Taste of Gainesville

What: Restaurants will serve popular items from their menus
When: 6-9 p.m. Sept. 22
Where: Lake Lanier Olympic Park, 3105 Clarks Bridge Road, Gainesville
How much: $30-35
More info: 770-287-0077, tasteofgainesville@lakelanierrowing.org, lakelanierrowing.org

Healthy Aging Expo

What: Demonstrations, expert speakers, health screenings and other entertainment
When: 10 a.m. to 1 p.m. Sept. 26
Where: Frances Meadows Aquatic Center, 1545 Community Way NE, Gainesville
How much: Free
More info: 770-532-1234, www.facebook.com/events/1829260437111308/ 9-20-18

HALL COUNTY BOARD OF REALTORS
presents

CANCER AWARENESS LUNCHEON

HOPE

October 24th @ 11:30 am
Gainesville Civic Center

All Realtor and Affiliate members who are fighting cancer or are cancer survivors, please join us in celebrating the gift of life at our Hall County Board of Realtors monthly luncheon.
All participants encouraged to wear pink!
PLEASE go online to RSVP for this Special Luncheon.
Judie Crawford, President of HCBOR, is a breast cancer survivor

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Photos by SCOTT ROGERS | The Times

Gerald and Suzanne Uecker stop by the Belk booth Wednesday, Sept. 26, during their visit to The Times' Healthy Aging Expo at the Frances Meadows Aquatic Center.

9-27-18

'Vital to their health'

Photos by **SCOTT ROGERS** | The Times

Visitors to The Times' Healthy Aging Expo stop by booths set up inside the Frances Meadows Aquatic Center Wednesday, Sept. 26. The second annual expo showcases vendors focused largely on health matters, but attendees also can get information on how to better prepare for the golden years through finances, housing and fitness.

Hundreds turn out for The Times' Healthy Aging Expo

BY JEFF GILL
jgill@gainesvilletimes.com

Laura Irvin had planned to go to the Frances Meadows Aquatic Center in Gainesville Wednesday, Sept. 26, just for swim class when she stumbled upon The Times' Healthy Aging Expo.

And she's glad she did.

"It's pretty neat," said the North Hall resident, holding a bag of free items she had picked up going from table to table.

Irvin was one of several hundred people crowding into the center off Jesse Jewell Parkway for the free event.

The annual expo showcased vendors focused largely on health matters, but attendees also got information on how to better prepare for the golden years through finances, housing and fitness.

"A lot of our clients are in the (older) population," said Michael Wolfe, nutritionist at The Vitamin Shoppe, which was handing out food and drink samples.

In addition to vendors, the expo featured prizes, screenings and classes offered by the aquatic center in Zumba, yoga and

■ Please see **EXPO**, 8A

John Sullivan looks at his spine alignment with help from Wendy Loera at the Watkins Total Healthcare booth.

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EXPO

■ Continued from 1A

water activities.

Jackson Boyum, a Humana marketing representative, spoke in a program about Medicare, particularly noting that open enrollment is Oct. 15-Dec. 7.

"We have changed some of our options," she said.

However, Boyum added, "Medicare doesn't allow you to discuss any options until Oct. 1."

Irvin was glad Longstreet Clinic had a table at the event.

"I go to them for everything," she said.

Northeast Georgia Health System also had a few representatives on hand, including Aileen Jackson of The Joint Care Center.

"Our population are folks who have worn out their joints," she said. "I help guide (patients) through the process, because it can be a little scary."

Josh Davis of East Hall said he believed the event "had a lot to offer people. It's kind of like the YMCA here."

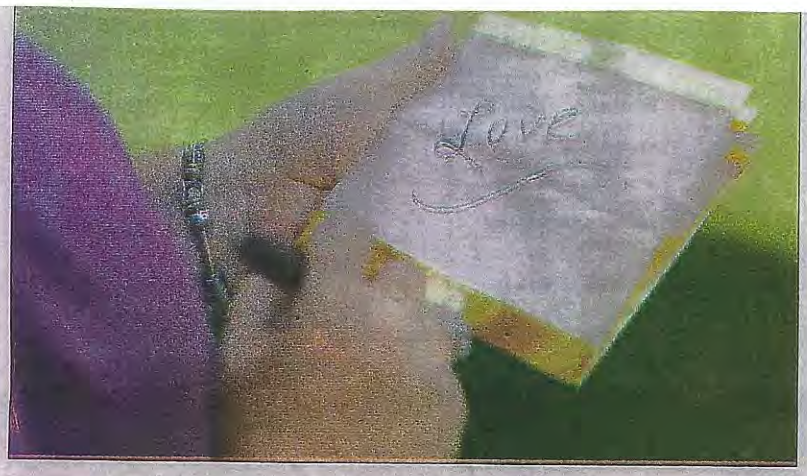
Norman Baggs, general manager of The Times, said the newspaper was "proud to be able to host the Healthy Aging series of expos and appreciate the support of our sponsors in making them happen."

The event took place last September at Frances Meadows and this March at The Venue at Friendship Springs in Braselton.

"We hope a lot of people will take advantage of this opportunity to obtain information that may be vital to their health and overall well-being."

Kathleen Bonds was one of several hundred people crowded into the center off Jesse Jewell Parkway for the free expo.

9-27-18



Lighting up the night sky

Lantern Festival the next big thing at Lake Lanier Olympic Park

BY ASTA CEESAY
aceesay@gainesvilletimes.com

Hundreds of lanterns will glitter under the evening sky this October in Gainesville's first Lanier Lantern Festival.

Intended to promote unity and peace, the festival aims to bring thousands of people to the Lake Lanier Olympic Park to release candlelit, rice paper lanterns from the shores of the lake.

"The whole meaning behind releasing lanterns, whether it's the lanterns you release in the sky or on the water, it's all about positivity, about remembering, about rejoicing, about releasing," said Dannella Burnett, owner of Encore Elite Events and the organizer of the festival.

While this is not explicitly a religious event, Burnett hopes attendees can find their own meaning, within it — whether religious, spiritual or otherwise.

"I just think we need some more love in the world," Burnett said.

The Oct. 6 festival includes a packed schedule, with retail vendors, a craft tent for kids, food trucks and live music.

Live entertainment will include DJ JB Jams, magician Jeff McClure, comedian Marvin Lee, and singers Starr Phipps, Stephie Rae and Tenette Smith. Rapunzel and her endless locks will be in attendance for the festival (so bring the kiddos).

Food can be bought from Sherry's Bait and Barbecue, Cabaki's Catering, Kona Ice, Great American Cookies and Marble Slab Creamery, OBA! Brazilian Cuisine, ZiL Catering, Juke N Jive Creamery and Seven Seas Mediterranean Cafe. There will also be a cash bar with beer, wine and mixed Drinks

There will also be retail vendors: Goodmorning Glitter Boutique, Pure Romance, Origami Owl, Paparazzi Accessories, Ciaro Insurance Group, Mary Kay and AT&T.

Lanier Lantern Festival
When: 4-10 p.m. Saturday, Oct. 6
Where: Lake Lanier Olympic Park, 3105 Clarks Bridge Road, Gainesville
How much: $20 Adults, $8 children (4-12 years old), free younger than 4

For those worried about effects on Lake Lanier, Burnett emphasized the importance of using biodegradable lanterns specifically made for this kind of event. The lanterns will be picked up after their candles extinguish, but if any are left behind, they'll dissolve.

"We're not looking to trash the lake," Burnett said.

A portion of the proceeds from the night will go to Sober and Stoked, an addiction recovery program, and to Gainesville's own Interactive Neighborhood for Kids. INK suffered damage due to flooding at the beginning of the month and the group is still cleaning and preparing for new exhibits. The donation from the festival will help rebuild the museum.

"It's just incredible to see the impact over 16 years and that because of the continued support from the community, this is not going to be the end of INK. We will come back stronger, so that's the exciting part," Mandy Volpe, executive director of INK, said.

The October festival has already attracted a huge amount of attention online, where some 21,000 people have expressed interest in going on the event's Facebook page. Tickets range from free for children younger than 4 to $20 for adults and are available online.

For the first year, organizers are going to limit the number of guests to 2,000, but they hope to see growth in the near future.

"It is something new and different so we are keeping it small enough so it's manageable. But I would love to see this really grow and be one of those don't-miss-this-event-during-the-year events," Burnett said.

Photos by AUSTIN STEELE Get Out

Dannella Burnett of Oakwood Occasions holds a type of lantern that will be used in the upcoming Lanier Lantern Festival.

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Legacy Link
The Spa on Green Street
Gainesville Hearing Services
The Longstreet Clinic
Beverly Hills Massage
Mundy Mill Dental
The Vitamin Shoppe
BGW Dental Group

OUR ENTERTAINMENT

jB Jams

OUR SPEAKERS

Jackson Boyum - *Humana*
Atlanta Gastroenterology
Judy Paul - *KW Lanier Partners*
The Vitamin Shoppe
The Insurance Source
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