

CITY OF FALCON HEIGHTS



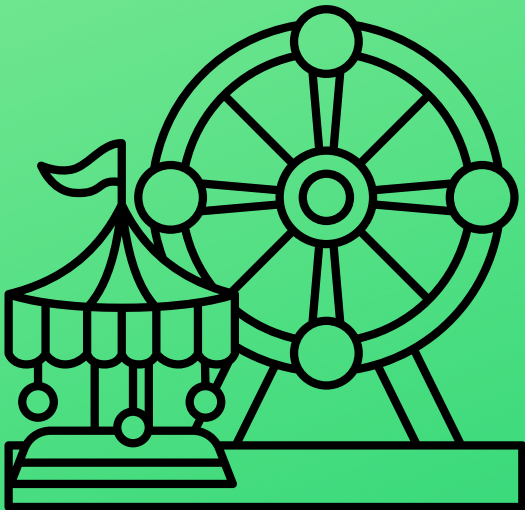
Weekly Newsletter:
2/6/23 - 2/10/23

2077 Larpenteur Avenue West, Falcon Heights, Minnesota 55113
| 651-792-7600 | <https://www.falconheights.org/>

State Fair Policies and Procedures Review Task Force

The City of Falcon Heights is establishing a task force to review the city policies and procedures regarding the Minnesota State Fair and fairground events.

If you are interested in participating, please fill out the interest form [here](#).



Climate Crisis Resolution

The City of Falcon Heights has joined with over 20 other communities across Minnesota to declare a climate crisis. The Falcon Heights City Council recently approved Resolution 23-04, declaring a climate crisis and commitment for the City to take action.

[You can view the full Resolution here.](#)

Cleveland Avenue Reconstruction Open House

Ramsey County is hosting an upcoming open house on the 2023 Cleveland Avenue Reconstruction Project. Reconstruction between Buford and Larpenteur avenues will begin in spring 2023. There will be an in-person open house to learn more about what is completed and planned for phase 2 on Tuesday, February 7th, from 5 to 7 pm at the University of Minnesota St. Paul Student Center. For more information, follow the link provided shorturl.at/qvHIW

AARP Foundation Tax-Aide

AARP Foundation Tax-Aide provides in-person and virtual tax assistance to anyone, free of charge, with a focus on taxpayers who are over 50 and have low to moderate income. AARP membership is not required.

Tax-Aide volunteers are trained and IRS-certified annually.

Volunteers will be available at City Hall every Thursday from approximately February 16 to April 13, from 9:00 AM to 2:00 PM. **Tax assistance will be by appointment only** and facemasks are strongly encouraged.

To reserve your tax appointment, email kelly.nelson@falconheights.org or call 651-792-7617. If you make an appointment at another location or are unable to keep your scheduled appointment for any reason, please contact City Hall. City Staff cannot answer any tax-related questions and are only able to assist with your reservation. Thanks for your cooperation!



Removing Snow Around Fire Hydrants

Residents are asked to clear snow and ice around fire hydrants. Fire doubles in size every minute. Help save fire crews time when time is critical! Please also consider helping a neighbor if they are unable to clear snow around hydrants on their property – the time it will save the fire department could make a huge difference!



St. Anthony Park Area Seniors

Services and activities that SAPAS are currently offering online are chair yoga, Tai Ji Quan: Moving for Better Balance (advanced), caregiver support group and lunch gatherings; in-home services include foot care, handy services, rides to medical appointments, grocery delivery, tech help, as well as regularly scheduled calls or visits to seniors.

Contact SAPAS at office@sapaseniors.org or 651-642-9052 to find out how to join the online offerings or how to receive other services. Visit SAPAS website at www.sapaseniors.org to learn more about their program.

Next City Council Meeting

The Falcon Heights City Council meeting is scheduled for Wednesday, February 8 at 7 pm.

State Fairgrounds Events

Saturday, February 11 - North Star Roller Derby Season 17 - Bout 4

DESCRIPTION

Skaters play a version of the roller derby you may have seen on TV in the 80s, but on a flat track instead of a banked track.

LOCATION

Warner Coliseum

HOURS

Doors Open at 5 p.m.
Bout at 6 p.m.

ADMISSION

\$12 - \$17



For more information, visit www.northstarrollerderby.com

Unless noted, event parking will be on the fairgrounds in lots and on streets surrounding the event venue.

- Fairgrounds access: Information on guidelines and restrictions regarding fairgrounds access, especially for pedestrians and bikers, will be updated here:
<https://www.mnstatefair.org/fairgrounds-access/>

[For more information on MN State Fairgrounds events click here.](#)

Como Falcon Heights Block Nurse Program

WE NEED YOU!



Como Park/Falcon Heights Living at Home Block Nurse Program is looking for volunteers of all types – friendly visitors, driving seniors to doctor appointments, chore support, grocery delivery, dog walkers and more.

Make a difference in the lives of our neighborhood seniors! Even one hour will help greatly.

Call 651.642.1127 to let us know what and when you can help. We're stronger together!



Join a City Commission!

The following commission is currently accepting applications:

- Planning Commission
(2 vacancy)
- Environmental Commission
(1 vacancy)

If you are passionate about the City of Falcon Heights and want to make a positive impact on your community please apply today!

More information can be found [here](#).

City Hall Programming

REGISTER
NOW

Tae Kwon Do

Register for upcoming Tae Kwon Do sessions!

Tae Kwon Do Basic and Intermediate/Advanced sessions will be held on Tuesdays, running February 14-March 21.

Cardio Kickboxing classes will be held on Thursdays, running February 16 - March 23.

All classes are held in the City Council Chambers at City Hall.

Classes are instructed by Joshua Jordan, a 2nd-degree black belt. These classes help develop self-defense skills, mental strength, focus, self-confidence, physical health and flexibility.

For more information and to register, click this link:

<https://www.falconheights.org/residents/tkd-information>



Yoga

Yoga sessions are currently underway, running through March 6, but you can still register for and attend single sessions at City Hall!

Yoga sessions are held on Mondays in the City Council Chambers at City Hall at 4:30 p.m.

Classes are instructed by Shaila Cunningham, who has over 20 years of experience and was certified in 2001 in-residence at Kripalu. Appropriate for healthy beginners or for those wanting to explore “deeper practices,” classes will combine classical yoga with best practices, served up with a side of humor. Shaila serves as instructor for North Oaks and Midland Hills Golf Clubs and offers additional classes at YogaHotDish locations.

For more information and to register, click this link:

<https://www.falconheights.org/residents/parks-recreation/yoga>



City Hall Programming (continued)

NEW! Breathwork Class!

A new class will be offered at City Hall! Breathwork classes will run from February 16 through March 23. The classes are held on Thursdays in the City Council Chambers at City Hall at 7:00 p.m.

Classes are instructed by Rachel Jensen, who is a somatic practitioner. Her practice focuses on holistic healing and specializes in anxiety, depression, stress, trauma and ancestral work.



This class is for those at least 18-years-old, looking to dive in, learn the breathwork practice (or brush up) & focus on themselves for 6 weeks. The aim is for people to leave with a better understanding of themselves, the world around them, how to ground & move their energy, and to feel seen and heard.

For more information and to register, click this link:

<https://www.falconheights.org/residents/parks-recreation/activities-programs/breathwork-class>

Neal Kwong Award 2023

-Now Taking Applications-

Neal Kwong was a Falcon Heights resident who tragically passed away at the age of fifteen. He was an outstanding member of our community. In his memory, the City established the Neal Kwong Award to recognize young people, ages 12 to 19, who display leadership and volunteerism in Falcon Heights. Nominees must live in or volunteer in Falcon Heights. Parents are encouraged to support their youth by nominating them or by helping neighbors and friends willing to nominate them.

Nominations for the 2023 Award are due no later than Friday, April 28th at 4:30 pm.

The award recipient(s) will be recognized at a Falcon Heights City Council meeting, in this newsletter, and on a plaque in the lobby of City Hall.

For more information on the award and for a link to the application, please visit <https://www.falconheights.org/residents/neal-kwong-award>



Winter Snow & Ice Policy

Snow season is upon us! This is a great time to familiarize yourself with the City's snow removal policies so you can avoid citations and keep sidewalks safe for neighbors.

A city-wide snow removal period is triggered by a snowfall of two (2) or more inches. When this occurs all vehicles, trash and recycling bins, etc. must be removed from city streets until the pavement has been fully cleared.

Property owners are responsible for clearing adjacent sidewalks. **All snow and ice must be removed within 24 hours of the end of a snowfall.**

Click [here](#) for more information on snow removal.



Skating Fun in Falcon Heights

Enjoy skating at Curtiss Field and Grove Park!

Curtiss Field is located at 1551 Iowa Ave. W. and features a portable warming house onsite. Grove Park is located at 1600 Coffman Street.

Weather conditions will determine the exact skating season and if the warming house at Curtiss Field is open on any given day.

Tentative warming house schedule:

Weekdays from 4:00 PM to 8:00 PM.

10:00 AM to 6:00 PM on Saturday, February 4 and on Sunday, February 5.

1:00 PM to 5:00 PM on Saturday, February 11 and 10:00 AM to 6:00 PM on Sunday, February 12.

Hours may vary throughout the season. Please stay tuned to our weekly newsletter, social media pages and website for updates and for warming house closures.

For daily updates, call the Weather Line at 651-792-7607.





City of Falcon Heights

TOM ABOUT THE TOWN!



WHERE DO YOU SEE HIM AROUND?

The recent frigid weather was "for the birds." Send your photos of Tom the Turkey to mail@falconheights.org for your chance to be featured in next week's newsletter!

Additional Community Resources:

Online BIPOC Support Groups

The National Alliance on Mental Illness (NAMI) has coordinated various online support groups to help BIPOC. Please click [here](#) for more information.



Blood Pressure Clinics

Sponsored By Como Park/Falcon Heights Block Nurse Program



Love your heart! Take advantage of these **free** Blood Pressure Clinics.



1st & 3rd Mondays from
2pm-3:30pm at Arbor Pointe
Apartments

2nd & 4th Mondays from
2pm-3:30pm at Falcon Heights
City Hall

Ramsey County

Rent Assistance:



Are you a renter who has fallen behind on rent due to COVID-19? Click [here](#) for more information that could help!

Food Assistance:



There are many meal and food assistance programs that are available in Ramsey County.

Visit the Ramsey County website for information regarding food resource guides, programming, emergency support and more! Use the interactive map to find resources near you, including delivery services, free dining and meal sites.

Protection & Crisis:



There are protection & crisis resources available that are provided by Ramsey County. Click [here](#) for more information regarding protection and crisis resources.

COVID-19 Community Testing Sites:



Minnesota is offering low-barrier, no-cost COVID-19 rapid and saliva testing. Please click [here](#) for more information.

Follow us on Social Media!



#FalconHeights #TheCityThatSoars

Viewing this newsletter in print? Go online to access the electronic version- falconheights.org/residents/news-updates.