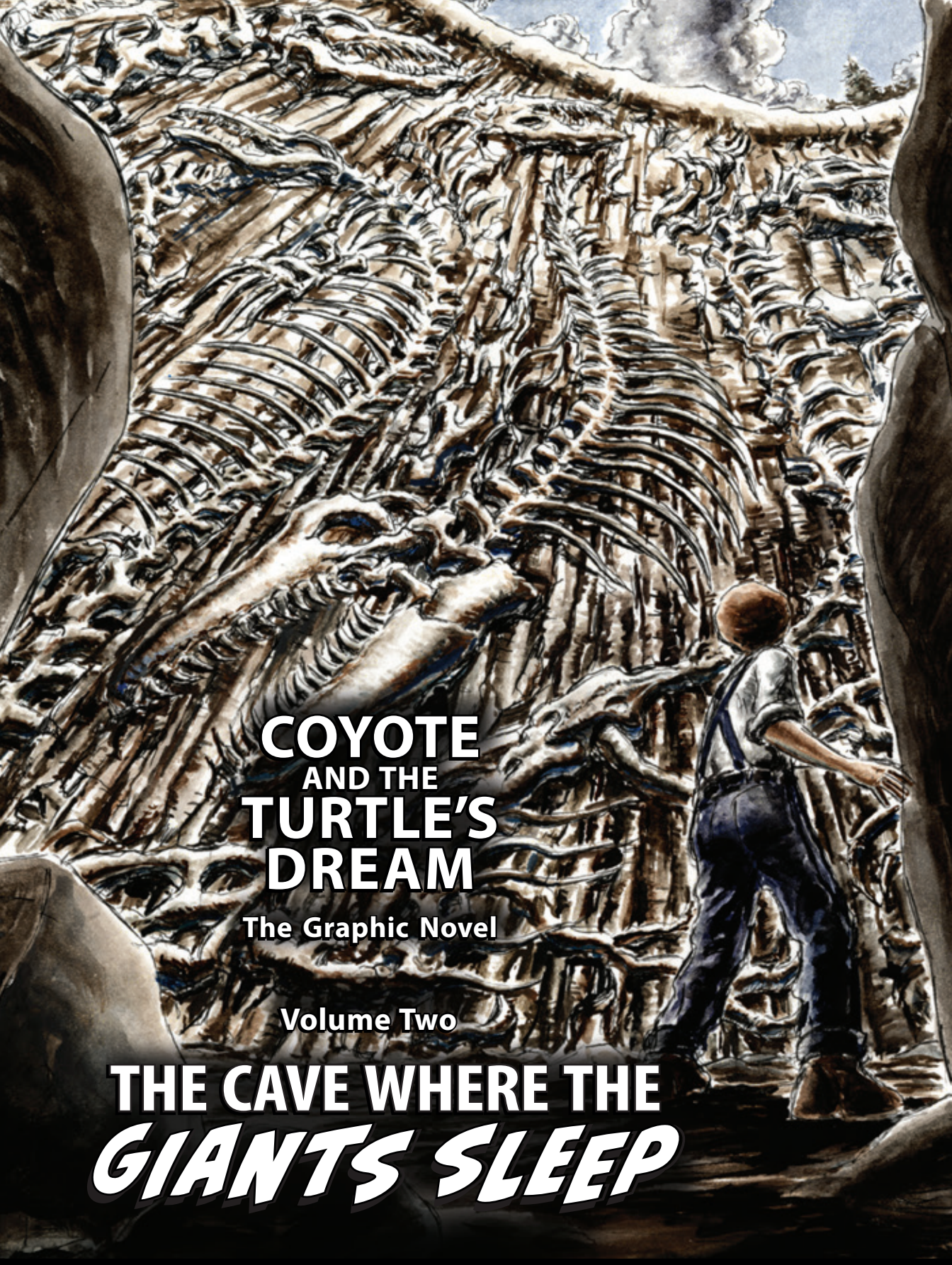


COYOTE AND THE TURTLE'S DREAM

The Graphic Novel

Volume Two

THE CAVE WHERE THE GIANTS SLEEP

Created by
The Native Diabetes Wellness Program

Written by
Terry Lofton

Illustrated by
Patrick Rolo

The Eagle Books

In the original Eagle Book series, a young boy, Rain that Dances, discovers an unhappy eagle. Mr. Eagle is tearful because many of the people in the community are developing a disease called type 2 diabetes. Rain that Dances invites his friends Thunder Cloud, Little Hummingbird, and Simon to hear what the eagle has to say about staying healthy. The great bird assures the children that people can help to prevent type 2 diabetes by eating nourishing foods, being active, and following the traditions of their ancestors.

Coyote and the Turtle's Dream

In the original Eagle Books stories, Rain and his friends were about six years old. However, in this new story, Coyote and the Turtle's Dream, they are entering the 7th grade. Once again, the eagle gives a warning to Rain, but this time it is about the disappearance of water on their reservation. Never forgetting the health messages taught to them by the eagle, the kids embark on a mystery/adventure to solve a riddle about ancient fossils that will restore the water's flow.

Hummingbird's Squash

In *Hummingbird's Squash*, our young heroes continue their adventures under the watchful eyes of Sky Heart, the eagle, and Thistle, the rabbit. In this story, Hummingbird pursues an ambitious plan to grow healthy foods that will help the community prevent type 2 diabetes. Little does she know that Coyote is leading her, Rain, Boomer, Simon and her new "sister," Arianna, on a path of knowledge that reveals what it means to embrace all of one's relatives and honor the wisdom of ancestors.

To obtain free copies of the Eagle Books series and the youth novels, please go to the CDC's Native Diabetes Wellness Program website at http://www.cdc.gov/diabetes/projects/diabetes-wellness.htm. Books can also be requested by Phone: toll free 1-877-CDC-DIAB (877-232-3422) or e-mail: diabetes@cdc.gov.

About Diabetes

Diabetes is a disease in which blood glucose levels are above normal. Most of the food we eat is turned into glucose, or sugar, for our bodies to use for energy. The pancreas, an organ that lies near the stomach, makes a hormone called insulin to help glucose get into the cells of our bodies. When you have diabetes, your body either doesn't make enough insulin or can't use its own insulin as well as it should. This causes sugar to build up in your blood.

Type 1 diabetes, which was previously called insulin-dependent diabetes mellitus (IDDM) or juvenile-onset diabetes, may account for about 5% of all diagnosed cases of diabetes. The causes of type 1 diabetes appear to be much different than those for type 2 diabetes, though the exact mechanisms for developing both diseases are unknown. The appearance of type 1 diabetes is suspected to follow exposure to an "environmental trigger," such as an unidentified virus, stimulating an immune attack against the beta cells of the pancreas (that produce insulin) in some genetically predisposed people. Researchers are making progress in identifying the exact genetics and "triggers" that predispose some individuals to develop type 1 diabetes, but prevention remains elusive.

Type 2 diabetes, which was previously called non-insulin-dependent diabetes mellitus (NIDDM) or adult-onset diabetes, may account for about 90% to 95% of all diagnosed cases of diabetes. A number of studies have shown that regular physical activity can significantly reduce the risk of developing type 2 diabetes. The Diabetes Prevention Program (DPP), a major federally funded study of 3,234 people at high risk for diabetes, showed that people can delay and possibly prevent the disease by losing a small amount of weight (5 to 7 percent of total body weight) through 30 minutes of physical activity 5 days a week and healthier eating.

For more information, visit the Centers for Disease Control and Prevention's Diabetes Public Health Resource at http://www.cdc.gov/diabetes/consumer/index.htm

Coyote and the Turtle's Dream

Created by the Native Diabetes Wellness Program

Written by Terry Lofton

Illustrated by Patrick Rolo

Produced by Westat Graphics
Linda Beatty, Graphic Designer
Shayna Heller, Graphic Arts Manager
Gary Mosteller, Art Director
Monelle Williams, Coordinator
Edmond Ng, Color Scanning
Michael D'Amato, Print Production

Based on the original Eagle Books characters by
Georgia Perez

Eagle Books

U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES

Centers for Disease Control and Prevention
Division of Diabetes Translation
Native Diabetes Wellness Program

Indian Health Service
Division of Diabetes Treatment
and Prevention

Preface

To all the fans of the Eagle Books, CDC's Native Diabetes Wellness Program is pleased to present *Coyote and the Turtle's Dream: the Graphic Novel*. We hope that our readers enjoy this adaptation of the original youth novel, *Coyote and the Turtle's Dream*. The story is shorter, but we have enlivened the plot with new characters and more action. We think you will really like the dream scenes—Rain's dream of the eagle and a new dream in which our young hero swims with the Great Turtle in her ancient underwater world. Coyote's encounter with a bad tooth and illustrations of the fossil poaching gang in their hide-out are pretty exciting, too. Needless to say, the graphic novel puts you right in the picture when Rain and his friends bring the eagle's messages about preventing type 2 diabetes to their school and community.

On behalf of Terry Lofton, our author, and Patrick Rolo, our illustrator, we hope that the "power of words" (and imagery) take you on an adventure with Rain, Boomer, Hummingbird, Simon and Arianna that you will long remember.

Acknowledgements

The Native Diabetes Wellness Program would like to thank the following people and organizations that played a role in the development of *Coyote and the Turtle's Dream: the Graphic Novel*.

First, we want to recognize the Tribal Leaders Diabetes Committee (TLDC) for its unfailing support of the Eagle Books project. Buford Rolin, Chairman of the Poarch Band of Creek Indians, Chair of the TLDC and Vice Chair of the National Indian Health Board (NIHB); Judy Goforth Parker, Chickasaw Nation Health System, former TLDC member; and H. Sally Smith, NIHB board member and Alaska Area Representative, former TLDC member, all saw the potential for storytelling as a way to reach children with a message of hope. As a result of their support, children who read the *Coyote and the Turtle's Dream: the Graphic Novel* will learn that healthy foods and physical activity can help to promote health and prevention of type 2 diabetes.

Many thanks also go to Indian Health Service, Division of Diabetes Treatment and Prevention, and CDC's Tribal Advisory Committee (TAC) for their continued partnership and support.

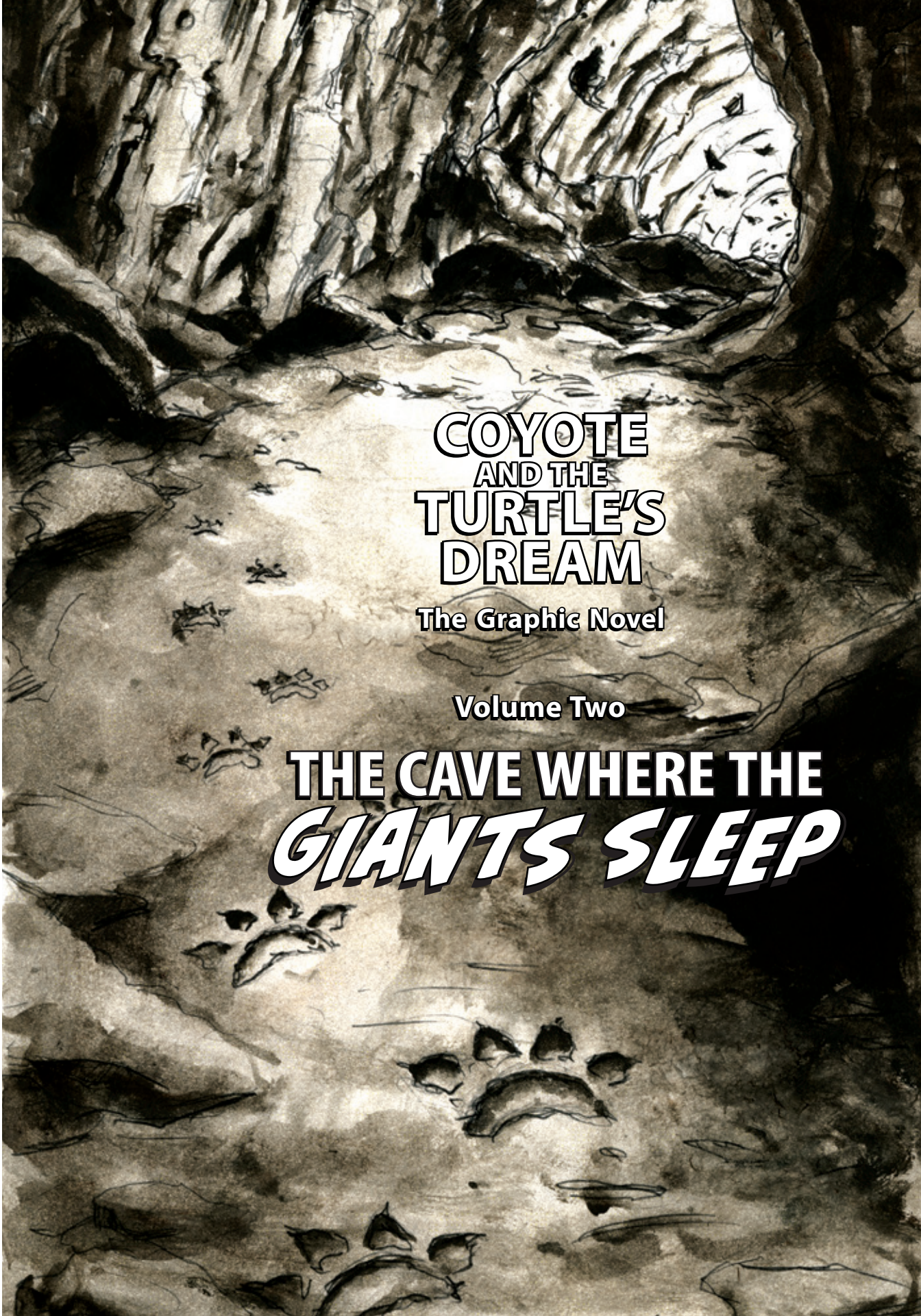
Additionally, the Wellness Program wants to express its gratitude to Georgia Perez, the author of the original Eagle Books, and to the Baros Family for all their insights regarding type 1 diabetes.

And lastly, we acknowledge our great partners on the Eagle Books project, Westat, and Kauffman and Associates, Inc.

For readers who have not read the previous volumes of *Coyote and the Turtle's Dream: the Graphic Novel*, the following re-cap tells you what has happened up to now in the story:

Volume 1, The Vanishing

Grandmother Turtle warns Sky Heart and Thistle that the water on the reservation is disappearing because the remains of an ancient turtle ancestor are being stolen. The animals agree that Sky Heart should seek the help of Rain that Dances. That afternoon, Rain and Boomer see their classmate, Jimmy, throw away two strange objects in a trash can. They retrieve the bony-looking objects and Rain takes them home. Later that night, Sky Heart visits Rain in a dream, giving him clues about the vanishing water and pleading with him to "help us." At school the next day, Rain shows the "bones" to Simon and Hummingbird who agree that they are fossils. Unaware that their school is being watched by a shadowy figure, the four friends gather in the school courtyard where they learn that Jimmy has mysteriously vanished.


COYOTE
AND THE
TURTLE'S
DREAM
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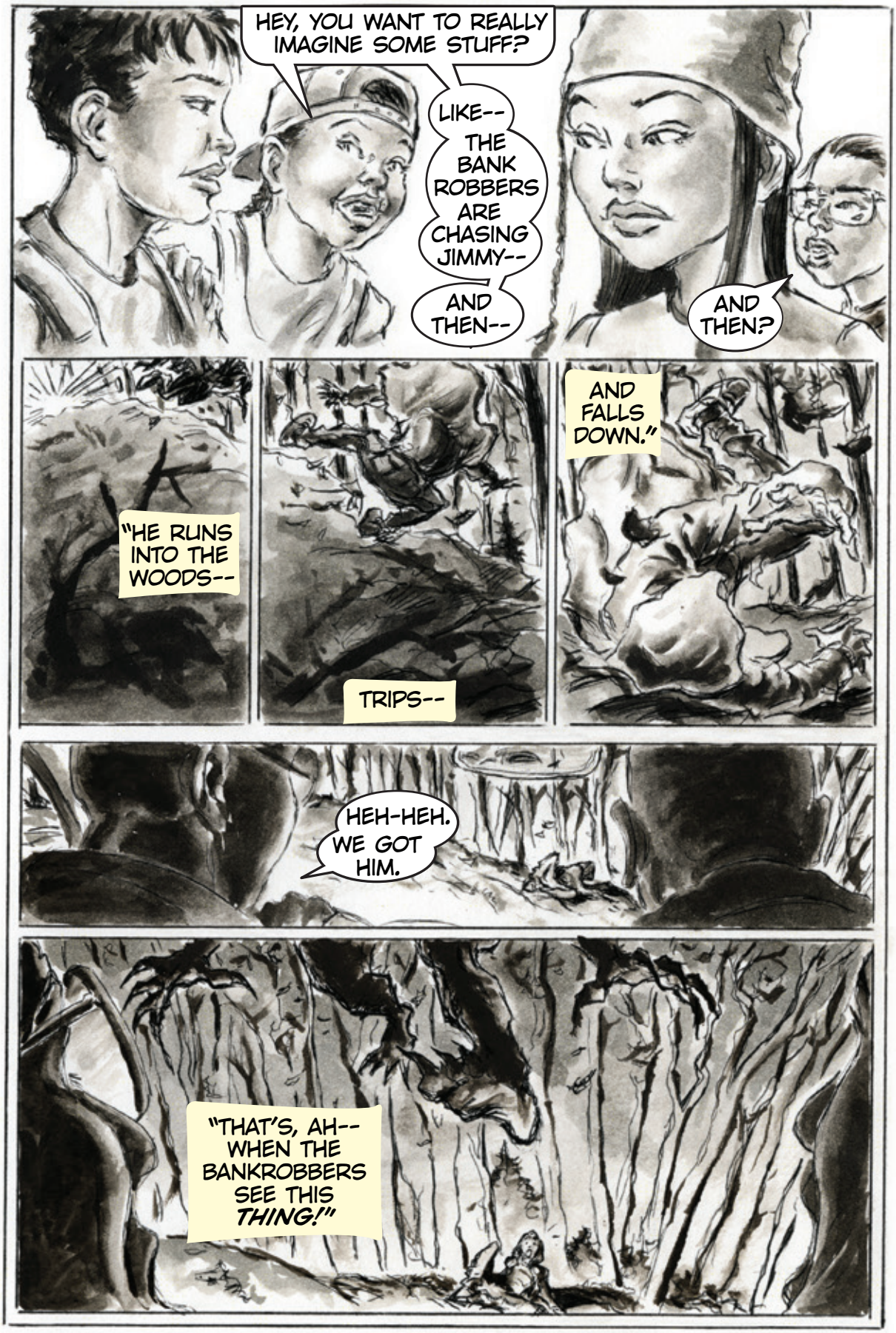
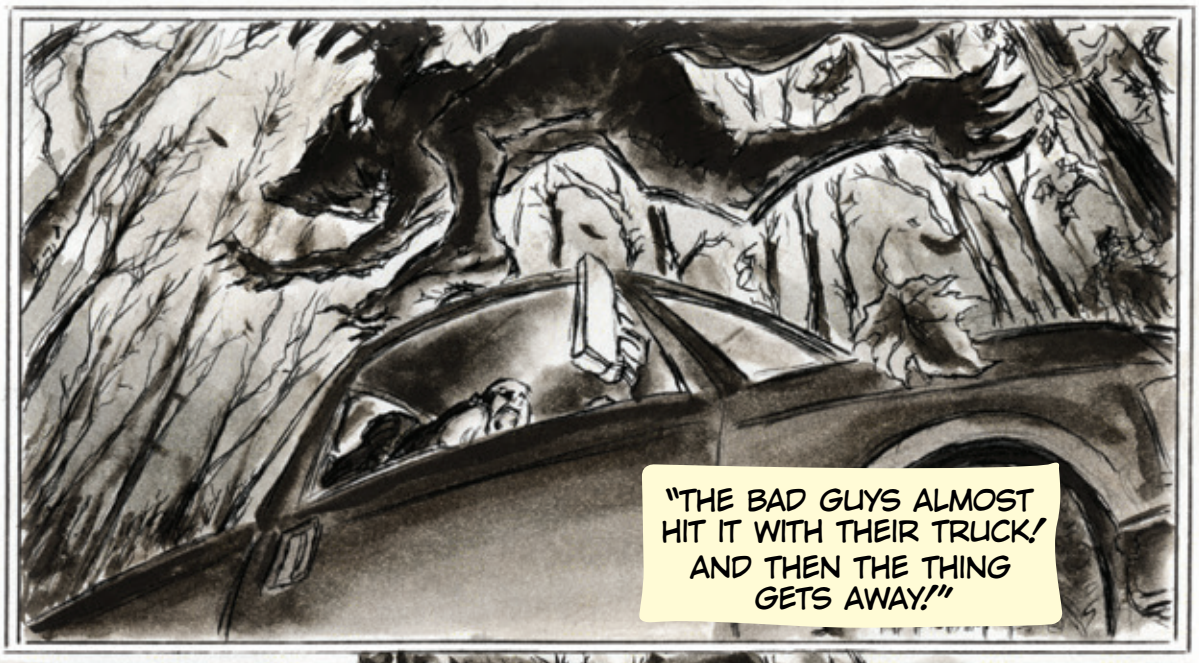
THE CAVE WHERE THE
GIANTS SLEEP

In the courtyard after lunch...
JIMMY'S GOT TO BE SOME WHERE.
NOBODY JUST VANISHES, BIRD.
SO, GUYS,
WHAT EXACTLY DID HAPPEN LAST NIGHT?
IT'S LIKE WE SAID.
WE WERE PLAYING BASKETBALL AT THE PARK.
THEN WE SAW JIMMY OVER BY THE BLEACHERS.
HE WAS DUMPING SOMETHING IN THE GARBAGE CAN.
I YELLED AT HIM TO COME AND PLAY, BUT HE RAN OFF.
WE LOOKED IN THE GARBAGE CAN TO SEE WHAT HE THREW AWAY.
IT WAS THOSE TWO FOSSILS--
IN A CIGAR BOX.
WHAT SPOOKED HIM?

HE MUST HAVE BEEN SCARED OF SOMETHING.
MAYBE SOMEONE WAS CHASING HIM.
WHO WOULD BE CHASING HIM?
SOMEBODY WHO WANTED THOSE FOSSILS--
LIKE BANK ROBBERS!
OR KID-NAPPERS!
OH, COME ON, BOOMER.
BANK ROBBERS DON'T STEAL BONES--
HE'S PROBABLY MAD AT HIS MOM, AND TOOK OFF SOMEWHERE.
WE'RE JUST IMAGINING HE'S IN TROUBLE.


HEY, YOU WANT TO REALLY IMAGINE SOME STUFF?
LIKE-- THE BANK ROBBERS ARE CHASING JIMMY--
AND THEN--
AND THEN?
"HE RUNS INTO THE WOODS--
TRIPS--
AND FALLS DOWN."
HEH-HEH. WE GOT HIM.
"THAT'S, AH-- WHEN THE BANKROBBERS SEE THIS *THING!*"


"THE BAD GUYS ALMOST HIT IT WITH THEIR TRUCK! AND THEN THE THING GETS AWAY!"

SO, WHAT IS THIS THING?
IT'S, UH-- THE BOOGIE MAN?
BOOM, THAT'S SO LAME.
WELL, YEAH, THE BOOGIE MAN IS PRETTY DUMB. HEH-HEH.

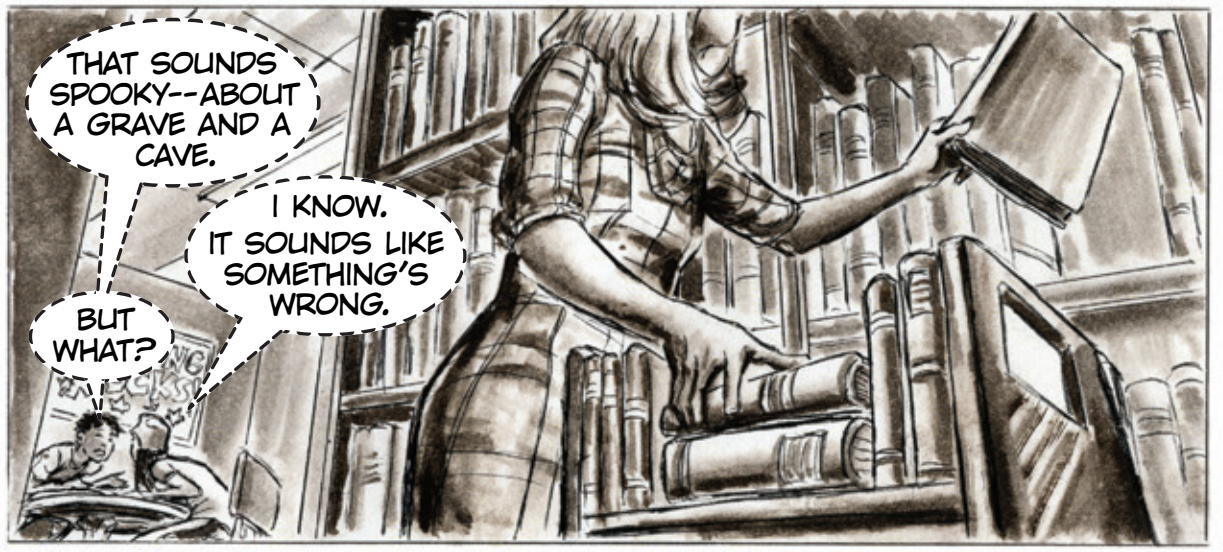
"BUT YOU NEVER KNOW--
MAYBE SOMEBODY REALLY IS--
OUT TO GET HIM."

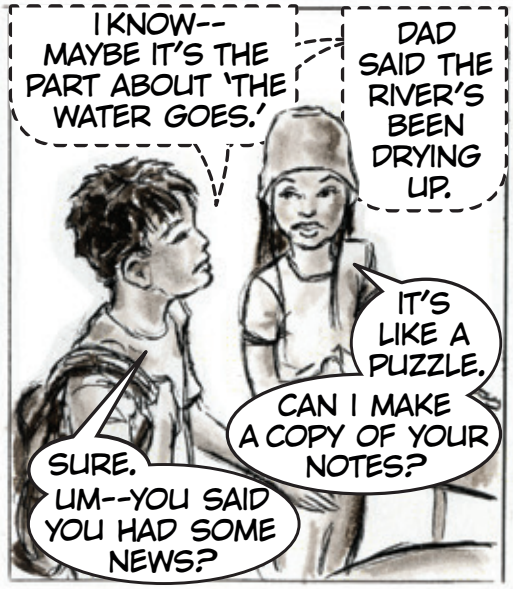
FORGET THIS BOOGIE MAN STUFF.
THIS IS SERIOUS.
JIMMY'S DISAPPEARED AND THESE BONES HAVE GOT SOMETHING TO DO WITH IT.
RIGHT.
WE SHOULD SHOW THEM TO SOMEONE.
WHO?
AH--MISS SWALLOW.
YOU KNOW--
THE SPONSOR FOR THE SCIENCE CLUB?
SHE'LL HELP US.
LET'S MEET AT HER CLASSROOM AFTER SCHOOL.
LATER GUYS.
WE GOTTA GO TO THE LIBRARY.
OKAY!
AFTER SCHOOL!

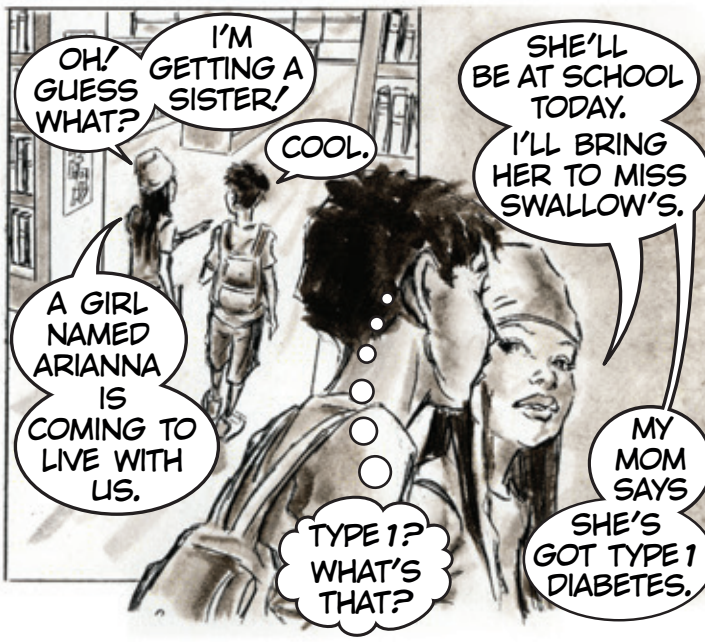
Rain and Hummingbird found a table in a corner of the library.
YOU WANTED TO TELL ME SOMETHING, RD?
YEAH, NOBODY CAN HEAR US HERE.
READ THIS.
WHAT IS IT?
IT'S ABOUT A DREAM I HAD LAST NIGHT.
I DON'T KNOW HOW TO SAY IT, BIRD.
THE EAGLE-- AH--
THE EAGLE TALKED TO ME AGAIN!
I WROTE DOWN EVERYTHING I COULD REMEMBER.
GO AHEAD. READ IT.

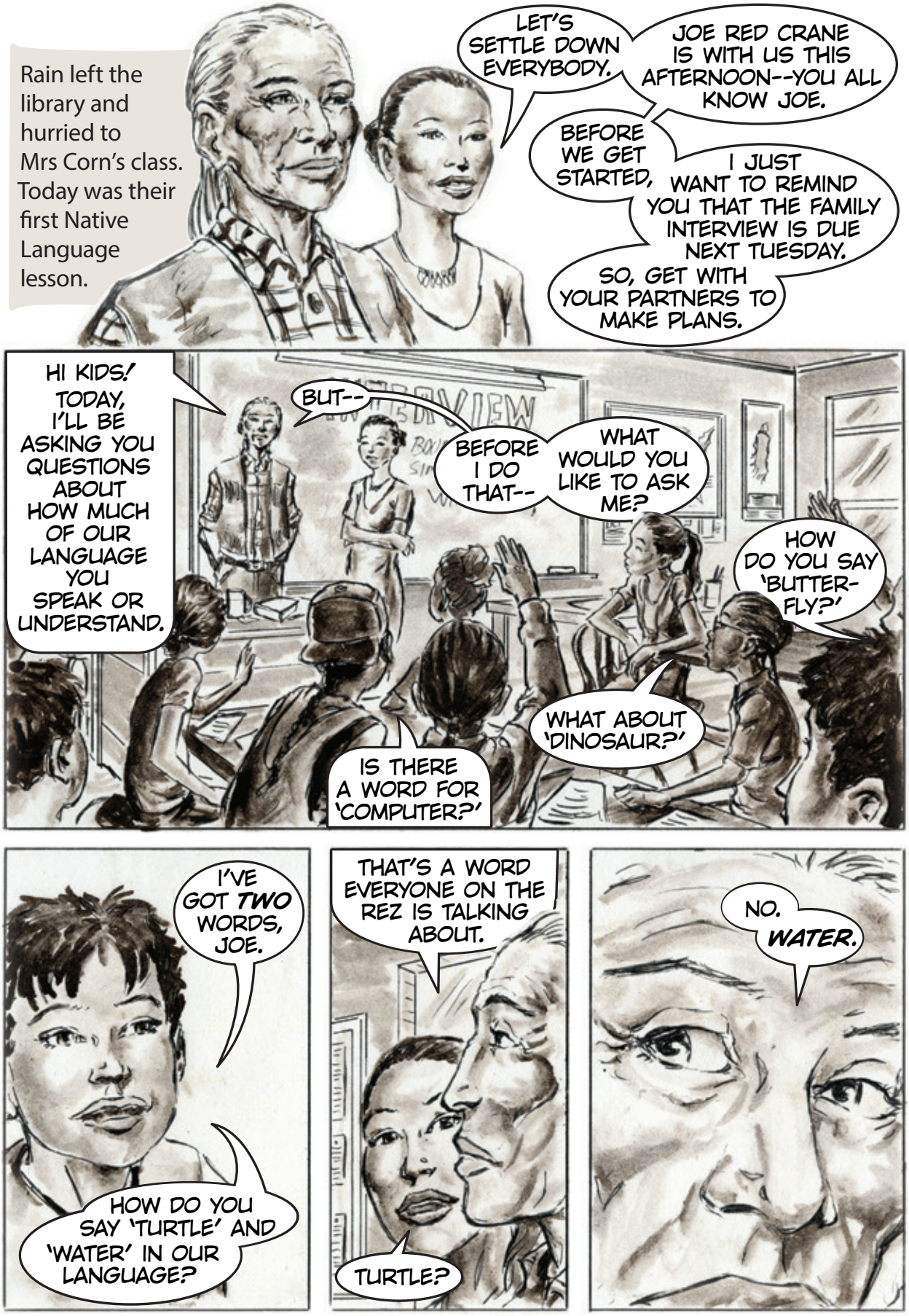
YOU WERE AT THE TREE STUMP--
WE WERE ALL SINGING THE SONG THAT THE EAGLE TAUGHT US.
THEN THE EAGLE STARTED SINGING ABOUT A TURTLE -- AND WATER-- AND A BOY MUST HELP US.

OH, RD! HE'S COME BACK!
SHHHH!

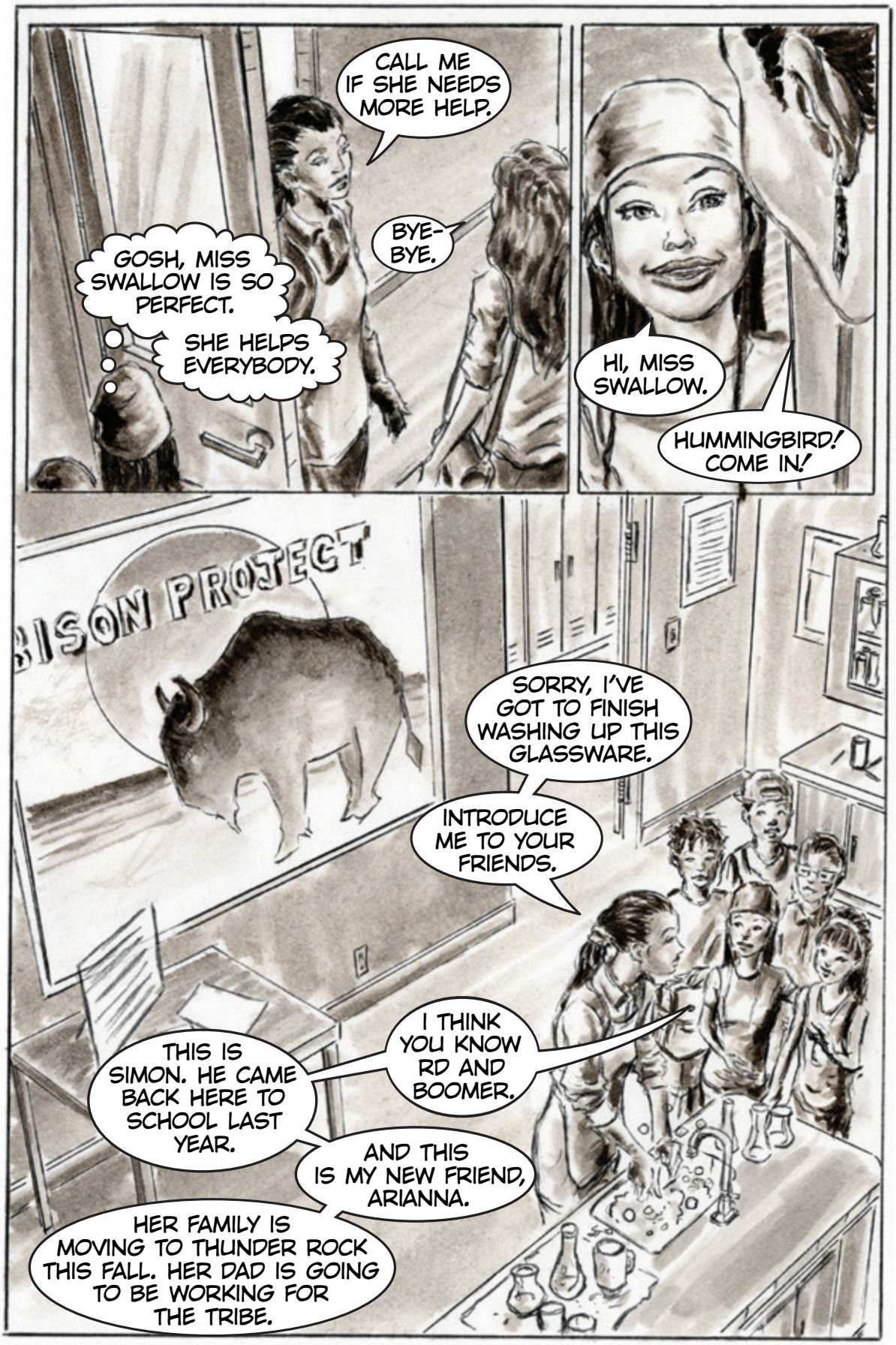

THAT SOUNDS SPOOKY--ABOUT A GRAVE AND A CAVE.
I KNOW. IT SOUNDS LIKE SOMETHING'S WRONG.
BUT WHAT?

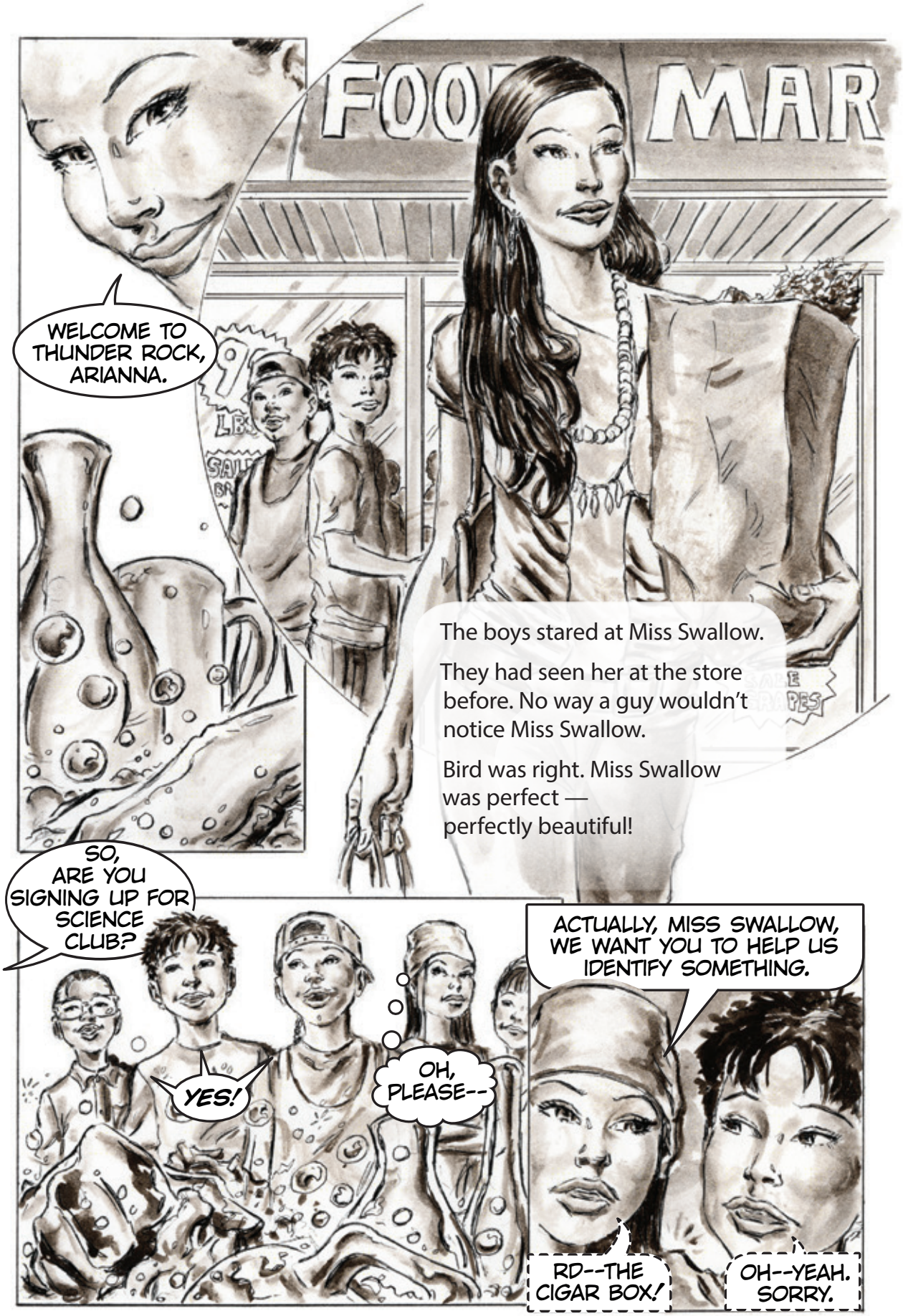

I KNOW-- MAYBE IT'S THE PART ABOUT 'THE WATER GOES.'
DAD SAID THE RIVER'S BEEN DRYING UP.
IT'S LIKE A PUZZLE.
CAN I MAKE A COPY OF YOUR NOTES?
SURE. UM--YOU SAID YOU HAD SOME NEWS?

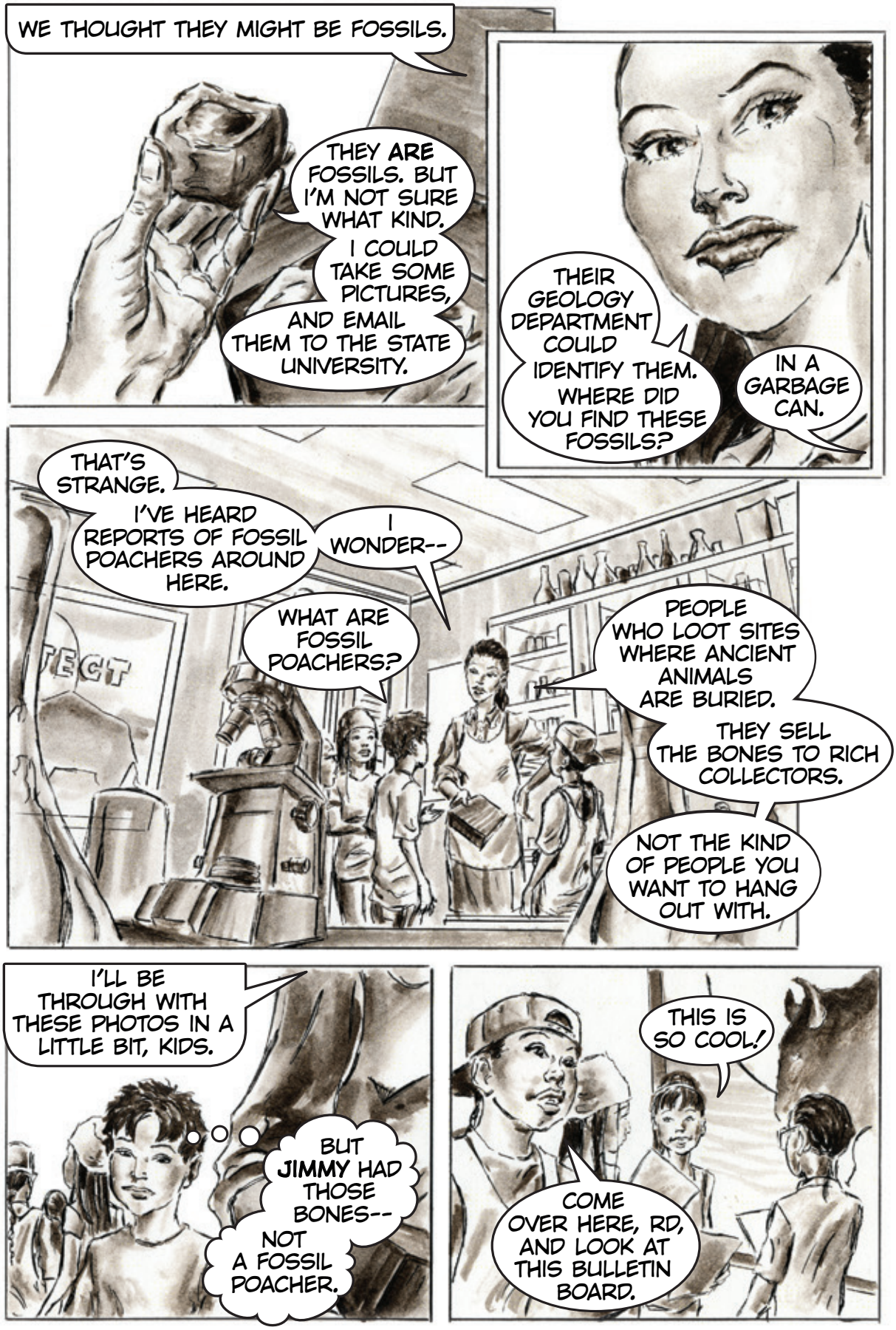

OH! GUESS WHAT?
I'M GETTING A SISTER!
COOL.
A GIRL NAMED ARIANNA IS COMING TO LIVE WITH US.
TYPE 1? WHAT'S THAT?
SHE'LL BE AT SCHOOL TODAY. I'LL BRING HER TO MISS SWALLOW'S.
MY MOM SAYS SHE'S GOT TYPE 1 DIABETES.

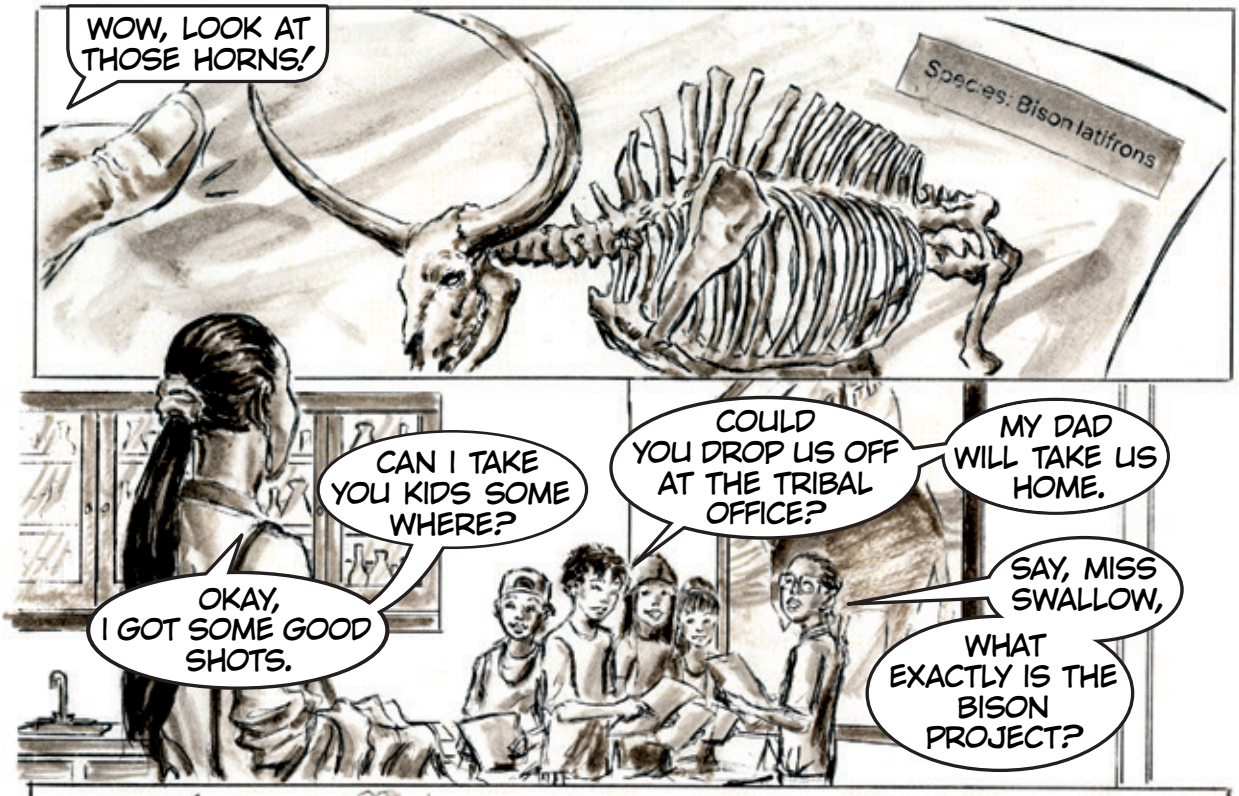

Rain left the library and hurried to Mrs Corn's class. Today was their first Native Language lesson.
LET'S SETTLE DOWN EVERYBODY.
JOE RED CRANE IS WITH US THIS AFTERNOON--YOU ALL KNOW JOE.
BEFORE WE GET STARTED,
I JUST WANT TO REMIND YOU THAT THE FAMILY INTERVIEW IS DUE NEXT TUESDAY.
SO, GET WITH YOUR PARTNERS TO MAKE PLANS.
HI KIDS! TODAY, I'LL BE ASKING YOU QUESTIONS ABOUT HOW MUCH OF OUR LANGUAGE YOU SPEAK OR UNDERSTAND.
BUT--
BEFORE I DO THAT--
WHAT WOULD YOU LIKE TO ASK ME?
HOW DO YOU SAY 'BUTTER-FLY?'
WHAT ABOUT 'DINOSAUR?'
IS THERE A WORD FOR 'COMPUTER?'
I'VE GOT TWO WORDS, JOE.
HOW DO YOU SAY 'TURTLE' AND 'WATER' IN OUR LANGUAGE?
THAT'S A WORD EVERYONE ON THE REZ IS TALKING ABOUT.
TURTLE?
NO. WATER.

After school the boys headed to Miss Swallow's room.
JOE'S SO COOL.
YEAH, I WISH HE COULD TEACH US EVERY DAY.
SIMON, COME OVER TOMORROW. WE CAN INTERVIEW MY GRANMA.
SHE'S GOT A STORY NOBODY'S HEARD BEFORE.
YOU'RE LUCKY, RD. I'VE HEARD ALL MY FAMILY'S STORIES.
RD-- YOU GOT THE FOSSILS?
SURE, BOOM, IN MY BACKPACK.
YO! BIRD!
WHO'S THE GIRL WITH BIRD?
GUYS, THIS IS ARIANNA.
ARIANNA, MEET SOME OF MY BEST FRIENDS:
RD, BOOMER, AND SIMON.
HI! WHEN DID YOU GET HERE?
LAST NIGHT.
THIS IS MY FIRST DAY.
I'VE BEEN THINKING--
MAYBE WE SHOULDN'T MENTION JIMMY WHEN WE SHOW MISS SWALLOW THE BONES.
YEAH, IT MIGHT GET HIM IN TROUBLE.
BONES?
WE'RE GOING TO ASK MISS SWALLOW TO TAKE A LOOK AT SOME FOSSILS RD AND BOOMER FOUND.


CALL ME IF SHE NEEDS MORE HELP.
BYE-BYE.
GOSH, MISS SWALLOW IS SO PERFECT.
SHE HELPS EVERYBODY.
HI, MISS SWALLOW.
HUMMINGBIRD! COME IN!
BISON PROJECT
SORRY, I'VE GOT TO FINISH WASHING UP THIS GLASSWARE.
INTRODUCE ME TO YOUR FRIENDS.
I THINK YOU KNOW RD AND BOOMER.
THIS IS SIMON. HE CAME BACK HERE TO SCHOOL LAST YEAR.
AND THIS IS MY NEW FRIEND, ARIANNA.
HER FAMILY IS MOVING TO THUNDER ROCK THIS FALL. HER DAD IS GOING TO BE WORKING FOR THE TRIBE.


FOO MAR
WELCOME TO THUNDER ROCK, ARIANNA.
The boys stared at Miss Swallow.
They had seen her at the store before. No way a guy wouldn't notice Miss Swallow.
Bird was right. Miss Swallow was perfect — perfectly beautiful!
SO, ARE YOU SIGNING UP FOR SCIENCE CLUB?
YES!
OH, PLEASE--
ACTUALLY, MISS SWALLOW, WE WANT YOU TO HELP US IDENTIFY SOMETHING.
RD--THE CIGAR BOX!
OH--YEAH. SORRY.


WE THOUGHT THEY MIGHT BE FOSSILS.
THEY ARE FOSSILS. BUT I'M NOT SURE WHAT KIND.
I COULD TAKE SOME PICTURES, AND EMAIL THEM TO THE STATE UNIVERSITY.
THEIR GEOLOGY DEPARTMENT COULD IDENTIFY THEM. WHERE DID YOU FIND THESE FOSSILS?
IN A GARBAGE CAN.
THAT'S STRANGE.
I'VE HEARD REPORTS OF FOSSIL POACHERS AROUND HERE.
I WONDER--
WHAT ARE FOSSIL POACHERS?
PEOPLE WHO LOOT SITES WHERE ANCIENT ANIMALS ARE BURIED.
THEY SELL THE BONES TO RICH COLLECTORS.
NOT THE KIND OF PEOPLE YOU WANT TO HANG OUT WITH.
I'LL BE THROUGH WITH THESE PHOTOS IN A LITTLE BIT, KIDS.
BUT JIMMY HAD THOSE BONES--
NOT A FOSSIL POACHER.
THIS IS SO COOL!
COME OVER HERE, RD, AND LOOK AT THIS BULLETIN BOARD.

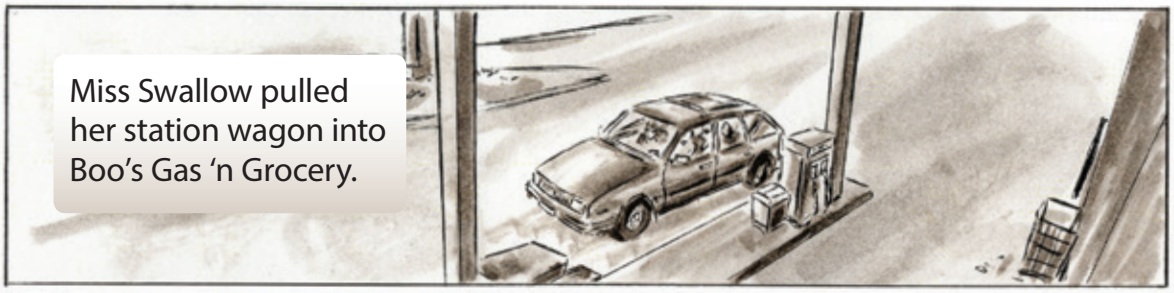


"IT'S ABOUT THE TRIBES COMING TOGETHER TO RESTORE THE BUFFALO. THE BUFFALO FED THE PEOPLE FOR THOUSANDS OF YEARS --UNTIL THEY WERE ALMOST WIPED OUT. BUT NOW WE'RE BRINGING THEM BACK. NOT ONLY AS NUTRITIOUS FOOD OR A WAY TO MAKE A LIVING, BUT ALSO TO RESTORE A HEALTHY BALANCE BETWEEN PEOPLE, ANIMALS AND THE LAND ITSELF.

EVERY SUMMER, I STUDY THE RELATIONSHIP BETWEEN BUFFALO AND THE ANIMALS THAT LIVE WITH THEM --BIRDS, PRAIRIE DOGS, PREDATORS LIKE WOLVES, COYOTES AND FERRETS, AND EVEN INSECTS. I LOOK AT THE PLANTS THAT THE BUFFALO AND OTHER ANIMALS EAT, TOO.

I ALSO LISTEN TO WHAT THE PEOPLE HAVE TO SAY ABOUT HOW EVERYTHING WORKS TOGETHER. THERE'S A LOT OF TRADITIONAL KNOWLEDGE OUT THERE."

YOU MEAN LIKE--
WE SHOULD EAT THE FOODS OUR ANCESTORS ATE
AND BE ACTIVE LIKE THEY WERE?
I GUESS IF THE BUFFALO ARE EATING THEIR TRADITIONAL FOOD--
THEN THEY'RE HEALTHIER, AND THAT MAKES US HEALTHIER, TOO.
YOU KIDS GET IT! YOU MUST HAVE BEEN TALKING TO THE RIGHT PEOPLE.
NOT EXACTLY PEOPLE!
LET'S SHOW HER WHAT WE DID AT BOO'S STORE.
EXCELLENT!
This kids piled into Miss Swallow's car and she drove into town.
COULD WE STOP AT BOO'S STORE, MISS SWALLOW?
DO YOU SEE THE SIGN UP AHEAD?



Glancing out the window, Boo thought he recognized the car.

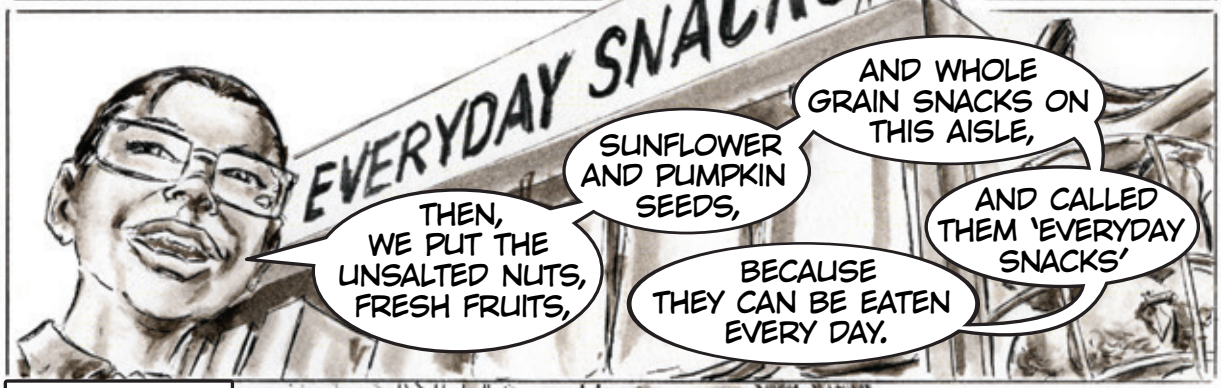
The last time Betty Swallow had shopped at Boo's, his store didn't have many customers. Big Weasel's Jif Mart was getting all the business. Boo couldn't compete with Big Weasel's cheap "jumbo combo" (two hot dogs, large fries, and a milkshake) or his billboard signs.

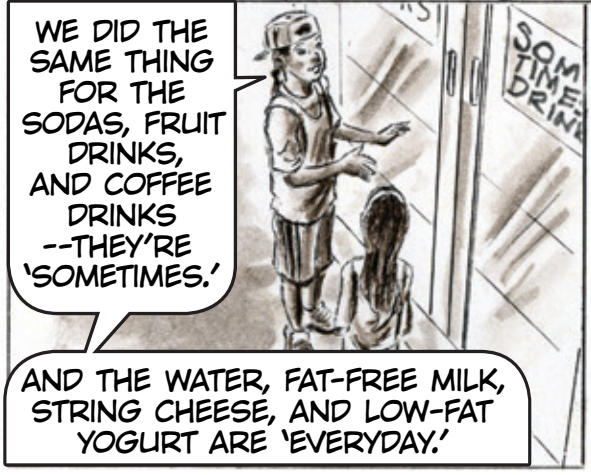
Folks in town started calling him "Boo the loser." But Boo wasn't a quitter! He decided to sponsor a slogan contest to advertise his business. When the day came to award the $20 prize to the winning entry, Boo was surprised when four kids showed up. He was even more surprised that they didn't want the money. Instead, they wanted to reorganize the foods in his store.

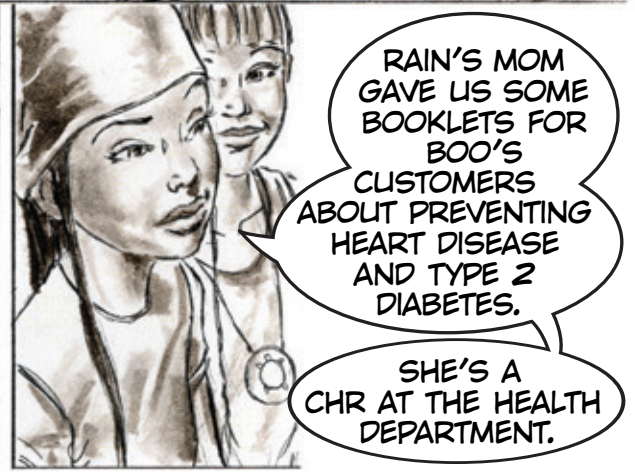
IT'S THE KIDS-- AND BETTY! SHE'S BACK!

WOW, BOO, THE STORE LOOKS SO DIFFERENT--
WHAT HAVE YOU DONE TO THE FOOD?
IT WASN'T ME.
THESE GUYS DID ALL THE WORK.

EVERYDAY SNACKS
SOMETIMES SNACKS
WE PUT ALL THE CAKES, COOKIES, CHIPS AND CANDIES ON THIS AISLE,
LOOK OVER HERE, MISS SWALLOW.
WE CALLED THEM 'SOMETIMES SNACKS' BECAUSE THEY SHOULD BE EATEN ONLY AS SPECIAL TREATS.


EVERYDAY SNACKS
THEN, WE PUT THE UNSALTED NUTS, FRESH FRUITS,
SUNFLOWER AND PUMPKIN SEEDS,
AND WHOLE GRAIN SNACKS ON THIS AISLE,
AND CALLED THEM 'EVERYDAY SNACKS'
BECAUSE THEY CAN BE EATEN EVERY DAY.


WE DID THE SAME THING FOR THE SODAS, FRUIT DRINKS, AND COFFEE DRINKS --THEY'RE 'SOMETIMES.'
AND THE WATER, FAT-FREE MILK, STRING CHEESE, AND LOW-FAT YOGURT ARE 'EVERYDAY.'


RAIN'S MOM GAVE US SOME BOOKLETS FOR BOO'S CUSTOMERS ABOUT PREVENTING HEART DISEASE AND TYPE 2 DIABETES.
SHE'S A CHR AT THE HEALTH DEPARTMENT.

COME OVER HERE, KIDS.
I'VE GOT SOMETHING NEW--
OR SHOULD I SAY 'OLD,' TO SHOW YOU.
NATIVE FOODS!
WOW!
LOOK AT ALL THIS STUFF!
DRIED BUFFALO AND FRUIT PATTIES,
SQUASH COOKIES, BEAN BREAD--
AND POPCORN BALLS!
NATIVE FOOD
SO, ARIANNA,
WHAT DO YOU THINK?
I LOVE THIS STORE!
I'LL BUY SOME OF YOUR EVERYDAY SNACKS, FOR SURE.
I HAVE TYPE 1 DIABETES.
YOUR HEALTHY FOODS WILL HELP ME KEEP MY BLOOD SUGAR IN BALANCE--JUST LIKE SOMEONE WITH TYPE 2 DIABETES.

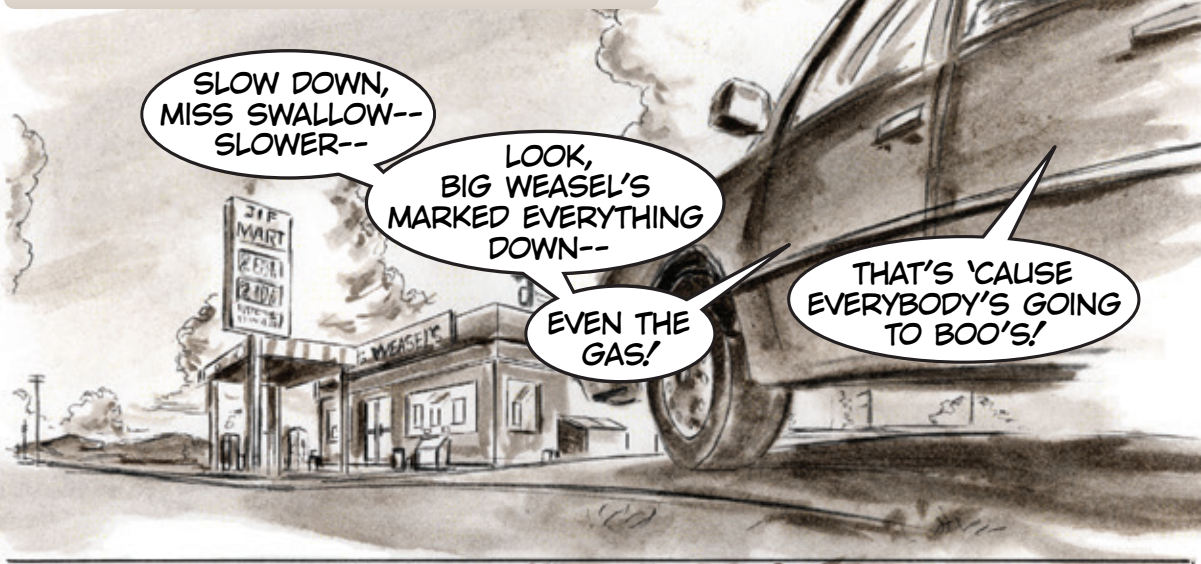
LOW FAT YOGURT
CHEESE
CHEESE
CHEESE
ARIANNA, YOU'LL LIKE BOO'S FOR LOTS OF REASONS.

YEAH, LIKE COMIC BOOKS!
COMICS
HAS THIS MONTH'S "MAMMOTH BOY" COME IN YET?

NOT UNTIL NEXT TUESDAY, GUYS.
I'LL SAVE YOU A COPY.

THANKS!
SAVE US THIS COPY OF "ULFUR AND THE WHITE WOLVES," TOO, PLEASE.
SURE THING.

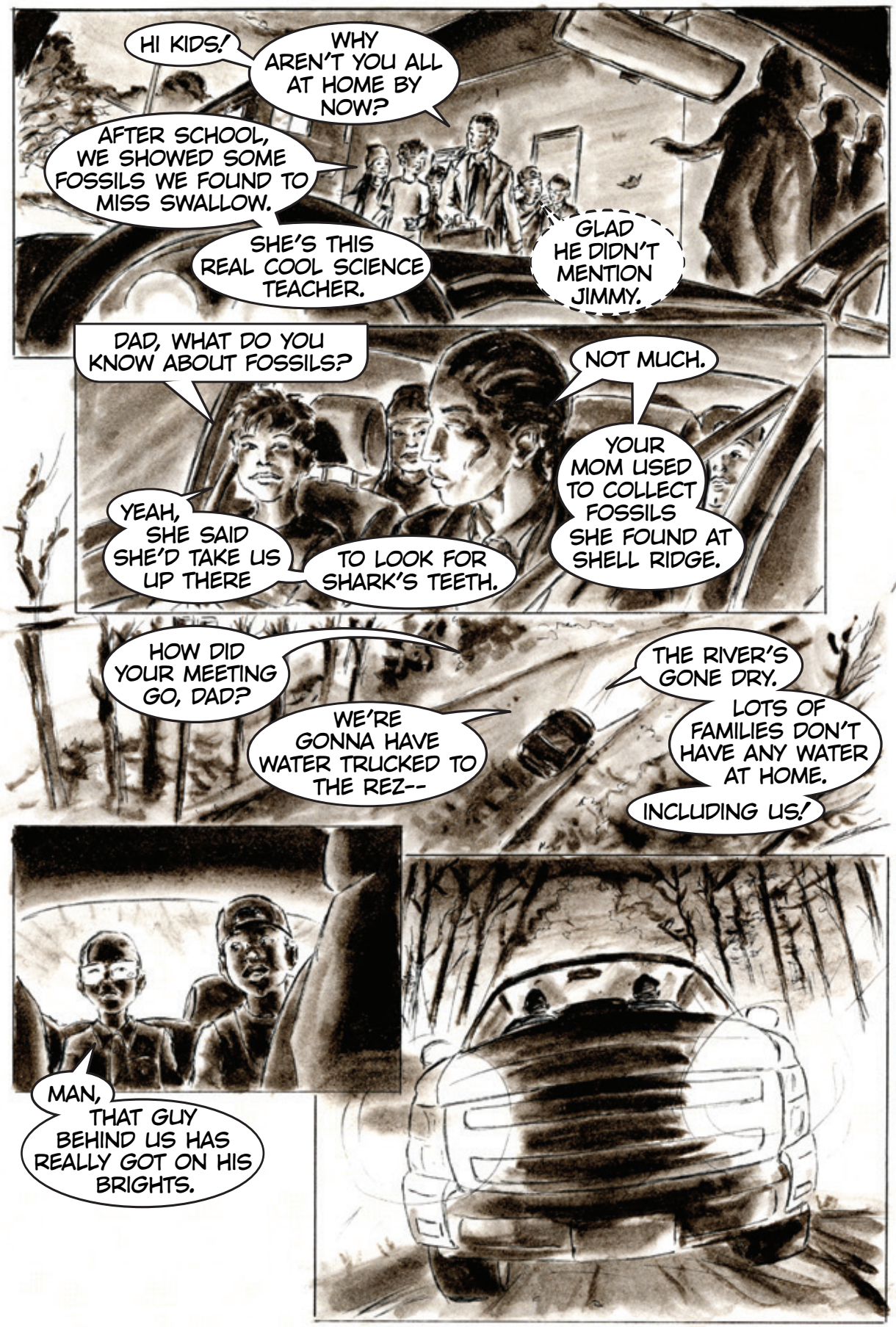
On her way back to town, Miss Swallow took a left on Old Schoolhouse Road and drove past Big Weasel's Jif Mart.



THANKS FOR THE RIDE, MISS SWALLOW.
WE SHOULD HEAR ABOUT THOSE FOSSILS ON MONDAY, KIDS.
HI, MISS CLOUD. COULD YOU TELL MY DAD WE'RE HERE?
HE'S IN AN EMERGENCY MEETING
ABOUT THE WATER SHORTAGE.
OKAY, WE'LL WAIT.
LET'S HAVE A TREE STUMP MEETING.
WE NEED TO TALK ABOUT THESE BONES.
YEAH, AND ABOUT MY DREAM.
OKAY,
AFTER SIMON AND I INTERVIEW GRANMA.
OKAY.
STUMP MEETING?
YEAH, DEFINITELY.
CAN YOU COME WITH US TO THE OLD TREE STUMP TOMORROW?
NOT TOMORROW.
MY MOM GETS HERE IN THE MORNING.
ARIANNA--
WE KNOW THAT IF PEOPLE DON'T EAT HEALTHY FOODS AND MOVE THEIR BODIES,
THEY MIGHT GET TYPE 2 DIABETES--
ESPECIALLY IF THEY GAIN WEIGHT.
WHAT'S DIFFERENT ABOUT TYPE 1 DIABETES?

WELL, I HAVE TROUBLE CONTROLLING THE AMOUNT OF SUGAR IN MY BLOOD BECAUSE MY PANCREAS HAS STOPPED MAKING INSULIN.
IF THE BLOOD SUGAR-- YOU KNOW, GLUCOSE?-- CAN'T GET INTO MY CELLS TO MAKE ENERGY,
THEN I CAN GET REALLY SICK.
MOSTLY YOUNG PEOPLE GET TYPE 1 DIABETES.
BUT DOCTORS DON'T KNOW WHY OUR OWN BODIES START ATTACKING OUR CELLS THAT MAKE INSULIN.
DO YOU TAKE INSULIN?
EVERY DAY.
YOU MEAN, LIKE SHOTS?
I USED TO TAKE SHOTS. NOW I HAVE AN INSULIN PUMP.
IT PUMPS IN A LITTLE BIT OF INSULIN THROUGH A TUBE UNDER MY SKIN ALL DAY LONG.
YOU OUGHT TO HEAR THE ALARM ON IT WHEN THE INSULIN SUPPLY GETS TOO LOW,
IT GOES--
DING! DING! DING! DING!
BUT I STILL HAVE TO DO 'FINGERSTICKS' EVERY DAY
TO SEE IF MY BLOOD SUGAR IS LOW, HIGH, OR JUST RIGHT.
I'D FAINT IF I HAD TO JAB MY FINGER EVERY DAY.

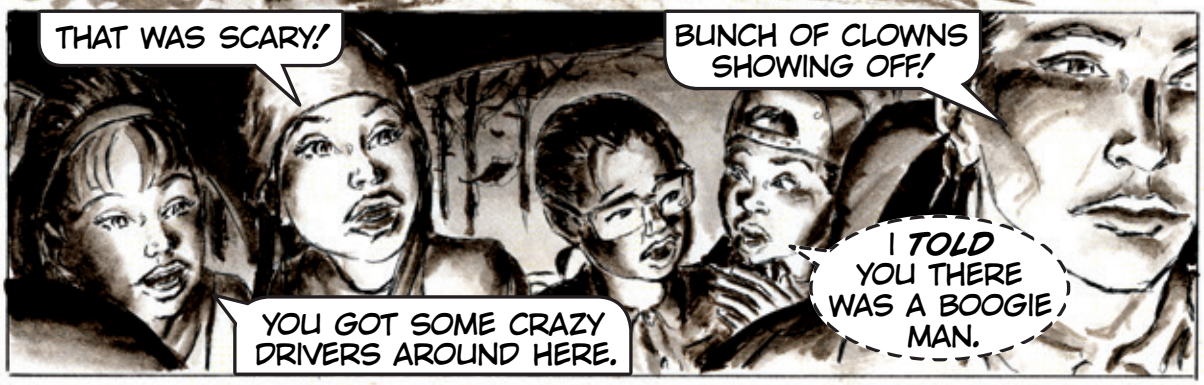
IT'S JUST A *LITTLE* BIT OF BLOOD, BOOMER.
IT GETS KINDA OLD, SOMETIMES, BUT AS MY MOM SAYS, "TIENES QUE HACER, LO QUE TIENES QUE HACER."
WHAT DOES THAT MEAN?
YOU GOTTA DO WHAT YOU GOTTA DO!
YOU SPEAK SPANISH?
YES. MY FAMILY IS HISPANIC.
THE MEETING IS BREAKING UP.
YOUR DAD WILL BE OUT IN A MINUTE, RAIN.


HI KIDS!
WHY AREN'T YOU ALL AT HOME BY NOW?
AFTER SCHOOL, WE SHOWED SOME FOSSILS WE FOUND TO MISS SWALLOW.
SHE'S THIS REAL COOL SCIENCE TEACHER.
GLAD HE DIDN'T MENTION JIMMY.
DAD, WHAT DO YOU KNOW ABOUT FOSSILS?
NOT MUCH.
YOUR MOM USED TO COLLECT FOSSILS SHE FOUND AT SHELL RIDGE.
YEAH, SHE SAID SHE'D TAKE US UP THERE
TO LOOK FOR SHARK'S TEETH.
HOW DID YOUR MEETING GO, DAD?
THE RIVER'S GONE DRY.
WE'RE GONNA HAVE WATER TRUCKED TO THE REZ--
LOTS OF FAMILIES DON'T HAVE ANY WATER AT HOME.
INCLUDING US!
MAN, THAT GUY BEHIND US HAS REALLY GOT ON HIS BRIGHTS.

HE'S TOO CLOSE. WHY DOESN'T HE PASS?
WHOSE TRUCK IS THAT?
I DON'T KNOW-- NEVER SEEN IT BEFORE.
LOOKS LIKE TWO GUYS--
THEY'RE COMING AROUND, DAD.
WHAT ARE THEY LOOKIN' AT?
OH, NO-- MAYBE IT'S *WHO* ARE THEY LOOKING *FOR!*

YOU RECOGNIZE 'EM?
NO, THE WINDOWS ARE TOO DARK.

WHOAAAAA!
HOW FAST ARE THEY GOING?


THAT WAS SCARY!
BUNCH OF CLOWNS SHOWING OFF!
I TOLD YOU THERE WAS A BOOGIE MAN.
YOU GOT SOME CRAZY DRIVERS AROUND HERE.

Gerald dropped off Simon at his house, then Hummingbird and Arianna. Although Boomer lived nearby, he took Boomer home, too. Gerald said he didn't want him walking on the road—not with those crazies zooming around.
LOOK, AUNT SISSY'S CAR IS STILL HERE.
YEAH, SON.
THAT MEANS HER MOUTH IS, TOO.

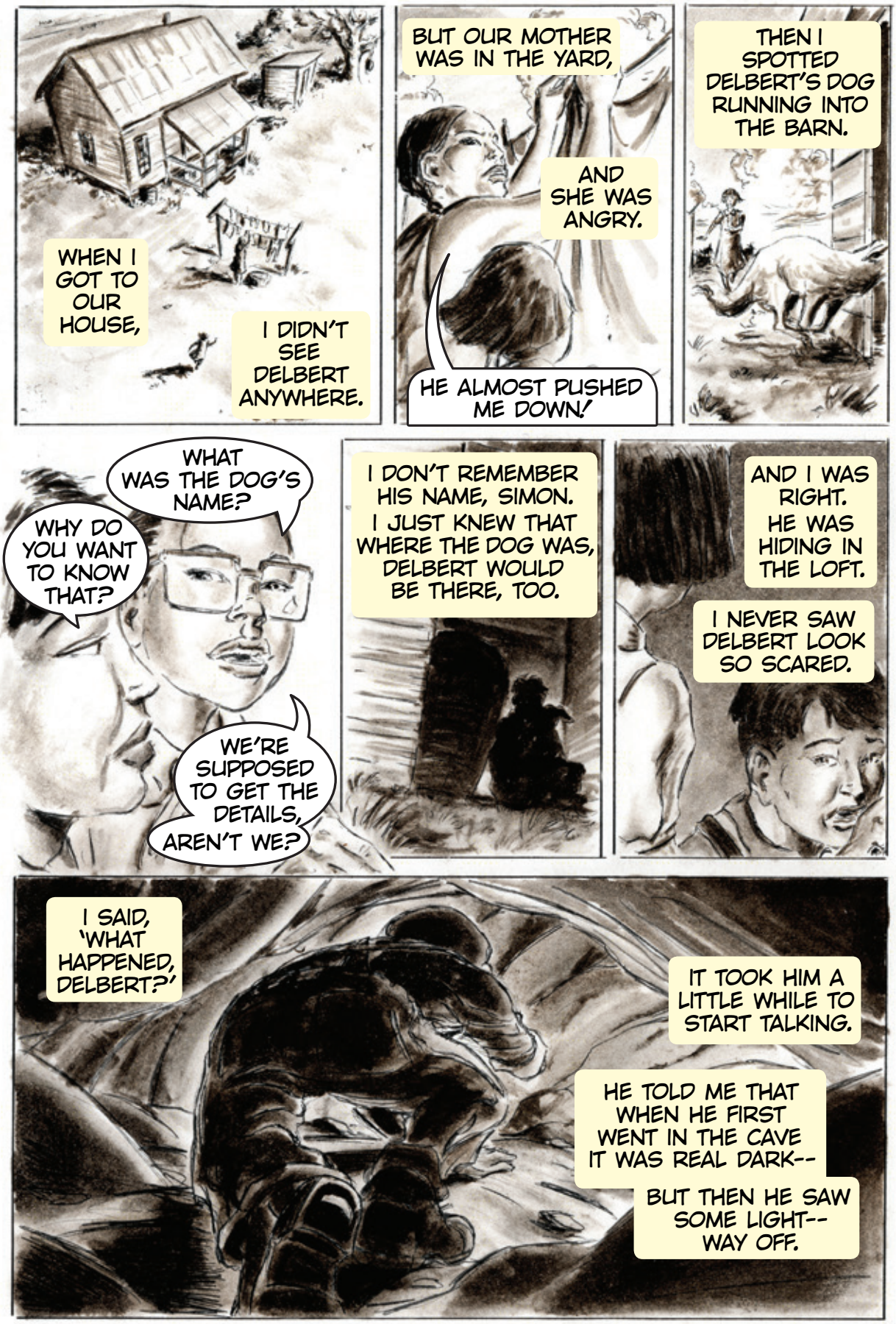
SISSY, YOU GAVE MARGIE THREE BAGS OF CANDY SO SHE'D STAY QUIET WHILE YOU WATCH SOAP OPERAS! THAT'S NOT HEALTHY!
WHY DON'T YOU GET OFF MY CASE?
SEE, WHAT'D I TELL YOU.
YOU ARE ALL A BUNCH OF HEALTH NUTS!
IT WAS JELLY BEANS--
NOT POISON!
I'M OUTTA HERE!
I'LL BE SURE TO GIVE THE EASTER BUNNY YOUR MESSAGE--
WHAT ARE YOU LOOKING AT, SOUR PUSS?
SOMEBODY EAT YOUR CABBAGE?
HUMPPHH!
I NEED SOME EXCITEMENT IN MY LIFE--
AND IT'S NOT CARROTS AND PEAS!
WHAT DID I DO?
NOTHING, SPORT.
SISSY'S JUST BEEN READING TOO MANY ROMANCE NOVELS.

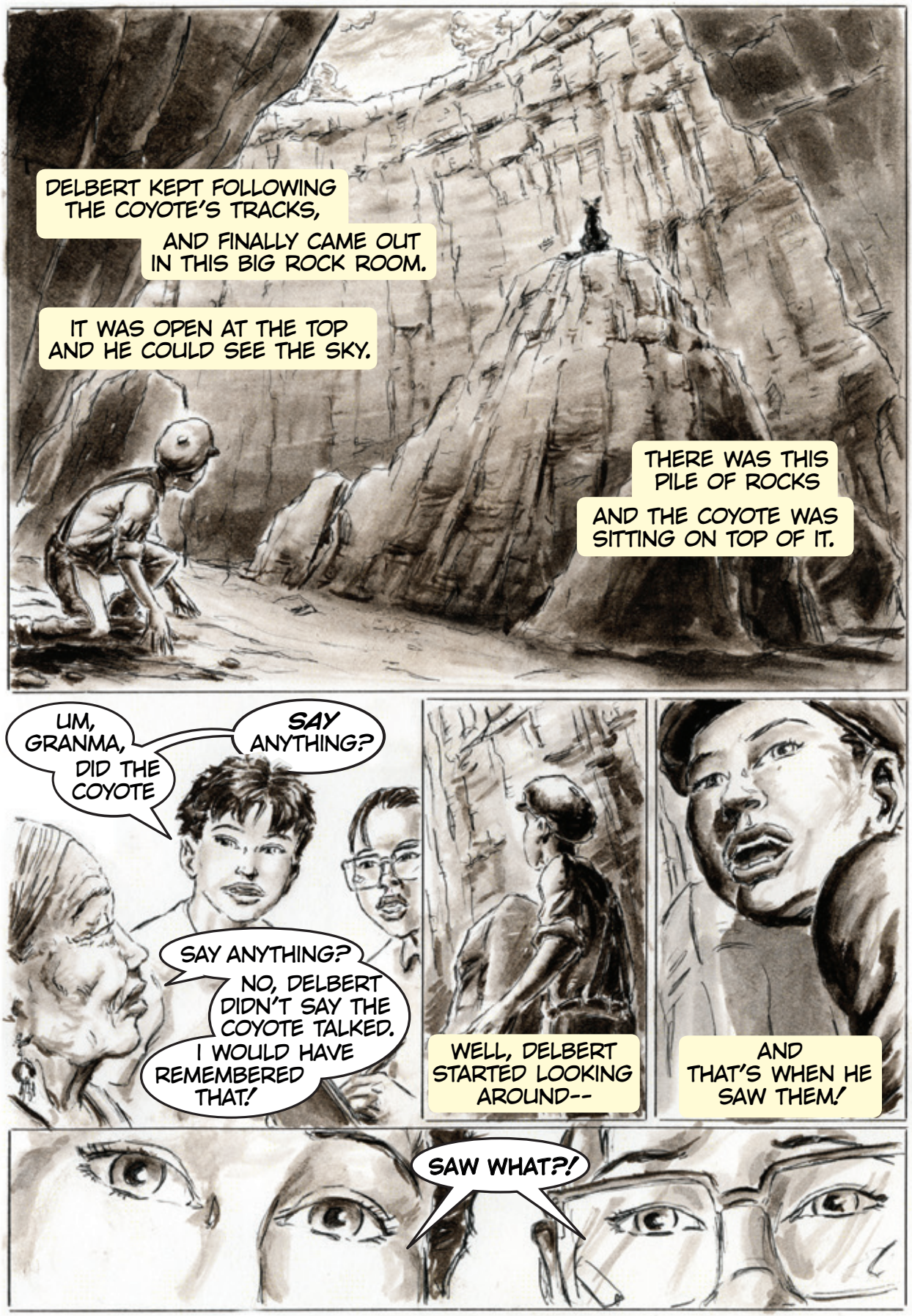
The next morning Granma was ready to tell her story for the family interview.
WE GOT TO GET OUR NOTEBOOKS AND THE RECORDER READY, GRANMA.
WHEN I GIVE THE THUMBS UP YOU CAN START THE STORY.
OKAY?
OKAY.
NOW THIS IS A TRUE STORY THAT HAPPENED A LONG TIME AGO--
"WHEN DELBERT AND I WERE WALKING HOME FROM SCHOOL--
EXCUSE ME, GRANMA HETTIE.
WE HAVE TO ASK QUESTIONS LIKE REPORTERS.
WHO IS DELBERT?
WHY, DELBERT WAS MY BROTHER.
THAT'S HIS ARMY PICTURE.

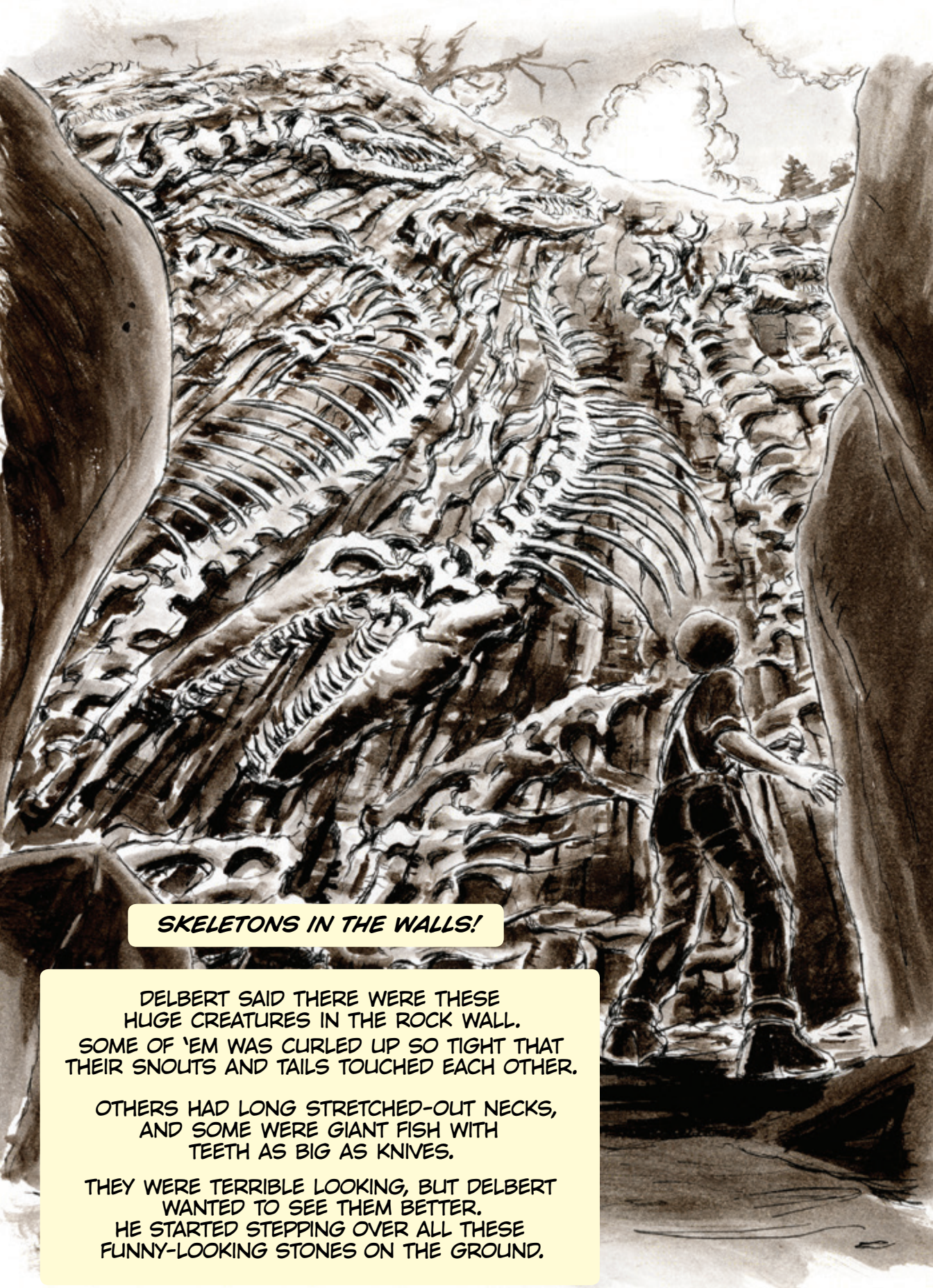
WASN'T HE HANDSOME?
I STILL MISS DELBERT SOMETIMES.
HE GOT KILLED IN WORLD WAR II.
SO, THERE WE WERE ON THAT ROAD BY SHELL RIDGE--NEAR RED WATER MOUNTAIN.
AND DELBERT SAW THIS COYOTE IN THE ROAD.
THE COYOTE WOULD RUN ALONG,
THEN STOP,
AND LOOK OVER HIS SHOULDER AT US.
DELBERT SAID, 'THAT COYOTE ACTS LIKE HE WANTS US TO FOLLOW HIM.'
COYOTE? FOLLOW HIM?
DELBERT WAS ALWAYS LOOKING FOR FUN.
HE STARTED RUNNIN' AFTER THAT COYOTE.
SO, I TOOK OFF AFTER DELBERT!'

WE RAN AND RAN AFTER THAT CRITTER--
WAY OFF THE ROAD AND THROUGH SOME TREES.
THEN HE WENT THROUGH A LITTLE HOLE IN THE ROCKS.
WE SQUEEZED THROUGH THAT HOLE, TOO.
ON THE OTHER SIDE WAS A CANYON THAT LOOKED LIKE A BIG BOWL-- WITH ALL THESE LITTLE CAVES.
JUST THEN, DELBERT YELLED 'THERE HE IS!' HE'D SPOTTED THE COYOTE RUNNING INTO ONE OF THOSE CAVES.
WE RAN TO THAT CAVE AND LOOKED IN.
IT WAS REAL DARK.
WE COULD SEE THE COYOTE'S TRACKS IN THE SAND.
DELBERT SAID, 'LET'S GO IN THERE.'
BUT I SAID, 'NOT ME. IT'S TOO SCARY.'

JUST A SECOND, GRANMA.
LET US CATCH UP.
WE'RE TAPING, BUT WE GOT TO TAKE NOTES, TOO.
OKAY, GOT IT.
WHAT HAPPENED NEXT?
SO, DELBERT WENT IN THE CAVE.
ALL I COULD DO IS SIT DOWN AND WAIT.
SEEMED LIKE HE WAS IN THERE FOREVER.
THEN, ALL OF A SUDDEN--
DELBERT CAME BUSTING OUT OF THAT CAVE
LIKE THE DEVIL WAS AFTER HIM!
I HOLLERED, 'DELBERT! WAIT!'
BUT HE NEVER EVEN TURNED AROUND.
I CHASED HIM ALL THE WAY HOME.


WHEN I GOT TO OUR HOUSE,
I DIDN'T SEE DELBERT ANYWHERE.
BUT OUR MOTHER WAS IN THE YARD,
AND SHE WAS ANGRY.
HE ALMOST PUSHED ME DOWN!
THEN I SPOTTED DELBERT'S DOG RUNNING INTO THE BARN.
WHAT WAS THE DOG'S NAME?
WHY DO YOU WANT TO KNOW THAT?
WE'RE SUPPOSED TO GET THE DETAILS, AREN'T WE?
I DON'T REMEMBER HIS NAME, SIMON. I JUST KNEW THAT WHERE THE DOG WAS, DELBERT WOULD BE THERE, TOO.
AND I WAS RIGHT. HE WAS HIDING IN THE LOFT.
I NEVER SAW DELBERT LOOK SO SCARED.
I SAID, 'WHAT HAPPENED, DELBERT?'
IT TOOK HIM A LITTLE WHILE TO START TALKING.
HE TOLD ME THAT WHEN HE FIRST WENT IN THE CAVE IT WAS REAL DARK--
BUT THEN HE SAW SOME LIGHT-- WAY OFF.


DELBERT KEPT FOLLOWING THE COYOTE'S TRACKS,
AND FINALLY CAME OUT IN THIS BIG ROCK ROOM.
IT WAS OPEN AT THE TOP AND HE COULD SEE THE SKY.
THERE WAS THIS PILE OF ROCKS
AND THE COYOTE WAS SITTING ON TOP OF IT.
UM, GRANMA, DID THE COYOTE
SAY ANYTHING?
SAY ANYTHING?
NO, DELBERT DIDN'T SAY THE COYOTE TALKED.
I WOULD HAVE REMEMBERED THAT!
WELL, DELBERT STARTED LOOKING AROUND--
AND THAT'S WHEN HE SAW THEM!
SAW WHAT?!



SKELETONS IN THE WALLS!

DELBERT SAID THERE WERE THESE HUGE CREATURES IN THE ROCK WALL.
SOME OF 'EM WAS CURLED UP SO TIGHT THAT THEIR SNOUTS AND TAILS TOUCHED EACH OTHER.

OTHERS HAD LONG STRETCHED-OUT NECKS, AND SOME WERE GIANT FISH WITH TEETH AS BIG AS KNIVES.

THEY WERE TERRIBLE LOOKING, BUT DELBERT WANTED TO SEE THEM BETTER.
HE STARTED STEPPING OVER ALL THESE FUNNY-LOOKING STONES ON THE GROUND.

HE STOOPED DOWN AND PICKED UP ONE THAT LOOKED LIKE A BONE.
WELL, THAT'S WHEN IT HAPPENED!
JUST A SECOND, BOYS--
I NEED A SIP OF COFFEE.
WHEN WHAT HAPPENED, GRANMA?!
WHAT, WHAT?
WHEN THE WIND STARTED BLOWING COLD--
MOANING AND SCREAMING--
AND THE SKELETONS STARTED TWISTING
AND TURNING
EVERY WHICH WAY!

DELBERT SAID ONE OF THEM BIG FISH STUCK ITS SKELETON HEAD RIGHT OUT OF THE WALL--
AND OPENED ITS MOUTH SO WIDE IT COULD'VE SWALLOWED HIM WHOLE!
THAT'S WHEN DELBERT RAN FOR HIS LIFE! HE'D JUST ABOUT MADE IT BACK TO THE CAVE TUNNEL,
WHEN HE LOOKED UP AND--
THERE WAS THE COYOTE--
STANDING UP ON HIS TWO BACK LEGS!
THAT'S ALL IT TOOK. DELBERT NEVER LOOKED BACK.
DO YOU THINK THAT WAS OUR COYOTE?
YEAH, AND HE WAS TRICKING!

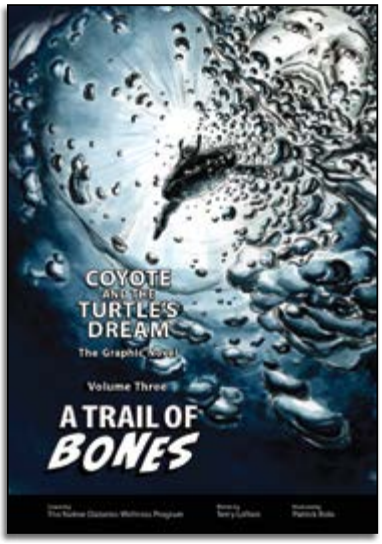
I REMEMBER IT ALL,
JUST LIKE IT WAS YESTERDAY.
Granma reached beside her chair and picked up an old Valentine candy box.
The boys watched anxiously as she opened the lid and took out a round object.
GIVE ME YOUR HAND, RAIN.
GRANMA! IS THIS THE BONE THAT DELBERT TOOK?
YES, RAIN.
HE GAVE IT TO ME AND I KEPT IT ALL THESE YEARS. NOW IT IS YOURS.
Granma leaned back in her old recliner. In a few minutes, she was napping.
The boys hurried to the bedroom closet and took down the cigar box.
Rain emptied Jimmy's bones on the bed.
RD, THAT BONE LOOKS JUST LIKE--
I KNOW.
DELBERT'S BONE AND JIMMY'S BONES LOOK THE SAME!
THE COYOTE'S BEHIND THIS, RD!
WHAT'S HE UP TO?

I DON'T KNOW.
BUT THE EAGLE DOES.
AND HE WANTS ME TO DO SOMETHING ABOUT IT!
To be continued...

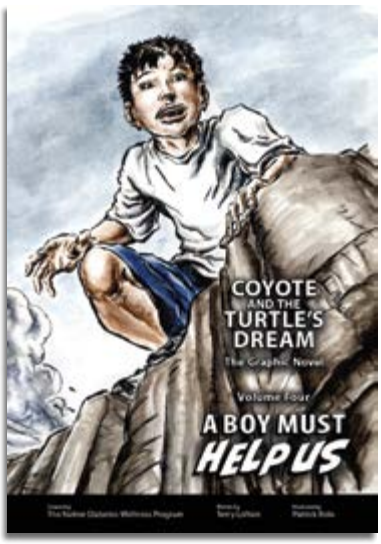
Don't miss the continuing story of

COYOTE AND THE TURTLE'S DREAM

The Graphic Novel



Volume Three
A Trail of Bones



Volume Four
A Boy Must Help Us

Coyote and the Turtle's Dream: The Graphic Novel,
is available for download at the Native Diabetes Wellness Program:
http://www.cdc.gov/diabetes/projects/diabetes-wellness.htm

For more information about the Eagle Books program,
please contact the CDC.
Phone: toll free 1-877-CDC-DIAB (877-232-3422)
E-mail: diabetes@cdc.gov

About the Native Diabetes Wellness Program

The mission of the Native Diabetes Wellness Program is to work with a growing circle of partners to address the health inequities so starkly revealed by type 2 diabetes in Indian Country. With social justice and respect for Native and Western science as grounding principles, we strive to support community efforts to promote health and prevent diabetes.

For more information about diabetes and diabetes prevention, go to the National Diabetes Education Program's website, http://ndep.nih.gov. Under "Find Publications for Me," select the drop down box for "Age" and find "Teens and Children." Posted are tips for teens with diabetes, and tips for how kids can lower their risk for developing type 2 diabetes.

About the Author

Dr. Terry Lofton is a senior study director at Westat. She has been Westat's project director for the Eagle Books project since 2002 and has worked in public health for almost thirty years. A former middle school science teacher, Dr. Lofton often drew on the lessons of Native science in her classroom activities. She says that the collaboration with the illustrators of *Coyote and the Turtle's Dream* and the Eagle Books project's many friends in Indian Country has been the highlight of her career.

About the Illustrator

Patrick Rolo, Bad River Band of Ojibwe, draws from his rich Native American heritage to illustrate the Eagle Books. Mr. Rolo's career includes newspaper, magazine, comic book, and court room illustrations. Also a painter, his works in oil hang in galleries in Minnesota and Washington.

COYOTE AND THE TURTLE'S DREAM

The Graphic Novel

Volume Two

THE CAVE WHERE THE GIANTS SLEEP

Created by
The Native Diabetes Wellness Program

Written by
Terry Lofton

Illustrated by
Patrick Rolo

Produced by
Westat Graphics

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