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# CITIZEN-TIMES

THE VOICE OF THE MOUNTAINS



## FOOD 'GURUS' UNDER FIRE

Experts say some healthy lifestyle crusaders are spreading misinformation while others say cleanses, juices, carb-free diets are shortcut to success

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**W**ith a cacophony of food gurus and self-appointed experts advocating for often contradictory quick-fix diet plans, navigating the basic task of eating can be daunting.

One of the most popular health crusaders, Vani Hari, also known online as the "Food Babe," leads her army of followers in uprisings against so-called toxins in everything from Subway sandwich bread to Starbucks Pumpkin Spice Latte.

But Hari, a former consultant who studied computer science, has consistently come under fire for her lack of credentials. For example, her case against Starbucks PSL singled out the drink's caramel color, which she said is in carcinogen class 2B.

That sounds worrying until you consider the additive has rather innocuous neighbors in its carcinogen class: coffee, pickled vegetables, carbon paper and talcum powder.

"It's really difficult when people are giving advice and they haven't had biochemistry classes, physiology classes, psychology classes even," said Denise Barratt, author of "Vine Ripe Nutrition" and a registered dietitian.

Many are drawn to food personalities because they promise a shortcut to a better-functioning — and often more importantly to some — a better-looking body. But their messages can bring more confusion than clarity, and self-styled experts may profit from product endorsements and

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## Duke to advance choice for line route

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**MILLS RIVER** — Citing stresses to property owners who are uncertain if they will be impacted by a high-voltage transmission line plan, Duke Energy officials announced Friday they are hastening a decision to choose a single route.

Duke officials had initially planned to name a route in January; the company will now select a line in early October.

That announcement came as the Mills River Town Council on Friday adopted a resolution opposing transmission lines in that municipality. Polk County commissioners had taken a

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## Teacher aides assail NC budget delays by lawmakers

ASSOCIATED PRESS

**RALEIGH** — Teacher assistants are unhappy with North Carolina lawmakers for failing to pass a state budget and they are worried about their jobs a little more than a week before school goes back into session.

Assistants and their supporters spoke at a news conference Thursday, one day after lawmakers passed a bill to extend budget negotiations until Aug. 31. The budget was supposed to be completed July 1.

A big sticking point in negotiations is funding for the assistants. The House wants to retain funding at last year's levels, but the Senate wants it reduced by \$300 million over two years, or the equivalent of between 8,500 and 9,300 assistant positions, depending on who's counting. Senators want most of the funds shifted to hire 3,300 teachers in early grades.

Speakers at the news conference,

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