

Speakers Inspire at “Encore: The Festival”

June 4 event also featured music, art, magic, adventure and more

NEW HOLLAND, Pa. — June 6, 2011 — In certain pockets of the world known as Blue Zones, people outlive the average American by 13 years, author and explorer Dan Buettner told a multi-generational audience at “Encore: The Festival” last Sat., June 4 at Garden Spot Village. What’s more, they experience fewer illnesses at the end of life.

“It’s a rich and painless way to live,” Buettner said about “the Power 9”—nine traits that people who live in the Blue Zones have in common. These include getting lots of low-intensity exercise, eating a mostly plant-based diet, having a strong sense of purpose and being part of a faith-based community.

“This is research-based, practical and actionable information,” said Steve Lindsey, chief executive officer at Garden Spot Village. “We’ve been following Dan Buettner’s work for years and are intrigued by the truths he promotes.”

Buettner’s presentation was one of about two dozen lectures, panel discussions and workshops throughout the day. Other presenters included theologian and author Leonard Sweet; Butch Hobson, manager of the Lancaster Barnstormers; and motivational speaker Janet Oberholtzer, as well as experts in social media, nutrition, marital relationships, genealogy, volunteering and more. In conjunction with Lancaster Roots 2011, members of the Lancaster Mennonite Historical Society gave presentations on writing memoirs and using photography to create family heirlooms, as well as demonstrations of a variety of folk arts and storytelling.

The event offered something for everyone, from a rock-climbing wall and tethered hot air balloon rides to cooking demonstrations to jugglers, magicians, musicians and other entertainment at various locations throughout the 104-acre campus throughout the day. Members of Heads Up Lancaster painted canvases and entertained with “random acts of culture”. Artisans presented an array of fine handicrafts for sale, and a food court offered a varied menu, from tacos, salads, stir fry, beef brisket and pulled pork to ice cream, gourmet muffins and cupcakes. The day ended with a performance by blues/ragtime guitar wizard Toby Walker and hand-clapping, roof-raising show by the five-time Grammy® Award-winning Blind Boys of Alabama. The widely popular group played several selections from their new album, *Take the High Road*, as well as favorites such as “Way Down in the Hole,” “Spirit in the Sky,” “Free at Last,” “Amazing Grace” and “I Saw the Light.” Vocalist Jimmy Carter has been singing with The Blind Boys since the group was formed in 1939.

“Most of our speakers, workshop leaders and entertainers are 50-plus and celebrating their life,” said John Farber, chief operations officer at Garden Spot Village. “As Len Sweet said, age doesn’t matter—what matters is what you’re doing with your life.”

Sponsors of the event included Garden Spot Village, WXPB, State Farm, Sodexo and Lancaster Roots 2011.

For more information, visit www.EncoreTheFestival.org.