

October Neighborhood Association Meetings

Thursday, October 6

Downtown Neighborhood Assn. Kick-Off Event & Celebration, 4:30 to 7 p.m. @ Hippodrome Theater Pocket Park (corner of 8th & Austin). This is the inaugural kick-off and membership drive for the new Downtown Neighborhood Assn. Lots of FUN activities are planned that showcase what downtown Waco has to offer.

North East Riverside General Meeting, 6:30 p.m. @ J.H. Hines Elementary – Questions, Transportation call 744-1389.

Monday, October 10

Austin Avenue General Meeting, 7 p.m. @ St. Alban's Parish Hall (30th & Columbus)

Monday, October 17

Mountainview General Meeting, 6 p.m. @ Mountainview Elementary (5901 Bishop)

Thursday, October 20

Landon Branch General Meeting, 6 p.m. Dinner/ 6:30 p.m. Meeting @ Uncle Dan's Barbecue (1001 Lake Air Dr.)

Saturday, October 22

Heart O'Texas General Meeting, 9:30 a.m. Social / 10 a.m. Meeting @ Harrison Senior Center (Colcord & 42nd St.)

Tuesday, October 25

Brook Oaks General Meeting, 6 p.m. @ Dewey Center (925 N. 9th St.)

Carver General Meeting, 5:30 p.m.

@ Carver Academy (1601 J.J. Flewellen Rd.)

Saturday, October 23

Steppin' Out Community Service Day, 11 a.m. to 3 p.m. (See pg. 2 for details)

CALENDAR OF EVENTS OCTOBER

4	City Council Meeting */HOT Fair & Rodeo Parade
5	Building Standards Commission Mtg.
15	Walking Tales at Oakwood Cemetery
18	City Council Meeting *
21	Genealogy Lock-In, West Waco Library
25	Plan Commission Meeting *
29	Neighborhood & River Clean Up Day
31	Halloween/ Zoo Boo/ Carnival at Dewey

* Replayed weekly on WCCC-TV Cable Channel 10 and available for viewing on the City Web site. A more complete calendar is available online at www.waco-texas.com

MyPlate.gov Replaces MyPyramid

The Waco-McLennan Co. Public Health District's WIC Department wants Central Texans to know that MyPlate.gov has replaced MyPyramid as a simpler and more visual icon to help individuals and families choose healthier meal choices. It focuses on key behaviors for consumers, such as:

- Enjoy your food, but eat less.
- Avoid oversized portions.
- Make half your plate fruits and vegetables.
- Switch to fat-free or low-fat (1%) milk.
- Make at least half your grains whole grains.
- Compare sodium in foods like soup, bread, & frozen meals – choose foods with lower numbers.
- Drink water instead of sugary drinks



Walking Tales at Oakwood Cemetery

On Saturday, October 15 from 10 a.m. to noon, the Heart of Texas Storytelling Guild will present "Walking Tales: Bringing Historic Stories to Life" at Oakwood Cemetery (2124 S. 5th St.). A perfect warm-up for Halloween, storytellers stationed throughout the historic cemetery will tell stories about the life and times of renowned, legendary and infamous people laid to rest there. The event is FREE and open to the public. Call Vivian at 717-1763 for more information.

Ranger Museum Teaming Up With Resistol

Resistol Hats of Garland has teamed up with the Texas Ranger Hall of Fame & Museum to produce hats under the name "Texas Ranger Hall of Fame by Resistol." The good-looking Western hats will feature stylings in felt and straw that are reminiscent of the old West and the Texas Rangers. Sales of the hats will help support the Ranger Museum.

The hats will be available for purchase mid-October at the Texas Ranger Hall of Fame & Museum's gift shop and at your favorite Western retailers. To learn more, visit the museum on the web at www.texasranger.org or call 750-8631.



Zoo Boo
Wild, Wonderful
Halloween Fun
at the Zoo

Ride Cameron Park
Mountainbiking
Training Seminars,
Taught by the Pros

Breast Cancer Facts
What to Look For,
What to Do, and
How to Help

WACO City Limits

OCTOBER 2011

The City of Waco wishes all of our Central Texas family a safe, spooktacular Halloween!

Friends of the Library Book Sale

The Friends of the Waco-McLennan County Library invite everyone to attend the 48th annual book sale Thursday, November 3 through Sunday, November 6 at the Extraco Events Center. One of the largest book sales in the Southwest, the Friends' sale features more than 110,000 books, CDs, videos and more.

General sale books, videos, CDs and DVDs will be priced at \$1.50 and paperbacks at \$1.00. Children's books are .50 to \$1.50. The Collector's Corner has an assortment of unique, rare and special books, which will be priced individually.

Admission to the sale on Thursday is \$5.00 per adult; children 14 and under are free. Ticket sales begin at 8 a.m. Admission will be FREE for each of the following three days. Saturday is Teacher Appreciation Day from 2 to 6 p.m. Teachers with a valid school ID can save 20%. Kids can enjoy Saturday puppet shows. Bargain shoppers will want to return on Sunday, H-E-B Green Bag Day, from noon to 6 p.m., when hardback and paperback books will be \$10 per bag, tax included.

To find out more about the book sale or to volunteer, visit www.wacolibrary.org or call Kim Salome at 750-5974. Proceeds from the sale, sponsored by Friends of the Library, H-E-B, and other generous organizations, provide quality materials and programs for all four branches of the Waco-McLennan County Library.

THURSDAY (10 a.m.-9 p.m.)
Adults \$5, Kids 14 & under Free
No Sales Tax Day
Ticket Sales Begin at 8 a.m.

FRIDAY (10 a.m.-9 p.m.)
FREE Admission, No Sales Tax Day

SATURDAY (10 a.m.-7 p.m.)
FREE Admission

SUNDAY (Noon-6 p.m.)
H-E-B Green Bag Day
FREE Admission, BIG Price Cuts
Bag of Books \$10 (tax included)
Collectors' Corner - half price

SALE PRICES
Books - \$1.50 • Paperbacks - \$1.50
Mass Market Paperbacks - \$1.00
Children's Books - 50 cents to \$1.50

COLLECTOR'S CORNER
Rare & special interest items
Like new hardbacks \$4

SUNDAY PRICES
General sales - \$10 per bag

TEACHER APPRECIATION DAY
Saturday 2-6 p.m.
Teachers with ID save 20%



Zoo Boo at Cameron Park Zoo

Cameron Park Zoo will hold its annual Zoo Boo on Monday, October 31 from 6 to 8 p.m. The Zoo is once again participating in the Association Of Zoos and Aquariums' "Green Halloween," offering healthy treats for little ghosts & goblins in addition to traditional Halloween candy.

Zoo Boo is for children between the ages of 2 yrs. and 12 yrs. old. Bring them dressed in their favorite costume and tour the Harrowing Herpetarium, the Arachniguy's Web, and walk the plank with the Pirates of the Flower Garden Reef. Kids will also enjoy games, face painting and the zoo's barrel train.

Admission fees are \$7 for Adults and \$5 for children 4 yrs. to 12 yrs. Children 3 yrs. and under are free. To avoid waiting in line, Cameron Park Zoo encourages everyone to purchase their tickets early if possible. Tickets may be purchased beginning October 1 at the zoo's website: www.cameronparkzoo.com. For more information call 750-8415.



Halloween FUN

Enjoy a safe, fun-filled Halloween carnival with candy and costume contests as the Dewey, South Waco, and Bledsoe-Miller Community Centers together host one big annual Halloween Festival.

The festival will be held from 6 to 8:30 p.m. on Monday, October 31 at the Dewey Community Center. The event is open to all ages and cost is \$2 per child. For details, please visit www.waco-texas.com or call 750-8677.

Youth Basketball

Registration is underway through November 28 for the City of Waco Youth Basketball League, which is open to players 5 years to 18 years.

Games begin on January 7 and will be played at City of Waco Community Centers. For more information or to register call 750-5875.

Neighborhood & River Cleanup Day

Keep Waco Beautiful's **Fall Cleanup Day** is October 29. Neighborhood Associations are encouraged to host cleanups, and **Baylor Steppin' Out** will have students available to assist in neighborhood efforts from 11 a.m. to 3 p.m. that day.

Neighborhood Associations can register volunteer needs for student workers online at www.baylor.edu/student_activities; click "Service." Requests for roll-offs and supplies, including gloves and trash bags can be made to Keep Waco Beautiful by calling 750-5728. No active Neighborhood Association in your Waco neighborhood? Contact Keep Waco Beautiful for help planning your local cleanup!

Also on October 29, Keep Waco Beautiful and Waco Parks & Recreation will host a **Brazos River Clean Up** from 11 a.m. to 3 p.m. Register at 12:30 at Bledsoe-Miller Park, 300 MLK, Jr. Blvd. Volunteers will help clean the Brazos River shoreline. Gloves, trashbags, and trash pickers will be provided. Patches are available for Camp Fire USA members, Boy Scouts & Girl Scouts. Call Keep Waco Beautiful at 750-5728.

HOT Fair and Rodeo Parade

The annual Heart of Texas Fair and Rodeo parade will make its way through downtown Waco on Tuesday, October 4. The parade, which will feature decorated floats, bands and community businesses, will begin at 6 p.m. on the corner of MLK, Jr. Blvd. and Franklin Ave. For more information visit www.hotfair.com or call 776-1660.

Get Ready for "Ride Cameron Park"!

The City of Waco and Bicycles Outback invite women of all ages to take part in the annual Ride Cameron Park mountain bike clinic on November 12th and 13th. The clinic will be held at Northern Gateway in Cameron Park. The event is free and includes training sessions with professional mountain bikers, along with demonstrations and bike games.

Helmets and bikes are available on a limited basis, but participants are encouraged to use their own. To pre-register, contact Bicycles Outback at 772-2453.



Waco City Cable Channel Fall Premier

Beginning the week of October 23rd, the Waco City Cable Channel will premier new programs, new segments and a whole lot more. Just some of the new programs viewers will see starting October 23rd are three new documentaries: "Dave Campbell, The Man. The Legend," "Vin Fiz: The First Transcontinental Flight," and the "History of the ALICO." Other new programs include new episodes of "Step Into the Wild at the Cameron Park Zoo," "Discover the Legends at the Texas Ranger Museum" and music videos from the 2011 Brazos Nights and Bosque River Stage concerts, all available in High Definition.

Making its premier during the week of October 23rd is a new short segment that promotes the availability of low cost City owned properties, sure to intrigue everyone. Six informational talk shows produced in our studios will continue that include: the Greater Waco Chamber, the Cen-Tex Hispanic Chamber and the Cen-Tex African American Chamber, the Waco McLennan County Public Health District, a visit with Waco Police, Fire & Emergency Management staff, and "Know Your City Staff," where City Manager Larry Groth visits with a City Department Director -- all programs to keep citizens informed about their city.

The popular "Waco Up Close" viewer contest will return during the Fall Premier where viewers will try to be the first person to correctly identify the image of an object and place in Waco to win free tickets to the Texas Ranger Hall of Fame & Museum and Cameron Park Zoo. It all begins during the big Fall Premier starting October 23rd. WCCC-TV is the only city channel in the state of Texas producing and airing programming in high definition, available exclusively on Grande Channel 810. Also available in standard definition on Time Warner and Grande channel 10 cable, and viewable from anywhere in the world in HD on our web-channel at waco-texas.com.

11th Annual Genealogy Lock-In

In celebration of Family History month, the Waco-McLennan County Library Genealogy Division, in cooperation with the Central Texas Genealogical Society, will be sponsoring the 11th Annual Genealogy Lock-In on Friday, October 21 from 6:30 p.m. to midnight at the West Waco Library & Genealogy Center, 5301 Bosque Blvd. This event is FREE and open to any members of the public who have an interest in genealogy.

The purpose of the event is to showcase the Library's genealogy collection and provide an awareness of the hereditary and historical societies represented in our area. Novice and experienced researchers can learn more about genealogy, pursue their family's history, and learn about local hereditary/ historical societies. The Lock-In will include genealogical advice, instruction, food, and door prizes.

Doors open at 6:30 p.m. (no admittance after 7:30 p.m.) Participants may leave at any time. Security will be provided. Library facilities other than Genealogy will not be available for use during the Lock-In. Children under the age of 16 attending the event must be accompanied by an adult. For more information contact Bill Buckner, Genealogy Center Manager at 750-5945 or e-mail bbuckner@ci.waco.tx.us. Or, visit the Genealogy Center on the web at www.wacolibrary.org/www.ctgs.org.

A GREEN HALLOWEEN

Have an earth-friendly holiday with these tips from Solid Waste Services: Compost your Jack O' Lantern and fall leaves; Make or buy your costume at a thrift store, or have a costume-swap; Use reusable shopping bags for candy, and save wrappers for crafts (visit www.greenhalloween.org for more ideas)

Breast Cancer Awareness Month

October

This October marks the 25th annual National Breast Cancer Awareness Month, organized annually by major breast cancer charities to increase awareness of the disease and the importance of early detection, and to raise funds for research, prevention, diagnosis, treatment and cure.

Know the Facts

Every 69 seconds, somewhere in the world, someone dies from breast cancer. One in eight women in the U.S. will be diagnosed with breast cancer in her lifetime. Breast cancer is the leading cause of cancer death among women ages 40 to 59. The 5-year survival rate for breast cancer, when caught before it spreads beyond the breast is now 98% in the U.S. (compared to 74% in 1982). There are about 2.5 million breast cancer survivors alive in the U.S. today -- the largest group of cancer survivors in the country.

Take Action

The Central Texas Affiliate of Susan G. Komen for the Cure® recommends that you:

- **Know your risk** (family history; doctor)
- **Get screened** (annual mammogram starting at age 40; clinical exam every 3 years starting at age 20; every year from age 40)
- **Know what is normal for you** (regular breast self-exams; report changes)
- **Make healthy lifestyle choices**

For more information or to join the fight against breast cancer, call 753-3037 or visit www.komencentraltexas.org.