FRIENDS OF THE FAMILY

Episode 2. Healthy Food Stars and Stripes

FAN/HFLE - ASHE PROJECT

Based on THE BATTLE WITHIN

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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 mooooooommm...
(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... iiiiissss... 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