



FRIENDS OF THE FAMILY

Episode 5. Sweet Trouble

FAN/HFLE - ASHE PROJECT

EXT. MYRIE HOUSE

GRANNY B.

Old time people have a strong saying: "You can't have your cake and eat it too." That means for every action there is a price you're paying. Your health rise or fall with all that you do. You drink too much sweet, it rotten your teeth. So drink plenty water your body can tell. Your health is your wealth so take it in hand. Your body is a temple so treasure it well.

MARIE

This was such a great idea Martin. All of us exercising and working out together makes a difference.

MARTIN

Yes, and I just love how they are keeping the community centre clean...

MARIE

Yes, and planting up all those trees really makes a difference to the environment.

MARTIN

Alright, since you want a pat on the back I will say it. BIG CONGRATULATIONS for helping the community centre to plant up all these trees and for donating your time and energy to lead the process.

MARIE

I am not paying you no mind.

MARTIN

But seriously Marie, it was a really great thing you did. Everybody benefits when the space is beautified.

MARIE

And even more than that, everybody breathes better for every new plant or tree that we help to stay alive. People seem to forget that we all live in just one environment. So anything

we do to one part of it affects all of us.

The sound of feet run up to them and Sidney is breathing hard.

SIDNEY

Mommy. Mommy. Jamie is dying.

MARIE

What? What are you saying Sidney?

ROGER

It's true Mrs. Myrie. Jamie is dying.

MARTIN

You kids like to jump too far to bad conclusions. Jamie is not dying.

SIDNEY

Well, she is nearly dying then.
(We hear Sidney and Roger laughing.)

MARIE

Oh, so this was just a joke you guys were making then. That's not funny Roger. And Sidney, you should know better than to say something like that about your sister.

SIDNEY

Mommy, is just that after the little run that we do she is breathing so hard like somebody stealing her breath.

MARIE

That is still not a reason to make fun of your sister. She is doing her best to get fit.

SIDNEY

Well, maybe if she did dancing and gymnastics and swimming like me she wouldn't be dying like that from the little run we just did.

Jamie walks up and it is obvious that she is still winded and out of breath.

MARIE

She does dancing and that's enough for now.

SIDNEY

No mommy. It's not enough cause she can't manage the running. I don't even know how she dance for more than five minutes. She is like seriously dying over there.

JAMIE

I am not dying. I am trying.

SEBASTIAN

Yes sis. You really are trying.

JAMIE

You see. Even Sebastian...

SEBASTIAN

Yes. You're trying to walk when everybody else running. And you still out of breath. I tell you, if I was so unfit like you, I would...

MARTIN

That's enough Sebastian. Your sister is really trying. Once she keeps this up, she will lose the little extra weight she has on her body and...

SEBASTIAN

Dad. That extra weight is not little. It's a whole other person.

SIDNEY

(Laughing)

Yes, it's like she is carrying around a whole other person in her clothes.

JAMIE

That's not funny. I am not that fat.

SEBASTIAN

That's true. You are not THAT fat. But it was very funny. Hi five Sidney.

MARTIN

Enough. Both of you stop it. You should not be teasing your sister like

this and you know that she already feels bad about her weight.

SEBASTIAN

A little teasing never hurt anybody. It's just motivation.

MARTIN

Teasing is NOT motivation Sebastian. Do you remember when you accidentally touched the football with your foot and scored a goal on your own team in the match last year.

SEBASTIAN

Daddy, don't bring that up again.

MARTIN

Yes, that's the point. The whole school teased you about it. Remember? That was teasing and it was not fun. And you were not learning anything from it.

SEBASTIAN

Well, that's true.

MARIE'

And YOU, Miss Sidney. Do you remember just a couple weeks ago when they teased you for answering something wrong in class? I won't even remind you what they called you but try to remember how it made you feel. That is not nice.

SIDNEY

Ok mom. I get it.

MARIE

And remember how you felt when you couldn't get a place on the gymnastics team after two whole years because you couldn't do the full split yet?

SIDNEY

Mom. That was like sooooo long ago.

MARIE

Yes, but you still have nightmares about how they used to tease you.

SIDNEY

I'm a star now.

MARIE

Yes and your sister is a star too because just like you, she is working on herself and her body to get better and better.

SIDNEY

I guess you're right. But it's just that...

MARIE

Sidney...

SIDNEY

Ok mom. But I just...

MARTIN

Sidney! Enough is enough. Teasing is not a nice thing. No matter how funny or fun you think it is. Place yourself in the other person's shoes and you will remember how UN-NICE it is.

SIDNEY

Ok Dad.

MARTIN

Now Jamie, we need to really talk about increasing the workout time. The family is doing two days a week, and if you are serious about losing weight and getting fit, you can't just do it when you feel like. You have to commit to it.

JAMIE

Daddy, sometimes I just don't remember.

SEBASTIAN

You mean sometimes you don't want to remember.

JAMIE

You don't hear to stop the teasing.

MARIE

That's not teasing now Jamie. If you

are really serious you are going to have to make up your mind to do it and put it into your plan. Create a system and make a habit of it. You know what Jamie, you already have some good habits and discipline in other things. When it's time to do your household chores I don't have to run you down or remind you. You just need to make health a habit in the same way. It's a decision.

SIDNEY

A good habit. Not like walking when everybody else is running.

JAMIE

Yes and not a bad habit like you hiding all the chocolate bars and sweeties and cookies in your second draw under the diaries in your chest of drawers.

MARIE

What?

MARTIN

Sidney is that true?

SIDNEY

Roger, how yuh chat so much?

ROGER

I didn't say anything.

SIDNEY

I know it must be you.

JAMIE

No. It must be the trail of ants that I follow to your room every now and then and kill them with the spray.

MARIE

what?

JAMIE

Yes. I follow them all the way to that draw and see the stash of sweet goodies.

SIDNEY

Oh. So you are the reason why some of my stuff goes missing.

JAMIE

I... I... I... was confiscating them.

SIDNEY

You see Roger. I told you I was missing stuff every week.

ROGER

No. You said that I was the one stealing stuff from you every week and it wasn't me.

MARIE

Enough with all of you. Enough. Nobody should be stealing. Nobody should be teasing. And nobody should be storing up sweet treats in clothes drawer. We discussed how eating healthier makes us all happier and live longer.

MARTIN

Your mother is right. If you want something sweet, eat fruits.

SIDNEY

Yes, I like fruits too, but the cookies taste sooooo good.

MARTIN

But all that sugar is soooo bad for you Sidney.

JAMIE

And is not just cookies. It's chocolate bars, and cakes with cream filling...

SIDNEY

How yuh chat so much?

MARIE

Stop it Sidney.

ROGER

And don't forget the... You know what? Maybe I shouldn't say anything either.

MARTIN

Where you get money to buy all these sweets Sidney?

SIDNEY

I save lunch money.

MARIE

So what do you eat at school?

ROGER

She saves money by not eating lunch every day at school Mr. Myrie.

MARIE

Sidney, that is not healthy. We talked about the sweets. I thought you had stopped.

SIDNEY

I stopped eating the sweet stuff AT SCHOOL like I promised.

MARTIN

Don't play smart with us young lady. You were to stop eating the sweet stuff, period.

SIDNEY

But it tastes so good.

MARIE

It's just that you got so used to it. Fruits can taste just as good. But is so much better for you. But I think we are partly to blame too. We need to find other kinds of delicious foods and pack away for you so it's not that hard to eat healthy.

SIDNEY

Yes, Mom. I think it's your fault.

MARTIN

Not so fast young lady. Everybody in this family is going to play their part to make it all better. Everybody. So you will STOP eating the sweets and we will find other ways to make your meals as delicious... as well as ensure that fruits are always

available in the house.

SIDNEY

Ok dad.

MARIE

So here is what we are going to do. We will make sure we stock the kitchen pantry and cupboards with the kinds of healthy treats that we want the whole family to eat. Things like dried fruits and nuts.

SEBASTIAN

I like low-fat yogurt and cheese.

MARTIN

Yes that can work. And we must always have a bowl of fruit on the counter-top where we can all easily grab a snack on the go.

MARIE

I will also have whole-grain crackers and...

JAMIE

I like granola bars...

MARIE

Low-sugar granola bars and peanut butter snacks. Any healthy snacks you love Sidney?

SIDNEY

Dried fruit cereal.

MARTIN

That can work, as well as carrot sticks.

MARTIN

And by the way Sidney...

SIDNEY

Yes dad.

MARTIN

You WILL be grounded for disobeying us and hiding away all those sweets.

SIDNEY

That's not fair... Mom...

MARIE

It is fair Sidney. And you know what else is fair, Jamie will also be grounded...

JAMIE

That's not fair. I told you about it.

MARTIN

You told us about it long after the fact that you were also hiding and eating all that sweet stuff when you know it's not what we agreed on.

JAMIE

Alright. Alright. But anyways, after all this exercise and this talk of food, I'm hungry. Can we go buy some burgers now?

SIDNEY

Yuh crazy?

JAMIE

Just kidding. I want the nice steam fish that my five star healthy food chef brother Sebastian going cook up for me.

SEBASTIAN

Fine. And I am going to teach you how to cook it today-today.

JAMIE

I am ready to learn.

GRANNY B.

In life we can't run away from ourselves. We have to do our best to deal with the things that come up. Because if we don't face the real issues they will run us down into the ground. Health is not a sometimes thing. Is a everyday thing. So we have to ensure that whatever changes we make for health it's permanent.

END OF EPISODE