

## **OWLS Monthly Meeting**

(Older Wiser Laughing Seniors) Wednesday, December 16, 2020–11:30 am To Be Announced

Due to the COVID-19 Pandemic, OWLS Luncheons have been temporarily suspended. Our membership will be notified by telephone of any meeting or event. Want to be added to the membership list? Call Michelle at 770-963-4002 ext 204 or email mwalker@cityofauburn-ga.org



Auburn, GA 30011 770-963-4002

www.cityofauburn-ga.org

- Park Smart: Help avoid vehicle break-ins, leave nothing visible in your car. Consider moving our vehicle to a different location each time you load packages in the trunk.
- Keep your wallet in a hard-to-reach place and carry only the cash and credit cards that you ill need to complete your shopping.

The Perry Rainey Center is OPEN!

The Perry Rainey Center is now open for events.

**Chief's Corner** With Christmas fast approaching, everyone is busy and it is easy to become distracted. As you

- If someone demands your purse, wallet, or packages, surrender them, make note of the suspect's description and irection they flee and call 911. Property can be replaced.
- "If you see something, say something." If you witness criminal activity or see something or someone suspicious, g down a police officer, call 911 or contact security.
- Shop with a companion, especially after dark, whenever possible.

Stay alert when using electronic devices. Limit your distractions.

Shield your PIN when using ATMs or other electronic devices in public.



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family reunions, this event space is perfect for your gathering. Interested in booking the Perry Rainey Center? Contact Josh Campbell at campbell@cityofauburn-ga.org

or call 770-963-4002 ext 206 COVID-19 restrictions are in place—ask Josh for details.



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

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PASSION

December 2020. In many ways, it didn't seem like 2020 would ever end and in some ways, this time of year has come so quickly. The challenges of this year have been many and I have been so thankful to see our wonderful community reaching out to help others. With COVID-19 still impacting our community, the needs of our most vulnerable are even harder to meet. Sometimes it can feel overwhelming. Holidays can be difficult in the best of times due to all the expectations of the season both financial and emotional. Lost month Loreks of both and can be difficult in The times and comparison for the season between the seas both financial and emotional. Last month I spoke of hope and compassion for your fellow man. This month I would like to point out that I believe that helping others is healthy for all of us. Scientific studies have shown that helping others may just be the secret to living a life that is not only happier but also healthier, wealthier, more productive, and meaningful. How? Endorphins, that wonderful brain chemical that gets produced when you are out exercising. It is what puts you into the state athletes refer to as a Runner's High. You can experience a similar feeling when you give someone a hand. It is called Helper's High—a euphoria that happens when you do charitable deeds. The psychological theory being that giving, acts of kindness, produce a natural mild version of a morphine high. Help can come in every size and shape, big or small. The size, or the amount, of help is not so much the point as is the gesture of genuinely wanting to help. The emphasis being on the 'genuine' part. On the receiver end, when you help someone that person picks up on and is touched by your heartfelt offer to help, no matter what it is for. They feel greater comfort and less stress. The giver experiences a profound sense of satisfaction of joy, of delight, of happiness, which decreases their stress levels as well. Do this often enough, and it could add to your life expectancy. and emotional. Last month I spoke of hope and compassion for your fellow man. This our life exp

Since we are still under gathering restrictions due to COVID-19, many of our seniors will not be with family during hristmas. I would like to ask folks to send Christmas Cards to our seniors so they will not feel lonely. Please when ng your Christmas Card list, add "Auburn OWLS" to it. You can mail cards to us at P.O. Box 1059. uburn, GA 30011 and we will make sure it gets to someone who needs it this holiday season. Let's also rememi ur first responders and others in our community who work to keep us safe and our City running efficiently. They acrifice their family time every year. Want to thank them? You can also send cards to the Auburn Police

sacrifice their family time every year. Want to thank them? You can also send cards to the Auburn Police Department, Auburn Fire Department and Auburn Public Works Department at the same address. It makes their jobs and personal sacrifices more meaningful when they are acknowledged in this way! Here are some local organizations that are also working toward meeting people's needs. We can make a difference—sometimes much more than you could ever imagine! Our Auburn Police Department works closely with City Hall and Barrow County Family Connection to provide Christmas gifts to the most needy in our community. Our police officers respond to the calls for help and interact with families on a daily basis. With their heart for the community, they help us find families who are most in need. Barrow County Schools social workers are very involved in our at-risk families and work every year to make sure no child goes without. Holiday Connection is a collaborative effort between Barrow County Schools, local churches, and organizations that helps to make sure all our families get Christmas. Serving almost 2,000 children annually, this is best way to help in our community. Contact Barrow Count Family Connection at 770-868-2910 to donate or to adopt a family for Christmas. Want to help with food for families? There is a food box located at Midway United Methodist Church where you ca drop off non-perishable food items. Auburn Baptist Church also has a food pantry—you can contact them at (770)

Vant to help with food for families? There is a food box located at Midway United Methodist Church where you car o off non-perishable food items. Auburn Baptist Church also has a food pantry—you can contact them at (770) -1807. They give out food each Saturday morning at 10AM. Food Bank of Northeast Georgia has a website with d distribution dates and locations. Please visit https://foodbanknega.org/network/ for details on how you can help! ate. to

Ralph Waldo Emerson put it well. "The purpose of life is to be useful, to be honorable, to be compassionate, to ave it make some difference that you have lived and lived well." Let's make it a season of living well! No matter ow you celebrate the holidays, I am sending warm wishes to you and praying for a happy new year!



ead out to the stores for your annual shopping, the Auburn Police Department is offering some os to keep you safe. Have a safe Christmas! Always be alert to your surroundings and have your keys in your hand as you approach your

Chief Chris Hodge



### **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

12/03 at 5PM: City Council Business Meeting 12/09 at 6PM: Parks & Leisure Commission 12/10 at 6PM: Downtown Development Authority 12/17 at 5PM: City Council Workshop 12/24 -12/25-Christmas Holiday-City Offices Closed

# Building a Better Auburn Library



#### Top 10 Reasons to Shop Local Shop Local / By Tad from http://www.thelocalparrot.com

"Going local does not mean walling off the outside world. It Means nurturing locally owned businesses which use local resources sustainably, employ local workers at decent wages and serve primarily local consumers. It means becoming more self-sufficient and less dependant on imports. Control moves from the boardrooms of distant corporations and back into the community where it belongs." – Michael H. Shuman, author of the book Going Local. 1. Local Economic Stimulus. When you purchase at locally owned businesses rather than nationally owned, more money is kept in the community because locally-owned businesses often purchase from other local businesses, service providers and farms. Purchasing local helps grow other businesses as well as the local tax base.

2. Non Profits Receive Greater Support. Local business owners donate more to local charities than non-local owners.

3. Unique Businesses Create Character & Prosperity. The unique character of your local community is defined in large part by the business that reside there, and that plays a big factor in your overall satisfaction with where you live and the value of you home

and property. 4. Environmental Impact Is Reduced. Small local business usually

set up shop in the town/village center, providing a centralized variety that is much friendlier to a community's walk score than out of town shopping malls. This generally means contributing less to sprawl, congestion, habitat loss and pollution.

5. Most New Jobs Are Provided By Local Businesses. Small local businesses are the largest employers nationally. Plus the more jobs you have in your local community the less people are going to have to commute which means more time and less traffic and pollution.

6. Customer Service Is Better. Local businesses often hire people with more specific product expertise for better customer service. You are also going to see these people around town and they are less likely to blow you off or be rude becauses they have to face

vou dav after dav. Local Business Owners Invest In Community. Local businesses are owned by people who live in this community, are less likely to

leave, and are more invested in the community's welfare and future.

8. Public Benefits Far Outweigh Public Costs. Local businesses require comparatively little infrastructure and more efficiently utilize public services relative to chain stores.

9. Competition And Diversity Leads To More Consumer Choices. A marketplace of thousands of small businesses is the best way to ensure innovation and low prices over the long-term. 10. You Matter More. We talk a lot about exerting influence with your purchasing choices, or "voting with your wallet." It's a fact that businesses respond to their customers but your values and desires are much more influential to your local community business than the large big box stores. To read more about going local

check out Ecolocalizer, a great site that provides news, ideas and inspiration to "Think globally, act locally."



Local businesses are better at creating higher-paying jobs for your neighbors. When you shop locally, you help create jobs for teachers, firemen, police officers and many other essential professions. Compared to large online retailers, local retailers create twice as many jobs for the same amount of revenue. As online retailers grow larger, they crowd out small brick-and-mortar stores, leaving fewer jobs available

Source: Small Busniess Administratio

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

December 9—Parks & Leisure Commission—6PM December 16: OWLS Monthly Luncheon—to be announced—11:30AM

#### COVID-19 and the Holidays

Fall and winter celebrations, such as Rosh Hashanah, Yom Kippur, Halloween, Día de los Muertos, Navratri, Diwali, Thanksgiving, Día de la Virgen de Guadalupe, Hanukkah, Kwanzaa, Christmas, and New Year's, typically include large gatherings of families and friends, crowded parties, and travel that may put people at increased risk for COVID-19.

#### losting a holiday gathering

f you will be hosting a celebration, follow CDC tips for hosting gatherings. Below are some additional considerations for

osting a holiday celebration: Host outdoor activities rather than indoor activities as much as possible. If hosting an outdoor event is not possible, nd you choose to host an indoor event, avoid crowded, poorly ventilated, or fully enclosed indoor spaces. Increase ventilation by opening windows and doors to the extent that is safe and feasible based on the weather. Host activities with only people from your local area as much as possible.

vide updated information to your guests about any COVID-19 safety guidelines and steps in place to prevent the ad of the virus.

Provide or encourage attendees to bring supplies to help you and others stay healthy. For example, extra <u>masks</u> (do ot share or swap with others), hand sanitizer that contains at least 60% alcohol, and tissues. you are planning in-person holiday gatherings with people outside of your household, consider asking all guests to ictly avoid contact with people outside of their households for 14 days before the gathering. tending a holiday gathering

will be attending a celebration that someone else is hosting, follow CDC Considerations for attending an event or ing. Below are some additional considerations for attending an in-person holiday gathering: ng an in-person holiday gathering

- and if they have steps in place to prevent the spread of the virus. ng supplies to help you and others stay healthy. For example, bring extra masks (do not share or swap with others), nd sanitizer that contains at least 60% alcohol, and tissues. you are planning to attend in-person holiday gatherings with people outside of your household, consider strictly voiding contact with people outside of your household for 14 days before the gathering. Visit https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/prevention.html for more information.

It's That Time of Year—Business License Renewal

If you are a business owner in Auburn, you should have received your business license renewal packet in the mail. Renewals are due by January 1, 2021.

Didn't get your packet?

Please contact Josh Campbell at 770-963-4002 ext 206 or email jcampbell@cityofauburn-ga.org



Outdoor activities are safer than indoor activities. If participating in an outdoor event is not possible, and you choose to attend an indoor event, avoid crowded, poorly ventilated, and fully enclosed indoor spaces. Increase ventilation by opening windows and doors to the extent that is safe and feasible based on the weather.

Check with the event host, organizer, or event venue for updated information about any COVID-19 safety guide

