

TAKE CARE IN THE HEAT

THE ULTIMATE HYDRATION GUIDE

Do you know **how much water your body needs every day?**

The amount of water required to stay hydrated is different for everyone.

THE FORMULA

$$\frac{\text{Your Weight (in ounces)}}{2} + \left(\frac{\text{Total Minutes Exercising}}{30} \right) \times 12 = \text{Number of Ounces of H}_2\text{O}$$

Note that if you are thirsty, your body is likely already dehydrated.

Here are some additional signs of dehydration:

- Infrequent urination or dark-colored urine
- Dry mouth and cracked lips
- Headaches or blurred vision
- Muscle cramping

Finally based on the temperature you will sweat more and need to replace that fluid. **It is common to sweat** anywhere from **100 milliliters to several liters per day.**

Messenger

PEOPLE PASSION PROGRESS

MAYOR'S CORNER



Wow! We have made it to August already! Myself and your Councilmembers are looking forward to another great month in the City of Auburn. The weather outside is still incredibly hot and not always safe for our furry friends! I gave some tips in last month's issue of the Auburn Messenger and I want to make sure we all take care of our pets so you can scan the QR code to the right for some helpful tips



JULY RECAP

We had an eventful July in the City of Auburn, from our always busy library with events for all age groups to our Parks Department with our OWLS Luncheons to the special events to the parks themselves, there is never a dull moment in Auburn, GA.

This past month had a big headlining event the City pulled off on July 4th weekend. The celebration held on July 2nd showed off the talent and skills of so many city employees and departments. It was truly a remarkable event that was attended by thousands from Auburn and beyond.



Scan the QR Code for to read all about the celebration.



August is National Back to School Month

Back to school brings changes for EVERYONE! Whether you are in school, have children in school, or just commute to work during the week you will notice the change in traffic patterns. During these time we need to ensure we are doing all we can to keep ourselves and the children commuting to school or waiting for the bus safe at all times!

Back to school time can be challenging for children in our community in other ways also. Whether a child doesn't have the supplies needed, clothing, or is even suffering from food insecurity there are ways you can help. As a community I am confident we can continue to work together to help those in need.

Scan the QR code to the left to find some local groups that can provide assistance to kids so they can all get the education they deserve. There is also a link on our Facebook page to these resources.

Thank you,
Mayor Linda Blechinger



Algae and Your Home

It's that time of year! Did you realize how much damage can be done to your home's exterior when you don't perform regular maintenance? There are many facets of maintenance but one in particular is algae and mildew build up.

The buildup of algae, mold and mildew can embed in your siding (vinyl or wood), permanently staining the exterior finishes and cause your home's value to drastically decrease.

Algae on your siding is not only unsightly, it is unhealthy. Algae on your home can produce toxins, just like the toxins produced in algae covered lakes and ponds. The mildew you see can cause skin irritations and allergic reactions. Significant algae and mold are often indicative of moisture being trapped underneath the siding. This can be a very costly issue as it damages the interior as well.

All algae and mildew can cause a variety of issues, from minor to major in complexity. This is why we have in place as part of our property maintenance ordinance to include removal of algae, mildew or other stains on the exterior.

If you see any of the green, brown, black or rust stains, don't panic! You can hire a professional or you can easily take care of this yourself using many remedies available. The secret to easily maintaining your home's exterior is to promptly attend to any issues you find. If you get a notice about algae, mold, or mildew, it simply means we are trying to help you maintain your valuable property for years to come. It is best to maintain rather than have expensive repairs later!

If you have any questions, please call Ofc. A Thompson at 770-513-8657 ext 201



Ofc. Angie Thompson

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

- 07/07 at 5PM: City Council Business Meeting
- 07/14 at 6PM: Downtown Development Authority
- 07/13 at 6:30PM: Parks & Leisure Commission
- 07/21 at 5PM: City Council Workshop
- 07/20 at 6PM: Planning & Zoning Commission

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!



Barrow County Emergency Notification System

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 "Citizen Alert Program" on the left side to register



ED & PAM'S LAWN-CARE
AMERICAN OWNED AND OPERATED
EDWIN & PAMELA GOCKA
OWNERS

WHERE THE OWNERS ALWAYS CUT YOUR YARD!
678-327-4937

July is National Independent Realtor Month

I put my money where my house is.
I SHOP LOCAL.

Debbie Newsome
Realtor

Direct: (470) 269-9663
Office: (678) 425-1988
DNEWSOME@KW.COM
DebbieNewsomeRealtor



Debbie Newsome
The Real Estate Expert

3730 Village Way, Suite 106
Braselton, GA 30517
LICENSED IN GA & SC
KW ALAMIA PARTNERS
KELLERWILLIAMS REALTY

Call for all of your Real Estate needs

Freedom Landscaping

Johnnathen Eggleston
470-219-0632
johnboy30011@gmail.com

Making Lawns Great Again
No Job Too Big or Too Small

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 2—Auburn Independence Day Celebration
- July 13—Parks & Leisure Meeting—6:30 pm City Hall
- July 20—OWLS luncheon—Cookout and games—Perry Rainey Center



Auburn Public Library July 2022 – Kids & Teens

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Library Hours Mon -- Fri 10 am – 7 pm Sat 10 am – 3 pm Closed Sundays		 OCEANS OF POSSIBILITIES		Auburn Public Library 24 5 th St Auburn, GA 30011 770-513-2925	1 Movie & a Craft <i>Atlantis</i> 4 pm	2 Lego Club 1 pm ----- Independence Day Celebration 5 pm Downtown Auburn
3 	4 CLOSED <i>Happy 4th of July!</i>	5 Reptile Show 10 am	6 Lapsit Storytime 11 am Ages 2 and under	7 Fun with Farm Bureau 10 am 	8 Movie & a Craft <i>Muppet Treasure Island</i> 4 pm	9
10 	11 Ready to Read Pre-K Storytime 11 am ----- Teen Night Life Sized PacMan 5 pm	12 Puppet Show with Lee Bryan 11 am	13 Lapsit Storytime 11 am Ages 2 and under	14 	15 Shipwreck Party 4 pm Come as a pirate, mermaid, or any other ocean costume!	16 Last Day to Log Books or Time Read
17 ABC Mouse Is now free at home! Log in from prlib.org under eLibrary	18 Teen Night End of Summer Reading Party 5 pm	19 	20	21 Fun with Farm Bureau 10 am 	22	23
24 A digital library featuring books and audio books for kids in preK through 4th Grade. 	25 Check out a Park Pass & Start Exploring!	26	27 "Check Out" our Nature Center Family Pass!	28	29 Visit the Jewish Heritage Museum 	30 Last Day to Pick Up Prizes

31



prlib.org/auburn