 (the decimals are in the right place), officials found that excessive diazinon pesticides were the cause of the problem.

At risk are the facilities that discharge treated sanitary sewer water into streams and rivers. Since the treatment plants are public entities any fines, testing requirements, and plan modifications increase our property tax payments.

Aside from the financial impact, there are the complicated ecological impacts on the food chain so critical to our gardens, crops, animals, water resources, and people..

So, what can you do?

- Avoid disposing of pesticides in sinks, toilets and storm drains.
- Buy and use only recommended amounts on your lawns if you do have pest problems.
- Read and follow all directions carefully.
- Mix pesticides on the lawn, not on driveways or sidewalks and apply in quantities specified on the container/package.
- Postpone application of pesticides if rainfall is expected within a few hours of the application.
- Do not water lawn too much after an application to avoid the runoff.
- Rinse off all mixing containers before you dispose of them in the garbage. Pour or spray the rinse water on the targeted areas of your lawn or garden.
- Retailers can assist by stocking small quality containers, or pre-measured packets, so leftovers are minimized.
- Retailers can display signs and brochures about the pesticides and their safe usage. Store clerks can be trained in the use, storage and disposal of pesticides.
- If possible environmentally safe products can be stocked and displayed for the customer's convenience.

You can contact the County Extension office at 777-2777 for more information. For disposal, the County's Hazardous Waste collection site in Maplewood (temporary site) will be at Aldrich Arena next spring. Call 633-EASY for more information.

Sincerely,

Gary Bastian  
Mayor

P.S. Remember to vote November 7 in City and School District Elections.

### **MAPLEWOOD GOVERNMENT CHANNEL**

The City has a government channel on cable TV which operates 24 hours a day. If you have basic cable service, current City information and programs can be viewed on **Channel 16**.

**Mondays, November 13 and 27 at 7 p.m. – City Council Meetings – cable cast live from City Hall.**

**Thursdays, November 16 and 30 at 7 p.m. – Rebroadcast of the City Council meeting that was conducted on the previous Monday.**

If you are interested in a special viewing of the City Council meetings, contact the City Manager's office. Tapes of the meetings are kept for 30 days.

The City Council conducted two regular meetings during the month of September. The highlights of those meetings were:

- Extended appreciation for the volunteer contributions of Marvin Sigmundik who served on the Maplewood Planning Commission for the past 12 years.
- Approved the Hillcrest Heights final plat for 8 lots for houses along the new Hoyt Avenue north of Montana Avenue.
- Approved the Southwinds Townhomes Second Addition final plat for 13 double dwellings (26 units) on the east side of Beebe Road, south of the Southwinds Townhomes First Addition.
- Revised a previous Conditional Use Permit; approved a preliminary plat, increased front yard setbacks, a Land Use Plan change from R-3M (Residential Medium Density) to R-1 (Single Dwelling) and a Zoning Map change from R-3 (Multiple Dwelling) to R-1 (Single Dwelling) to allow development of lots for 7 single-family homes on a 2.56 acre site on the west side of Beebe Road north of Larpenteur Avenue. The development will be called Southwinds of Maplewood Third Addition.
- Approved renewal of the St. Paul Educational Foundation's Charitable Gambling License with the State of Minnesota.
- Approved a preliminary plat and a Zoning Map change from F (Farm Residential) to R-1 (Single Dwelling) for the Amber Hills Fifth Addition, for development of 27 lots for homes along Sterling Street south of Linwood Avenue.
- Tabled until December 11, 1995, at the request of the applicant, a proposal to build a Holiday Station

Store at the southeast corner of McKnight Road and Lower Afton Road.

- Approved a Land Use Plan change from R-3(H) (Residential High Density) to LBC (Limited Business Commercial) and rezoning from F (Farm Residence) to LBC (Limited Business Commercial) for a 1,600-square-foot dental clinic on a 1.5-acre site on the north side of 11th Avenue between White Bear Avenue and Ariel Street.
- Granted an on-sale liquor license to Paul J. Mateyka, Jr. at Dean's Tavern, 1986 Rice Street.
- Acting as a Canvassing Board, certified the results of the September 12, 1995 Primary Election as follows:

Dale H. Carlson .....	551
Frances L. Juker .....	290
Lowell A. Colliander .....	88
George F. Rossbach .....	581
Gary R. Hook .....	396
Joseph A. Zappa .....	335

- Authorized entering into an agreement with the Minnesota Pollution Control Agency to conduct the Maplewood Innovative Storm Water Management Project.
- Approved specifications and authorized advertising for bids for replacement of a sewer cleaning machine.
- Authorized the purchase of a 35,000 GVW Single Drive Axle Truck through the State of Minnesota contract.
- Authorized entering into a grant agreement with the Minnesota Department of Public Safety, Office of Traffic Safety, for participation in the SAFE AND SOBER COMMUNITIES Project, running from October 1, 1995 through September 30, 1996.

**MAYOR'S FORUM**

Saturday, November 11, 1995 – 10:00 a.m. – Maplewood City Hall  
(Note Date Change)

Come to a joint town meeting—Representatives Betty McCollum, Mindy Greiling, Walt Peralt and Sherry Broeker will meet at Maplewood City Hall to discuss “*What government ought to be doing.*” Elected representatives from Districts #622 and #623, Ramsey County, North St. Paul, Little Canada, Roseville, Woodbury and Oakdale are going to be invited to participate.

Our focus is: What waste and inefficiencies can be eliminated at our state, county, city and school district levels? What can government do to coordinate services to you, the taxpayer? What services are necessary, what are not and who best can deliver the service?

This is not a lecture series, but an opportunity to come in and discuss ideas you have about government. Talk to the people that can make it happen.

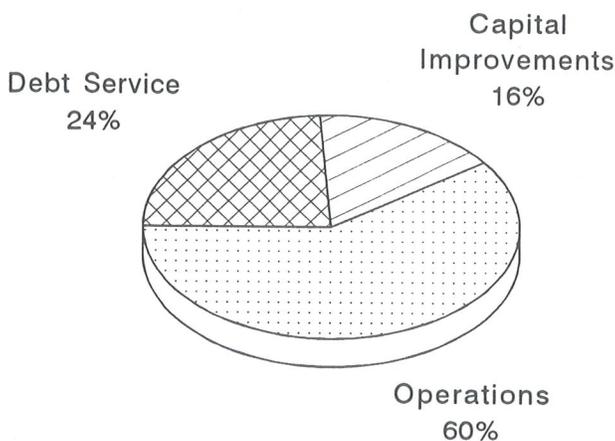
If you want more coordination and cooperation between levels of government; or you know things that can be eliminated, altered or improved; or have new ideas for government operations, **come and participate.**

## Proposed 1996 Budget

The City's 1996 Proposed Budget includes planned expenditures totaling \$34.4 million. Highlights of the proposed budget are the addition of a police officer to be funded by a federal grant, implementation of recreation programs at the Carver and Edgerton Community gymnasiums and maintenance of the present level of services provided by all other departments. General Fund per capital expenditures will increase by 1.3% in 1996.

The proposed tax levy for 1996 is the same as 1995. Since the tax levy is the same and new construction has increased the city's tax base, many homeowners should have a decrease in the city portion of their tax bill in 1996.

The allocation of Maplewood's 1996 Proposed Budget is included in the following chart:

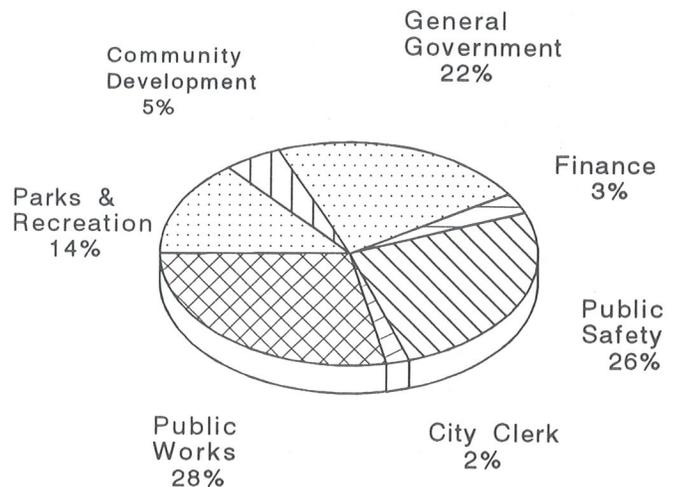


**Expenditures By Category  
\$34.4 Million**

The Proposed 1996 Budget will be financed by revenues, use of surplus balances and bond issues. Revenues in the 1996 Proposed Budget total \$26.1 million. The two largest revenue sources are property taxes (32% of the total) and service charges (29% of the total).

### Operating Budget

The Operations portion of the budget covers basic City services such as police, fire fighting, street maintenance, recreation programs, park maintenance, planning, building inspections, recycling and utility maintenance. Expenditures by department are as follows:



**Expenditures by Department  
\$20.8 Million**

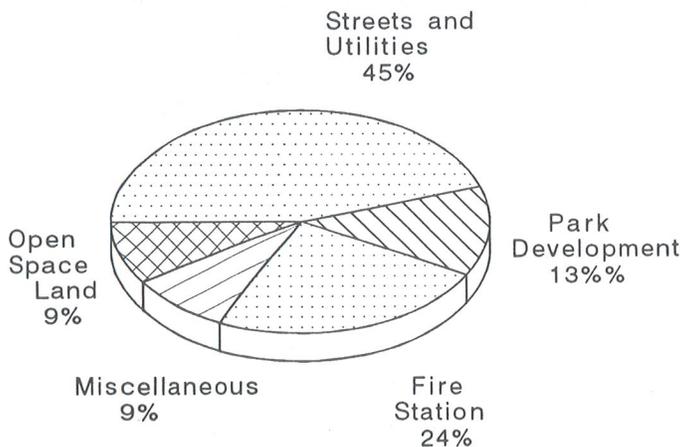
The total number of full-time employees included in the budget is 143 which is five more than the 1995 Budget. Most of the new full-time positions are for the community center.

## Capital Improvements Budget

The Capital Improvements portion of the budget covers the acquisition and construction of major facilities.

The projects in this portion of the budget are from the first year of the 1996-2000 Capital Improvement Plan which was adopted by the Council earlier this year.

Major items in the 1996 Capital Improvements Budget are indicated in the following chart:

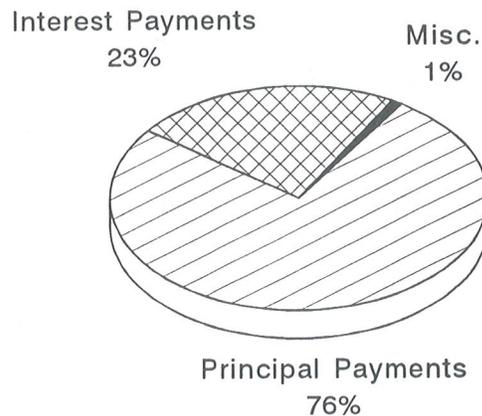


### Expenditures by Project \$5.3 Million

The planned 1996 expenditures include \$2.4 million for public improvement projects, \$0.5 million for open space land and \$1.3 million for replacement of the Gladstone Fire Station. Total capital improvement expenditures for 1996 are 27.6% less than the 1995 Budget.

## Debt Service Budget

The Debt Service portion of the budget covers the payment of principal and interest on the City's bonded indebtedness. The breakdown of these expenditures is shown in the following chart:



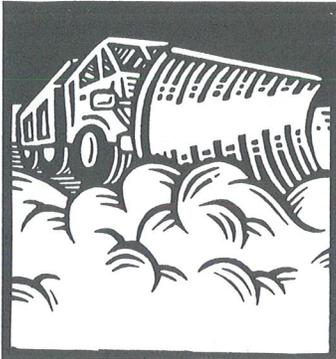
### Expenditures By Type \$8.3 Million

General obligation bonds totaling \$2.1 million are anticipated to be sold in 1996. At the end of 1996, the City's indebtedness will be \$29.8 million which is the same as projected at the end of 1995.

Further information on the City's 1996 Proposed Budget can be obtained by contacting the Finance Director at 770-4510. A copy of the 1996 Proposed Budget is available for review at the Ramsey County Public Library in Maplewood.

Ramsey County will mail a notice by November 24th to each taxpayer that will show the impact of the proposed tax levies being considered by the city, county and school district. It will also list the time and place of the budget hearing for each taxing district. Maplewood's public hearing on the 1996 Proposed Budget and tax levy will be held at 9:00 a.m. on Saturday, December 9th.

**Snow Removal Reminder**



As we approach another Minnesota winter, our public works department would like to remind all residents of a few ordinances that when adhered to result in faster, more thorough service, and provide

safer driving conditions for everyone. Cars left on the street greatly hinder our drivers from doing the first-class job of snowplowing that you are accustomed to in Maplewood. Additionally, many of the city's streets are not wide enough for vehicles to get through if cars are parked on both sides of the street. This is especially true for fire fighting equipment.

The following is a list of ordinances that affect the snow removal operation:

**Ordinance Section 18-26:** Parking of any vehicle on any street or road for more than 30 minutes during the time intervening between a snowfall and the plowing or removal of such snow is prohibited.

**Ordinance Section 18-27:** Parking of any vehicle on any street or road for more than two hours between the hours of 2 a.m. and 6 a.m. is prohibited.

**Ordinance Section 18-24:** Parking on bridge approaches or on any boulevard median strip, lawn, or grass plot is prohibited.

**Children + Snowplows = Danger**

Children and snowplows can be a very dangerous combination. We appeal to residents to keep children away from curbs and boulevards when snowplows are working, and to discourage digging or tunneling in snow piles on the boulevards. During heavy snowfall, plows are throwing tons of snow that can quickly bury a child or cause a tunnel to collapse.

**Do Not Crowd the Plow**

Keep a safe distance—at least 100 feet from the rear of a snowplow, especially near corners—as the snowplow often has to back up to replot the corner radius and sand the intersection. Motorists will often attempt to crowd or pass slower moving snowplows, or homeowners will attempt to protect their shoveled drive by standing at the entrance. Both practices invite disaster due to the lack of maneuverability of snowplows, the icy conditions, and the inability to see perfectly under blowing snow conditions. Remember, the only vehicles authorized to use flashing blue lights are snowplows and other road maintenance equipment. Please use caution when you see blue lights—slow down, keep a safe distance, and prepare to stop if necessary.

**Snow Removal Around Mailboxes and Fire Hydrants**

Each year public works receives calls concerning damage to mailboxes. The damage is usually caused by snow rolling off the snowplow and hitting the mailbox. Check now for loose boards, rotted wood, or deterioration of your mailbox and post. The city will not repair mailboxes damaged by snow thrown from the plow. Consult your local post office for mailbox replacement and height specifications.

It is also each resident's advantage to help keep fire hydrants clear of snow so that the fire department has quicker access in case of a fire.

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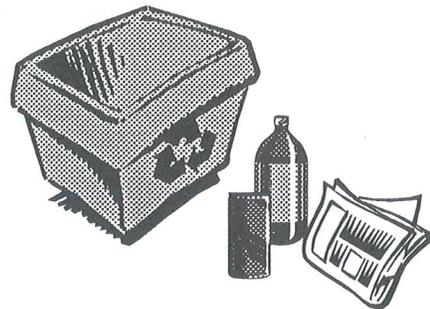
*Remember that it is illegal to deposit snow back into the streets after they have been plowed and sanded.*

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## 10 Tips for Managing Your Waste

1. Waste reduction—not producing waste in the first place—is the cheapest and most environmentally sound method of managing your waste. Examples include buying beverages in refillable, returnable bottles, and buying long-lasting products.
2. Reuse is another form of waste reduction. Examples include taking a reusable coffee cup to work, and reusing wrapping paper and boxes.
3. A variety of materials can be recycled by placing them on the curb for recycling pickup, using the recycling containers in your apartment complex, or taking them to recycling dropoff sites. Contact your city or apartment manager, or call **633-EASY (633-3279)**, for information on recycling for residents.
4. The Ramsey County Division of Solid Waste offers assistance to your business in reducing waste and finding ways to recycle. Call **773-4444** for information.
5. Call **633-Easy (633-3279)** for information on recycling or other solid waste issues.
6. Reduce the amount of yard waste you produce by leaving your grass clippings on the lawn or by backyard composting. Call the Ramsey County Extension Service at **777-2777** for information.
7. Eight County yard waste sites are open April through November, five days per week. There is no charge for residents to use the sites.
8. A household hazardous waste (HHW) site is open year-round in Mounds View, and additional sites are open during April to October. There is no charge at the sites. Help us keep program costs down—**reduce the HHW you produce!** Buy only what you need and avoid hazardous products if there is a safer alternative.
9. If you reduce, reuse, and recycle as much of your waste as you can, you may be able to pay your waste hauler a lower rate because the volume of your remaining trash will be reduced. Ask your hauler about low-volume service.
10. Do you know where your waste is going? As a homeowner, business owner, or taxpayer, you may end up footing the bill if your waste is disposed of in a landfill that later requires an expensive cleanup. Call **777-4444** for more information.



RAMSEY COUNTY SOLID WASTE AND RECYCLING HOTLINE .....	633-EASY (633-3279)
HOUSEHOLD HAZARDOUS WASTE (RECORDED MESSAGE) .....	633-9449
YARD WASTE SITE INFORMATION (RECORDED MESSAGE) .....	633-1204
BACKYARD COMPOSTING/LAWN CARE (EXTENSION SERVICE) .....	777-2777
BUSINESS ASSISTANCE .....	773-4444
RAMSEY COUNTY DIVISION OF SOLID WASTE .....	773-4444



# Preparing for Winter Storms

Become stranded in my home? In this day and age? Never! Unfortunately, it can and does happen. Just ask those in southern Minnesota who were without power for days after the 1991 ice storms. Or those who were unable to dig out of their homes for days because excessive amounts of snow had blocked their exits.

### **Before You Become Stranded in Your Home**

- ◆ Stock emergency water and cooking supplies.
- ◆ Store food that can be eaten without being cooked, along with a non-electric can opener.
- ◆ Keep battery-powered radio, flashlights and clock in working order. Stock extra batteries.
- ◆ Store candles and matches in case of a power outage.
- ◆ Supplies may be cut off; make sure you have enough heating fuel.
- ◆ In a power outage, your thermostat will not work. Have non-electric heating equipment and fuel available (kerosene heater, gas fireplace, or wood burning stove or fireplace) so one room of your house is warm enough to be livable.
- ◆ If you have a fireplace, store a supply of dry, seasoned wood.
- ◆ Keep fire extinguishers on hand. Make sure your family knows how to use them and knows basic fire prevention.
- ◆ If you have special needs like prescription medications, have as much on hand as possible and don't wait until the medication is gone before having it refilled.

### **If You Do Become Stranded or Isolated at Home:**

- ◆ Use heating fuel sparingly.
- ◆ Conserve fuel by keeping your home cooler than usual or by closing off heat to some rooms.

- ◆ When fuel heating devices are used (like kerosene heaters), keep adequate ventilation to avoid build-up of potentially toxic fumes. Be sure to use only the fuel recommended by the manufacturer and follow operating instructions.
- ◆ If you don't have a heat source, close off unneeded rooms. Stuff towels or rugs in cracks under doors. Cover windows at night.
- ◆ Be sure to eat and drink. Food provides your body with energy for making its own heat. Keep your body replenished with fluids to prevent dehydration.
- ◆ Listen to local radio stations for any instructions. During extensive power outages, emergency shelters may be set up where heat, food, etc. is available.

Remember, your goal is to survive until power is restored and/or you are able to get out of your home. Don't expect to be comfortable.

### **If you are stranded outside:**

- ◆ Find shelter, try to stay dry and cover all exposed body parts.
- ◆ If there is no shelter, make a lean-to, wind-break or snow cave for protection. Build a fire for heat and to attract attention. Put rocks around the fire to absorb and reflect heat.
- ◆ Do *not* eat snow, it will lower your body temperature. Melt it first.

## More Winter Storm Facts

**Winter storms** are deceptive killers because most deaths are related indirectly to the storm. People die in traffic accidents on icy roads, of heart attacks while shoveling snow, and of hypothermia from prolonged exposure to cold.

### Winter deaths related to ice and snow:

- ◆ About 70% occur in cars.
- ◆ About 25% are people caught out in a storm.
- ◆ The majority are males over 40 years old.

### Winter deaths related to exposure to cold:

- ◆ 50% are people over 60 years old.
- ◆ Over 75% are males.
- ◆ About 20% occur in homes.

**Dress appropriately.** Wear loose-fitting, light-weight, warm clothing in several layers. Trapped air insulates. Layers can be removed to avoid perspiration and subsequent chill which can lead to hypothermia. Outer clothing should be tightly woven, water repellent and hooded. Wear a hat. Half of your body heat loss can be from your head. Cover your mouth to protect lungs from extreme cold. Mittens that are snug at the wrist are better than gloves. Try to stay dry.

**Wind Chill** is the rate of heat loss from exposed skin caused by combined effects of wind and cold. As the wind increases, heat is carried away from your body at an accelerated rate, pushing down your body temperature. Animals are also affected by wind chill.

**Frostbite** is damage to body tissue caused by that tissue being frozen. Frostbite causes a loss of feeling and a white or pale appearance in extremities such as fingers, toes, ear lobes or the tip of your nose. If symptoms are noticed, get medical help immediately. If medical help is not available, *slowly* rewarm affected areas. **However**, if there are signs of hypothermia, warm the body core *before* extremities.

**Hypothermia** is low body temperature. Warning signs of hypothermia are uncontrollable shivering, memory loss, disorientation, incoherence, slurred speech, drowsiness and apparent exhaustion. If the person's temperature is below 95°F (35°C), immediately get medical care. If medical care is not available, *slowly* warm the body core first. Use your own body heat to help. Get the person into dry clothes and wrap them in a warm blanket covering their head and neck. Do not give alcohol, drugs, coffee or any hot beverage or food; warm broth is better. Do not warm extremities first as this drives the cold blood toward the heart possibly causing heart failure.

If you would like additional information on winter storms, contact us at 770-4547.



## Public Safety

### Attention Alarm Owners!

If you have a home or business with an alarm system, you should be aware that changes have been made to the City's alarm ordinance.

Alarm holders will now be required to register their alarm systems with the City for a one-time fee of \$40 (instead of annually). Registering this information with the City will assist the police in tracking down the alarm holder so that the alarm can be turned off and reset quickly.

The first two false alarms police respond to will be free of charge. There will be a \$25 fee for the third and fourth false alarm in six months, \$50 for the fifth alarm and \$100 for the sixth. If alarm owners don't pay their false alarm fees, the charges could be assessed to their property taxes.

False alarms are a significant problem for the police because they must respond to every alarm call, and it ties up officers who could be used elsewhere.

It is estimated that the Maplewood Police Department responded to more than 1,400 alarm calls in 1994, and approximately 80% of them were false alarms.

The reasons for false alarms vary. If an alarm is caused by severe weather, that will not be counted against the alarm holder. However, most false alarms are caused by cheap or improperly installed systems or owner error.

If you would like to know more about the new ordinance or need information about alarm systems, please call the Crime Prevention Officer at 770-4543.

Even though the City has year-around ordinance prohibiting the parking of any vehicle on the street for more than two hours between 2 a.m. and 6 a.m., permission may be granted to park on the street for up to fourteen nights in the event of special circumstances (such as when you are installing a new driveway). Simply call the Maplewood Police Department at 777-8191 and ask to speak to a supervisor.

## Administration

### Important City Meetings

Your City Council meets on the 2nd and 4th Monday of each month, and other meetings as scheduled. The other commissions/boards meet regularly to provide input to the Council. All meetings are held at City Hall, 1830 East County Road B, Maplewood.

CITY COUNCIL MEETINGS  
7:00 p.m.; November 13 & 27  
2nd & 4th Monday

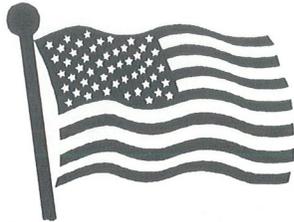
COMMUNITY DESIGN REVIEW BOARD  
7:00 p.m.; November 14 & 28  
2nd & 4th Tuesday

HOUSING & REDEVELOPMENT  
AUTHORITY  
7:00 p.m.; November 14  
2nd Tuesday

HUMAN RELATIONS COMMISSION  
7:00 p.m.; November 14  
(Note date change due to Elections  
on November 7)  
1st Tuesday

PARK & RECREATION COMMISSION  
7:00 p.m.; November 20  
3rd Monday

PLANNING COMMISSION  
7:00 p.m.; November 6 & 20  
1st & 3rd Monday



## Exercise Your Right to Vote

Following the Maplewood City Council Primary Election on September 12, the four candidates who received the most votes will appear on the ballot for the General Election on November 7. A sample of the Maplewood portion of the ballot, with the names of the candidates in alphabetical order plus two write-in spaces, will look like this:

**OFFICIAL BALLOT  
NONPARTISAN  
GENERAL ELECTION**

City of Maplewood

Ramsey County  
Minnesota  
November 7, 1995

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To vote: Complete the arrow  
pointing to the candidate of your  
choice, like this: -----

CITY OFFICES  
**COUNCILMEMBER**  
(Four Year Term)  
(Vote for Up to Two)

DALE H. CARLSON  
GARY R. HOOK  
GEORGE F. ROSSBACH  
JOSEPH A. ZAPPA

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The General Election will be held in the City of Maplewood, Ramsey County, Minnesota on Tuesday, the 7th day of November, 1995, between the hours of 7:00 A.M. and 8:00 P.M., in the following places within the city:

Precinct No. 1 Parkside Fire Dept. 2001 McMenemy Road	Precinct No. 5 Gladstone Community Center 1945 Manton Street	Precinct No. 9 Maplewood City Hall 1830 E. County Road B	Precinct No. 13 East Cty Line Fire Dept #1 1177 Century Avenue N.
Precinct No. 2 St. Jerome's School 380 Roselawn Avenue E.	Precinct No. 6 Hazelwood Fire Station 1530 E. County Road C	Precinct No. 10 Ramsey County Home 2000 White Bear Avenue	Precinct No. 14 Carver School 2680 Upper Afton Road
Precinct No. 3 Edgerton School 1929 Edgerton Street	Precinct No. 7 First Evangelical Free Church 2696 Hazelwood	Precinct No. 11 Maplewood Middle School 1896 Lakewood Drive N.	Precinct No. 15 East Cty Line Fire Dept #2 2501 Londin Lane
Precinct No. 4 Gladstone Fire Dept. 1900 Clarence Street	Precinct No. 8 Concordia Arms 2030 Lydia Avenue	Precinct No. 12 Beaver Lake School 1060 Sterling Avenue N.	Precinct No. 16 East Cty Line Fire Dept #2 2501 Londin Lane

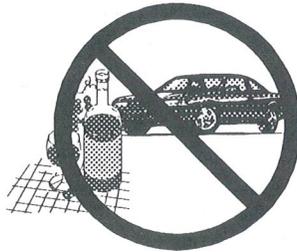
# PUBLIC SAFETY

## Kiss Your License Goodbye! (If You're Under 21 and Drink Alcohol and Drive)

In Minnesota, it's illegal to drink if you're under 21. If you drink and drive, you are not only subject to the state's DWI laws, you also face penalties under Minnesota's "Not A Drop" law.

Under this law, if an officer observes you operating a motor vehicle and determines you've been drinking, you'll lose your license for 30-180 days. The length of the suspension will depend on your prior record.

People under 21 make up 7% of all Minnesota's licensed drivers but account for 15% of the drivers involved in fatal crashes. This is because the driving ability of young people is more likely to be impaired by small amounts of alcohol than older drivers.



Other alcohol laws you should know about:

- A person under 21 who attempts to purchase an alcoholic beverage has committed a misdemeanor.
- A person under 21 who possesses/ carries an alcoholic beverage has committed a misdemeanor.
- A person of any age who sells, furnishes or gives any alcoholic beverage to someone under 21 has committed a gross misdemeanor.
- A person under 21 who claims to be 21 years of age or older or uses a false/ altered ID or driver license has committed a misdemeanor.

### Maplewood City Council



Mayor ..... Gary Bastian  
Council Member ..... Sherry Allenspach  
Council Member ..... Dale Carlson  
Council Member ..... Marvin Koppen  
Council Member ..... George Rossbach  
City Manager ..... Michael McGuire

**City Hall**  
1830 East County Road B  
Maplewood, MN 55109  
**(612)770-4500**  
**TDD-(612)779-4995**

**Hours:**  
Monday - Friday 8:00 a.m. - 4:30 p.m.

Bulk Rate  
Car-Rt Pre-Sort  
U.S. Postage  
PAID  
Permit No. 4903  
St. Paul, MN

## Residential Customer

"Upon request, this newsletter will be made available in alternate format such as large print or audio tape. Contact the City of Maplewood at 770-4500".

**DATED MATERIAL**  
Deliver by October 25, 1995

This brochure is completely recyclable.



### Maplewood Community Center

Join Us Today!

#### Member Benefits:

- ◆ Free use of the aquatics area, gym, track
- ◆ Free Cybex weight equipment orientation
- ◆ Priority registration for all programs
- ◆ Discounts on racquetball and walleyball court fees
- ◆ Aerobic perks:
  - free aerobic class admission on Thursday nights
  - discounted class fees
  - option to buy a members-only annual aerobic package
- ◆ Discounts on Community Center Theater tickets
- ◆ Discounted child care fees
- ◆ Community Center newsletter mailed directly to your home

#### Affordable, Competitive Rates

1996 annual family memberships are just \$295 for residents (\$395 for non-residents).

Call 779-3555 for youth, senior and individual discounted annual rates and a membership registration packet.

- ◆ Membership Gift Certificates are available.



## Administration

Dear Neighbors:

I get so many papers, articles, magazines flowing through my various mail boxes, I can easily lose track of where some of it comes from. One recent piece was entitled "Violence and Violence Prevention." There were some valuable statistics and comments, so I thought I would share them with you this month.

- Violence in the United States is now seen as a health care issue.
- Extreme violence is on the rise while crime in general is declining.
- Violence can be defined as a learned response to stress and conflict.
- Children learn how to react to stress and conflict by watching others. Television, family members, teachers and peers are role models for their responses. Children in violent families are at high risk for future violence.
- Low self-esteem and depression are associated with violence.
- Most intentional injuries and death occur between people who know each other.
- Several factors increase children's risk for fatal violence: male gender, poverty, residing in an urban area, witnessing or being the victim of violence during early childhood development.
- In the United States homicide is the second leading cause of death among young people 14-24 years of age. Non-fatal assaults occur 100 times more often than homicides, yet we all ignore them.
- From 1980 to 1990, juvenile violent crime arrest rates increased by 19% for African Americans and by 44% for whites.
- Gang activity, drug dealing, access to weapons, especially guns and television add to the potential for violence.

The Maplewood City Council will be focusing on issues related to our youth in 1996. Programs initiated at the State level will reinforce the efforts in our communities to prevent violence and drug abuse. The Partnership, the sponsor of the **Red Ribbon** program, is taking aim at coordinating services and programs. If you have suggestions on what can be done, call me or one of our Councilmembers. If you want to be involved, send me a note. Together, our community can meet the violence issues head on, and win.

As Christmas and the New Year approach, it is time to reflect on 1995. It is also time to set some personal and community goals. On your list, I hope, is to offer some of your precious time to the community—maybe by volunteering to coach in one of many recreation programs, getting involved in some form of scouting or other youth group activities, or seeking to serve on one of many boards and commissions. We need your effort to make Maplewood a community where good things happen, again and again.

Sincerely,

Gary Bastian  
Mayor

### MAPLEWOOD GOVERNMENT CHANNEL

The City has a government channel on cable TV which operates 24 hours a day. If you have basic cable service, current City information and programs can be viewed on **Channel 16**.

**Mondays, December 11 and 18 at 7 p.m. – City Council Meetings** – cable cast live from City Hall.

**Thursdays, December 14 and 21 at 7 p.m. – Rebroadcast of the City Council meeting that was conducted on the previous Monday.**

If you are interested in a special viewing of the City Council meetings, contact the City Manager's office. Tapes of the meetings are kept for 30 days.

## Council Corner

- The City Council conducted two regular meetings during the month of November. The highlights of those meetings were:
- Received the Minnesota Recreation & Parks Association “1995 Award of Excellence”—its single highest award—for the Maplewood Community Center.
- Appointed Alexandra Brueggeman and Barbara Ericson to the Planning Commission.
- Extended appreciation to Cliff McGinnis for his service on the Ramsey/Washington Suburban Cable Commission from 1991 to 1995.
- Authorized funding for a new take-a-number system for the deputy registrar (vehicle licenses, passports, etc.)
- Received a \$4,500 donation to the D.A.R.E. program from Sam’s Club.
- Approved final plat of Beth Heights Second Addition, an 18-lot single-family residential subdivision on Hillwood Drive east of Sterling Street.
- Approved final plat of Bud Kolby Fourth Addition, a 14-lot single-family residential subdivision on Crestview Drive north of Timber Trail.
- Approved final plat of Mapleleaf Estates, a 30-lot single-family residential subdivision on Cypress Street between Connor and Gervais Avenues.
- Approved revisions to signage and landscaping at the Plaza 3000 Center, which include replacement of a pylon sign and removal of trees along White Bear Avenue.
- Ordered installation of a traffic signal on Lydia Avenue for a pedestrian crossing at Concordia Arms.
- Approved four requests to use charitable gambling funds totalling approximately \$12,700.
- Approved a lawful gambling license for East Twins Babe Ruth League, Inc., subject to State approval.
- Set a public hearing for November 13 to consider granting a beer and wine license for Fantasia, 1700 Rice Street.
- Heard a presentation from The 622 Communities Partnership on the findings in its recently-conducted survey, “Profiles of Community Life: Perspectives on Children, Youth, and Families.”
- Made changes to streamline and expedite the payment of bills and claims.
- Endorsed a proposal by Gopher Disposal, the City’s recycling contractor, to increase support and awareness of recycling and environmental stewardship by working with Small Change Theater and all public and private schools in Maplewood.
- Approved preparation of a feasibility study for watermain extension along Highway 61 between Beam Avenue and County Road D. It would be needed to provide service to a dealership proposed by Lexus.
- **CORRECTION:** Results of the September 12, 1995 primary election for the City Council appeared in last month’s *Maplewood In Motion*. Mr. Colliander received 188 votes, not 88 as appeared in the “Council Corner.”

### Mayor's Forum

December 9, 1995

**(NOTE DATE CHANGE)**

This month's Mayor's Forum will be held in conjunction with the *Public Hearing on the 1996 Proposed Budget* at Maplewood City Hall. The hearing is scheduled to start at 9:00 a.m. in the Council Chambers.

NOTE: If a continuation hearing is necessary for the 1996 Proposed Budget, it will be held on Friday, December 15, at 7:00 p.m. in the Council Chambers.

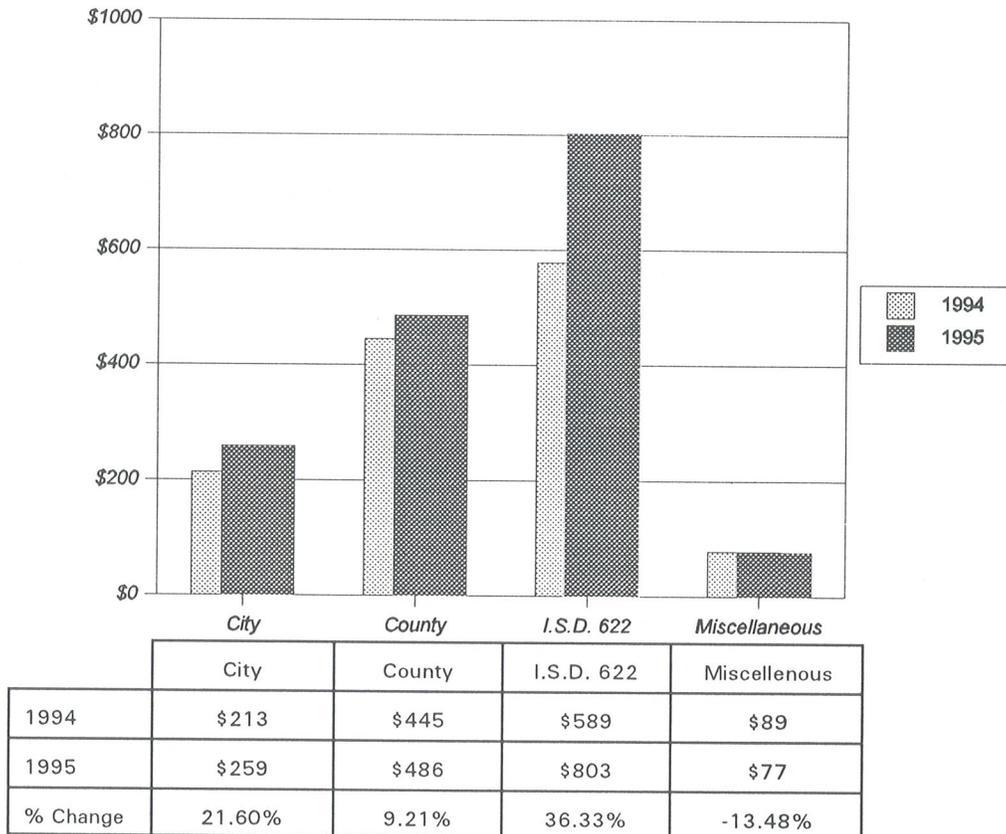
# Finance

## 1995 Property Tax Survey

The recently published Citizen's League Tax Survey indicated that Maplewood has the 13th highest property taxes on an \$100,000 house in the metropolitan area. Last year Maplewood ranked 12th. Although Maplewood taxes are high, it should be noted that only a small portion of the total taxes on a house are paid to the City of Maplewood. The following is a breakdown of the total taxes by taxing authority in 1995 compared to 1994:

	1994		1995	
	Amount	Percent	Amount	Percent
City	\$ 213	16.2%	\$ 259	15.9%
County	445	33.8	486	29.9
I.S.D. 622	578	44.0	803	49.4
Miscellaneous	78	6.0	77	4.7
Gross	\$ 1,314	100.0%	\$ 1,625	100.0%

The percentage changes in taxes paid is indicated in the following graph:



It should be noted that there are seven different tax rates in Maplewood due to the various watershed and school districts within the city. The Citizen's League Survey is based upon property located in the Battle Creek area of the Metro Watershed District.

An analysis of the City's portion of the above 1995 taxes compared to other cities indicates that we rank 41st out of the 103 cities in the survey. Last year Maplewood ranked 42nd. Further information on property taxes can be obtained by contacting the Finance Director at 770-4510.

# Emergency Management

## Before the Siren Sounds...

The City of Maplewood uses a system of eleven outdoor warning sirens to alert its citizens to various emergencies. A steady tone for five minutes is used for any type of natural or man-made disaster. A wavering tone for five minutes is used to indicate imminent danger of nuclear attack. Radio and TV would also carry necessary information.

Among the many types of natural or man-made disasters we will face is one which is becoming increasingly common, namely hazardous chemical emergencies.

A chemical emergency is one in which a spill or release of chemicals has occurred which could result in fire, explosion or a poisonous gas cloud drifting over the City.

### What should I do in the event of a chemical emergency?

If you first hear of the hazard from a public official, policeman or firefighter, be sure to follow their instructions since an evacuation may be necessary.

If your first notification is the wail of the siren, here is what you can do...

Go indoors. Studies have shown that even poorly sealed buildings provide protection. If you are outside, gather your family and pets together and go indoors. Once inside, turn on your radio or TV for further information. If instructed to do so, close all windows and doors; turn off pilot lights; and shut down all ventilation equipment such as heating, ventilating, and air conditioning units; and put out fireplace fires and close dampers.

In planning for an emergency, locate and identify shutoff switches for heating and ventilating equipment. Stay inside, stay tuned to the radio or television and wait for the "ALL CLEAR" announcement.

If fumes appear to be entering the building and you feel you are in danger, a wet cloth or towel over your nose and mouth will act as a filter and offer some protection.

If you are outside and can't possibly get indoors, move crosswind (so the wind is blowing on the side of your face). This offers the best advantage for getting out of the path of the release, into a safe area.

Children in school are safer staying in the school building. They will be kept indoors until the emergency has passed. Parents will be informed by listening to the public radio.

Special facilities, such as a hospital and nursing homes, will be advised to enact their emergency plan.

Use the telephone only for emergencies such as fire, medical or police emergencies.

The ALL CLEAR will be issued by the Fire Department via the radio and TV. When the ALL CLEAR has been given, move outdoors. In addition, open all windows and doors, and start up the heating and ventilating systems to aid in removing any contaminated air that may have entered during the emergency.

### That's fine for a short release, but what about a release that lasts a long time?

The probability of a short-term release of a large enough quantity to adversely affect the community is extremely remote. The probability of a significant release over a long period of time is even more remote.

To be ready for any possibility however, no matter how remote, Maplewood Emergency Management, working through local law enforcement agencies, is prepared to coordinate whatever action is necessary in the community. This information would be communicated through local radio and television stations, and the cable television system, specifically, WCCO radio (830 AM) and KSTP radio (1500 AM); TV channels 4, 5 and 11; and Meredith Cable, all channels.

The procedures are the same whether there is to be an evacuation or not: Go indoors, shut down all heating and ventilating equipment, and stay tuned to the radio or TV for further instructions. Be prepared to leave the area only if directed to do so.

### Who should I call if I see a chemical emergency?

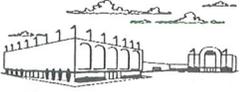
If you see what you think is an emergency situation involving chemicals, first move to a safe location. Then call 911 to alert the local fire and police departments. They will coordinate the appropriate response to the situation.



If you would like further information regarding chemical or hazardous materials emergencies, call the Maplewood Emergency Management office at 770-4547.

# Community Development

## Construction in Progress



Several construction projects are underway in the city of Maplewood.

Most apparent is the activity located at the southwest corner of White Bear and 11th Avenues. This is called the Maplewood Retail Addition and includes the following tenants: Cub Foods (75,200 sq. ft.), Home Depot (102,000 sq. ft.), Petsmart (25,400 sq. ft.), Hollywood Video (9,000 sq. ft.) and Boston Market (3,000 sq. ft.). Hollywood Video and Boston Market are scheduled for opening the first of December. Home Depot and Petsmart should be open in March. Cub Foods is also planning a March opening.

Construction is also moving along at Maplewood Mall on the Dayton's and Mervyn's California buildings. The projected opening for these new stores is fall of 1996.

In addition, the third phase of Carefree Cottages has begun. This project is on the north side of Gervais Avenue, just west of Rainbow

Foods and adjacent to the existing Carefree Cottages. The project includes 110 apartments in a three-story building and 32 cottage-style senior housing units. The project should be completed sometime next summer and fall.

Other residential projects currently under construction include: Hillcrest Heights (7 lots) located east of McKnight



Road, north of Montana Avenue; Oakridge Estates (25 lots) on Arlington Avenue, east of McKnight Road; Beth Heights Second Addition (14 lots) on Hillwood Drive, east of Sterling Street; Amber Hills Second Addition (19 lots) on Crestview Drive, north of Schaller Drive; and Budd Kolby Fourth Addition (13 lots) on Crestview Drive, north of Timber Trail.

If you have questions about these or other development activities in the city of Maplewood, please call Melinda Coleman at city hall, 770-4562.

## Administration

### Important City Meetings

Your City Council meets on the 2nd and 4th Monday of each month, and other meetings as scheduled. The other commissions/boards meet regularly to provide input to the Council. All meetings are held at City Hall, 1830 East County Road B, Maplewood.

CITY COUNCIL MEETINGS  
7:00 p.m.; December 11 & 18\*

\* Note date change due to Christmas Holiday  
2nd & 4th Monday

COMMUNITY DESIGN REVIEW BOARD  
7:00 p.m.; December 12 & 26  
2nd & 4th Tuesday

HOUSING & REDEVELOPMENT  
AUTHORITY  
7:00 p.m.; December 12  
2nd Tuesday

HUMAN RELATIONS COMMISSION  
7:00 p.m.; December 5  
1st Tuesday

PARK & RECREATION COMMISSION  
7:00 p.m.; December 18  
3rd Monday

PLANNING COMMISSION  
7:00 p.m.; December 4 & TBD  
1st & 3rd Monday



### The Christmas Tree

Beautiful as it may be, your “real” Christmas tree is a fire hazard. It becomes a more serious menace each day it remains in the dry atmosphere of your home. At the end of one week, it will be highly flammable. Safeguards:

- Buy a fresh tree (deep green in color, strong scent of pine, sticky trunk, needles don’t readily fall) shortly before Christmas and store outside with the base immersed in a bucket of water.
- Do not rely on chemical sprays to make your live evergreen flame resistant.
- Cut base of tree at a slight angle at least one inch above the original cut.
- Keep tree standing in water during the entire time it’s in the house and anchor it firmly so it can’t fall.
- Place the tree well away from any heat source and out of the room’s traffic pattern. Remember: Heated rooms dry trees out, making them dangerous fire hazards.
- Remove the tree as soon after Christmas as you can
- If you want an artificial tree, get one with a safety-approved label. Some plastic trees are highly flammable.
- Never use electrical decorations or lights on a metallic tree.

### Flammable Decorations

- Elaborate decorations may be important to the season, but they’re dangerous unless they’re made of flame-proof or non-combustible materials. Fire-retardant decorations can be purchased at many stores.

## Fire Safety For Christmas



### Lights

- Use lights with labels showing that the safety features have been approved by a testing laboratory.
- Discard any lights that have frayed cords, broken or cracked sockets, loose connections or bare wires.
- Never use more than three sets of lights per single extension.
- Read manufacturer’s instructions for recommended number of lights in one circuit.
- Never use indoor lights outside.
- Keep children away from the light sets and electrical decorations.
- Always turn off lights on the tree and other decorations when you leave your home or retire for the night. Remember: A potential short circuit could cause an unwanted fire.
- Never pile gifts under the tree near the lights.

### Candles

- Set candles well away from Christmas trees, window curtains and burnable decorations.



### Wrappings & Rubbish

- Christmas wrappings burn like tinder and should be removed as soon as possible.

### Toys

- Electrical toys should bear the label of Underwriter’s Laboratories, Inc.

## Holiday Safety Tips

The holidays are a special time of year, but they’re also a time when busy people become careless and individuals are especially vulnerable to theft and other crimes. Here are some tips to help make your holidays safe and happy.

### Out And About

- Stay alert to your surroundings and the people around you.
- Lock your car and close the windows, even if you’re only gone for a few minutes. Lock packages in the trunk.
- Wait for public transportation or rides from friends in busy, well-lighted places.
- Teach your children to go to a store clerk to ask for help if you become separated in a shopping mall. They should never go to the parking lot alone.
- Avoid carrying large amounts of cash. Pay for purchases with a check or credit card when possible.
- Be extra careful with purses and wallets. Carry a purse under your arm. Keep a wallet in an inside pocket.

### At Home

- Be extra cautious about locking doors and windows when you leave the house, even for a few minutes. Leave lights and a radio or television on so the house looks and sounds occupied.
- Don’t display gifts where they can be seen from a window or doorway.
- If you go away, get an automatic timer for your lights. Have a neighbor watch your house and pick up the mail and newspapers.

## Community Development

### **Maplewood Seeks Applicants for Housing and Redevelopment Authority**

Maplewood is looking for applicants for its Housing and Redevelopment Authority (HRA). The HRA reviews housing matters and policies in Maplewood. The HRA meets on the second Tuesday of the month at 7 p.m. at Maplewood City Hall. You must be interested in housing issues and a Maplewood resident to apply.

Call Ken Roberts at 770-4566 for more information or an application. You also may pick one up at the Community Development office at City Hall, 1830 County Road B East. The City will accept applications through December 11, 1995.

### **Rental Property Rehabilitation Money Available**

The Ramsey County Housing and Redevelopment Authority has low interest loan money available to help rental property owners improve their properties. This loan program is run by the Saint Paul Planning and Economic Development Department (PED) for Ramsey County. The primary goal of this money is for buildings with fewer than eight units. The funding priorities are for health, safety and code-related improvements along with exterior improvements that help building appearance. However, other building improvements could be eligible.

New and moderate income households must occupy more than one-half the units and rents are limited to fair market rents for the term of the loan. The interest rate is 4 percent and the term is flexible depending on the ability to repay. Interested property owners may call Dan Bayers (266-6685) or Gary Grabko (266-6709) at the Saint Paul PED for more information.

*Happy  
Holidays!*



# Parks & Recreation Department Maplewood Community Center

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- Director Parks & Recreation  
Bruce Anderson  
770-4573
- Community Center Manager  
Tom Eastman  
779-3550
- Operations Supervisor  
Ron Olson  
779-3551
- Recreation Manager  
Pauline Staples  
779-3552
- Recreation Program Coordinator  
Doug Taubman  
770-4572
- Recreation Program Coordinator  
Denise Bartel  
779-3553
- Recreation Program Assistant  
Steve Rymer  
779-3559
- Recreation Program Assistant  
Colleen Dirkswager  
779-3554
- Recreation Program Assistant  
Linda Crosson  
779-3563
- Naturalist  
Ann Hutchinson  
738-9383
- Building Maintenance Supervisor  
Paul Schlingman  
779-3560
- Park Foreman  
Mark Maruska  
779-4598

**Maplewood  
Community Center**  
2100 White Bear Avenue  
Maplewood, Minnesota  
55109  
**779-3555**

MCC Information Line – 779-3540

## Maplewood Community Center General Information & Hours

Telephone: (612) 779-3555

### Facility Hours

Monday - Friday	6:00 am - 10:00 pm
Saturday and Sunday	8:30 am - 9:00 pm
Holidays	Call for special holiday hours

### Customer Service

Monday-Friday	8:00 am - 6:00 pm – March-October 8:00 am - 7:00 pm – November-February
Saturday	9:00 am - 1:00 pm – March-October 9:00 am - 3:00 pm – November-February

The Customer Service Counter is located on the second level and is available for membership purchases, program registration, general information and building rental.

### Admissions/Snack Bar

Monday-Friday	6:00 am - 10:00 pm
Saturday and Sunday	8:30 am - 9:00 pm

A membership card or daily admission fee must be presented at the admissions desk to gain access to the lower level.

### Facilities:

**Theater** – One of the many highlights of the Community Center is the theater. Capable of seating 276 people, it features a large stage, backstage area for set construction, loading dock, orchestra pit, men's and women's dressing rooms, green room and a control room.

**Banquet/Meeting Rooms** – Stage your weddings, parties, corporate receptions or conferences in our beautiful banquet/meeting room. We offer a wonderful room for you to entertain small or large groups. The banquet room can seat up to 400 people for a variety of events and can include a dance floor. The room can be divided into four smaller meeting rooms. This area is available for rent with several price options depending on rental type.

**Kitchen** – Our kitchen is conveniently located off the banquet room, the facility is available to accommodate groups wishing to serve food at their event. The majority of the food service from the kitchen is catered.

**Lounge** – The lounge is available for adults to drop in and visit with friends, play cards, read or just relax.

**Child Care** – Child care is for drop-ins only. Parents may drop off their child only if they are going to be staying in the building. Child care service will be available specific hours according to demand.

**Craft Room** – This room will be programmed with various classes relating to art/crafts, etc. It also serves as the Birthday Party room.

**Aquatics** – The Aquatics area consists of two pools. A lap pool with six lanes, 25 yards in length. This pool can accommodate the leisure lap swimmer, as well as a competitive swim team. During some open swim times, this also will serve as a leisure swim pool.

A highlight of the aquatics area is the leisure pool. Its unique shape provides for a 120-foot water slide, zero depth entry, various water toys (bar jet, arch jet, solid stream jet, water curtain and an umbrella) and a water exercise pool. A hot spa is also located in the aquatics area.

**Racquetball/Wallyball Courts** – There are two courts off the gymnasium that can be rented by the hour for racquetball and for a two-hour time block for wallyball.

**Game Room** – This room has video games where individuals of all ages can take a break and relax.

**Gymnasium** – The gymnasium has two full-size basketball courts which can be divided by curtains into four smaller sections. Programming in this area consists of open gym, open basketball, open volleyball, gymnastics, youth and adult leagues, clinics, preschool activities, etc.

**Aerobic Room** – The aerobic room is located on the lower level. It is a large room that will be programmed for aerobics, dance, karate, etc. Its wood-cushioned floor is designed to make exercise easier on the joints and muscles.

**Weight Room** – Located on the lower level, the free weight room has free weights for the serious weight lifter.

**Track/Fitness Area** – The mezzanine level has walking/jogging track and a fitness area. The track has a rubber floor, banked corners to minimize stress and is 1/11 of a mile long. The fitness room consists of Cybex circuit training, Life cycles, Tectrix stair climbers, NordicTrac ski and Concept II rowing machines, bikes, etc.

## Memberships

Memberships are sold on an **annual basis**. Anyone can qualify for a Community Center Membership by paying the annual fee. When purchasing a membership, a person receives: open swim, lap swim, open gym, track, free weight room, exercise room, and game room. Members will receive a discounted rate on racquetball and wallyball, child care (6 weeks to 6 year olds), swim lessons and all Community Center programs. Memberships can now be purchased with Visa or Mastercard.



1996 Rates

	Maplewood Resident	Non-Resident
Youth .....	\$100	\$125
Senior (individual 62 years and older) .....	\$100	\$125
Senior Household (both individuals must be 62) .....	\$175	\$200
Adult .....	\$195	\$295
Family .....	\$295	\$395

## Daily Admissions

Individuals can participate at the Community Center by paying a daily use fee. This allows for usage of the facility during open sessions.

	Maplewood Resident	Non-Resident
Youth .....	\$2.25	\$4.00
Senior .....	\$2.25	\$3.25
Adult .....	\$3.25	\$5.00

## Corporate Membership Discount

Any corporation or business wishing to enroll their employees in the Community Center Corporate Membership Program may do so under the following criteria:

- Companies that purchase 1-3 memberships do not qualify for a discount but can purchase at the resident rate if they are a Maplewood company.
- Companies that purchase 4-9 memberships can qualify for a 5% discount off the standard membership rate.
- Companies that purchase 10-99 memberships can qualify for a 15% discount off the standard membership rate.
- Companies that purchase 100 or more memberships can qualify for a 25% discount off the standard membership rate.
- "Employees" are considered anyone who works full-time or permanent part-time. Permanent part-time is an employee who is on the company payroll 12 months a year and works a minimum of 20 hours per week. To qualify for a family membership, an employee must be a head of a household (parents, guardian, grandparents).
- Each company is required to assign one employee as administrator of the company's membership.

## Carver & Edgerton Community Center Gyms

Sites Open January 1, 1996!!!

Maplewood Parks and Recreation Department is very proud to announce the Grand Opening of the two new Community Center Gyms at Carver Elementary School and Edgerton Elementary School. We will be offering open gyms, exercise programs, youth recreation programs, adult athletic leagues and much more.

For additional information, call 779-3555. Watch for more details in the local newspaper and school brochure.

## Program Scholarship Program

Starts December 1, 1995

Program Scholarships are available for Maplewood Residents. Scholarships are for youth, 17 years and younger. For an application, please call the Maplewood Parks and Recreation Department at 779-3555.

## Check out Our... Birthday Parties

The Maplewood Community Center offers a number of birthday party packages. These include admissions to the Community Center for gym and swim, room rental and setup, birthday party cake of your choosing, grab bags for all children, beverages, and a special T-shirt for the birthday party person. For an additional charge, pizza, subs or McDonald's happy meals can be ordered and delivered to your party.

Call our Birthday Party Hotline at 779-3540 for details.

Our Coordinator will be happy to help you plan the perfect party!

Maplewood Community Center

# Aquatics Information

## 1995 Winter Pool Hours

### Recreational and Lap Swimming

Monday - Friday

6:15 - 10:00 p.m.

Saturday

12:30 - 9:00 p.m.

Sunday

8:30 - 9:00 p.m.

*Swim lessons are held on Saturday mornings in the winter. The pool is not open during swim lessons.*

### Water Slide

Monday - Friday

3:30 - 9:30 p.m.

Saturday

12:30 - 8:30 p.m.

Sunday

12:30 - 8:30 p.m.

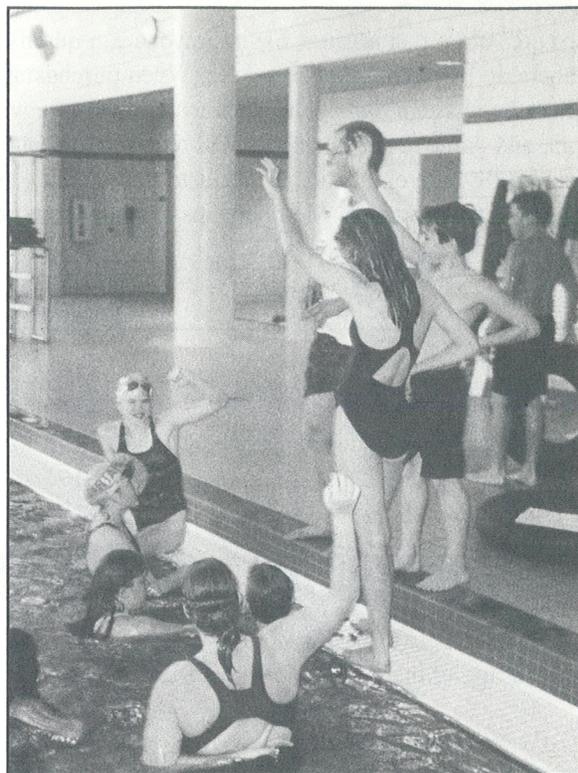
### Spa

Monday - Friday

6:15 - 10:00 p.m.

Saturday & Sunday

8:30 - 9:00 p.m.



### **Pool Closing for Routine Upkeep**

In our continuous quest to create a healthy, safe and fun environment, the Aquatics Area will be closed to the public Sunday, May 12 through Friday, May 17, to attend to routine maintenance and mechanical operations in the pool area. The aquatics area will reopen on Saturday, May 18, at 8:30 a.m. We thank you for your understanding and apologize for any inconvenience this may create.

### **Look forward to...**

Arthritis Classes starting in January.

H2O Show coming in March.

Keep a lookout for more information coming soon.

### **Group Discounts**

*Did you know that you can receive a discount on admission by registering your group 10-14 days in advance? When you are planning trips or outings or looking for something fun for the group—Think of Us. Come for the water slide but stay for the whole adventurous package! Shoot hoops in the gym, spike the ball in wallyball, rocket down the slide, enjoy the pinball action in our arcade, and eat to your hearts content at our snack bar. Room rentals, meal plans and facilitators are among the options to make your visit easier and fun for all. (Call 779-3554 for more details.)*

### **Lifeguards and Water Safety Instructors**

The City of Maplewood is looking for lifeguards and water safety instructors. You must have current certifications and be dependable. For more information or an application, please contact the Maplewood Community Center, 2100 White Bear Avenue.

Maplewood lifeguards and water safety instructors and aides are certified by the American Red Cross and participate in regular in-service training and updates.

## Registration

Maplewood Residents and Members – Begins December 11 at 8:00 a.m.

Non-Residents – Begins December 18 at 8:00 a.m.

## Lessons

### Monday Mornings

Jan. 15, 22, 29, Feb. 5, 12, 19, 26, Mar. 4

Parent/Child .....	9:00-9:30 .....	1507.401
Preschool 1 .....	9:00-9:30 .....	1508.401
Preschool 2 .....	9:30-10:00 .....	1509.401
Preschool 3 .....	9:30-10:00 .....	1510.401

### Tuesday & Thursday Mornings

Jan. 16, 18, 23, 25, 30, Feb. 1, 6, 8

Parent/Child .....	9:00-9:30 .....	1507.402
Preschool 1 .....	9:00-9:30 .....	1508.402
Preschool 2 .....	9:30-10:00 .....	1509.402
Preschool 3 .....	9:30-10:00 .....	1510.402

Feb. 13, 14, 20, 22, 27, 29, Mar. 5, 7

Parent/Child .....	9:00-9:30 .....	1507.403
Preschool 1 .....	9:00-9:30 .....	1508.403
Preschool 2 .....	9:30-10:00 .....	1509.403
Preschool 3 .....	9:30-10:00 .....	1510.403

### Thursdays

Jan. 18, 25, Feb. 1, 8, 15, 22, 29, Mar. 7

Preschool 1 .....	5:30-6:00 .....	1508.404
Preschool 2 .....	5:00-5:30 .....	1509.404
Preschool 3 .....	5:00-5:30 .....	1510.404
Level I .....	4:00-4:45 .....	1500.401
Level II .....	4:00-4:45 .....	1501.401
Level III .....	5:30-6:15 .....	1502.401
WSA .....	6:30-8:30 .....	1511.401

### Saturday

Jan. 20, 27, Feb. 3, 10, 17, 24, Mar. 2, 9

Parent/Child	10:30-11:00 .....	1507.404
	12:00-12:30 .....	1507.405
Preschool 1	11:30-12:00 .....	1508.405
	12:00-12:30 .....	1508.406
Preschool 2	10:00-10:30 .....	1509.405
	11:00-11:30 .....	1509.406
	11:30-12:00 .....	1509.407
Preschool 3	11:00-11:30 .....	1510.405
	12:00-12:30 .....	1510.406
Level I	9:00-9:45 .....	1500.402
	11:00-11:45 .....	1500.403
Level II	9:00-9:45 .....	1501.402
	11:00-11:45 .....	1501.403
Level III	10:00-10:45 .....	1502.402
Level IV	10:00-10:45 .....	1503.401
Level V	10:00-10:45 .....	1504.401
Level VI	9:00-9:45 .....	1505.401
Level VII	9:00-9:45 .....	1506.401
Intro to Competitive Swimming	12:00-1:00 .....	1515.401

### Swim Lesson Fees

Fees include one low cost for each 8 class session from Parent/Child to Level VII:

\$27.00 - Members

\$32.00 - Residents

\$37.00 - Non Residents



### Parent/Child – Age 9-36 months

Our certified instructor facilitates a positive, non-threatening environment where children and adults can participate together. Children will be exposed to basic water adjustment and safety skills. Adults will learn important safety skills for working with children in and around the water. Safety, fun and water adjustment are the primary goals of this class.

### Preschool 1 – Age 3-6 years old

This is an entry level class for children without their parents. Participants need to be 3 years old at the start of class. This class is for the children who are uncomfortable in the water and will not put their face in the water.

### Preschool 2 – Age 3-6 years old

This class is designed for children who are able to put their faces in the water but have not mastered floating by themselves.

### Preschool 3 – Age 3-6 years old

This level is for the children with a high level of comfort and confidence in and around the water. Children should perform basic skills such as floating and swimming independently.

### Level I – Water Exploration

This is an entry level class for children ages 6 and older. No previous experience or skills are necessary for this class. Children will build a sound foundation of water adjustment, safety and skill. Skills will include floating and gliding on front and back and alternation arm movements for a combined stroke.

### Level II – Primary Skills

For children who have successfully completed either Level I, Preschool 3 or possess the equivalent skills for Level I. Swimmers in this level will build upon the basic skills expanding on the fundamentals of locomotion and safety. Rhythmic breathing, front crawl and back crawl are introduced.

### Level III – Stroke Readiness

This class emphasizes endurance and improving stroke proficiency. Swimmers who have completed Level II or have equivalent skills will be introduced to the elementary backstroke and to treading water, as well as continuing to improve in their front and back crawl strokes.

### Level IV – Stroke Development

Swimmers with Level III or equivalent skills will focus on refining and their stroke with attention to detail. The breaststroke and sidestroke will be introduced.

### Level V – Stroke Refinement

Refine coordination and improved endurance are key emphasis at this level. Butterfly and surface dives are introduced at this level.

### Level VI – Skill Proficiency

Swimmers will strive to swim with great power, efficiency and ease for improved endurance over greater distances.

### Level VII – Advanced Skills

Long-term fitness habits though endurance swimming, along with perfecting stroke technique, are the goals for this level.

### Intro to Competitive Swimming

This class is designed for those swimmers who have completed Level 5 or have equivalent skills. Swimmers will learn the basic elements of competitive swimming. Skills taught include stream line, flip turns, competitive strokes, and training techniques.



## Adult Lessons

Adult lessons offer the opportunity to participate with other adults in a non-threatening environment. We accommodate all abilities from non-swimmers to the tri-athlete. This class is tailored to the individual in the class.

**WHEN:** Wednesdays  
Jan. 17, 24, 31,  
Feb. 7, 14, 21, 28

**TIME:** 8:00 - 8:45 pm

**ACTIVITY #:** 1512.401

**FEES:** \$27/Member  
\$32/Resident  
\$37/Non-Resident

## Water Safety Aide Course

Would you like to learn to help teach swimming lessons? This Red Cross Course will teach you how to assist a Water Safety Instructor in preparing and teaching swimming lessons. The prerequisites are that you must be 10 years or older and have successfully completed Level IV swimming lessons. Upon successful completion you will receive a WSA certificate and will be eligible to assist with instruction of Red Cross lessons. Volunteer and paid employment opportunities may exist for certificate holders.

**WHEN:** Thursdays  
Jan. 18, 25,  
Feb. 1, 8, 15, 22, 29,  
Mar. 7

**TIME:** 6:30 - 8:30 pm

**ACTIVITY #:** 1511.401

**FEES:** \$32/Member  
\$37/Resident  
\$42/Non-Resident

## Private Lessons

Do you have a special need or would like personalized one-to-one attention that you may not get in a group swimming lessons? We can accommodate your needs! All lessons are 30 minutes long. To schedule a private lesson call Linda at 779-3563.

**FEES:** \$15/Member  
\$18/Resident  
\$20/Non-Resident



## Intro to Competitive Swimming

This class is designed for those swimmers who have completed Level 5 or have equivalent skills. Swimmers will learn the basic elements of competitive swimming. Skills taught include streamline, flip turns, competitive strokes, and training techniques.

**WHEN:** Saturdays  
Jan. 20, 27,  
Feb. 3, 10, 17, 24,  
Mar. 2, 9

**TIME:** 12:00 - 1:00 pm

**ACTIVITY #:** 1515.401

**FEES:** \$27/Member  
\$32/Resident  
\$37/Non-Resident

## Introduction to Synchronized Swimming

Have you ever watched Olympic synchronized swimming and wondered how they're able to do those moves? Come to the MCC and learn the basics about synchronized swimming from an experienced instructor. This class is fun and educational at the same time...and it's not as easy as it looks.

**WHEN:** Wednesdays  
Jan. 17, 24, 31,  
Feb. 7, 14, 21, 28

**TIME:** 6:00 - 7:00 pm

**ACTIVITY #:** 1514.401

**FEES:** \$27/Member  
\$32/Resident  
\$37/Non-Resident



## Water Carnival

*Come and join the fun.* MCC lifeguards will lead you through some fun and exciting relay, games and activities. Get wet with the water balloon toss and then try your hand in the crazy relays.

\* Preregistration is required!

**WHEN:** Saturday, Jan. 13

**TIME:** 10:00 - 12:00 am

**FEES:** \$1/Member  
\$2/Resident  
\$3/Non-Resident



# Aerobics

Welcome to our Aerobics Program for the Winter 1995 season. The winter schedule begins January 2, 1996. Our aerobics classes are fun, flexible and full of high energy. Ask about our aerobics package when signing up for your membership and you can attend classes all year long at a reduced price!

## Aerobics Room Schedule – Winter 1995

CLASS	DAY	TIME
<b>Morning Aerobics Classes</b>		
SIF	M, W, F	6:15 - 7:05
"H20"robics	M, T, W, TH, F	9:30 - 10:15
Positive Pregnancy Fitness *	M, W	9:45 - 10:45
Positive Parenting Fitness *	M, W	11:00 - 12:15
Stretching for Health & Fitness	M, F	9:00 - 9:30
Combined	T, W, TH	10:00 - 11:00
Dancercise Kids	W	6:15 - 7:05
<b>Evening Aerobics Classes</b>		
SIF	M, W, F	9:45 - 10:45
"H20"robics	M, T, W, TH	11:00 - 12:15
Pre-school Karate	T	9:00 - 9:30
Adult Beginner Karate	T	7:00 - 8:00
Adult Advanced Karate	T	8:00 - 9:30
Dancercise Kids	W	6:35 - 7:20
Pre-Ballet & Jazz	TH	5:15 - 6:00
Ballet & Jazz I	TH	6:00 - 7:00
Adult Beginner Karate	TH	7:00 - 8:00
Adult Ballet & Jazz	TH	8:00 - 9:00
Combined FREE!! Gym 3	TH	6:00 - 7:00
Ballet & Jazz II	F	6:30 - 7:30
Ballet & Jazz III	F	7:30 - 8:30
<b>Weekend Aerobics Classes</b>		
SIF	Sat.	9:00 - 10:00
Combined	Sat.	10:00 - 11:00
Combined	Sun.	4:00 - 5:00

\* denotes special payment plan



## Aerobic Class Descriptions

### Water Aerobics Classes

#### "H2O"robics

Come and exercise in the refreshing buoyancy of water. Water aerobics is a safe way to get a great workout. Participants will strengthen and tone as well as get an excellent cardiovascular workout. You do not need to be a good swimmer to participate. This class introduces the "water step" for short intervals.

### **Water Aerobics Classes**

There will be no water aerobic classes held on the following days:

- January 1
- January 15, Martin Luther King Day
- February 19, President's Day
- April 4, Good Friday
- April 6, Easter

### Land Aerobics Classes

#### Step Into Fitness (SIF)

"Step Into Fitness" by joining us for our step aerobics class. The step class is a fun and energetic workout. The class is easy to follow, requiring no fancy dance moves, and is a great workout that can be modified to any level from beginner to advanced. The class includes stretching, cardiovascular work, and a strengthening and toning segment.

#### Combined Aerobics

This class is excellent for people who like variety in their workout. The class will offer 15 minutes of controlled impact aerobics, 15 minutes of step, strengthening and toning. All fitness levels are welcome!



### Positive Pregnancy Fitness

Now that you are expecting, it is time to participate in a fitness and support program just for you! PPF classes incorporate a balanced selection of extended rhythmic warm-ups, low-impact cardiovascular activity, special toning and stretching exercises, cool down activities, guided relaxation and visualizations for you and your unborn baby. Positive Pregnancy Fitness classes are an excellent complement to your regular childbirth preparation classes.

### Positive Parenting Fitness

This is a special postnatal fitness class for new moms and babies! Positive Parenting Fitness classes are designed to work with a new mother's healing body. Classes include special healing, stretching and toning exercises for "trouble spots", low impact aerobics, safe and fun baby movements, infant massage, and relaxation especially for new moms and babies.

You must have your physician or nurse-midwife's written approval to attend this class.

### **Flexibility for You – Three Ways to Pay**

1. **Aerobics Package** – The aerobics package is offered for those that wish to take advantage of aerobics being included in their membership. To qualify, you must be a new or renewed card holding member of the MCC. Existing memberships can prorate the aerobics package. People who have purchased the aerobics package have first priority into all aerobics classes. Cost: \$150/year/individual; \$275/year/family.
2. **Punch Cards** – Punch cards are available to make it easier for you to attend our aerobics classes. Just come to the second level customer service counter and buy a punch card in groups of 5, 10, or 15 punches. Then you can attend any class at an time – land or water! People who purchase a punch card for aerobics have second priority into all aerobics classes. Prices are as follows:
 

5 Class Punch Card .....	\$10/Member .....	\$12.50/Resident .....	\$15/Non-Resident
10 Class Punch Card .....	\$20/Member .....	\$25/Resident .....	\$30/Non-Resident
15 Class Punch Card .....	\$30/Member .....	\$37.50/Resident .....	\$45/Non-Resident
3. **Drop-Ins** – Drop-ins are welcome to attend all aerobic classes as well. People who use the drop-in aerobics system have last priority into all aerobic classes. Just stop by the admission counter located on the lower level and pay your fee. Prices are as follows:
 

\$3/Member	\$3.50/Resident	\$4/Non-Resident
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# Fitness Classes

*Fitness Specialist hours for January 1 through April 15 are:*

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	6 - 11 am		6 - 11 am		6 - 11 am	
12 - 4 pm						12 - 4 pm
	4 - 8 pm	4 - 8 pm	4 - 8 pm	4 - 8pm	4 - 8 pm	

Sign up for all exercise classes at the customer service counter on the second level. Registrations must be taken by a customer service representative at least three (3) days before your appointment.

## Exercise Equipment Orientation

**Free!!!**

Do these machines seem foreign to you? Learn how to use the equipment correctly. A trained and knowledgeable fitness specialist will take a group of 6 - 8 people through the Cybex equipment piece by piece to learn how to use the machines correctly so that you can reach your maximum benefit in your workout. This class is great as a refresher for the old pro or to educate a new athlete. Please sign up in the Exercise Area.

**WHEN:** Monday or Wednesday, 10:00 - 10:45 am  
Tuesday or Thursday, 5:30 - 6:15 pm

## Cybex Orientation

This orientation consists of a one-to-one session with a Fitness Specialist who will familiarize you with the Cybex variable resistance machines. The instructor will determine the proper seat adjustments and make weight training recommendations. This session lasts 30 - 45 minutes.

**WHEN:** Monday, Wednesday, and Friday Mornings  
**TIME:** 7:00 - 11:00 am  
**WHEN:** Monday - Friday Evenings 4:00 - 8:00 pm  
**FEES:** \$8/Member  
\$9.50/Resident  
\$11/Non-Resident

## Individual Program Design

This program consists of a one-on-one session with a Fitness Specialist to design an exercise program tailored to your specific goals, needs and limitations. This program will incorporate appropriate Cybex machines, free weights, and cardiovascular machines. The instructor will also make individual training recommendations and will demonstrate proper stretching techniques. This session lasts approximately 60 - 90 minutes.

**WHEN:** Monday, Wednesday, and Friday Mornings

**TIME:** 7:00 - 11:00 am

**WHEN:** Monday - Friday Evenings 4:00 - 8:00 pm

**FEES:** \$27/Member  
\$32.50/Resident  
\$36.50/Non-Resident

## Stretching for Health and Fitness

Learn how to properly warm up or cool down for exercise. Stretching is a great way to increase your flexibility and relieve stress. Join us every Monday and Friday morning from 9:00 - 9:30 am for this great early morning break.

**FEES:** \$2/Member  
\$2.50/Resident  
\$3/Non-Resident



## Personal Training

Have a private session with a Personal Trainer at the Community Center. Work one-to-one with a certified Personal Trainer to improve your health and fitness whether you are interested in just one session or a long term commitment to meet your fitness goals. Several packages are available. For more information, please ask a Fitness Specialist or call 779-3564.

**FEES:** Initial Consultation Fee - \$22 (1/2 hour session)  
1 session - \$32/Member  
\$37/Resident  
\$42/Non-Resident  
3 sessions - \$93/Member  
\$112/Resident  
\$127/Non-Resident  
5 sessions - \$150/Member  
\$180/Resident  
\$203/Non-Resident  
10 sessions - \$290/Member  
\$348/Resident  
\$392/Non-Resident

## Body Fat Analysis

Learn what your percentage of body fat is. Body fat testing is quick, easy, painless and also lets you know where you are on a range against averages. We use calipers and measure at three different sites on your body. Body Fat Analysis is available during most Fitness Specialist hours.

**FEES:** \$4/Person

### The Body Shop

*Learn from the experts!* We have designed six classes to educate and orient you to a free weight program. Programs will be individualized to each person's goals. Each of the sessions will concentrate on specific muscle groups and various exercises to strengthen and tone them. Come and join us to learn how to use free weights safely and effectively. During this class the free weight room will be closed to the public.

**WHERE:** MCC Free Weight Room  
**TIME:** 8:00 - 9:00 pm  
 7:00 - 8:00 pm

**Session I:**

**WHEN:** Tuesdays & Thursdays  
 Jan. 16, 18, 23, 25, 30,  
 Feb. 1

**ACTIVITY #:** 7000.401

**Session II:**

**WHEN:** Tuesdays & Thursdays  
 Feb. 6, 8, 13, 15, 20, 22,  
 27, 29

**ACTIVITY #:** 7000.402

**FEES:** \$30/Member  
 \$36/Resident  
 \$40.50/Non-Resident

### Rec Walkers Club

Join our walking club at the Maplewood Community Center and enjoy the many benefits such as high energy, weight loss, reverse the physical aspects of aging and help prevent heart disease. Walking is one of the best forms of exercise so make it a life-long habit. You can earn a free pair of walking shoes by walking 1,000 miles in a one-year time period. Stop by one of the customer service counters to sign up.

**WHERE:** Walking/Running Track  
**WHEN:** Program runs continuously  
**ACTIVITY #:** 7000.311  
**FEES:** \$2/Member

### MCC My-Athalon

*What is the MCC My-Athalon?* It is the MCC's version of a triathlon. The MCC My-Athalon will challenge your endurance and overall fitness level. Unlike other triathalons, the MCC My-Athalon does not have to be completed in one day. In fact, you will have five weeks to accomplish the grueling, but fun, event. All distances must be completed at the Maplewood Community Center. Individuals who complete the distances in the required time will receive a MCC My-Athalon t-shirt.

Distances (to be completed between January 1 and February 4.):

**SWIM** – 2.5 MILES (165 Lengths)  
**STATIONARY BIKE** – 111 MILES  
**RUN/WALK** – 26.2 MILES (288 Laps)

**WHO:** Adults, 18+  
**WHERE:** MCC  
**WHEN:** Jan. 1 - Feb. 4  
**TIME:** MCC hours  
**ACTIVITY #:** 0499.401  
**FEE:** \$8 – Members  
 \$10 – Resident  
 \$13 – Non-Resident (daily admission required for non-members)  
**DEADLINE:** Dec. 29

### Women and Co-Rec Winter Volleyball Leagues

Maplewood Parks and Recreation winter volleyball leagues are available to women and co-rec teams. League play will begin in early January and end in late March. The actual dates depend upon gym availability. League information is available at both Maplewood City Hall and the Maplewood Community Center. Questions should be directed to the Parks and Recreation office at 770-4570.

Available Leagues: Co-rec Leagues – A, B, C & D  
 Women's Leagues – B & C

Registration opens November 20 for teams with two or fewer non-residents and November 27 for teams with three or more non-residents. You must register at the Maplewood Community Center. Registration continues until December 15 or until the leagues are filled.

**WHO:** Adult Teams  
 Class A, B & C - Officiated Power Volleyball  
 Class D - Unofficiated Power Volleyball  
**WHERE:** Local Gyms  
**WHEN:** January thru March  
**ACTIVITY #:** 6520.401 – Co-rec A  
 6520.402 – Co-rec B  
 6520.403 – Co-rec C  
 6520.404 – Co-rec D  
 6520.405 – Women's B  
 6520-406 – Women's C  
**FEE:** A, B & C Leagues – \$180.00\*  
 D Leagues – \$ 95.00\*  
 \* Three or more Non-residents, add \$20.00

## Adult Trips and Tours

The Maplewood Community Center and the Gladstone Senior Center are joining together to offer you many exciting trips and tours. Our trips are planned with your comfort and enjoyment in mind. Join your friends (or make new ones) as you take off with us on a new adventure! All tours travel deluxe motorcoach. For your convenience, register either at the MCC or Gladstone Senior Center.

### ? Mystery Trip ?

*This trip is planned just for you! We promise a day of fun and surprises too. The Saintry City is full of history, but is only one part of this touring mystery. Food and laughter and sights galore, prizes and pleasure are what's in store.*

#### OUR GUARANTEE

- \* NO Outdoor Activity
- \* NO Hidden Costs
- \* NO Swimsuit Competition!

**WHERE:** Meet in south parking lot at MCC  
**WHEN:** Tuesday  
 Jan. 16  
**TIME:** 10:10 am - 5:10 pm  
**ACTIVITY #:** 0010.303  
**FEE:** \$34/Person

### Tony n' Tina's Wedding" at Hey City Stage

Enjoy a fun-filled day of entertainment at this "interactive theatre" experience. The play revolves around an Italian-American wedding satire. You attend the ceremony, go through the receiving line, toast the happy couple, and celebrate at their wedding dinner and dance! It's a love story you won't soon forget! Trip includes deluxe motorcoach transportation, theatre ticket and luncheon.

**WHERE:** Meet in south parking lot at MCC  
**WHEN:** Thursday  
 Feb. 15  
**TIME:** 11:00 am - 4:00 pm  
**ACTIVITY #:** 0010.401  
**FEE:** \$42/Person



### Spring Fling to Branson, Missouri!!!

*Don't Miss Out!*

Our trip includes round trip transportation via deluxe motorcoach, hotel accommodations, baggage handling, admissions, escort, five meals, and taxes and tips on included features. Enjoy these talented musical acts: Country Tonite, The Stars of Lawrence Welk, Baldnobbers Jamboree, Bobby Vinton & the Glen Miller Orchestra, and Doug Gabriel.

**WHERE:** Meet in south parking lot at MCC  
**WHEN:** Tuesday, Apr. 30 to Saturday, May 4  
**ACTIVITY #:** 0010.102  
**FEES:** \$399/Double  
 \$379/Triple/Quad  
 \$499/Single

A \$50.00 deposit is due by Feb. 15.  
 Payment due in full by Mar. 15.

### 1995 NEST Holiday Lights Tour

Join us to travel in warm comfort on a NEST bus and see Christmas lights in your neighborhood. We will also enjoy hot apple cider and cookies before the festive ride. Pre-registration with fee is required.

**WHERE:** MCC Meeting Room  
**TIME:** 6:30 - 9:00 pm  
**FEE:** \$5/Person

#### Session I:

**WHEN:** Thursday  
 Dec. 7  
**ACTIVITY #:** 0010.403

#### Session II:

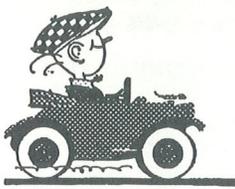
**WHEN:** Tuesday  
 Dec. 12  
**ACTIVITY #:** 0010.404

### Edgewood Holiday in Cannon Falls

The sounds and sights of the holiday season are everywhere at the Edgewood Restaurant in Cannon Falls. Enjoy a horse-drawn sleigh ride, hot cider, a lavish buffet luncheon, and traditional holiday entertainment. *This trip is a holiday package with your name on it!*

**WHERE:** Meet in south parking lot at MCC  
**WHEN:** Wednesday  
 Dec. 13  
**TIME:** 9:10 am - 2:40 pm  
**ACTIVITY #:** 0010.302  
**FEE:** \$42/Person





**Defensive Driving: 55 Alive**

Drivers who are 55+ are eligible to

qualify for a 10% auto insurance discount by taking this course and refreshing and improving their driving skills. This class which is offered through AARP is open to people who are 50+ and all instructors are age 50 and older.

**WHERE:** Meeting Room A  
**TIME:** 9:00 - 1:00 am  
**FEE:** \$8/person

**Session I:**  
**WHEN:** Tuesday  
 Dec. 12  
 (4 hour course)

**ACTIVITY #:** 0007.304

**Session II:**  
**WHEN:** Wednesday  
 Jan. 18  
 (4 hour course)

**ACTIVITY #:** 0007.401

**Session III:**  
**WHEN:** Monday and  
 Wednesday  
 Feb. 19 & 21  
 (8 hour course)

**ACTIVITY #:** 0007.402

**Session IV:**  
**WHEN:** Tuesday  
 Mar. 19  
 (4 hour course)

**ACTIVITY #:** 0007.403

**Session V:**  
**WHEN:** Thursday  
 Apr. 4  
 (4 hour course)

**ACTIVITY #:** 0007.404



**Stretching for Health and Fitness**

Learn how to properly warm up or cool down for exercise. Stretching is a great way to increase your flexibility and relieve stress. Join us every Monday and Friday morning from 9:00 to 9:30 am for this great early morning break.

**FEES:** \$2/Member  
 \$2.50/Resident  
 \$3/Non-Resident

**Rec Walkers Club**

Join our walking club at the Maplewood Community Center and enjoy the many benefits such as high energy, weight loss, reverse the physical aspects of aging and help prevent heart disease. Walking is one of the best forms of exercise so make it a life long habit. You can earn a free pair of walking shoes by walking 1,000 miles in a one-year time period. Stop by one of the customer service counters to sign up.

**WHERE:** Walking/Running Track

**WHEN:** Program runs continuously

**ACTIVITY #:** 7000.311

**FEES:** \$2/Member  
 \$2.50/Resident  
 \$3/Non-Resident

**Gladstone Senior Center Monthly Senior Dance**

Join us every third Thursday of each month as we host "The Goldentones", a ten-piece band. Music of the 30's, 40's and 50's (fox trots, polkas, schottisches will be featured). Come hear the songs you love to remember. The dances are held from 1:00 - 2:30 pm in the Gladstone gym. Admission requested is just \$2.00. Refreshments will be served.



**Senior Dining at Gladstone Senior Center**

RAP Senior Dining is a great stop in the middle of a busy day. The lunches are delicious and nutritious—just enough to energize a busy senior. Anyone age 60 or older and their spouse is welcome to dine at Senior Dining by making a reservation one day in advance. The cost is a suggested donation that is posted at each location. If you are planning an outing, plan on a short stop for a great lunch at Senior Dining. RAP Senior Dining is funded in part by the Older Americans Act through a grant from the Metropolitan Council and state appropriations. Suggested donation is only \$2.25.

**Wednesday Wellness Talks**  
*Topics for Healthy Living*

Please join us on the 4th Wednesday of every month as we discuss a broad range of health-related topics with exciting and interesting speakers. Talks are co-sponsored by Evercare, ISD 622 Senior Program, Good Neighbor Foundation, Maplewood Good Samaritan Center, Rosewood Estate, and the Maplewood Community Center. Seating is limited—please call 770-4762 to pre-register. A \$1 donation is requested. Free blood pressure testing from 9:45 to 10:30 a.m.

- January 24 – Weight Control - A Healthy Balance Between Nutrition and Exercise
- February 28 – The Heart and Soul of Healthy Relationships. Understanding and Improving our Daily Interactions with Others
- March 27 – Aching for Answers. Learn the Latest about Arthritis
- April 24 – Safe and Restful Sleep from A to ZZZ

# Ballet & Jazz

## Ballet & Jazz Classes

Welcome to the Maplewood Parks and Recreation Ballet and Jazz Dance program! Our classes are instructed by Mandy Anzaldi and meet in the aerobics studio of the MCC. All classes are designed to promote team work and self-esteem while teaching the basic fundamentals of ballet and jazz dance.

Session II classes will conclude with a Show Night in the MCC Theatre along with other performing arts programs. We start working on our performance numbers during Session I.

You must register for both Session I and Session II since the classes are progressive.

**SHOW TIME:** Friday, May 17  
(Session II) 7:00 - 9:00 PM

**FEE:** \$30/Member  
\$36/Resident  
\$40.50/Non-Resident

## Pre-Ballet and Jazz (3&4 years old)

*Experience the art of classical ballet and modern jazz.* The class is designed for the beginner who has little or no experience and would like to develop the fundamentals of movement and coordination required for both styles of dance. Focus will be on improving body awareness, motor skills, balance and listening skills. Participants are required to wear ballet slippers to lessen the risk of injury. (Please not tights or socks.) Instructor is Mandy Anzaldi.

**WHERE:** MCC Aerobics Studio  
**TIME:** 5:15 - 6:00 pm

**Session I:**  
**WHEN:** Thursdays  
Jan. 18, 25, Feb. 1, 8  
15, 29, Mar. 7, 14  
(No class Feb. 22)

**ACTIVITY #:** 1352.401

**Session II:**  
**WHEN:** Thursdays  
Mar. 21, 28, Apr. 11,  
18, 25, May 2, 9,  
17 (Show Night)  
(No class Apr. 4)

**ACTIVITY #:** 1352.402  
**SHOW TIME:** Friday, May 17,  
7:00 - 9:00 pm

## Ballet & Jazz I (5 & 6 years old)

Learn progressive classical ballet and modern jazz techniques. This class is designed for the beginner level student. Focus will be on improving body awareness, motor skills, balance, and beginning barre techniques required for both styles of dance. This class is a pre-requisite for Ballet & Jazz II. Students showing sufficient progress will be advanced by the instructor into Ballet & Jazz II. Participants are required to wear ballet slippers to lessen the risk of injury. (Please not tights or socks.) Instructor is Mandy Anzaldi.

**WHERE:** MCC Aerobics Studio  
**TIME:** 6:00 - 7:00 pm

**Session I:**  
**WHEN:** Thursdays  
Jan. 18, 25, Feb. 1, 8  
15, 29, Mar. 7, 14  
(No class Feb. 22)

**ACTIVITY #:** 1352.403

**Session II:**  
**WHEN:** Thursdays  
Mar. 21, 28, Apr. 11,  
18, 25, May 2, 9,  
17 (Show Night)  
(No class Apr. 4)

**ACTIVITY #:** 1352.404

**SHOW NIGHT:** Friday, May 17,  
7:00 - 9:00 pm

## Ballet & Jazz II (7 & 8 years old)

Learn advanced classical ballet and modern jazz techniques. This class is designed for the intermediate level student, who would like to improve body awareness, techniques, balance, and polish both styles of dance. Ballet & Jazz I is a pre-requisite. Participants are required to wear ballet slippers to lessen the risk of injury. (Please not tights or socks.)

**WHERE:** MCC Aerobics Studio  
**TIME:** 6:30 - 7:30 pm

**Session I:**  
**WHEN:** Fridays  
Jan. 19, 26, Feb. 2, 9  
16, Mar. 1, 8, 15  
(No class Feb. 23)

**ACTIVITY #:** 1352.405

**Session II:**  
**WHEN:** Thursdays  
Mar. 22, 29, Apr. 12,  
19, 26, May 3, 10,  
17 (Show Night)  
(No class Apr. 5)

**ACTIVITY #:** 1352.406  
**SHOW TIME:** Friday, May 17  
7:00 - 9:00 pm

## Ballet & Jazz (Ages 9 to 12)

This class is designed for children who are at intermediate to advanced levels or for those who have completed Ballet & Jazz II and are ready to advance to the next level. The emphasis in this class is on poise, rhythm and beat and synchronization skills. Participants are required to wear ballet slippers to lessen the risk of injury. (Please not tights or socks.)

**WHERE:** MCC Aerobics Studio

**TIME:** 7:30 - 8:30 pm

**Session I:**  
**WHEN:** Fridays  
Jan. 19, 26, Feb. 2, 9  
16, Mar. 1, 8, 15  
(No class Feb. 23)

**ACTIVITY #:** 1352.407

**Session II:**  
**WHEN:** Fridays  
Mar. 22, 29, Apr. 12,  
19, 26, May 3, 10,  
17 (Show Night)  
(No class Apr. 5)

**ACTIVITY #:** 1352.408

**SHOW NIGHT:** Friday, May 17  
7:00 - 9:00 pm

## Ballet & Jazz for Adults (ages 13 & up)

Experience a full body workout with emphasis on jazz and ballet techniques. This class is designed for individuals who would like to express basic jazz techniques at a beginner level. Dance is a great way to stretch and tone while relieving stress. Dress comfortably and come prepared to stretch and dance.

**WHERE:** MCC Aerobics Studio  
**TIME:** 8:00 - 9:00 pm

**Session I:**  
**WHEN:** Thursdays  
Jan. 18, 25, Feb. 1, 8  
15, 29, Mar. 7, 14  
(No class Feb. 22)

**ACTIVITY #:** 1352.409

**Session II:**  
**WHEN:** Thursdays  
Mar. 21, 28, Apr. 11,  
18, 25, May 2, 9,  
17 (Show Night)  
(No class Apr. 4)

**ACTIVITY #:** 1352.410  
**SHOW TIME:** Friday, May 17,  
7:00 - 9:00 pm

**Music**

**Adventures in Music  
Children's Performing Chorus  
(Grades 1 - 6)**

"Adventures in Music" is a fun, interactive music program for school age youth. Students will be introduced to all aspects of music and the performing arts. Participants will have the opportunity to meet new friends, develop an appreciation for music, and increase both their self-esteem and ability to express themselves. The class will be taught by Rebecca Jacobson, who has a degree and experience in voice and violin. The finale to the class will be a performance in the theatre with several other performing arts programs.

**WHERE:** MCC Green Room  
**WHEN:** Mondays  
 Jan. 22, 29,  
 Feb 5, 12, 19, 26,  
 Mar. 4, 11, 18, 25  
 Apr. 8, 15, 22, 29  
 May 6, 13,  
 17 (Show Night)  
 (No class Apr. 1)  
**TIME:** 6:30 - 7:30 pm  
**ACTIVITY #:** 1300.404  
**FEES:** \$42.50/Member  
 \$51.00/Resident  
 \$57.50/Non-Resident  
**SHOW NIGHT:** Friday, May 17  
 7:00 - 9:00 pm



**Maplewood Community  
Adult Chorus**

The Maplewood Community Adult Chorus is a fun and interactive choir that introduces people with an interest in singing to a variety of music. The chorus will be directed by Rebecca Jacobson. All levels of experience are welcome, from shower singers to church choir members. A spring performance will be held in the theatre with several other performing arts programs.

**WHERE:** MCC Green Room  
**WHEN:** Mondays  
 Jan. 22, 29,  
 Feb 5, 12, 19, 26,  
 Mar. 4, 11, 18, 25,  
 Apr. 8, 15, 22, 29  
 May 6, 13,  
 17 (Show Night)  
**TIME:** 7:45 - 9:30 pm  
**ACTIVITY #:** 1300.405  
**FEES:** \$42.50/Member  
 \$51.00/Resident  
 \$57.50/Non-Resident  
**SHOW NIGHT:** Friday, May 17  
 7:00 - 9:00 pm



**Frequent Users Punch  
Card**



Have your card punched in the amount of the program fee you pay. When your card is completely full, redeem for a T-shirt or \$5 program certificate.

This new program starts January 1.

Cards are available at Customer Service at the Community Center.

\$10	\$10	\$10
<b>Maplewood Parks &amp; Recreation Frequent Users Card</b>		
\$10		\$10
Receive a T-shirt or \$5 recreation program certificate when card is fully punched.		
\$10	779-3555	\$10
\$10	\$10	\$10

**It Doesn't Take Much! - Maplewood Food Shelf**

The Maplewood Community Center is a year-round drop-off site for the Maplewood Food Shelf. When you come to the MCC, bring a non-perishable food contribution for the Food Shelf. You can help by dropping off a contribution the next time you visit the MCC. *Every little bit helps!*

**It doesn't take much!  
Second Harvest Food Bank**



The Maplewood Community Center is a year-round drop-off site for the Second Harvest St. Paul Food Bank. When you come to the Community Center, bring a non-perishable contribution for Second Harvest. Second Harvest distributes food to over 50 charitable food programs and you can help by dropping off a contribution the next time you visit the Maplewood Community Center.

Music - Users Punch Card - Food Shelf

## Children's Arts & Craft

### Cartooning Class

Learn how to create your own characters and put them into a funny situation. We will do lots of fun activities to get your imagination rolling—like monster building and a dictionary of body parts! Then we will bring your characters to life through three different kinds of animation!

**WHO:** Children 8+  
**WHERE:** MCC Craft Room  
**WHEN:** Tuesdays  
 Jan. 11, 18, 25,  
 Feb. 1, 8, 15  
**TIME:** 6:30 - 8:00 pm  
**ACTIVITY #:** 1300.401  
**FEES:** \$27/Member  
 \$32.50/Resident  
 \$36.50/Non-Resident

### Drawing II

A slightly more advanced class for those who have taken a beginning drawing class before. We will still focus on the basics of drawing—line, shape, value, proportion, etc., but we will also expand to a variety of drawing media like collage, pen and ink, and silver point. We will also challenge our creativity by doing some unusual drawing exercises, like drawing the still-life as if it were melting or turning into a spaceship

**WHO:** Children 8+  
**WHERE:** MCC Craft Room  
**WHEN:** Tuesdays  
 Jan. 9, 16, 23, 30  
**TIME:** 6:30 - 8:00 pm  
**ACTIVITY #:** 1300.402  
**FEES:** \$18/Member  
 \$22/Resident  
 \$24/Non-Resident

### Magical Art

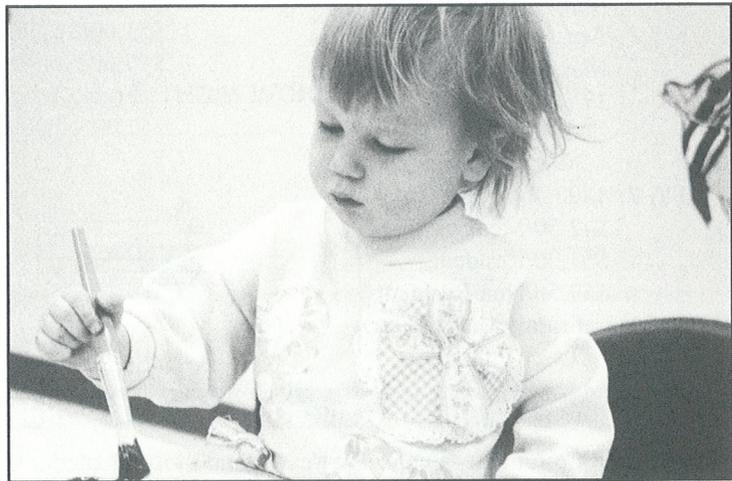
You will become the kingdom's most powerful wizard! The wand you create will be used to change everyday objects into whatever you imagine! Turn a cereal box into a robotic dinosaur to save the king or zap a pile of colorful fabric into a hat that makes you fly! Learn how to stretch your creativity as we enter a world of magic. Class coincides with winter break at schools!

**WHO:** Children 8+  
**WHERE:** MCC Craft Room  
**WHEN:** Thursday  
 Dec. 28  
**TIME:** 9:00 - 11:30 am  
**ACTIVITY #:** 1300.303  
**FEES:** \$4/Member  
 \$5/Resident  
 \$5.50/Non-Resident

### Jumble Art

Bring a creative imagination to this mixed media art class! You will be introduced to a pile of different fun kinds of art that you can make out of things you might normally throw away! We will make unusual books with pages like no other. Also learn about story boxes made from anything from Christmas tree tinsel to sponges. Everything you create will lead to a whole jumble of ideas for your next creation!

**WHO:** Children 8+  
**WHERE:** MCC Craft Room  
**WHEN:** Tuesdays  
 Feb. 6, 13, 27  
 Mar. 5, 12, 19  
 (no class Feb. 20)  
**TIME:** 6:30 - 8:00 pm  
**ACTIVITY #:** 1300.403  
**FEES:** \$27/Member  
 \$32.50/Resident  
 \$36.50/Non-Resident



## Youth Floor Hockey

Leagues are available for boys and girls in grades K/1, 2/3 and 4/5. This program is designed to teach the basic floor hockey skills and promote cooperation and the value of sportsmanship. Participants will play equally in each game and have the opportunity to play every position during the season. All games and practices are held at Maplewood Middle School.

**WHO:** Youth, grades K-5  
**WHERE:** Maplewood Middle School  
**WHEN:** Saturdays  
 Apr. 6 - May 18  
**TIME:** Mornings  
**ACTIVITY #:** Grades K/1 – 6070.101  
 Grades 2/3 – 6070.102  
 Grades 4/5 – 6070.103  
**FEES:** \$18 – Resident  
 \$23 – Non-Resident  
**DEADLINE:** Friday, Mar. 22

## School Release Activities – Holiday Vacation – The Alternative to Child Care!!

Take a holiday from your everyday schedule and join us at the Community Center for a wide variety of activities during winter break week. You could join us for the entire week or just for the day.

### Gym, Swim and the Theatre



We are going to start the week off with a bang! We will run ourselves ragged playing games in the gym, dodgeball, spud, wallyball, and swimming. After lunch we will attend the Children's Theater production of "How the Grinch Stole Christmas"! If time allows, we will also get a behind-the-scenes tour of the theater.

**WHO:** Children ages 7-12  
**WHERE:** MCC Craft Room  
**WHEN:** December 26  
**TIME:** Between 8:00 am - 5:00 pm  
**ACTIVITY #:** 3450.401  
**FEES:** \$42 – entire day  
\$15 – 8:00 am - 1:00 pm  
\$27 – 1:00 pm - 5:00 pm

### Mall Mania

Look out Mall of America here we come! No shopping done here. We will be attending an Explore Wild Life Program especially designed for school-age children. Not only will we be introduced to these animals, their habitats and features, we will also be able to touch and get close up and personal with some of them. After the Wild Life show, we will be eating Pizza in their party garden; then off to the rides we go! This program includes a 6point pass for rides and lunch. If children would like more than 6points for rides that will need to be purchased separately.

**WHO:** Children ages 7-12  
**WHERE:** MCC Craft Room  
**WHEN:** December 27  
**TIME:** Between 8:00 am - 5:00 pm  
**ACTIVITY #:** 3450.402  
**FEES:** \$35 for the entire day

### Let's Get Physical!!

*Cheerleading and Ballhandling Clinics, not for the faint of heart!* Check out this one-day clinic for both cheerleading and basketball handling. These clinics will be held in the morning. The afternoon will be spent enjoying the pool and creating craft masterpieces. *Not a dull moment to be had!*

**WHO:** Children ages 7-12  
**WHERE:** MCC Craft Room  
**WHEN:** December 28  
**TIME:** Between 8:00 am - 5:00 pm  
**ACTIVITY #:** 3450.403  
**FEES:** \$30 – entire day  
\$20 – 8:00 am - 1:00 pm  
\$15 – 1:00 pm - 5:00 pm



### Movies and Roller Skating

Let's go to the movies! Then, let's go roller skating! We will have two options for movies at Roseville theater and popcorn and pop while we view. Then off to the roller rink for skating and lunch. Children are able to bring additional monies for other treats at the roller rink. To top off our day we will create popsicle stick structures. The biggest and best creation will win free admission passes to the Maplewood Community Center.

**WHO:** Children ages 7-12  
**WHERE:** MCC Craft Room  
**WHEN:** December 29  
**TIME:** Between 8:00 am - 5:00 pm  
**ACTIVITY #:** 3450.404  
**FEES:** \$35 for the entire day

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**Entire Week – \$135**

**Fees includes transportation, staffing,  
lunch and field trip costs.**

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## Dancercise Kids

by: Rebecca Jacobson,  
Dancercise Instructor

*Introduction to fitness.* Dancercise Kids is a program designed to introduce the young to dance, fitness, and creative movement. Children will enjoy an environment filled with fun activities which will encourage and promote physical fitness through dance, movement and tumbling. Parents are invited to attend the last class for a performance.

**WHO:** Children ages 3-6  
**WHERE:** MCC Aerobics Room  
**WHEN:** Wednesday Mornings  
 9:00 - 9:45 am  
 Wednesday evenings  
 6:00 - 6:45 pm  
 Session I: Jan 10-31  
 Session II: Feb. 7-28  
 Session III: Mar. 6-27

**ACTIVITY #:** 3000.401  
**FEES:** \$22/month - Member  
 \$27/month - Resident  
 \$32/month - Non-Resident

## Come Play With Me Art - Gym - Swim

by: Ann McQuillan

Come Play With Me is an age appropriate play time designed for parent and child. Activities will be preplanned in art, gym and swim activities to provide an alternative play place. Each day will be scheduled with a messy, creative and busy art project and followed up with some gross motor activities either in the gym or pool. Each activity is developmentally appropriate and will be facilitated by Ann. *Come on join the fun!!!*

**WHO:** One child age 2-4  
and one adult  
**WHERE:** MCC Craft Room  
**WHEN:** Thursday Mornings  
 Jan. 4 thru Feb. 15  
 (No class Jan. 25)  
 10:00 - 11:00 am  
**ACTIVITY #:** 3004.401  
**FEES:** \$20/Member  
 \$24/Resident  
 \$26/Non-Resident

## Dig Those Bones

Preschool-Enrichment  
with Deb Murphy

Interest in those great big creatures from the past seems to be a childhood fascination. Your child will enjoy discovering dinosaurs through crafts, stories, songs, digs, and puppetry. Your children will explore the giants of the past and the world they lived in.

**WHO:** Children ages 3-5  
**WHERE:** MCC Craft Room  
**WHEN:** Tuesday  
 Feb. 13 - Mar. 19  
**TIME:** 6:00 - 7:00 pm  
**ACTIVITY #:** 3015.401  
**FEES:** \$20/Member  
 \$25/Resident  
 \$30/Non-Resident

## Come Run, Jump, Swim and Play

by: Ann McQuillan and an Aquatics Instructor

This program is a new offering designed to give young children and their parents an alternative play time. The 1¼ hour will be facilitated by a professional and filled with age-appropriate gross motor activities in the gym and pool. The parent-child combination will spend a half-hour in the gym and a half-hour in the pool, allowing 15 minutes for changing. *Join us for a fun filled evening!!!*

**WHO:** Children ages 1½-3½  
**WHERE:** MCC Craft Room  
**WHEN:** Wednesday Evenings  
 Feb. 21 - Mar. 27  
**TIME:** 6:30 - 7:45 pm  
**ACTIVITY #:** 3004.402  
**FEES:** \$25/Member  
 \$30/Resident  
 \$35/Non-Resident



## Child Care Room

The child care room hours are Monday through Friday 9:00 am to 1:00 pm. If you would like care any other time, please feel free to call 779-3557 to make reservations. The only requirement to opening the room at any other time is that we have a minimum of three children signed up. The child care assistant will call to confirm your request and later call to confirm staffing and opening hours.

Questions, comments and suggestions are always welcome. *Thank you, child care staff.*

## Parents Morning Out

The child care staff would like to offer all those parents and children an opportunity to utilize our wonderful facility while being out and about. Every Friday morning from 8:00 a.m. to 1:00 p.m., we are offering drop-in child care for the children while mom, dad, aunt, or grandma and grandpa enjoy the morning off. Have lunch with your friends or get a little shopping done for the holidays. It is up to you!

Registration is required for safety in staffing. Call and reserve your space today!

**WHO:** Children  
ages 6 mo. - 6  
**WHERE:** Child Care Room  
**WHEN:** Nov. 1 - Feb. 28  
**ACTIVITY #:** 3060.401-413  
**FEES - Infants 6 mo-15 mo:**  
 \$12/Day - Member  
 \$14/Day - Resident  
 \$17/Day - Non-Resident  
**FEES - Preschoolers:**  
 \$10/Day - Member  
 \$12/Day - Resident  
 \$15/Day - Non-Resident

Register for three or more days and receive a 10% discount.

## Kindermusik Beginnings

This program is especially designed for children age 18 months to 3½ years of age. Kindermusik offers a developmentally appropriate introduction to music at an age where the natural creativity of a child is most open to stimuli. The children will sing, move, chant, and play simple instruments. Each participant must be accompanied by a parent or caregiver.

**WHO:** Children ages 1½-3½  
**WHERE:** MCC Craft Room  
**WHEN:** Monday  
 Jan. 22 - Apr. 15  
 (No class Feb. 19)  
**TIME:** 11:00 - 11:30 am  
**ACTIVITY #:** 3020.401  
**FEES:** \$80/Member  
 \$96/Resident  
 \$104/Non-Resident

MINIMUM ENROLLMENT = 6

## Espan'ol for the Preschooler

These Spanish classes are specifically designed for the age of the child. The children will start at the beginning and learn the language not only through repeat practice but also through games and songs. Anna Kelly has been teaching Spanish for many years privately as well as in schools and child care centers.

**WHERE:** MCC Craft Room  
**WHEN:** Wednesday Evenings  
 Mar. 6 - Apr. 24

### Session I - Beginners:

**WHO:** Children ages 3-5  
**TIME:** 6:30 - 7:15 pm  
**ACTIVITY #:** 3002.401

### Session II - Advanced:

**WHO:** Children ages 4-6  
**TIME:** 7:15 - 8:00 pm  
**ACTIVITY #:** 3003.401

**FEES:** \$32/Session - Member  
 \$38/Session - Resident  
 \$42/Session - Non-Resident

MINIMUM ENROLLMENT = 6

## ComputerTots Amazing Stories

Our imaginations will soar as we explore amazing stories. Our ComputerTots will jump into action with interactive stories that have a twist—not only are our ComputerTots part of the animated tales but they can choose what happens next. Take the next step in computer programs...

**WHERE:** MCC Lounge  
**WHEN:** Monday Evenings  
 Jan. 8 - Feb. 12

MINIMUM ENROLLMENT = 4

### Session I:

**WHO:** Children ages 3-4  
**TIME:** 6:30 - 7:00 pm  
**ACTIVITY #:** 3082.401

### Session II:

**WHO:** Children ages 5-6  
**TIME:** 7:00 - 7:30 pm  
**ACTIVITY #:** 3082.402

**FEES:** \$45/Member  
 \$54/Resident  
 \$58.50/Non-Resident

\* Additional classes may be added \*

## Under the Rainbow

*Preschool acting adventures.* This course is an introduction to acting for preschool age children. Children will act out short skits based on familiar stories from Mother Goose. This course strengthens children's confidence, self-esteem, and introduces them to concepts involved in the teamwork necessary to put on a production.

**WHO:** Children ages 3½-5  
**WHERE:** MCC Craft Room  
**TIME:** 5:30 - 6:30 pm  
**WHEN:** Tuesday Evenings  
 Mar. 5 - Apr. 11  
 (No class Feb. 20)

*Prop Night - Apr. 10: 5:00 - 8:00*  
*Dress Rehearsal - Apr. 11: 5:00-8:00*  
*Performance - Apr. 12: 6:00-8:00*

**ACTIVITY #:** 3000.401  
**FEES:** \$30/Member  
 \$36/Resident  
 \$39/Non-Resident

MINIMUM ENROLLMENT = 6

## Preschool Karate

Karate will be taught by Dave Graf, a thirty-year veteran of the profession. He will be instructing Okinawa Shuri-Te Karate. Karate is an empty hand, self-defense art form which encourages self-control and discipline. Dave teaches more than just technique. He instructs Shuri-Te to challenge individuals both physically and mentally to excel within themselves. The true goal of Karate is to become a better human being and to set a standard by example.

**WHO:** Children ages 4-6  
**WHERE:** MCC Aerobics Room  
**WHEN:** Tuesday  
**TIME:** 6:00 - 6:45 pm

**Session I:** Jan 8-29

**Activity #:** 3006.401

**Session II:** Feb. 6-27

**Activity #:** 3006.402

**Session III:** Mar. 5-26

**Activity #:** 3006.403

**FEES:** \$12/Month/Session - Member  
 \$15/Month/Session - Resident  
 \$17/Month/Session - Non-Resident  
 \$33/quarterly - Member  
 \$42/quarterly - Resident  
 \$48/quarterly - Non-Resident



## After School Cheerleading Clinic



Get involved and check out this new after-school program. We are bringing a professional instructor to your school! Learn about cheerleading, do cheers and have a great time getting active. All materials will be provided. Come dressed for action.

**WHO:** Youth grades 6 & 7  
**WHEN:** Jan. 8 - Feb. 12  
**TIME:** Class will meet immediately after school dismissal (see schedule)  
**FEE:** \$24

SCHOOL	TIME	DAY	ACTIVITY #
Maplewood Middle School	2:30-4:00 pm	Monday	3080.401
John Glenn	2:30-4:00 pm	Tuesday	3080.402
MCC	4:30-6:00 pm	Tuesday	3080.403

## Elementary After-School Program

Carver and Edgerton Community Center Gyms  
*Starting January 1996*

Join us at the new Community Center Gym locations in January 1996. We will be offering youth the opportunity to participate in a wide variety of programs immediately after school dismissal. Classes will be offered each day at the two locations ranging from open gyms, volleyball, floor hockey to rollerblading, and ice skating. Information on this new and exciting program will be available after December 1 at the Maplewood Community Center and will go to students in the 622 and 623 school districts. Watch for the information in December!

## Red Cross Babysitting Course

by: Joy Eastman, Certified Red Cross Babysitting Instructor

The Red Cross Babysitting Course is for youth who care



for younger children. This course provides instruction, situations in which to apply concepts and practice skills, and time for discussion of attitudes and problem-solving.

**WHO:** Youth ages 10 & up  
**WHERE:** MCC Craft Room

### Session I:

**ACTIVITY #:** 3075.401  
**WHEN:** Feb. 20 & 22  
**TIME:** 9:30 - 1:00 pm

### Session II:

**ACTIVITY #:** 3075.501  
**WHEN:** Apr. 2, 4, 9 & 11  
**TIME:** 6:00 - 8:00 pm

**FEE:** \$30/Member  
 \$36/Resident  
 \$39/Non-Resident

## Mid-Winter Break Specials

*February 19-23*

Watch the school newsletters for information on Mid-Winter Break Specials for youth. We will be having special activities each day that school is out for the mid-winter break. Information on these events will be ready after January 1, 1996.

## Drama

### Teen Drama Kids

Are you interested in acting? Do you have fun performing skits for family and friends? Then, this is for you! This class is designed to give teens an opportunity to experience the involvement of a play production. They will choose their production piece, decide on set design, create the set, and add to the production piece their own unique concepts, ideas and personalities. This, along with the other drama programs, is an excellent program for building self-confidence, self-esteem, and a sense of accomplishment through team work. Youth will have an opportunity to meet other youth with interests similar to their own outside the classroom environment. It is a wonderful time to enjoy and share your own creativity with others and to be yourself.

**WHO:** Youth ages 13-18  
**WHERE:** MCC Craft Room  
**WHEN:** Thursday Evenings  
 Feb. 15 - Apr. 11  
**TIME:** 7:00 - 9:00 pm  
**ACTIVITY #:** 3007.403  
**FEES:** \$45/Member  
 \$54/Resident  
 \$58.50/Non-Resident



## Karate

### Youth, Beginner and Advanced

Karate will be taught by Dave Graf, a thirty-year veteran of the profession. He will be instructing Okinawa Shuri-Te Karate. Karate is an empty hand, self-defense art form which encourages self-control and discipline. Dave teaches more than just technique. He instructs Shuri-Te to challenge individuals both physically and mentally to excel within themselves. The true goal of Karate is to become a better human being and to set a standard by example.

#### Beginner Karate

**WHO:** Youth ages 13 and up  
**WHERE:** MCC Aerobics Room  
**WHEN:** Tuesday & Thursday Evenings  
**TIME:** 7:00 - 8:00 pm  
**Session I:** Jan. 16 - Feb. 1  
**ACTIVITY #:** 4001.401  
**Session II:** Feb. 6 - Feb. 29  
**ACTIVITY #:** 4001.402  
**Session III:** Mar. 5-28  
**ACTIVITY #:** 4001.403  
**FEES:** \$25/Session/Month - Member  
 \$30/Session/Month - Resident  
 \$35/Session/Month - Non-Resident



#### Youth Karate

**WHO:** Youth ages 7-13  
**WHERE:** MCC Aerobics Room  
**WHEN:** Saturday Mornings  
**TIME:** 8:00 - 9:00 am  
**Session I:** Jan. 6 - Jan. 27  
**ACTIVITY #:** 4000.401  
**Session II:** Feb. 3 - Mar. 2  
 (No Class Feb. 24)  
**ACTIVITY #:** 4000.402  
**Session III:** Mar. 9 - Mar. 30  
**ACTIVITY #:** 4000.303  
**FEES:** \$15/Session/Month or \$42/Qtr. - Member  
 \$20/Session/Month or \$57/Qtr. - Resident  
 \$30/Session/Month or \$87/Qtr. - Non-Resident

#### Advanced Karate

*Must have successfully completed Beginner Karate.*

**WHO:** Youth age 13 - Adult  
**WHERE:** MCC Aerobics Room  
**WHEN:** Tuesday Evenings  
 Feb. 6 - Mar. 26  
**TIME:** 8:00 - 9:30 pm  
**ACTIVITY #:** 4001.401  
**FEES:** \$25/Session - Member  
 \$30/Session - Resident  
 \$35/Session - Non-Resident

## Drama

### The Drama Kids

Acting for the amateur. This program is designed to give children the opportunity to experience the involvement of a play production from beginning to end. Children will act, create, stage sets, learn about lighting, sound, stage presentation and a little clowning round.

Professionals in the industry will be instructing special sessions, along with Sue Lodmill. The children will not only have this incredible opportunity to create and bring to life a production, they will learn about team work and build their self-confidence and self-esteem.

**WHO:** Youth ages 7-12  
**WHERE:** MCC Craft Room  
**FEES:** \$40/Member  
 \$48/Resident  
 \$52/Non-Resident

<b>Session I:</b>	<b>Session II:</b>
<b>WHEN:</b> Tuesday Evenings Feb. 13 - Apr. 9	<b>WHEN:</b> Thursday Evenings Feb. 15 - Apr. 11
<b>TIME:</b> 6:30 - 8:00 pm	(No classes week of Feb. 20-24)
<b>ACTIVITY #:</b> 3007.401	<b>TIME:</b> 5:30 - 7:00 pm
	<b>ACTIVITY #:</b> 3007.402

*All drama sessions come together for the following:*

*Prop Night  
April 10, 5:00-8:00 p.m.*

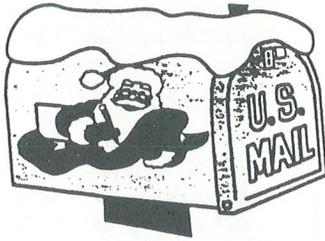
*Dress Rehearsal  
April 11, 5:00-8:00 p.m.*

*Performance  
April 12, 6:00-9:00 p.m.*





## Santa's Mailbox



Ho! Ho! Ho! Santa is coming to the MCC! He will have a special mailbox at the Community Center, 2100 White Bear Avenue, Maplewood, MN 55109.

Children can drop off their letters to Santa between November 30 and December 12. Santa and his elves request that you include your address in your letter so he can personally answer each letter.

Just look for the special Holiday Mailbox when you visit the MCC!

## 2nd Annual Super Bowl Bash Sunday, January 28, 1995 Super Bowl XXX at Phoenix, Arizona

### Hey Football Fans!

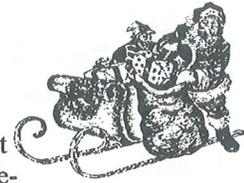
Come to the Maplewood Community Center's new theater and watch Super Bowl XXX at Phoenix, Arizona on a big screen! We will have every seat filled with football fans just like you watching the big game on our huge screen. At half-time you will enjoy a catered feast fit for your favorite football player. A buffet lunch and a cash bar will be available during half time. Pop and popcorn are included in the fee. Make it a great get-together for family and friends! Seating begins at 3:00 pm for the pre-game show. Pre-registration is required at the MCC. Space is limited so sign up early!

**FEES:** \$8/Member  
\$10/Resident  
\$11/Non-Resident



## Lunch with Santa (ages 3 - 10)

Join us to welcome Santa to the Maplewood Community Center! Visit Santa's workshop, listen to the holiday songs and stories of the Kathy O'Brien Puppet Wagon, enjoy facepainting, lunch and much more! Pre-registration is required by Wednesday, December 13th.



10:00 - 10:30 am - Holiday Puppet Wagon Arrives  
10:30 - 12:00 pm - Visit with Santa, arts & crafts, facepainting & much more  
12:00 - 1:00 pm - Lunch including hot dogs, chips, apple, pop, cookies

**WHERE:** MCC Banquet Room      **TIME:** 10:00 am - 1:00 pm  
**WHEN:** Saturday, Dec. 16      **ACTIVITY #:** 2501.301  
**FEES:** \$7.00/Member - \$20/Member Family (3 children & more)  
\$8.50/Resident - \$24/Resident Family (3 children & more)  
\$9.50/Non-Resident - \$27/Non-Resident Family (3 children & more)



## New Year's Eve Family Bash!!!

Ring in the New Year at the Maplewood Community Center! Activities include a movie in the theater, unlimited use of the pool, waterslide, gyms, volleyball, wallyball, racquetball and more! Fee also includes use of the exercise area, walking/running track and hot tub for adults. Party favors, popcorn, and pop are included in fee. Other concessions are available for an additional fee. Pre-registration is required by Friday, December 29. Space is limited so sign up early!

**WHERE:** MCC      **TIME:** 6:00 - 10:00 pm  
**WHEN:** Sunday, Dec. 31      **ACTIVITY #:** 2502.301  
**FEES:** \$4/Member - \$15/Member Family  
\$5/Resident - \$18/Resident Family  
\$5.50/Non-Resident - \$20/Non-Resident Family

## MCC Holiday Festival

Wednesday, December 27, 1995

Welcome to the annual MCC Holiday Festival! Come and enjoy winter events indoors and out. There will be dog sled rides, ice/snow sculptures, a bonfire, snow painting, movie in the theatre, fun games in the banquet room, and a volleyball tournament. Also, you can renew your membership or buy a new membership at the 1995 rates.



### Schedule of Events:

Dog Sled Rides 12 noon - 3:00 pm  
\*Fee: Members - free (show membership card)  
Ice/Snow Sculptures 12:00 noon - 6:00 pm  
\*Judging takes place at 6:00 pm. Prizes awarded!  
Snow Painting 12:00 noon - 6:00 pm  
Snow Volleyball Tourney 3:00 pm  
\* Round Robin Tournament for Families  
Movie in Theatre 1:00 - 2:30 pm  
Bonfire 4:00 - 6:00 pm  
Banquet Room 12:00 noon - 6:00 pm  
\*Check-in at Banquet Room C is required.

Pre-registration is required as space is limited. Registration deadline is Monday, December 18. No registration will be taken after this date.

# Racquetball

## Racquetball Lessons

All racquetball lessons are designed to teach the fundamental skills of racquetball. In order to provide proper instruction, a minimum of 4 participants (maximum 8) must register in a class.

### Lessons

#### Youth Lessons

**WHO:** Youth ages 15-17  
**WHERE:** MCC, Courts 1 & 2  
**WHEN:** Thursdays  
 Jan 4 - Jan 25  
**TIME:** 6:00 - 7:00 pm  
**ACTIVITY #:** 6003.401  
**FEES:** \$22/Member  
 \$26/Resident  
 \$31/Non-Resident

#### Beginner Adult Lessons

**WHO:** Adults  
**WHERE:** MCC, Courts 1 & 2  
**WHEN:** Thursdays  
 Jan 4 - Jan 25  
**TIME:** 7:00 - 8:00 p.m.  
**ACTIVITY #:** 6500.401  
**FEES:** \$22/Member  
 \$26/Resident  
 \$31/Non-Resident

#### Intermediate Adult Lessons

**WHO:** Adults (completed beginner lessons)  
**WHERE:** MCC, Courts 1 & 2  
**WHEN:** Thursdays  
 Jan 4 - Jan 25  
**TIME:** 8:00 - 9:00 pm  
**ACTIVITY #:** 6501.401  
**FEE:** \$22/Member  
 \$26/Resident  
 \$31/Non-Resident

### Racquetball Punch Card

*NEW!* You can now purchase a RACQUETBALL PUNCH CARD at the lower customer service counter. Individuals may purchase a block of 5, 10, 15 or 20 hours.

**FEES:** \$9.00/5 Hrs - Member  
 \$23.00/5 Hrs - Resident  
 \$28.50/5 Hrs - Non-Resident

### Challenge Ladder

A racquetball challenge ladder is held on Saturday mornings from 8:30 a.m. to noon. The Ladder is open to all challengers. All you need is the energy and the desire to be the *CHALLENGE LADDER CHAMPION!*

**WHO:** Adults  
**WHERE:** MCC, Court 1  
**WHEN:** Saturdays  
**TIME:** 8:30 am - noon.  
**ACTIVITY #:** 6502.501  
**FEES:** \$2/Sat. - Member  
 \$5/Sat. - Resident  
 \$6/Sat. - Non-Resident

### MCC Racquetball League

*NEW!* Adult racquetball leagues are being formed at the Maplewood Community Center. Individuals can register for one of three separate divisions: Men's A/B, Men's C/D, and Women's. All divisions will play one match per week for a period of ten weeks. Participants are required to arrange a court time with that week's opponent. All fees include court time and league awards. Minimum: 4; Maximum: 24.

**WHO:** Adults  
**WHERE:** MCC  
**WHEN:** Jan 7 - Mar 16  
**ACTIVITY #:** Men's A/B - 6505.401  
 Men's C/D - 6505.402  
 Women's - 6505.403  
**FEES:** \$35/Member  
 \$60/Resident  
 \$70/Non-Resident  
**DEADLINE:** Dec. 26

### MCC Racquetball Tournament

**WHO:** Adults 18+  
**WHERE:** MCC  
**WHEN:** Feb. 2 & 3, 1996  
**ACTIVITY #:** Men's Open - 6510.401  
 Men's A - 6510.402  
 Men's B - 6510.403  
 Men's C - 6510.404  
 Women's Open - 6510.405  
 Women's A - 6510.406  
 Women's B - 6510.407  
 Women's C - 6510.408  
**FEES:** \$12/Member  
 \$15/Resident  
 \$20/Non-Resident  
**DEADLINE:** Saturday, Jan. 27

### RACQUETBALL/WALLYBALL COURT POLICY

- Racquetball courts may be reserved three (3) days in advance by members and two (2) days in advance by non-members. All reservations are one (1) hour in length. **WALLYBALL MAY BE RESERVED FOR TWO (2) HOURS.** Reservations will be taken daily between 6:00am and closing by telephone or in person. **One reservation per day per party.** Back-to-back play will be allowed if the court is available (open) after users complete their scheduled time. The second court time must be paid prior to use.
- When making a court reservation, be prepared to provide your name, phone number and membership number. For racquetball only, please provide the name of playing partner.
- All court time must be paid for prior to an individual or group taking the court.
- Any person who has already participated with another person or group may not reserve a second court time on the same day.
- When the hour is completed, the players must leave the court. See item #1 regarding open courts.
- Tennis shoes must be worn at all times. No bare feet, street shoes or black soled shoes that leave marks. Eye protection is strongly recommended for all players.
- No smoking, food or drinks allowed on the courts.
- Wallyball players are responsible for putting up and taking down their own equipment. Equipment is available at the Customer Service counter.
- Court users must be at least 15 years old unless accompanied by an adult.
- All participants 14 years old and under must wear safety goggles.
- Court fee per player is determined by status (member, resident, non-resident) of individual/group reserving court.*

### Court Fees

**Racquetball:**  
 (per court/per person/per hour)  
**FEES:** \$2/Member  
 \$5/Resident  
 \$6/Non-Resident

**Wallyball:**  
 (per court/per hour/per group)  
**FEES:** \$10/Member  
 \$10/Resident  
 \$12/Non-Resident

COURT  
 RESERVATIONS:  
 779-3561



**Racquetball Lessons Registration Deadline for Session III: Friday, December 29**

## Beginners I: Grades K-1

Introduction to the beginning level of tumbling and gymnastics. No previous experience is required for this class. Youth will work on forward rolls, backward rolls, bridges, headstands, a basic cartwheel, and be introduced to the equipment.

**WHO:** Youth, grades K-1  
**WHERE:** Maplewood Middle School  
**WHEN:** Saturdays  
 Session II: Jan. 6 - Feb. 10  
 Session III: Mar. 2 - Mar. 30  
 Session IV: Apr. 13 - May 18  
**TIME:** 9:00 - 9:55 a.m.  
**ACTIVITY #:** Session II - 6043.401  
 Session III - 6043.402  
 Session IV - 6043.101  
**FEES:** \$28 - Resident  
 \$33 - Non-Resident

## Beginners II: Grades 2-3

This class is for youth that have taken beginners I or have had some previous experience. Must be able to do a basic cartwheel, and forward and backward rolls. We will expand and learn from these skills. Beginning skills will be taught on the equipment.

**WHO:** Youth, grades 2-3  
**WHERE:** Maplewood Middle School  
**WHEN:** Saturdays  
 Session II: Jan. 6 - Feb. 10  
 Session III: Mar. 2 - Mar. 30  
 Session IV: Apr. 13 - May 18  
**TIME:** 10:00 - 10:55 am  
**ACTIVITY #:** Session II - 6044.401  
 Session III - 6044.402  
 Session IV - 6044.101  
**FEES:** \$28 - Resident  
 \$33 - Non-Resident

## Advanced: Grades 4-6

For youth that have passed Beginners II and are able to do round-offs, running cartwheel, bridges, and a basic handstand. This class will work on walkovers, combining skills, and a mini floor routine. Must have experience with equipment.

**WHO:** Youth, grades 4-6  
**WHERE:** Maplewood Middle School  
**WHEN:** Saturdays  
 Session II: Jan. 6 - Feb. 10  
 Session III: Mar. 2 - Mar. 30  
 Session IV: Apr. 13 - May 18  
**TIME:** 11:00 - 11:55 am  
**ACTIVITY #:** Session II - 6045.401  
 Session III - 6045.402  
 Session IV - 6045.101  
**FEES:** \$28 - Resident  
 \$33 - Non-Resident

\* If your child has previous gymnastic experience and would like to be in another class other than the specifics listed, please talk to the instructor and we will make necessary arrangements. Instructors have the right to place children in classes that best fit their ability level.

**REGISTRATION DEADLINE GRADES K-6:**  
 Session II: December 22  
 Session III: February 6  
 Session IV: March 29

## WEEKDAY CLASSES

<b>WHO:</b>	Youth, ages 3, 4 or 5	<b>REGISTRATION DEADLINE FOR AGES 3, 4 OR 5</b>
<b>WHERE:</b>	MCC	
<b>WHEN:</b>	Tuesdays & Thursdays	<b>WEEKDAY CLASSES:</b>
	Session II: Jan. 9 - Jan. 26	Session II: December 22
	Session III: Feb. 6 - Feb. 22	Session III: January 26
	Session IV: Mar. 5 - Mar. 21	Session IV: February 23
<b>TIME:</b>	3 year olds - 11:30 am - 12:15 pm	
	4 year olds - 12:15 pm - 1:00 pm	
	5 year olds - 1:00 pm - 1:45 pm	
<b>ACTIVITY #:</b>	3 year olds: Session II - 6049.401	
	Session III - 6049.402	
	Session IV - 6049.101	
	4 year olds: Session II - 6051.401	
	Session III - 6051.402	
	Session IV - 6051.101	
	5 year olds: Session II - 6052.401	
	Session III - 6052.402	
	Session IV - 6052.101	
<b>FEES:</b>	\$25 - Resident	
	\$30 - Non-Resident	

## Tiny Tots - 3, 4, and 5 Year Olds

These classes are designed to teach children coordination, balance, taking turns, following directions, interaction with other children, and having fun. They will start learning the basic body positions, forward rolls, and listening skills. They will use floor mats, wedges, and octagons for learning experiences. This class will also use low beams. Separate classes will be held for 3 year olds, 4 year olds and 5 year olds.

<b>WHO:</b>	Youth, ages 3, 4 or 5	<b>ACTIVITY #:</b>	3 year olds: Session II - 6046.401 Session III - 6046.402 Session IV - 6046.101	<b>REGISTRATION DEADLINE FOR AGES 3, 4 OR 5</b>
<b>WHERE:</b>	MCC			
<b>WHEN:</b>	Saturdays	4 year olds: Session II - 6047.401 Session III - 6047.402 Session IV - 6047.101	5 year olds: Session II - 6048.401 Session III - 6048.402 Session IV - 6048.101	<b>SATURDAY CLASSES:</b>
	Session II: Jan. 6 - Feb. 10 Session III: Mar. 2 - Mar. 30 Session IV: Apr. 13 - May 18			Session II: December 22
<b>TIME:</b>	3 year olds - 1:30 - 2:15 pm 4 year olds - 2:15 - 3:00 pm 5 year olds - 3:00 - 3:45 pm			Session III: February 6 Session IV: March 29
<b>FEES:</b>	\$25 - Resident      \$30 - Non-Resident			

## Maplewood Community Center – Winter Gym Schedule

ACTIVITY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Adult Open Basketball	Courts 2 & 3 - 6 to 10			Courts 2 & 3 - 7 to 10	
Adult Open Volleyball		Courts 3 & 4 - 6 to 10		Court 4 - 7 to 10	
Teen Open Basketball			Court 2 - 4 to 8		Court 2 - 4 to 8
Teen Open Volleyball	Court 4 - 6 to 9				
Parks and Rec. Programs		Court 2 - 8 to 9:30	Courts 3 & 4 - 7 to 10	Courts 3 - 6 to 7	Court 4 - 6 to 10
Open Gym	Court 1 - All Day	Court 1 - All Day			

### SATURDAY

ACTIVITY	12:00 - 2:00	2:00 - 4:00	4:00 - 6:00	6:00 - 8:30
Adult Open Basketball	Court 3	Court 3		
Adult Open Volleyball		Court 4		
Teen Open Basketball			Court 2	
Teen Open Volleyball	Court 4			
Family Open Volleyball			Court 4	Court 4
Parks and Rec. Programs				
Open Gym	Court 1	Court 1	Court 1	Court 1 & 2

### SUNDAY

ACTIVITY	12:00 - 2:00	2:00 - 4:00	4:00 - 6:00	6:00 - 8:30
Adult Open Basketball	Court 3	Court 3	Court 3	Court 3
Adult Open Volleyball	Court 4			
Teen Open Basketball		Court 2		
Teen Open Volleyball		Court 4		
Family Open Volleyball				Court 4
Open Volleyball			Court 4	
Open Gym	Court 1	Court 1	Court 1	Court 1 & 2

Adult 16 and Older/Teen 12 to 16

STAFF RESERVES THE RIGHT TO ADJUST SCHEDULE AS NECESSARY. CHANGES WILL BE POSTED ON GYM BULLETIN BOARD.

## Gym Rules and Policies

1. Respect all Community Center staff, patrons and equipment.
2. Tennis shoes must be worn on gym floor—No bare feet, street shoes or black-soled shoes that leave marks.
3. No food or drink allowed in gymnasium area.
4. No kicking of unapproved balls, basketballs, volleyballs, etc. Do not throw balls up to track level.
5. No spitting, roughhousing, wrestling or pushing allowed.
6. Abusive or foul language or body gestures will not be tolerated. Remember, the Maplewood Community Center is a family center.
7. No dunking, no hanging on the rim, no hanging on the net, no slapping the backboard.
8. No organized games (any sport) are allowed on court #1 (court nearest the gym office).
9. Organized games will be allowed in unscheduled gyms only when space permits.
10. Full court basketball games, outside of scheduled open basketball, allowed only if gym space permits.
11. Waiting players and/or teams must be rotated into play during open basketball or volleyball. Community Center staff will facilitate this when necessary.
12. **City of Maplewood Staff has the right to determine all gym use.**
13. **One Warning Rule:** Violators of any of the above rules will be reminded of the rule once and asked to leave the building on the second offense. **Violators may be asked to leave without a warning.** No refund of daily fee.
14. Join us in keeping our gym a fun, safe and clean environment for all users.

#### Gym Configuration

Court #4	Court #2	RB
Court #3	Court #1	Courts

#### Gym Schedule Revisions

November 11	- Court 3	- 8 am - 1:30 pm
	Court 4	- 8 am - 3:30 pm
	Court 2	- 12 noon - 3:00 pm
November 12	- Courts 3 & 4	- 11:00 am - 3:00 pm
December 6	- Courts 3 & 4	- 6:00 pm - 1:00 pm
** Sundays, November 12-December 12 - Court 3 - 4:00 pm - 5:00 pm **		

## Adult Programs

### Adult Co-Rec Broomball

Join the fun of Co-Rec Broomball! Cooperation and fun are stressed, not competition. All games are on outdoor ice and unofficiated. Each team will play a minimum of 8 games, weather permitting. Minimum: 4 teams; Maximum: 8 teams.

**WHO:** Adults, 18 years and older  
**WHERE:** Edgerton Park  
**WHEN:** Wednesdays  
 Dec. 20 - Feb. 14  
**TIME:** 6, 7, 8, or 9 pm  
**ACTIVITY #:** 6530.401  
**FEES:** \$180/Team (up to 3 non-residents)  
 \$210 (4+ non-residents)  
**DEADLINE:** Friday, Dec. 1

### Adult Boot Hockey

The slipping and sliding fun of Boot Hockey will be held at Gethsemane Park. Teams will play with six players per side and use a boot hockey ball instead of a puck. The action will be fast and furious in this recreational league. Each team will play a minimum of eight officiated games (weather permitting) with a season end tourney. Minimum: 4 teams; Maximum: 8 teams.

**WHO:** Adults, 18 years and older  
**WHERE:** Gethsemane Park  
**WHEN:** Mondays  
 Dec. 19 - Feb. 12  
**TIME:** 6, 7, 8, or 9 pm  
**ACTIVITY #:** 6531.401  
**FEES:** \$150/Team (up to 3 non-residents)  
 \$175/Team (4+ non-residents)  
 \$50 refundable conduct deposit required  
**DEADLINE:** Friday, Dec. 1

### Adult 4-Person Ice Hockey

An unofficiated, action-packed version of ice hockey! Four-person Ice Hockey is a recreational and informal athletic program, rather than a serious or highly competitive league. This program offers fast-paced, physical activity without physical contact. Each team will play a minimum of six games (weather permitting). Minimum: 4 teams; Maximum: 8 teams.

**WHO:** Adults, 18 years and older  
**WHERE:** Wakefield Park  
**WHEN:** Wednesdays  
 Dec. 20 - Feb. 14  
**TIME:** 6, 7, 8, or 9 pm  
**ACTIVITY #:** 6532.401  
**FEES:** \$85/Team (up to 3 non-residents)  
 \$100/Team (4+ non-residents)  
 \$50 refundable conduct deposit required  
**DEADLINE:** Friday, Dec. 1

### Ice Rink Shelter Locations and Hours

Opening Date: Dec. 18  
 Closing Date: Feb. 19  
 (weather permitting)

#### Locations With Shelters

Afton Heights	63 North Sterling Ave.
Edgerton	2001 Bradley
Four Seasons*	1683 Gervais
Gethsemane	2401 East 7th Street
Wakefield	1845 Prosperity Ave.

#### Hours

Monday-Friday	- 5:00 - 8:00 pm
Saturday	- 1:00 - 7:00 pm
Sunday	- 1:00 - 5:00 pm
Winter Break	- 2:00 - 8:00 pm
December 24	- Closed
December 25	- Closed
December 31	- 1:00 - 4:00 pm
January 1	- 1:00 - 4:00 pm
January 15	- 2:00 - 8:00 pm

\* Four Seasons will only be open on Saturdays and Sundays.

#### Pleasure Rinks

Geranium	2568 Geranium St.
Harvest	2561 Barclay
Kohlman	1000 County Road C
Maplecrest	2101 Arcade
Maplewood Hts.	2071 Beam
Pleasantview	1100 Marnie
Vista Hills	2480 Mailand Road
Western Hills	1750 Adolphus

## Youth Programs

### Figure Skating Skills Camp

Here is an opportunity for boys and girls, ages 5-12, to learn the fundamentals of this lifetime sport. Participants will learn to glide, start, stop, do figure 8's, crossovers and more. Do not be shy. Sharpen your figure skates and join the fun! Minimum: 8; Maximum: 20.

**WHO:** Youth, ages 5-12  
**WHERE:** Afton Park  
**WHEN:** Thursdays  
 Dec. 28 - Feb. 8  
**TIME:** 6:45 - 8:00 pm  
**ACTIVITY #:** 6031.401  
**FEES:** \$28 - Resident  
 \$33 - Non-Resident  
**DEADLINE:** Friday, Dec. 1



### Ice Hockey Skills Camp

Girls and boys, grades K-2, will learn the beginning ice hockey skills. Basic skating skills will be emphasized throughout the entire camp. Participants will also be introduced to passing, puck handling, shooting and hockey rules. No formal games will be played but fun, non-contact scrimmages will be held. All participants will receive six weeks of instruction (weather permitting). Hockey skates, hockey stick, hockey helmet with mask, mouth guard and a supporter with cup are required. Minimum: 8; Maximum: 16.

**WHO:** Grades K-2  
**WHERE:** Wakefield Park  
**WHEN:** Saturdays  
 Jan. 6 - Feb. 11  
**TIME:** Session I, 9:30-10:30 am  
 Session II, 10:45-11:45 am  
**ACTIVITY #:** Session I - 6030.401  
 Session II - 6030.402  
**FEES:** \$28 - Resident  
 \$33 - Non-Resident  
**DEADLINE:** Friday, Dec. 22



# Maplewood Nature Center

- \* The Maplewood Nature Center complies with A.D.A. requirements. Please inform us of any special needs so that we can more fully accommodate you.
- \* To register for Nature Center programs, use the registration form found at the back of this issue.

## Conference Room Rental

**Announcing:** Maplewood Nature Center has a conference room available for seminars, meetings and private functions. This 20'x30' room comfortably accommodates up to 20 people and is equipped with a kitchenette, microwave, marker board, projection screen, tables and chairs. You may access the lobby and explore our trails. For more information, call the Maplewood Nature Center at 738-9383.

## Birthday Parties

Have your child's party at the Maplewood Nature Center! Parties include a Polaroid picture of the group, party favors, and a birthday crown.



Choose a live animal theme: Snakes Alive!, Salamander Meander, Turtle Tales, Rabbit or Rabbit Hop. Indoor and outdoor educational stories, games and a hike are part of the fun. (Cake and ice cream are not included.) Inquire about rental of our conference room to serve your own birthday treats.

**BASIC FEE:** \$25.00

## By the Light of the "Storyteller's" Moon

Hike or snowshoe by the light of the full moon. Listen to legends about the moon and night animals. If weather permits, we'll take a closer look at the moon's craters through a spotting scope. Enjoy a hot beverage back at the Interpretive Building.

**WHO:** Adults & Families, Children 7+  
**WHEN:** Thursday  
 Dec. 7  
**TIME:** 7:00 - 8:30 pm  
**FEE:** \$2/Person  
 Prepay by Dec. 5

**Maplewood Nature Center**  
 located at 2669 East Seventh Street  
 Maplewood, Minnesota 55119  
 738-9383

## Interpretive Building Hours

Monday - Saturday: 8:30 - 4:30 P.M.

## Trails Open Every Day:

1/2 hour before sunrise until 12 hour after sunset

## Building will be closed:

Monday, December 25	- Christmas Day
Monday, January 1	- New Year's Day
Monday, January 15	- Martin Luther King Day
Monday, February 19	- President's Day

## Full Moon Walks

Full moon walks are celebrated each month at four local nature centers:

Maplewood Nature Center  
 2659 East 7th Street  
 Maplewood, MN 55119  
 738-9383

Harriet Alexander  
 2520 Dale Street  
 Roseville, MN 55113  
 482-8266

Joseph E. Wargo Nature Center  
 Rice Creek Chain of Lakes  
 Regional Park Reserve  
 7701 Main Street, Parkway G  
 Lino Lakes, MN 55038  
 429-8007

Tamarack Nature Center  
 Bald Eagle-Otter Lake Reg. Park  
 5287 Otter Lake Road  
 White Bear Lake, MN 55110  
 429-7787

Attend one walk at three different nature centers and be eligible to purchase a commemorative enamel pin depicting the full moon.

Programs last one and a half hours. There is a short indoor activity, an outdoor hike and beverage (please bring a mug). Please call the individual nature centers for information on their moon walk dates and times.

**WHO:** Ages 7 and up

**FEE:** \$2/Person

## By the Light of the "Snow Moon"

Snowshoe or hike by the light of the full moon. Discover the beauty of snowflakes with a simple snowflake catcher made tonight.

**WHO:** Children 7+  
**WHEN:** Friday  
 Jan. 5  
**TIME:** 6:30 - 8:00 pm  
**FEE:** \$2/Person  
 Prepay by Jan. 3

## By the Light of the "Raccoon" Moon

Snowshoe or hike by the light of the full moon. Search trees for raccoons and great horned owls. Hot beverage afterwards. Bring a mug.

**WHO:** Adults & Families, Children 7+  
**WHEN:** Monday  
 Feb. 5  
**TIME:** 7:30 - 9:00 pm  
**FEE:** \$2/Person  
 Prepay by Feb. 2

## By the Light of the "Maple Sugar" Moon

*It's sisibakwat—the sugaring time!*  
 Discover how the Ojibwa processed maple sugar. Take a hike by moonlight to visit our giant silver maple to taste sap. A maple sugar snack awaits your return!

**WHO:** Adults & Families, Children 7+  
**WHEN:** Tuesday  
 Mar. 5  
**TIME:** 7:30 - 9:00 pm  
**FEE:** \$2/Person  
 Prepay by Mar. 2

## December 1995 Public Programs

### Holiday Crafts from Nature for Youth Groups

Create unique holiday gifts and ornaments from natural and recycled materials. Group leaders may reserve time slots in morning or afternoon by calling 738-9383.

**WHO:** Youth groups, 6-12 years  
**WHEN:** Saturday  
 Dec. 16  
**TIME:** 10:00 am - 2:00 pm  
**FEE:** \$2/Child  
 Prepay by Dec. 14

### Winter Bird Census

Take a hike on our trails to census the winter resident birds of the Maplewood Nature Center. Then come back to the building to tally our count and warm up with a hot drink. Call 738-9383 to register.

**WHO:** Adults, Children 12+  
**WHEN:** Saturday  
 Dec. 23  
**TIME:** 10:00 - 11:30 am  
**FEE:** Free

### Bird Pudding for Winter Birds

A licensed birdbander will attempt to trap a few winter birds. Then we will make a high energy "bird pudding" for you to take home to feed the birds in your yard. \*Bring a net onion bag.

**WHO:** Children ages 5-8.  
 accompanied by an adult  
**WHEN:** Saturday  
 Dec. 9  
**TIME:** 10:00 - 11:30 am  
**FEE:** \$3/Child  
 Prepay by Dec. 7



### Special Holiday Vacation Programs

#### Meet the Animals

Watch our snake, turtle, rabbit and salamander eat. Touch and see them up close. Call 738-9383 to register.

**WHO:** All ages  
**WHEN:** Wednesday  
 Dec. 27  
**TIME:** 2:00 - 3:00 pm  
**FEE:** Free



#### Holiday Print Making

Drop by with an evergreen bough from your holiday tree to print a lasting image. Bring a tee shirt or sweatshirt, or use the paper provided. Call 738-9383 to register.

**WHO:** Adults and kids, ages 6+  
**WHEN:** Friday  
 Dec. 29  
**TIME:** 1:00 - 2:30 pm, ongoing  
**FEE:** \$1/Person

## January 1996 Public Programs

### Nature-2-Gether: Know About Snow

Learn about snow through stories and activities. Make a snow storm with us.

**WHO:** Children 24-36 months, accompanied by adult  
**WHEN:** Saturday  
 Jan. 6  
**TIME:** 10:30 - 11:00 am  
**FEE:** \$3/Child  
 Prepay by Jan. 4

### Animal Tracks to Wear

Print animal tracks on a sweatshirt you provide. Take a tracking adventure along the trails.

**WHO:** Kids 6 - 10 years  
**WHEN:** Saturday  
 Jan. 13  
**TIME:** 1:30 - 3:00 pm  
**FEE:** \$3/Child  
 Prepay by Jan. 11

### Snowshoeing for Families

Learn the history of snowshoeing, receive a short lesson on how to use them and then hike our trails with your family and a naturalist guide. \*In case of poor snow conditions, we'll hike instead.

**WHO:** Adults and Kids 5+  
**WHEN:** Saturday  
 Jan. 20  
**TIME:** 1:00 - 3:00 pm  
**FEE:** \$3/Person  
 Prepay by Jan. 18

### Snakes Alive

Touch and see a snake! Sample a "merry mouse" snack.

**WHO:** Families  
**WHEN:** Saturday  
 Jan. 27  
**TIME:** 10:00 - 11:00 am  
**FEE:** \$2/Child  
 Prepay by Jan. 25



## February 1996 Public Programs

### Great Horned Owls

Owls will be nesting soon! Learn about owls through stories and craft. Hike in our woods where they live and then warm up with hot chocolate.

**WHO:** Children 5-8, accompanied by adult  
**WHEN:** Saturday  
 Feb. 3  
**TIME:** 3:00 - 4:30 pm  
**FEE:** \$3/Child  
 Prepay by Feb. 1

### Ice Fishing Clinic A Minnaqua Program

Join us for an ice fishing clinic for beginners.

**Thursday:** Discover how to bait your hook, tie fishing knots and identify panfish. You'll also learn how to dress for ice fishing and how to filet panfish.

**Saturday:** Practice what you've learned. Fish through the ice on Silver Lake. Fishing poles, bait and hot cider provided.

**WHO:** Families, Kids 5+  
**WHEN:** Thursday, 6:30 - 9:00 pm  
 Feb. 8  
 Saturday, 3:30 - 5:00 pm  
 Feb. 10  
**FEE:** \$2/Person  
 Prepay by Feb. 6



### Valentine Birdfeeders

Let our wild bird puppets show you their favorite foods. Join the bird chorus, taste a seed snack and make a valentine bird feeder to take home. Parents can learn how to set up a bird feeding station in their yard.

**WHO:** Families with Children 3-6  
**WHEN:** Saturday  
 Feb. 10  
**TIME:** 10:00 - 11:15 am  
**FEE:** \$3/Child  
 Prepay by Feb. 8

### Feed the Animals

Meet our snake, box turtle and rabbit. Watch them as they eat their food. Call 738-9383 to register by Feb. 16.

**WHO:** All ages  
**WHEN:** Saturday  
 Feb. 17  
**TIME:** 1:00 - 2:30 pm  
**FEE:** Free

### Stargazing & Sleeping Bags for Youth Groups

Bring a sleeping bag and lie back on the boardwalk to search the sky for winter constellations. Make a star dial and learn a stellar legend. Hot beverage provided! Bring a mug. Dress WARM!

**WHO:** 4th Grade & Up  
**WHEN:** Thursday  
 Feb. 22  
**TIME:** 7:00 - 9:00 pm  
**FEE:** \$3/Child  
 Prepay by Feb. 20

# MAPLEWOOD COMMUNITY CENTER MEMBERSHIP FORM



Name: \_\_\_\_\_

Street: \_\_\_\_\_ Apt#/Suite: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone: Hm: \_\_\_\_\_ Wk: \_\_\_\_\_

Activity/ Class \_\_\_\_\_ Team Name \_\_\_\_\_

Starting date: \_\_\_\_\_ Time: \_\_\_\_\_

First time application for Membership?  
 Yes  No

To sign up for Membership by mail please fill out form, attach a check to form and mail both to the MCC.

Stop by later to pick up your Membership card!

Please see page 8 for rate information.

**WAIVER FOR PARTICIPANT BY PARENT**

In consideration of your accepting my child's entry, I hereby, for myself, my child, my heirs, executors and administrators, waiver and release any and all rights and claims for damages I or my child may have against the City of Maplewood or school district and it's representatives, successors and assigns for any and all injuries suffered by myself or my child at any activity sponsored by these groups.

SIGNED \_\_\_\_\_

Please list first name of family Members to be included within this Membership:

Name: \_\_\_\_\_ D.O.B. \_\_\_\_\_ Relationship: \_\_\_\_\_ Card#: \_\_\_\_\_ Date \_\_\_\_\_

Name: \_\_\_\_\_ D.O.B. \_\_\_\_\_ Relationship: \_\_\_\_\_ Card#: \_\_\_\_\_ Date \_\_\_\_\_

Name: \_\_\_\_\_ D.O.B. \_\_\_\_\_ Relationship: \_\_\_\_\_ Card#: \_\_\_\_\_ Date \_\_\_\_\_

Name: \_\_\_\_\_ D.O.B. \_\_\_\_\_ Relationship: \_\_\_\_\_ Card#: \_\_\_\_\_ Date \_\_\_\_\_

Name: \_\_\_\_\_ D.O.B. \_\_\_\_\_ Relationship: \_\_\_\_\_ Card#: \_\_\_\_\_ Date \_\_\_\_\_

I the undersigned, understand that if any information on this form is found to be inaccurate, it will be cause to forfeit all Membership privileges to the Maplewood Community Center.

MAKE CHECKS PAYABLE TO:  
 Maplewood Park & Recreation  
 2100 White Bear Ave., Maplewood, MN 55109

SIGNED \_\_\_\_\_

## PARK AND RECREATION REGISTRATION FORM

PLEASE PHOTO-COPY ME

PLEASE PHOTO-COPY ME

Park & Recreation Registration

Participant \_\_\_\_\_ Home Phone \_\_\_\_\_

Address \_\_\_\_\_ Apt. \_\_\_\_\_ Emergency Phone \_\_\_\_\_

City \_\_\_\_\_ Zip \_\_\_\_\_

School \_\_\_\_\_ Grade \_\_\_\_\_ Date of Birth \_\_\_\_\_

---

Activity/Class \_\_\_\_\_

Starting Date \_\_\_\_\_ Time \_\_\_\_\_

Day \_\_\_\_\_

Location \_\_\_\_\_

Head of Household Name \_\_\_\_\_

Team Name \_\_\_\_\_

**Waiver for Participant by Parent**

In consideration of your accepting my child's entry, I hereby, for myself, my child, my heirs, executors and administrators, waiver and release any and all Maplewood or school district and its representatives, successors and assigns for any and all injuries suffered by myself or my child at any activity sponsored by these groups.

Signature: X \_\_\_\_\_

---

**FOR OFFICE USE ONLY**

Fee \$ \_\_\_\_\_ Cash  Check  # \_\_\_\_\_

Received by \_\_\_\_\_ Date \_\_\_\_\_

Please return registration form with check payable to:  
**Maplewood Nature Center**      **Maplewood Park and Recreation**  
 2659 East 7th Street      or      2100 White Bear Avenue  
 Maplewood, MN 55119      Maplewood, MN 55109  
 (738-9383)      (779-3555)

\*Program Scholarships available. Call 779-3552 for information on this new program.

Registration

Maplewood Nature Center

**Building a Birdfeeder  
for Youth Groups**

Scout troops and families can build a wooden and plexiglass feeder to take home. Learn how to identify winter birds and find out what to feed them. Bring a hammer.

- WHO:** Children 4th grade & older, accompanied by adult
- WHEN:** Tuesdays or Wednesdays  
Dec. 5 or 6
- TIME:** 4:00 - 5:30 pm or  
6:30 - 8:00 pm sessions
- FEE:** \$4/Feeder  
Prepay by Nov. 29



HAPPY HOLIDAYS!

**Maplewood  
City Council**



- Mayor ..... Gary Bastian
- Council Member ..... Sherry Allenspach
- Council Member ..... Dale Carlson
- Council Member ..... Marvin Koppen
- Council Member ..... George Rossbach
- City Manager ..... Michael McGuire

**City Hall**  
1830 East County Road B  
Maplewood, MN 55109  
(612)770-4500  
TDD-(612)779-4995  
**Hours:**  
Monday - Friday 8:00 a.m. - 4:30 p.m.

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**Residential Customer**

“Upon request, this newsletter will be made available in alternate format such as large print or audio tape. Contact the City of Maplewood at 770-4500”.

**DATED MATERIAL**  
Deliver by November 25, 1995

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