**BICYCLE THERE OR WALK THERE!**

If your destination is within a mile think about walking or bicycling there! It makes for a nice way to get some exercise and skip the car. Operating a medium size car costs an average of $8,171 per year, while bicycling only costs about $120 a year and walking is free. Avoiding driving 10 miles every week eliminates 500 pounds of carbon dioxide emissions a year.

According to the US Surgeon General, physical activity like bicycling and walking does wonders for bones, muscles, reducing stress and depression, and maintaining a healthy body weight.

So the next time you need to go somewhere, think about walking or hopping on your bicycle. If you don’t have a bicycle consider renting a bike share bicycle.

The City and VeoRide are expanding the bike share program in Lawrence. It is a fun, healthy, and simple way to travel without the fuss of owning your own bike. To get started you need to download the phone app - www.veoride.com/ku. Look on the app to locate available bikes and then scan the bike’s QR code or enter its ID to unlock it. Then go for your ride. When you are done, park in any bike rack designated in the app. Push the slider on the lock to end your trip.

More bike information: [www.lawrenceks.org/lprd/bike/](http://www.lawrenceks.org/lprd/bike/)

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**LOCK CRIMINALS OUT**

As summer draws to an end, the Lawrence Police Department wants to remind you to be sure and take the time to lock doors to your cars and homes in order to keep you and your valuables safe. As always, criminals look for easy access to property, and an unlocked garage or car door can be the perfect opportunity. Auto burglars are on the lookout for valuable items in plain sight, so always keep purses, electronic items, wallets or other valuables hidden if you leave them in your car. You can help protect your home and family by taking a few steps to lock criminals out; keep valuables out of plain sight, lock your car, lock the interior door between your garage and your home, and remember to close your garage door.

City info available online at [lawrenceks.org](http://lawrenceks.org) and on cable Channel 25. The FLAME is published by the City Manager’s Office, 832-3400.
Electronic Recycling Event – October 6

The City of Lawrence Solid Waste Division will host an electronic recycling event on Saturday, October 6th from 9:00 a.m. to 1:00 p.m. in the KU Park & Ride east parking lot, accessible from Clinton Parkway and Crestline Drive. Electronic recycling will be provided by Teknix Solutions.

**Items ACCEPTED for recycling include:**
- televisions & computer monitors*
- video and audio equipment
- household batteries
- computers & laptops
- printers, copiers, scanners, fax machines
- microwaves and other small appliances
- cell phones and other handheld devices
- power cables & string lights
- VHS & cassette tapes
- CDs & DVDs, and vinyl records

**Items NOT accepted include:**
- large appliances
- Freon containing items
- refrigerators
- dehumidifiers & air conditioners
- household hazardous waste
- paint
- pesticides
- compressed gas cylinders
- smoke & carbon monoxide detectors
- fluorescent light bulbs

*There is a $20 recycling fee per CRT television & computer monitor 19” and under, and $40 per CRT television & computer monitor 20” and over. There is no recycling fee for other electronic equipment. CASH ONLY.

For information on how to dispose of large appliances and household hazardous waste, visit www.LawrenceRecycles.org

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**LAURENCE LOOP SIGNAGE**

A public meeting was held in mid-July to discuss proposed signage and its placement along the Lawrence Loop. This included directional signage to help citizens access and navigate the trial, as well as spurs to neighborhoods and mileage markers that not only assist with individuals knowing distances travelled but also providing markers for locations in the event of an emergency.

The signage was partially funded through the LiveWell Community Wellness Grant the City was awarded in 2017 to assist with the development of the directional signage and the promotion of the Lawrence Loop.

Additional signage will be added in the future including distance to certain public places in town, as well as slope ratings.

The signage map and a detailed map of sign placement can be found on the Lawrence Loop page at: www.lawrenceks.org/loop/

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**K-12 STUDENT FALL BUS PASS ON SALE NOW**

The K-12 Student Fall Bus Pass will go on sale August 20. Students can access unlimited rides on any Lawrence Transit bus from September 1 until December 31 for only $10.00.

**GO PLACES! SEE YOUR CITY ON THE BUS**

**K-12 STUDENT SEMESTER BUS PASS**

FALL 2018 Sept / Oct / Nov / Dec

$10.00

This is the second year that the K-12 Student pass has been offered during the school year. The K-12 Student Bus Pass is a great way to get to and from school, go to after school activities and to get around Lawrence.

There are many options for purchasing a K-12 Student Fall Bus Pass. Beginning August 20, the bus passes will be available at a variety of locations in Lawrence.

- Dillons stores
- Hy-Vee stores
- The Merc
- City Hall
- Community Building
- East Lawrence Rec Center
- Holcom Rec Center
- Sports Pavilion Lawrence
- Indoor Aquatic Center

For more information about how to ride the bus, visit www.LawrenceTransit.org or call (785) 864-4644

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**our mission:**

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