

SEE MORE JULY EVENTS

For a list of events, please visit www.waco-texas.com and click on the Calendar icon.

WHAT'S NEW & FUN ABOUT SUMMER READING CLUB!

We've got a great, new app called Beanstack that helps you track your progress all summer long. The program ends July 31, but there's still time to register and get prizes.

There are four age groups:

Read to Me (0-4), Readers (5-10), Teens (11-17) and Adults (18+)

You get points for reading AND completing activities. Read a few long books and do lots of activities or read lots of shorter books and get your points that way.

Earn 10 points for your halfway prize.

Earn 20 points for your finisher prize.

If you earn 30 points, you'll get a ticket for our Grand Prize raffle drawing!

We've added lots of online activities that you can do from anywhere, too. Storytimes, crafts, science experiments and more. For the most up to date library program information, be sure to visit our online calendar at wacolibrary.org.

NEIGHBORHOOD MEETINGS

Monday, July 6

Kendrick General Meeting, 6 p.m.
@ Kendrick Elementary (1801 Kendrick Lane)

Thursday, July 9

North East Riverside General Meeting, 6:30 p.m.
@ East Waco Library (901 Elm Ave.)

Monday, July 13

Sanger Heights General Meeting, 7 p.m.
@ Dewey Center (925 N 9th St.)

Tuesday, July 14

Downtown NA General Meeting, 6:30 p.m.
@ Central Library (1717 Austin Ave.)

Thursday, July 16

Landon Branch General Meeting, 6 p.m.
@ The Good Neighbor House (1717 Austin Ave.)

Monday, July 27

Brook Oaks General Meeting, 6 p.m.
@ Dewey Center (2301 Colcord Ave.)

Tuesday, July 28

Carver General Meeting, 6 p.m.
@ Carver Academy Library (1601 Flewellen)

Neighborhood Associations may make last minute changes to dates or times. Check their websites or social media outlets for the latest information.

2019 CITY OF WACO WATER QUALITY REPORT

The 2019 City of Waco Water Quality Report (Consumer Confidence Report) is now available at: www.WacoWaterQuality.com You can also find printed copies of the report at City Hall or at any of the public library branches. The report lists the results of independent lab analysis of our drinking water, performed throughout 2019.

CITY NEWS

City of Waco offices will be closed on Friday, July 3 for the Independence holiday. Details follow concerning some specific services and departments:

The Solid Waste offices, Cobbs Recycling Center, and the landfill will be closed on Friday, July 3. Friday's trash will be picked up **EARLY on Wednesday, July 1.**

The Waco-McLennan County Library system will close all

branches on Friday, July 3 & Saturday, July 4 and will reopen on Sunday, July 5.

Waco Transit will also be closed in observance for Independence Day. Please note: Medicaid trips will run as scheduled on July 4, as will the Silo District Trolley and LaSalle-Circle Shuttle.

The Cameron Park Zoo, the Texas Ranger Hall of Fame and Museum, and the Waco Mammoth National Park will all remain open on Saturday, July 4.

Stay Active this Summer with QR F.I.T. Trail System

With the scan of your smartphone on unique QR F.I.T. signage at select City of Waco parks, you'll be taken into a world of fitness. The QR codes will direct you to a series of training videos that allows you to pick the workout you want to do. You can watch videos to guide you with workouts on your upper body, lower body, core and flexibility. Perfect for those beginning their fitness journey to the advanced fitness fanatic.

F.I.T. Trail System parks include: Oscar DuConge Park • Gurley Park • East Waco Park • Council Acres Park • Brazos Park East • Cotton Palace • Bledsoe Miller Park • Bell's Hill Park • Brooklyn Park • Alta Vista Park • Oakwood Park • Kendrick Park

Mile marker signs will let you track how far you've walked or run along the trail, and park visitors can get healthy living tips.



July 2020

CITY LIMITS newsletter



WISHING YOU A
SAFE AND HAPPY
INDEPENDENCE DAY!

RESIDENTIAL BULKY WASTE -

"IF IT DOESN'T FIT IN YOUR CART, YOU HAVE TO DO YOUR PART"

Waco residential bulky waste, which is anything destined for landfill disposal that doesn't fit in your trash cart, will be collected from residential curbside if residents follow the following guidelines:

- Resident must call (254) 299-2612 to request bulky waste collection. If you do not call, the bulky waste will be left at the curbside.
- BRUSH AND BULKY TRASH must be separated.
- Curbside pile of bulky waste must not exceed 8 cubic yards. That is about a full-sized pick-up truckload.
- One pile will be collected once per month at curbside. Larger piles will not be collected.
- An example of a pile that will be collected is a mattress and box springs.
- Bulky waste shall not be placed

in the street, in an alley, on the sidewalk or on a vacant lot.

- Bulky waste must be separated from yard waste, brush, and set away from carts at the curb.
- No tires, appliances with Freon, or liquid materials, such as paint.
- No demolition debris, such as concrete, bricks, or roofing shingles.
- Please call (254) 299-2612 or visit waco-texas.com to learn more.
- Para informacion en Espanol - (254) 299-2612.

Thank you
for doing
your part
to keep our
city clean
and green!



CITY OF WACO
CAREERS

JOIN OUR TEAM

The City of Waco offers a competitive salary based on qualifications and experience. Our comprehensive benefit package includes a retirement program with Texas Municipal Retirement System (TMRS) that guarantees a monthly annuity for your life, longevity pay, sick leave, and paid vacation and holiday time.

To view our current job openings and to apply visit: www.waco-texas.com/employment

The City of Waco is an
Equal Opportunity Employer.

Did you know?

WE'RE NOW ABLE TO SERVE YOU EVEN MORE QUICKLY AND CONVENIENTLY OVER THE PHONE!

A new way to pay your bill and get account information anytime (24/7)



WATERCONNECT

Automated Interactive Voice Response Phone System

Your 24/7 customer service CONNECTION

Try it now! **254-299-CITY (2489)**

Speak to a live, local agent during regular business hours, or use the new Water Connect system to pay your bill and get account information over the phone, any time of the day or night.

City of Waco Water Utility Services P.O. Box 2570 Waco, TX 76702 www.WacoWater.com

MENS HEALTH

Let's talk about Men's Health! Did you know that 1 in every 4 deaths among men is caused by heart disease? Heart disease is the leading cause of death among men. The term heart disease or cardiovascular disease refers to any deteriorating condition of the heart. A heart attack can be recognized by chest pain or discomfort, shortness of breath, extreme fatigue, nausea or vomiting, dizziness, indigestion, or upper back, neck, and upper body pain or discomfort. A heart attack can also be a symptom of other heart diseases and conditions.

Other symptoms of heart disease include arrhythmia which are palpitations or fluttering feelings within the heart, and heart failure which consists of shortness of breath, extreme fatigue, or swelling of various parts of your body such as your feet, ankles, legs, abdomen, or neck veins. Although these symptoms are indicators of heart disease, many people suffering from heart disease won't experience any signs or symptoms until it is too late, which is why it is commonly referred to as the "silent killer".

Despite many men not experienc-

ing any symptoms, there are risk factors that contribute to heart disease. These risk factors include preexisting conditions such as diabetes, being overweight or obese, having an unhealthy diet with little to no physical activity, and consuming excessive amounts of alcohol. To help reduce your risk of heart disease, eat a healthy diet with plenty of fruits and vegetables and foods lower in sodium and saturated fat, limit alcohol intake to one drink a day, lower your stress level, quit smoking, maintaining a healthy weight and exercising regularly. Additionally, schedule a yearly well-visit with your health care provider to identify other medical risks early such as high blood pressure and cholesterol levels.

If you feel you are at risk of heart disease, contact your health care provider to discuss how you can prevent heart disease. Be sure to schedule regular health care appointments to ensure that your health needs are being addressed. For more information and resources please visit <https://www.cdc.gov/heartdisease/about.htm>

EVERYBODY'S CLEANING UP!

We encourage all Waco residents to use the City of Waco Cobbs Convenience Center for bulky waste disposal, brush recycling and household recycling.

- Waco residents may make up to 4 visits per calendar year at the Cobbs Drive citizens' collection station.
- Deposits of brush and bulky waste may not exceed 8 cubic yards per visit about a full-sized pick-up truckload.
- Brush and bulky piles larger than a full-sized pick-up truckload must go to another disposal location, such as the City of Waco Landfill.
- BRUSH AND TRASH must be separated.
- Waco residents must provide proof of residency to dispose of brush and bulky waste, such as a residential City of Waco utility bill.
- Household recycling drop-off at the Cobbs Drive center is not limited.
- Other requirements concerning special waste, such as scrap tires, used motor oil and electronics remain the same.
- Some items will require a fee.

Please call (254) 299-2612 or visit waco-texas.com to learn more.



¡AHORA PODEMOS SERVIRLE AÚN MÁS RÁPIDA Y CONVENIENTEMENTE POR TELÉFONO!

Una nueva forma de pagar su factura y obtener información de la cuenta en cualquier momento (24/7)

WATERCONNECT

Sistema telefónico automatizado de respuesta de voz interactiva

Su servicio de atención al cliente 24/7 CONEXIÓN

¡Pruebalo ahora! **254-299-CITY (2489)**

Hable con un agente local en vivo durante el horario comercial habitual o use el nuevo sistema Water Connect para pagar su factura y obtener información de la cuenta por teléfono, en cualquier momento del día o de la noche.

City of Waco Water Utility Services P.O. Box 2570 Waco, TX 76702 www.WacoWater.com

¿Sabías?

Two New Baby Twins at the Zoo!

Cameron Park Zoo is happy to announce that two of the Zoo's Ring-tailed lemurs are the proud parents of twin boys born March 24, 2020. Mom, Crystal Light (Crystal) who is 10 years of age and dad, Agathon who is 12 years of age, and babies are all doing well.



In keeping with the tradition of naming our lemurs after a candy or a soft drink, the zookeepers chose Mike and Ike as the names for the babies. Other members of the troop are aunt, Capri Sun (Capri). Capri is Crystal's twin sister and cousin, Skittles, who is Capri's daughter with former male Sprite.

COMPLETE THE 2020 CENSUS

Census results affect our community every day. The results of the 2020 Census will help determine how hundreds of billions of dollars in federal funding flow into communities every year for the next decade. Waco-McLennan County could miss out on over \$15,000 per person not listed on the Census.

Census results affect planning and funding for education—including programs such as Head Start, Pell Grants, school lunches, rural education, adult education, and grants for preschool special education. Think of your morning commute: Census results influence highway planning and construction, as well as grants for buses, subways, and other public transit systems.

Census results affect planning and funding for health-

The babies are mostly staying on mom, but sometimes Capri and Skittles assist with care duties.

Ring-tailed lemurs generally produce a single offspring, but twins are not uncommon. For the first couple of weeks the baby lemur will cling to the mother's belly. As it grows it will usually ride on the mother's back. At 3-4 weeks of age the baby will take its first steps away from mom and baby

lemurs are generally fully weaned by 5-6 months. Lemurs are found on the Island of Madagascar. The main threat to the Ring-tailed lemur and other lemur species is habitat destruction.

care—including programs such as Medicaid, Medicare Part B, State Children's Health Insurance, and the prevention and treatment of substance abuse.

Census results affect planning and funding for infrastructure—including programs for highway planning and construction, Section 8 housing, federal transit, community development, and rural water and waste disposal systems.

Census results affect planning and funding for employment and training—including programs for vocational rehabilitation state grants and dislocated workers employment and training.

The 2020 Census is happening now. You can respond online at my2020census.gov, by phone at 844-330-2020 or by mail.