



**January
2015**

“We Have
Tomorrow —
Bright Before
Us, Like A
Flame.”

Langston Hughes

City info available online at www.lawrenceks.org and on cable Channel 25. The FLAME is published by the City Manager's Office, 832-3400.

2015 Parks & Recreation Programming

Many classes and programs available to help you stay fit, get in shape or learn something new.

Let Lawrence Parks and Recreation Department help you achieve your fitness and health resolutions in 2015! LPRD offers several fitness classes to help individuals achieve their goals to get healthy, active and fit!

The department offers a wide variety of fitness classes at varying levels of intensity and times to fit most schedules, including water aerobics classes. Recreation fitness classes are offered to individuals 16 years-old and older. Aquatic fitness classes are available to those 16 years-old and older.

LPRD has many opportunities to get involved or learn something new. LPRD offers a wide variety of activities, including:

- art, dance, martial arts, fitness and tennis;
- business, computers, personal finance;
- family, personal health and well-being;
- hobbies and pet care; and
- language and music.

LPRD offers a wide variety of programming for kids in art, dance, fitness, gymnastics, language, tennis, and other special interests.

Numerous special events are held each year including seasonal arts & crafts festivals; fun runs; fishing derbies; seasonal and holiday activities for kids and the summer playground program.

LPRD recently created our new Lifelong Recreation program for those ages 50-plus. Many classes are available which are tailored to help adults stay active and fit. Find out more about these programs at www.lawrenceks.org/lprd/lifelongrecreation.

To see a complete list of fitness classes offered, pick up a 2015 Winter/Spring Activities Guide at any Parks and Recreation facility or view the guide online at: www.lawrenceks.org/lprd/winterspring15. Sign up for emails about parks and recreation programs and events at www.lawrenceks.org/subscriptions.

Registration is available online or at any LPRD facility, including: Sports Pavilion Lawrence, 100 Rock Chalk Lane, the Community Building, 115 West 11th Street.; East Lawrence Recreation Center, 1245 East 15th Street.; Holcom Park Recreation Center, 2700 West 27th Street.; Lawrence Indoor Aquatic Center, 4706 Overland Drive; Prairie Park Nature Center, 2730 Harper Street. or the Administrative Offices in South Park, 1141 Massachusetts Street.



BUCK NIGHT!

The Lawrence Indoor Aquatic Center will host Buck Night again for 2015. All Lawrence residents can swim at the Indoor Aquatic Center for just \$1 after 5 p.m. on the first Friday of every month.

The Indoor Aquatic Center, 4706 Overland Drive, features water slides, children's play areas and concessions.

www.lawrenceks.org/lprd/aquatics



NATURE CENTER CLASSES

Prairie Park Nature Center offers opportunities for kids to learn about nature through its story time and wild adventures programs.

There is a minimal cost for each weekly program.

For more information, please contact Prairie Park Nature Center at (785) 832-7980.

Did you know Lawrence Parks and Recreation had a record-breaking 2014?
23,968 people registered for classes or programs through LPRD in 2014!

RECYCLING REMINDER



Plastic Bags & Film

Plastic bags of any kind (shopping bags, sandwich bags, cling wrap) are NOT accepted in the curbside recycling program and should not be placed in the blue recycling carts. While plastic bags can be recycled, they need to be separated from other recyclables. The commingled recyclables collected are processed at the Hamm Material Recovery Facility (MRF). While the MRF can sort many types of recyclables, it is unable to process plastic bags. Plastic bags often become entangled in sorting equipment, causing major equipment damage and downtime problems that add to the cost of the recycling program. Exception: Clear plastic bags may be used to contain shredded paper. Bags of shredded paper are handpicked out of the commingled recyclables at the MRF.

Plastic bags may be recycled at most grocery stores in Lawrence. Plastic bag recycling bins are typically located near the store entrance.



www.LawrenceRecycles.org

Sustainability Spotlight



Sports Pavilion Lawrence (SPL) is the city's newest recreation center. The facility provides expanded offerings for basketball and volleyball, an indoor sports arena, weight/cardio equipment and an indoor track. SPL offers a great health and wellness benefit to our community but also expands sustainability practices within the city.

SPL offers single-stream recycling containers (no separation needed for accepted recyclable materials) throughout the facility. In addition to their new single-stream recycling bins, SPL went a step further by adding 30 composting bins throughout the facility. By contracting with Missouri Organics, SPL is able to compost all food scraps generated by the concession stand and venue participants.

Recently, Parks and Recreation adopted new, healthier nutrition standards for their concession stands and vending machines. With increased fresh fruit and vegetable options, the department is taking steps to create a healthier environment that promote healthy habits and improve the overall quality of life.

Lawrence Parks and Recreation made the decision to use LED lighting for most of the indoor and outdoor lighting at SPL, including the entrance sign and all of the flagpole. Installing T5 and T8 fluorescent bulbs instead of the traditional incandescent bulbs was an easy decision for the facility, as they help keep energy costs down.

To learn more about Sports Pavilion Lawrence, visit www.SportsPavilionLawrence.org. When you visit, remember to recycle and compost!



Save Money and Energy This Winter

The County/Sustainability Coordinator recommends taking the following steps to keep your energy bills low during the winter months:

- Stay cozy by plugging air leaks and insulating. Sealing up air leaks with caulking and weather stripping and installing adequate insulation will not only increase comfort, but will reduce home heating costs by up to 20 percent. Focus your efforts on cracks near windows and doors.
- Adjust your humidity. A well-humidified house at 68 degrees Fahrenheit is as comfortable as a dry house at 75 degrees.

- Let a programmable thermostat “remember” for you to lower the heat when you leave the house for a day of gift shopping (or overnight when you’re cozy in bed). You can program it to warm up again shortly before you return.
- Close that fireplace damper. When you’re not using the fireplace, closing the damper could save 8-percent of your home’s heat.



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Committed to providing excellent city services that enhance the quality of life for the Lawrence community