

OWLS
(Older Wiser Laughing Seniors)

Wednesday, January 19, 2022—11:30 am
Perry Rainey Center
16 College Street (across from the Post Office)
This Month: Trip Planning
Call Michelle at 770-963-4002 ext 204 or email
mwalker@cityofauburn

AUBURN

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www.cityofauburn-ga.org

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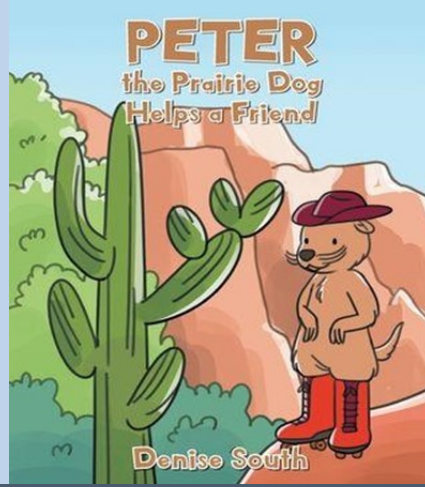
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Auburn Messenger

LOCAL AUTHOR RELEASES FIRST BOOK IN THE “PETER THE PRAIRIE DOG” SERIES.

Auburn Resident and Author Denise South has a new published book! Ms. South’s new book “Peter the Prairie Dog Helps a Friend” is a teaching story to help children learn that words are important. Described as a “lighthearted book about friendship and respect,” we congratulate Ms. South on the publication.

Readers who wish to experience this spirited work can purchase online at Apple iBooks Store, Amazon, Barnes and Noble & Books-A-Million.



Follow a prairie dog named Peter. Adventures to entice every reader. This time, he finds a way to help a friend. Who knows what could happen by journey's end. Maybe he can help you find your way. So begins our stories and the wonders of each day.

PEOPLE PASSION PROGRESS

The Mayor's Corner



Mayor Linda Blechinger

Welcome to 2022! As we look forward to this new year, I want to thank everyone for the blessings bestowed upon our City Staff during the holidays. Throughout the year, employees work tirelessly to assist our citizens with issues relating to water service, taxes, upkeep of public buildings, grounds and parks, and of course, those who need police assistance. For each one of you who reached out by sending a card or providing a meal to our police and public works, THANK YOU! We enjoy doing what we do, but it is very gratifying to see how much it means to our citizens.

As you know, many of our citizens are involved on our volunteer boards such as Parks & Leisure Commission, Planning & Zoning, Zoning Board of Appeals and our DDA (Downtown Development Authority) and Main Street Board of Directors. While the first three boards are pretty self-explanatory, some might now know what the DDA does. The DDA and Main Street Board are tasked with the revitalization and redevelopment of Downtown Auburn and the development and promotion of commerce, industry, and employment opportunities. It is a public body created for the purpose of promoting a climate favorable for the growth of new and existing businesses in our downtown. Goals of the DDA are directed toward planning and management of development and improvement activities, business recruitment and retention activities, events, and capital improvement projects. The board also serves as the facilitator of Auburn’s small business incubator - The Whistlestop Shops.

The Auburn DDA advocates for downtown and supports downtown businesses in terms of acting as a liaison with city, county and state officials on behalf of downtown; assisting property owners with improvement projects; funding and managing downtown beautification programs (benches, planters, public streetscape improvements, redevelopment of public spaces, etc.); actively recruiting businesses that complement the business mix and generate pedestrian traffic; hosting programs on business recruitment incentive programs and other topics that support entrepreneurs and existing businesses; addressing downtown challenges and implementing short-term solutions while considering long-term infrastructure improvements. The board establishes both the short-term and long-term vision and serves to accomplish those defined objectives.

Currently the DDA is working to increase the quality of life for our citizens without losing the charm that makes Auburn so special. Growth is happening and our best option is to embrace it and shape it. The DDA is considering what to do with the current city hall and police department buildings after the move into the new municipal complex. They are working closely with organizations such as the Georgia Regional Commission to keep us moving in the right direction. Their goal is to bring in restaurants and retail businesses and to provide working space for Auburn’s many entrepreneurs. By using the Auburn Strategic Implementation Plan and the Living Communities Initiative formulated by you—our citizens—we have a road map that helps with both short- and long-term planning. The DDA wants to create a vibrant downtown that boasts both services and events that our citizens will continue to patronize.

I know that growth can seem overwhelming and that it appears to be happening so fast. Well, it is happening much faster in the past year than it has in the past ten years. That does not mean we are ill-prepared for it. Many of you participated in the Strategic Implementation Plan and Living Communities Initiative over the past five years. For several weeks we had a “what would you like to see in our downtown” boards in front of City Hall. We had many great suggestions from citizens on those boards. By citizens providing input as to what you would like to see as growth comes to Auburn, we can keep Auburn the town we love while accommodating the needs of our community.

2022 promises to bring a new look to downtown Auburn and I am thankful every day to the citizens and volunteers who have made this community so strong. As we continue to grow, we encourage you to get involved! Volunteer for a board, at our museum or at the library. We have multiple events every year and we welcome your input and your time in the planning and implementation. Let us know what you would like to see as the City grows. Auburn is a wonderful place to live and work. We are proud of our progress and look forward to what 2022 has to bring!

Chief's Corner—Blue December

Blue December may sound like a sad occasion if you think of it in terms of the famous “Blue Christmas” by Elvis Presley. This could not be further from the truth in the City of Auburn. Blue December refers to the kindness and generosity of our citizens throughout the month of December. The Auburn Police Department was blessed with meals and incredible baked goods throughout the month. We cannot thank you enough for keeping our officers and staff in your hearts during the holiday season.

Work does not “slow down” for emergency personnel between Christmas and New Year’s. In fact, this is one of the busiest and most dangerous times for law enforcement. The holidays can also be a grueling time for those suffering from depression and stress. The holidays are supposed to be a “happy” time, so when that is not the case, these issues can become exacerbated. Because law enforcement face higher instances of traumatic calls, this can be an especially difficult time of year. Your generosity and support of our fine officers really helps all of them deal with the daily stresses that law enforcement deals with.

So as we celebrate this year, our hearts are thankful for your support. Even though we are away from our families during the holiday season protecting our community and helping those in stressful situations, it is the gestures of kindness that help make this all worthwhile.



Chief Chris Hodge



Auburn Youth Athletic Spring Ball Registration Now Open

The 2022 Spring Ball Registration is now open! Your child will love playing in the family-oriented ball program. Please visit <https://www.auburnyouthathletics.org/> Here you will find the link to register your child, the 2022 schedule and more! Questions? Please contact Parks Director Michael Parks at 770-963-4002 ext 230 or parksdirector@cityofauburn-ga.org

January, 2022

Be Kind To Food Servers Month

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

01/01 City Offices closed
 01/06 at 5PM: City Council Business Meeting
 01/12 at 6:30PM: Parks & Leisure Commission
 01/20 at 6PM: Downtown Development Authority
 01/17 City Offices Closed for Martin Luther King Jr Day
 01/19 at 6PM: Planning & Zoning
 01/20 at 5PM: City Council Workshop



Auburn Library Programs & Events

January 1-3: Library Closed for New Years
 January 8 at 1PM: Lego Club
 January 10, 12, 19, 24, 26 31 at 11AM: Auburn Story Time
 January 10, 24, 31 at 11AM: Knit and Crochet Club:
 Bring yarn and knitting needles
 January 10, 24, 31 at 5PM: Teen Funday Monday
 January 10 at 6PM: Cover to Cover Book Club
 January 11 at 5PM: Adult Craft Night
 January 15 at 11AM-2PM: Saturday Crafternoon
 January 17: Library Closed for Martin Luther King Jr Day
 January 20 6PM: Crime After Crime Book Club
 January 21 at 2PM: Between the Pages Book

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



Beating the “January Blues”

The January Blues are a real thing! More than 10 million people are reported to suffer from this seasonal depression. The key to good emotional health at any time — and especially in January — is catching depression early on before it can spiral downward, experts say.

Several techniques can help increase well-being. You can start by practicing better self-care during holidays— Schedule a massage. Join a support group. Surround yourself with good friends and lots of love. Or start a new activity like a spinning class

Using kindness and gratitude is another way to beat the blues. Use problems to connect with others — and heal. Your experiences can help others and lift your own mood. Studies show that random acts of kindness can be potent psychological boosts because they trigger the release of dopamine, the feel-good neurotransmitter. The acts also shift our focus from ourselves to others so that we forget our problems.

Experts also recommend journaling—the doorway to your inner thoughts and your ideal life. Don't just journal about how miserable you are though—Keep a gratitude journal. Research shows that an attitude of gratitude can increase happiness, improve sleep, and reduce depression. Even the immune system is strengthened. Gratitude is also a learned skill that can be honed over time. Write down a least five things you're grateful for and revisit it daily. Realizing how many gifts we have feels good. Focus on things you're grateful for—that can be yoga, a book club, walking with friends, or getting unconditional love from pets.

For an online, shareable journal, go to thnx4.org, created by the Greater Good Science Center at University of California at Berkeley.

NATURAL & HOLISTIC TIPS TO TREAT SEASONAL AFFECTIVE DISORDER

SAD is a type of depression, but is seasonal, meaning that it comes usually during fall and winter and goes away in spring and summer. While SAD is a type of depression, its symptoms are usually not as long-lasting as major depression. The winter blues is another condition related to SAD, but its symptoms are usually less intense than true cases of seasonal affective disorder.

Try Light Therapy

Since the causes of SAD or the winter blues are thought to be related to lower levels of light during the fall and winter months, it makes sense that using artificial sunlight might help. And studies show that it does!

Use Cognitive Therapy

Cognitive therapy, or talk therapy, involves seeing a qualified therapist who will talk with you and offer coping strategies for what you're going through. You might even find that your health insurance will pay for some of your treatment.

Take Herbal & Vitamin Supplements

The supplements 5-HTP and St. John's Wort have evidence showing their effectiveness in preventing and treating prevention. It's a good idea to discuss any new supplement with your healthcare provider to make sure it's right for you.

Functional Medicine Lab Testing

You wouldn't believe the amazing tests that are available in functional medicine these days. You can test everything from your neurotransmitters to the integrity of your gut lining, both of which can impact your mental health. It's much easier to fix the problem instead of just addressing the symptom.

Increase Your Vitamin D Supplementation

Most Americans are deficient in Vitamin D throughout the year, but it gets even worse in the winter when sunlight is low. You can ask your doctor to order a vitamin D blood test for you, or you can just make sure you're taking at least 2,000 I.U. a day.

Exercise

Yoga in particular has evidence that shows it can fight depression, but any activity will likely help. Some people benefit from cardiovascular exercise and the endorphins that it produces, but even a gentle, 20-minute walk (outside, if possible) can do wonders.

Eat A Real Food Diet

You've heard it before, but you are what you eat. I can't think of a better reason to eat real, whole foods than because they make you feel good. If you're eating a clean eating diet, then you're probably already eating most of these foods.

National Suicide Prevention Lifeline 1-800-273-8255

Auburn Parks & Leisure Commission

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

January 12—Parks & Leisure Commission

The Master Gardener Extension Volunteer training program will be offered this spring!



Master Gardeners receive in-depth horticulture training and put that training to use to serve the community through demonstration gardens, teaching classes, and answering questions for local gardeners.

This year's training will be a hybrid model. Participants will learn content online from March 7-May 27, and will attend four in-person workshops over that time for hands-on skills development. A wide range of topics will be covered: propagating plants, botany, insects and diseases, fruit and vegetable production, ornamental plants, and more!

If you are interested in joining a class of gardeners working together to grow a better community, visit <https://tinyurl.com/MGEV2022>, e-mail aholloway@uga.edu, or call the UGA Extension-Barrow County office at 770-307-

The End of an Era—Auburn-Carl Lions Club Closes

According to the Lions Club National website, Lions serve. It's that simple, and it has been since they first began in 1917. These Clubs are places where individuals join together to give their valuable time and effort to improving their communities, and the world.

Established in 1970, the Auburn-Carl Lions Club has been a stalwart supporter of the City of Auburn Community. From holding fundraisers to benefit our local library to collecting glasses to help those who are vision impaired, the Auburn/Carl Lions Club has been an integral part of our community.

We thank all of those Lions who stepped up over the 51 years of its existence. Thank you for your love of, and service to, our community.



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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.