



TIM MASSEY | THE DAILY TIMES

PENNY MCINTOSH ADDRESSES THE CROWD before showing "Fed Up." McIntosh is a nutritionist and health coach and wanted to get this documentary out there about sugar and the health crisis.

SUGAR: McIntosh hopes viewers will show film to others

FROM 8A

But, lobbyists in the food industry "hit the roof," according to "Fed Up."

What happened next has ramifications to this day. The lobbyists convinced Congress to tell the WHO it would withhold millions of dollars if that report came out.

"We extorted the WHO to bury this document," the documentary reports. To this very day, there are no daily allowances for sugar listed on food labels.

Fast food in public schools and the marketing of fast food to children are all responsible for the obesity epidemic in this country, according to the documentary. Junk food is sold everywhere. Gas stations used to sell gas; now they sell snack foods and soft drinks.

The documentary makes the assertion that our federal government is part of the problem because it doesn't stand up to special interest groups.

Celebrities are used to peddle unhealthy food choices to children, and health insurance companies buy stock in fast food, according to "Fed Up."

"A lot of industries make profits off of people being unhealthy," one expert says in the film. "They have an interest for people to continue to be unhealthy."

One expert being interviewed said we would go to war if a foreign country were causing our children to become obese, affecting their health, causing them to be depressed and have



LOU CAMPBELL GRABS SOME SNACKS before the screening of the documentary "Fed Up" hosted by Penny McIntosh at the Capitol Theater in downtown Maryville. The documentary tells the story of a sugar epidemic in this country and the toll it's taking on children and teens

poor self-esteem. "Why do we accept this from our own government?" he asks in the film.

IT USED TO BE CIGARETTES

We have been down this road before, Couric says.

She compares junk food to cigarettes back in the 1950s, when the link had already been established between smoking and lung cancer. "The tobacco industry denied it for 50 years," Couric says in the film.

The teens in the film

are shown exercising and trying to eat the right foods. One girl said her school has a fast food choice every day so practically no one is eating the healthier choices. The young teen who weighed almost 400 pounds ended up having bariatric surgery, unheard of for people his age.

Down the road, the obesity rate will take its toll on us and our economy, the documentary tells us.

"The financial consequences of this is stag-

'A lot of industries make profits off of people being unhealthy.'

quote from the documentary "Fed Up"

gering," the film says. "If you think the national debt is a problem, wait until you see the tsunami of the debt of obesity."

SUCCESS STORY

After the showing of the film, McIntosh introduced a man who gave up sugar recently.

Lane Shuler stood and told the crowd his weight got up to 245 pounds. That's when he decided to give up cakes, cookies, cupcakes and the like.

"The first 10 days were tough," he said. After that, it was smooth sailing. Now he allows himself to indulge on sweets one day per week. He said he feels better and has more energy since deciding to limit his intake of sugar.

McIntosh then asked each person attending the showing of the film to take the Fed Up Challenge and go sugar free for 10 days.

She said she hopes the folks gathered at the Capitol that night will decide to show the movie to their friends, families and coworkers. It starts with a few people wanting to make a difference, she said.

"I hope everybody here can take this information and make a change for the better," McIntosh said.

DAILY CALENDAR

PLAYTIME

SUBTLE CLUTCH AT THE HISTORIC SOUTHERN RAILWAY STATION: The band Subtle Clutch began when member Eli Fox did a school project a few years ago on the history of the banjo. Talks with his music teacher about finding some musical collaborators led him to Briston Maroney and Devin Badgett, both of whom played instruments and were fans of the sort of rootsy, bluegrass-inflected Americana of WDVX's eclectic mix of traditional and contemporary music. The trio performed in front of the student body after a couple of fast and loose practices, and they were so well-received that Badgett suggested they go down to Market Square to dusk. "When we started busking, we met a lot of people who thought, 'Oh, cute little kids on the side of the street,' but then they would listen for a second and realize there was a little bit more to it than that," member Jonathan Bailey told The Daily Times a couple of months ago. Adults stopped what they were doing to listen, and the boys were impressed by the money that was tossed into open guitar cases for their efforts. Bailey joined the fold shortly thereafter, and the guys began treating Subtle Clutch as a serious project around the same time. They've continued to raise their profile, and at 7:30 tonight, they'll perform as part of Blue Slip Winery's concert series at the Historic Southern Railway Depot,

306 W. Depot Ave. in downtown Knoxville. Tickets are \$10.

CLASSES OFFERED

BEGINNER BELLY DANCE CLASSES: Are being held at 6 p.m. Tuesdays and also at 10:30 a.m. Saturdays at a location just off Alcoa Highway. Call Alexia at 898-2126 or email alexia@alexia-dance.com.

CLUBS, ORGANIZATIONS

CHILHOWEE VIEW COMMUNITY CENTER: Will meet at 7 p.m. Thursday at the center.
ALCOA KIWANIS CLUB: Meets at noon each Thursday at Airport Hilton. For more information, visit www.alcoakiwanis.org.
THE FOOTHILLS QUILTERS: Will meet at 10 a.m. the first and third Thursdays of each month at Maryville Church of The Nazarene, 1610 E. Broadway, Maryville.
BETRAYED RETIREES ORGANIZATION: Meets at 11 a.m. each Wednesday at the United Steelworkers of America Local 309 Union Hall, lower level, Hall Road, Alcoa. For information write to P.O. Box 427, Alcoa, TN 37701, call 207-4184 or fax 977-9510.

FOOD EVENTS

THE WELCOME TABLE: New Providence Presbyterian Church, located at 703 W. Broadway in Maryville offers a free meal to the community from 5 to 6 p.m. each Tuesday. The Welcome Table is also offered from 5 to 6 p.m. each Thursday at

Maryville First United Methodist Church, 804 Montvale Station Road. All are welcome.

SELF HELP, SUPPORT GROUPS

GIFT OF GRIEF SUPPORT GROUP: Meets the third Thursday of each month at 7 p.m. at Monte Vista Baptist Church in Maryville. For more information, call the church office at 982-6070.

HAVEN HOUSE: Offers an educational class for victims and survivors of domestic violence and community members who are interested in learning about the cycle of violence and how they can help loved ones. For more information, contact the outreach office at 983-6818. A 24-hour crisis hotline is also available at 982-1087.
EDITOR'S NOTE: For a listing of Alcoholics Anonymous, Al-Anon and Al-Ateen meetings, please see this section every Wednesday.

NATIONAL ALLIANCE ON MENTAL ILLNESS (NAMI): Meets the fourth Thursday of each month from 6:30 to 9 p.m. at St. Paul Lutheran Church, 429 Sandy Springs Road, Maryville. For more information, call Jackie at 995-9933 or Kim at 579-5165.

BLOUNT MEMORIAL HOSPITAL'S CAREGIVERS SUPPORT GROUP: Meets from 6-7 p.m. Wednesdays on the hospital's 3-east floor. The group is a free service for any adult who cares for elders. For information call 977-5744 or visit www.blountmemorial.org.

BRIEFS

Prudentia Lodge taking applications for scholarships

Prudentia Lodge No. 719 of Alcoa is accepting freshman scholarship applications for the James Leonard Jenkins Scholarship. The lodge has awarded 18 scholarships in the past two years totaling more than \$68,000. The applications are for Blount County Masonic organizations, Blount County public high schools and Greenback High School. To obtain an application, contact your school counselor or call Johnny McCulley at 983-5598.

Clear's Silat hosting tai chi workshop

Clear's Silat, Street Kung Fu and Tai Chi is hosting a Tai Chi Level One Intensive and Certification Workshop Jan. 21-25. The workshop is open to all skill levels of tai chi study. It focuses on the best basic move sets and features unique chi kung meditation exercises for health.

The workshop lasts from 6 to 9 p.m. Wednesday, and from 10 a.m. to 6 p.m. Thursday through Sunday each day at Clear's Silat, Street Kung Fu and Tai Chi, 113 E. Broadway in Maryville. The cost to attend is \$795. Register by calling 379-9997 or online at www.clearsilat.com/workshops.

Students looking to complete teacher training can do so at this workshop. They must also pass a certification test.

Free tax assistance begins Feb. 2

AARP Tax-Aide will once again help low-to moderate-income taxpayers file their personal income tax returns at the Blount County Library from Feb. 2 through April 14. Trained volunteers will be available by appointment only to assist in filing the 1040 tax form and basic schedules. Beginning today, you can call 679-4634 or 679-4657 to make appointments. Calls will be accepted from 9 a.m. until 3 p.m. Monday thru Friday. Taxpayers with complex tax returns are advised to seek paid tax assistance.

If you are filing a joint return, your spouse should come with you to sign. If you can not keep your appointment, be sure to call and cancel so that someone else can be helped.

To assist in preparing

your 2014 tax return, you should bring a copy of your 2013 return and all of your 2014 tax information.

Mt. Lebanon seeks books for media sale

Mt. Lebanon Baptist Church Relay For Life team will host its eighth annual Book/Media Sale on Feb. 20 and 21 at the church. If you would like to donate books, CDs or DVDs, they can be brought to the church, located at the corner of Wildwood and Peppermint roads in Maryville. The sale will include a wide variety of children's books, inspirational books, Christian novels, biographies and more.

For more information, call Linda at 705-2213 or visit mlbctn.org.

Cheerleading classes offered at Everett

Cheerleading classes through Young Champions for ages 4-17 are being held every Thursday at Everett Recreation Center for every skill level, beginner to advanced. Registration will be held Jan. 29. Class times depend on ages. Ages 4-9 will be from 5:30 to 6:15 p.m.; ages 10-17 from 6:15 to 7 p.m. Level 5 elite is by invitation only and that class will practice from 7 to 8:30 p.m.

Everett Recreation Center is located on Everett High Road in Maryville. For more information, send email to ycoavillecoach@att.net.

MC chorus rehearsals slated for Feb. 3

The Maryville College Community Chorus, under the direction of Alan Eleazer, will begin spring rehearsals at 7 p.m. Tuesday, Feb. 3, at the Clayton Center for the Arts' Harry H. Harter Choral Rehearsal Room.

Rehearsals will be held from 7 to 9 p.m. on Tuesdays and will focus on preparation for a spring concert of opera choruses at 7:30 p.m. on Monday, April 27, in the Clayton Center for the Arts' Ronald and Lynda Nutt Theatre.

The chorus is open to all area singers of all talent levels above the age of 16. Music reading experience is helpful but not required. Registration and music for the choir will be available at the first rehearsal.

For more information, contact Eleazer at aleazer@maryvillecollege.edu or call 382-4970.

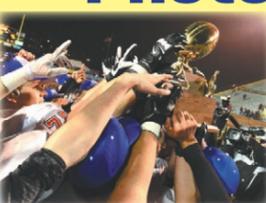
GET IN APPLAUSE!

Submit your achievements to Life Editor Melanie Tucker at melanie.tucker@thedailytimes.com or mail to: Applause, The Daily Times, 307 E. Harper Ave., Maryville, Tenn., 37804. Call 981-1168 for more information.

GET IN CLUB NEWS!

Submit your club news to Sunday Life Editor Linda Albert at linda.albert@thedailytimes.com by 4 p.m. Tuesdays. Only emailed submissions will be accepted and should be 300 words or less. The Daily Times reserves the right to edit for our style, content and space constraints.

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