Leadership Hall Lake Program

The Leadership Hall Class set sail during their Lake Life Program on August 10 and enjoyed a day full of water activities including a demonstration by Hall County Sheriff's Office Dive Team, a tour of Buford Dam, a lunch cruise at Lanier Islands and Dragon Boat races at Lake Lanier Olympic Park. Thank you program sponsors: **McDonald's**, **AT&T** and **Lanier Islands**. Goodie bag sponsors were Lanier Islands and The Good Life Group / Keller Williams Lanier Partners.

Bill Hall, *Murray Plastics,* in mask with **Deputy Justin Bonds**, *Hall County Dive Team.*

Gracie McGarity, *Fieldale Farms,* and **Kit Charest**, *Marel, Inc,* prepare for Dragon Boat Racing at Lake Lanier Olympic Park.

Youth Leadership Kick Off

The 12th class of Youth Leadership Hall kicked off in August with a class of 79 students from 10 area public and private high schools. Special thanks to the facility sponsor, **Gainesville Parks & Recreation Agency**, as well as the following goodie bag sponsors: 2 Dog Café, Advantage Recruiting, Amici Café, Brenau University, Carroll Daniel Construction, Chicken Salad Chick, City of Gainesville, Extreme Carwash, J. Geyer Advertising, King's Hawaiian, Lanier Islands, Liberty Candy Company, Milton Martin Honda, Natural Juice Café, Northeast Georgia Health System, North Georgia Canopy Tours, Perfect Temp Systems, Rushton, Southern Smoq BBQ, Springer Mountain Farms, The Longstreet Clinic, University of North Georgia, Watkins Total Healthcare, Wilson Orthodontics and Wrigley's.

9/2017

SAVE THE DATE!

Wednesday, September 13th • 10am-2pm

The Times
gainesvilletimes.com

HEALTHY AGING EXPO

Free to the Public!

FRANCES MEADOWS
AQUATIC AND COMMUNITY CENTER
1545 Community Way, Gainesville

join us for...

Scheduled to Speak:

10:30 AM Dianne Appling, Lifeline,
Topic: Keep Playing!

11:00 AM Atlanta Gastroenterology,
Topic: Stay Healthy!

11:30 AM Caroline Pierce, Good Nutrition,
Topic: Stay Fortified!

12:00 NOON Scott, Chris and Brian Moore,
Moore's Wealth Management,
Topic: Protect your Financial Health!

12:30 PM Dr. Andrew Lake, Gastroenterology Associates, Topic: Screenings are Important!

1:30 PM Phillippa Moss, Community Senior Center,
Topic: Lending a Hand Keeps You Healthy!

Classes:

Frances Meadows Aquatic Center will be offering the following classes FREE during the event:

Land Classes – Wellness Room
10am-11am - Zumba
11am-11:45am- Strength in Motion
12pm-1pm- Gentle Yoga
1pm-1:45pm - Barre Tone

Water Classes – Warm Pool
10am-11am - Water Works
11am-12pm - Gentle Movements
12pm-1pm - Aqua Moving & Grooving
1pm-2pm- Stretch and Flex

Spin class – Spin room in Fitness Center
(9 bikes available. First come, first served)
11am-11:45am- Your Ride

Prizes • Exhibitors & Health Screenings• Entertainment by Redemption Song & Justin Terry Music plus Much, Much More!

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9/3/17

26th Annual

Marketplace

Festive Holiday Shopping!

The Medical Center Auxiliary is very proud to announce it will be joined again in 2017 by Marketplace

Presenting Sponsor

WILLIS INVESTMENT COUNSEL
Principled Investing

We are grateful for Willis Investment Counsel's continued generous support of this annual holiday shopping event. One hundred percent of the proceeds will benefit **Safe Kids Gainesville/Hall County.**

SAVE THE DATE
Marketplace Preview Party
Thursday, November 2, 2017
6:30 – 9:30 p.m.
Gainesville Civic Center
(Tickets available online at nghs.com/marketplace Oct. 2)

General Admission
November 3 & 4
For more information, please contact The Medical Center Auxiliary at **770-219-1830** or **nghs.com/marketplace.**

Chairs
Leslie Miller, Maggie Griffin & Caroline Nix

Great selection of exciting merchants!

9/4/17

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9/7/17

Join your pup for a summer swim

BY AMBER TYNER
atyner@gainesvilletimes.com

Two local waterparks are taking advantage of the end of pool season.

These pool parties won't be for you to get wet, instead, they will be for your pups.

Frances Meadows Aquatic Center will host its annual Soggy Doggy Pool Party 1-6:30 p.m. Sept. 10.

"Patrons can bring their dogs to play in our outside Splash Zone," said Zandrea Stephens, assistant division manager at the aquatic center. "It's actually the last day that it will be open, and we take the chemicals out of the pool for the dogs."

Stephens said the inspiration behind the pool party was simply to bring different people throughout the community together.

"In recreation, we try to find different things for the community, and we know that people cherish their pets," she said. "We wanted to bring in a different type of people, not just the fitness people. So we're bringing in pet owners."

She said the response to this event has been great every year.

"Last year, we had over 110 dogs to attend," she said. "People really love their animals."

She expects to see another large crowd this year, and in order to accommodate so many people and their pups, the center is making a few changes to the event.

"Last year we only had two different categories," she said, referring to when different dogs can enter the water. "So I had a small to medium category then a medium to large category. We had such a big turnout that it was sort of overwhelming."

There will be three categories this year. Dogs up to 35 pounds will enter the Splash Zone at 1 p.m. while those 36-70 pounds can get in at 3 p.m. Dogs over 70 pounds won't be able to enter until 5 p.m.

"That gives us room to try to get as many dogs in (each) weight class as possible," Stephens said.

But there will be other activities going on when your dog isn't in the water, including a chance to visit with some vendors and participate in contests.

"We have vendors here where owners can go and visit (them) and see what they have to offer," she said. "They bring in what they have at their business pertaining to dogs. And they have giveaways (and) give out information."

As for the doggy contests, Stephens said they are always popular.

"Dogs actually come every year to participate in these contests, whether it's the racing (or) whether it's the best dog trick," she said. "Sometimes we do a costume (contest), and some of the dogs come in with a little bathing suit or something on."

In order to participate in the Soggy Doggy Pool Party, a tag must be on the your dog's collar at all times and a proof of rabies vaccination is required. There is a limit of two dogs per handler. The rain date is scheduled for Sept. 17.

Bark in the Waterpark at Lanier Islands will get some paws wet, but it also offers various activities for members of the family who aren't as furry.

According to Lanier Islands's website, the event will include live music, food vendors, street performers, dog photo booths, pony rides, lake access, beach games and a dog costume contest.

Pet-related businesses and charity organizations will also be on site, as well as "Dock Dogs," which has been featured on ESPN, the Outdoor Channel and ABC and "brings teams of dogs and their handlers to compete in jumping, running and retrieving."

Soggy Doggy Pool Party

When: 1-6:30 p.m. Sept. 10
Where: Frances Meadows Aquatic Center, 1545 Community Way, Gainesville
How much: $10 per dog; people free

Bark in the Waterpark

When: Oct. 7
Where: Lanier Islands, 7000 Lanier Islands Parkway, Buford
More info: www.lanierislands.com/bark-in-the-waterpark

9/7/17

local favorites that are sure to please."

From near and far, food vendors travel to partake in the day's festivities, offering up their spin on traditional items.

"This is our first year so we don't know what to expect. This looks like an interesting event," Tiki Café owner Steven Pittman said. "We are new. ... We opened at the beginning of this year. We were told by a few people that this would be a good opportunity for us since we are a small restaurant and need exposure."

The Tiki Café will be serving a Hawaiian lunch plate including rice, macaroni salad, Hawaiian barbecue chicken, beef or ribs and Hawaiian shaved ice.

"We are a taste of traditional Hawaiian food," Pittman said.

In their first year being a vendor at the event, Lucky Coconut Thai Food will have Thai street food "with a twist," according to owner Cindy Tannavong.

They will have gia yang, marinated chicken on a skewer; grilled squid with special sauce; grilled sai oua, traditional pork sausages stuffed with herbs; khao gee, sweet sticky rice marinated with eggs and special sauce and grilled on a stick; papaya salad; ka lap pow, steamed dumplings; and fried banana chips.

"My favorite thing about the festival is the competitiveness of the teams ... the calmness and sounds of the water," she said. "I love how people come about forming the teams and you see a bonding like no other. The smiles of people from every ethnicity coming together and celebrating just life."

Thai Food of Gastonia will have sugar cane juice, coconut juice, Thai ice cream rolls, Vietnamese sandwiches, beef jerky, sweet rice with steamed banana, grilled sweet rice with banana, chicken sticks, pork sticks and sticky rice.

The Cambodian American Association of Georgia will have a variety of skewers including beef, chicken and pineapple, according to co-founder of the association Sopheap Lam.

"Over the years, Gene Hanratty, founder and festival organizer, along with the local organizing committee from the Lanier Canoe and Kayak Club, have sought to attract diversified teams that could be a part of an amazing team-building experience for various age groups," Barth said.

There will be 16 corporate teams joining to race for their companies, as well as collegiate, high school, nonprofit and cancer survivor teams.

"Teams come for the day with their families, and as such, we want to be able to offer them traditional street foods, arts and crafts and activities," Barth said. "An event of this magnitude takes around 200 volunteers who put in countless hours to make it a success."

9/7/17

Food vendors

Lucky Coconut Thai Food, Riverdale: Thai street food
Thai Food, Gastonia: Thai cuisine
Thai Gift Shop, Riverdale: Thai cuisine
Cambodian American Association of Georgia, Kennesaw: Cambodian cuisine
Vietnamese American Community, Norcross: Vietnamese cuisine
LAO Street Foods, Winder: Lao street food
Mini Asian Market, Cornelia: Asian cuisine
Tiki Café, Buford: Hawaiian cuisine
Huli, Atlanta: Vegetarian/vegan multi-cuisine
Loving Hut, Atlanta: International vegan fast food
El Tacoman: authentic Mexican street tacos
Pico's Hot Dogs: American hot dogs
Lemon Smashers, Decatur: Lemonade
Kona Ice, Buford: Hawaiian style shaved ice
Snowie Days Shaved Ice, Lawrenceville: Shaved ice

Hong Kong Dragon Boat Festival

When: 6 a.m. to 5 p.m. Sept. 9
Where: Lake Lanier Olympic Park, 3105 Clarks Bridge Road, Gainesville
How much: Free admission

SOGGY DOGGY POOL PARTY

Sunday, September 10, 2017

770.533.5850

FRANCES MEADOWS
AQUATIC AND COMMUNITY CENTER

PROOF OF RABIES VACCINATION REQUIRED PLUS TAG ON COLLAR AT ALL TIMES.

LIMIT 2 DOGS PER HANDLER

AVOID THE LINE! PRE REGISTER DURING BUSINESS HOURS

1pm
Up to 35lbs

3pm
36-70lbs

5pm
Over 70lbs

POOCH FRIENDLY
PLAY STRUCTURES
ZERO DEPTH ENTRY
SPRAY FOUNTAINS

RAIN DATE:
SUNDAY
SEPTEMBER 17

$10 PER DOG

PEOPLE FREE!

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9/8/17

Healthy Aging Expo set for Wednesday

BY JEFF GILL
jgill@gainesvilletimes.com

As the years roll by, healthy living needs to remain a priority.

Speakers and programs will emphasize that at The Times' Healthy Aging Expo, set for 10 a.m. to 2 p.m. Wednesday at the Frances Meadows Aquatic Center at 1545 Community Way NE in Gainesville.

"We're all aging better and longer," said Dianne Appling, coordinator of Lifeline, Northeast Georgia's personal emergency response service, and one of the event speakers.

"I hope (the event) is well attended. People need to be educated today about living a healthier life as they age."

Dr. Andrew Lake of Gastroenterology Associates of Gainesville will talk about the need for screenings of colon cancer, the third most common cancer affecting both sexes and one that is mostly diagnosed later in life.

"I plan to give a little background about the problem to

■ Please see EXPO, 5A

Healthy Aging Expo
What: Speakers and program focusing on aspects of growing older
When: 10 a.m. to 2 p.m. Wednesday
Where: Frances Meadows Aquatic Center, 1545 Community Way NE, Gainesville
Admission: Free

9/9/17

EXPO

■ Continued from 1A

highlight the importance of this topic and discuss the various screening methods — from colonoscopy to stool testing — and the plus and minuses about both," Lake said.

He said he also plans to explain that such screenings are "not as painful as some may believe."

Moss

Phillippa Lewis Moss, director of the Gainesville-Hall County Community Service Center, plans to talk about "the importance of older adults creating and maintaining a healthy social circle."

"During the various stages of our lives, like attending school, marriage, parenting and work, we have many opportunities to connect socially with others, but when retirement rolls around, our opportunities for creating new relationships actually start to dwindle," she said.

"The loss of a spouse, siblings, friends and other key relationships can make us vulnerable to isolation."

The free event also will feature talks about nutrition and wealth management. Prize giveaways and entertainment also are planned.

"As part of an ongoing effort by The Times to be more involved in hosting and promoting community events, we are glad to be able to host this very special event for those living in the area who may be at or nearing retirement age," General Manager Norman Baggs said.

"Our population of residents aged 55 and older is growing, and this area has a lot of amenities and opportunities to offer to those living here."

Through the expo, "we hope to make everyone in attendance aware of business and financial services, medical care, activities and entertainment opportunities available in the area.

"The speakers we have lined up will offer information and advice on a wide variety of topics, and we think it will be a fun and informative day for all of those who attend. We hope many will take advantage of the opportunity to do so," Baggs said.

If severe weather is forecast, the expo will be rescheduled to Sept. 20.

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Wednesday, September 13th • 10am-2pm

The Times
gainesvilletimes.com

HEALTHY AGING EXPO

Free to the Public!

FRANCES MEADOWS
AQUATIC AND COMMUNITY CENTER
1545 Community Way, Gainesville

Scheduled to Speak:

10:30 AM Dianne Appling, Lifeline, Topic: Keep Playing!

11:00 AM Atlanta Gastroenterology, Topic: Stay Healthy!

11:30 AM Caroline Pierce, Good Nutrition, Topic: Stay Fortified!

12:00 NOON Scott, Chris and Brian Moore, Moore's Wealth Management, Topic: Protect your Financial Health!

12:30 PM Dr. Andrew Lake, Gastroenterology Associates, Topic: Screenings are Important!

1:30 PM Phillippa Moss, Community Senior Center, Topic: Lending a Hand Keeps You Healthy!

Classes:

Frances Meadows Aquatic Center will be offering the following classes FREE during the event:

Land Classes – Wellness Room
10am-11am - Zumba
11am-11:45am- Strength in Motion
12pm-1pm- Gentle Yoga
1pm-1:45pm - Barre Tone

Water Classes – Warm Pool
10am-11am - Water Works
11am-12pm - Gentle Movements
12pm-1pm - Aqua Moving & Grooving
1pm-2pm- Stretch and Flex

Spin class – Spin room in Fitness Center
(9 bikes available. First come, first served)
11am-11:45am- Your Ride

Prizes • Exhibitors & Health Screenings• Entertainment by Redemption Song & Justin Terry Music plus Much, Much More!

Sponsored by:

belk MODERN. SOUTHERN. STYLE.
Northeast Georgia Medical Center
BIKETOWN U.S.A.
ATLANTA gastroenterology ASSOCIATES
GAINESVILLE MECHANICAL INC
Lanier Carts & Outdoor

For more information call 770.535.6330 or email lnelson@gainesvilletimes.com

9/10/17

Photos by **DAVID BARNES** | The Times

Participants race in the 22nd annual Atlanta Hong Kong Dragon Boat Festival at Lake Lanier Olympic Park on Saturday in Gainesville.

Lake Lanier gets a taste of China

9/9/17

Hong Kong Dragon Boat Festival draws crowd to Olympic Park

BY KAYLA ELDER
kelder@cherokeetribune.com

Drums beating in rhythm to paddles churning the waters of Lake Lanier can only mean one thing: the Hong Kong Dragon Boat Festival has returned.

The multicultural festival, now in its 22nd year, saw another successful year Saturday as teams, spectators and volunteers packed Lake Lanier Olympic Park. The event has grown in popularity since its move from Stone Mountain to Lanier Olympic Park nearly 15 years ago.

Joanne Chu, director of the Hong Kong Economic & Trade Office in New York, said this is the "biggest Hong Kong multicultural event in Georgia."

"The Trade Office is so proud to sponsor this event. When we first started the event in 1994, we only had eight teams competing in the race and only had 200 spectators. Now, we have 80 teams and over 8,000 spectators," she said.

Event founder and chairman Gene Hanratty said the festival is made possible by the volunteers and sponsors.

"The one thing I have learned over the years for this festival is that it doesn't get done without the volunteers, more than 190," he said. We have some very good and faithful sponsors; it is their interest in this wonderful cultural diversity event that it keeps it going."

This year's rendition will celebrate the 20th anniversary of the transfer of sovereignty over Hong Kong from Great Britain to China.

"This year is a special year to me, my office and the people of Hong Kong because this year is the 20th anniversary of the establishment of the Hong Kong Special Administrative Region," Chu said.

To celebrate that anniversary, the festival's finale featured 10 boats competing at the same time.

At the festival Saturday, spectators sampled a wide variety of Asian cuisines and given an up-close look at different cultural traditions.

■ Please see **DRAGONS**, 3C

Participants put on their lifejackets before competing.

Saran Branch, a venerable Buddhist monk, blesses the boats that will be used.

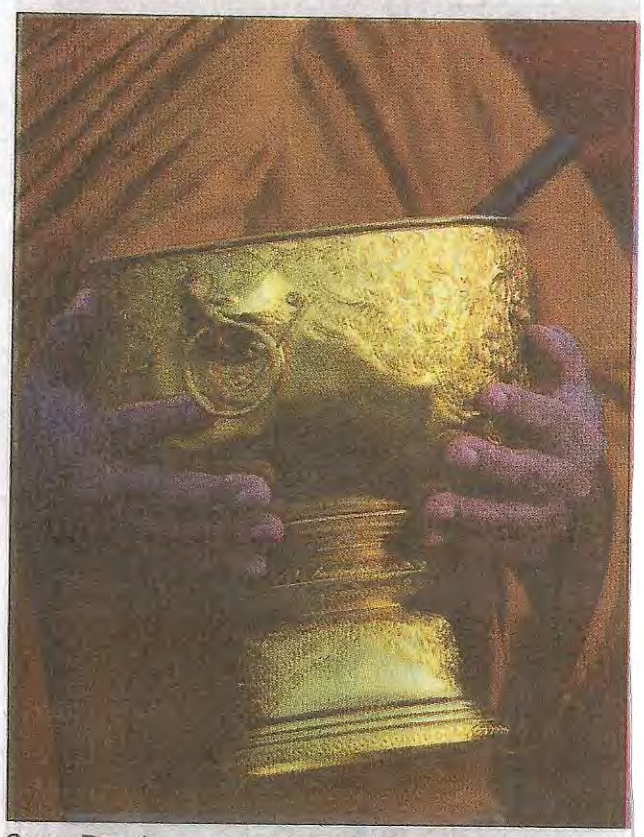
9/10/17

DRAGON

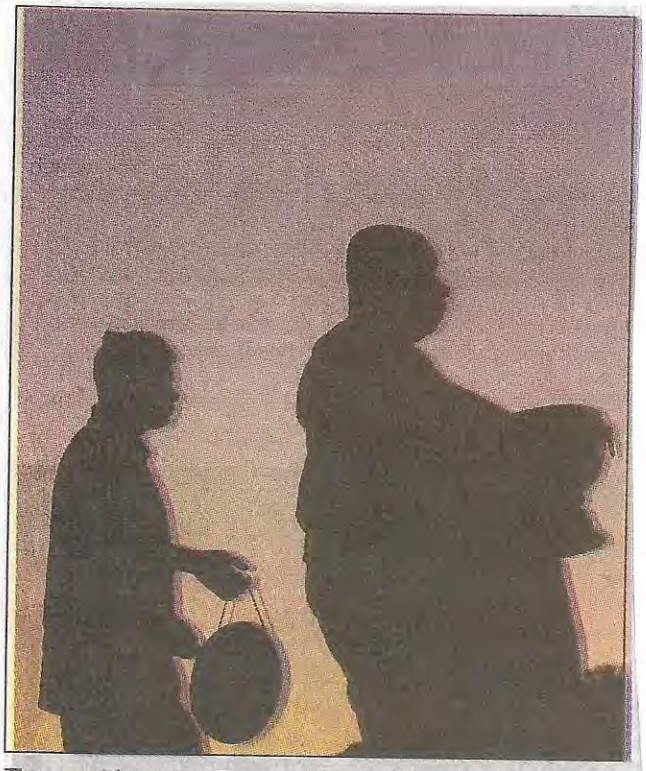
■ Continued from 1C

The event began at 7 a.m. with a traditional blessing of the different dragon boats by a Buddhist monk. During the opening ceremony, spectators were entertained by groups of cultural acts and dancers from China, India, Laos and other countries. A traditional "eye-dotting ceremony" was performed by key event benefactors Chu and Jerry Liu, president of Hisense Corporation.

For the first time in America, the venue will serve as the site for the 2018 International Canoe Federation Dragon Boat World Championships next September. Athletes from more than 25 countries will gather to compete in traditional canoes adorned with dragon's heads and tails while celebrating the Asian heritage event.



Saran Branch, a venerable Buddhist monk, prepares to bless the boats that will be used



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