

ON THE SIDELINES**YMCA to host talk on meditation Oct. 18**

If anyone ran the Downtown Auburn Mile Race this past August and either won or came in second in their age category did not pick up their winning race shirts, please stop by the Auburn YMCA. We have a number of winner's shirts that have not been picked up. They are really nice looking grey long-sleeve shirts with yellow and white lettering. If you are not sure if you qualified or not, please call me at 253-5304 and I can check for you.

Anyone who missed the opportunity to try out the introductory talk on meditation can still have another chance to attend. Our next presentation on meditation will be held



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on Thursday, Oct. 18 from 7 to 8 p.m. in the conference room at the Auburn YMCA. Laurie Michelman will discuss how to use meditation to help live a more happy and peaceful existence. A brief meditation instruction will also be given. The fee for the introductory session is \$5. There will also be a meditation class to exercise your mind and soothe your soul beginning on Saturday, Nov. 11 through Dec. 15 from 8 to 9 a.m.

The final phase of our "extreme clean" has finished. The maintenance staff, as well as members of the fitness staff, have reconditioned the weight room. They painted of rusted weight plates, pieces of equip-

ment and the walls. The floors were also cleaned, as well as all of the machines and we are hoping to put some padding in place to prevent the dumbbells from ruining our walls when they are dropped. All of this will allow us to have a very clean and updated weight room. It is the part of the members and staff to see that the area stays in good shape and to let someone in fitness know if there are any problems. This is a huge part of our values system of responsibility but making sure members clean the areas that they use and put things back where they belong. It shows us that they care about the facility where they are a member and respect the rules that are put in place for the safety and security of all.

Learn to download free e-

books on your e-reader at the Auburn YMCA. Seymour Library's "Freeloading" Librarian will be here on Thursday, Oct. 4 from 10 to 11:30 a.m. in the conference room. There will be individualized help to learn how to download books from the library on to your e-reader. Please be sure to bring your e-reader as well as your library card and you will be shown how you can download books for free. There is no need to pre-register. This program is free and open to the public.

Speaking of free and open to the public, Kurt Kramer and I took a little side trip to Syracuse to see the original draft of the Emancipation Proclamation that was handwritten by President Abraham Lincoln, which was on display at the OnCenter. What

a wonderful event, and it was so interesting to think that it has been preserved all of these years. It was eerie to see a proclamation written in President Lincoln's own handwriting, which was absolutely beautiful. It was signed by Lincoln and then edited and signed by our own William Seward, the secretary of state. Here was a piece of paper that was not processed in the way that ours is today, there was no texting, no computer, no typing. What a wonderful opportunity for us to be able to see this. And really it shows us once again that the Y brings us the opportunities to learn and grow in so many ways. Just as the Emancipation Proclamation was a step toward the freedom of slaves, we want everyone to feel that the Y is a safe place, accepting of everyone.