

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

Langston Hughes



# City of Lawrence

The Flame | January 2018



## New Year's Resolutions

Millions of Americans make resolutions at the turn of the New Year to challenge bad habits, or to develop new, positive outlooks on health, relationships and life.

Many times, resolutions deal with weight loss, eating habits and exercising more. But as life's challenges and everyday stresses enter the picture, good intentions are pushed down on the priority list and often fade deeper in the psyche after only a couple of weeks of actively pursuing a goal or change desired.



If someone wanted to become more physically fit in the new year, they could make an active attempt to achieve their desired goal by making a true commitment to their resolution by developing a new routine, integrating physical activity into their weekly schedule. Through Lawrence Parks and Recreation Department's winter and spring activities, many will be making a commitment to be successful through participation in the many offerings of physical fitness activities.

Enrollment is easy and can be done on your time schedule, 24-hours a day. To see what programs and activities are available, please visit: <https://lawrenceks.org/lprd/winterspring18/>. The online activities guide is interactive and by clicking on a class or program, you'll be taken to the online enrollment site to the specific class or program in which you wish to enroll.

If you have questions, please don't hesitate to contact the Parks and Recreation Department at [parksrec@lawrenceks.org](mailto:parksrec@lawrenceks.org) or (785) 832-3450.

## REDUCE WASTE IN 2018!

The average person generates 4.4 pounds of waste each day. Make it your 2018 New Year's Resolution to reduce the amount of waste you generate and pledge to reuse, repair, recycle and compost as many materials as you can before throwing them away. Here are a few ways to make this resolution achievable:

At stores, say "no" to plastic or paper bags. Bring your reusable bags instead.



Leftover paint? Call 832-3032 to drop off. Good paint is placed on reuse shelves for others to use.

Compost your food scraps at home. Purchase a backyard compost bin by calling 832-3032.



Find out if an item is recyclable. Visit [LawrenceRecycles.org](http://LawrenceRecycles.org)

and click on **Recyclable Materials Directory.**



# K-12 Student Spring Semester Bus Pass

*a great way to get around Lawrence*

City buses are a great way for kids to get to activities, alleviate school traffic, and help parents with transportation issues. Lawrence Transit provides transportation solutions to K-12 students all year long.

The K-12 Student Spring Semester Bus Pass is good from January through April 2018 for only \$10.00. Similar to the summer and fall semester passes, it offers unlimited bus rides for K-12 students.

The pass can be used to go anywhere in Lawrence, but what most students like to use it for is to get to and from school.

"Riding the bus offers independence and is a great way for students to learn how to get around Lawrence," said Robert Nugent, transit administrator. "Parents also love it because their kids are not reliant on them for rides."

The K-12 Spring Semester Bus Pass can be purchased at The Merc and any Dillons or Hy-Vee store in Lawrence. They can also be purchased at City Hall and Parks and Recreation facilities (Indoor Aquatic Center, Holcom, East Lawrence, Community Building and Sports Pavilion.)

There are many resources available for bus riders, including the new "My Bus Lawrence" app which provides real-time bus information.

For more information about Lawrence Transit, visit [www.lawrencetransit.org](http://www.lawrencetransit.org) or call (785) 864-4644.

## K-12 Student Semester Pass

JAN • FEB • MAR • APR

\$10.00



**SPRING 2018**



TRAINING FOR YOU



Earn your certificate & start your career in:

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- ◆ Commercial Drivers License
- ◆ Pharmacy Technician
- ◆ Workplace/Academic Skills

Call 785-856-1801  
[info@peasleetech.org](mailto:info@peasleetech.org)

## DOWNTOWN SCULPTURE EXHIBITION

### Call for Art

Calling all artists! The call for art for the 30<sup>th</sup> Annual Outdoor Downtown Sculpture Exhibition is now online at <http://lawrenceks.org/odse/>.

Online submittal application materials are due Tuesday, January 30, 2018, by 4 p.m. CST. Contact Porter Arneill, Director of Communications and Creative Resources, [parneill@lawrenceks.org](mailto:parneill@lawrenceks.org) with questions or inquiries about the exhibition.

The Outdoor Downtown Sculpture Exhibition was founded by Jim Patti and is sponsored by the Lawrence Cultural Arts Commission, which receives financial and staff support from the City of Lawrence.



**WE HOPE  
 YOU HAVE A  
 WONDERFUL  
 2018!**

**o u r m i s s i o n :**

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