



FALCON HEIGHTS
THE CITY THAT SOARS

>>> NEWSLETTER <<<



CITY OF FALCON HEIGHTS
2077 LARPENTEUR AVENUE WEST
FALCON HEIGHTS, MN 55113
651-792-7600



>>> NEW DESIGN <<<

Introducing the new Falcon Heights Newsletter, your window into our vibrant city! We're thrilled to unveil this redesigned newsletter, packed with engaging stories, valuable information, and a fresh, modern look. From Community news, city events, to staying up to date with city council and city commissions, the Falcon Heights Newsletter is your go-to source for all things Falcon Heights. Join us in celebrating our remarkable community, staying informed, and fostering connections that make Falcon Heights truly special. Together, let's create a brighter future for our city.

Elke van der Werff
Administrative & Communciations Coordinator



CONTACT US

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FIRE

Fire protection is provided the by St. Paul Fire Department.

Emergencies	911
Non-emergency	651-266-8989

POLICE

Police protection is provided by the Ramsey County Sheriff's Office.

Emergencies	911
Non-emergency	651-767-0640

CITY HALL OPENING HOURS

Monday 7:30 AM - 5:00 PM
 Tuesday 7:30 AM - 5:00 PM
 Wednesday 7:30 AM - 5:00 PM
 Thursday 7:30 AM - 5:00 PM
 Friday 7:30 AM - 12:00 PM





CITY COUNCIL

The City Council meets the 2nd and 4th Wednesday of each month at 7:00 p.m. at City Hall, 2077 W. Larpenteur Avenue. Meetings are streamed live from NineNorth (formerly CTV) and televised on public access channel 15.



MAYOR RANDY GUSTAFSON

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UPCOMING MEETINGS

- Wednesday, June 28 City Council Meeting
- Wednesday, July 5 City Council Workshop Meeting
- Wednesday, July 12 City Council Meeting
- Wednesday, July 26 City Council Meeting



CITY COMMISSIONS <<<

The City of Falcon Heights has four City Commissions, which serve the City Council in an advisory capacity. Commissioners are volunteers including Falcon Heights residents, local business owners, and business designees who have been appointed by the Mayor and approved by the City Council.

COMMUNITY ENGAGEMENT COMMISSION

The Community Engagement Commission advises the City Council on matters related to community needs and issues, crime and prevention, public awareness, community involvement, and human rights issues. The commission also helps plan and facilitate community events such as Human Rights Day and the Ice Cream Social.

The Community Engagement Commission meets on the third Monday of the month at 6:30 p.m. at City Hall.

There are currently THREE vacancies. To apply, [click here](#)

ENVIRONMENT COMMISSION

The Planning Commission advises the City Council on matters related to planning, zoning, and land use. Meetings are streamed live from NineNorth and televised on public access channel 15.

The Planning Commission meets the fourth Tuesday of the month at 7:00 p.m. at City Hall.

There are currently NO vacancies.

PLANNING COMMISSION

The Planning Commission advises the City Council on matters related to planning, zoning, and land use. Meetings are streamed [live from NineNorth](#) and televised on public access channel 15.

The Planning Commission meets the fourth Tuesday of the month at 7:00 p.m. at City Hall.

There is currently ONE vacancy. To apply, [click here](#)

PARKS AND RECREATION COMMISSION

The Parks & Recreation Commission advises the Council on matters related to the operation of the City's public parks and the City recreation program.

The Parks & Recreation Commission meets on the first Monday of the month at 6:30 p.m. at City Hall.

There are currently NO vacancies.



CITY EVENTS <<<



Ice Cream Social

The City will host its annual Ice Cream Social event on Thursday, July 20 from 5:00 to 7:00 PM at Community Park.

Enjoy free ice cream treats, live music and outdoor games!

Citywide Garage Sale

Register your garage sale beginning at 8:00 AM on July 1 for the citywide garage sale. This year's citywide garage sale will take place on September 16.

Night to Unite

Night to Unite Registration Open

Night to Unite will take place Tuesday, August 1 from 5:00 PM to 9:00 PM

It is a statewide event that builds and fosters community bonds between citizens, businesses, and public safety organizations, such as the Ramsey County Sheriff's Office.

To register your event with the Ramsey County Sheriff's Office, click [here](#)

Registration ends July 14, 2023.

To register your event with the city to have barricades dropped off, click [here](#)

Additional Resources:

[Block Party Packet](#)

[Ramsey County Sheriff's Office Night to Unite Webpage](#)



PUBLIC WORKS & <<< CONSTRUCTION UPDATES

2023 PMP Construction Update

Construction work on Garden Ave is continuing on schedule. Iowa/Idaho Alleyway work is scheduled to begin after July, 4, with pavement removal. Once removed, residents will be able to drive on the gravel. Access may be limited when work is directly in front of a driveway, and restored at the end of the day. Residents on the alleyway will be receiving a letter about upcoming construction impacts. The contractor will receive delivery of the storm pipe and manhole structures within a few days. These materials will be stored along the roadside.

2023 PMP Construction Schedule

Please note, weather will be a factor and the schedule will likely change as the construction season progresses.

Council Actions are denoted with CC and will take place at a public council meeting:

Week of June 26 – Begin Utility Installation – All Streets

Week of July 10 – Begin Sidewalk Work – Garden Avenue

Week of July 18 – Ruggles Pathway

August – Milling, New Pavement, Lawn Restoration – All Streets

August 18, 2023 – Project-End Date

Fall 2023 – CC Assessment Hearing

Spring 2024 – Final Restoration

Use the QR Code to sign up for weekly emailed updates or click [here](#).





PUBLIC WORKS & <<< CONSTRUCTION UPDATES

Court Striping

The Grove basketball court was seal coated in preparation of pickleball striping later this summer.

Mowing

Public Works is mowing grass throughout the city as needed.

Tree Trimming

Tree Trimming in the Northeast Neighborhood has been completed.

Sidewalks

Public Works has started to remove sidewalk panels posing trip hazards in the Northhome neighborhood. They are planning on pouring concrete on Wednesday, June 28th. Public Works will continue the sidewalk project throughout the summer. Please note, this project is time and weather permitting.

Ramsey County Cleveland Avenue Reconstruction

Cleveland Avenue from Buford to Larpenteur is closed. The Buford intersection is also closed. Follow signed detour. For more information or to sign up for alerts, click [here](#)



COMMUNITY <<< UPDATES

St. Anthony Park Area Seniors

Senior Exercise Class

Create a routine to stay active and healthy!

You'll practice exercises from the Arthritis Foundation to increase range of motion, endurance, mobility, and strength.

Group will meet at Lauderdale City Hall (1891 Walnut St.) on Tuesdays from 2-3:00 pm starting on June 13 for 8 sessions.

Registration is required. Donations accepted, but not required. Transportation can be arranged.

Email vc@sapaseniors.org or call the office at 651-642-9052 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!



Solicitors

With warmer weather, many residents may receive visits from solicitors or door-to-door salespeople. As a reminder, City Code prohibits solicitors from approaching homes that have 'No Soliciting' signs posted conspicuously.

Additionally, solicitors must obtain and carry a City license, wear or present personal identification, and obey business hours established in City Code. Residents with concerns regarding should contact City Hall at 651-792-7600.



COMMUNITY UPDATES

Bell Museum

July Star Party

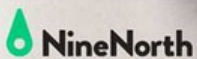
Monday, July 10
10:00 PM - 11:30 PM
FREE

Recommended for all ages

Join The Bell Museum for their next in-person Star Party! Outside, we'll have our telescopes set up to observe the Moon and our favorite deep space objects (weather permitting). Inside, you can explore hands-on activities, and our expert astronomy team will guide you through the night sky and highlight cosmic sights in our planetarium.

Planetarium Show: Your Sky Tonight
Showtimes: 10:10, 10:40, 11:10

For more information click [here](#)



NineNorth Survey

NineNorth, the north metro's digital media partner, is helping gather information for the Minnesota Office of Broadband Development to develop a Digital Equity Plan for the State of Minnesota. Please take a short survey by clicking the link below to help shape the plan to make the internet fair and easy to use for everyone.

<https://forms.gle/oJvzw3whANqVbCup9>



COMMUNITY <<< UPDATES

Philando Castile Peace Garden

The Philando Castile Peace Garden (located at the southwest corner of Larpenteur/Underwood) began organically out of mourning and protest after Philando Castile was killed on July 6, 2016 in Falcon Heights. In response, community members marked the space with art and prose. Since then, Philando's family, a committee of volunteers and local organizations have come together to create a permanent memorial in Philando's memory.

Today, the Philando Castile Peace Garden is a 7,000 square foot contemplative gathering space for peace, justice and racial healing.

Friends of the Philando Castile Peace Garden, a recently formed 501(c)(3), are currently working to bring interactive signage to the garden, along with establishing a water source to aid in watering the garden this summer.

You can show your community support this July by participating in two annual events dedicated to Philando's memory.

July 6 is recognized in all of Ramsey County as Restoration Day. On this day, the primary focus is to restore relationships and/or create new ones. People are encouraged to reach out to a stranger or to someone beyond their known friends and acquaintances.

Then, the following day, July 7, is Unity Day. On this day, the Castile Family invites the public to come together and heal together on the front lawn of City Hall, serving food and featuring speakers.

To volunteer or to support fundraising efforts of the Philando Castile Relief Foundation, [CLICK HERE](#).

>>> CODE ENFORCEMENT CORNER

Remember! If you are an owner of property abutting the right-of-way of a public street or alley, you are responsible for maintaining the grass on the property and on the right-of-way to the curblin or traveled portion of the street or alley. Maintenance in these areas include mowing and weed abatement when necessary.

Recycling Trivia:

Yearly, about how many pounds of food is wasted in the US?

- A. 1 million pounds
- B. 56 million pounds
- C. 14 billion pounds
- D. 119 billion pounds

Find the answer on Page 16



COMMUNITY <<< UPDATES

TINY ART

JULY 1-31
RAMSEY COUNTY LIBRARY

Make your own tiny paintings to show off at the library! Pick up a take-home art kit with a canvas, paint and brush at Ramsey County Library locations in Mounds View, New Brighton, North St. Paul, Roseville, Shoreview and White Bear Lake. Drop off your completed art by the end of August to be included in our Tiny Art Exhibit in September. No registration required. Supplies are limited to one kit per person. Tiny Art is funded with money from Minnesota's Arts and Cultural Heritage Fund.

ACTIVE LIVING RAMSEY COMMUNITIES QUARTERLY MEETING

MONDAY, JUNE 26, 2023
2:30-4:30 PM

Sign up for the upcoming quarterly active living meeting that is taking place on Monday, June 26. Come listen to our excellent speakers and learn about these important topics.

AGENDA

1. Welcome and Introductions - Metropolitan Council Member Peter Lindstrom
2. Equity Series: Centering the Margins: The Transportation Experience of Underserved Communities - University of Minnesota Professor Yingling Fan
3. Saint Paul's New Bicycle Plan - Jimmy Shoemaker, Saint Paul Public Works
4. Be Active! Be Green! Bench Initiative - Connie Bernardy, Active Living Ramsey Communities
5. Round Robin Information Sharing - Ramsey County Commissioner Mary Jo McGuire and Active Living Partners

Registration is required for this meeting. Please register [here](#).



>>> PARKS AND RECREATION <<<<

City Hall Programming

Tae Kwon Do <<<<

Register for Tae Kwon Do sessions!

Tae Kwon Do Basic and Intermediate/Advanced sessions will be held on Tuesdays, with classes running June 20 - August 1.

Cardio Kickboxing classes will be held on Thursdays, running May 11 - June 15. 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 June 5 -August 21 at 4:30 PM. 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>



>>> PARKS AND RECREATION <<<<

Parks Programming

Breathwork in the Park <<<

Join Rachel Jensen, of Acupuncture with Rachel, for a morning breathwork class this summer!

Participants will learn the practice of fast-paced, 3-part breath, meant to move stuck energy. We will meditate, spend time in active breath and close with rest and integration. No experience necessary.

Classes are from 9:00 AM to 10:00 AM on July 7, July 21 and July 28. Come to one or come to all!

Where: Community Park

Price: \$18/class or \$45 for all three

What to bring: yoga mat, sunglasses, water, sunscreen, eye mask, journal, totems or any other helpers to support your practice, curiosity and all of your humanness!

For more information, click this link: <https://www.falconheights.org/residents/parks-recreation/activities-programs/breathwork-in-the-park>

>>> Neighborhood Workouts at Curtiss Field

Purchase drop-in sessions and join your neighbors for fun and friendly outdoor strength and conditioning workouts at Curtiss Field Park this summer!

Participants will use dumbbells, resistance bands, slam balls, and other implements to build overall strength, mobility, balance, and cardio endurance. All bodies are welcome here, regardless of age, size, and previous experience.

Classes will be held on Saturday mornings at 9:00 a.m. from June 17 - August 19 at Curtiss Field (1551 W. Iowa Ave.). Drop-in classes are \$16 each.

For more information, click this link:

<https://www.falconheights.org/residents/parks-recreation/activities-programs/summer-workouts>

CITY RENTAL FACILITIES <<<

>>> City Hall

Full Council Chambers

Full Capacity: 150 / 75 seated

Pricing: \$125 + tax for 3 hours \$200 + tax for a half day \$275 + tax for a full day

A \$200 refundable damage deposit is required and setup fees may also apply.

Partial Council Chambers

Half Capacity: 75 / 30 seated

Pricing: \$60 + tax for 3 hours \$115 + tax for a half day \$175 + tax for a full day

A \$200 refundable damage deposit is required and setup fees may also apply.

Conference Room

Capacity: 8 maximum

Pricing: \$35 + tax for 3 hours \$70 + tax for a half day \$125 + tax for a full day

A \$200 refundable damage deposit is required and setup fees may also apply.

Kitchen

Capacity: 10 / 6 seated

Pricing: \$30 + tax for 3 hours \$60 + tax for a half day \$75 + tax for a full day

A \$200 refundable damage deposit is required and setup fees may also apply.

City Hall reservations are only available for PUBLIC use; no private events may be held here.

[Reservation Form](#)

Field/Court <<<

The City has various courts and fields that can be reserved at Curtiss Field and at Community Park. For details and specific pricing, please see the [reservation form](#)

>>> Picnic Areas

Community Park

- Upper Picnic Area (against building): 5 picnic tables, trash bins
- East Picnic Area (near playground): 2 picnic tables, trash bins
- Lower Picnic Area (SW corner): 2 picnic tables, 1 BBQ grill, trash bins

Each picnic area is \$20 + tax for a half day or \$35 + tax for a full day.

A refundable damage deposit and setup fees may also apply.

The Community Park building is unusable. A portable restroom is available in the park.

[Reservation Information and Forms Found Here!](#)



RESIDENT <<< 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.



Energy Cents Coalition

Are you looking for help paying your Xcel bills or are you in need of a replacement furnace, water heater or refrigerator. Call 651 - 774 - 9010 to check if you are eligible

Protection & Crisis:

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

Emergency Assistance:

Get help with shelter payments, such as past due rent, to stop evictions or foreclosure. Click [here](#) for more information that could help!

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

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.

Recycling Trivia Answer

CORRECT ANSWER: D, 119 BILLION POUNDS