

AUBURN INDEPENDENCE DAY Celebration
FIREWORKS AT DUSK
BEST FIREWORKS DISPLAY IN THE AREA
SATURDAY, JULY 2, 2022
EVENT STARTS AT 5:00PM
 1369 4TH AVENUE, AUBURN, GA 30011

OWLS Luncheon
 (Older Wiser Laughing Seniors)
Wednesday, June 15, 2022—11:30 am
Perry Rainey Center—16 College Street

This monthly luncheon is the “don’t miss” event for those age 50 and better.

We will be playing Bingo & talking about upcoming events

AUBURN
 1369 Fourth Avenue
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Stormwater affects everything we do!

When you're washing your car in the driveway, remember you're not just washing your car in the driveway! Everything that was making your car dirty is now making our streams dirty!

The Pollution - Wash Water

- Wash water that flows into the street and storm drains goes directly to the stream
- The average driveway carwash uses 116 gallons of water! Most soaps contain phosphates and other chemicals that can be harmful to fish and wildlife

The Solution – How You Can Help!

- Take your car to a car wash. Car wash stations recycle the wash water and send the dirty water to the waste water treatment plant
- Wash your car in the grass so that the water can soak into the ground and help your grass grow
- Use less water. Use a bucket and rag instead of a pressure washer and put a spray nozzle on the hose so that it shuts off when not needed
- Use soap sparingly and pour out all wash buckets onto grass, not the curb, street or storm drain

For more information contact the Stormwater Coordinator at (770)963-4002 X 207.



JUNETEENTH
Celebrate Freedom
JUNE 19

Juneteenth—June 19, 2022

What is Juneteenth you might ask? This is the holiday commemorating the Emancipation of enslaved people in the U.S. As the Civil War came to a close in 1865, a number of people remained enslaved, especially in remote areas. Word of slavery's end traveled slowly, and for those who were largely isolated from Union armies, life continued as if freedom did not exist.

This was especially the case in Texas, where thousands of slaves were not made aware of freedom until June 19, 1865, when Union Gen. Gordon Granger arrived in Galveston and issued an order officially freeing them. Their celebration would serve as the basis of June 19 — or Juneteenth — a holiday celebrating emancipation in the US. Juneteenth has become the most prominent Emancipation Day holiday in the US. It doesn't mark the signing of the 1863 Emancipation Proclamation which enshrined the end of slavery into the Constitution. Instead, it marks the moment when emancipation finally reached those in the deepest parts of the former Confederacy.

June 2022 Volume 14, Issue 6

Auburn Messenger

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PEOPLE PASSION PROGRESS

The Mayor's Corner

June is here, graduation is over and our young women and men are starting on the next step of their journey. Whether that be a college route or working in the trades, we wish them all the best of luck! June is the month we also celebrate Father's Day. Held on June 19th this year, we hope that all the fathers out there have a great day celebrating with their families.

With Father's Day being celebrated in June, it is fitting that it is also National Men's Health Month. Why focus on men's health? There are several reasons. Did you know that men, on average, die almost 5 years earlier than women? Part of the reason for this is that men are more reluctant to go to the doctor, according to menshealthmonth.org. In fact, studies show that women go to the doctor twice as much as men. Additionally, Men's Health Network notes that certain conditions are more prevalent in men, which patients and their doctors should keep an eye on through regular appointments. The purpose of Men's Health Month is to heighten the awareness of preventable health problems and encourage early detection and treatment of disease among both men and boys. There is always a stigma attached to a man saying "I don't feel well" or "I am hurt" because they don't want to seem weak. It is time to relinquish that thinking and pay attention to the science. Men are not invincible. I know that some of our men are shaking their heads right now thinking "Well I am!" Just remember most of the women in your life are laughing saying "that's what you think!"

It is very important that men brush up on health facts, listen to their bodies and be sure to get regular checkups. Not only will you live longer, you'll have a better quality of life. Even if you don't feel sick, it is important to see your doctor regularly and schedule annual exams. The top three causes of death for men are heart disease, cancer and unintentional injuries. For two of these, early detection can save lives.

Illness—It seems simple but if you're sick — see your doctor. According to the Health in Aging Foundation, 40% of men said that when sick, they delay seeking medical care for a few days; and 17% percent said they would wait "at least a week." Don't wait. Prompt medical care can be the difference between life and death.

Vaccines and Inoculations—Keep up with recommended shots, including for flu, shingles, pneumonia and diphtheria/tetanus, is vitally important — especially for the elderly men in our lives. Here are some screening tests recommended by Johns Hopkins for men 65+:

- Abdominal aortic aneurysm
- Blood pressure
- Colorectal Cancer
- Depression
- Diabetes mellitus, type 2
- Lipid disorders
- STD

Older men have specific dietary needs. They need more calcium, vitamin D, fiber and potassium. Additionally, it is recommended that senior men try to incorporate 30 minutes of physical activity, 5x a week into their daily schedule (physical limitations, permitting.) It's important to take medications as directed, and especially for seniors to keep a complete list of medications and dosages handy. Always inform any doctor you visit about your medications — the more they know about your meds, the better they can look out for potentially life-threatening drug interactions. The older you get, it's common you may be on more daily prescriptions and medications; so with increased medications you run a greater the risk of side effects and adverse interactions.

Use Sunscreen — Up to 50 percent of Americans who live to age 65 will have at least one skin cancer, and Caucasian men are particularly at risk. It's never too late to take steps to prevent further damage from the sun. Try to avoid the sun during peak hours from 10 a.m. to 4 p.m., wear a hat and sunglasses, and liberally apply SPF 30 or greater sunscreen to all exposed skin.

I can't stress to you enough how important early detection is. Encourage the boys and men in your life to go for annual exams and to not be reluctant to share any symptoms or issues they may be experiencing. The men in our lives are important! This Men's Health Month, let's focus on helping them optimize their health.

Recognizing and preventing men's health problems is not just a man's issue. Because of its impact on wives, mothers, daughters, and sisters, men's health is truly a family issue.



Mayor Linda Blechinger



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

06/02 at 5PM: City Council Business Meeting
 06/08 at 6:30PM: Parks & Leisure Commission
 06/09 at 6PM: Downtown Development Authority
 06/15 at 6PM: Planning & Zoning Commission
 06/16 at 5PM: City Council Workshop

Auburn Public Library June 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	CLOSED 	31 Ken Scott Magic Show 10 am 	1 Lapsit Storytime 11 am Ages 2 and under	2 	3 Movie & a Craft <i>Luca</i> 4 pm ----- Food Truck Friday 6-8 pm (Whistlestop Park)	4 Lego Club 1 pm
	6 Ready to Read Pre-K Storytime 11 am ----- Teen Night Pop Tart Pillows 5 pm	7 Jazzy the Cow's Legen-DAIRY Ice Cream Party 10 am (Whistlestop Park)	8 Lapsit Storytime 11 am Ages 2 and under ----- Happy World Oceans Day!	9 	10 Movie & a Craft <i>Finding Nemo</i> 4 pm	11 Find us on Facebook!
12 ABC Mouse is now free at home! Log in from prlib.org under eLibrary	13 Mermaid Storytime 11 am ----- Teen Night Sun Prints 5 pm	14 Petting Zoo 10 am (Whistlestop Park) 	15 Lapsit Storytime 11 am Ages 2 and under	16 	17 Movie & a Craft <i>Little Mermaid</i> 4 pm	18 Crafternoon 11 am – 2 pm
19 	20 CLOSED in Observance of Juneteenth Holiday	21 Musical Fun with Ms. Renee 10 am 	22 Lapsit Storytime 11 am Ages 2 and under	23 Fun with Farm Bureau 10 am 	24 Movie & a Craft <i>Moana</i> 4 pm	25 Auburn Public Library 24 5 th St Auburn, GA 30011 770-513-2925
26 A digital library featuring books and audio books for kids in preK through 4th Grade. 	27 Ready to Read Pre-K Storytime 11 am ----- Teen Night Painted Seashells 5 pm	28 Baby Shark Party 10 am 	29 Lapsit Storytime 11 am Ages 2 and under	30 	 AUBURN PUBLIC LIBRARY PRL prlib.org/auburn	

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.

June 3—Food Truck Friday—6:00PM—Downtown & Whistlestop Park
 June 8—Parks & Leisure Meeting—6:30 pm City Hall Conference Room

Progress on the New Municipal Complex

On-site work continues on Downtown Auburn's Municipal Complex and infrastructure for the area. Here's the latest from [BM&K Construction & Engineering](#). Every step is taken to ensure compliance with the plans and specifications including:

- Soil density testing
- Concrete and materials testing
- Footing and reinforcing inspections
- Pavement testing

In addition to the City of Auburn staff and BM&K supervision, Contour Engineering has been on site to inspect utility installation and earthwork conditions, as well as Onsite Monitoring conducting weekly erosion control inspections.



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City of Auburn
FOOD TRUCK FRIDAY
 The Varsity

 JOIN US FOR A FUN EVENING IN DOWNTOWN AUBURN
06.03.22
 Festivities from 6:00-9:00pm
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