

OWLS Luncheon (Older Wiser Laughing Seniors)

Wednesday, July 21

July Cookout! Perry Rainey Center bring a side or dessert to share! **16 College Street** mwalker@cityofauburn-ga.org

770-963-4002 ext 204



www.cityofauburn-ga.org

770-963-4002

Find Leaks, Save Water and Save Money!

An undetected water leak in or around your home wastes our precious water resources and can also be costly for your wallet. Water leaks account for more than 10,000 gallons of water waste in an average home very year. The most common water leak around the home often involves your toilets. If your toilet is running constantly, you could be wasting more than 200 gallons of water every day! To detect a toilet leak, listen for hissing or running water noise coming from the toilet or tank, make sure the water level is no higher than 1 inch below the top of the overflow tube and perform a dye test on your toilet tank. To conduct a dye test, just add a teaspoon of food coloring or some dye tablets to the tank. After 30 minutes without flushing, check to see if any color has appeared in the bowl.

Old or worn-out toilet flappers (e.g., valve seal) can cause leaks. Flappers are inexpensive rubber parts that can build up minerals or decay over time. Replacing them can be a quick and easy fix for your water woes. To fix this leak consult your local hardware store, home improvement retailer, or licensed plumber. Here are some online resources from WaterSense partners:

- WaterSense Bath Hack #3 shows how easy it is to Replace Your Leaky Toilet Flapper. https://www.youtube.com/watch?v=TPeViXIgOPE&feature=youtu.be
- Spartanburg Water in South Carolina has a useful video tutorial on detecting leaky toilets. https://www.youtube.com/watch?v=2IS3GhmF1p0
- Concord General Services has a dye test video on how to detect a toilet leak. https://www.youtube.com/watch?v=yT8FYDB43a0
- The Regional Water Providers Consortium has a step-by-step video on how to fix a leaky toilet. https://www.conserveh2o.org/how-to-videos-water-conservation

July Is National Picnic Month!

If you enjoy getting out of the house and eating outdoors then July is the month for you, as the whole of this month is National Picnic Month! There's something about the summer weather that brings out the relaxed outdoors-person in us all, and what better way to wind down after a busy day/week at work than to slip on your sandals, pack up your picnic basket and head to the outdoors with your nearest and dearest. So get yourself outside this National Picnic Month.

Did you know that the City of Auburn has 7 parks within its City limits? Of course, we are very proud of our two ballfields. We host a lot of tournaments which bring many visitors to our downtown area. We are in the planning stages of another park off 6th Street near Auburn Elementary with trails and benches planned by the creek.

The Roy E. Parks Children's Park is another great park. With a well-maintained, shaded playground, this fenced park is located right next to the Auburn library. It has a beautiful pavilion

> that is available for family events. Whistlestop Park and Burel Park are located next to and in front of City Hall. Whistlestop Park has picnic tables and musical flowers for your children's enjoyment. The kids can play while you browse the Whistlestop shops.

> The true gem for our outdoorsy folks though is Shackleford Park. Located off Brown Bridge Road, this natural park is located at the confluence of two streams. It features two handicap accessible picnic areas, a primitive campground by the river and picnic pavilions. (Parking is limited).. Pack your picnic basket and enjoy all that Auburn has to offer!



Auburn Messenger



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PASSION

Volume 13. Issue 7

PROGRESS

The Mayor's Corner

Summer is here! We have enjoyed some unseasonably cooler weather however temperatures are sure rising! Sometimes I reflect on what summer used to mean: the lazy hazy days of carefree, funliving summer days while children are home from school. Although they may still be able to enjoy the summer days, we are faced with an increasing barrage of bad news and sometimes the future can look somewhat bleak. It's exactly at times like this that we need to take extra care for our own well being; turn off the news, take a day or two to just relax and connect with family, play a game, read a book. Taking care of your self isn't a special treat it; should be a priority. Take a moment and breathe. Take care of yourself first or you will have nothing left to give to others. Self-care is not selfishness. You simply cannot serve from an empty vessel.

July 2021



Thinking about all that is going on in our world. I have been very reflective of late. The lazy days of summer don't seem to be so carefree anymore and I would like to put out a "call to action" to all our citizens. Weighing heavily on my mind is suicide. This is a national crisis that affects each and every one of us. There are very few folks that have not been touched by a friend or family member attempting or dying by suicide. Our veterans have the highest percentage of suicide—with an estimated 22 veterans dying each day. We, as a community, need to be proactive in our fight against suicide. I have heard many times "I knew they were having a tough time, if only I had known..." or "he seemed to be a little down, I wish..." If you feel that something is wrong, act on that feeling. About 80 per cent of people who attempt or complete suicide send out warning signs to those around them, although they may not make a direct plea for help. Some warning signs may include:

- Talking or joking about suicide or dying:
- Making preparations for death such as giving away significant possessions, making a will, writing a suicide note, clearing up loose ends;
- A previous suicide attempt; the suicide of someone important;
- Being persistently depressed or down for more than a couple of weeks; protracted anxiety or agitation; extreme mood swings/bipolarity; outbursts of rage, grief, violence;
- Isolation, withdrawal from previously enjoyed relationships and activities;
- Lethargy, lack of interest, low energy, insomnia or over-sleeping;
- Increased use of alcohol or drugs;
- Uncharacteristic high risk activity, impulsive behaviors
- Expressions of hopelessness, helplessness, purposelessness
- Low self-esteem, low self-worth, self-contempt, anger toward self;
- Significant loss(es), such as important relationship, health, identity, economic security, freedom.

What can we do if we think someone is suicidal?

It is important to show a potentially suicidal person that we care and that we are concerned for their safety. It is also important to directly ask the person if they are considering suicide. This shows that we are taking their feelings seriously, and helps to establish if the risk for suicide is real. If you feel uncomfortable asking, it is important that you get someone else to ask. We need to listen to the person – without judgment and by showing empathy. If the person says they are considering suicide, we need to get help for that person by enlisting the help of professionals, such as a family doctor, a mental health professional, a 24-hour crisis line, or even a hospital emergency room if the person is imminently at risk. It is also important to enlist familial, friendship and social supports. If the person is at imminent risk of harming themselves, do not leave them alone until they have been assessed and received help from a competent and trustworthy professional, or until another trustworthy adult arrives to stay with them. (from https://crisiscentre.bc.ca/frequently-asked-questions-about-suicide/)

If you feel that you or someone you know may be having unhealthy thoughts about suicide, reach out. The suicide intervention line is toll-free at 800-273-8255. Reach out to a trusted friend or pastor. Be proactive.

"I would much rather listen to your story than listen to your eulogy." Wiser words have rarely been spoken.

MEETINGS CALENDAR

All meetings are held in the Council Chambers located at 1361 4th Avenue (next to the Police Station) unless otherwise noted—meeting times, locations & dates are subject to change

07/01 at 5PM: City Council Business Meeting 07/08 at 6PM: Downtown Development Authority 07/14 at 6:30PM: Parks & Leisure Commission

07/15 at 5PM: City Council Workshop

07/21 at 6PM: Planning & Zoning Commission





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Barrow County Emergency Notification System

Inclement weather is a way of life in the southeast. The City of Auburn participates in the County-Wide Emergency Alert System to keep our citizens informed.

Sign up today to receive notifications of community emergencies, weather emergencies, community events and more!

You can select phone, text or email communications.

Visit www.cityofauburn-ga.org and click "Emergency Alert Link" next to "City Code" on the blue scroll bar to register.

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Auburn Library Programs & Events

July 1, 8, 15: Kids Make & Take

July 3 —closed for Auburn Independence Day Celebration

July 5—closed for Independence Day

July 6, 13: Animal Art

July 7, 14: Teen Make & Take

July 12, 19, 26 at 11AM: Crochet/Knit Club: Bring yarn and crochet hooks and knitting needles

July 12 at 11AM: Auburn Storytime—Tails & Tales

July 12 at 2PM: Teen Program—Vinyl Shirt Making (registration

July 16 at 6PM: Wildlife Wonders Stage

July 27 at 2PM: Between the Pages Adult Book Club

Auburn Public Library 24 Fifth Street, Auburn, GA 770-513-2925 www.prlib.org



COVID-19 Vaccines

For those of you who have not yet gotten your COVID-19 vaccination, there is still time! While we have seen smaller numbers of infections, there has been an uptick in hospitalizations with the new COVID-19 variant. The one thing in common with all the current patients in the hospital with COVID? None had taken the vaccine prior to their illness.

Please reach out to the Barrow County Health Department at 770-307-3011 for more information on local vaccination events and opportunities to get yours.

Together we can win this fight against COVID-19!





770-415-0579

25 Auburn Park Dr Auburn, GA 30011

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Auburn Parks & Leisure Commission

is devoted to bringing the best in leisure programming to Auburn. From Auburn Dixie Youth Baseball Programs and the Tennis program to the Auburn OWLS (Older Wiser Laughing Seniors) to green space parks—there is something for everyone.

July 10—Community Yard Sale

July 10—Movie In Whistlestop Park "The Secret Life of Pets 2"

July 14—Parks & Leisure Meeting—6:30 pm City Hall

July 17—OWLS luncheon—Cookout and games—Perry Rainey

Center

Blood Shortage: Consider Donating!

Those who are eligible to donate blood are asked to roll up their sleeves and help in their local communities.

"It is important to give blood right now because hospitals in the U.S. are having to manage a very depleted blood inventory," says Dr. Justin Kreuter, a transfusion medicine physician with the Mayo Clinic Blood Donor Center. "In a normal year, the summer is usually a period of national shortage. However, this year, the shortage has been exacerbated by the combination of hospitals ramping back up their patient care to pre-COVID levels and recruitment of volunteer blood donors has not been able to keep pace."



ILLUMINATION

There is no substitute for human blood. All transfusions use blood from a donor. Each whole blood donation can help as many as three people. "Blood enables lifesaving surgery and cancer treatments, and it is important for supporting babies who are born prematurely. If demand continues to outstrip supply, then hospitals will be forced to ration the available inventory. We certainly want all patients who need a transfusion to be able to receive one. In 2021, blood remains a critical community resource. Our community needs you," Dr. Kreuter says. People can give blood if they have been vaccinated for COVID-19.

To donate blood, you must weigh at least 110 pounds and be at least 16 or 17, depending on the law in your state. Some states allow minors to donate with parental permission. Also, you must be in good health, and be able to pass the physical and a confidential health history assessment to help make sure blood donation is safe for you and the recipient of your blood.

To find out if you are eligible to give blood and find out where you can donate, check the Mayo Clinic Blood Donor Program website at https://newsnetwork.mayoclinic.org/discussion/6-22-blood-shortage-consider-donating. Be sure to set up an appointment before you plan to give blood.

It's Mosquito Season!

It's that time of year again! The little buzzing pest, zooming around your head as you try to relax outdoors. There are several things you can do to alleviate this issue. Localized rainfall events play a major role in most mosquito populations and their potential for disease transmission. All mosquitoes need moisture, either standing water or boggy soil, to develop from eggs to adults. Only adult mosquitoes bite.

Georgians often remember to rinse birdbaths and dump out buckets and toys, and there are many other potential mosquito habitats that people often forget. The most common larval habitats around homes and gardens are the dishes and trays associated with potted plants. Other habitats include tarps, downspouts, underground drainage systems and boats. Basically, anything that can hold water can become a breeding ground for mosquitoes. Used tires are a particularly problematic habitat for container-breeding mosquitoes. Residents should contact their local solid-waste departments to find out about scrap tire amnesty days or other ways to dispose of old tires.

The best way to prevent mosquito-borne disease is to avoid mosquito bites. Wearing pants and long sleeves that are loose-fitting and lightly colored minimizes our attractiveness to the host-seeking female mosquito. Only female mosquitoes bite. They need a blood meal to develop eggs. Using Environmental Protection Agency-approved insect repellents is also extremely important. When used as directed, EPA-registered repellents are proven safe and effective.

It's That Time of Year—Auburn Farmer's Market

Beginning in June, the Auburn Farmer's Market will resume at the Burel Park Pavilion. The Farmer's Market will run every Wednesday from 5:00 to 8:00 pm from June through October.

Have a garden this year that provided a bountiful harvest? Come out and set up a table to sell your excess. This Not a gardener? Looking to buy some homegrown fruits and vegetables? The Farmer's Market will offer locally produced fruits and vegetables. You can find the best jellies and salsa. Do you love homemade Ice Cream? You can usually find chocolate, peach and strawberry ice cream. Local honey, live plants, boiled peanuts, and much more can be found at the Market. If you are interested in becoming a vendor at the Farmer's Market, please contact jcampbell@cityofauburn-ga.org

