The Wheel Council

#1

Ricardo's Pain

A story for young people and their parents about staying strong, finding courage and overcoming adversity



Also featuring:

The Lizard and the Sun

A cultural story helping young people and their parents face the truth and talk about it.

Substance Abuse Prevention Fotonovella



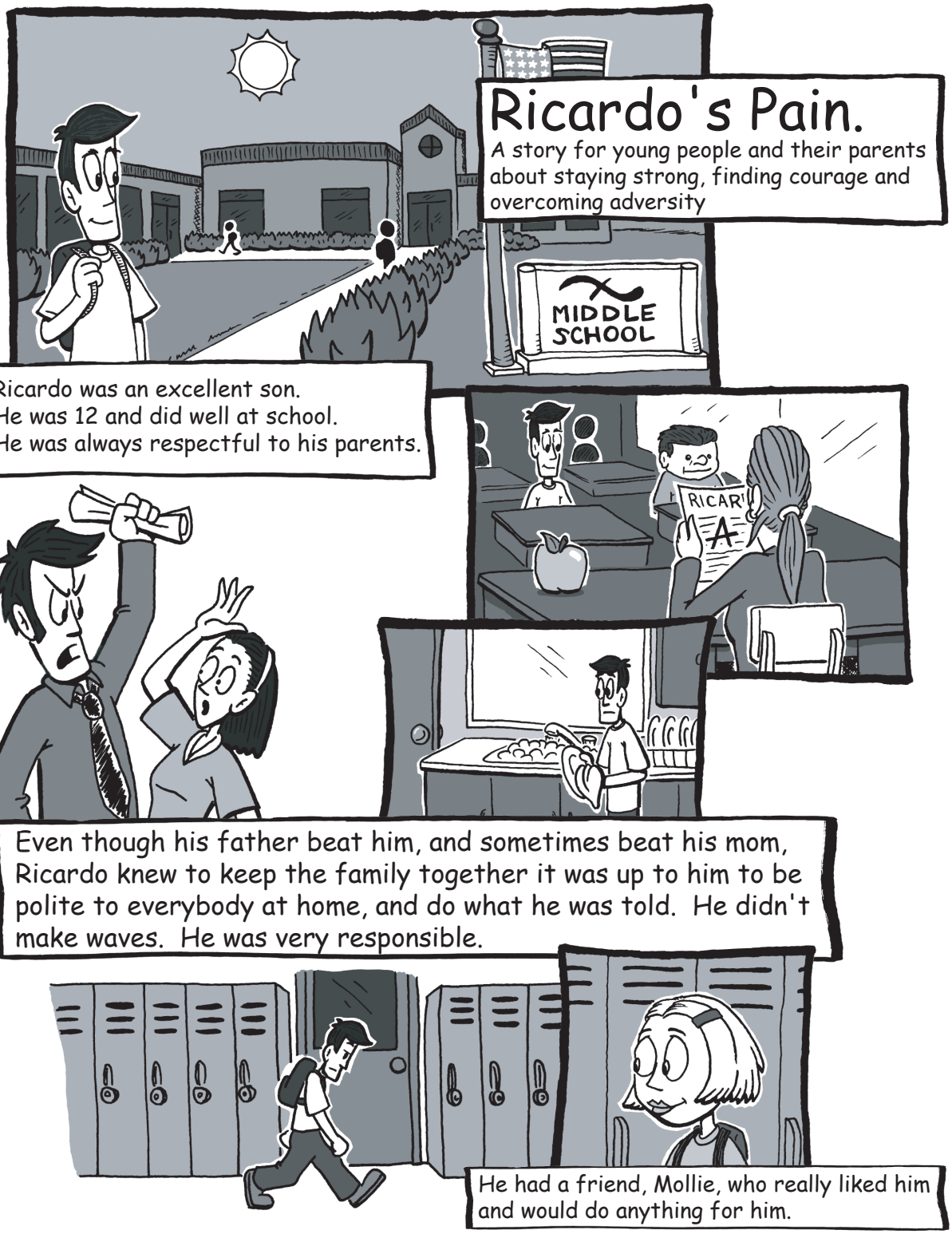
Published 2002 by
The WHEEL Council, Inc.
www.wheelcouncil.org

Copyright ® 2002 by The WHEEL Council
All rights reserved. No part of this publication may be reproduced or transmitted in any form or by any means, electronic or mechanical, including photo copy, without permission in writing from the publisher. Reviewers may quote brief passages. Similarities between persons real or imagined are unintended.

ISBN 0-9656732-8-6

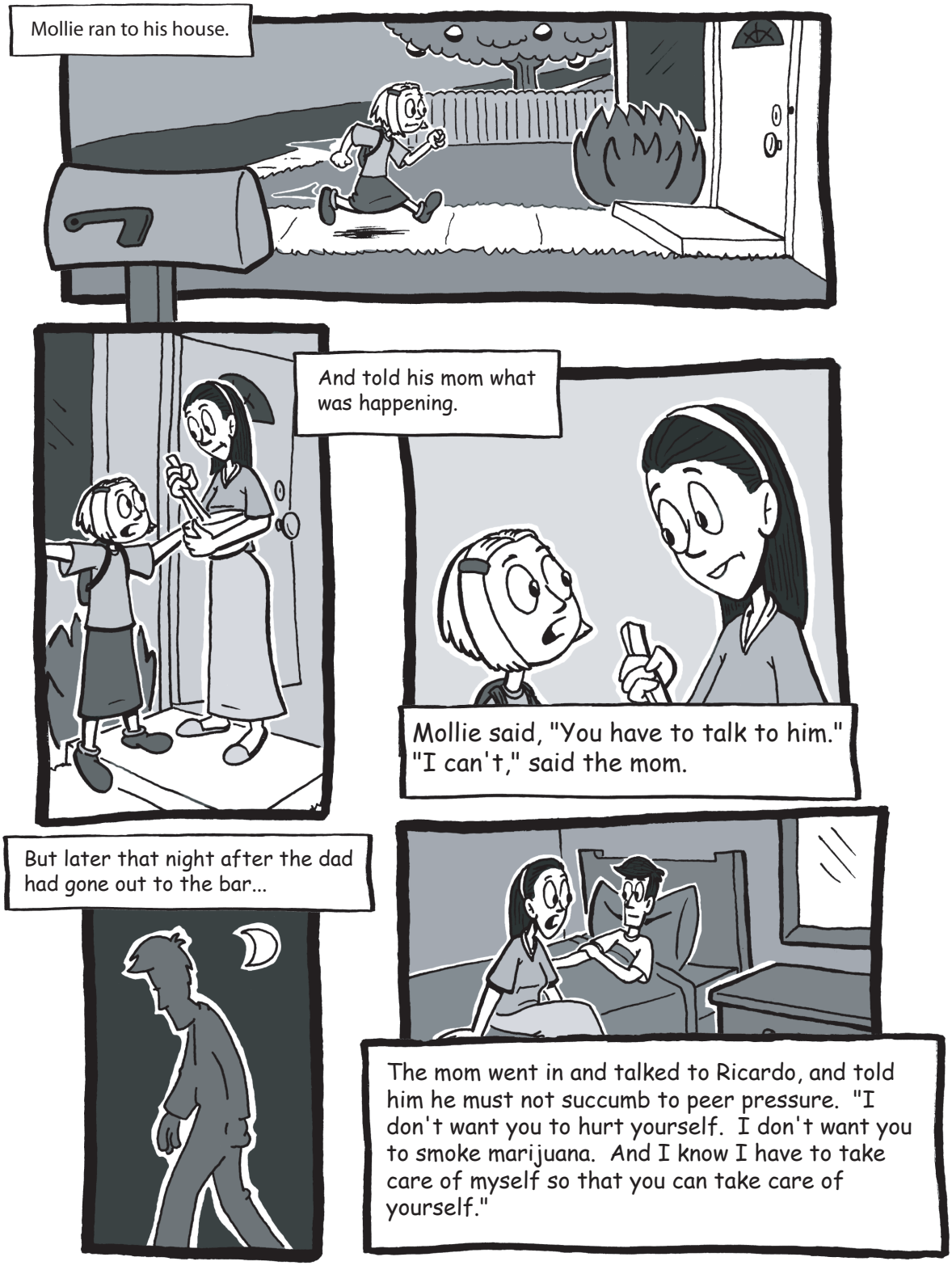
Art & Design by Franz M. Palomares
"Ricardo's Pain" story written by Annabelle Nelson
"The Lizard and the Sun" is an Ancient Aztec Tale retold by Annabelle Nelson

Funded by Drug Free Communities, Office of Justice Programs, Office of Juvenile Justice and Delinquency Prevention, Grant #0148.

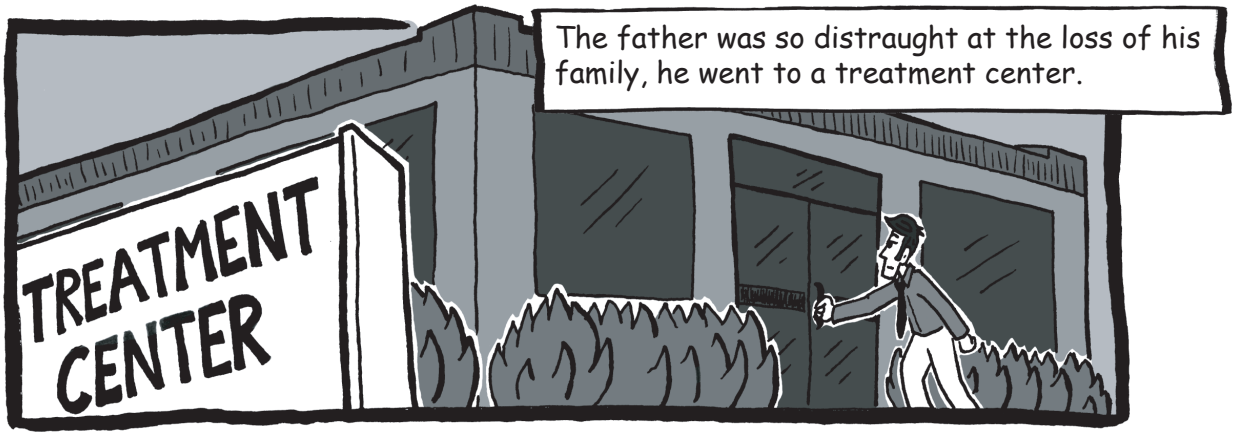

Ricardo's Pain.
A story for young people and their parents about staying strong, finding courage and overcoming adversity
MIDDLE SCHOOL
Ricardo was an excellent son.
He was 12 and did well at school.
He was always respectful to his parents.
RICARD
A
Even though his father beat him, and sometimes beat his mom, Ricardo knew to keep the family together it was up to him to be polite to everybody at home, and do what he was told. He didn't make waves. He was very responsible.
He had a friend, Mollie, who really liked him and would do anything for him.


She saw that he was not doing well inside.
Some days it seemed like he was going to explode.
She would talk to him, "What's wrong? Can I help?"
"There is so much pressure. I can barely take care of myself, let alone my family." Ricardo said.


One night his dad beat him, and something broke.
SNAP!
The next day on the way to school he saw some kids playing hooky, and smoking dope by the fence outside of the school.
SCHOOL
MAIL
"Give me a joint!"
Mollie saw this and went up and tried to pull him away, "Come with me, get away."
But he said, "Get away from me!," and inhaled.


Mollie ran to his house.
And told his mom what was happening.
Mollie said, "You have to talk to him."
"I can't," said the mom.
But later that night after the dad had gone out to the bar...
The mom went in and talked to Ricardo, and told him he must not succumb to peer pressure. "I don't want you to hurt yourself. I don't want you to smoke marijuana. And I know I have to take care of myself so that you can take care of yourself."


The mother went to the police and filed charges against her husband.
PRECINCT 3
DESERGENT
POLICE
TO PROTECT & SERVE
DESK SERGEANT
"I need to file a restraining order." The police said, "We can't help, you have to see a lawyer.
LAWYER
She then went to legal aid. "I need help. My husband is beating me."
ORDER OF RESTRAINT
The lawyer said she needed help and got her a restraining order.
ORDER OF RESTRAINT
As the father left the house. "I love you. I will get help."


TREATMENT CENTER
The father was so distraught at the loss of his family, he went to a treatment center.


"Mother, I am so happy you are taking care of yourself," said Ricardo.
"...I don't want you to hurt yourself taking drugs." "I won't mom. I promise."


"You don't need to take care of me. you have lots to do as a student like having fun..."


SCHOOL
MAIL
The next day Ricardo walked to school by the smokers on his way to school.

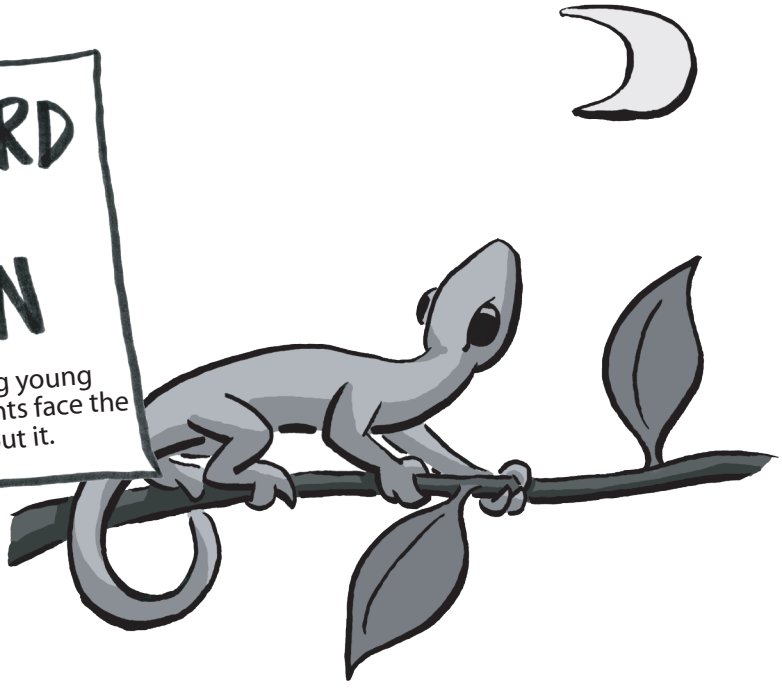

"Come smoke with us, Ricardo."


Ricardo smiled and walked on by. "Have a good day guys."
The father came home after attending the rehabilitation center.
WELCOME
"WELCOME HOME!" Ricardo and his mother cry.
"I'll never hit you guys again," the father said as he hugged the mother.
Ricardo smiles as he looks on. They are back together now, and the father does not hit the mother or the son. The parents know that Ricardo needs to be a son, and not have to take care of them.


Mollie and Ricardo are at the school dance.
SCHOOL DANCE TONIGHT
MIDDLE
"Let's ignore those kids smoking dope, Mollie."
"I love being with you Ricardo."
THE END.

THE LIZARD AND THE SUN

A cultural story helping young people and their parents face the truth and talk about it.



We always know that the sun is in the sky. Sometimes we can't see it, since it is raining or snowing or there are clouds in the sky, but we always know that the sun is there. Sometimes we don't see the sun for days, but we still know that the sun is there. Well, this is the story of a time long, long, ago when the sun disappeared.

Lizard woke up and was cold. She had been cold for many days because there had been no sun. Everything was dark. The people were cold; the children had stopped playing; the birds had stopped singing. All the people and animals were worried and afraid.

The animals decided to go looking for the sun. The fish and the turtles looked in all the rivers and the lakes. The green frogs and the wide-mouthed toads looked in all the puddles. The deer and the squirrels searched through the forests. The rabbits and the hares searched through the fields, and the jaguar searched through the green jungle. None of the animals could find the sun. The land animals gave up.

The birds said they could find the sun. After all they could fly high into the sky. Surely the sun would be there. Many birds searched through the branches where they made their nests. The eagles flew high in the mountains and to the cones of the volcanoes. The vultures searched the deserts and the empty roads. But none of the birds could find the sun. The birds gave up.

Everyone had given up looking for the sun. Everyone except Lizard. Lizard kept looking. She crawled up mountains; she crawled down the valleys; she looked in the cactuses. She looked and looked for days and days. Then finally one day she saw a very strange thing. She saw a rock near a prickly pear cactus and the rock was glowing.

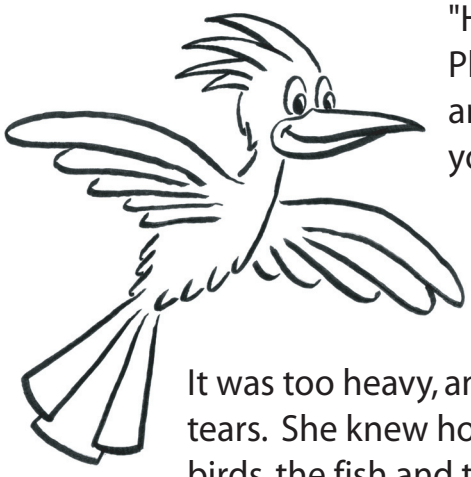
"Aha! I have found the sun," the Lizard shouted. "I will go tell the Emperor. I am so excited. The emperor will be able to get the sun from the rock and I will be warm again."

Lizard ran, as much as a lizard can run through the desert and cacti to the city. She saw that the people were sad, even though they kept working. Lizard saw the people on their barges selling to others on their boats through the lagoons. They were selling flowers, fruits, blankets and vegetables. The great stone pyramids stood around them. It was hard to see all that was for sale, because it was so dark. Only the torches shown light.

Finally the Lizard found the palace, and climbed the huge stairs of the pyramid to find the Emperor. She found the Emperor sitting on his throne with sandals made of gold and a tall crown made of bright feathers. The Emperor seemed sad.

"I have found a stone with a light shining under it. I think the sun is hiding there," said the Lizard as she bowed low before the Emperor.





"How wonderful! Lizard, you are wonderful. Please go immediately and turn over the rock and release the sun. We are all very grateful to you," the Emperor rose as he extolled the Lizard.

The Lizard ran immediately, as much as a lizard can run. After twenty hours of crawling as fast as she could, Lizard reached the rock. She tried and tried but she could not move the rock. It was too heavy, and she had failed the Emperor. She was near tears. She knew how much it meant to the land animals, the birds, the fish and the humans to have the sun back. She herself was so very cold, from being without the warmth of the sun's rays for so many days.

There was nothing to be done but to go back to the emperor and ask for help. She did just that. Crawling and crawling for hours, through the desert, past the canals of the merchants selling wares out of their boats, up the stairs of the great pyramids. Back to the great hall of the emperor where he sat, worried, dark, with his gold sandals and crown of green, yellow and blue feathered plumes.

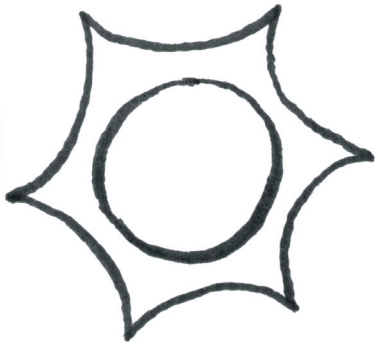
"Emperor, I have tried and tried but I cannot move the rock. I have failed. I cannot bring the sun back," Lizard said in her most beseeching voice, prostrating herself on the ground in front of the emperor.

"Do not worry Lizard, we can fix this," the Emperor rose and spoke as if thunder was coming from his mouth. "Come here, Woodpecker! We have a great job for you!"

As his booming voice echoed in the great palace hall, a huge woodpecker flew in. He swooped down and landed beside the Emperor, standing up to the Emperor's waist. Woodpecker's body was drab with gray and black and white feathers. But his head was magnificant. He had long tufts of feathers going back over his head and these were crimson red, emerald green, and egg yolk yellow.









"I am ready to serve," Woodpecker said as he bowed his multicolored head to the Emperor.

Together the Lizard, the Woodpecker and the Emperor traveled from the palace to the place of the rock where the rock shown like with the light of the sun buried there.

"Peck, Woodpecker! Peck with all your might," said the Emperor.



The rock cracked and the Sun was released, but he would not open his eyes.

"Sun, you must wake up. The plants are dying, the animals are dying, the people have no hope," cried the Emperor.

But the Sun would not wake up. No matter what anyone said, the sun would not wake up. So the Emperor decried a great festival. There was music, there was dancing, there was wonderful food! All the animals were welcome. The humans, the birds, the mammals, the reptiles, and the plants!!

Finally, the Sun woke up, and all the life on earth rejoiced. From that time on there was a festival every year to celebrate the Sun. And we can still see the Sun giving us life in its path from dawn, to noon, to evening, to night. The Emperor was very pleased and he gave an award to the Lizard and the Woodpecker, as most sacred animals of the Empire.

The End.



Theme: Parents need to be like the sun to their children, guiding them, nurturing them, showing them the way. If parents hide their children and don't tell them what they need to know, then their children may not stay well.

Make sure that you talk to your children about your values and opinions about using drugs, alcohol, marijuana and other substances. If you use "I statements" children will listen to you more than if you use "You statements". It is also important to give young people a reason for your opinion and for them to care about them.

For example,

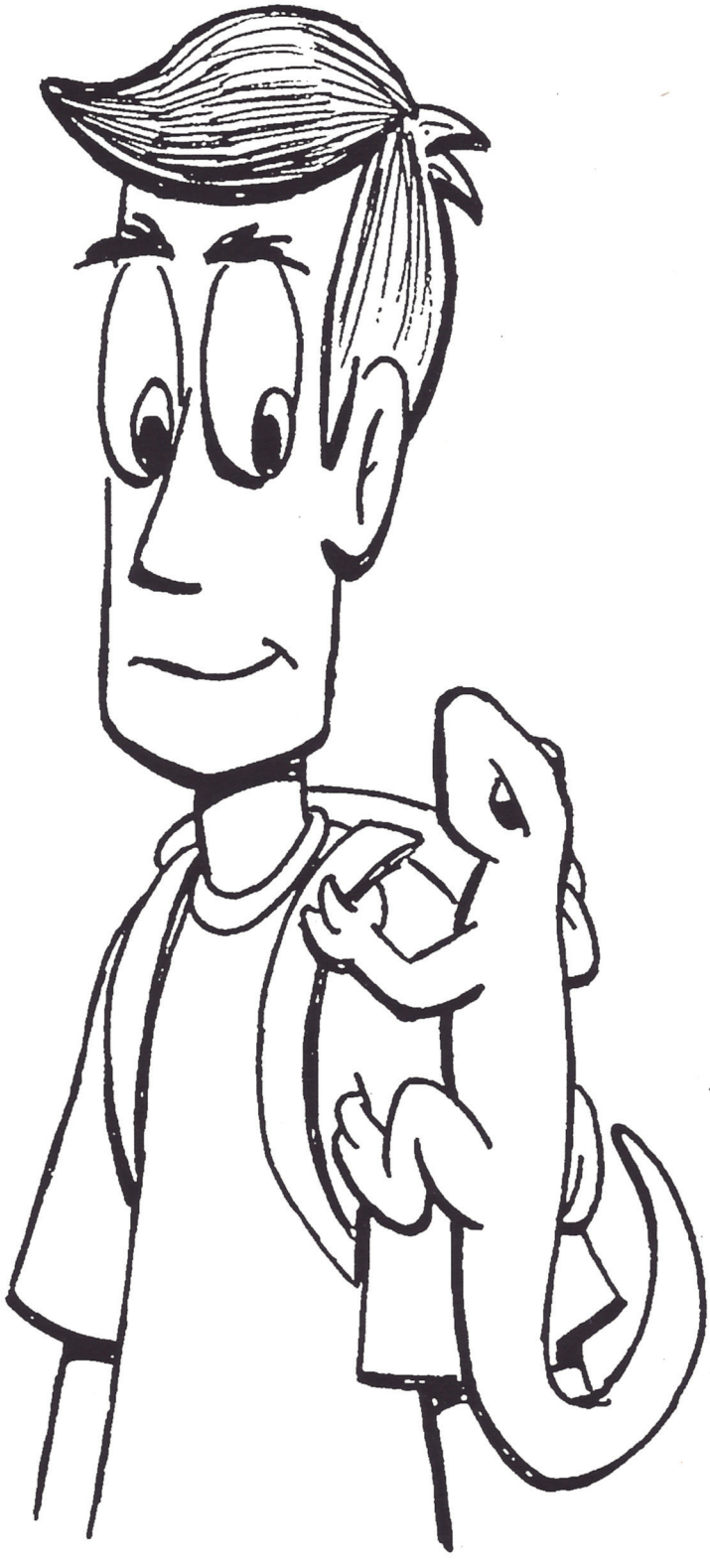
"I think it is really important you are careful about what you put in your body. You can damage your nervous system if you take ecstasy."
vs.
"You shouldn't ever take ecstasy; it is very wrong."

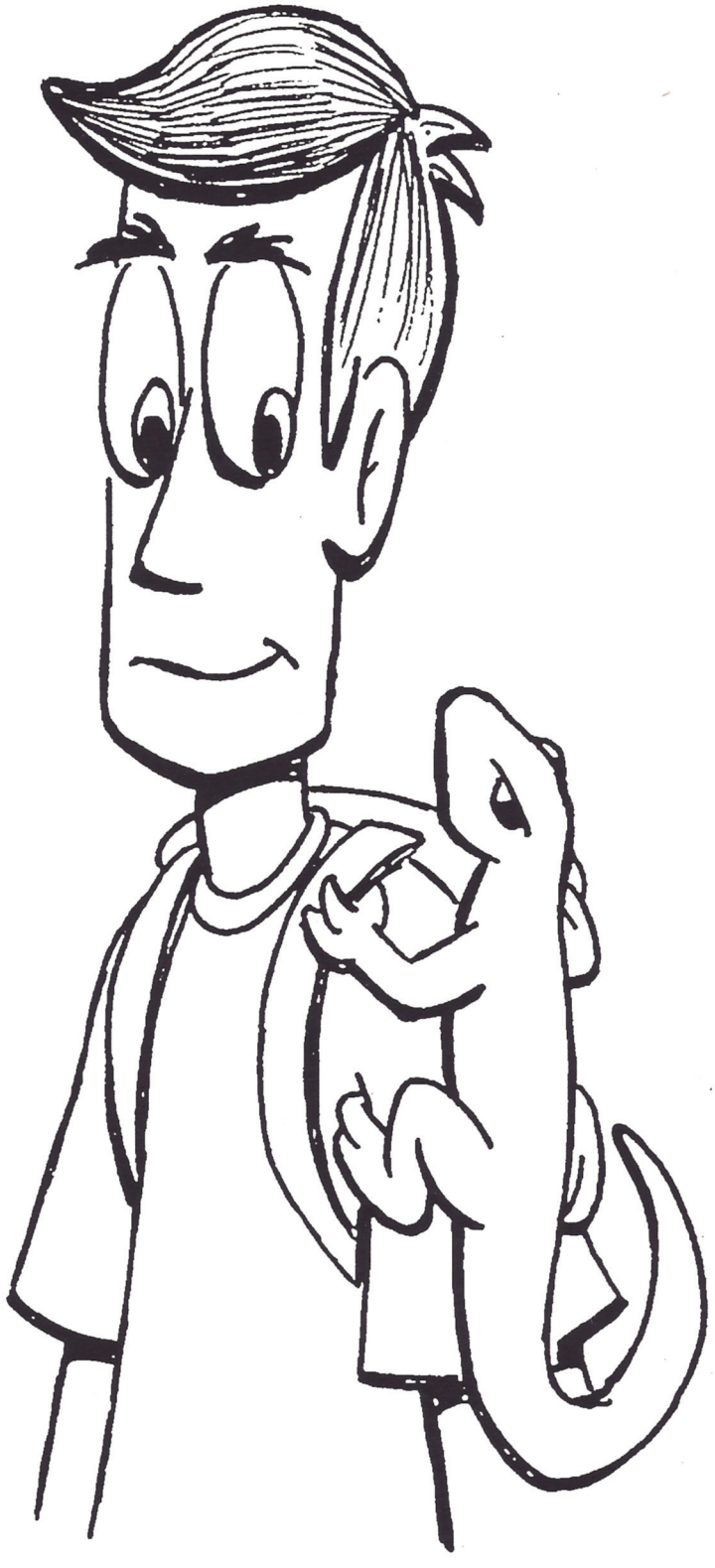
Here's another example of what a parent could say,

"I care about you. I want you to have choices in life to do what you want. I believe that smoking marijuana can keep you from learning what you need in school."

Try these phrases….

"I care about and I don't want you to……."
"I believe that……."
"What I think is important is……."







Tema: Los padres necesitan ser como el sol para sus hijos, guiandolos, nutriendolos y enseñandoles el camino. Si ocultan a sus hijos lo que deben de hacer y no les dicen lo que tienen que saber entonces los niños no sabran que hacer.

Asegurense de hablar con sus hijos sobre sus valores y sus opiniones sobre el uso de drogas, alcohol, mariguana y otras substancias. Si usted usa la primera persona del singular al hablarle a sus hijos ellos van a escuchar mas que si usan frases de "Tu". Tambien es importante explicarle a la gente joven la razon de su opinion para que ellos lo entiendan y sientan igual.

Por ejemplo:

"Yo creo que es verdaderamente importante que tu cuides lo que haces con tu cuerpo. Tu puedes dañar tu sistema nervioso si tomas ecstasy."

en vez de

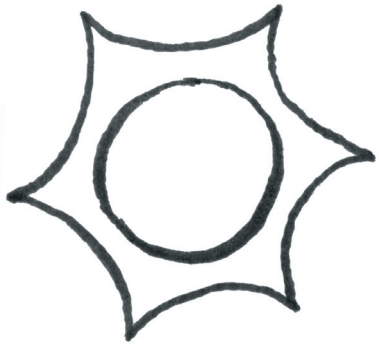
"No debes nunca tomar ecstasy, es muy malo."

Aqui tiene otro ejemplo sobre lo que los padres deben decir.

"Eres muy importante para mi. Yo quiero que tengas alternativas en la vida para que hagas lo que tu pienses debas de hacer. Yo creo que fumar mariguana puede interferir en lo que necesitas aprender en la escuela."

Prueba estas frases..
"Eres muy importante para mi y no quiero que tu .."
"Creo que.."
"Lo que yo creo que es importante es.."







Pero su cabeza era magnifica. Tenia unas gran plumas en su cabeza de color rojo fuerte, verde esmeralda, y amarillo llema de huevo. "Estoy listo para servir," dijo El Pajaro Carpintero al inclinar su cabeza multicolor ante el emperador.



Juntos, La Lagartija, El Pajaro Carpintero y El Emperador viajaron del palacio hacia la piedra que brillaba con la luz del sol que estaba enterrado ahi. "Pica pajaro carpintero! Pica con todas tus fuerzas," dijo El Emperador.

La piedras se quebro y el sol salio, pero el no habria sus ojos.

"Sol, tu tienes que despertar. Las plantas se estan muriendo, los animales se estan muriendo, la gente no tiene esperanzas," dijo El Emperador.

Pero el sol no despertaba. No importaba que le dijera nadie, el sol no despertaba. Entonces El Emperador declaro un gran festival. Habia musica, habia baile, habia riquisima comida. Todos los animales, los humanos, los pajaros, los mamiferos, las lagartijas, las plantas eran bien venidos!

Por fin el sol desperto, y toda la vida en el mundo regocijo. Desde esa vez, todo el tiempo habia una fiesta cada año para celebrar a el sol. Y todavia podemos ver a el sol dandonos vida en su paso, desde el amanecer, al mediodia, hasta el atardecer y la noche. El Emperador estaba muy contento y le dio un premio a La Lagartija y El Pajaro Carpintero, como los animales mas sagrados de El Imperio.

Fin.



"Encontre una piedra con una luz brillando debajo de ella. Yo pienso que el sol se esta escondiendo ahi." Dijo La Lagartija al doblegarse ante El Emperador.

"Que maravillos! Lagartija tu eres maravillosa. Por favor ve de inmediato y boltea la piedra para que salga el sol. Todos estamos muy agradecidos contigo." El Emperador se levanto al alabar a La Lagartija.

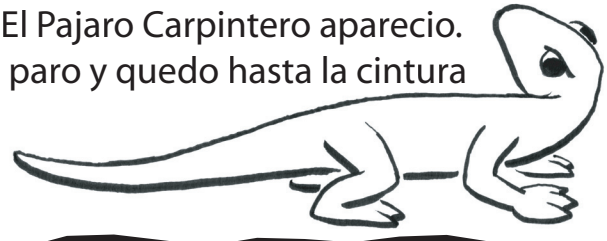
La Lagartija corrio inmediatamente, lo mucho que una lagartija puede correr. Despues de caminar por veinte horas lo mas rapido que podia, La Lagartija llego a la piedra. Intento e intento pero no pudo mover la piedra. Estaba muy pesada, y le fallo al Emperador. Casi lloraba. Ella sabia cuanto significaba para los animales terrestres, los pajaros, los pescados, y para los humanos tener el sol de nuevo. Ella tenia ya tanto frio por falta de calor de los rayos del sol por muchos dias.

No habia nada mas que hacer que regresar con El Emperador y pedirle ayuda. Hizo justo eso. Camino y camino por horas por el desierto, por los canales donde las personas estaban vendiendo de sus barcos, subio las escaleras de las gran piramides. De regreso al gran salon donde el emperador estaba sentado, pensativo, preocupado con sus sandalias de oro y su corona de plumas verdes, amarillas y azules.

"Emperador, he intente e intente pero no pude mover la piedra. Falle. No puedo regresar a el sol," dijo La Lagartija en su voz triste, postrandose en el piso en frente del Emperador.

"No te preocupes Lagartija, podemos arreglar esto." El Emperado se levanto y hablo como si truenos estubieran saliendo de su boca. "Ven aqui Pajaro Carpintero! Tenemos un gran trabajo para ti!"

Al resonar su alta voz en los pasillos, El Pajaro Carpintero aparecio. Vajo y quedo junto al Emperador, se paro y quedo hasta la cintura del Emperador.



Los pajaros dijeron que ellos podian encontrar el sol. Despues de todo, ellos pueden volar muy alto en el cielo. Seguro que el sol estaria ahi. Muchos pajaros buscaron en las ramas donde hacen sus nidos. Las aguilas volaron alto en las montanas y hasta los conos de los volcanes. Los buitres buscaron en el desierto y en los caminos vacios. Pero ninguno de los pajaros pudo encontrar el sol. Los pajaros se dieron por vencidos.

Todos se dieron por vencidos de seguir buscando el sol. Todos menos La Lagartija. La Lagartija siguio buscando. Ella subio montanas, bajo a los valles, busco en los nopales. Ella busco y busco por dias y dias. Hasta que al final un dia miro algo muy extrano. Ella vio una piedra junto a un nopal espinoso y la piedra estaba brillando.

"Aha!, yo eh encontrado a el sol," grito La Lagartija. "Voy a hir a decirle a el Emperador. Estoy tan emocionada. El Emperador podra sacar el sol de debajo de la piedra y yo voy a estar calentita una vez mas."

La Lagartija corrio, todo lo que una lagartija puede correr, por el desierto y los nopales hacia la ciudad. Vio que la gente estaba triste, aunque seguian trabajando. La Lagartija miro a la gente en sus barcazas vendiendo cosas a la gente en sus barcos en las lagunas. Estaban vendiendo flores, frutas, cobijas, y verduras. Las gran piramides de piedra estaban todo alrededor. Era dificil de ver todo lo que habia de venta porque estaba tan oscuro. Solo las linternas daban luz.

Al final la lagartija encontro el palacio, y subio los escalones grandes de la piramide para encontrar a El Emperador. Encontro a El Emperador sentado en su trono con sandalias hechas de oro y una corona grande echa de plumas coloridas. El Emperador parecia triste.



LA LAGARTIJA Y EL SOL

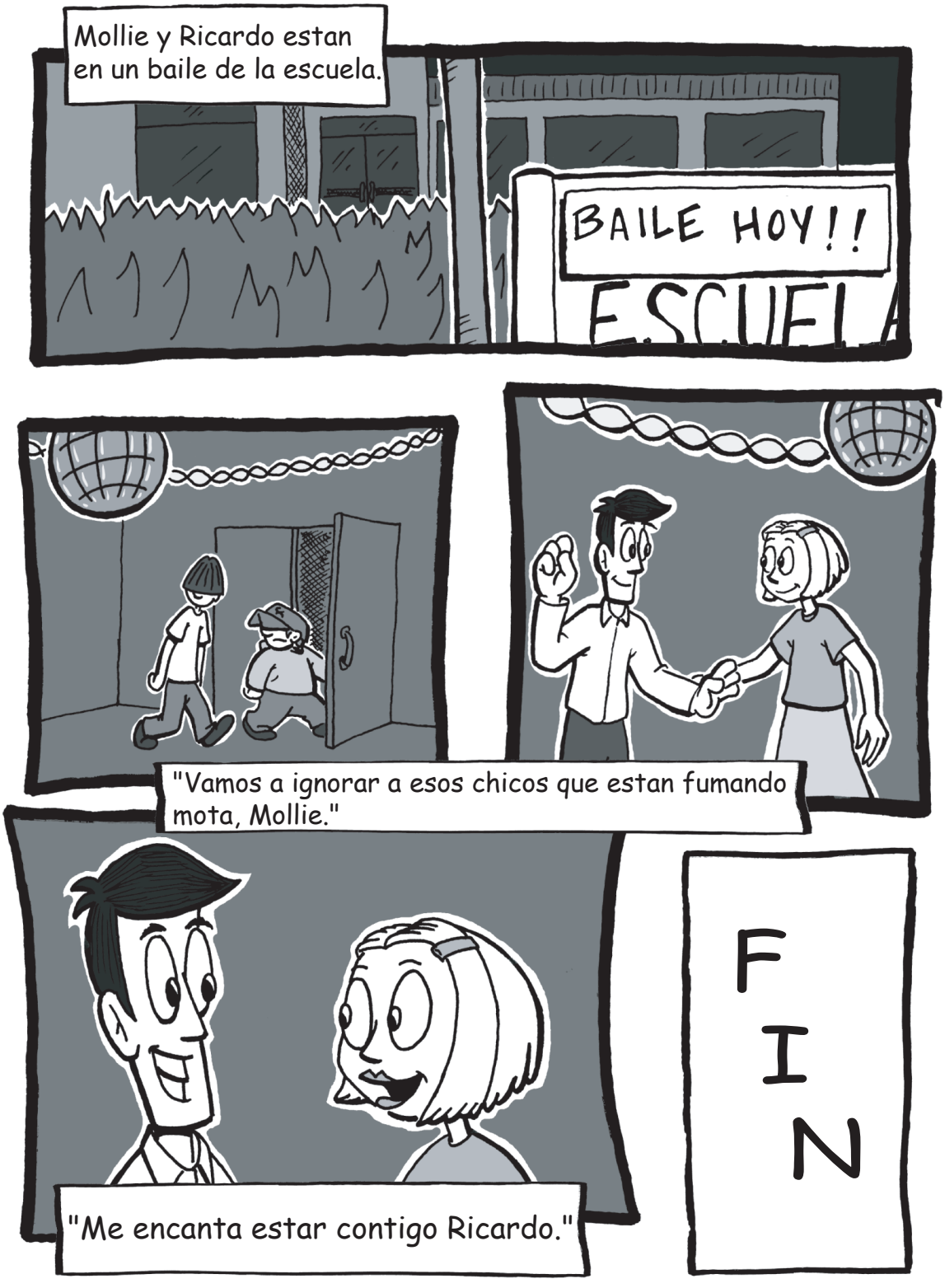
Un cuento cultural para ayudar a la gente joven y sus padres enfrentar la verdad y hablar sobre ella.



Siempre sabemos que el sol esta en el cielo. Aveces no podemos verlo porque esta lloviendo o nevando o hay nubes en el cielo, pero siempre sabemos que el sol esta alli. Bueno, este es el cuento de hace mucho tiempo cuando el sol desaparecio.

Lagartija desperto y tenia frio. Hace muchos dias tenia frio porque no habia habido sol. Todo estaba oscuro. La gente tenia frio; los niños habian dejado de jugar; los pajaros habian dejado de cantar. Toda la gente y los animales estaban preocupados y tenian miedo.

Los animales decidieron ir a buscar a el sol. Los peces y las tortugas buscaron en los rios, y en los lagos. Las ranas verdes y los sapos con sus bocas grandes buscaron en los charcos. Los venados y las ardillas buscaron en el bosque. Los conejos y las liebres buscaron en los campos, y los jaguares buscaron en las verdes selvas. Ninguno de los animales pudo hallar el sol. Los animales de la tierra se dieron por vencidos.


Mollie y Ricardo estan en un baile de la escuela.
BAILE HOY!!
"Vamos a ignorar a esos chicos que estan fumando mota, Mollie."
"Me encanta estar contigo Ricardo."
FIN

Ricardo se sonrrio y siguio caminando. "Que tengan un buen dia chicos."

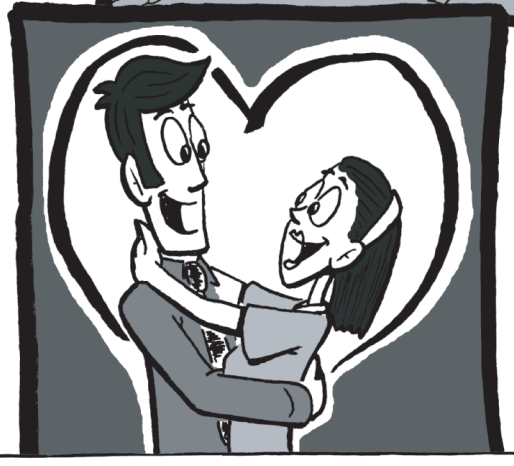




El papa regreso a casa despues de asistir a un centro de rehabilitacion.



"BIEN VENIDO A CASA!" Dijeron Ricardo y su mama.



"Nunca mas te golpeare," dijo el papa al abrazar a la mama.

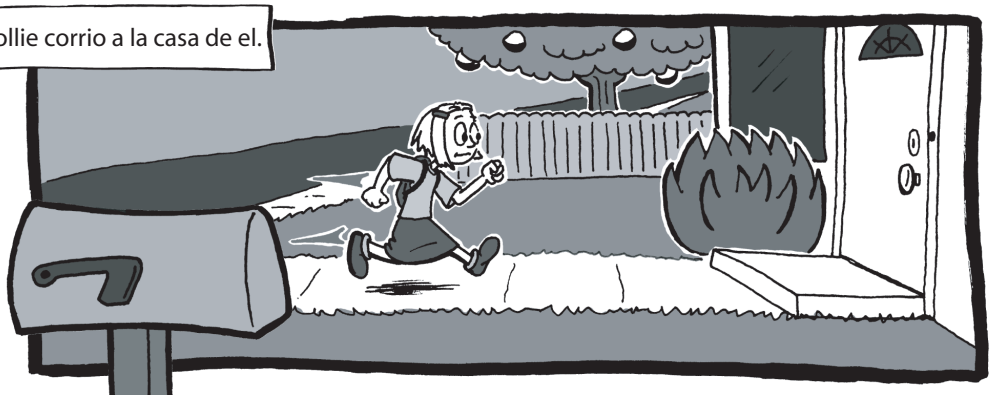


Ricardo se sonrrie al verlos. Ahora estan juntos, y el papa no golpea a la madre ni al hijo. Los papas saben que Ricardo necesita ser un hijo, y no debe estarlos cuidando.


El papa estaba tan desecho por la perdida de su familia que fue a un centro de tratamiento.
CENTRO DE TRAITAMIENTO
"Mama, estoy tan contento que te estes cuidando a ti misma," dijo Ricardo.
"Tu no tienes que cuidarme, tu tienes cosas que hacer como estudiante y divertirte..."
"No quiero que tu hagas drogas." "No lo hare. Lo prometo."
ESCUELA
CORREO
Al siguiente dia Ricardo caminaba hacia la escuela junto a los fumadores.
"Ven a fumar con nosotros, Ricardo."


La mama fue a la policia y levanto cargos en contra de su esposo.
PRECINCT 3
POLICA
PARA PROTEGER Y SERVIR
SARGENTO
"Necesito entablar una orden de restriccion." El policia dijo, "No podemos ayudarle, necesita ver un abogado."
ABOGADO
Entonces ella fue a asistencia legal. "Necesito ayuda. Mi esposo me golpea."
ORDEN DE STRICCION
El abogado dijo que ella necesitaba ayuda y obtuvo una orden de restriccion.
ORDEN DE STRICCION
Cuando el papa salia de la casa. "Las amo. Voy a agarrar ayuda."

Mollie corrio a la casa de el.





Y le conto a su mama lo que estaba occurriendo.



Mollie dijo, "Tu tienes que hablar con el." "No puedo," dijo la mama.

Pero mas tarde esa noche despues de que el papa se habia ido a la cantina...





La mama fue y hablo con Ricardo, y le dijo que no se dejara llevar por la presion de sus companeros. "Yo no quiero que te hagas dano a ti mismo. Yo no quiero que fumes mariguana. Y yo se que tengo que cuidarme yo misma para que tu te puedas cuidar


Una noche su papa lo golpeo, y algo se rompio.
SNAP!
Al siguiente dia cuando el caminaba hacia la escuela, miro unos chicos que faltaron a la escuela y estaban fumando mota junto al serco fuera de la escuela.
ESCUELA
CORREO
"Dame un toque!"
Mollie vio y fue hacia el e intento llevarselo, "Ven conmigo, alejate."
Pero el dijo, "Alejate de mi!" e inhalo.


Ella vio que el no estaba bien por dentro.
Algunos dias parecia que el iba a explotar.
Ella hablaba con el,"Que te pasa? Como puedo ayudar?"
"Hay tanta presion. Apenas y puedo cuidarme yo solo, mucho menos a mi familia." Dijo Ricardo.

El dolor de Ricardo.

Un cuento para gente joven y sus padres de como mantenerse fuerte, encontrando valor y superando adversidad.



Ricardo era un hijo excelente.
El tenia 12 anos e iba muy bien en la escuela.
El siempre era muy respetuoso con sus padres.







Aunque aveces su padre lo golpeaba, y aveces tambien golpeaba a la madre, Ricardo sabia que para mantener a la familia unida, el tenia que ser respetuoso con todos en casa y hacer lo que se le dijera. El no hacia olas. El era muy responsable.



El tenia una amiga, Mollie, que lo apreciaba mucho y haria cualquier cosa por el.

Fotonovella de Prevencion de Abuso de Substancias



Published 2002 by
The WHEEL Council, Inc.
www.wheelcouncil.org

Derechos reservados 2002, The WHEEL Council.
Esta publicación no puede ser reproducida total o parcialmente sin la autorización escrita the The WHEEL Council. Citas parciales permitidas para uso en repasos. Cualquier parecido con personajes reales o imaginarios no ha sido intencional.

ISBN 0-9656732-8-6

Arte y Diseño por Franz M. Palomares
"El Dolor de Ricardo" escrito por Annabelle Nelson
"El Lagartija y El Sol" es un leyenda Azteca Antigua relatada por Annabelle Nelson.

Auspiciada por la Comunidad Libre de Drogas, Oficinas de Programas de Justicia, Oficina de Justicia Juvenil y Prevención de Delincuencia, Fondo #0148.

The Wheel Council

#1

El Dolor de Ricardo

Un cuento para gente joven y sus padres de como mantenerse fuerte, encontrando valor y superando adversidad.



Tambien incluido:
La Lagartija y el Sol

Un cuento cultural para ayudar a la gente joven y sus padres enfrentar la verdad y hablar sobre ella.

