



the Healthy Aboriginal Network

non-profit promotion of health, literacy & wellness



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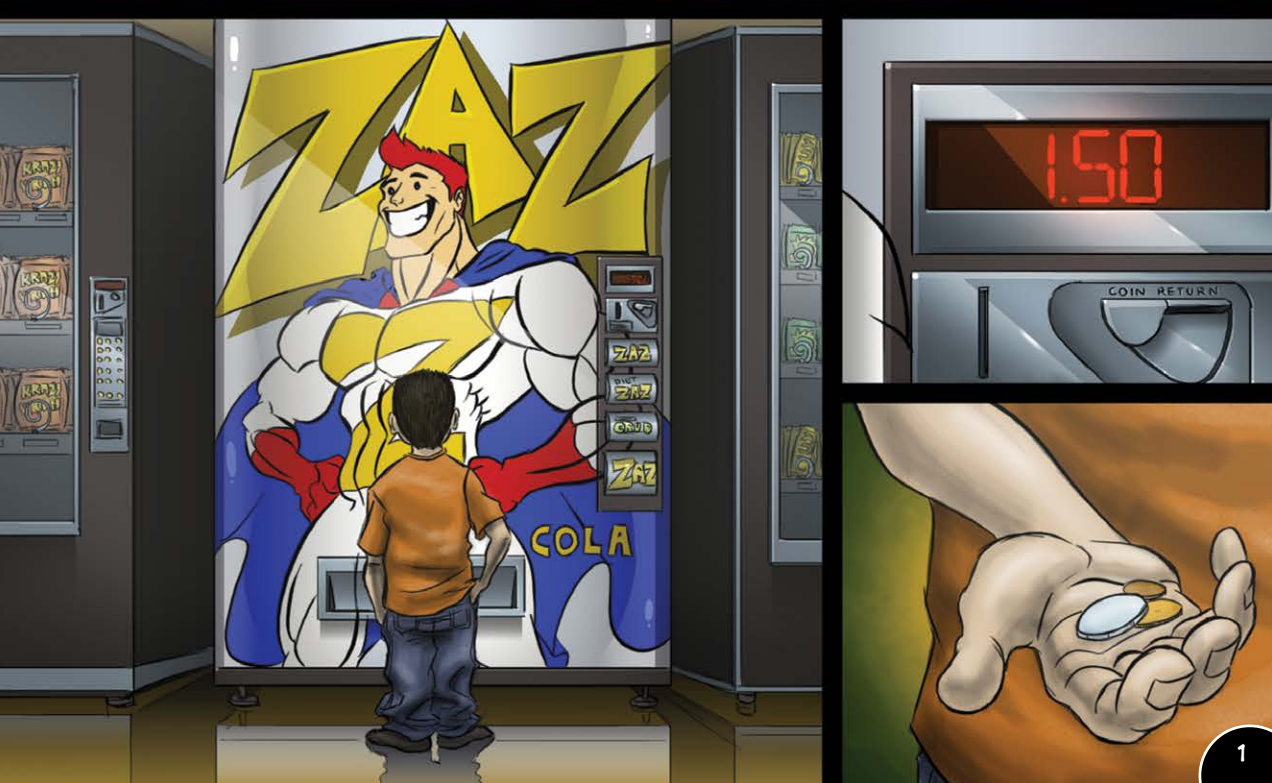
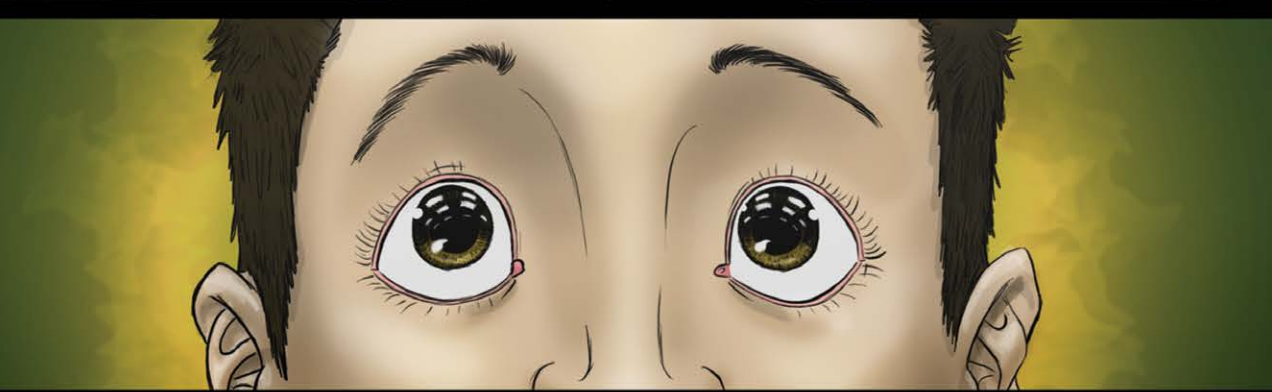
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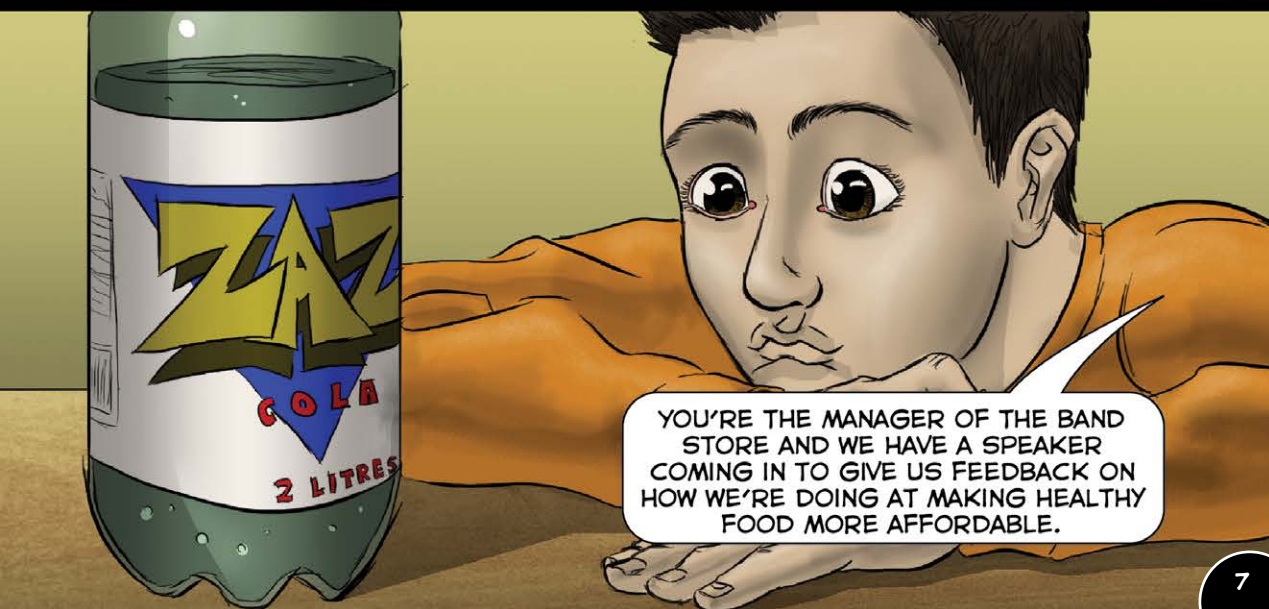














JUST ONE MORE ISSUE AND THEN WE'LL WRAP THINGS UP. I'D LIKE TO WELCOME OUR GUEST SPEAKER.

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

I'M HERE TO TALK TO YOU ABOUT THE THREAT OF DIABETES, ESPECIALLY IN RURAL COMMUNITIES SUCH AS YOURS, WHERE THE DIABETES RATE IS FIVE TIMES THE NATIONAL AVERAGE.

WE ARE ALL LIVING A MORE SEDENTARY LIFESTYLE. BUT IT IS UP TO US AS INDIVIDUALS TO KEEP MORE ACTIVE; TO EXERCISE ON A DAILY BASIS...

HAVE TO CUT DOWN ON FOOD THAT IS HIGH IN FAT, SUGAR AND SALT. PREPARED FOODS ARE ESPECIALLY POOR FOR YOUR HEALTH...

IT'S REALLY IMPORTANT THAT WE EAT MEAT, FRUIT AND VEGETABLES EVERY DAY. AND YOU WANT TO STAY AWAY FROM CARBOHYDRATE RICH FOOD, ESPECIALLY FOR CHILDREN.

I KNOW YOU'RE WORKING ON BRINGING DOWN THE COST OF HEALTHY FOOD IN THE COMMUNITY STORE, BUT I NOTICED THAT JUNK FOOD IS STILL A LOT CHEAPER.

THE PROBLEM IS THAT PEOPLE DON'T BUY THE HEALTHY FOOD, AND SO IT ALL GOES BAD. SO WE HAVE TO MAKE MONEY OFF THE JUNK TO SUBSIDIZE THE LOSS ON THE HEALTHY FOOD.

IF MORE PEOPLE PURCHASED FRUIT AND VEGETABLES, I COULD BRING DOWN THE COST A LOT.

THAT MAKES SENSE. BUT
SELLING THEM CHEAP
JUNK FOOD 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 THAT IF THE STORE
PRICES LETTUCE AT \$8
AND CHOCOLATE CAKE AT
\$2, WHICH ARE PEOPLE
GOING TO CHOSE?



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

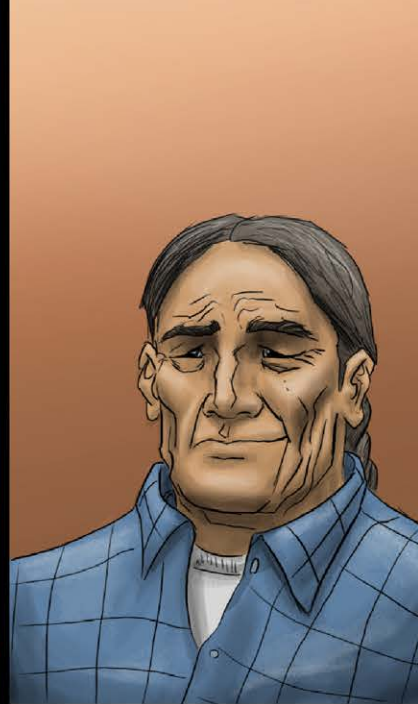


...IS JUST HOW
IMPORTANT EVEN
THE SMALLEST
CHANGES CAN BE
TO US.

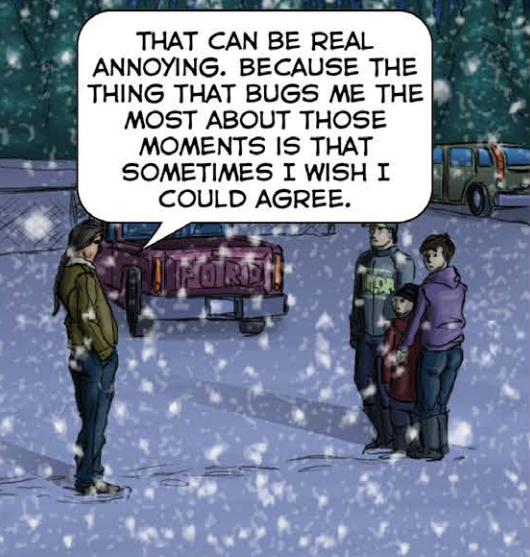


WELL, I'M FEELING SINGLED OUT HERE.
LIKE I'M THE BAD GUY.
CHIEF AND COUNCIL TOLD ME THAT THE STORE
IS A REVENUE SOURCE FOR THE NATION; SO I
HAVE TO MAKE MONEY. NOW UNTIL THAT
CHANGES, OR PEOPLE START CHANGING THEIR
EATING HABITS, THERE'S NOT MUCH I CAN DO.





THAT CAN BE REAL ANNOYING. BECAUSE THE THING THAT BUGS ME THE MOST ABOUT THOSE MOMENTS IS THAT SOMETIMES I WISH I COULD AGREE.



BUT I'M JUST SO TIRED AND MAD TO DO SO. THOSE MOMENTS ARE TOUGH. BUT SOMETIMES WE GET A CHANCE TO LOOK AT THOSE THINGS AGAIN.



SOMETIMES. WHEN THE TIME IS RIGHT.



HOW DO YOU KNOW HIM AGAIN?

CHA! I THOUGHT YOU KNEW HIM.

NO. I'VE NEVER SEEN HIM BEFORE TONIGHT.



WHY DIDN'T WE DRIVE AGAIN?





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 MINISTRY OF HEALTH...



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



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

AHHH, 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.



LET'S TURN
AROUND AND
FOLLOW OUR
FOOTSTEPS BACK.

NO, THEY WOULD
HAVE SNOWED IN
BY NOW.



WE SHOULD BE
HOME BY NOW.

WELL, WHAT ARE WE
GOING TO DO?

JUST CALM
DOWN...



CAPTAIN ZAZ?







WHERE ARE YOU?



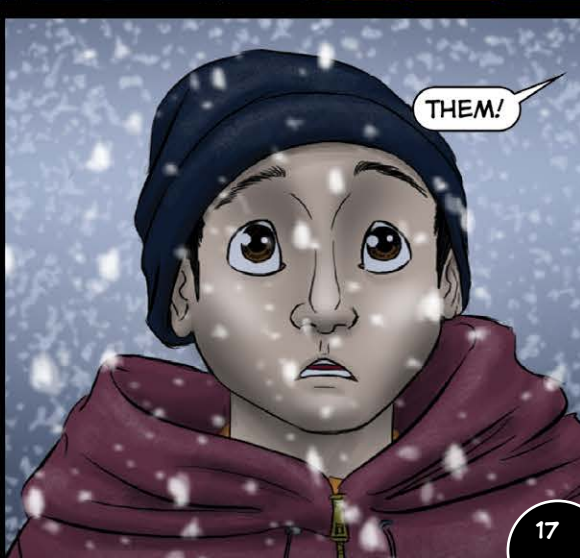
WOW! CAPTAIN ZAZ!
I CAN'T BELIEVE
YOU'RE REAL!



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



REALLY? WHO?



THEM!



OH WOW!



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



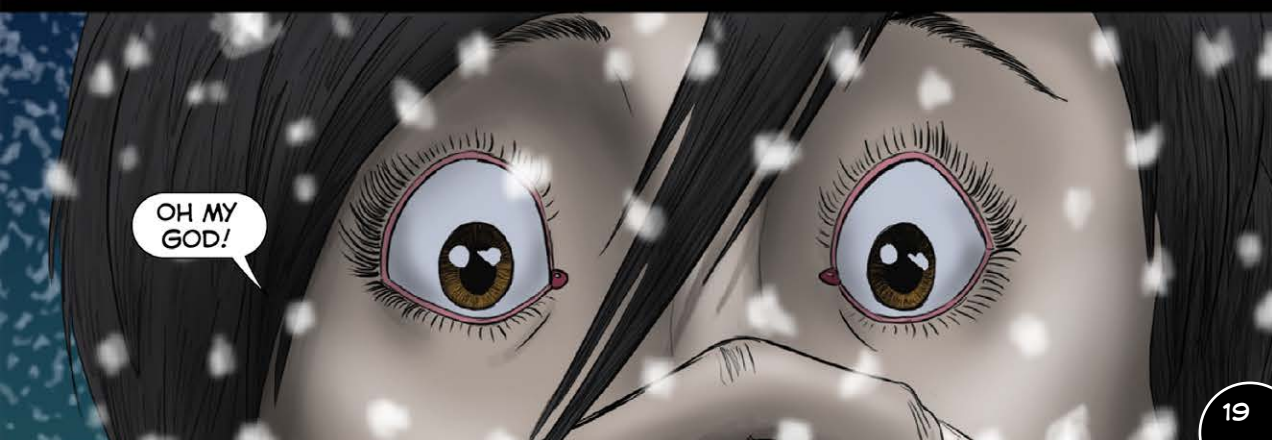
RICKY!



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?



AN INVITED TALK

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