

Miguelito

By

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Based on my childhood in a Mexican-American Household.

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INT. DR. WEIRMAN'S OFFICE-DAY

Two concerned parents are sitting in Dr. Wierman's office. The doctor is holding a bright red folder.

DR. WIERMAN

Hi Miguel, will you sit right outside the office while I talk to your Mom & Dad? The nurse will give you a fruit snack.

The doctor sits.

(Bad Spanish) Okay, estos son papeles para sangre results de Miguel.

MRS. RAMIREZ

Ma'am, we can speak English.

DR. WIERMAN

Ah perfect! Okay, Miguel is such a special little boy. He is so smart and has a great personality. There are a few things we need to address but let's start with Miguel's HbA1c. This test shows us his glucose level over the past 2-3 months. It looks like Miguel is pre-diabetic.

MR. RAMIREZ

What? How can he be pre-diabetic he's just 8!

DR. WEIRMAN

Yes, that is why I think it is important to talk about his bloodwork. To assess where he is at and how we could improve his life. We take into consideration your family history and Miguel's weight. Some studies show that a high intake of refined sugars can also increase the risk of ADHD.

MR. RAMIREZ

AD... What?

MRS. RAMIREZ

Shhh, YA! Deja la doctora hablar. Go on doctor.

DR. WIERMAN

Does Miguel eat a lot of sugary foods?

Parents look at each other.

CUT TO.

EXT. BACKYARD BIRTHDAY PARTY- DAY

Miguel's grandparents hand Miguel a pinata stick and gesture to take his turn hitting the pinata. The party-goers sing "Dale dale dale" as Miguel starts hitting the pinata. He breaks the pinata and he is showered in candy. He celebrates in a sugar rush frenzy, fighting off other children for the candy and showing a great display of his determination by revealing his metal teeth caps as a warning to back off! He chases other kids with the pinata stick in a sugary rage.

CUT TO.

INT. DINING TABLE - NIGHT

Miguel's head is on the table, he's fast asleep. His hand is inside the bag of candy from the party. Wrappers surround him.

CUT TO.

INT. DR. WEIRMAN'S OFFICE-DAY

Parents are looking at each other and shake their heads.

BOTH

Nahhhhh

DR. WEIRMAN

Right... Well, he is getting the sugar from somewhere, his blood work does say his glucose is alarmingly high. And, it also shows high cholesterol. A leading contributing factor is salty foods and snacks. Would you consider the meals you eat at home high in sodium?

The Mr.Ramirez looks at the Mrs.Ramirez.

CUT TO.