

CITY OF FALCON HEIGHTS



Weekly Newsletter:
2/13/23 - 2/17/23

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](#).

Coyotes Active around Town

Winter brings more coyote sightings. Beyond the white snow background making them easier to spot, the January/February breeding season prompts more activity as last year's juveniles are pushed out and these new adults are looking for their own territory to set up housekeeping.

New pups are whelped in April or early May. Animal Control and deputies do not respond to coyote sightings except when dangerous.

More information be found [here](#)!

WE'RE HIRING!

Now Hiring: Administrative & Communications Coordinator! Type: Full Time - Permanent
Salary/Pay Rate: \$23.00 - \$28.00 per hour.

Includes benefits and participation in PERA pension. The City of Falcon Heights is seeking candidates for the position of Administrative and Communications Coordinator. The position will manage all city communications efforts including the city website, social media accounts, newsletters and more. The position will also assist in processing permits, licensing, data requests, and other related duties.

The ideal candidate will have strong customer service and interpersonal skills with the ability to manage the front desk, speak with residents daily and respond to their inquiries. The position also will serve as the staff liaison to the Community Engagement Commission (CEC) and help coordinate city events and commission initiatives.

Please submit a cover letter, resume and completed city application to City Administrator Jack Linehan via email at jack.linehan@falconheights.org or by mail to City of Falcon Heights, 2077 W. Larpenteur Ave., Falcon Heights, MN 55113. The position is open until filled, with the first round of application review for those who apply by Wednesday, March 1st, 2023 at 4:30 p.m.

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!

Grief & Loss

This 8-session small group study is for those experiencing recent loss and looking to learn about the grief process and tools to move through it. We will be using the secular curriculum, "Grief and Loss," written by Taylor Blanket, Licensed Master of Social Work.

This group will meet every other Wednesday for eight sessions at Centennial United Methodist Church-SAP campus (2200 Hillside Ave.) from 1-2:30 pm, beginning on March 1.

This course is offered at no charge and is available to everyone regardless of age or residency. Registration is **REQUIRED**. Contact SAP Area Seniors at 651-642-9052 to register.

All participants need to be masked, vaccinated, and socially distanced.

Next City Council Meeting

The Falcon Heights City Council meeting is scheduled for Wednesday, February 22 at 7 pm.

State Fairgrounds Events

Saturday, February 18 - 2023 Gina Morri Invitational

DESCRIPTION

Tenth Annual Gina Morri Invitational in memory of Gina Cerise Morri.

LOCATION

Warner Coliseum

HOURS

Saturday: 8 a.m. to 9:30 p.m.

ADMISSION

Adults (17+): \$20

Seniors: \$15

Children (6-16): \$10

Children (5 and under): Free

For more information, [click here!](#)

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

JOIN US FOR



SIP & DISH

A lively get-together with other seniors in the neighborhood, sponsored by Como Park/Falcon Heights Living at Home Block Nurse Program. Refreshments will be provided.

Third Thursday of the month, 2pm in the Fireside Room at Como Park Lutheran Church, 1376 Hoyt Ave. W.

Need a ride? Call (651) 642-1127 a week in advance, we'll help you out. Space is accessible and there's plenty of parking!



Join a City Commission!

The following commission is currently accepting applications:

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

Ice rinks are located 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.

Recent temperatures have caused the rinks to thaw and the skating conditions to deteriorate.

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?

Thanks to Diane Gilbert for sending in this picture of Tom enjoying a bird's eye view from Snelling and Larpenteur. Send your picture of 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.