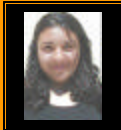


Fast Food High School

Teens speak out about life, love and living in a Supersized world



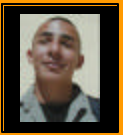
Daniel Crandall



Mayra Chavez



Isaura Garcia



Trini Perez



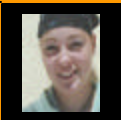
Louis Soares



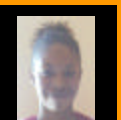
Gary L. Herring



Monique Ireland



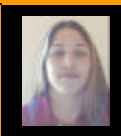
Malissa Bagwell



Angela Walker



Yvette Cervantes



Michelle Dominguez

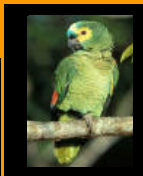


Desiree Cruz

With help from:

*Vanessa A. Castillo, Sara Lopez,
Jennifer Serrano, Rene Jimenez,
Vanessa Gavina, Oscar Morales,
Gabriel Retanazo and Lily Ramos*

*Special guest appearance by:
Don Octavio Perico de Soledad*



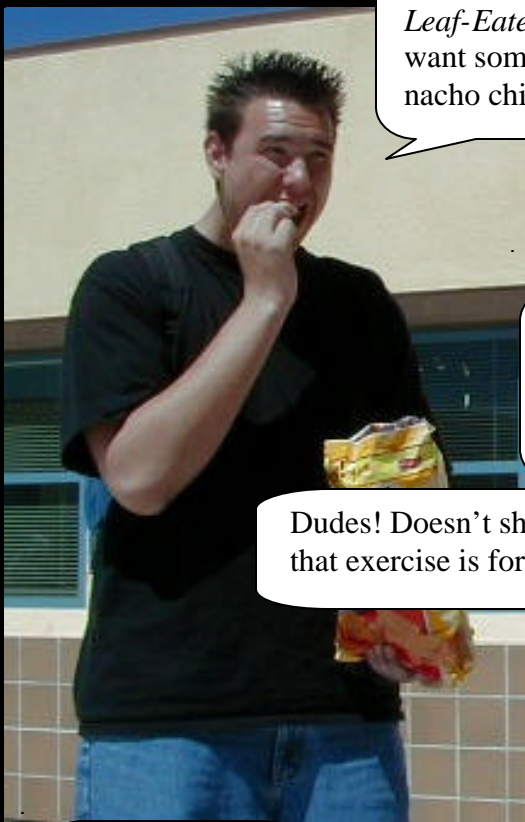
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Next day...



Come on, *Leaf-Eater* – want some nacho chips?



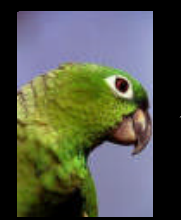
No! I'm going to shoot some hoops with Nayeli!

Dudes! Doesn't she know that exercise is for losers?



¿Está tratando de causarle una buena impresión a ella- o de causarle mal a ella?

You're such a jerk! No matter *what* you say, I'm going to do what I know is right- and eat salads, and exercise. It was *hard* to lose that 15 pounds, *and I'm not going to gain it back!*



Pst! I think he just likes you, Monica – but he *should* listen to you! His uncle has diabetes and the guy even had his leg cut off! – but did he change the way he eats? Not!

Some people never learn...



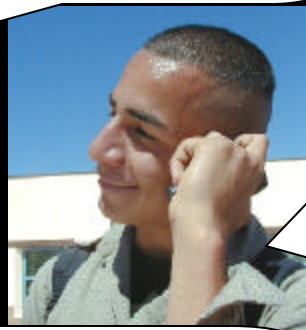
*After school,
on the basketball court...*

Whew! This is hard – and I’m getting *hungry*- really hungry. I want to eat *right now*! Why don’t we stop by Burger Barn *just this once*?

You’re doing great, *mija*. Let’s stop for a rest. I’ve got oatmeal cookies, and juice and bananas in my back pack- you don’t have to be tempted by those *greasy* burgers and fries

Hey Eddie- did ya check out the ‘*lady jocks*’?

Oh yeah - and they are looking *so fine*! If that’s what *exercise* and rabbit food does for you – maybe you should try it, Randall!



Hold on -that’s not exercise, it’s basketball.

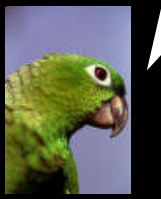
Sí - comiendo ensaladas con estas mujeres atletas es la idea correcta para ganar su cariño, ¿qué no?

At lunch, the next day...

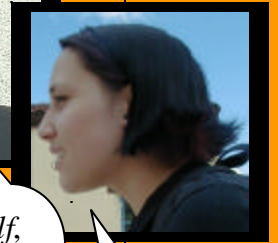
Hey ladies – I’ve got the munchies for the salad bar- *I’m* working on looking fine too!

Oh come on, this guy *cannot* be for real!

Is he *finally* getting some sense?



Listen up, *sophomores!* It's not all about the way you *look* – it's about your *health*, too! Don't you know *anything*?



Listen up *yourself*, babe! I'm young – I'm not some *viejo* with heart disease. I can eat what I want, and I want burgers, fries and soda!

Dude! You gotta get some *cereal* in your life!

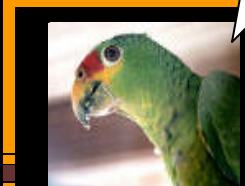
Whatever – I guess you didn't know my brother Gabriel. He collapsed last year- right on the gym floor! He's young, too, but they took him away in an ambulance that day! That's messed up!



I remember – they found out he has diabetes, ¿que no?

-right! Like Dad-

Este hombre allá arriba piensa que puede comer cualquier comida que prefiere, sin consecuencias. Y el Romeo abajo entiende que la diabetes es una enfermedad seria- pero también piensa que puede usar lo personal de su familia para acercarse a la joven. ¡Que vergüenza!



Yeah – like my cousin Griselda. She didn't collapse, but she got so big she couldn't breathe, and..

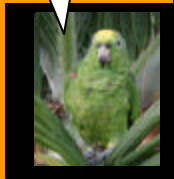
Yah, yah yah! *Diabetes!* That's for old guys – or fat guys, not Gabriel. He was as healthy as me– and I eat double-doubles and fries all the time, *purely* burgers and fries. No rabbit food for me!

Ellos todos les gustan comidas saludables, pero él quiere nada más que comida rápida. ¿Qué está mal en este dibujo?

Yo, Randall! Come to the cafeteria and check out the baked potatoes .

Baked potatoes give you energy. Try 'em!


Oh, just leave him alone to eat his fast food



The ham they use is turkey ham, so it's lower in fat...

Yum! Tortas de jamón con repollo y jitomate...

What else can we get here in school that's **good***?

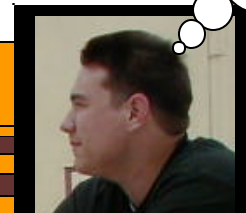
What does he mean when he says "good*"? 

We've got fruit, and you've tried the salad bar

They'll never get me to eat that junk!

I want something juicy...

*'Good': Lower in fat, plenty of fiber, fruits and vegetables, whole grains, lean meats, chicken and fish. Nuts are good: try hot chile peanuts. Popcorn is good, with chile and lime. Licuados are good and aguas frescas, or something juicy, like pico de gallo...



Next afternoon...

Let's go to my house and make smoothies.

Goin' to his house - for smoothies? Uh huh ... right!

Mmmm- ¡licuados! Fresas y plátanos y yogur...



Hey Randall - are you coming with us?

Don't bother me! I'm eating!

Berries - but no fun stuff?



Look at all of you mad doggin' me! It's tortas that are boring, not burgers.. That old-school abuela food full of tomatoes and cabbage- ugh! Makes me aburrido! Forget you! Just go- I'll stay, stay and eat nachos till I pop.



Ellos van a comer licuados con frutas frescas, pero él se está quedando aquí para comer comida puro chatarra. ¡Ya, estoy preocupado!

Go on! Go make your **!?!#*!! smoothies!

Nayeli was right about him. How could I ever hang with a jerk like that?

Last chance, guy...



Go on, ya freakin' idiots!

They *used* to be my friends



Ya se están cansando de las palabras maliciosas de Randall. Están dejándolo a un lado cuando él se cae para atrás! ¡Qué lástima! ¡Qué cosa terrible! ¡Ack! ¡Ack!

He's fakin' it!



Argh!! Ackkk! Help!



¡Que mentiroso! What a phony!

... at Cesar's house..



Good stuff!
What do you
put in these,
Eddie?

I feel bad that Randall
didn't come. I wonder
if he was really fakin'
it, all layed out on the
table like that?



That was
good, but
I'm outta
here!



*Eddie's Luscious
Licuados*
3 cups apple juice
1½ cups frozen berries
¼ cup dry milk
1 small ripe banana
Blend well. Serves 4

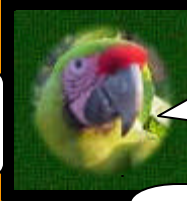
They return to school, and there's Randall, right
where they left him half an hour ago...



Call
911!

¡Ay dios
mío!

I'm calling!
I'm calling!



Pobrecito Randall. Se enojó tanto, y fue muy descortés. Dijo que nunca, nunca comería ensaladas u otras comidas saludables. Pues, míralo ahora. ¡Pobrecito! ¡Qué lástima! ¡Qué cosa tan terrible! ¡Ack! ¡Ack!

I don't think he's
faking it!

Now I hear the
ambulance ...



WoooooOOOOoooo! WoooooOOOOoooo!



A week later...

I heard Randall's coming back to school today



Is it true that he choked on a snack cake and Mr. Bourke had to give him the Heimlich maneuver?

There he is now!

He looks really down...



He's probably way embarrassed to see us, after the way he used to act – like such an idiot!

No! The doctor told his mom that he had H.H.S.

Is that like...HIV?



Give me a break! It stands for "Hyperosmolar Hyperglycemic State". It means his blood sugar was so high it made him pass out.

Es una situación muy delicada – ¡descubriendo que estaba débil a la misma vez que él era muy ingenuo! Lo compadezco mucho, y espero que él pueda cambiar su hábito de comer y recobrar la amistad de su compañeros. A ver...



Don't be mean to him, Leticia!



¡No te preocupes, mija! I feel bad for him!



Life sucks!

Maybe if we make the first move it will help...if I try to talk to him- maybe he'll listen to me...

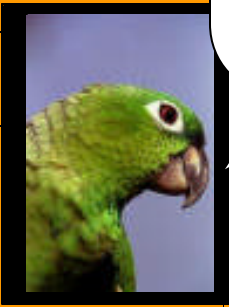


I don't know- he looks pretty hostile...

El momento más difícil de todos - ¿puede Randall poner su orgullo al lado y aceptar la mano de amistad? Y más importante, ¿puede comer los alimentos nutritivos que su cuerpo requiere?



...You want to say 'I told you so!', don'tcha! Have at it, I can take it. Just bring it on, girl!



Oh Randall - I'm here to be your friend, not to laugh at you. We are all your friends, and we care about you and want you to be healthy. It's *hard* to change a habit, like that terrible junk food habit of yours, but we know you can do it!

..uh



Well the doctor says no more double doubles, so I guess I'd better try...

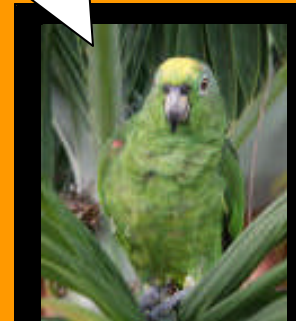
Can I tell you a secret? I have diabetes too- that's why I'm so careful with what I eat, and I exercise every day. And I feel so much better than I did in my big burger days!

Who knew?



She's good!

Esta es la última página, y todos los jóvenes juntos gozando de buena salud y energía. Tenemos esperanza en el futuro, porque aquí acaba este cuento, y comienza otro mejor. Eso es lo que digo yo, y ¡a lo hecho, pecho!



Are you coming to the dance?

Smoothies at my house today!

Now I'm feelin' fine!

I've got some moves to show you -

Shoot some hoops after school?

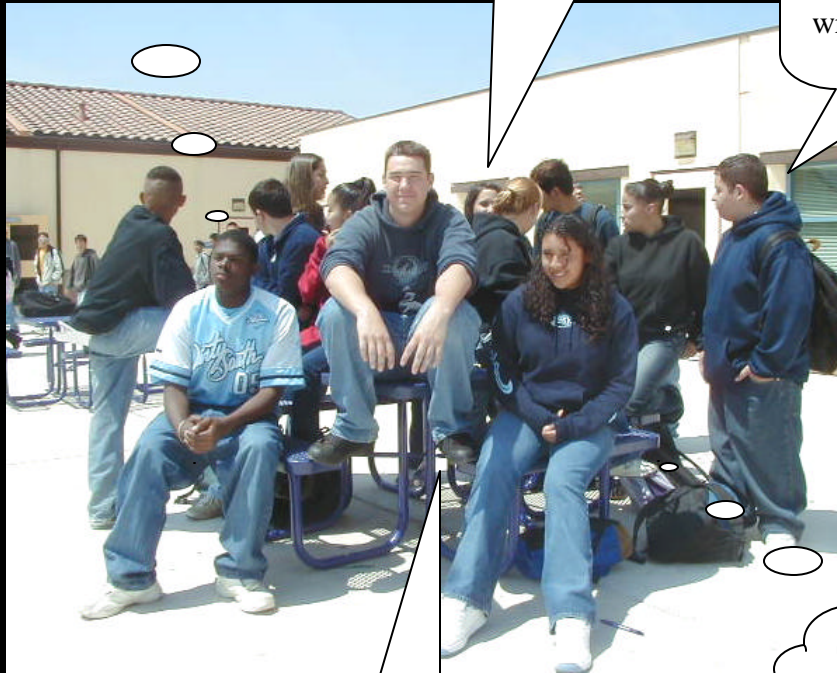


Now he's looking fine!

I wonder if there's a low fat way to cook pork chops...

Hey- I got one of those new salads at – well, *you* know- and it was excellent!

I had the grilled chicken caesar – that's a good one for wrestlers, Randall-

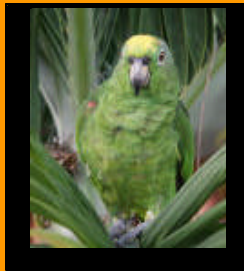


Still *looking* fine, too.

Still feelin' fine!

Do you know the symptoms of diabetes II?

- Frequent urination
- Unusual thirst
- Extreme hunger
- Fatigue
- Irritability
- Frequent infections
- Cuts or bruises that are slow to heal
- A feeling of pins and needles in the hands or feet
- Recurring infections of the skin, gums or bladder



Kathleen Nolan, UCCE, Project Developer & Coordinator
Heather Keithly, *Food On The Run* Coordinator

Thanks To:

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Frances Rojas, Project Community Liaison

Christopher Bourke, Supporter & Liaison to Policy Makers

To: Dave Delgado, Spanish Language Consultant

Jacqueline Thompson, MS, RD

The ELLAC parent group

Soledad City Council

Students and others who evaluated the fotonovela

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