

February Neighborhood Association Meetings

Thursday, February 18

North E. Riverside General Meeting, 6:30 p.m.
@ Bledsoe-Miller Community Center

Monday, February 22

Brook Oaks General Meeting, 6 p.m.
@ Dewey Community Center

Tuesday, February 23

Carver General Meeting, 5:30 p.m.
@ Carver Academy Library

"Your Family" Scrapbook Workshop for Teens



3 FREE Family Scrapbooking sessions for ages 11 to 18 will let teens create a bound scrapbook of their family history with the

help of expert genealogists. Kids can bring information and photos to scan and add to scrapbooks. Plus, they get the chance to get creative and make it their own. Registration is required for this free event.

Session 1, February 1:

Bring information about your family (names, where they were born, lived or died, etc.) Volunteer genealogists will help you find more information for your scrapbook.

Session 2, February 8:

Bring some photos to scan and combine with the info from session 1 to begin your scrapbook. Get ready to get creative!

Session 3, February 15:

Put the finishing touches on your scrapbook! Finish your family tree, check for more info, make your cover and bind your book.

Sessions are at 4 p.m. at West Waco Library & Genealogy Center. For more information or to register, call the Genealogy Center at 750-5995.



CALENDAR OF EVENTS FEBRUARY

3	City Council Meeting *
4	Building Standards Commission Mtg.
14	Valentine's Day
17	City Council Meeting *
24	Plan Commission Meeting *

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

Freezin' for a Reason

Are you brrrrave enough to participate in Polar Plunge at Hawaiian Falls Waco? Recruit friends, grab a costume and come support special athletes in the Heart of Texas area. Bring a minimum of \$60 in donations (\$30 if under 18) in exchange for taking the plunge.

Polar Plunge takes place on Saturday, January 30 at Hawaiian Falls Waco at 900 Lake Shore Drive. Registration is at 10 a.m., plunge at 11 a.m.

What NOT to Put in Your Blue Cart

It may seem simple to determine what doesn't go in a recycling cart based on its labels or whether or not it shows a recycling symbol, but unfortunately, it's not that straightforward. Listed below are some **materials that are not accepted** in Waco's curbside recycling program:

- **Juice boxes and milk cartons** made of cardboard or paper should NOT be put in your blue cart. They should go into your trash cart.
- **Pizza boxes or soiled paper plates/napkins/paper towels** should NOT go in your blue cart. Food contaminates the paper recycling process due to grease and oil which don't mix with water. These items should go into your trash cart.
- **Used motor oil** should NOT go in your blue cart. Yes, motor oil is recyclable, but not in the blue cart program. Please do not put used motor oil in your blue cart. Instead, take it to the Cobbs Recycling Center, along with you water bill for proof of residency.

Unsure about which items go in your blue recycle cart? The rule of thumb is "When in doubt, leave it out." When your recyclables are combined with other materials in the blue cart, the load may have to go to the landfill.

To request a blue recycling or a green yard waste cart, call Customer Service at (254)299-2612. *Para informacion en Espanol* (254) 299-2612, or visit Solid Waste Services online at: waco-texas.com.



SkyWarn
Train With Experts
and Become a
Storm Spotter



Warrant Roundup
Texas Law Enforcement
Agencies Team Up to
Collect Outstanding Fines



Free Tax Prep
Get the Help You
Need & the Refund
You Deserve, Free

FEBRUARY 2016

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 our Public Health District offer the following tips 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.

Fight Crime

Learn how the pros fight crime! Registration is underway for the next Waco Citizens Police Academy, which starts February 4 at the Waco Police Headquarters (3115 Pine Ave.). The program gives participants a working knowledge of Waco P. D.'s personnel and policies, and information from each of its units (Family, Children, Special Crimes, Internet Safety, Drugs, Self Defense, Home Safety, Concealed Weapons, DWI and more).

The academy consists of a series of classes held every Thursday for 2 ½ hours (6 to 8:30 p.m.) for 12 weeks. Students receive a certificate of completion once they graduate. (Applicants are subject to a background investigation, and fingerprints are required to be on file prior to class date).

Applications are available on the City website at www.wacopolice.com, and the deadline is January 29 by 5 p.m. For more information, contact Dan Ferguson, Crime Prevention Specialist, at 750-1764.

WATCH US LIVE!

Check out the Waco City Cable Channel in live streaming video on our station's web channel at WCCCTV. Download our free mobile app and conveniently enjoy the same great programming seen on cable -- in high definition -- on your smart phone or pad.

Learning is FUN at Cameron Park Zoo!

Cameron Park Zoo hosts great educational events throughout the year. Expert zoo teachers and zookeepers provide fun, fascinating information about the zoo's various animal residents. Visitors can get a close, firsthand look at a variety of animals and learn about their habitats, bodies, behaviors and more. In February, two educational events will be hosted at the zoo:

- **World Serpent Day** is Monday, February 1 from 10 a.m. to noon.
- **Groundhog Day** is Tuesday, February 2 and will feature a Keeper Talk at 9:30 a.m.



Groundhogs

SkyWarn Training

The Waco-McLennan County Office of Emergency Management and the National Weather Service Office in Ft. Worth are teaming up to bring this year's SKYWARN storm spotter training to Waco on Saturday, February 6.

The free program will be held at the Emergency Services Education Center, located at 7601 Steinbeck Bend Rd., from 9 a.m. to 4 p.m.

The two-hour multimedia presentation will feature numerous new pictures of storms and video from the 2015 severe storm season to help participants master the basics of storm spotting.

Presenters will discuss thunderstorm formation, tornado formation and behavior, and what to do to keep safe when thunderstorms threaten, plus spotter operations and recommended reporting procedures.

The program is free and open to the public. No advanced registration is necessary. For more information about SKYWARN training, visit www.waco-texas.com/emergency-skywarn.asp.

General Elections

The City of Waco General Election for Mayor (at Large), District I and District III will be Saturday, May 7, 2016. The last day to file for a place on the ballot is Friday, February 19, 2016.

Applications must be received in the City Secretary's Office by 5 p.m. on the last day to file. For more information, contact the City Secretary's Office at 750-5750 or visit the City of Waco Elections webpage at: www.waco-texas.com.

The physical address for filing applications in person is: (*Dirección física para presentar las solicitudes en persona para un lugar en la boleta*): City Secretary's Office, City Hall (300 Austin Ave.)

To mail an application for place on the ballot (*Dirección a donde enviar las solicitudes para un lugar en la boleta en caso de presentar por correo*): Esmeralda Hudson, City Secretary
PO Box 2570
Waco, Texas 76702-2570

La elección general de la Ciudad de Waco será el Sábado, 7 de mayo 2017. El último día para solicitar un lugar en la boleta electoral es el viernes 19 de febrero, 2016. Las posiciones disponibles para la Ciudad de Waco son alcalde, Concejal de Distrito I, y Distrito III para que sirvan los términos completos de dos años.

Para más información póngase en contacto con la Oficina de la Secretaria de la Ciudad al 750-5750 o visite el sitio de internet de la Ciudad de Waco en www.waco-texas.com.

The Great Texas Warrant Roundup

The City of Waco is participating in the Great Texas Warrant Roundup. 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 290 law enforcement agencies in the search for citizens who have not paid fines that are owed. To avoid arrest or Driver's License suspension, please pay fines immediately. Call the Municipal Court at 254-750-5900 to find out how, or visit the court at 201 W. Waco Dr. You will NOT be arrested when you go to the court to pay your fine.

For more Warrant Roundup information, visit www.waco-texas.com and select "Departments," then "Municipal Court." Please act now... BEFORE the law catches up with you!

We LOVE These Library Activities!

The Waco-McLennan County Library always has something FUN-tastic going on for kids of all ages. Here is the February calendar of library events:

Preschool Storytimes (for ages 3 to 6 years) feature stories, songs and crafts. Storytimes begin at 10:30 a.m. on Wednesdays at West Waco Library, Thursdays at Central Library, and on Fridays at South Waco Library. Topics this month:

- February 3-5 Multicultural Stories
- February 10-12 Happy Valentine's Day
- February 17-19 African Folktales
- February 24-26 Dental Health
- February 5 1,2,3 Count with Me (*1,2,3 Cuenta conmigo - Cuentos bilingües*), a FREE bilingual storytime for ages 3 to 6 at 11:30 a.m. at South Waco Library.

February 11 - Anime Club: Teens ages 11 to 15 can come watch anime, do anime-related crafts, have a snack, and meet other teens with similar interests. The free club starts at 7 p.m. at West Waco Library.

February 15 - Brown Bag Lunch with Genealogy: For anyone looking for information about their ancestors' military records, Fold3 could be the answer. A guided search with Genealogy's Bill Buckner will show participants what value and information can be found in different military documents. The cost is free (just bring a lunch) and meet at West Waco Library at noon.

February 17 - Gone Graphic Reading Club: Adults can enjoy a favorite Manga, Graphic Novel, or Comic book, or catch a super hero movie, test their knowledge on trivia, or learn about new graphic novels at the library. Get in on the ground floor of this new club for adults! The Gone Graphic Reading Club starts at 7 p.m. at Central Library.

February 18 - Kids' Computer Class: This free computer class for kids in 3rd through 5th grades helps them learn about different computer-related topics. This month's topic is Internet Search Skills at 5:30 p.m. at West Waco Library.

February 20 - LEGO Lab: Central Library will host a LEGO adventure! Kids can come get connected with other LEGO-heads and build great things at the library. LEGO lab is free, and starts at 1:30 p.m.

February 20 - Minecraft Club: Teens ages 11 to 15 are invited to come to Central Library to build and mine the library realm, Land of the Dragonborn, for free. Teens can bring their own computer or use one of the library's.

February 21 - Block Party: Pre-K children ages 1 to 4 are invited to the free Block Party at Central Library at 1:30 p.m. They can create their masterpieces using big blocks and manipulatives, just right for little hands.

Free Homework Tutoring: K through 8th graders are invited to free tutoring at the libraries. Just bring study materials and get help at these locations:

- Mondays at West Waco Library: 4 p.m.
- Tuesdays at Central Library: 4 p.m.
- Wednesdays at Central Library: 4 p.m.
- Wednesdays at South Waco Library: 4:15 p.m.

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.WCCC.TV.com or on the free mobile app.



FREE Tax Preparation Sites:

Dedicated, trained volunteers are ready to help you prepare your taxes at no cost, to get the refund you deserve. Visit any of these sites:

AARP SITES:

NeighborWorks Waco 922 Franklin Ave.
Tues. & Thurs. noon to 4 p.m.
Wednesday Schedule: 752-1647
February 10th & 24th noon to 4 p.m.
March 9th & 23rd noon to 4 p.m.

Providence Hospital 6901 Medical Pkwy.
Young Tower Room 6
Mon. & Wed. noon to 4 p.m.
Feb. 1 - Apr. 13 751-4000

1st Baptist Church Hewitt 301 S. First Street
Tues. & Thurs. noon to 4 p.m.
Feb. 2 - Apr. 14 666-2741

1st Methodist of Fairfield 201 N. Mount St.
Thurs. 9 a.m. to 2 p.m.
Feb. 11 - Apr. 14 (903) 389-2225

(ABC Waco) VITA SITE:

A.J. Moore Academy at University High School
3201 S. New Road
Mon., Tues. & Thurs. 5 p.m. to 8 p.m.
Jan. 21 - Apr.15 366-9829

WHAT TO BRING WITH YOU:

Income or IRS Documentation: 2015 W-2; 1099; Real estate tax paid in 2015; 1098; Self employment income/expenses; daycare expenses

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

2014 Tax Return: (If available)

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