



Monday, January 21, 2018

OWLS Luncheon
(Older Wiser Laughing Seniors)
Wednesday, January 16, 2019—11:30 am
Auburn Center, 16 College Street
(next to Auburn Elementary)
This monthly luncheon is the "don't miss" event for those age 50 and better. Bring a side dish or dessert to share!
This month: Game Day!

AUBURN
1369 Fourth Avenue
P.O. Box 1059
Auburn, GA 30011
770-963-4002
www.cityofauburn-ga.org



January Tennis Program Sessions Available City of Auburn Tennis Courts!

Join us at the Auburn Tennis Courts for **Group Lessons!** Group Tennis Classes available All Ability Levels

MONDAYS: January 7, 14, 21, 28 (4 lessons—Only \$10 per Lesson!) - \$40

(Professional Tennis Registry) Certified Professional Instructor Josh Honea
5:00pm-6:00pm **Little Champs Tennis** (4-8 yrs, youth)
6:00pm-7:00pm **Future Champs Tennis—Junior Development I** (9-12 yrs, old)
7:00pm-8:00pm **Competitive Champs Tennis—Junior Development II** (For players 13-18 of all abilities, striving toward a higher level of play through competition)
To register for Group Tennis Lessons or to request more information, please contact:
Josh Honea: tenniswithjosh@gmail.com - 770-547-8647



Auburn Youth Athletic Spring Ball Registration Now Open

The 2019 Spring Ball Registration is now open! Your child will love playing in the family-oriented ball program.

Please visit <http://tshq.bluesombrero.com/auburngaya>. Here you will find the link to register your child, the 2019 schedule and more!

Questions? Please contact Parks Director Michael Parks at 770-963-4002 ext 230 or parksdirector@cityofauburn-ga.org

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JANUARY IS
NATIONAL BLOOD DONOR MONTH

Heart Spot
PET & FAMILY PORTRAITS
Now Open in Auburn!
Creating Fine Art of Your Family
WWW.HEART-SPOT.COM
678-498-2009

Ballet, Hip-Hop, Jazz, Musical Theater, Tap, and more, for toddlers through adults!
We also offer themed birthday parties!
Office: 678-863-3220
1359 4th Avenue, Historic Auburn, GA 30011
<http://ngschoolofdance.wixsite.com/ballet>
North Georgia School of Dance

Juggernaut Cycles
470-545-1121
Motorcycle Service & Customization
130 Auburn Park Dr, Ste D
Auburn, GA 30011
Juggernautcycles.com
juggernautsgarage@gmail.com

AUBURN MUSIC STUDIO LLC
Classical Violin & Piano Lessons
Enroll, Call or Text (931)771-3180
auburnmusicstudio@gmail.com

Fence America
Commercial & Residential Fencing
James Brigman
jbrigman@hotmail.com
678-698-8926

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Auburn Messenger



PEOPLE

PASSION

PROGRESS

The Mayor's Corner



Mayor Linda Blechinger

Happy New Year!! "A fresh start. A new chapter in life waiting to be written. New questions to be asked, embraced, and loved. Answers to be discovered and then lived in this transformative year of delight and self-discovery. Today carve out a quiet interlude for yourself in which to dream, pen in hand. Only dreams give birth to change." Sarah Ban Breathnach I pray that you all have a terrific 2019 with good health and blessings for your family.

2018 was an exciting year for the City of Auburn. Great progress was made on our projects including the completion of the Auburn Center, formerly the R&R building (built in 1902 to serve as the women's dormitory for the Perry-Rainey Institute). As of this writing, we are anticipating a ribbon cutting at the new community facility in mid-January. I am so proud of the work that we have done to stabilize and repurpose this wonderful piece of our history. Great pains were taken to preserve the original style of the building while updating its functionality. With meeting rooms, a wedding venue, a resident artist studio, the Auburn Center promises to be the 2019 centerpiece of our community.

January is also a time of reflection. We celebrate Dr. Martin Luther King, Jr. who is the iconic leader of the Civil Rights movement in the United States. Dr. King, responding to how he would like to be remembered, said "I'd like somebody to mention that day that Martin Luther King Jr. tried to give his life serving others. I'd like for somebody to say that day that Martin Luther King Jr. tried to love somebody.

I want you to say that day that I tried to be right on the war question. I want you to be able to say that day that I did try to feed the hungry. I want you to be able to say that day that I did try in my life to clothe those who were naked. I want you to say on that day that I did try in my life to visit those who were in prison. And I want you to say that I tried to love and serve humanity.

Yes, if you want to say that I was a drum major. Say that I was a drum major for justice. Say that I was a drum major for peace. I was a drum major for righteousness. And all of the other shallow things will not matter. I won't have any money to leave behind. I won't have the fine and luxurious things of life to leave behind. But I just want to leave a committed life behind.

At the White House Rose Garden on November 2, 1983, President Ronald Reagan signed a bill creating a federal holiday to honor King. Observed for the first time on January 20, 1986, it was called Martin Luther King Jr. Day. Following President George H. W. Bush's 1992 proclamation, the holiday is observed on the third Monday of January each year, near the time of King's birthday. This day has come to be a day of service to others. The King Center states "Every King Holiday has been a national "teach-in" on the values of nonviolence, including unconditional love, tolerance, forgiveness and reconciliation, which are so desperately-needed to unify America." Dr. King would have been proud that we as a nation take time to serve others in his honor. Service can mean anything from reaching out

to a neighbor who might need some help to volunteering at the local Veterans service organization. It can be buying a meal for the person behind you in line. I encourage you to choose an act of service to your community. You will be amazed at the reward you receive—a feeling of accomplishment and good will that far outweighs the effort.

Speaking of service, as always my thoughts return to those serving in our armed forces. My father and uncle served in the US Army and another Uncle in the Air Force (Army Air Corps) during Korea. I have a nephew that served in the navy and his son, following in his footsteps in the Navy, has just been deployed. Please keep all that have served in your prayers, pray for those currently serving and continue to pray for those who have paid the ultimate price for our freedom. Remember their families and speak their names.

"As the year comes to a close, it is a time for reflection – a time to release old thoughts and beliefs and forgive old hurts. Whatever has happened in the past year, the New Year brings fresh beginnings. Exciting new experiences and relationships await. Let us be thankful for the blessings of the past and the promise of the future."

Peggy Toney Horton

Auburn Library Programs & Events

January 1—Library closed
January 5 at 2PM: Lego Club
January 7, 14, 28 at 1PM: Stitch, Knit and Crochet Club: Bring yarn and knitting needles
January 7, 14, 28 at 11:15AM: Ready to Read - Pre K Story Time
January 8 at 5PM: Adult Craft Night
January 9, 16, 23, 30 at 11:30AM: Auburn Lapsit Story Time—up to 2 years
January 9 at 11:30AM: Between the Pages Adult Book Club
January 9 at 6PM: Cover to Cover Book Club
January 12 at 12PM: Saturday Crafternoon
January 14 at 4PM: 10 Steps to a Homebased Business
January 17, 24, 31 at 5PM: Teen Nights
January 23 at 1PM: Write On!
January 26 at 11AM: Family Storytime
January 26 at 3PM: STEAM Saturdays
January 28 at 5PM: Marvel-ous Mania

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



Leaves and Stormwater!

Contrary to what many people believe the water that goes in to the storm drainage system, including ditches, IS NOT treated at wastewater treatment plants. Rather, it causes clogs in our drainage culverts and drains into our lakes and streams. Most people don't realize that leaves can be a nagging source of local water pollution.

In the fall, leaves make their way into our lakes and streams when rain washes them down the storm drain and ditches. Once they get into the water, the leaves release nutrients that contribute to the accelerated growth of algae. As algae decompose, it can kill fish and other aquatic critters and generally make water recreation an unpleasant experience.

Inevitably, some leaves will get into the water regardless of what we do to stop the, but we can prevent much of the pollution by following these simple water-friendly practices.

Compost: Adding leaves to a compost pile creates an inexpensive and nutrient-rich fertilizer for vegetable and flower gardens. Composting allows us to imitate and reap the rewards of the natural recycling process.

Till: You can till leaves directly into a garden, contributing valuable organic matter.

Mulch: If you have a mulching mower, you can chop the leaves into small particles that will decompose directly into your lawn. If you have a bagger on your mulching mower, you can use the leaves to mulch flowerbeds and shrubs.

Rake: Rake leaves for curbside pickup. If you do, collect the leaves in a bag or a returnable refuse container.

To protect all of us and our environment, Chapter 16 of the City of Auburn Illicit Discharge and Illegal Connection Ordinance prohibits unauthorized discharges into storm drains or ditch systems. The cost for removing dumped items and cleaning spills are very high. Please dispose of your trash and waste properly. To report any illegal dumping contact the Stormwater Coordinator at (770)963-4002 X 207.

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
01/03 at 6PM: City Council Business Meeting
01/09 at 6:30PM: Parks & Leisure Commission
01/10 at 6PM: Downtown Development Authority
01/16 at 6PM: Planning & Zoning
01/17 at 6PM: City Council Workshop
01/21 City Offices Closed for Martin Luther King Jr Day

Free GED Classes In Auburn

If you're among the 39 or more million adults in the U.S. who never graduated from high school, then you've probably considered getting your GED® certificate, the adult learner's alternative to a high school diploma. The GED certificate is worth considering, and it's a credential worth getting. The City of Auburn has a successful partnership with Lanier Technical Institute to offer free GED Classes to anyone 16 or over that needs to earn it.

Having the GED certificate opens up a lot of doors for advanced training. Most specialized training programs require either a high school diploma or a GED. Also with GED certificate, you'll be eligible for most workplace or on-the-job training programs, along with higher educational opportunities.

Consider the impact on your family. Your family benefits because a GED certificate is a way to increase financial security. Research also shows that once parents get a GED certificate, they're more likely to encourage their children to seek educational opportunities and complete educational milestones.

Classes are held morning and evenings in Auburn at the Auburn Center near Auburn Elementary. There is no cost to attend classes, and there are scholarships available to pay for the GED test.

English as a Second Language courses will also be available at the Auburn Iodq5ion. The Winder Campus will be offering Citizenship Classes too.

For more information call 770/531-3361—Start today!



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 16—OWLS Luncheon—11:30 am—OWLS Luncheon— Auburn Center
January 9—Parks & Leisure Commission

2019 Vegetable Garden Planning

The seed catalogs flooding our mailboxes let us know that it is time to start planning for our 2019 vegetable gardens. As you make plant choices and lay out the garden plan have you thought about your garden's microclimates? Microclimates are part of every home yard. What are they? How can they make a difference in your garden?

Most gardeners are familiar with the USDA plant hardiness zones. These are based on average annual extreme minimum temperatures. For example if your average annual extreme minimum temperature is 10 – 15 degrees F your plant hardiness zone is 8a. These zones are based on past climatological data. Suggested planting dates and many plant recommendations are based on these zone assignments.

But what if your garden is located close to the south side of your home? At this location the temperatures don't get quite as cold as if the garden was located in the middle of an open field. This is a microclimate. By planting mint right next to the south wall of my home in an area also protected by a porch wall I am taking advantage of a microclimate that allows me to have fresh mint most of the winter.

On the other hand a garden located on a rooftop in Atlanta is brutally hot in the summer. The full sun in an area where building materials create radiant heat and reflected sun light means that cactus are happy there. Another microclimate—perfect for a cactus garden.



What if your garden is in a bit of a valley in your landscape? You may notice fog settles there or dew seems to last longer in the mornings. In this microclimate you need to look out for fungal diseases that occur with cool moisture. Downy mildew may be a problem for you.

I recently visited a community garden in the North Georgia mountains. Even after officially reported night time temperatures of 32 degrees F the gardeners were still harvesting peppers. The group took advantage of a microclimate next to a shed that prolonged the growing season.

Using plastic to artificially warm up the soil in the early spring creates a microclimate that allows seeds to germinate early. I have used this technique in the past to plant squash early in an attempt to outwit squash pests.



I hope these examples have you thinking about the microclimates in your own garden. They may allow you to grow crop varieties that you would never have tried before or you may extend your growing season. For more information on garden site selection visit your local Gwinnett County Extension Office at www.ugaextension.com/gwinnett or 678-377-4010.

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.