

Join us for a 13 week program designed to challenge you to adopt a healthier lifestyle.

Whether the goal is physical fitness, financial fitness, or lifestyle balance, each participant has the potential to be a winner! Pick the challenges you are most interested in and get started!

WEEK FIVE'S WINNER ANNOUNCED THURSDAY, FEBRUARY 28TH.

Participants will be eligible to enter our \$1,000 Grand Prize Drawing when they return their completed checklists each of the 13 weeks of the Healthy Lifestyle Challenge. Participants have 7 days to complete their weekly challenge and return the checklist.

Get Healthy & Win!

HEALTHY LIFESTYLE CHALLENGE

CHAMPION SPONSOR



Northeast Georgia Health System

THESE LOCAL BUSINESSES CAN HELP YOU ACHIEVE YOUR GOALS.

Atlanta Gastroenterology 678-987-1499

Bike Town 770-532-7090

Body Works 770-532-2778

Boys and Girls Club of Lanier 770-532-8102

Celebrate Recovery 678-630-0355

Damsel in Defense 706-362-5090

Dwight Larkins Sr. Edward Jones 770-503-0812

Farmers Insurance 770-532-0806

* Frances Meadows 770-533-5850

Gainesville Hearing 770-532-5092

Habitat for Humanity 678-450-5998

Home Instead Senior Care 770-534-5880

Humane Society of North Ga 770-532-6617

Imaging Center of NGMC (Gainesville) 770-219-8035

Keep Hall Beautiful 770-531-1102

Liberty Utilities 678-707-5205

Life's Miracles 770-329-2833

Limestone Personal Training 470-326-6774

Mary Kay 678-316-1048

Mouse Tales Travel 770-530-7094

Natural Juice Cafe 678-928-4833

NGMC Bariatric Weight Loss Center 770-219-0446

NGMC Diabetes Education 770-219-0966

NGMC Joint Care Center 770-219-8244

NGPG Internal Medicine (Gainesville) 770-219-8583

NGPG Urgent Care (Gainesville) 770-219-7777

Northeast Georgia Diagnostic 770-536-9864

Personality 678-464-4501

The Insurance Source 770-532-1900

Watkins Total Healthcare 770-534-0656

HEALTHY LIFESTYLE CHALLENGE LOG - WEEK 6

THIS WEEK'S PRIZE SPONSORED BY:



Name: _____ Age: _____

Email Address: _____

Phone Number: _____

Signature: _____

EXERCISE:

Walking/Hiking

Weightlifting

Cardio

Outdoor Activity

Sports

Yoga

Other

NUTRITION:

Water Consumption

Increased Vegetable Consumption

Increased Fruit Consumption

Avoided or Decreased Sugar Consumption

Avoided or Decreased Caffeine

Consumption

Family meal together

WELLNESS/STRESS REDUCTION:

Avoided or Decreased Tobacco Usage

Avoided or Decreased Alcohol Usage

Replace 30 minutes of electronic

activity (phone, television, computer)

with electronics free activity

Reading for pleasure

Relaxation/Meditation

Volunteering

Spiritual

CHECKUPS:

Get a physical

Get a mammogram

Get an eye exam

Get a dental check up

Get a colonoscopy

Get a hearing test

PROTECT MY FUTURE SELF:

Make appointment with accountant

Make appointment with financial planner

Make appointment with insurance expert

Make appointment with banking expert

Give Back

Make sure to mail in your Challenge form at the end of every week to be entered for the prizes. You can email them to contests@gainesvilletimes.com, drop them off Mon-Fri 8-5 at our front desk, or you can mail them to: Healthy Lifestyles Challenge 345 Green St Nw. Gainesville, Ga 30501.

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Lake Lanier nears record level



SCOTT ROGERS | The Times

Rising Lake Lanier levels flood the Lake Lanier Canoe and Kayak Club boathouse Monday, Feb. 25. About two feet of water flooded the lower level of the boathouse where boats are stored.

LCKC boathouse flooded after large amount of rain this month

BY LAYNE SALIBA

lsaliba@gainesvilletimes.com

On a typical day, Jim O'Dell walks down the stairs to the bottom floor of the Lanier Canoe and Kayak Club and weaves his way through the boats and equipment stacked on racks throughout the boathouse.

On Monday, Feb. 25, he was stopped by about a foot of water as he reached the bottom of the staircase.

Since Feb. 16, Gainesville

has received 6.71 inches of rain, according to the National Weather Service. On Feb. 24, Lake Lanier peaked at 1,076.13 feet above sea level — more than 6 feet above winter full pool, according to the U.S. Geological Survey. That's the highest its been since 1977, according to the U.S. Army Corps of Engineers, and is the third-highest recorded water level on record since lake levels have been recorded on Lanier.

The lake has begun to

recede and was at 1,075.91 feet above sea level as of 4:15 p.m. Feb. 26.

With Lake Lanier already at a high level for winter, O'Dell knew the flooding was a possibility. He and volunteers with the club placed sandbags outside the rolling garage doors to the boathouse to keep the rising waters out, but they weren't high enough. The water rose more than a foot above the sand bags.

■ Please see LAKE, 5A

Lake Lanier water level record highs

April 14, 1964: 1,077.15 feet above sea level

April 5, 1977: 1,076.20

Feb. 24, 2019: 1,076.13

March 30, 1980: 1,076.05

April 15, 1979: 1,075.99

April 1, 1976: 1,075.75

Dec. 31, 2015: 1,075.43



Photo Courtesy **SCOTT SURLES** | For The Times

Rising water levels flood the boathouse at the Lake Lanier Canoe and Kayak Club Monday, Feb. 25.

LAKE

■ Continued from 1A

It's the worst flooding O'Dell — who's been around the club since the 1990s — said he's seen.

"The amount of silt and mud this is going to leave behind is nasty," O'Dell, the high performance and dragon boat coach at the LCKC, said of the water in the boathouse. "It was totally clear Saturday, now it's not."

Some boats inside the boathouse were floating around, no longer on racks. Some were upside down, filled with water. Cloth boat covers and paddles were under water, too.

Apart from putting sandbags in place, the club took weights and weight benches from the weight room and moved them up the stairs to make sure they weren't destroyed by the water.

"We need vinegar and hydrogen peroxide, and a bunch of it," O'Dell said. "The weight room, there's just going to be mold."

He said it could take a couple of weeks with no rain for the flooding to recede

and enable him to begin the cleaning process. Once the water is out of the boathouse, he will be able to pressure wash the walls and floors and begin disinfecting the whole place along with the equipment.

O'Dell said it's time to start looking for solutions to the flooding. He said it's the fourth flood in three years, so he's beginning to realize "we've got some problems."

"Maybe when we start to do renovations to this side, maybe we add concrete to this floor and raise it up a few more inches," O'Dell said. "I don't know, though. We're talking about feet (of flood waters)."

The hardest part of it all for O'Dell is the paddlers who won't be able to get out on the water to train, especially with the U.S. team trials for sprint canoe and kayak coming up in about six weeks. It's all about safety; so for now, all O'Dell and the rest of the athletes can do is wait.

"This puts us behind the eight-ball, so to speak," O'Dell said "We prefer them not to (practice), because who knows how much bacteria is in that water."

2-27-19

HallBall is ready to roll

BY LAYNE SALIBA

lsaliba@gainesvilletimes.com

After taking just one season off from HallBall in the fall of 2018, the league's founder, Trey McPhaul, knew he had to bring the adult kickball league back.

"I never thought it would grow to this point," McPhaul said. "When we started, I used to have to call (Gainesville Parks and Recreation) and beg them for just one hour on one field between little league baseball games ... Now they call me."

The league will return to the Lanier Point Athletic Complex March 14 through May 9. Registration is \$54 per person, but there are discounts for teams of 11 or more players. Rules for the game are the same as baseball, except players get four strikes, four balls and players can strike out on foul balls. Players can also peg each other with the ball.

McPhaul said taking a season off seemed to help Hall's heart grow fonder. He already has 10 teams registered and is hoping to get to 12 or more. Registration ends March 4.

"It's just a fun thing to do and something positive after work — get some exercise, run around ... it's good for team building and morale for the office," said Matt Leipold, an attorney with the Hall County Public Defender Office, which has a team in the league. "It always starts out pretty calm, but when it's a close game, it gets pretty heated."

He's been a part of HallBall since 2014, recruiting most of his co-workers at the office to join the team — named the Gainesvillains — that has won three championships over the years.

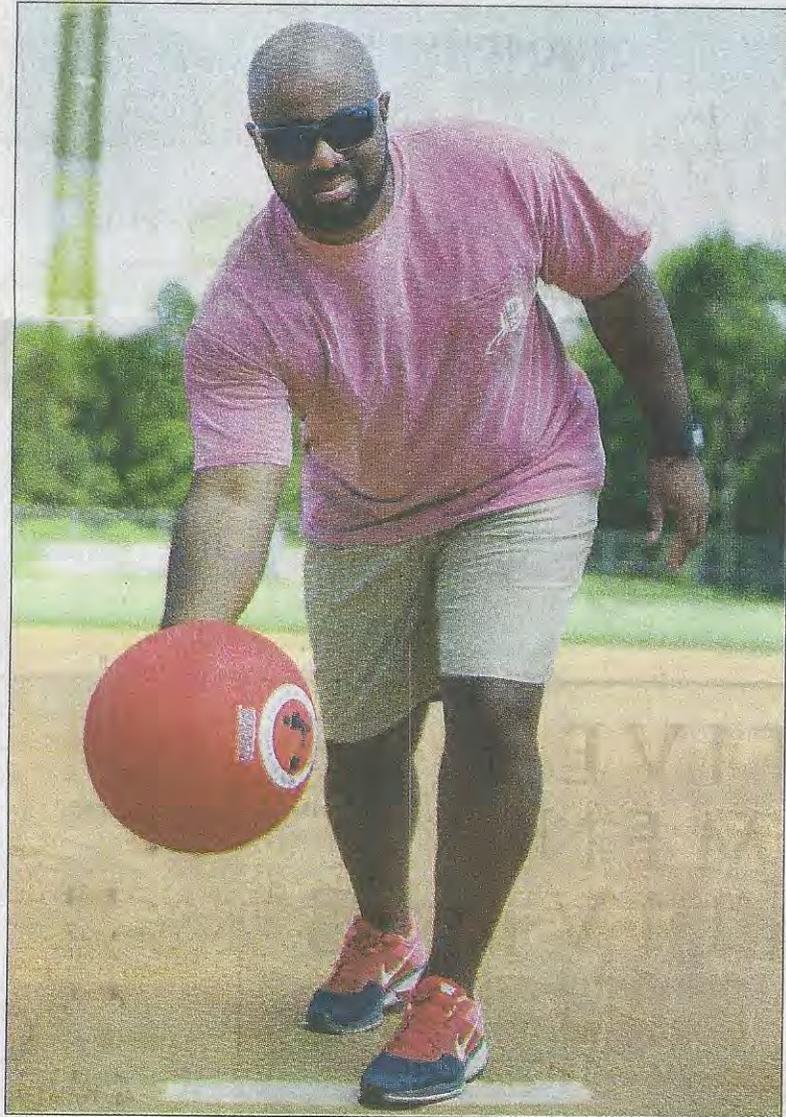
Chloe Owens, also an attorney with the Public Defender Office, moved to Gainesville recently and quickly joined the team. She played her first season with the team and has been hoping the league would start back up ever since.

"My first season was really good," Owens said. "It was a lot of fun. It does get competitive ... But it was good enough to come back."

McPhaul said another team that has stood out is the Holy Rollers, a team from Lakewood Baptist Church. Other than those two, companies like Kubota, Mansfield Energy Corp., Mellow Mushroom, Carroll Daniel Construction, Syfan Logistics and other groups of friends and coworkers who typically join the league.

And that's what it was all about when HallBall started.

McPhaul was playing kickball with some friends at his daughter's first birthday party when they thought about the sport being an organized event, similar to intramural sports in college or adult softball leagues. Once they looked into it, they found a company



The Times file photo

Trey McPhaul, the founder of HallBall, poses for a photo at Lanier Point Softball Complex. McPhaul started HallBall in 2013, and the adult kickball league has grown from six teams at the start to a height of 12 teams and more than 204 players.

HallBall

What: Adult kickball league

Where: Lanier Point Athletic Complex, 1579 Lee Waldrip Drive NW, Gainesville

When: Thursdays, March 14-May 9

in Atlanta, where the McPhaul family was living at the time, and decided to join. After a few seasons in that league, they moved to Gainesville and wanted to continue playing, but didn't want to commute to the Atlanta area every week.

So in 2013, he founded HallBall.

"I just love kickball, and love being around people, so that's really the reason why," McPhaul said.

He doesn't take himself too seriously — he laughs quite a bit when he talks about the league — but McPhaul said the teams do.

"There are some people that get pretty serious," said McPhaul, who mainly sits on

the sidelines and enjoys watching and occasionally refereeing now. "They're crazy with the way they pitch the ball. (A pitcher) struck me out swinging two years ago. I didn't foul out. I kicked myself in the shin trying to kick a ball."

For McPhaul, who's in the software business by day, it's a way to get out in the community and get to know people. That's what he said he enjoys and what he wants to offer others in the area.

"It's just fun to get out and meet other adults," McPhaul said. "You just get to go outside and run around like you're in fourth grade again. That's pretty much it. There's not a ton to it. It's just fun to play kickball sometimes."

And that's where his mind goes every time he's around the game. He said he vividly remembers playing kickball in elementary school, scheming with friends to make sure they were on the same team so they could beat the other kids. Now,

a couple decades later and he's making money — albeit not a lot of money — off the sport most adults have fond memories of.

"It just amazes me that I make any money," McPhaul said, laughing. "The first three seasons we broke even. That was it and we were happy because we had a kickball league."

But it's not all blowing off steam for the players, some of whom remain deadly serious about their team and the league.

"One defensive mistake that loses a game and you're going to get yelled at," Leipold said. "You're going to get some criticism for it."

While it is a business, and McPhaul owns the league, he said he doesn't see it as work.

"It's just fun to get out there and talk to people about whatever and heckle them while they're playing kickball," McPhaul said.

Ohio woman named as sole finalist for Gainesville Parks and Rec director post



By AccessWDUN Staff

Contact Editor

After a search that began in November, the Gainesville Parks and Recreation Board of Directors has selected a finalist for the agency's director position.

"It is my pleasure to announce that Kate Mattison is the sole finalist for the position of Parks and Recreation Director," Board Chairman John Simpson said in a press release. "We look forward to bringing Mrs. Mattison to Georgia next week to see if Gainesville is a perfect fit."

According to information from city officials, Mattison has been with the City of Dublin, Ohio, Department of Parks and Recreation for the past five years. Previously, she was with the City of Gahanna, Ohio, Department of Parks and Recreation for four years.

Mattison holds a Bachelor of Science Degree in Sports Management from Ohio University and a Master of Science Degree in Recreation, Sport and Tourism from the University of Illinois.

The Parks and Recreation Board received 63 applications for the position and narrowed the field to seven candidates, ultimately naming Mattison the sole finalist. She will have a final interview with the Executive Committee of the Parks and Recreation Board.

If approved, Mattison will follow Melvin Cooper as director of the agency. Cooper will retire in May after 47 years with Gainesville Parks and Recreation.

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NGPG Urgent Care (Gainesville) 770-219-7777

Northeast Georgia Diagnostic 770-536-9864

Pursonality 678-464-4501

The Insurance Source 770-532-1900

Watkins Total Healthcare 770-534-0656

HEALTHY LIFESTYLE CHALLENGE LOG - WEEK 4

THIS WEEKS WINNER WILL RECEIVE A MEMBERSHIP FROM



Name: _____ Age: _____

Email Address: _____

Phone Number: _____

Signature: _____

Goal | Sun. | Mon. | Tues. | Wed. | Thurs. | Fri. | Sat.

EXERCISE:

Walking/Hiking

Weightlifting

Cardio

Outdoor Activity

Sports

Yoga

Other

NUTRITION:

Water Consumption

Increased Vegetable Consumption

Increased Fruit Consumption

Avoided or Decreased Sugar Consumption

Avoided or Decreased Caffeine

Consumption

Family meal together

WELLNESS/STRESS REDUCTION:

Avoided or Decreased Tobacco Usage

Avoided or Decreased Alcohol Usage

Replace 30 minutes of electronic activity (phone, television, computer) with electronics free activity

Reading for pleasure

Relaxation/Meditation

Volunteering

Spiritual

CHECKUPS:

Get a physical

Get a mammogram

Get an eye exam

Get a dental check up

Get a colonoscopy

Get a hearing test

PROTECT MY FUTURE SELF:

Make appointment with accountant

Make appointment with financial planner

Make appointment with insurance expert

Make appointment with banking expert

Give Back

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2-10-19

