

28 pgs

MY NAME IS EDDIE



A short story by Hillary Gardner

Based on “New Life Café”
From the TV series “We Are New York”

WE ARE NEW YORK

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CREDITS

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My name is Eddie.

I am from the Dominican Republic.

I live in Washington Heights.

It's a great place to live!



I live with my mother.

Her name is Luz.

This is our apartment in Washington Heights.

That's my video camera on the table.

I like to make videos.



I live with my grandmother, too.

Her name is Rosa.

I call her "Abuela" or sometimes "Buela."

That means "grandmother" in Spanish.

My grandmother is a great cook.

Everyone loves her cooking.



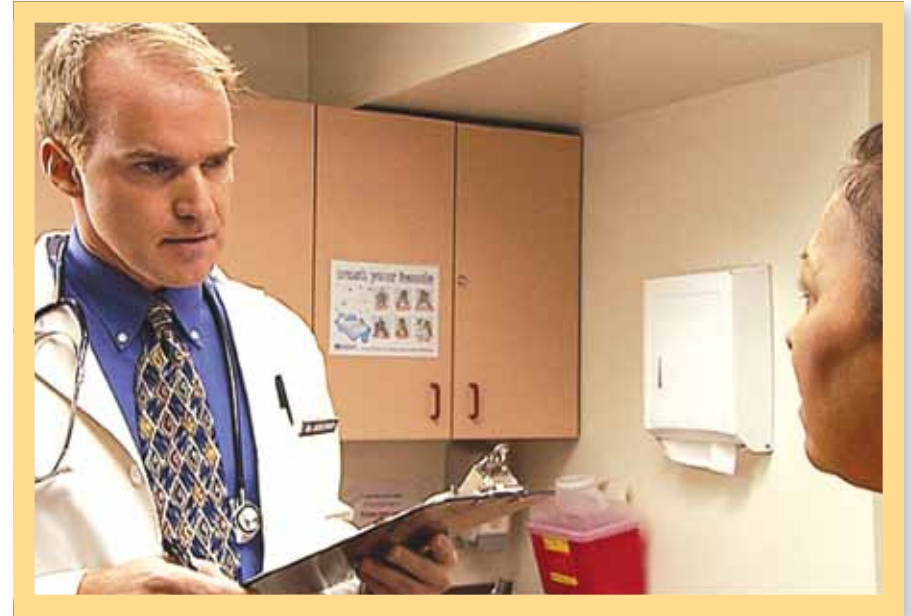
My grandmother has a dream.

She wants to open her own café.

She wants to cook her Dominican recipes.

**Fernando is the construction manager
at her new café.**

The café is almost ready.



**One day, my grandmother goes to the doctor
for a check-up.**

The doctor speaks very fast.

The doctor tells her to get lab tests.



My grandmother doesn't know what to do.

She is worried.

Why does she need lab tests?

Why does the doctor speak so fast?



**I see my grandmother on the street
after her check-up.**

I give her a big hug.

I promise to help her.

I say, "Don't worry, 'Buela.

Everything will be all right."



**I go with my grandmother to her
next appointment.**

We get the results of her lab tests.

The doctor speaks very fast again.



**This time my grandmother says,
“Could you please slow down?”**

**The doctor understands,
and he tries to speak more slowly.**



**I take notes on what the doctor says.
The doctor says my grandmother has diabetes.
She needs to learn to control her diabetes.**



**The doctor says
my grandmother has to exercise every day.
She has to change her diet.
She has to take medication every day.**



Here are other things the doctor says:

- *less sugar*
- *less salt*
- *smaller portions*
- *low-fat recipes*



**My grandmother is worried.
How can she change her recipes?**



I want to help.

I bring my grandmother healthy food.

**I bring her vegetables,
like a red pepper and broccoli.**

She says, “What’s that?”



I say,

“It’s fresh and healthy.

Why don’t you try something new?

You’re a great cook, ‘Buela.

All your food tastes delicious.”



**My mother, Luz, helps too.
She prepares a healthy breakfast.
She reminds my grandmother
to take her medication.**



**Ying, my grandmother's friend, helps too.
She knows that exercise is important.
She gives my grandmother
a pair of exercise shoes.**



**My grandmother and Ying go on
fast walks together.**

Soon, my grandmother is faster than Ying.



**Together, my grandmother and Ying
do tai chi in the park...for free!**

Tai chi is a Chinese form of exercise.

Ying teaches tai chi.



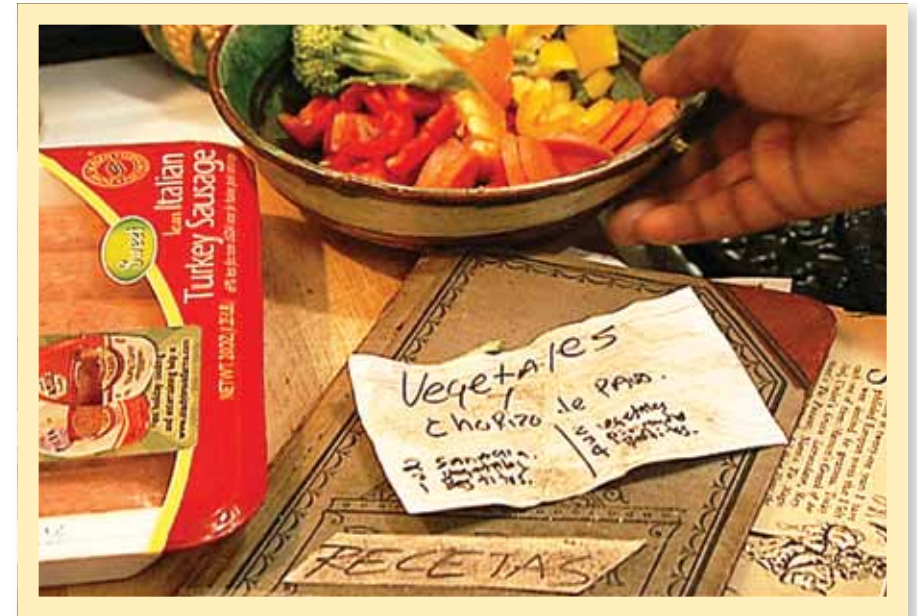
Fernando helps, too.

He encourages my grandmother.

He says,

**“You changed your whole life to come
to a new country!**

You can change a recipe!”



**Little by little, one day at a time,
my grandmother makes changes.**

She makes changes to her recipes.

She uses turkey sausage because it is low-fat.

She uses less salt.



She takes her medication every day.

She reads the label carefully.

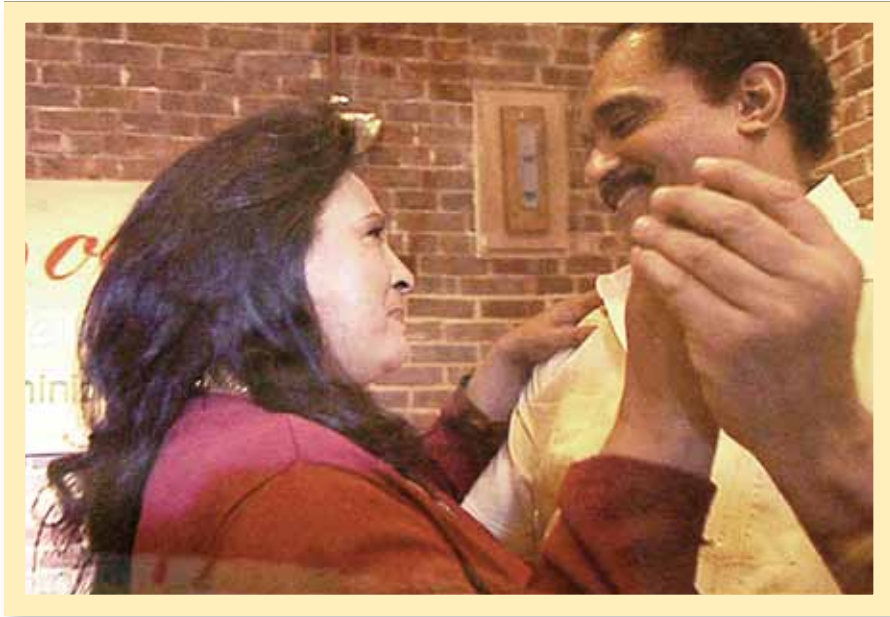
She follows her doctor's instructions.



Finally, she is ready to open her new café.

Her recipes are healthy and delicious.

We celebrate together.



**She has a new life,
a new love and a new café!**



My grandmother is a star!

Words used in this story

- am, is, be
- apartment
- appointment
- breakfast
- bring
- café
- call
- celebrate
- change, changed
- check-up
- construction manager
- control
- cook
- cooking
- country
- diabetes
- diet
- do
- doctor
- dream
- encourage
- everything
- exercise, exercise shoes
- fast walks
- follow
- food
- get
- give
- go
- grandmother
- have, has
- help
- hug
- know
- lab tests
- label
- learn
- life
- like
- live
- love
- make
- mean
- medication
- mother
- name
- need
- notes
- open
- place
- portions
- prepare
- promise
- read
- recipes
- remind
- results
- salt
- say
- see
- slow down
- speak
- star
- sugar
- table
- tai chi
- take
- taste
- teach
- tell
- try, tries
- turkey sausage
- understand
- use
- vegetables: red pepper, broccoli
- video, video camera
- want

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