

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









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.

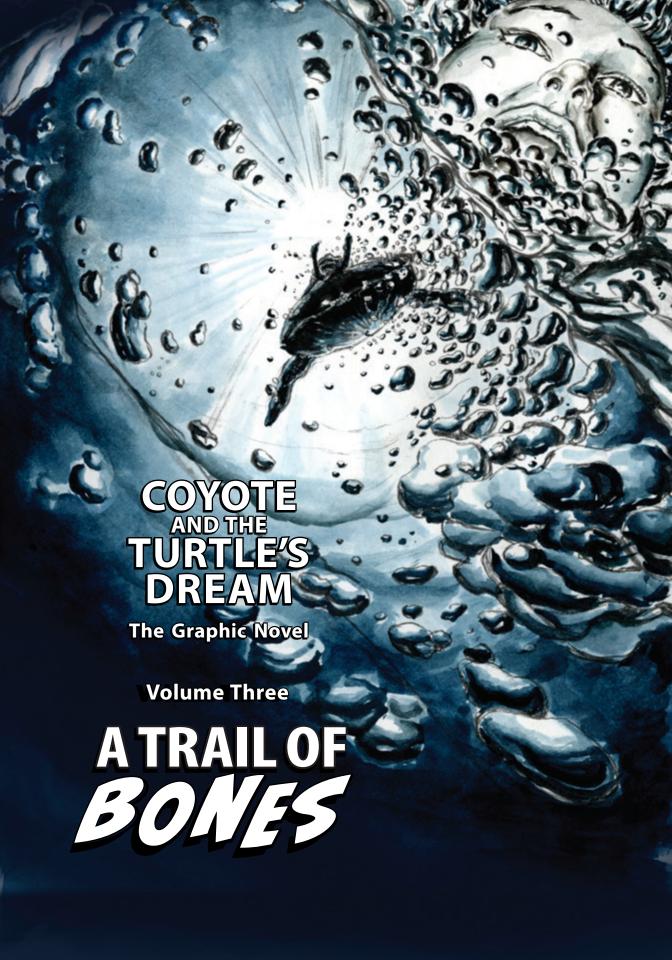
For readers who have not read the previous volumes of Coyote and the Turtle's Dream: the Graphic Novel, the following re-caps tell you what has happened up to now in the story:

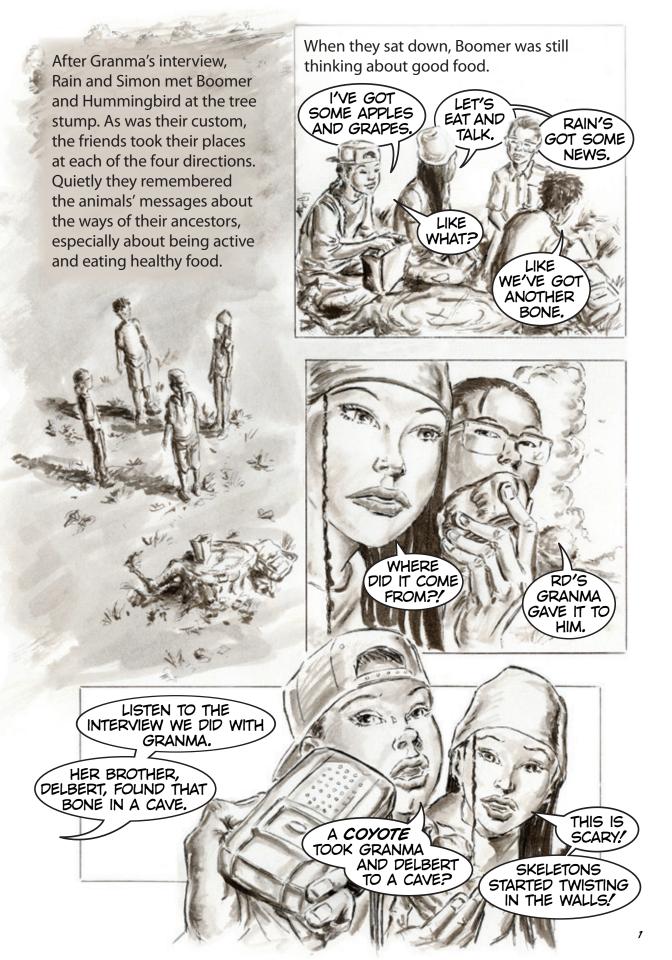
Volume 1, The Vanishing

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.

Volume 2, The Cave Where the Giants Sleep

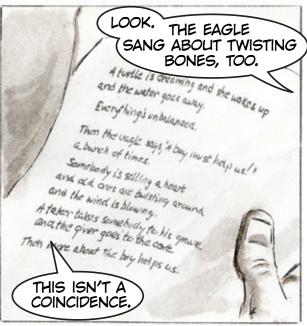
Our young friends agree that the fossils and Jimmy's disappearance are linked. They ask Miss Swallow, the science teacher, for advice. She promises to identify the fossils, warning that fossil poachers may be involved. In the meantime, the boys learn about type 1 diabetes from Arianna, a new girl who will be living with Hummingbird's family. That evening, they are all puzzled by a speeding truck that swerves past the car driven by Rain's father. Their stares make Rain suspect they are looking for Jimmy. Unnerved by the "drive-by," Rain is even more shaken the next day when he and Simon interview his great-grandmother for a school assignment. She tells them a story about the day she and her brother, Delbert, followed a coyote to a mysterious cave at Shell Ridge. Inside, Delbert discovered the skeletons of giant scary-looking creatures. Not thinking, he took a bone from one of the long-dead animals—a bone that Granma now places in Rain's hand. It is identical to the two bones that Jimmy ditched. Rain doesn't know what is going on—but he knows the eagle does!

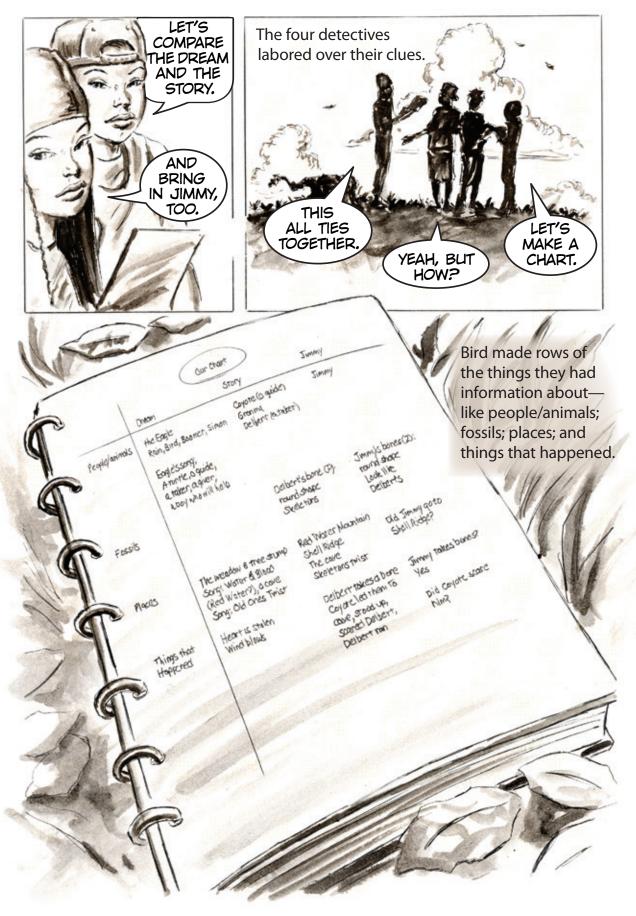


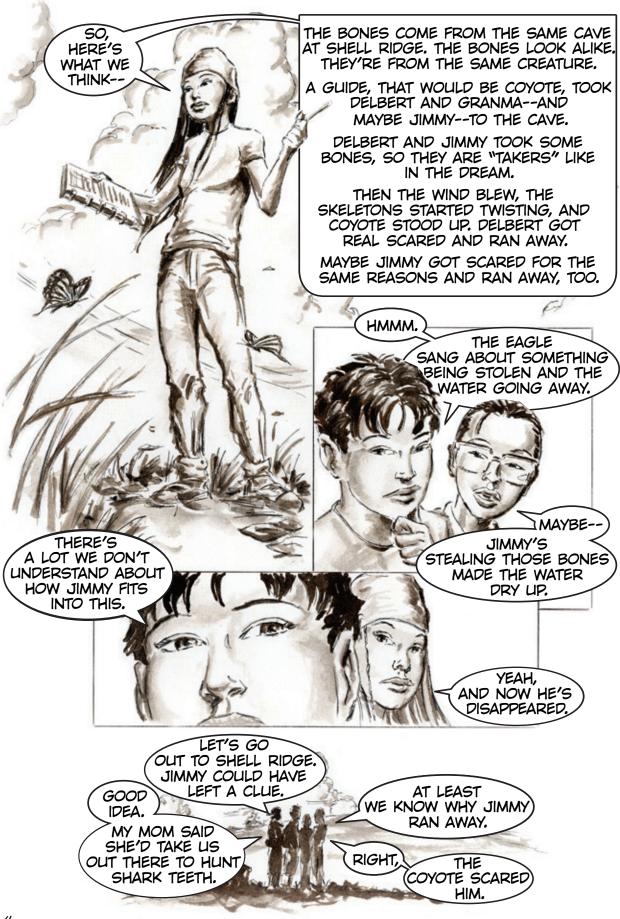






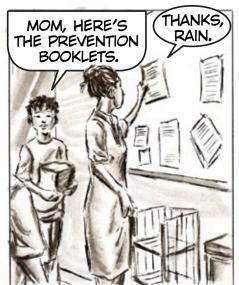


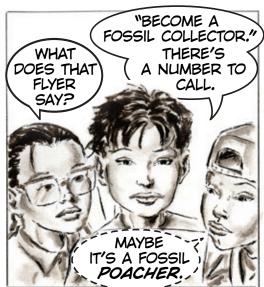




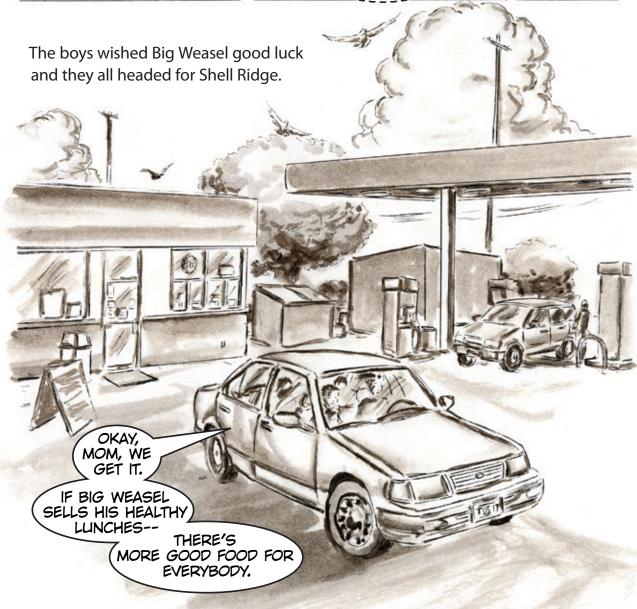


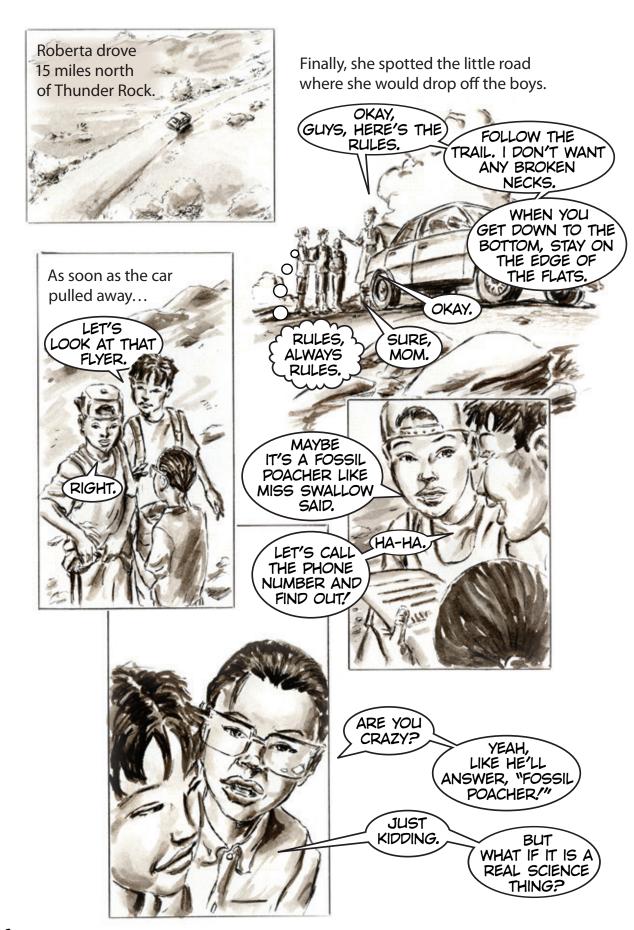






















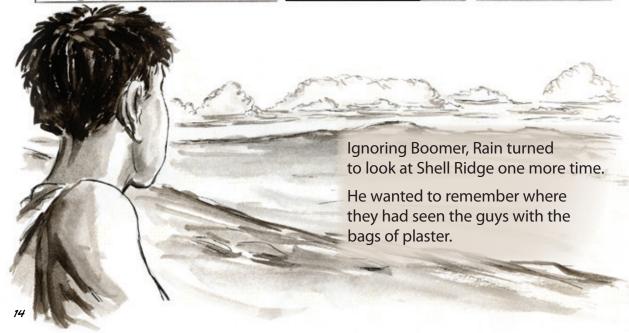


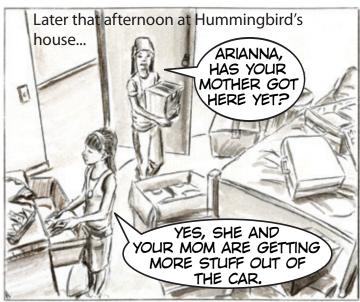






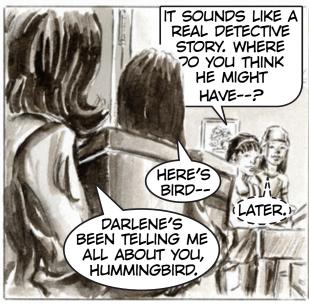




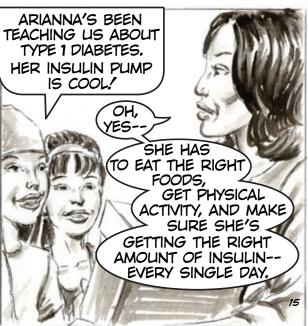






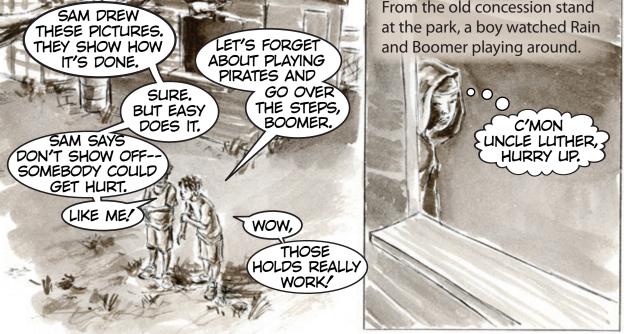












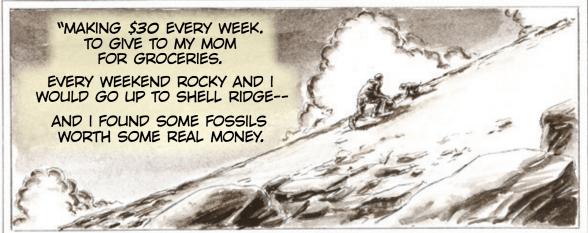
























WAS
THAT GUY MAD
WHEN YOU SAID YOU
WOULDN'T SHOW HIM
THE CAVE?

"AHH--YEAH.
I'D LEFT MY MONEY
ON THE COUNTER
AND WENT BACK
TO GET IT.
I HEARD HIM AND
NELSON TALKING.
THEY SAID THEY'D
MAKE ME SHOW
THEM WHERE THE
CAVE WAS
AND THEN-THEY'D GET
RID OF ME."





























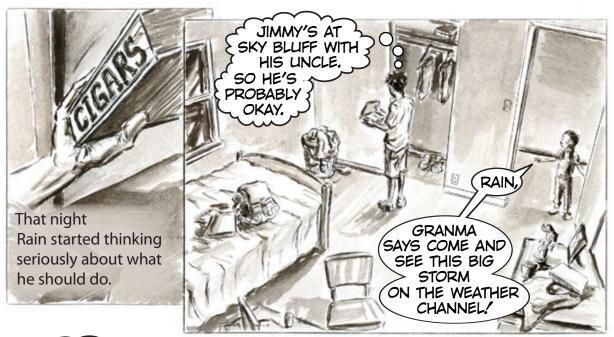








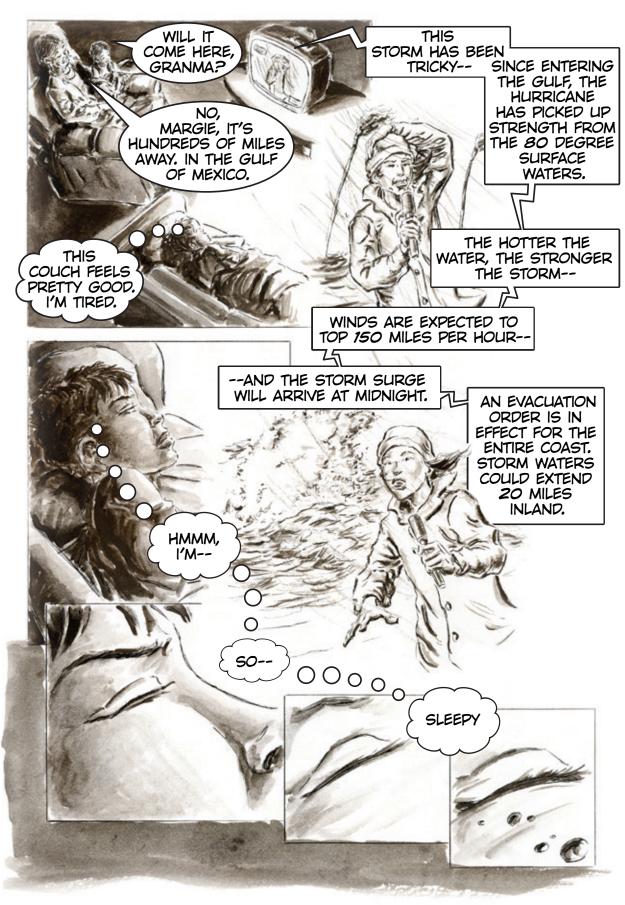


























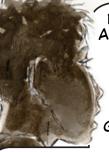




I'M FINE. WHAT SCARED YOU?

I WAS IN THE OCEAN
--RIDING ON THE BACK OF
THIS BIG TURTLE. THIS MONSTER
WAS AFTER US.

UM--GRANMA, THERE'S SOMETHING YOU SHOULD KNOW--



BOOMER AND I SAW JIMMY THROW SOME-THING IN A GARBAGE CAN.

GARBAGE
CAN.

IT WAS SOME BONES--JUST LIKE



YES.

WE SHOWED THE BONES
TO MISS SWALLOW. SHE
FOUND OUT THEY'RE FROM
THIS ANCIENT TURTLE.



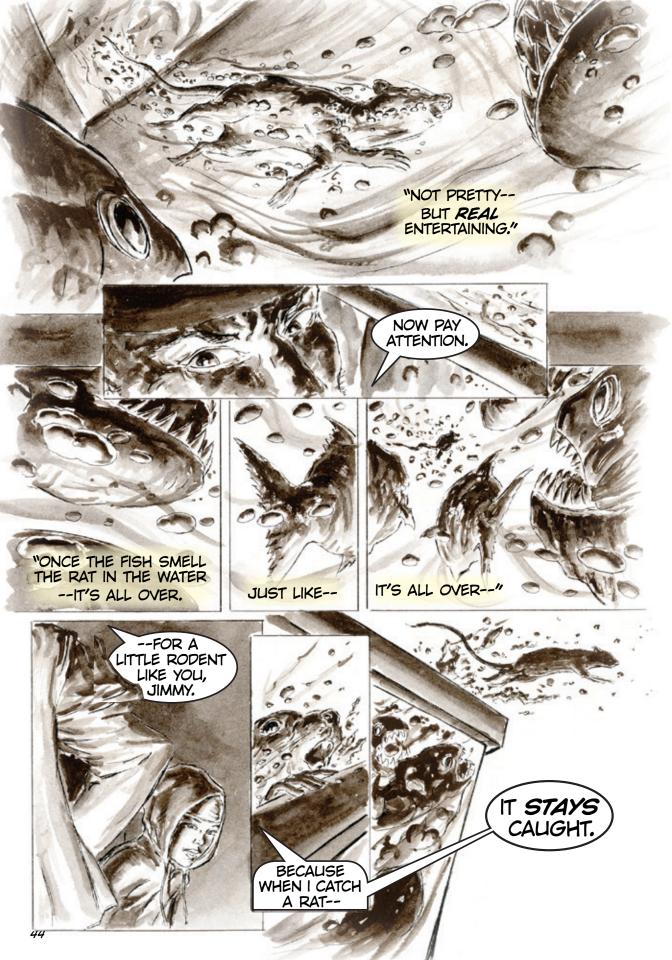












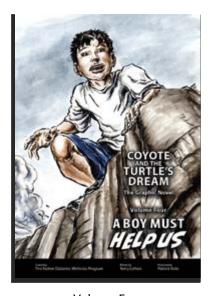




Don't miss the continuing story of



The Craphic Novel



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

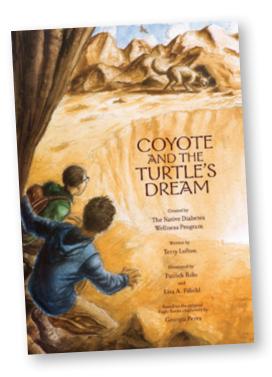
For more information about the Eagle Books program, please contact the CDC.

Phone: toll free 1-877-CDC-DIAB (877-232-3422) E-mail: diabetes@cdc.gov











We invite those who have not read the novels, Coyote and the Turtle's Dream and Hummingbird's Squash, to contact the CDC for free copies.

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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.

