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Plains, but, it's supposed to be good news for young students.

On Sunday at Meeks Park, almost 200 kids between the ages of 6-12 years old showed up at Meeks Park to take part in a variety of activities, learn about healthy eating, and maintaining an active lifestyle to reduce obesity, asthma, diabetes, high blood pressure, sleep disorders, depression, and bullying.

Union County's first Let's Move! Day was held in 2012, however this year's edition was a greater success.

The focus is to provide schools, families and communities the simple tools they need to help kids be more active, eat better, and get healthy.

"The General Conference of the Seventh-Day Adventist Church had this idea to promote this through every local church in the United States," Blairsville Seventh-day Adventist Church & Better Living Center Pastor Valentin Rusu said. "Not every church did it, but we chose to do it in Blairsville. So this idea isn't a new idea but it's new for Blairsville."

"We appreciate all of our sponsors who made this possible. Bi-Lo is here providing healthy foods, Young Harris



Kids at play is what it's all about at Let's Move! Day. Photo/Todd Forrest

College Athletics, the Sheriff's Explorers, and Commissioner Paris all helped make this possible," Rusu said.

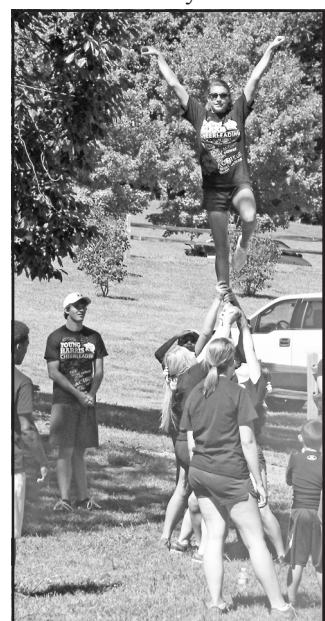
According to Helen Lowery, this year's event was a hit with most of the credit going to the Union County School System.

As a result, the attendance was more than double that of the 2012 Let's Move!

Day. "We can't thank the Union County Elementary and Middle School enough for allowing us to send home flyers with the students," Lowery said. "We also hung up signs, did some advertising, and did a better job of getting the word out this time around. Last year we had about 80 kids. This year we had between 150-200 kids,

which according to the staff at Meeks Park, is remarkable."

Let's Move! seeks to combat the epidemic of childhood obesity and encourage a healthy lifestyle through a comprehensive, collaborative, and community-oriented initiative that addresses all of the various factors that lead to childhood obesity.



Young Harris College's student athletes played a pivotal role at Let's Move! Day 2013 at Meeks Park in Blairsville. Photo/Todd Forrest

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event is a new idea, complimenting the "Mountain Fling" arts and crafts show during the last week of June and the Mistletoe Market and Sugar Plum Tea Room arts and crafts show on Nov. 23rd and 24th, also at North Georgia Techni-

cal College.

"They are all similar, but each one has a few different vendors," Guild President Joy Garcia said. "But this is the first time we've had this (fall) show, while the other two have taken place for several years."

According to Garcia, the show was maxed out on the number of vendors the college could hold, and the turnout exceeded expectations despite the rain and it being the first ever fall show.

"We've had a very good turnout in spite of the rain, we're full of vendors, and we've only had one vendor call in sick, but we still have more than 40 vendors" Garcia said.

The planning for the "Celebrate Autumn" event began almost nine months ago, and as soon as the event was approved by North Georgia Technical College, word spread like wildfire and the tables quickly sold out, with the Guild members getting first dibs.

"We started all of this in January, and as soon as we got the contract signed that we could have it here, we started getting word out to the public, and it filled up pretty fast," Garcia said. "Usually when its announced that its going to be an inside show, the spots go pretty quickly. Of course our members are given priority when it comes to setting up."

One of the vendors, Leslie Kyroutac from Hayesville, NC and her Treasures in the Wind booth was one of the more popular booths on Saturday afternoon.

"Everything I make from candles to wind chimes are all made out of recycled bottles," Kyroutac said. "This is my first time here, I usually do a lot of work from my home studio and over at the John C. Campbell Folk School, Arts in the Park, and the Festival on the Square. I have really enjoyed this show here today and am looking forward to coming back to the one in November."



It was a good two days to shop at the First Celebrate Autumn Festival at North Georgia Technical College. Photos/Todd Forrest



Decisions, decisions. Patrons had many incredible arts and crafts to choose from at the First Celebrate Autumn Festival at North Georgia Tech. Photos by Todd Forrest