

CITY OF FALCON HEIGHTS



Weekly Newsletter:
1/9/23 - 1/13/23

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

Electronic Recycling Event

Are you looking to get rid of computers, televisions, cell phones and other electronics? There's a free and easy way to recycle them! Ramsey County has partnered with Repowered to refurbish or recycle unwanted electronics, keeping toxic metals like lead, mercury and cadmium out of the environment. All data from electronics dropped off at Repowered will be physically destroyed or electronically wiped.

The electronics collection site is located at:
Repowered
860 Vandalia Street
Saint Paul, MN 55114

Learn more about Ramsey County's electronics recycling program and check which items are accepted at ramseycounty.us/Electronics or call 651-633-EASY (3279), answered 24/7.

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!](#)

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.

Appointments are not yet being taken. Stay tuned for more information on how to make an appointment and the documents you will need to bring with you for your appointment.



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](#).

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 11th at 7 PM

Public Hearings:

- Idaho-Iowa Alleyway Improvement Project 21-03

Consent Agenda:

- Designation of Official Depositories for 2023
- Reconfirming Designation of 2023 Polling Locations
- 2023 Mileage Rate
- Acceptance of Proposal from Kelly & Lemmons for Prosecuting Attorney Services
- 2023 Appointment of City Prosecutor
- Review Elected Out-of-State Travel Policy
- Review and Adopt Council Standing Rules and Council/Advisory Commission Roles and Guidelines
- Appointment of Acting Mayor
- Council Appointment as Liaison for City Commissions
- 2023 Commission Re-Appointments
- Tubman Legal Services Cooperative Agreement

Policy Items:

- Climate Crisis Resolution

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).

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

In-person attendees of all ages who are vaccinated, masked and practice social distancing are welcome!

Efforts will be made to practice socially distant seating between groups of people.

City Hall Programming

REGISTER
NOW

Tae Kwon Do

It isn't too late to register for current 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 yoga sessions at City Hall! 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 for the week of January 9:

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

1:00 PM to 5:00 PM on Saturday, January 13 and on Sunday, January 14.

Hours may vary at times. 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.





TOM ABOUT THE TOWN!



WHERE DO YOU SEE HIM AROUND?

Thanks to Katie for sending in this picture of Tom outside Amber Union. 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.