

February Neighborhood Association Meetings

Thursday, February 9
North East Riverside General Meeting,
6:30 p.m. @ J.H. Hines Elementary
(301 Garrison St.) Questions, Transportation
call 744-1389.

Tuesday, February 28
Brook Oaks General Meeting, 6 p.m.
@ Dewey Center (925 N. 9th St.)

Carver General Meeting, 5:30 p.m.
@ Carver Academy Library (1601 Flewellen Rd.)

Show the Earth Some Love



The Earth needs all the love it can get. Valentines month is the perfect time to love our planet. Why not start recycling today? It's EASY to get started. Here's a helpful idea: Make your Valentine's Day cards extra special by using old cards, scraps of paper and recyclables like plastic bags, aluminum cans, boxes, paper towel tubes, styrofoam, bottle caps and more.

Find other great recycling ideas on the City's website at www.waco-texas.com. Click on "Solid Waste" under the City Departments heading.

A Book Sale "Thank You"

The Waco-McLennan Co. Library and Friends of the Library wish to thank the community and all of the sponsors for their help in making the 2011 book sale a tremendous success. A great big "Thank you!" to members of the Booksale Committee, to Book Table and Cart Sponsors, Food Sponsors, and many others for their help and contributions.

For a complete list of Book Sale contributors, please log onto:
www.waco-texas.com/cms-library
and click on "Booksale."

CALENDAR OF EVENTS FEBRUARY

1	Building Standards Commission Mtg.
7	City Council Meeting *
14	Valentine's Day
21	City Council Meeting *
28	Plan Commission Meeting *

* Carried LIVE and replayed weekly on WCCC-TV Cable Channel 10 and available for viewing on the City website. A more complete calendar is available online at www.waco-texas.com.

Eat Well Waco Program

The Waco-McLennan County Public Health District's new community health program called "Eat Well Waco" is going strong. The goal of the program is to improve nutrition options in restaurants, and to empower consumers to make healthier choices when dining out.



The program is designed to work with area restaurants to highlight healthy options for their customers, and to support and promote restaurants that offer healthy food choices.

When you see the Eat Well Waco logo on a restaurant door, you can be assured that it is a clean and safe environment that offers healthy menu items. Healthy entrees and dishes will be highlighted for convenience. Any restaurant, from fast food to fine dining, is eligible to apply for certification.

Some participating restaurants include D's Mediterranean Grill, located at 1503 Colcord Ave., The Epicurean at 400 S. 4th St., Jimmy John's at 100 S. 4th St., Pho Cafe Saigon at 10412 China Spring Rd., Newk's at 2716 W. Loop 340, and Subway Restaurants throughout Waco.

For a list of more participating restaurants and criteria, please visit the Health District's website at www.waco-texas.com/cms-healthdepartment. Check back often, as new restaurants will be updated regularly. For questions or comments, please contact MargoShanks at margos@ci.waco.tx.us.

Healthy Dining Guide Now Available



To further enhance your healthy dining experience, the Waco-McLennan County Public Health District has published a helpful booklet that offers nutritional information on dishes from area restaurants. The "Eat Well Waco Healthy Dining Guide" is now available to help you choose wisely at all your favorite restaurants.

Pick up your copy today at the Public Health District, libraries, local gyms, or view a printer-friendly copy online at www.mclennanpublichealth.org.



WACO City Limits

FEBRUARY 2012

The City of Waco wishes all of our Waco-Central Texas family a Happy Valentines Day!

February is National Heart Health Month

February is National Heart Health Month, and experts with the Public Health District's WIC Program want our Waco area citizens to be heart healthy! They've provided the following information to help Central Texans protect themselves from the dangers of heart disease:

Heart disease is the leading cause of death in America. One in three adults has some form of heart/cardiovascular disease. Many of these deaths and risk factors are preventable, and food choices have a big impact on your heart's health. Only a few risk factors, such as age, gender and family history, cannot be controlled. You can prevent and control many risk factors of heart disease, such as high blood cholesterol, high blood pressure, excess weight and obesity, with lifestyle changes and medications.

LIFESTYLE CHANGES

A healthy lifestyle—following a healthy diet, maintaining a healthy weight, regular physical activity, quitting smoking and managing stress—can lower your risk and your children's risk for heart disease and may prevent current heart disease from worsening.

A HEART HEALTHY DIET

To lower the risk of heart disease, your family's diet should be:

- **Low in saturated and trans fats.** Saturated fats are found in some meats, dairy products, baked goods and deep-fried and processed foods. Trans fats are found in some fried and unprocessed foods. Both types of fat raise your LDL, or "bad" cholesterol level.
- **High in omega-3 fatty acids.** Foods high in omega-3s include fish and olive oil.
- **High in fiber, whole grains, fruits and vegetables.** A diet rich in these elements helps lower LDL cholesterol and provides nutrients that help protect against heart disease.
- **Low in salt and sugar.** A low-salt diet can help manage blood pressure, while a low-sugar diet can help prevent weight gain and control diabetes and pre-diabetes.

[Source: www.eatright.org/Heart Health]

Library Fun

The Waco-McLennan County Library is serving up tons of fun with these educational programs:

A monthly **Computer Class** for grades 3 to 7 will be held at South Waco Library, 2737 S. 18th, on Thursday, February 9. The class meets from 4:30 to 5:30 p.m. and the topic for the February program is "Internet Web Sites." Sign up by calling Stacy Phillips at 750-5956.

Cool Kids Crafts will be held at West Waco Library, 5301 Bosque Blvd., on Thursday, February 2 from 4 to 5 p.m. For ages 5 to 10 years, the theme of the craft session is "Be My Valentine." Call 750-5956 for more details.

Toddler Time for ages 2 and under is held at South Waco Library, 2737 S. 18th, on Wednesdays at 9:45 and 10:30 a.m.

Storytime, for ages 3 to 6, is held at 10:30 a.m.

- East Waco Library, 901 Elm, on Tuesdays
- West Waco Library, 5301 Bosque Blvd., on Wednesdays and Fridays
- South Waco Library, 2737 S. 18th, on Thursdays

Baby Time, a six-week series for 12 months and under is held on Tuesdays at 10:30 a.m. at West Waco Library starting March 27. Space is limited, so please call 750-5956 to reserve a spot.

WATCH US LIVE!

The Waco City Cable Channel (WCCC-TV) is now offered in live streaming video on our City of Waco website at www.waco-texas.com. Now, viewers can conveniently enjoy the same great programming offered on WCCC-TV on their computers, too -- in high definition.



Texas Ranger Gear for Little Pardners

Looking for an adorable baby gift for that special little pardner? The Texas Ranger Hall of Fame and Museum gift shop carries unique onesies and toddler clothing. Pair their "Future Texas Ranger" pink and blue onesies and t-shirts, or how about their pink and green camouflage onesies and t-shirts paired with a Junior Ranger membership, plush animals, or gun and holster diaper pins for a uniquely Texan baby gift.

Sales from the nonprofit museum gift shop benefit the preservation and education activities of the Museum. Call 750-8631 or email thestore@texasranger.org to order one today. The gift shop is open 9 a.m. to 4:30 p.m. daily, and they ship worldwide.

Volunteers Needed

The Waco Police Department's Victim Services program needs volunteers to help serve the needs of victims and witnesses of crime and their families. The unit provides on-scene crisis intervention, death notifications, victim education, follow-up contact, legal advocacy, court accompaniment, referral services, as well as other pertinent needs.

Victim Services volunteers are specially trained to fill the needs of the community. Volunteer Crisis Teams work various shifts, 7 days a week, responding to a wide range of calls including homicide, suicide, accidental death, robbery, sexual assault, family violence and various other relevant services.

Victim Services volunteers are required to complete a 4-week training course that will meet Mondays and Wednesdays from 6 to 9 p.m. starting February 20. The training provides the skills and knowledge to answer calls in the field and offer support.

If you are interested in joining the team, please contact Melissa Beseda at 750-7526 or visit the Victim Services tab on the Waco Police Website @ wacopolice.com.

Valentines Arts & Crafts

The City of Waco Parks and Recreation Department invites residents of all ages to come create one-of-a-kind Valentine's Day arts and crafts for that special someone...

The art session will be held at the South Waco Community Center, 2815 Speight, on February 11 from 10 a.m. to 11 a.m. Crafting supplies will be provided, or Valentine crafters are welcome to bring their own. The cost is \$5 per participant. All ages are welcome (children 8 and under must be accompanied by an adult).

For more information, please call 750-8650.

Gospel Explosion!

The Bledsoe-Miller Community Center, 300 MLK Blvd., will host Gospel Explosion from 6:30 p.m. to 9 p.m. on February 23. The program will feature a night of historical reflections, musical performances and dancing. The program is free and open to the public. For more information, please call 750-8684.

Adult Spring Softball

Get a team together and sign up for the Parks and Recreation Adult Spring Softball League. Registration is open to ages 18 and up, through the end of January. For registration dates and more information, please visit www.waco-texas.com or call 750-5875.

The Great Texas Warrant Roundup

Beginning in February, the City of Waco is participating in the Great Texas Warrant Roundup, along with 200 other organizations and cities across the state. If you have an outstanding fine with any law enforcement agency in Texas, a warrant may be pending for your arrest. The Waco Police Department will join forces with over 200 law enforcement agencies to actively search for citizens who have not paid fines that are owed.

To avoid being arrested at your home, job, or wherever you may be found, or losing your Driver's License, please act immediately and pay your fines. Call the Municipal Court at 750-5900 to find out how, or go to the Municipal Court at 201 W. Waco Dr. You will NOT be arrested when you go to the court to pay your fine. For more information regarding the Great Texas Warrant Roundup, visit the City of Waco website at www.waco-texas.com and select "Departments," then "Municipal Court." Please act right away . . . BEFORE the law catches up with you!

City Elections Filing Deadlines

The General Election for the City of Waco and The Waco ISD will be held on Saturday, May 12, 2012. The first day to file for a place on the City of Waco ballot is Monday, February 4, 2012. Positions on the ballot include: Mayor (at-large), District I and District III. The last day to file for a place on the ballot is Monday, March 5, 2012.

Early Voting and Election Day polling locations will change for the May 12, 2012 City Council and Waco ISD General Election. To locate your voting location, please visit the City of Waco website at www.waco-texas.com. Click on City Services, and then choose City Elections or contact the City Secretary's Office at 750-5750.

Voter registration applications are available at the City Secretary's Office in City Hall, the Waco McLennan County Libraries, the Department of Public Safety or the McLennan County Elections Office in the County Records Building. For more information, call the City Secretary's Office.



Las elecciones generales para la ciudad de Waco y para el distrito escolar de Waco ISD se llevarán a cabo el sábado, 12 de mayo de 2012. El primer día para presentar una candidatura en la boleta de votación para la ciudad de Waco es el lunes, 14 de febrero. Los puestos en la boleta incluyen: El alcalde municipal en general, distrito I y III. El último día para postularse en la boleta es el lunes, 5 de marzo.

Los lugares para el día de Votación y Elección Temprana van a cambiar para las Elecciones Generales del Ayuntamiento de la Ciudad (City Council) y del Distrito Escolar Independiente de Waco (Waco ISD) del 12 de Mayo del 2012. Para más información llame a la oficina secretarial de la ciudad, al 750-5750 o visite la página web de la ciudad de Waco en www.waco-texas.com <<http://www.waco-texas.com/>>. Haga click en City Services y seleccione City Elections.

Las solicitudes para el registro de votación están disponibles en la oficina secretarial de la alcaldía de la ciudad, Waco City Secretary's Office en City Hall, en las bibliotecas del condado de McLennan, McLennan County Libraries, en el departamento de seguridad pública, Department of Public Safety o en la oficina de las elecciones del condado, McLennan County Elections Office en el edificio County Records Building.

Friends of the Library Book Donations

"Friends of the Waco-McLennan County Library" has resumed book donation pick-ups, which must be 4 or more boxes to qualify. Books may be dropped off throughout the year at any of the four libraries in the system. Hardback books, paperbacks, magazines, children's books, encyclopedias (2008-present), movies, textbooks (3 years old or less), Dvd's and magazines are all accepted. For more information, visit www.wacofriendsofthelibrary.org or www.wacolibrary.org or call Kim Salome Klimt at 750-5974.

Learn how the City of Waco and its various departments function, making local government work better for you. Watch "Know Your City" on WCCC-TV's web channel at www.waco-texas.com. Click "Watch WCCC-TV."



FREE Tax Preparation Sites:

Dedicated local volunteers who have been specially trained are ready to help you prepare your taxes and get the refund you deserve. Visit any of these sites:

AARP SITES:

NeighborWorks Waco, 922 Franklin
Mon. through Fri., 12:00 to 4:30 p.m.
Jan. 23-Apr. 14 752-1647

West Waco Library, 5301 Bosque
Tues. and Sat., 10:30 a.m. to 2:30 p.m.
Thurs., 4:30 to 8:30 p.m.; Fri., 1 to 5 p.m.
Jan. 24-Apr. 14 745-6018

Providence Hospital, Young Tower, Rm. 6
Mon. & Wed., 12:30 to 4:30 p.m.
Jan. 30-Apr. 11 751-4731

South Waco Community Ctr., 2815 Speight
Tues. & Thurs., 1 p.m. to 5 p.m.
Jan. 31-Apr.12 750-8650

Hewitt Community Center, 208 Chama
Tues. & Thurs., 1 p.m. to 5 p.m.
Feb. 2-Apr. 12 666-2442

(ABC Waco) VITA SITE:

A.J. Moore Academy, 500 N. University Parks
Mon., Tues. & Thurs., 5 p.m. to 8 p.m.
Jan. 19-Apr.16 753-6486

Heart of Texas Goodwill Industries:

Learning Center, 1700 S. New Road
Mon. & Thurs., 4:30 p.m. to 7:30 p.m.
Jan. 23-Apr.16 753-7337

WHAT TO BRING WITH YOU:

Income or IRS Documentation: 2010 W-2; 1099; Real estate tax paid in 2010; 1098; Self employment income/expenses; other income information.

Official Photo ID: Driver's License, state issued photo ID, student ID, passport.

Social Security Card: One for each tax payer, each claimed dependent. Call your AARP TaxAide site for more information or details on what to bring.