

FALL 2022 NEWSLETTER | VOLUME 49

CITY OF FALCON HEIGHTS

2077 LARPEN TEUR AVE W | FALCON HEIGHTS, MN 55113
WWW.FALCONHEIGHTS.ORG



Table of Contents

City Directory.....	2
Message from Mayor Gustafson.....	3
City Administrator Update.....	4
Fire Marshal Update & Rental License FAQ.....	5
2023 Pavement Management Project.....	6
Construction Project Updates.....	7
Recycling.....	8
Code Enforcement Corner.....	9
Vacant Property Ordinance.....	10
Amber Union.....	11
Community Emergency Response Team	12
Street Sweeping	12
Citywide Garage Sale & Recycling Event	13
Just Deeds.....	14
Save the Date: Human Rights Day.....	15
Falconeers & NYFS.....	15
Fall Programming.....	16-18
City Commissions.....	19
City Communication Channels.....	20

Falcon Heights City Directory

City Council



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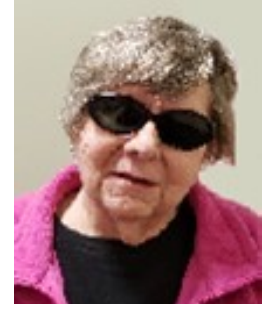
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Finance Director

Roland Olson (651) 792-7612

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Lead Maintenance Worker

Dave Tretsven (651) 792-7619

Lead Maintenance Worker

Colin Callahan (651) 792-7620

Assistant to the City Administrator

Vacant (651) 792-7617

Communications & Administrative Coordinator

Brennan Sorensen (651) 792-7621

Community Development Coordinator/Planner

Paul Moretto (651) 792-7613

Helpful City Contacts

Police

Ramsey County Sheriff's Office

Emergency:

Call 9-1-1

Non-emergency:

(651) 767- 0640

Fire

St. Paul Fire Department

Emergency:

Call 9-1-1

Water Utility

St. Paul Regional Water Services (651) 266-6350

Recycling Service

Tennis Sanitation (651) 459-1887

Contact City Hall:

Main: (651) 792-7600

Fax: (651) 792-7610

Email: mail@falconheights.org

Message From Mayor Gustafson

“Sustainability” and “Resiliency” are frequently heard phrases surrounding local government. In Falcon Heights we apply those phrases when dealing as best we can with the various adversities we face and adapt with the lessons learned.

Our city strives to be a welcoming and safe place to live, visit, work, and raise a family. Our efforts are community-wide with each resident in daily life actively participating, and our city staff working to deliver services effectively and efficiently toward community goals.

Coming out of the pandemic we have seen people getting back together with some good community gatherings – Spring Ahead, Ice Cream Social, Night to Unite. As this issue of the newsletter goes to press, there are predictions that nearly two million people will again visit our city as State Fair attendees. While the Fair receives mixed reactions from residents it does seem to be fun for the visitors.

We will soon be welcoming new families to our city as the doors of the Amber Union building open. There are more details about this project in this newsletter. It is a great repurposing of a historic building and Falcon Heights landmark that should keep our community growing.

On the near horizon we are approaching the rebuild of Community Park. This project looks closer to becoming a reality every day. There will be opportunities for community members to help shape the future of this great community asset. Now would be a good time to join the Parks & Rec Commission if you really want to help make dreams happen. I hope all residents will participate in the planning and feedback sessions.

In the coming weeks your City Council will be finalizing the 2023 Budget. The initial budget and levy projections approved at the end of September has the City holding the levy increase to around six percent and maintaining service levels, while absorbing a fourteen percent increase in policing cost and anticipating national inflation near double digits. The final budget and truth in taxation hearing will be held at the first council meeting in December.

Beyond the higher visibility topics there is more happening daily in our city. I find it encouraging to be part of the involved, engaged, and caring community of Falcon Heights. The goal of the Council is to set policy and a financial plan that delivers services cost effectively to meet both current and future resident/community needs and expectations. I extend a big thank you to our city staff who work every day to deliver those services with professionalism and compassion.

The city website is a great source of detailed information on the many activities, projects, policies, meetings, services, and operations of the city. Sign up for alerts on multiple topics. Keeping everyone informed is the goal of our weekly emailed newsletters so I encourage you to subscribe or read them on the website.

Thank you for your time reading this, and participation in the community of Falcon Heights.

Regards,

Randy Gustafson, Mayor

Updates from City Administrator, Jack Linehan

Warm Welcome to Falcon Heights

I'd first like to thank the community for the kind welcome to the City of Falcon Heights. I've had the pleasure of meeting many of you at Spring Ahead, the Ice Cream Social, at city hall or out in the community. I've discovered that Falcon Heights is a close knit but very welcoming community. I am honored to be able to serve this community.

Community Park Update

At the forefront of the City Council's priorities is the property acquisition and reconstruction of the park building at Community Park (located at 2050 Roselawn Avenue). The city has leased the 14.5 acre park property from the University of Minnesota since the 1980s for a nominal fee. That lease is expiring at the end of 2024. Both the U of M and the city have expressed interest in the city purchasing the land to allow for the construction of a new park building. To represent the city in the property acquisition, a request for proposals for commercial real estate brokers was issued in August. We are aiming to have a qualified commercial real estate broker in place this fall. Once the city has secured ownership of the Community Park property, we will begin the planning and reconstruction of the park building and adjacent amenities. The current building, constructed in the 1980s, is beyond repair and is no longer usable by the public. The city has been carefully planning and saving for the project the past few years as part of our capital plan.

Police Services Update / Police Consultant

The city entered in to a four-year police services agreement with the Ramsey County Sheriff's Office (RCSO) that began in January 2018 and was set to expire December 31, 2021. The contract was extended for one additional year through December 31, 2022. Per the terms of the agreement, either party must notify the other by March 31st of any intentions to cancel or not renew the contract. That notification did not occur this year, so it is anticipated that the city and the Ramsey County Board will negotiate another short-term contract extension this fall.

Falcon Heights is one of seven communities that contracts services with the RCSO. The others are Arden Hills, Little Canada, North Oaks, Shoreview, Vadnais Heights and White Bear Township. Due to Falcon Heights' distance from the other contract cities, one challenge that the RCSO reports is when backup is needed for the deputy patrolling Falcon Heights. This was temporarily resolved in 2021 when the RCSO took over patrol duties for the State Fair. As a result of this, the city received a reduced contract rate in 2022. With the State Fair providing in-house policing in 2022, the temporary contract savings are no longer realized and costs for the contract are increasing for 2023 by over 14%.

To assist the city as we explore a long-term contract for policing services, the city issued a request for proposals for a police services contract consultant. The consultant will analyze the community's policing needs, survey the community to determine satisfaction with the contracted police services, and develop long-term recommendations for the city. The city received two responses from qualified firms. A firm is anticipated to be selected by the City Council mid-September. The selected consultant will begin their project with a series of community stakeholder focus groups in the late fall. The city will advertise for participation in the focus groups in our weekly e-newsletter and on social media.

Fire Marshal Update

One of the greatest things about living in Minnesota is the changing of our seasons. Fall gives us the perfect transition from our hot summers to prepare us for our cold winters with things like pumpkin spice, apple pie, hotdish, and the beautiful scenery of the leaves changing color. Fall is also the perfect time to prepare our homes to be more fire safe. Here are just a few home fall fire safety tips from your friendly fire marshal;

- Test your smoke and carbon monoxide alarms and replace batteries if needed. If the smoke alarm is over ten years old, replace it.
- Have your furnace or boiler inspected by a licensed contractor to ensure it is working properly, and remember to change your furnace filters monthly or as the manufacturer recommends.
- If you have a solid fuel burning fireplace, have it inspected to ensure it is free from defects and clean before use.
- Avoid using space heaters. If you must, they need to be plugged directly into an outlet without an extension cord and at least three feet from all combustibles.
- Properly dispose of yard waste and keep it away from structures. Burning yard waste is prohibited.

If you have any questions on how you can make your home or business safer, please send me an email adrian.neis@falconheights.org. I hope you all have a wonderful safe and happy fall season.

Sincerely,

A.J. Neis
Fire Marshal

City Licensing

Did you know that the City requires licenses for rental properties and most businesses? Whether you are a tree trimmer, massage therapist, landlord, or small business owner, you likely need a license to operate in Falcon Heights. All licenses are required to be renewed annually. In September of each year, City staff will begin preparations for the upcoming license renewal cycle. Current license holders are typically contacted in early October to initiate license renewal for the following year. The remainder of the year is busy with staff processing applications, scheduling inspections with the Fire Marshal, and sending all business license applications to City Council for final approval. Thank you to all of our local business and property owners who complete the renewal process in a timely manner and are receptive to City requests!

On that note– don't forget to support your local businesses here in Falcon Heights! In return, local businesses play a meaningful role in making our community identity and making it a fun place to live. The City of Falcon Heights recently updated an online License Directory. This serves as a database for all current and active license holders. Check it out today at falconheights.org/residents/business-directory.

2023 Pavement Management Project

Overview

The City of Falcon Heights manages a comprehensive Pavement Management Program which includes repaving several miles of local streets every two years. Spot curb and gutter repairs will also be done as part of this project. We expect very little impact to driveways on those streets as part of this project. Minor utility work will be included.

Garden Avenue is proposed to have more intensive work done, which would involve removal of all asphalt and re-construction of the roadway. This roadway will also be evaluated for changes to the lane widths, the possible addition of a pathway, and drainage improvements.

Neighborhood Meeting

The City hosted two open houses, on April 5, 2022 and July 20, 2022, to discuss Garden Avenue.

Construction is anticipated to begin in Summer 2023.

More information is available on the project website at: www.cityofroseville.com/FH2023PMP

Schedule

Please note, this schedule is subject to change. Council Actions are denoted with CC and will take place at a public council meeting:

Summer 2022 – Neighborhood Meeting for Northeast Quadrant Streets

Fall 2022 – CC Approve Feasibility Report/Improvement Hearing

Winter 2022/2023 – Final Design, CC Approve Plans

Spring 2023 – CC Accept Bids

Spring 2023 – Neighborhood Construction Meeting

Summer/Fall 2023 – Construction

Fall 2023 – Assessment Hearing

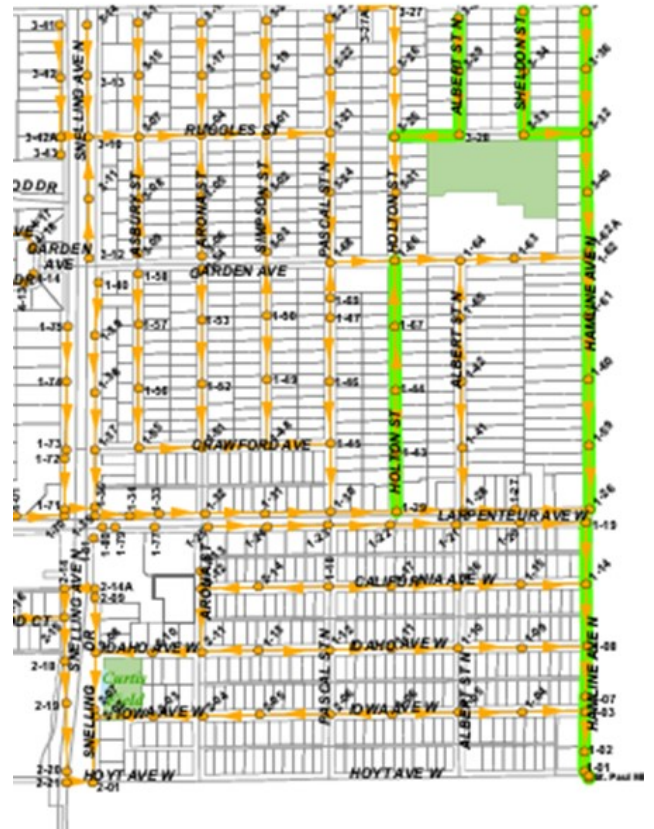
Spring 2024 – Final Restoration

Construction Project Updates

2022 Sanitary Sewer Lining Project

A majority of the sewer mains in Falcon Heights were installed over 40 years ago using clay pipes. Over time, the pipes begin to separate at the joints and cracks form. Falcon Heights has partnered with Roseville for the 2022 Sanitary Sewer Lining Project. Uses Cured-In-Place Pipe (CIPP) to build new pipes within the existing pipe, without needing to dig them up. This project includes the sanitary sewer pipes shown in green on the map to the right:

To install CIPP, the pipe is first cleaned, then a fabric, liner pipe coated with resin is inserted into the existing pipe. The liner pipe is filled with hot air or steam so it blows up like a balloon, formed to the shape of the pipe around it. The heat from the water or steam causes the resin to harden, creating a new pipe within the existing pipe. The contractor then uses a small robot to cut open pipe connections to the new pipe, re-establishing sewer service to homes that same day.



This project is anticipated to finish this fall, after the State Fair.

More information is available on the project website at: cityofroseville.com/sewerlining

Cleveland Avenue Reconstruction

Ramsey County is reconstructing Cleveland Avenue from Como Avenue to Larpenteur Avenue to replace pavement and utility upgrades. The road layout will also be changed, including the addition of a bike lane in each direction.

Construction is taking place in two main phases:

2022: Como Ave. to Buford Ave.

2023: Buford Ave. to Larpenteur Ave.

Cleveland Avenue will be closed between Como Ave. and Buford Ave. through the fall. A signed detour directs traffic to use Larpenteur Ave., Highway 280 and Energy Park Dr. More information is available on the project website at: www.ramseycounty.us/residents/roads-transportation/current-roadwork/2022-road-construction-maintenance/cleveland-avenue-reconstruction.

7 Tips to Recycle Better

1. No Plastic Bags

Grocery bags dissolve into potentially harmful microplastics and, in the case of ingestion or entanglement, hurt and kill animals. They're pretty much the worst. Even though these bags are technically recyclable, you must go to a drop-off area to do that, not your curbside bin.

Plastic bags are the number-one contaminant in recycling loads. Plastic bags act as "tangles," getting caught in machinery and shutting down the equipment.

2. Small Things are Big Problems

Don't recycle anything smaller than a credit card. That includes straws, bottle caps, coffee pods, plastic cutlery, paperclips, and a million other tiny things that creep into our daily lives. These objects are too small to be sorted and can jam the recycling equipment.

3. Make Sure its Clean, Empty, and Dry

Food waste contaminates whole loads of recyclable material, rendering them useless and fast-tracking them to landfills. In the U.S., food waste contaminates 25 percent of our recycling loads.

4. Combined Materials are Trash

Recycling only works when like materials are together. Unfortunately, items like plastic-coated coffee cups, laminated paper and paper-bubble wrap envelopes from the mail can't ever be separated, which means they're trash.

5. Know your Plastics

Not all plastics are treated equally. Rigid plastics are recyclable, labeled by resin codes 1 through 7. Generally, the higher the number, the less recyclable it is. Most recycling centers will recycle plastics 1 and 2 without a problem. Past that, it gets tricky.

Furthermore, a lot of plastic just isn't recyclable curbside. As noted earlier, you can't recycle plastic bags or films. Additionally, you can't recycle anything that can tear like paper. That means no cracker bags, chip bags or cereal bags.

6. Stop Wishcycling

When it comes to recycling, one of the worst things you can do is wishcycle. That's when we optimistically put non-recyclable objects in recycling bins. When we do this, we contaminate whole loads of otherwise recyclable materials.

Cities have certain thresholds to meet when they send their recyclables to third-party waste management companies. If they surpass these thresholds — in other words, if there's too much trash mixed into the recycling load — that entire load could end up in a landfill.

Code Enforcement Corner— Salt

Spreading rock salt is the standard material used for treating icy paths (there are also eco-friendly alternatives available if you don't want to use traditional rock salt including liquid formulations that can be applied with a sprayer.) Knowing how and when to use these products can help you get the most yield from the least amount of product. After all, we all know how challenging it can be to find rock salt when a storm is approaching and how bulky the bags are. Using less product not only saves money but can also reduce frustration! Check out these tips for effectively treating grounds with rock salt.

1. **Sow before the Snow.** The best time to treat the ground is before snowfall begins. Treating areas before snow (and freezing rain/ice) begins can help prevent ice from forming and prevent snow from settling. Because salt has a lower freezing point than water, it reduces the opportunities for moisture to freeze on treated surfaces.
2. **Shovel more. Salt less.** Salt does wonders for melting snow and ice, but can only do so much when there are large amounts of snow. Keeping up with the snow as it falls can help slow or prevent ice from developing and may reduce the amount of salt needed. A shovel that has a long, bent handle doesn't require users to stoop over as much, helping avoid back strain. Doctors also recommend taking frequent breaks from shoveling to guard against overexerting yourself. If snow has accumulated (and hardened), spreading salt on the top of the snow can help weaken the pile allowing it to be moved more easily.
3. **Temperature matters.** Most salts stop working when pavement temperatures fall below 15 degrees Fahrenheit. Instead of salt, a small amount of sand (or cat litter) can be used; it won't melt the ice but can help with traction.
4. **Let a spreader do the work.** While rock salt can be manually spread using a shovel or scoop, a garden spreader is much easier to use. An added benefit is that a spreader gives you excellent control over the amount of salt being dispersed. It's important to understand that using more salt does not cause more melting. Only four pounds of salt is needed for every 1,000 square feet being treated. If salt crystals are visible after the surface has dried, you have used too much salt and can use less the next time.
5. **Clean up after the storm.** It's important to know that after a snowstorm the salt doesn't just disappear, it melts into nearby creeks, wetlands and lakes. It doesn't take a lot of salt to cause problems to the environment, even small amounts can disrupt aquatic life. Sweep up any extra salt and reuse it next time, or dispose of it properly.

Also remember to use safety precautions when spreading salt. Use gloves to help protect your skin, and be careful when navigating slippery areas. Ice that thaws during the day may refreeze at night, so regularly check surfaces that may need to be retreated.

Vacant Property Ordinance

The Planning Commission was tasked, by ordinance and statute, to make recommendations to Council concerning zoning and other related issues. In 2017, citizens of the City of Falcon Heights requested the Planning Commission review rules and requirements concerning vacant homes and properties.

The Planning Commission began the task of addressing the concerns of the residents by studying and reviewing other municipal requirements and regulations. To aid in this task, the Planning Commission created a small group or sub-committee of the Commission to study the issue and bring ideas back to the Commission.

The sub-committee of the Planning Commission, with staff's help, has prepared the attached ordinance relating to vacant buildings. The draft ordinance has been reviewed by the City Attorney with minor changes and is based off of the 2020/2021 Planning Commission sub-committee's recommendations. Changes were made to the draft ordinance that aligned with the 2021/2022 subcommittee's recommendation to limit the ordinance to a registration of vacant properties as a starting measure to address vacant property issues. Future action can be reviewed and considered if the condition warrants it.

The Planning Commission held a hearing of the draft ordinance on June 28, 2022 and voted to recommend approval of Ordinance 22-01 to City Council.

To view the Vacant Property Ordinance visit the link below:

<https://www.falconheights.org/government/city-code>

Amber Union

Amber Union Apartments, located on the southwest corner of Snelling Ave and Larpenteur Ave, is anticipated to open October 2022. The rehabilitation of the historic 1947-built Art Deco building was the result of a collaboration between the Developer, Buhl Investors, the City of Falcon Heights and multiple grant agencies. The project features 125 units of affordable apartment rentals (50% of Average Median Income), along with resident amenities which include a full-sized indoor shuffleboard court, fitness center, on-site laundry facilities, outdoor grilling stations and an on-site playground. With larger units than most apartment projects being delivered today, the Amber Union Apartments is a unique offering for families in Falcon Heights. The apartments offer unique Art Deco design details, expansive windows, modern cabinetry and stainless steel appliances with close proximity to local restaurants and retail offerings, along with direct access to Route 61 and A Line, Route 84. The project has found success in retaining the existing historic structure, while renovating the building to allow for unique, beautiful living spaces. Amber Union Apartments was designed by Mohagen Hansen Architecture and built by Frana Companies. Amber Union Apartments is processing apartment reservations at www.amberunionapartments.com.



Community Emergency Response Team

Ramsey County Community Emergency Response Team (CERT) training

Are you ready to help your neighbors and family in times of disaster? CERT is a program that is designed to train citizens to better prepare themselves and their families should their home or neighborhood be affected by a disaster. CERT is a FEMA (Federal Emergency Management Agency) program offered through the Ramsey County Sheriff's Office. The training includes classes on Disaster Preparedness, CERT Organization, Fire Safety, Light Search & Rescue, Disaster Psychology, Disaster Medical Operations, Terrorism and finishes with a final exercise and graduation.

The 2022 CERT Academy training sessions will be held starting September 14 through November 9, 2022. The sessions are held on Wednesday evenings from 6:30 - 9:30 p.m. for nine consecutive weeks. Applications accepted through Friday, August 5, 2022, on first-come, first-served basis. Classes are limited to 25 students. Equipment and materials will be provided at no charge.

If you have any questions regarding the CERT Academy, please email the CERT program or call 651-266-7333 and leave a voicemail.

CERT Historical Information

The CERT concept was developed and implemented by the Los Angeles City Fire Department in 1985. CERT became a national program in 1993. There are now CERT programs in all 50 states, including many tribal nations and U.S. territories. Each is unique to its community. All are essential to building a Culture of Preparedness in the United States. There are over 2,700 local CERT programs nationwide and more than 600,000 people have trained since CERT became a national program.

The CERT program was implemented at the Ramsey County Sheriff's Office in 2005 and has trained approximately 700 citizens.

Street Sweeping

Fall is rapidly approaching! Public Works will begin sweeping residential streets soon. Typically this occurs in mid-September. Please be prepared to move vehicles to allow for thorough sweeping of the entire street. Follow City social media channels or subscribe to e-newsletters for more updates. The City will do its part in alerting residents prior to street sweeping. We thank you for your cooperation!

Questions? Please contact Public Works at 651-792-7618.

Citywide Garage Sale

Citywide Garage Sale – Saturday, September 17th


The annual Citywide Garage Sale will be on Saturday, September 17th. This is a popular event for fellow bargain seekers and those looking to get rid of things around the house. Residents wishing to participate sign-up online and indicate what items they're selling, and staff will generate and make available a map of garage sales in the city.

You can register your garage sale at the following link: <https://www.falconheights.org/residents/city-events/city-wide-garage-sale>.

Garage sales that register with the city will be included in our map. Keep an eye out at the link above for a list of participating homes.

Citywide Recycling Event

The Citywide Recycling Event will be at the State Fair Grounds on Saturday, September 17 from 8 a.m. to 1 p.m.



2022 CITYWIDE RECYCLING DROP-OFF EVENTS

Saint Paul organizes annual citywide drop-off events for residents to get rid of large items and recyclable materials.

Learn more at stpaul.gov/drop-off or call 651-266-6199.

SAINT PAUL PUBLIC WORKS | **RECYCLING AND GARBAGE SERVICES**

ITEMS ACCEPTED FEES MAY APPLY *The list of accepted items has changed. Cash or Check Only!*

- APPLIANCES (\$12 EACH)**
 - Dehumidifiers
 - Microwaves
 - Stoves
 - Refrigerators
 - Washers
 - Dryers
 - Water Heaters
 - Air Conditioners
- ELECTRONICS (PRICE VARIES)**
 - Items without Screens (\$5 Each):**
 - VCRs/DVD Players
 - Printers
 - Game Consoles
 - Items with Screens (\$10 Each):**
 - TVs
 - Monitors
 - Tablets
 - TVs over 60"
- MATTRESSES & BOX SPRINGS (\$5 EACH)**
 - Must be dry. No bed frames.*
- TIRES (\$6 EACH)**
 - Car Tires
 - Truck Tires
- ELECTRONICS (NO CHARGE)**
 - Cell Phones
 - Computer Accessories (keyboard, mouse)
 - Cords
 - Headphones
- ITEMS ACCEPTED (NO CHARGE)**
 - Scrap Metal
 - Bikes
 - Small Engines (Liquids Removed)
 - Paper for Shredding
 - Flattened Cardboard
- ITEMS NOT ACCEPTED**
 - No Trash
 - No Building Materials
 - No Concrete
 - No Furniture
 - No Fluorescent Bulbs
 - No Yard Waste
 - No Household Hazardous Waste

Year-round Disposal Options
For year-round disposal options, visit stpaul.gov/drop-offs.

Just Deeds

Mapping Prejudice recently published their findings on racial covenants in Ramsey County. A total of 2,400 property deeds were found to have a racial covenant, of which over 100 properties located in Falcon Heights have a covenant, with most located in the Northome/Northeast Quadrant areas.

Just Deeds was a presenter at the 2021 Human Rights Day. Just Deeds is a group of attorneys working with the local cities, Mapping Prejudice, and local realtors to help homeowners discharge the racial covenants on their deeds.

The Community Engagement Commission and the City Council approved a resolution that would have the City of Falcon Heights join as a Participating City.

With guidance from the Just Deeds project, Falcon Heights homeowners can disavow and renounce the restrictive covenants on their property records. To start, check the interactive map at Mapping Prejudice to see if your address shows a restrictive covenant.

If a covenant is found on your property, submit an online Just Deeds Application. Falcon Heights staff will walk you through the process of discharging the racial covenant on your property. You will be connected to a volunteer expert who will help draft the documents necessary to acknowledge and disavow the restrictive covenant.

Mapping Prejudice Website: <https://mappingprejudice.umn.edu/>

City of Falcon Heights Just Deeds Application: <https://www.falconheights.org/government/our-inclusion-efforts/just-deeds-project/>.



Human Rights Day

Human Rights Day is observed internationally on December 10 each year, marking the day the United Nations General Assembly adopted the Universal Declaration of Human Rights in 1948. This landmark document "proclaims the inalienable rights to which everyone is entitled to as a human being- regardless of race, color, religion, sex, language, political or other opinion, national or social origin, property, birth, or other status."

In acknowledgement of this international observance, the Community Engagement Commission selects a theme and organizes an event, usually a presentation, on a topic pertaining to human rights. Past events have focused on childhood food insecurity, human trafficking, and immigration and New Americans in our community.

This year the theme has not been selected as the Community Engagement Commission is waiting on the official announcement from the U.N.

Falconeers Senior Card Club

The Falconeers card club is looking for members interested in playing 500 and cribbage. The club meets the second and fourth Monday each month at 1:00pm at Falcon Heights City Hall, 2077 W. Larpentour Ave. For more information call 651-645-6036.

Northeast Youth & Family Services

Northeast Youth & Family Services is a nonprofit community service and mental health organization that serves as a lifeline to over 4,000 youth, families and adults every year. They partner with 15 municipalities and have locations in Shoreview and White Bear Lake.

While their programs are diverse, they center on a common mission: transforming lives today creating a better tomorrow for youth, families, adults and our community. Some services are offered for free, at a low cost, or on a sliding-fee scale to ensure that as many residents as possible receive the help they need.

NYFS offers services in three main areas: mental health counseling for people at all ages and stages of life, youth development programming that includes senior chore services and juvenile diversion programming, and day treatment programs for youth struggling with severe mental health issues.

For more information about NYFS, please call 651-486-3808 or visit them on the web at www.nyfs.org.



CITY OF FALCON HEIGHTS PARKS & RECREATION



FALL PROGRAMMING



CITY HALL PROGRAMS:

Register on the City Website!

Yoga

Is your workout stressing you out?

Do you love your workout and look forward to it? Or, is the payoff only AFTER it's over? We've all been there. Here's an idea: maybe shift your emphasis from fitness to wellness, from exercise to "innercise?"

Fitness and wellness are not the same thing. In fact, a lot of fitness regimens can be pretty hard on your body, especially your joints. A comprehensive yoga class on the other hand is a different animal altogether, defying Western fitness logic. We do "relaxed exertion" and view exercises as "meditations in motion," not reps to be tracked and counted. We ditch the adversarial relationship with our bodies, so ingrained by all those mirrors!

Through the pandemic, we have all learned how important it is to socialize and co-regulate with *trusted* friends. When "big yoga" venues give away all those free trial classes, they do so at your expense. That's attention you won't be receiving and makes it difficult to move your group up the curve to the "deeper practices." It also doesn't maintain the "safe space" vibe, which is calming to the nervous system and sets the stage for healing.

So if you're having trouble sticking to an exercise routine, why not consider a comprehensive yoga class with a small group of regulars? We're here for you every Monday, 4:30-5:45 at Falcon Heights City Hall.

Dates	Day	Time	Residents	Non-Residents	Location
9/12—10/31	Mondays	4:30 – 5:45 p.m.	\$96	\$106	City Hall– Council Chambers
11/7—12/19	Mondays	4:30—5:45 p.m.	\$84	\$94	City Hall– Council Chambers



Tae Kwon Do

Jordan's Tae Kwon Do mission is to empower all ages with the knowledge of self defense!

Tae Kwon Do is a style of martial arts from South Korea which is known for self-defense. The standard class (offered for beginner and intermediate/advanced skill levels) will help develop mental strength, focus, self-confidence, physical health & flexibility. In this class you will learn forms, one steps, grab defenses & various drills to build up your skills & physical fitness.

Tae Kwon Do Cardio Kick Boxing combines martial arts techniques with cardio. This class is designed for all skill levels. It will help build stamina, coordination & flexibility. This class will also boost confidence & self-esteem while relieving stress. Have fun & feel great with this



Session 1

Class	Day	Dates	Time	Cost	Location
Beginner	Tuesday	9/20-10/25	5:30– 6:15 p.m.	\$59	City Hall– Council Chambers
Class	Day	Dates	Time	Cost	Location
Intermediate/Advanced	Tuesday	9/20-10/25	6:15– 7:00 p.m.	\$59	City Hall– Council Chambers
Class	Day	Dates	Time	Cost	Location
Cardio Kick Boxing	Thursday	9/22-10/27	5:30– 6:15 p.m.	\$51	City Hall– Council Chambers

Session 2

Class	Day	Dates	Time	Cost	Location
Beginner	Tuesday	11/1- 12/6	5:30– 6:15 p.m.	\$59	City Hall– Council Chambers
Class	Day	Dates	Time	Cost	Location
Intermediate/Advanced	Tuesday	11/1– 12/6	6:15– 7:00 p.m.	\$59	City Hall– Council Chambers
Class	Day	Dates	Time	Cost	Location
Cardio Kick Boxing	Thursday	11/3-12/8	5:30– 6:15 p.m.	\$51	City Hall– Council Chambers

City Commissions

The City of Falcon Heights has four City Commissions that serve the City Council in an advisory capacity. Each commission consists of up to seven volunteer commissioners, a City Council Liaison, and a Staff Liaison. To learn more and apply for a vacancy, visit our website:

<https://www.falconheights.org/government/city-commissions/city-commission-application>

Community Engagement Commission
Works to build community by facilitating relationships among residents, businesses, schools, and community organizations.

There are currently no vacancies.



Parks and Recreation Commission
Advises the City Council on parks programming, helping us provide engaging activities and recreational amenities for residents.

There are currently two vacancies.



Environment Commission
Explores opportunities to promote sustainability and resiliency for the City of Falcon Heights and its residents.

There is currently one student vacancy.



Planning Commission
Reviews planning applications and advises the City on implementation of the 2040 Comprehensive Plan.

There are currently no vacancies.



Tune in to City Communication Channels

The City of Falcon Heights communicates with residents through a variety of channels. See below for all the ways you can find out about important information for residents and businesses!

1. City of Falcon Heights Website- www.falconheights.org

Your one stop shop for all things Falcon Heights. Find agendas and minutes for meetings, locate public hearing notices, read about City projects, sign up for parks programs, apply for permits and licenses, locate public safety information, find contact information for staff and elected officials, read the City newsletter and more.

2. Follow us on Social Media- Facebook & Twitter

Find out about resources available to residents and receive bite-sized information and updates on City services in real-time. Follow us on Facebook- @CityofFalconHeights and on Twitter- @FalconHeights.

3. Subscribe to our YouTube Channel

Find us on YouTube and be the first to view City videos providing information on upcoming projects and topics of interest. City of Falcon Heights channel located here: <https://www.youtube.com/channel/UCTsfoz85dXauegW0mzkMI5Q>

4. Sign up for E-Notifications, including the Weekly E-Newsletter

Sign-up on our website and receive information straight to your email. You can opt-in for the weekly e-newsletter, public hearing notices, street sweeping and snow plowing alerts, and other City news.



To sign up, visit the following link: <https://www.falconheights.org/residents/e-mail-notifications>, or scan the QR code.

5. St. Paul Pioneer Press

The City's Official Newspaper is the St. Paul Pioneer Press. This is the publication used for all public notices required by statute. Locate information in the Legals section.

If you have difficulty locating information or accessing any of the above resources, please contact Falcon Heights City Hall at 651-792-7600. Staff will be happy to assist you!