



Monday, January 18, 2021

### OWLS (Older Wiser Laughing Seniors)



Due to the Pandemic, the OWLS will not meet in person again until March.

We miss seeing your smiling faces!

**AUBURN**  
1369 Fourth Avenue  
P.O. Box 1059  
Auburn, GA 30011  
770-963-4002

[www.cityofauburn-ga.org](http://www.cityofauburn-ga.org)

### Things to Know about the COVID-19 Vaccine

Now that there is an authorized and recommended vaccine to prevent COVID-19 in the United States, here are 8 things you need to know about the new COVID-19 Vaccination Program and COVID-19 vaccines.

1. The Safety of a COVID-19 Vaccine is of the utmost importance. The U.S. vaccine safety system ensures that all vaccines are as safe as possible. Learn how federal partners are working together to ensure the safety of COVID-19 vaccines. CDC has developed a new tool, v-safe, as an additional layer of safety monitoring to increase our ability to rapidly detect any safety issues with COVID-19 vaccines. V-safe is a new smartphone-based, after-vaccination health checker for people who receive COVID-19 vaccines.
2. COVID-19 vaccination will help protect you from getting COVID-19. Two doses are needed.
3. Right now, CDC recommends COVID-19 vaccine be offered to healthcare personnel and residents of long-term care facilities. Because the current supply of COVID-19 vaccine in the United States is limited, CDC recommends that initial supplies of COVID-19 vaccine be offered to healthcare personnel and long-term care facility residents.
4. There is currently a limited supply of COVID-19 vaccine in the United States, but supply will increase in the weeks and months to come. The goal is for everyone to be able to easily get vaccinated against COVID-19 as soon as large enough quantities are available. Once vaccine is widely available, the plan is to have several thousand vaccination providers offering COVID-19 vaccines in doctors' offices, retail pharmacies, hospitals, and federally qualified health centers.
5. After COVID-19 vaccination, you may have some side effects. This is a normal sign that your body is building protection. The side effects from COVID-19 vaccination may feel like flu, but they should go away in a few days.
6. Cost is not an obstacle to getting vaccinated against COVID-19. Vaccine doses purchased with U.S. taxpayer dollars will be given to the American people at no cost.
7. The first COVID-19 vaccine is being used under an Emergency Use Authorization from the U.S. Food and Drug Administration (FDA). Many other vaccines are still being developed and tested.
8. COVID-19 vaccines are one of many important tools to help us stop this pandemic. Please continue to social distance and wear a mask. Visit [www.cdc.gov](http://www.cdc.gov) for more information on the vaccine and how to stay safe.



**Auburn Youth Athletic Spring Ball Registration Now Open**

The 2021 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 2021 schedule and more! Questions? Please contact Parks Director Michael Parks at 770-963-4002 ext 230 or [parksdirector@cityofauburn-ga.org](mailto:parksdirector@cityofauburn-ga.org)



**Real Estate Questions? Let me Help!**

Call or Text 770-685-2756  
Office 770-495-5050 ext 5664

**BOB KONST**  
ASSOCIATE BROKER  
REALTOR®

**VIRTUAL PROPERTIES REALTY**

[Bob@BobKonstRealEstate.com](mailto:Bob@BobKonstRealEstate.com)



**AIR CONDITIONING DOCTORS**  
1ST AID FOR HEATING & AIR!  
**770.923.2427**  
THEAIRDOCTORS.COM  
Quality Service Since 1987  
Free Estimates on New Installs!



**AUBURN NEIGHBOR**

**\$59 CHECK UP**  
FOR AUBURN GEORGIA  
RESIDENTIAL • COMMERCIAL  
NOT VALID WITH ANY OTHER OFFER!



*Heart Spot*  
PET & FAMILY PORTRAITS

**IT IS TIME TO SCHEDULE YOUR HOLIDAY SESSION!**

Santa appointments Nov 7 & 8  
[www.heart-spot.com](http://www.heart-spot.com)  
[info@heart-spot.com](mailto:info@heart-spot.com)  
678-498-2009

January 2021

Volume 13, Issue 1

Facebook Us



# Auburn Messenger



PEOPLE

PASSION

PROGRESS

## The Mayor's Corner



Mayor Linda Blechinger

2021. Isn't it great to know that 2020 is in the books? We have all heard the bad news from 2020, but I wanted to concentrate on some good news for a change.

1. Cancer: Did you know that there were major breakthroughs on a new vaccine for cancer? In July, scientists in Australia reported preclinical laboratory studies of a new cancer vaccine had shown promising signs. In September, the virtual 2020 meeting of the European Society for Medical Oncology heard about a number of other developments, including a step forward in treatment for patients with newly diagnosed advanced ovarian cancer; a research breakthrough for high risk breast cancer patients and a successful prostate cancer trial using an existing drug for breast and ovarian cancer.

2. Hepatitis: On World Hepatitis Day in July, the World Health Organization (WHO) reported that cases of hepatitis B in children under age five had dropped below 1% in 2019.

3. Hunger: In October, the World Food Programme won the 2020 Nobel Peace Prize. During 2019, the programme helped close to 100 million people in 88 countries who are victims of acute food insecurity and hunger. The prize recognized the World Food Programme's efforts to combat hunger, improve conditions for peace in conflict-affected areas and help prevent the use of hunger as a weapon of war and conflict.

4. Vision: The unveiling in June of the world's first spherical artificial eye with a 3D retina raised the possibility of bringing vision to humanoid robots and new hope to patients with visual impairment.

5. Water on the Moon: Water on the moon is more widespread than previously thought and could help sustain future missions as drinking water or fuel, NASA announced in October. The discovery was made by NASA's Stratospheric Observatory for Infrared Astronomy (SOFIA).

6. Animal Conservation Success: Up to 48 bird and mammal species have been saved from extinction by international conservation efforts since 1993, it was announced in September. They include the Asian crested ibis, yellow-eared parrot, Hawaiian crow, spoon-billed sandpiper, red wolf, black-footed ferret and pygmy hog.

7. Positive Outlook: We may wish some memories could last a lifetime, but many physical and emotional factors can negatively impact our ability to retain information throughout life. A new study published in the journal Psychological Science found that people who feel enthusiastic and cheerful—what psychologists call “positive affect”—are less likely to experience memory decline as they age. This result adds to a growing body of research on positive affect's role in healthy aging. A team of researchers analyzed data from 991 middle-aged and older U.S. adults who participated in a national study conducted at three time periods: between 1995 and 1996, 2004 and 2006, and 2013 and 2014. “Our findings showed that memory declined with age,” said Claudia Haase, an associate professor at Northwestern University and senior author on the paper. “However, individuals with higher levels of positive affect had a less steep memory decline over the course of almost a decade,” added Emily Hittner, a PhD graduate of Northwestern University and the paper's lead author.

8. Pandemic Vaccine: The federal government, through Operation Warp Speed, has been working since the pandemic started to make one or more COVID-19 vaccines available as soon as possible. There are two vaccines that are shown to be 95% effective for COVID-19 treatment. With the vaccine now available and roll-out to our communities beginning, my prayers are that we are on the downhill run for COVID-19.

2020 has been a rollercoaster for all of us. We have had many sorrows and challenges within our families and our community. I am praying that 2021 will be a year of coming together as a community and a nation. We have faced a hard year and come through it—slightly battered, but still moving forward. I pray for a year of peace and healing for you all.

# Building a Better Auburn Library



Reopening Soon!

## 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
- 01/07 at 5PM: City Council Business Meeting
- 01/13 at 6:30PM: Parks & Leisure Commission
- 01/14 at 6PM: Downtown Development Authority
- 01/18 City Offices Closed for Martin Luther King Jr Day
- 01/20 at 6PM: Planning & Zoning
- 01/21 at 5PM: City Council Workshop

## 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](http://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 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 13—Parks & Leisure Commission

## Stormwater News!

You may have seen the work being done on County-Line Auburn Road near Carter Road recently. This was a much needed Stormwater project that addressed erosion and maintenance access. The City installed 487 feet of high-performance polypropylene pipes, 181 feet of Corrugated Metal w/ polymer coating, 5 Drop inlets and 1 Headwall along a segment of the ditch which had caused steep sides slopes and deep drop-offs. This will not only take care of the erosion issue that was happening, it will also save the road as well (County Line) from any problems in the future in that area.

This project was budgeted in the FY2021 City of Auburn budget and was also paid from SPLOST (special-purpose local-option sales tax). These funds (SPLOST) are project specific funds paid for from local purchases. Public Works assisted Stormwater in completing this task in-house thereby saving the City approximately \$100,000.

I would like to take a moment to thank everyone from Public Works for making this project a success. We not only completed this task in a timely manner, more importantly we did it without any safety issues whatsoever. The City of Auburn is truly blessed to have such a fine group of employees working in the Public Works Department.

If you have any Stormwater Issues or concerns in your area, please feel free to contact Public Works at any time at 770-963-4002 ext 223.



COPYRIGHT DISCLAIMER  
This newsletter may at times present copyrighted material, the use of which might not always have been specifically authorized by the copyright owner. Such material is made available in an effort to advance understandings of public interest and educational issues. The author believes that this constitutes a “fair use” of any such copyrighted material as provided for in 17 U.S.C. Section 107. In accordance with 17 U.S.C. Section 107, the material published in this newsletter is distributed without profit for public notice and educational purposes.