

CITY OF FALCON HEIGHTS



Weekly Newsletter:
1/2/23 - 1/6/23

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

Tennis Sanitation Holiday Schedule

Tennis Sanitation's routes will **not** be delayed the week of January 2nd.

With New Year's Day being on a Sunday, Tennis drivers will continue their normal route schedule that week.

Tennis offices will be open all week from 7am - 4:30pm.

Tennis will be sending extra drivers to help collect, so please have trash and recycling carts out to the curb by 6am at the latest on the day of pick-up, or preferably the night before.

For the full holiday schedule please [click here!](#)



Catalytic Converter Theft Prevention

The Ramsey County Sheriff's Office has partnered with the Minnesota Department of Commerce Fraud Bureau in a pilot program to promote catalytic converter theft prevention by distributing self-install marking kits to residents of Ramsey County who have a high-risk for theft vehicle, or have had a catalytic converter stolen.

The marking kits include:

- a label to be installed on a "cool to the touch" catalytic converter and painted with a metal marking fluid that causes a unique number to be etched into the catalytic converter.
- two warning labels that indicate your vehicle has a marked catalytic converter.
- information on "how to register the label's unique code number" and "information updates" which allows law enforcement to trace the marked converter back to a specific vehicle if the converter is stolen and later recovered.

The kits are limited to specific vehicles (see list below) and supplies are limited.

For more information [click here!](#)

Tubman Services

Tubman provides comprehensive services for people experiencing violence, exploitation, and other forms of trauma.

Some of Tubman's services include: safety planning; a 24/7 crisis and resource help line; shelter, transitional housing, and rapid rehousing; legal services including Orders for Protection and Harassment Restraining Orders, and attorney representation; mental and chemical health assessment, treatment, and support; parenting education and child care; youth outreach, mobile case management, and in-school violence prevention education; support groups, job readiness and financial education; community education; professional training for service providers, and more.

To get help, call the 24/7 crisis and resource line at 612-825-0000

Call 612-825-3333 for more information or [click here!](#)

Join a City Commission!

The following commission is currently accepting applications:

- Planning Commission (1 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](#).

Como Falcon Heights Block Nurse Program



Are you 55+ and interested in learning more about technology?

Give us a call! Como Park/Falcon Heights Block Nurse Program has IT support at no cost for seniors that live in the neighborhood.

We'd love to help and have volunteers at the ready!



 **Como BNP**
(651) 642-1127

Next City Council Meeting

The Falcon Heights City Council meeting is scheduled for Wednesday, January 4th at 6:30 PM

Items on the Agenda:

- Police Services Contract Consultant – Deliverable #1 Review
- Prosecuting Attorney RFP
- Climate Emergency Resolution
- 2023 Fee Schedule

FFEJ & Falcon Heights PTA

Join FFEJ and Falcon Heights PTA on January 18th from 6:00-7:30 in the gym!

The event is designed to help remind kids that it's fun to give to others. There are a series of fun, simple projects planned to benefit organizations in our community. FFEJ and the PTA plan to support the following organizations: MatterBOX, People Serving People, Pet Haven, My Very Own Bed, Twin Cities Habitat for Humanity, Meals on Wheels.

The event is free and open to the entire family. If you'd like to help with this event or have questions, please contact Holly Menninger (holly.menninger@gmail.com) or Cari Kokotovich (cmkokotovich@gmail.com) or Denise Braus (denisebraus@gmail.com).

Community Crime Map

LexisNexis's public crime map connects law enforcement with the community to reduce crime and improve public safety. Crime mapping helps the public get a better idea of the crime activity in their area so they can make more informed decisions about how to stay safe.

More information can be found by [clicking here!](#)

Identity Theft, Fraud Scams and Home Safety

Patty Lammers, a Crime Prevention Specialist with the St. Paul Police, will talk about what information thieves look to steal, how they get the information, common scams, and what to do if your identity is stolen. She will also give personal safety tips.

Monday, January 9, 2023 at 2:00 pm
Hybrid event: In-person at 2200 Hillside Ave. (sanctuary of Centennial United Methodist Church) OR Online through facebook.com/sapaseniors

ALL Ages are welcome!

In-person attendees who have been vaccinated and are wearing masks. Efforts will be made to practice socially distant seating between groups of people.

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 January 3 - February 7.

Cardio Kickboxing classes will be held on Thursdays, running January 5 - February 9. 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

Register for upcoming yoga sessions! Yoga sessions will begin Monday, January 9 and will run through March 6. The 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>



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 at Curtiss Field and Grove Park will be opening soon!

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. The tentative warming house schedule is:

Closed on January 1

Starting on January 2, the warming house will be open on weekdays from 4:00 to 8:00 PM.

On weekends, hours will be from 10:00 AM to 6:00 PM

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

Please stay tuned to our weekly newsletter, social media pages and website for updates and for warming house closures.





TOM ABOUT THE TOWN!



WHERE DO YOU SEE HIM AROUND?

Tom was seen outside Warners' Stellian. 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.