

Revolutionizing *the way we eat*

Special to the Daily

Editor's note: This is one in a series of short reviews of films showing at the Breckenridge Film Festival.

"Food Patriots" is a sincere, compelling and funny documentary about one family's struggle with a foodborne illness and their attempt to change the way they eat. The film will screen at noon Saturday, Sept. 20, at the Breckenridge Backstage Theatre as part of the Breckenridge Film Festival.

After son Sam gets antibiotic-resistant campylobacter from a chicken Caesar salad, parents Jennifer and Jeff Spitz begin to research ways to create a healthier and more sustainable diet for their family. Their greater goal? Perhaps impacting the country at large.

What follows is an amusing journey of failed attempts at gardening and illegal backyard chicken farming, conversations with urban farmers about food deserts and inspiring stories about healthy eating from neighborhoods, suburbs, colleges, companies and even sports teams.

The focus is on the Spitz family, but the larger issue is paramount: health and environmental concerns of the American food system, the average citizen's role in it and changes that can be made for the better.

Jeff Spitz is a humorous veteran documentary filmmaker. Those with any interest in the status of the American diet



SPECIAL TO THE WEEKENDER

'Food Patriots' looks at the average citizen's role in the American food system.

and improvements toward a healthier and happier nutrition system will find this film worth the view.

The Breckenridge Film Festival runs from Thursday, Sept. 18, through Sunday, Sept. 21. Learn more about this and other films online at www.breckfilmfest.com.

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Aging at Altitude

Saturday, October 11, 2014 • 10 am - 2:30 pm

The Power of the Positive

Exploring the challenges and potential of an aging society

Join us for an educational program and discussion that may add years to your life and life to those years!

Presenter: Dick Ambrosius

Dick Ambrosius is an advocate for positive aging, storyteller and motivator with over 38 years of experience. Dick has educated and entertained audiences in 49 states and consulted with a variety of Fortune 500 companies, corporations and nonprofits.

WORKSHOP LOCATION:
Battle Mountain High School Auditorium
151 Miller Ranch Road, Edwards, CO 81632

Panel discussion to follow, see castlepeak.org for more details.

REGISTER AT www.castlepeak.org
or call toll-free: 844-261-3215
Cost: \$30.00 (includes lunch)

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The Frisco Adventure Park COO BREAKFAST

Presented by:
The Summit Chamber of Commerce

Learn what's on tap for the 2014-2015 ski season - straight from the Chief Operating Officers of Arapahoe Basin, Breckenridge, Copper Mountain, Keystone and Loveland Ski Areas! Special presentation by Ralf Garrison of DestiMetrics.

WHEN: October 9th 7:30 AM 10:30 AM
WHERE: Copper Mountain Conference Center
COST: \$45 for Chamber Members, \$50 for Non-members
VALUE: PRICELESS
HOW: Purchase tickets on-line at SummitChamber.org

Entry fee includes breakfast, one FREE lift ticket at Loveland, terrific prizes, and auction items!

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