

# CITY OF FALCON HEIGHTS



**Weekly Newsletter:**  
**4/17/23 - 4/21/23**

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

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## Public Works Director Retires

Public Works Director, Tim Pittman, a longtime employee of the City, officially retired on Friday, April 7. Pittman had been employed by the City of Falcon Heights since December of 2006. Prior to his hire, the City outsourced many services to private contractors. Pittman's ingenuity and skillset allowed more tasks to be completed in-house, which saved the taxpayers of Falcon Heights significantly over the past 16 years.

## Interim Public Works Director Named

Colin Callahan has accepted an interim position of Public Works Director after the recent retirement of Public Works Director, Tim Pittman. Prior to this appointment, Colin was a Senior Public Works Worker with the City. Colin got his start as a Falcon Heights Public Works part-time employee in 2002 and has developed his skillset over the years to become an integral part of the department.



## Street Sweeping

Public Works has started spring street sweeping. To help our crew clear debris, please move vehicles from the street to allow sweeping curb to curb.

Street sweeping is weather and progress dependent.

Watch our [Facebook page](#) for daily updates on street sweeping progress to see when your neighborhood is scheduled for cleanup.

## Ramsey County Cleveland Avenue Reconstruction Update

Cleveland Avenue will be closed From Buford to Larpenteur starting on Monday, April 17. The Buford intersection will be closed.

A signed detour will be in place using Larpenteur, Hwy 280 and Energy Park Drive. The Commonwealth Avenue and Carter Avenue are open.

For more information, click [here](#) Sign up for email updates on the Cleveland Avenue reconstruction from Ramsey County at the above link.



**WE'RE HIRING!**  
**-Public Works Senior  
Maintenance Worker-**

The City of Falcon Heights is seeking applicants for the position of Public Works Senior Maintenance Worker (FT, non-exempt). This position carries out a wide variety maintenance activities without requiring oversight. These duties including mowing parks and boulevards, fertilizing city grounds, street and sidewalk repairs, snow and ice control activities including snow plowing and shoveling. Candidates with a Class C CDL or greater are preferred, or candidates with a Class C CDL in progress. Experience working in construction, landscaping or trades required. Experience in public works preferred.

The complete job description and application is available by clicking [here](#). Send resume and city application to "Public Works Maintenance Worker", City of Falcon Heights, 2077 W. Larpenteur Ave., Falcon Heights, MN 55113 or by email to [jack.linehan@falconheights.org](mailto:jack.linehan@falconheights.org). The position is open until filled, with first review of applicants occurring on April 21st, 2023.

**WE'RE HIRING!**  
**-Administrative & Inclusion Intern -**

The City of Falcon Heights is seeking candidates for the position of Administrative & Inclusion Intern. The position will assist in completing duties and projects across a variety of departments. The goal of the position is to offer a comprehensive perspective of local government management through both active experience and mentorship. The position provides valuable hands on experience and training in many aspects of city government. This is a great opportunity for someone who wants experience and the ability to try out different roles within a city to see what they like!

This is a temporary, 20 hour per week position and the hourly wage is between \$18 and \$20/per hour DOE/DOQ. Please submit a resume and completed city application to [jack.linehan@falconheights.org](mailto:jack.linehan@falconheights.org).

The application materials can be found at <https://www.falconheights.org/government/city-jobs>

Priority consideration will be given to applications received prior to April 28th, 2023

## **WE'RE HIRING! (continued)**

### **WE'RE HIRING! -Summer Program Coordinator-**

The City is currently hiring for a Summer Program Coordinator. The position will be responsible for planning, organizing, and coordinating a variety of recreational programs for children (ages 3-13) in an outdoor setting.

The position will also help hire and train other summer programming staff. The ideal candidate will be able to work with no direct supervision, excel in leading group activities, have experience working with children and have a background in Parks and Recreation or Elementary Education.

If this sounds like you, we highly encourage you to apply! The position will close on Monday, April 9th at 4:30 pm.

Please visit [our website](#) to view the entire job description and review the application requirements.

### **WE'RE HIRING! -Seasonal Recreation Staff-**

The City of Falcon Heights is seeking candidates for the temporary/seasonal positions of Seasonal Recreation Staff. These positions will be responsible for assisting in the implementation of summer programming for children (ages 3-13) in an outdoor setting. The ideal candidates will be energetic, reliable, and have experience in coaching or working with children. Please visit [our website](#) to view the entire job description and review the application requirements.

### **WE'RE HIRING! -Seasonal Laborers-**

The City of Falcon Heights is seeking applicants for seasonal workers in our parks and public works department. These positions will assist the department in routine summer maintenance activities while reporting to the director of parks and public works. Typical duties will include mowing parks and boulevards, fertilizing city grounds, street and sidewalk repairs, and other duties as assigned. Starting hourly rate between \$18.00 - \$20.00. Minimum age of 18 years old and valid driver's license. Please visit our [website](#) to view the entire job description and review the application requirements.

## **UPCOMING CITY EVENTS**

### **Spring Together - May 20**

The City will host a Spring Together event on Saturday, May 20th from 4:00 to 6:00 PM at Curtiss Field. Meet your neighbors and enjoy free ice cream and family fun! We hope to see you there!

### **Ice Cream Social- July 20**

The City will host its annual Ice Cream Social event on Thursday, July 20th from 5:00 to 7:00 PM at Community Park. Enjoy free ice cream treats, live music and outdoor games! More details to come, but please save the date.

## Summer Program Registration is Open!

The Falcon Heights Parks and Recreation Department offers a variety of summer programs for children. Registration is now open and runs through May 29. For more information, please visit our [website](#). Questions about programming or summer employment opportunities can be directed to Kelly Nelson at 651-792-7617 or [kelly.nelson@falconheights.org](mailto:kelly.nelson@falconheights.org).



## Dispose of Branches

The recent storm damaged many trees and branches around Ramsey County.

You can dispose of wood waste properly at nearby [Frank and Sims](#) in Saint Paul.

Ramsey County yard waste sites are free and open to Ramsey County residents. No commercial lawn, landscape or tree services. More information can be found [here](#).



## Join a City Commission!

The following commission is currently accepting applications:

- Planning Commission (2 vacancies)
- Community Engagement Commission (2 vacancies)

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](#).

## Next City Council Meeting

The next Falcon Heights City Council regular meeting is scheduled for Wednesday, April 26 at 7:00 pm.

## 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.](#)

# City Hall Programming

REGISTER  
NOW

## Tae Kwon Do

Register for Tae Kwon Do sessions!

Tae Kwon Do Basic and Intermediate/Advanced sessions will be held on Tuesdays, running March 28-May 2.

Cardio Kickboxing classes will be held on Thursdays, running March 30 - May 4. 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 drop-in yoga classes today! Classes run every Monday from March 13 - May 22 at 4:30 p.m. in the City Council Chambers at City Hall.

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!**

### **Yoga for Golf Guys!**

YOGA FOR GOLF GUYS is a 90-min workshop to get you ready for the course openings!

**Cost:** \$30 (6-12 participants)

**Date:** Monday, April 24, 6:15 - 7:45 pm,  
**Falcon Heights City Hall**

**Instructor:** Shaila Cunningham of  
YogaHotDish.

Shaila teaches at Midland Hills and North Oaks Golf Clubs, as well as the Cities of Arden Hills and Falcon Heights (Mondays 4:30 pm). Shaila received her Yoga teaching certificate from The Kripalu Center for Yoga and Health, Stockbridge, MA, 2001.

**You know you should do yoga.** You've heard the hype: how it can make your spine healthier, reduce swing flaws, relieve back pain, and improve the "inner game."

**So, if you're a regular guy who wants to do some yoga to help your game without risking throwing out your back or damaging your joints, you're in the right place!**

In fact, about 50% of golfers have back pain. What do you suppose the most highly researched benefit of yoga is? Yep, reduced back pain!

**Show up w/ a mat (if you have one) and a sense of humor.**

Look at it this way: the less flexible your body or focused your mind, the more you have to gain!

For more information and to register, click this link:

[Yoga for Golf Guys | Falcon Heights, MN](#)

## State Fairgrounds Events

### **Munchkin Markets Children's Consignment Sale - Spring**

#### DESCRIPTION:

Munchkin Markets, is a children's consignment sale selling pre-loved and new children's clothing and accessories appropriate for the upcoming season. You will also find a unique variety of quality toys, books, high chairs, swings, strollers and more!

LOCATION: Education Building

#### HOURS:

Saturday, April 22nd from 9:00 a.m. - 4:00 p.m.

Sunday, April 23rd from 9:00 a.m. - 2:00 p.m.

#### ADMISSION

Early bird shopping Friday starting at \$5/person (ticket required)

Saturday & Sunday 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](#).

## Minnesota Recycling Works

Have you ever questioned if recycling is worth it? Short answer: yes. Beyond saving energy and protecting natural resources, recycling also supports vital industries.

Recycling is the process of collecting materials that would otherwise be thrown away and turning them into new products. Our cans, bottles and paper are dropped off at a local facility where people and machines sort the recycling into material types which are sent to many different companies:

- Paper and cardboard are made into newspapers, toilet paper rolls and cereal boxes at five paper mills in Minnesota.
- Cartons like juice boxes are sent to a company in Wisconsin that makes a material for new paper products.
- Aluminum cans get turned into new cans, wire, siding and more at plants in the South.
- Steel cans like those used for soup are made into steel beams in Chicago.
- Plastic bottles with a number 1 like water and soda bottles are shipped to other states to be made into new bottles, deli food containers and carpet.
- Plastic containers with a number 2 like milk jugs are transformed into low-maintenance lumber by companies like Avon Plastics in Paynesville. They are also made into more bottles or irrigation tubing for farmers.
- Cottage cheese and other plastic tubs with a number 5 are used to create food containers, car parts, paint cans and more by companies in other states.
- Glass bottles and jars are sorted by color in Saint Paul. Clear glass goes to Anchor Glass in Shakopee to make condiment bottles. Brown glass is sent to Illinois to make beer bottles.

·Stick to the basics: Recycle the items listed above.

·Keep it loose: Empty recycling into your bin – no plastic bags.

·Check with your recycling hauler or Ramsey County ([RamseyRecycles.com/AtoZ](http://RamseyRecycles.com/AtoZ) or 651-633-3279) for everything else.

## St. Anthony Park Area Seniors

St. Anthony Park Area Seniors is offering:

### **Tai Ji Quan: Moving for Better Balance Part I (Beginning)**

**Tuesdays and Thursdays at 10:00-11:00am  
24 sessions, starting on April 25-August 1st**

### **Online via Zoom link**

iPads and hot spots are available to borrow.

This program helps older adults improve their balance and reduce the likelihood of falling. Participants learn balance skills, good body alignment, and coordinated Tai Ji movements. There are no prerequisites for this class.

We would like to have a minimum of 10 people for this class. If you are looking for exercises to improve your balance, this is the class for you! Exercises can be performed in seated or standing positions.

Call the SAPA Seniors office at 651-642-9052 or send an e-mail to [vc@sapaseniors.org](mailto:vc@sapaseniors.org) for more information and to register.

# 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!



## 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>





# 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.

## Follow us on Social Media!



#FalconHeights #TheCityThatSoars