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Children's book exhibit shows Native path to diabetes prevention

An exhibit showcasing original watercolor illustrations from a recent series of diabetes-awareness books for Native American children will be on view through May 22 at the Mitchell Museum of the American Indian, 3001 Central St., Evanston.

The traveling exhibit, "Through the Eyes of the Eagle: Illustrating Healthy Living for Children," first opened in 2006 at the Global Health Odyssey Museum at the Centers for Disease Control and Prevention in Atlanta.

The exhibit's appearance at the Mitchell Museum is its first and only scheduled showing in Illinois.

The 44 watercolor and gouache illustrations come from a series of educational storybooks targeted to Native children, age 4 to 9.

The tales are populated with Native American and animal characters and modeled on age-old Native storytelling techniques.



An exhibit of original book illustrations dealing with diabetes prevention for children are on view at the Mitchell Museum through May 22.

Submitted photo

The stories explain the ravages of diabetes while encouraging Native youngsters to return to a traditional lifestyle of physical activity and healthy eating — practices that have been shown to prevent or delay the onset of type 2 diabetes.

The books were written by Georgia Perez, a community health representative in Nambe Pueblo, N.M. Two Native artists collaborated on the artwork, pencil illustrator Patrick Rolo of Wisconsin's Bad River Band of Ojibwe and watercolorist Lisa A. Fifield of

the Oneida Tribe of Wisconsin's Black Bear Clan.

Sample copies of the "Eagle" books will be available for inspection. Single copies are available free of charge directly from the Centers for Disease Control.

Mitchell visitors can watch a DVD of the animated versions of the stories on a computer terminal and engage in various interactive exhibit materials.

Admission to the exhibit is included with Mitchell Museum admission, which is \$5 for adults, \$2.50 for seniors, students, teachers with valid school ID, and children.

Maximum admission per family is \$10. Admission is free for Mitchell members and tribal members. Admission is free to all on the first Friday of every month.

For information, call 847-475-1030 or go to mitchellmuseum.org.

— *This article was written by Nathan J. Silverman Co. PR, a PR firm located in Evanston.*