



AN INVITED TALKER



AN INVITED GUEST



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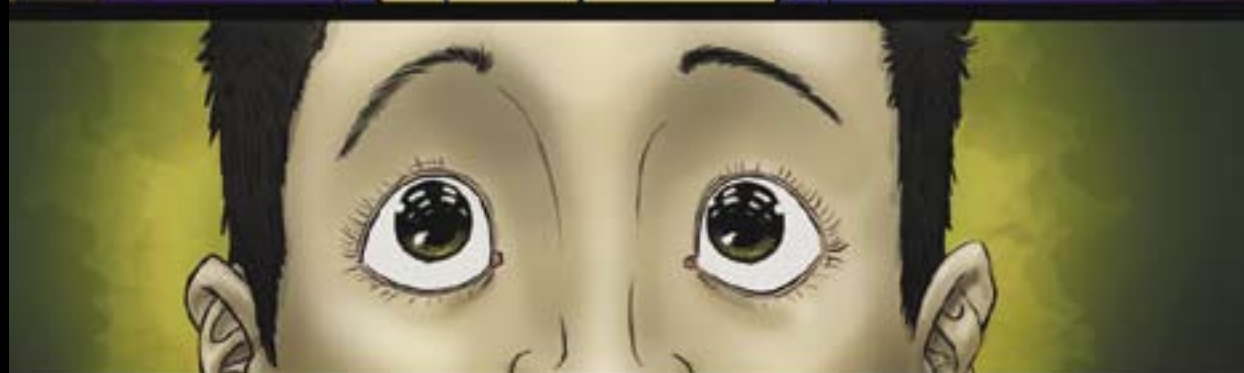
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OH YEAH...



HEY, DAD, CAN I HAVE A BAG OF CHIPS, TOOP



AH...YEAH, SURE.



AND CAN I GET A CANDY BAR?



YEAH, YEAH, OKAY. HEY, YOU GUYS!



I TOLD YOU YOU'RE BANNED FROM HERE...

OH, AND DON'T FORGET THAT YOUR AUNTIE IS COMING OVER TONIGHT TO TAKE CARE OF YOU. YOUR MOM AND I HAVE TO GO TO A MEETING TONIGHT.

I WON'T.

HEY, YOU! GET THAT OUT OF YOUR POCKET! I SAW THAT!

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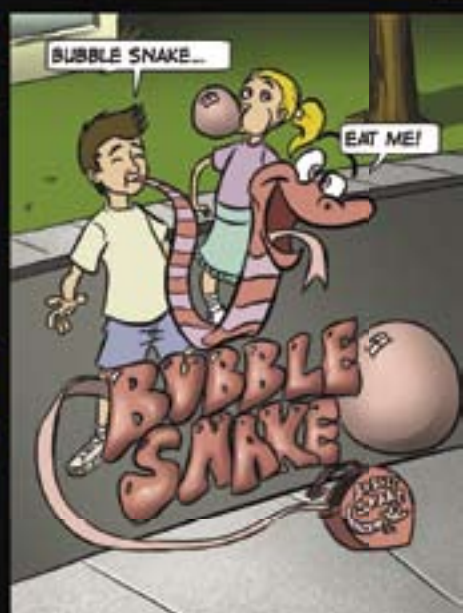
LATER...

OH HEY, HONEY.

YEAH. UH HUH. HE'S IN FRONT OF THE TV.

YEAH, OKAY. OH, HEY. CAN YOU BRING SOMETHING HOME FOR SUPPER? I DIDN'T HAVE TIME TO COOK.









ALL RIGHT. I JUST DON'T WANT TO BE THERE ALL NIGHT. IT'S SUPPOSED TO SNOW AGAIN TONIGHT.



OH, YOUR SISTER CALLED. SHE WON'T BE ABLE TO COME OVER AND LOOK AFTER RICKY.

AW, MAN. SO WHAT DO WE DO? JUST BRING HIM ALONG OR SOMETHING?



I CAN STAY HOME AND WATCH TV!



WHAT ARE YOU— CRAZY? YOU'RE EIGHT! NO WAY YOU'RE STAYING HOME ALONE.




JUST BRING SOME TOYS. IT WON'T BE TOO LONG.




FOUR HOURS LATER...


OKAY, THAT COVERS THE EXPENDITURES FOR THE FIRST QUARTER...



JUST ONE MORE ISSUE AND THEN WE'LL WRAP THINGS UP. I'D LIKE TO WELCOME OUR GUEST SPEAKER.



THANK YOU ALL VERY MUCH FOR WELCOMING ME TO YOUR TERRITORY. MY NAME IS JENNY AND I'M HERE ON BEHALF OF THE DIABETES CENTRE.




I'M HERE TO TALK TO YOU ABOUT THE THREAT OF DIABETES, ESPECIALLY IN RURAL COMMUNITIES SUCH AS YOURS.


DIABETES IS AN EPIDEMIC AMONG FIRST NATIONS PEOPLE...

FRESHER AND HEALTHIER FOODS...


DIABETES IS A LEADING CAUSE OF HEART DISEASE...




I THINK IT WOULD BE BENEFICIAL TO THE COMMUNITY IF PEOPLE MADE HEALTHIER CHOICES.



I NOTICED THAT THERE ISN'T A LOT OF VARIETY AT THE COMMUNITY STORE.



WELL, I'M VERY MUCH FOR A HEALTHIER SELECTION OF FOOD.



BUT MORE PEOPLE HAVE TO BUY IT TO MAKE IT AFFORDABLE.



FOR SURE. THAT'S PART OF IT. BUT SELLING JUNK FOOD CHEAP DOESN'T HELP THEM MAKE THE RIGHT DECISION.



OH, SO IT'S MY FAULT?



NO, I'M NOT SAYING IT'S YOUR FAULT. I'M JUST SAYING THE IMPORTANCE OF YOUR STORE TO THE DIET OF YOUR PEOPLE...



WHAT I THINK OUR GUEST IS TRYING TO SAY...



...IS JUST HOW IMPORTANT EVEN THE SMALLEST CHANGES CAN BE TO US.




WELL, I'M FEELING SINGLED OUT HERE, LIKE I'M THE BAD GUY.

AND UNTIL PEOPLE START CHANGING THEIR EATING HABITS, THERE'S NOT MUCH I CAN DO.












WE DON'T LIVE THAT FAR, AND WE SHOULD BE GETTING MORE EXERCISE. BESIDES, IT'S A NICE NIGHT. THERE'S NO WIND AND IT'S NOT TOO COLD.



THAT WOMAN FROM THE DIABETES CENTRE...




ALL THOSE EXAMPLES OF WHAT YOUR DIET CAN DO TO YOU...




THE RISKS OF NOT GETTING CHECKED OUT BY A DOCTOR, THE SIDE EFFECTS... IT'S PRETTY SHOCKING.


AAAHH, WITH YOU THE SKY IS ALWAYS FALLING!



HEY, I'M SERIOUS!




I THINK WE REALLY NEED TO START THINKING ABOUT WHAT WE EAT.



ALL RIGHT, ALL RIGHT.
WE'LL WORK ON IT
TOMORROW.

MAN, IT'S
REALLY
STARTING
TO SNOW.




THIS ISN'T GOOD.
I'VE NEVER SEEN
SNOW THIS THICK.

WE SHOULD BE
HOME BY NOW.




LET'S TURN AROUND
AND FOLLOW OUR
FOOTSTEPS BACK.

NO, THEY
WOULD HAVE
SNOWED IN
BY NOW.



WELL, WHAT ARE
WE GOING TO DO?


JUST CALM
DOWN...




CAPTAIN ZAZ?









WHERE ARE YOU?



WOW! CAPTAIN ZAZ!
I CAN'T BELIEVE
YOU'RE REAL!



THAT'S RIGHT, RICKY.
AND THERE'S A LOT
MORE OF US THAT
WANT TO MEET YOU!




REALLY? WHOP



THEN!







HE'S GOING TO BE SO GROUNDED WHEN I FIND HIM.



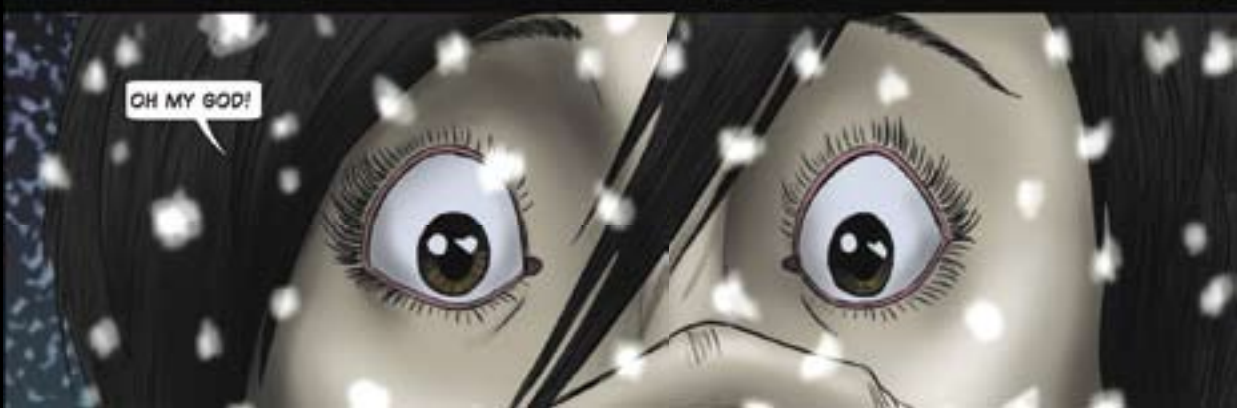
RICKY!



RICKY, DON'T YOU EVER RUN OFF LIKE THAT AGAIN, ESPECIALLY DURING A BIG SNOWSTORM LIKE THIS.




I'M SORRY, MOM.




OH MY GOD!




DIANE! RICKY!




I CAN'T BELIEVE THIS. WHY DIDN'T I RUN AFTER HER? I COULDN'T MOVE.




HUH? WHAT IS THIS?



HEY, HAVE YOU SEEN A LITTLE BOY AND A WOMAN RUN THROUGH HERE?



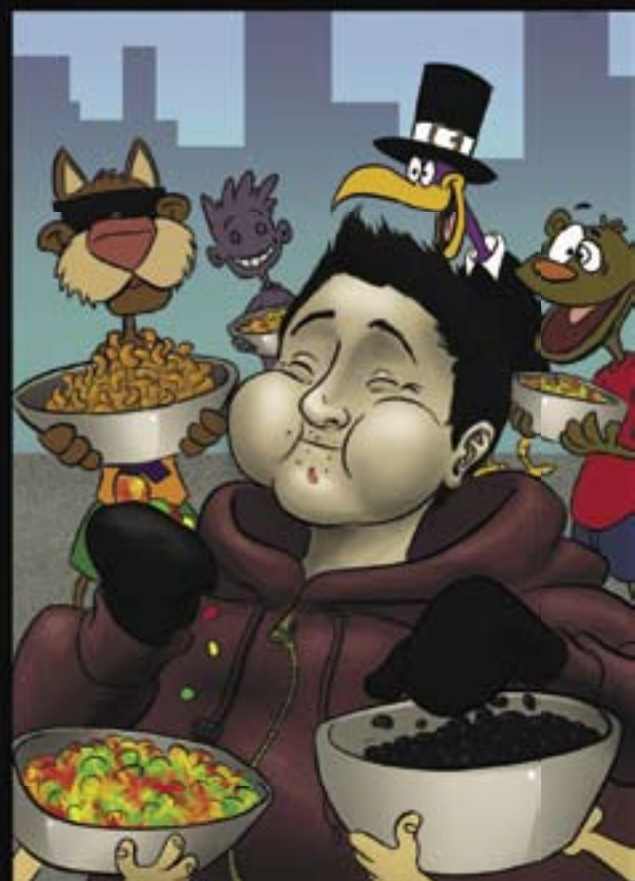
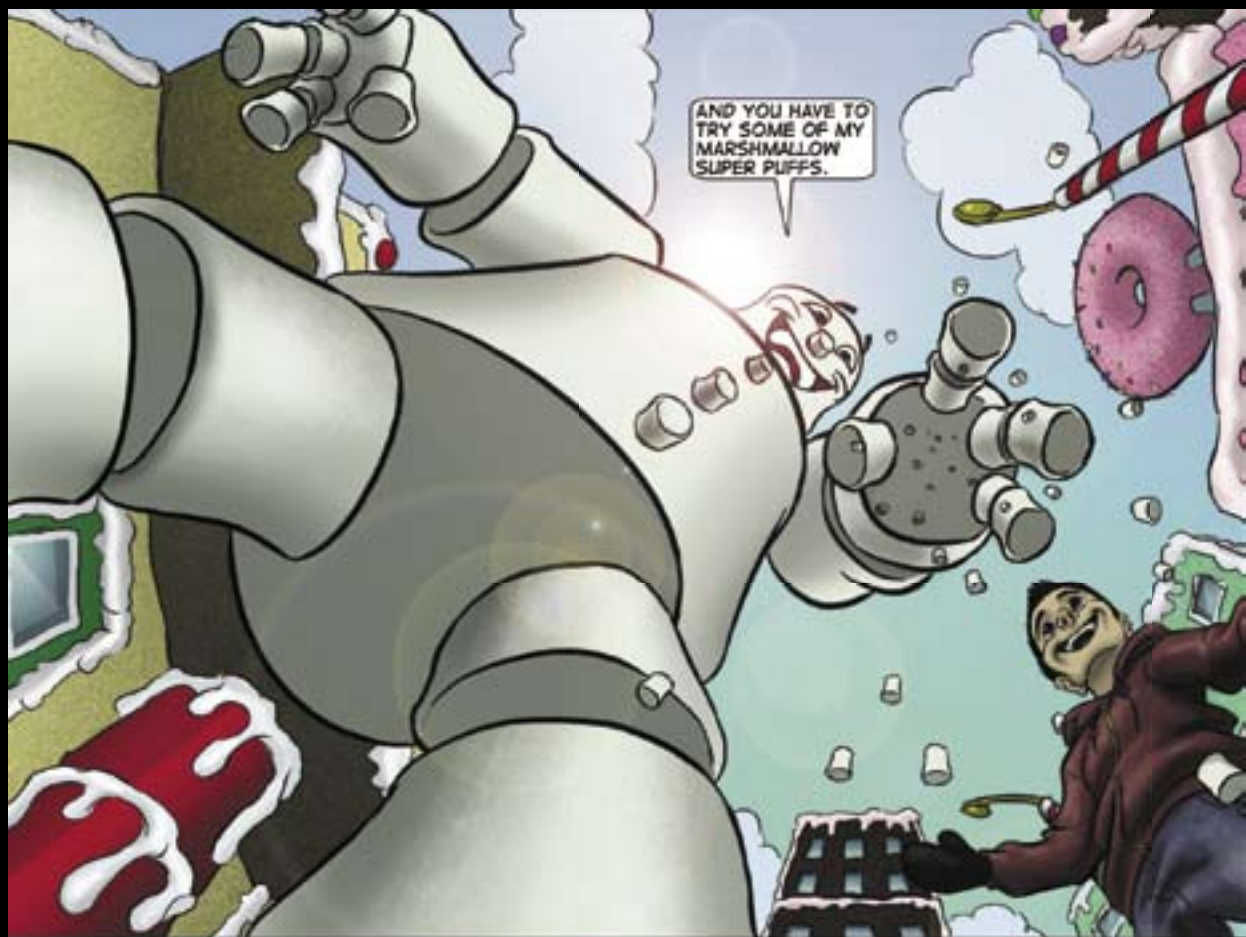
HEY, WHY AREN'T YOU LISTENING?




HEY!...HUH?











OH MY GOD, RICKY.
WHAT HAPPENED TO YOU?




WHAT ARE YOU
TALKING ABOUT?



YOU'RE...
OLDER--AND
SO...
DIFFERENT!



DIFFERENT
FROM WHAT?




DENNIS?



DENNIS!

WHY ARE YOU
CALLING DAD?



DAD'S GONE.



WHAT?!

YEAH...





OH MY GOD!
OH NO...



OH NO!



MRS. BURNS?



WHAT?



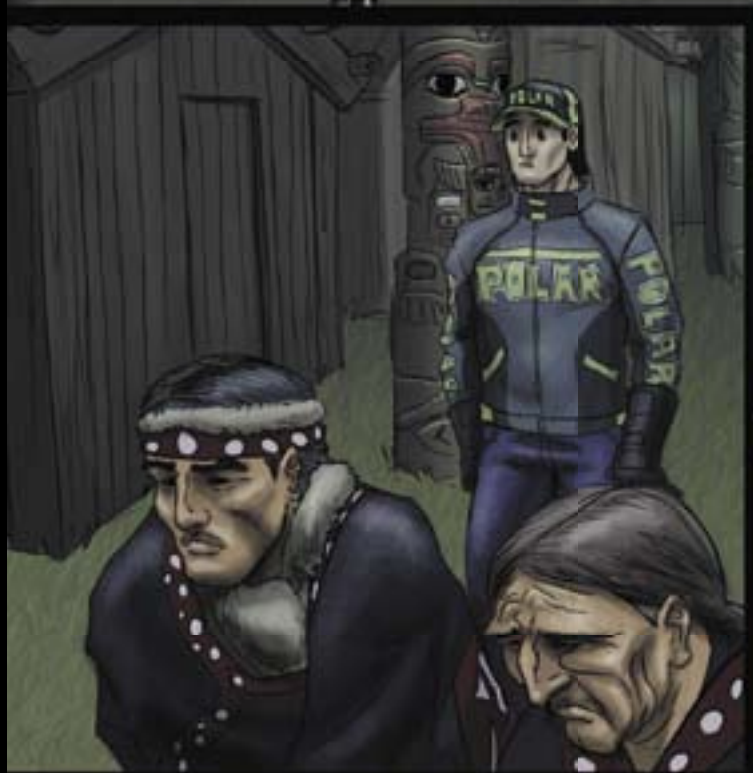
IT'S TIME
FOR YOUR
OPERATION...


MY OPERATION?

YES. COMPLICATIONS FROM YOUR DIABETES REQUIRE US TO AMPUTATE YOUR LEGS.


WAIT! I DON'T HAVE...

SEND IN THE SURGEON...







WHY ARE YOU
EATING THAT?
IT'S ROTTEN.




THAT'S DISGUSTING.
WHAT'S WRONG WITH YOU?




STOP IT!



OH GOD! DON'T
EAT IT ANYMORE!



THAT'S ENOUGH. STOP!



YOU! WHY DID YOU
BRING THIS HERE?



WHAT WILL YOU BRING YOUR PEOPLE?











NO WAY YOU'RE
GETTING MY LEGS.
I'VE GOT TO FIND
MY BABY!






HEY, RICKY! HAVE A ZAZ COLA TO WASH DOWN THOSE MARSHMALLOWS.




OH... NO THANKS. ACTUALLY, I'M NOT FEELING TOO GOOD.



OH, WHAT'S WRONG, CHAMP?




MY TUMMY HURTS. I THINK I ATE TOO MUCH CANDY.




SAY, I KNOW WHAT'LL FIX THAT!



REALLY? WHAT?



A ZAZ COLA!



WELL, I SHOULD GET GOING. MY MOM IS PROBABLY LOOKING FOR ME.







SHHH, BABY.
IT'S OKAY...





CHECK OUT OUR OTHER BOOKS



OUR SUICIDE PREVENTION COMIC, **DARKNESS CALLS**, HAS SOLD 50,000 COPIES ACROSS CANADA.



ON THE TURN, OUR GAMBLING ADDICTION COMIC, WAS RELEASED OCTOBER 2007.



AND **LEVEL UP**, ALSO DUE TO BE RELEASED LATE 2007, IS ABOUT STAYING IN SCHOOL.

MORE INFO AT
WWW.THEHEALTHYABORIGINAL.NET

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For more information
on Diabetes and its
prevention:

BC Nurse Line

1-866-215-4700

or

www.bchealthguide.org

Dial-A-Dietician

1-800-667-DIET (3438)

or

www.dialadietitian.org

Diabetes Resource Centre

1-800-268-4656

**National Aboriginal
Diabetes Association**

1-877-232-6232

or

www.nada.ca

**Kahnawake Schools
Diabetes Prevention
Project**

www.ksdpp.org

The Healing Trail

www.diabeteshealingtrail.ca

**Canadian Diabetes
Association**

1-800-226-8464

or

www.diabetes.ca