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New Documentary Combats Childhood Obesity

By Arashi Young
Of *The Skanner News*

It's an overcast day in Cleveland, Miss. Golden sun rays trickle through trees as an obese teen runs through the woods. Davion Bland comes to a rest and speaks of his dream to become a football star.

Davion practices at a football camp, but he quickly gets tired and has to sit on the sidelines. Angry and dejected, his obesity threatens his dream and his life.

"I can't even participate through the whole thing," he said. "I've got diabetes already, I might not probably live that long. I want to live as long as everybody else."

Davion's story is told in the new documentary, *Bite Size*, which follows four teens from around the country on their journey to become healthier and lose weight.

The film will be screened July 29 at the Clinton Street Theater. Proceeds from the screening will benefit the Alliance for a Healthier Generation, a non-profit organization working to eliminate childhood obesity.

The event will also feature a short presentation on BEYOND 7/2, a record-breaking challenge by Colin O'Brady. The professional athlete will attempt to climb the tall-

est peak on every continent within 6 months. Through this feat, O'Brady hopes to raise \$1 million to combat childhood obesity.

According to the Alliance for a Healthier Generation, about one out of every three kids is overweight or obese. These children

her peers and mentors are either diabetic or pre-diabetic.

Bite Size explores the networks and influences surrounding the youth, from after-school athletic programs, to non-profit nutrition education classes, to weight loss

has one of the highest rates of obesity. The youth are surrounded by dense, cheap, processed foods and they aim to eat their money's worth.

A particularly heartbreaking scene from the documentary was when Keanna's school counselor, Lisa Ross, learns that there will be no budget for physical education equipment.

Ross, who is living with diabetes and trying to help kids lose weight, falls apart when she hears the news.

Bite Size shows the efforts to reach kids where they are and teach them skills that they will use for the rest of their lives. It emphasizes the importance of networks, support groups, mentors, family and friends.

Ross also believes the best motivation for healthy living comes from loving oneself.

Towards the end of the documentary, she summed up her thoughts: "If you don't see no good about yourself, I don't care how much weight you lose, it's coming back."

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are more likely to be overweight adults, carrying this extra weight throughout their entire lives.

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In the documentary, Davion gives a firsthand account of diabetes. He was the youngest in his family to be diagnosed at age 12. His bulky frame is well-suited to a tackle position, but due to his diabetes, his legs give out from under him and he is easily knocked over.

The other teens in the film don't fare much better than Davion. One is pre-diabetic. Another lives in a world where most of

campers. The parents struggle to find the right motivation to keep their kids active and engaged.

The parents and mentors themselves become entwined in the narrative.

As the teens struggle with their weight, their parents eat fried pork chops, McDonald's cheeseburgers and Cheetos cheese puffs around them. One of the teens literally grew up in a candy store, as her father managed a fudge shop.

The documentary touched on the relationship between poverty and obesity. Two of the featured teens live in Mississippi, which is one of the poorest states and

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Movies

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commentary by Barbara Walters, Tony Bennett and Carol Channing.

Phoenix (PG-13 for mature themes and suggestive

material) Post World War II saga, set in Berlin, about a disfigured, concentration camp survivor's (Nina Hoss) search for the husband (Ronald Zehrfeld) who had turned her over to the Nazis. With Kirsten Block, Uwe Preuss, Imogen Kogge and Nina Kunzendorf. (In German and English with

subtitles)

Runoff (R for drug use) Rural tale of survival about a desperate woman (Joanne Kelly) who will stop at nothing to keep a failing, family farm threatened with foreclosure afloat after her husband (Neal Huff) falls ill. With Raschel Bestard, Tom Bower and Drew Cash.

Samba (R for profanity) Omar Sy stars as the title character in this romantic dramedy, set in Paris, as an undocumented immigrant who falls in love with the advocate (Charlotte Gainsbourg) fighting his impending deportation back to Senegal. With Tahar Rahim, Izia Higelin and Youngar Fall. (In French, English, Portuguese, Russian, Serbian and Arabic with subtitles)

Unexpected (R for profanity) Baby-mama dramedy, set in Chicago, about a pregnant, public high school teacher (Cobi Smolders) who forges an unlikely friendship with a student (Gail Bean) also coping with an unplanned pregnancy. Cast includes Anders Holm, Elizabeth McGovern and Robyn Coffin.

The Vatican Tapes (PG-13 for disturbing violence and sexual references) Fact-based horror flick inspired by a real-life tale of demonic possession where a Catholic priest (Michael Pena) was summoned to exorcise a 27 year-old woman (Olivia Dudley) wrestling with a satanic force. Featuring Djimon Hounsou, Dougray Scott and Kathleen Robertson.

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8-5-15

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