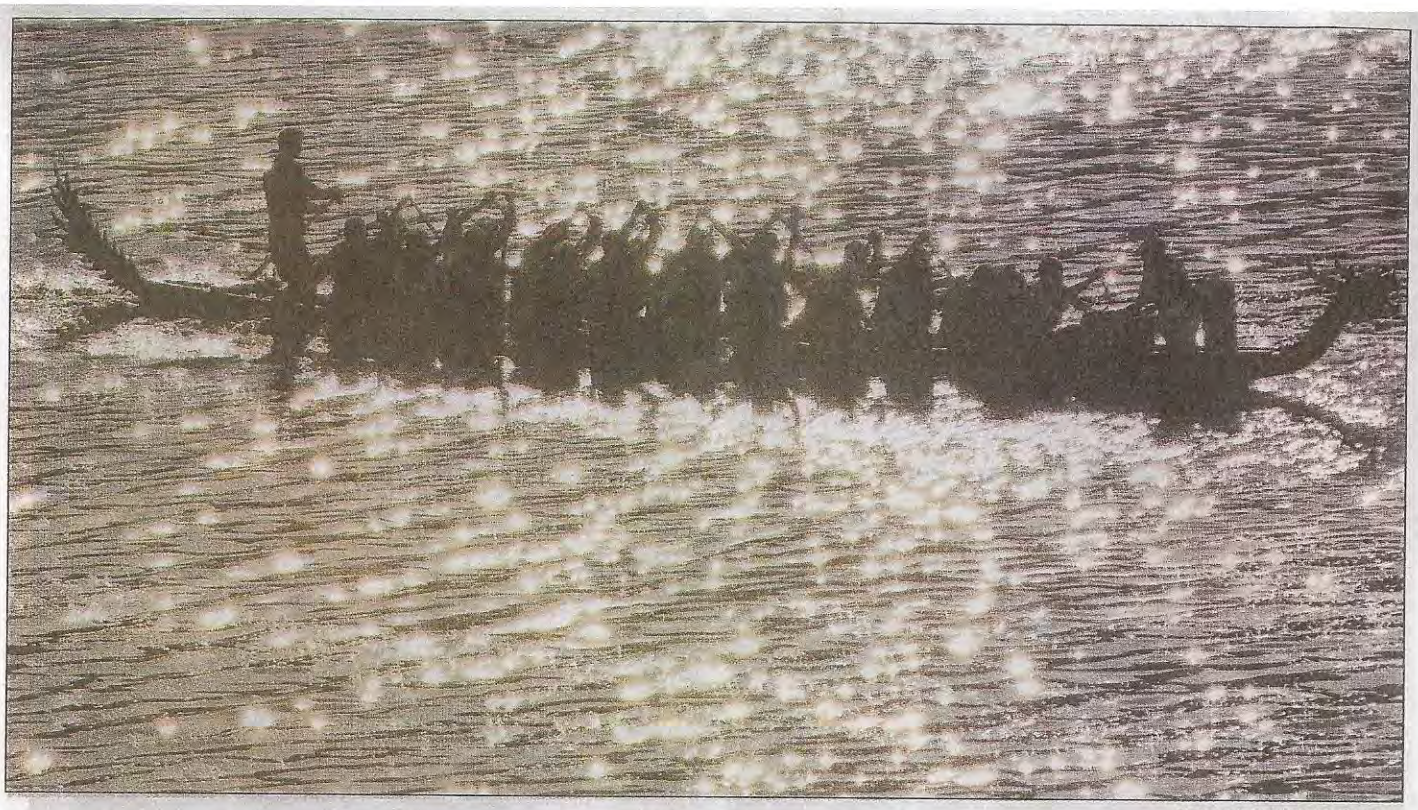
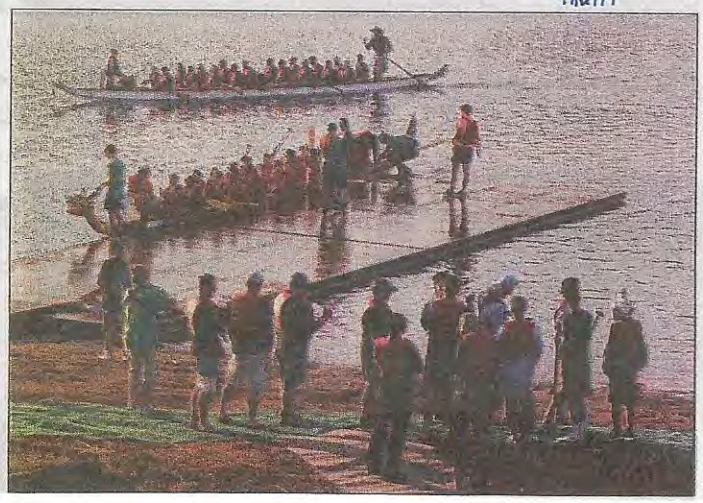
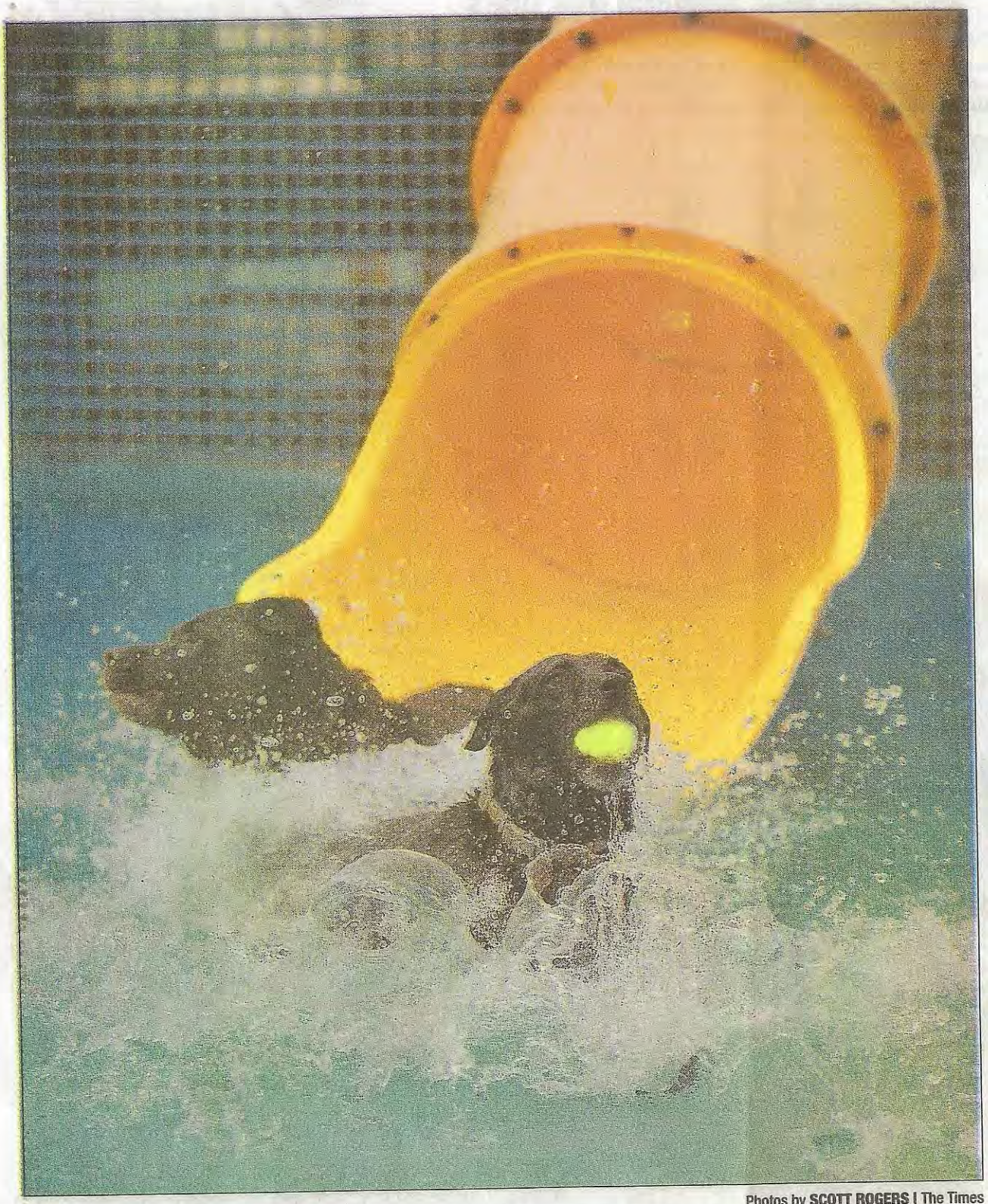


Photos by **DAVID BARNES** | The Times

Above: Participants compete in the 22nd annual Atlanta Hong Kong Dragon Boat Festival at the Lake Lanier Olympic Park on Saturday in Gainesville.. **Below left:** Branden Johnson, 12, from Atlanta, center, cheers with his friends as they watch. **Below right:** Participants prepare to compete.

9/8/17





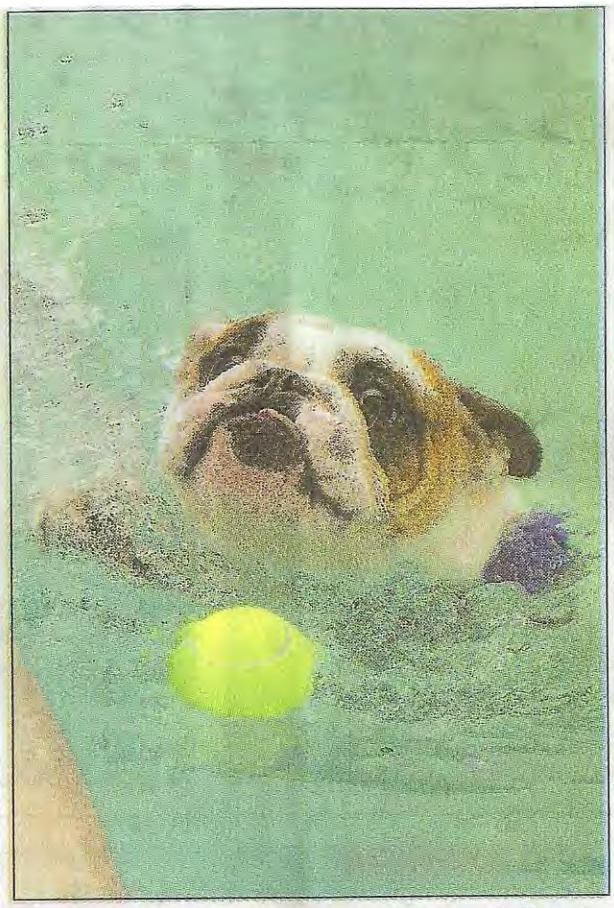
Photos by **SCOTT ROGERS** I The Times

Two dogs chase a tennis ball down a slide Sunday afternoon while playing in the Splash Zone at the Frances Meadows Aquatic Center during the annual Soggy Doggy Pool Party.

9/11/17

The dog days of summer

Soggy Doggy Pool Party celebrates end of season



Above: A dog catches a tennis ball in the water. **Left:** A dog shakes off the water Sunday afternoon. **Below left:** Norma Negrete, left, and Irma Olguin play with Jellybean. **See more photos, Page 2C**

9/11/17

Area pooches make a splash at Frances Meadows

Photos by SCOTT ROGERS | The Times

Above: Dogs romp around the Splash Zone Sunday afternoon at the Frances Meadows Aquatic Center during the annual Soggy Doggy Pool Party. **Left and below:** Pooches play with a tennis ball Sunday afternoon.

JOIN US!

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!

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

9/12/17

TOMORROW! Wednesday, September 13th • 10am-2pm

In the event of severe weather on Wednesday, September 13, the date for the expo will move to Wednesday, September 20. Check gainesvilletimes.com, or our Facebook page, for updates.

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9/12/17

Healthy Aging Expo rescheduled

Times staff reports

The Times' Healthy Aging Expo has been pushed back a week due to the aftermath of Tropical Storm Irma. Originally scheduled for Wednesday, it is now set for 10 a.m. to 2 p.m. Sept. 20 at the Frances Meadows Aquatic Center at 1545 Community Way NE in Gainesville.

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.

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."

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

9/13/17

Healthy Aging Expo

What: Speakers and program focusing on aspects of growing older

When: 10 a.m. to 2 p.m. Sept. 20

Where: 1545 Community Way NE, Gainesville

weekend ahead

FRIDAY

Food Truck Friday

What: Food trucks, water sports, music, drinks

When: 5-8 p.m.

Where: Lake Lanier Olympic Park, 3105 Clarks Bridge Road, Gainesville

9/14/17

Clermont

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9/18/17

9-19-17

Shoreline holds up against Irma

NICK BOWMAN | The Times

Bags of trash and blocks of foam are piled above the water line of Lake Lanier on Monday in front of a Lake Lanier Association Shore Sweep poster.

Shore Sweep cleanup event scheduled for Saturday

BY NICK BOWMAN
nbowman@gainesvilletimes.com

Tropical Storm Irma roughed up Gainesville and Hall County, but the Lake Lanier waterfront fared relatively well in the storm.

That's good news for property owners, but it's also good for the Lake Lanier Association and its volunteers getting ready for their annual cleanup event, Shore Sweep, set for Saturday.

Shore Sweep begins at 8 a.m. Saturday, and advance dropoff locations on islands around the lake opened last week. Those advance locations were due to open before mid-September,

■ Please see **SWEEP, 6A**

Shore Sweep

When: 8 a.m. to 1 p.m. Saturday
Where: Aqualand Marina, Balus Creek Access, Big Creek Access, Don Carter State Park, Gainesville Marina, Lake Lanier Olympic Park, Lanier Islands and Longwood Park in Hall County; Bald Ridge Marina and Port Royale Marina in Forsyth County; War Hill Park in Dawson County; Gwinnett Park in Gwinnett County
More info: www.lakelanier.org or 770-503-7757

9-19-17

NICK BOWMAN | The Times

The Lake Lanier Association has several water-accessible advance drop locations, including this one near Gainesville Marina pictured on Monday, marked by posters.

SWEEP

■ Continued from 1A

but were delayed as Tropical Storm Irma headed for Georgia.

With lake-area municipalities kicking in funding for the cleanup and upwards of 1,000 volunteers participating in the work, the Lake Lanier Association has been able to remove as much as 100,000 pounds of debris from the lake during the event.

Waterlogged dock foam from broken or damaged docks accounts for most of the debris gathered each year. This year, it doesn't look like Tropical Storm Irma is adding to the workload.

While the storm tore down thousands of trees, damaged homes and cut power to most of the region, personal docks fared well during the storm, said Tom Child, president of Marine Specialties, a dock builder and repair company.

"We went out and we did 25 docks that turned sideways due to the heavy wind, but I got to say, as far as damage goes, the residential docks ... we didn't see anything catastrophic," Child said Wednesday.

Commercial marinas around Lake Lanier did suffer "serious damage" from the storm, he said, but most of the stray foam around the lake comes from untended residential docks.

"I think a lot of people did a great job of anticipating it and getting ready," Child said. "If it was a surprise tornado in the middle of the night — no warning — it would have been far, far worse."

John Barker, a board member of the Lake Lanier Association, was out on his boat Monday, and he said he didn't see more foam debris than is usual.

"I don't see as many large pieces of flotation floating free and abandoned," Barker said. "I expected we might see more trash, but we haven't. I guess we'll wait until Saturday and see what's left."

The gusts of more than 50 mph recorded in Hall County last week likely blew other trash and debris into the lake, and association Executive Director Joanna Cloud said the group is ready for whatever surfaces during the sweep.

Along with Marine Specialties, Boat Dock Works and Martin Docks are donating equipment to haul heavy debris from the lake. Up to Saturday, volunteers will be sweeping the lake with garbage bags and tow lines.

Advance drop locations are listed on the association's website. Cleanup runs from 8 a.m. to 1 p.m. Saturday. This will be Shore Sweep's 29th year.

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THANK YOU

FOR MAKING THE 2017 HEALTHY AGING EXPO A SUCCESS!

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28. Medicare Man of Georgia
29. BGW Dental Group
30. Five Seasons Health

OUR SPEAKERS

Dianne Appling, Lifeline
Caroline Pierce, Good Nutrition
Scott, Chris and Brian Moore, Moore's Wealth Management
Dr. Andrew Lake, Gastroenterology Associates
Phillippa Moss, Community Senior Center

FROM YOUR FRIENDS AT The Times gainesvilletimes.com 9/21/19

'The more you learn, the better you are prepared'

Photos by SCOTT ROGERS | The Times

Carol Campbell, left, drops by the Good Nutrition booth Wednesday morning during the Healthy Aging Expo and speaks with Caroline Pierce and Cheryl Head, right, at Frances Meadows Aquatic Center. Pierce later gave a nutrition presentation to visitors at the free event.

Residents take advice on healthy aging to heart at expo

BY JEFF GILL
jgill@gainesvilletimes.com

Betty Hopkins of Gainesville is feeling fine at 81.

But that didn't stop her from checking out The Times' Healthy Aging Expo Wednesday at the Frances Meadows Aquatic Center in Gainesville.

"You can't ever learn too much," she said. When it comes to health, "the more you learn, the better you are prepared."

Hopkins was among the dozens of people visiting booths, talking to health care professionals and undergoing health screenings.

"I'm doing fine, no aches and pains," Hopkins said. "I'm well blessed."

Times General Manager Norman Baggs said the newspaper was "glad to be able to host this very special event for those living in the area who may be at or nearing retirement age."

"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 free event also featured talks about nutrition and wealth management, prize giveaways and entertainment.

Marlene and Dale Hunter of Gainesville said they underwent health screenings at the expo.

"We're just interested in maintaining good health," Marlene said. "I think (the event) is very needful. A lot of people neglect their health. They're so busy now and that's on the backburner for them."

Dale Hunter gets a carotid artery screening from Amy Wallace at The Heart Center of Northeast Georgia Medical Center booth Wednesday morning.

The expo featured booths with health care professionals and some health screenings, as well as presentations from health care professionals.

One of the health providers at the expo was Marilyn Schorn-Bellows of Gainesville Hearing Service, who said certain health conditions present in the aging — such as heart problems — can contribute to a loss of hearing.

"A lot of people think of loss of hearing as something they don't want to admit to," Schorn-Bellows said. "It typically takes about seven years on

■ Please see HEALTHY, 3D

9-21-17

9-21-17

SCOTT ROGERS | The Times

The Spa on Green Street's Kathy Ogletree gives a massage to Jane Bryant Wednesday morning at Frances Meadows Aquatic Center during the Healthy Aging Expo.

HEALTHY

■ Continued from 1D

average to finally admit their hearing problem."

In one of the event's presentations, Dianne Appling, coordinator of Lifeline, Northeast Georgia's personal emergency response service, talked to a group of attendees about the need to stay active and "playful."

"It doesn't matter what's going on in your health," she said. "Don't you let anyone intimidate, manipulate or limit you and tell you (that) you cannot play.

"You can play at every age. If you stop playing, you stop living."