



FRIENDS OF THE FAMILY

Episode 2. Healthy Food Stars and Stripes

FAN/HFLE - ASHE PROJECT

Based on THE BATTLE WITHIN

INT. MORNING. THE MYRIE HOME

GRANNY B.

What don't happen in a year, happen in a day. Look what I live to see... well, look what I seeing now in this state. My daughter in law making di kind of breakfast like I used to make. What a ting! What a blessing time can bring! But will the young ones like it, that's what I'm wondering.

MARIE

Jamie! Jamie Myrie, it's time.

Sound of footsteps as Martin shuffles into the room.

MARTIN

Something smells awfully good.

MARIE

Don't touch my pot sir.

MARTIN

Ouch. Hot, hot, hot.

MARIE

Serves you right. You know better than to touch my pot, pot, pot... See what I did there?

(Marie laughs.)

Where is your daughter?

MARTIN

Oh. Jamie is only my daughter now. What is she doing wrong today?

MARIE

Probably sill sleeping as usual. She is only interested in eating the food, not cooking it.

MARTIN

Well, quite frankly I would not be interested in eating the type of food

she would cook. And that's another thing. We really need to get her to eat more healthily. Seriously, who else in the world finds it so hard to eat fruits, and I don't know why she hates vegetables so badly. Then all those sausage and oily fries and hamburgers not good for her.

MARIE

Well, this is the start of it. She is almost fifteen years old and all she knows to do is boil water and...

MARTIN

(Laughing out loud)
To be fair, I have seen her make sausages by herself and...

MARIE

Yes, that's the boil water part.
(She shouts out again for Jamie)
Jamie!!!

MARTIN

So hold on, how comes yuh not shouting for Sebastian as well?

MARIE

The food not quite ready yet Martin.

MARTIN

I mean, how comes yuh not calling him to come and help you cook? Remember we made an agreement at New Year that we will ensure all our children get the same quality upbringing.

MARIE

Yes, and I get what yuh saying Martin, but Jamie is still a young girl who will one day marry a man and so she needs to learn how to cook.

MARTIN

And Sebastian is still a sixteen year old young man who don't even know how to boil water. And don't bother to tell me that his wife will do the cooking. He needs to learn too, just like how Granny B taught me to cook.

MARIE

So how comes yuh not setting the example and helping me cook?

MARTIN

You forget that all through your university time I...

MARIE

Yes, yes, I don't forget... you were the one cooking and holding down one job while I was doing school and work. But you can still help out now and again still...

MARTIN

You're right. Next week.
(He laughs again)
Or the week after that...

MARIE

I not joking with you. Anyways...
(She shouts out again)
Jamie...

MARTIN

(Shouts out too, but for his son this time.)
Sebastian.

MARIE

Yuh right. One-Two-Three

They both shout together

MARIE AND MARTIN

Jamie and Sebastian!!

Shuffling feet come into the kitchen.

SEBASTIAN

Morning Mommy. Morning Dad.

MARIE

Come help me a bit. Peel those bananas for me and drop them in the pot.

SEBASTIAN

It going to stain up my hands.

MARTIN

Well, either yuh stain up yuh hands or yuh belly not getting no food stain this morning.

SEBASTIAN

That's not fair. Why I must do it and Jamie drawing snores in her room? What yuh say to dat Granny B?

MARIE

Why are you speaking to Granny B. ashes like she is still alive Sebastian?

SEBASTIAN

Well is you put her ashes on the top shelf, so it's there. Why not talk to it.

MARTIN

Makes perfect sense to me.

MARIE

Sounds like two crazy men live in my house.

SEBASTIAN

C'mon mom. We all do it. I see dad standing in front of it and mumbling sometimes and just because you don't say anything out loud don't mean yuh not saying anything to her in your mind.

MARIE

Well, we all miss her. And we can still feel her warm love and wisdom although she is not alive.

A loud snore seems to come from the distance, into their hearing.

SEBASTIAN

Well, if we ever want Granny B. to come back alive we can just let Jamie keep on sleeping. Her snores can surely wake the dead.

MARTIN

Sebastian stop it. And go peel the

green bananas and then peel and cut the yam.

SEBASTIAN

Why am I the one doing ALL the work and Jamie not even coming in.

MARTIN

Jamie's week was last week. This week is your week to help with the cooking.

SEBASTIAN

But I still helped last week and it wasn't my week.

MARIE

Yes Sebastian and that was a very good thing. I am so glad you are learning to cook. My son can find his way around a kitchen and help himself, so nobody going to make my son starve.

SEBASTIAN

I can more than help myself. Me a big five star chef.

MARIE

Alright, you going too far now. Wait till you earn your stripes before you start brag and boast.

SEBASTIAN

Talk the truth mom. I earn my stars and stripes.

MARIE

I don't know about that.

SEBASTIAN

I know though. One, I know the difference between good food that give good nutrition and fake food that just make you sick and fat. Two, I know how to cook good food and I even know how to follow a recipe and cook new food. Three, I know how to prepare vegetables and cut them up and bag them to make cooking easier. Four, I know how to use healthier options for cooking, like garlic, lime and pepper to season the food instead of salt.

Give me my stars and stripes mom.

MARIE

Ok. You win. Sounds like you are at least a four star healthy food chef.

SEBASTIAN

Five. I know how to stew, steam, jerk and bake delicious food instead of frying it.

MARTIN

Sounds like we have a real five star healthy food chef on our hands Marie. I'm proud of you son.

SEBASTIAN

Thanks dad.

MARTIN

Now the only thing I wish you would start doing is replacing those sweet drinks that you like with water.

SEBASTIAN

But dad, I tell you that I drink them cause I need the energy. It's good for me to run the races.

MARTIN

No son. That's not true. You don't need that kind of energy. It just gives you a quick boost and an even quicker crash in your energy. You are better off with fruits. And I know it's hard to pull yourself off of those sweet drinks cause your taste buds demanding it, but you can start by diluting the drinks you have now with water. Then you little by little you go more and more till you are used to getting your sweet taste from fruits and your liquid needs from good ole water.

SEBASTIAN

I will try that dad.

GRANNY B.

While Sebastian getting food stripes and learning more, Jamie in sleepy

time drawing snores but if she sleep
 on her health is pure problem in
 store. She think all the junk food is
 perfectly fine but maybe I can still
 help her see in time. I can't send a
 message through email or whatsapp but
 I can send her a dream to come out of
 this food trap. Up Jamie, Up, yuh
 falling down. Granny B. dream time
 magic coming around. Dreaming...
 dreaming... dreaming to come around...

Inside the dream we hear weird sounds along with the sound of
 people eating food and swallowing. Clinks of forks on plates
 and loud gulping sounds. We hear mother's voice with a loud
 reverb and echo.

MARIE

Jamie! Jamie! Breakfast is ready.

We hear Jamie's voice responding as if in an echo. It is
 clearly not the real world.

JAMIE

Coming moooooooooommm...

(Jamie screams out)

Why am I slipping? And what is this
 slimy, nasty, gooey stuff. Yuck. And
 it smells so bad.

(She screams again.)

Whaaaat... iiiiiisss... thiiiiis...?

There is a loud thud like someone has fallen and Jamie again
 makes a sound. This time it's a sound of pain.

JAMIE

Ouch.

SAGE

So nice of you to have dropped in.

JAMIE

What? Wait. Who are you? What are you?

SAGE

You know me. My name is Granny... I
 mean, Sage. I'm so happy that you
 could finally join me today. Welcome!
 Welcome! Home sweet home! I can't wait
 to take you on a tour.

JAMIE

Ouch! Why did you poke me in my stomach? That hurts. It's mighty dark inside here. Why do you look like an ugly deformed over-fried sausage?

SAGE

Me? Ugly? Well, it takes one to know one.

JAMIE

What? Who are you? And where am I?

SAGE

Duh! You're inside your stomach. Don't you know that you are what you eat? Let me turn on a little light so we can see exactly what that is.

There is the sound of a switch, indicating that a light has been turned on. The sound of Jamie screaming is heard.

SAGE

I'm so glad that you join me today, we are going to have so much fun. Isn't it fabulous and slick inside here? I'm glad we are friends.

JAMIE

I don't know you and we are NOT friends.

SAGE

Of course we are friends. I'm SAGE, the delightful Sausage you ate last night. Are you ready for another tender-fried, juicy, tasty, deliciously salty flavoured sausage with some deep fries?

JAMIE

(Screaming.)

What's happeniiiiiiing...

More sound effects and eerie music brings back Granny B's narrator voice.

GRANNY B.

My poor, sweet little grand-child Jamie... She really doesn't know what is happening. She really doesn't know

what the junk food she loves to eat is doing to her body. But she will soon know. If she don't want to get sick, she have to pay attention to what goes into her belly. So I will just have to show her.

Music, sound effects and fade out.

MARIE

Jamie. Jamie. What is the matter with you.

JAMIE

Oh. It was just a dream. Thank God.
Just a dream. Thank God.

(Jamie's voice is that of someone
just waking up)

Thank God.

MARIE

What was just a dream love?

JAMIE

I just had a dream that the food I eat was attacking me.

MARIE

Well, sometimes dreams tell the truth.

JAMIE

Mom. You're supposed to say, 'Never mind love, it's just a dream. It's over now.' That's the kind of thing that mothers say.

MARIE

Mothers also tell their children the truth. I was calling you to help prepare breakfast.

And now that it's ready we call you and you are in here sleeping and being chased around by a dream monster.

JAMIE

Mom. Honestly, I am not that hungry right now. I just want to stay in here and then I will eat it later.

MARIE

No Jamie. It's important to make more time for breakfast. When you eat breakfast, you won't be tempted to grab snacks or eat junk food. And you won't be so hungry that when it's time for eating, you go overboard and gulp down two times what everybody else eat.

JAMIE

Mom, I am not that greedy...

MARIE

Well...

JAMIE

Mom...

MARIE

Maybe not THAT greedy to tell the truth but you're getting there. You need to come eat breakfast with us. It's not just about the good food either. It's also about our family time.

JAMIE

Ok Mom. You are right.

MARIE

As always.

JAMIE

No. Just this time. You're only right this time.

(They laugh together)

Ok mom. I promise I will come have breakfast from now on but I still feel so tired. Like I was literally running from a monster in my dream. So I really just want to catch back a little piece more of the sleep that run away from me.

MARIE

Ok. Ok. Ok. Good sleep is also extremely important. So catch bsck whatever sleep you can. I will leave your food on the pot till later. But make sure you eat that food when you

get up and don't ignore our good home
cooked meal to go get junk food later.

JAMIE

I promise mom.

MARIE

A promise is a comfort to a fool.
Jamie, take your health seriously, and
a big part of that is what you eat.

JAMIE

Yes mom.

There is the sound of a door slamming and More eerie noise
signals Granny B's return.

GRANNY B.

My little granddaughter think she
smarter than her mother. She hide and
eat food that don't really help her.
But I don't want to let her health
desert her. Cause when good food come
she act like it hurt her. But you know
what, all who don't hear will feel. I
just rather she feel the pain and get
the wisdom in a dream than in real
life. I have to send her another dream
wake up call. Dreaming... dreaming...
dreaming...

END OF EPISODE