

LAWRENCE COMMUNITY AND LEARNING GARDEN

Free State High School is the site of the new Lawrence Community and Learning Garden. This garden will have plots available for rent by community gardeners beginning in March 2011. A small plot rental fee is charged to cover costs of operating the program. Access to water, tools, seeds and advice are available. Orientation and plot rental for new gardeners will begin in early March 2011 and will continue until all plots are rented. If you're interested in getting on a list to receive a plot rental application for the Community and Learning Garden, please contact Jennifer Smith at smithjen@ksu.edu. Also, the full garden information and application will be available on the Free State High School website soon at <http://fshs.usd497.org/>.

COMMUNITY BIKE RIDE

9 a.m. Saturday, July 16, 2011. Lawrence Central Rotary & LiveWell Lawrence is hosting a community bike ride at the Rotary Arboretum (next to the Youth Sports Complex off of K-10). Come for fun, to improve your health, and to be with other people in the community who enjoy bike riding and who are motivated toward a healthy lifestyle. It is free and open to public. <http://ridelawrence.com/community-bike-ride/>.

PICKLEBALL

Join the fun with the pickleball groups. Free play on the following days: Wednesdays — 6:30-8:30 p.m. at Lyons Park; Sunday — 10:30 a.m.-1 p.m. at Holcom Park. For more information contact Chris Breit at (785) 841-7596 or windjunkysunflower.com.

LAWRENCE HUMANE SOCIETY

The Lawrence Humane Society cares for approximately 7,500 unwanted, stray, abused, or lost animals annually. We provide shelter, complete care, and medication for all and work diligently to find permanent, loving homes for thousands each year. Although the Lawrence Humane Society receives limited financial assistance from the city and county, we mainly rely on our local community to support our efforts to house the local stray pet population, provide for sick and unwanted animals, maintain a safe and healthy environment for the animals in our care, and reunite lost pets with their owners.

Lawrence Humane Society encourages you to adopt an animal from its shelter. Adoption is the avenue to improve the lives of dogs, cats and other animals in our community. Equally important, however, adoption can offer you the rewards of a lifetime. Across the country, millions of amazing dogs in every size and shape are waiting and waiting to be the new best friend of someone with an open spot in their heart and in their family for a faithful companion. For more information or to make a donation, please stop by the Lawrence Humane Society located at 1805 E. 19th St., (785) 842-6835. Hours: Monday — Closed; Tuesday-Friday — 11:30 a.m.-6 p.m.; Saturdays — 11:30 a.m.-5 p.m.; Sundays — noon-4 p.m.

NATURE CLUBS

The Lawrence Parks & Recreation Department and Outside for a Better Inside, are establishing Family Nature Clubs for the winter and spring season. A Family Nature Club is a group of people with interest in connecting children with nature. We will have outings in parks throughout the area to facilitate the families getting outside in nature on a frequent basis and sharing outdoor adventures and experience the benefits of time spent together outside. The clubs will meet every month starting January 22, 2010, the third Saturday of the month from 2:00 p.m. till 4:00 p.m. To register for this program please go to www.lawrenceks.org/lprd/natureclub. For more information, please contact Roger Steinbrock, marketing supervisor, at 785-832-3450.

LAWRENCE TENNIS ASSOCIATION

The Lawrence Tennis Association is a community tennis organization through which the city's adult leagues and tournaments are run.

Dupont World Team Tennis Leagues

WTT leagues have two men and two women on a team. They compete against other teams in one set of Men's Doubles and Singles, one set of Women's Doubles and Singles, and 2 sets of Mixed Doubles. Rostered

members must have current LTA and WTT memberships. League winners advance to regionals. World Team Tennis Leagues run from April through September. For more information, contact Bud Pettit at kaybud99@hotmail.com or 785-865-6354.

USTA Heart of America Adult Teams

Rostered members must have current LTA and USTA memberships and current NTRP Ratings. League winners can advance to sectionals. The USTA-sponsored Lawrence Adult Open Tournament is held in June. For more information, contact Bud Pettit at kaybud99@hotmail.com or 785-865-6354.

LTA Junior Team Tennis

Game based approach class with drills for 45 minutes and coached live play for 45 minutes by two USPTA professionals. Players will work on fundamentals, on court strategy during drills and transition to execution during match play. The LTA/Douglas County Closed Tournament is held in September. For more information, contact Kristy at Kristeenelliott@hotmail.com.

GET MOVING

Hey Mom & Dad, don't forget to have your child talk with his/her PE teacher at school and get signed up to participate in the Get Moving! program. You can even sign up online this year at www.getmovingpeople.org and track your child's activities. No more keeping track of the card and remembering to turn in. Let the online version keep track for you. For those who don't have online access, just ask your PE teacher for an activity card to write down when you're active outside of the school day. It's not too late to get started!

TOBACCO-FREE LIFESTYLE

OK, so you navigated yourself past the Great America Smokeout and are still looking for the right thing to motivate you to stop using tobacco. Your significant other has mentioned it to you. Your kids have nagged you. Your dog even walks away from you whenever you light up. It's time to resolve that by the end of the year you're ready to be an ex; as in ex-smoker.

The most important component in deciding to quit tobacco is YOU. You have to make the decision that you want to become an ex. That's the hardest part of quitting — resolving that you are committed to quitting. The cravings will come and go; but staying true to your commitment to quit is the challenge.

So make that New Year's resolution count this year. Pick a date that means something to you for your Quit Date (your birthday, child's birthday, anniversary, etc.). Give yourself ample time to get ready — you're going to get rid of all forms of tobacco; stock up on replacement items like cinnamon gum, straws to chew on, maybe some hard candy; tell your family and friends you're quitting, etc. If you want some additional assistance to quit, call the Kansas Tobacco Quitline at 1.800.QUIT.NOW. Your date can be before January 1.

UNITED WAY OF DOUGLAS COUNTY

United Way of Douglas County's mission is to address human service needs by mobilizing community resources and building partnerships. United Way funds a range of agencies to better serve the community. The annual campaign raises funds in the fall that are then allocated to agencies the following spring. Community volunteers carefully evaluate the needs and services so that charitable dollars are used effectively. United Way funds collaborative projects that address specific community needs in a creative way, such as the Compass program — an initiative that provides career direction and leadership skills for junior high youth. United Way also manages the Roger Hill Volunteer Center, which matches volunteer opportunities throughout Douglas County with volunteers. Contact information: (785) 843-6626 — phone; (785) 843-3728 — fax; unitedway@unitedwaydco.org — United Way of Douglas County general e-mail; info@rhvc.org — Roger Hill Volunteer Center e-mail; www.unitedwaydco.org — United Way of Douglas County website; www.volunteerdouglascounty.org — Roger Hill Volunteer Center website.