

Our Little Secret

by

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Cast of Characters

STELLA:

12

HELEN:

38

Place
Helen's Car

Time
Afternoon

Setting: Helen's car.

At Rise: Helen and her daughter Stella are sitting in the front seats of Helen's car while waiting for Helen's son Joey to return from buying ice-cream.

STELLA: It's not for me, I know, it's never for me.

HELEN: What did you say?

STELLA: I said, I know it's not for me.

HELEN: Did you want to get ice-cream, too?

STELLA: I'm fine.

HELEN: Go get some ice-cream. Here..*(handing her money)*

STELLA: *(not taking the money)* I said, I'm fine, Mom.

HELEN: What with the attitude?

STELLA: You don't even ask me if I want any, it's always about Joey.

HELEN: You know that he will whine all day long if I don't get him what he wants.

STELLA: But that's the problem, isn't it? He always gets what he wants.

HELEN: Please, don't do this, I'm not in the freaking mood.

STELLA: It's cause I'm fat. That's why, isn't it? That's why you didn't ask me if I wanted ice-cream, too.

HELEN: You're not fat, you just need to watch your weight.

STELLA: I'm fat!

HELEN: I said...you aren't fat, honey but you are getting a bit on the chubby side now and we spoke about this, we spoke about how you need to start cutting out certain foods because it isn't good for you.

STELLA: What does it matter?

HELEN: Don't you want to be healthy?

STELLA: Mom, don't try and turn this on the health kick when we both know the truth, you just said it's cause I need to watch my weight.

HELEN: So? What's wrong with watching your weight? I watch my weight. In fact, I can't think of another woman who doesn't watch their weight.

STELLA: You're just saying that.

HELEN: Actually, I'm being honest with you, honey.

STELLA: I don't want to watch my weight. I want to eat what I want to eat!

HELEN: If you want to go get yourself an ice-cream, go ahead but you need to burn it off with exercise.

STELLA: I don't want to exercise, either!

HELEN: So be fat. Take this money and be fat.

STELLA: You're so mean to me!

(pause.)

HELEN: ...I'm sorry...I, you make me angry because you're stubborn like your father and you don't listen to reason. It's not because you're fat, you aren't fat, pleasantly plump is probably the more appropriate term, but fat, no, you aren't fat...I'm sorry. You know I love you to bits honey...I get frustrated because I want you to eat whatever it is you want to eat but unfortunately your metabolism makes you wear your food more so than you would like and therefore you need to be mindful as to what you eat. There's nothing wrong with that. There is absolutely nothing wrong with choosing what to eat and besides there's a ton of things you can enjoy...we can go to the supermarket right now if you want and we can find all kinds of ice-cream that has less calories and it tastes just the same as the regular stuff. You wanna do that? You want me to take you to the market and we'll get you what you want?

STELLA: I wanted a vanilla ice-cream cone with chocolate sprinkles.

HELEN: I know, I know and we can get that at the spermarket for you.

STELLA: It won't taste the same, you're only saying that.

HELEN: I'm not. I promise. Don't you see what I keep in the freezer for myself?

STELLA: Oh, I hate that ice-cream, it's the worst.

HELEN: You tried it?

STELLA: Yeah and it sucks.

HELEN: Don't use that word, I don't like you using that word.

STELLA: It tastes like doo-doo.

HELEN: Does it?

STELLA: Yes!

HELEN: ...Actually, you're kind of right, it does taste like doo-doo.

They both laugh.

What do you say when Joey gets back in the car, we'll drop him off at home and you and me we'll take a ride to the store and choose something we both like?

STELLA: Alright....

HELEN: We'll find something we love. Yeah?

STELLA: Yeah, okay.

HELEN: It'll be our little secret together and we can do this with more than just ice-cream.

STELLA: What do you mean?

HELEN: We could go through the store and pick out other foods that are healthy.

STELLA: Less fattening?

HELEN: Sure.

STELLA: Mom, tell me the truth, am I really fat?

HELEN: Sweetheart, you aren't fat but if you don't pull back and start eating healthy, I'm afraid that the future you will blossom and we need to make sure that the future you isn't going to blossom.

STELLA: You mean expand?

HELEN: Yes, expand. If we protect your best interest now, you will thank me later.

STELLA: Am I different?

HELEN: What do you mean, different?

STELLA: Cause I need to watch what I eat?

HELEN: Don't be silly. You are a perfectly healthy and beautiful young lady and you are my daughter and I love you like crazy. There is absolutely nothing wrong with you at all. Don't ever think otherwise, I would never lie to you. All we are doing is cutting off the problem before it starts...it's like your brother Joey, his teeth, he's going to need braces and he's going to get them so he has nice straight teeth and can grow up feeling good about himself. I want the same for you. I want you to feel good about yourself, you follow?

STELLA: I get it.

HELEN: That's all it is...it's like Daddy had to quit smoking because it was bad for his health and so he quit, he drives me crazy but in the long run it's the best thing for him and the same goes for you...we make an adjustment so in the long run you will be happy.

STELLA: You think it will work?

HELEN: Of course! I need to lose a few pounds myself, so we can do this together and not tell anyone.

STELLA: Okay...thanks, Mom.

HELEN: No need to thank me, sweetheart.

STELLA: I know you care about me, so, thanks.

HELEN: Here comes your brother now. Don't say anything about what we discussed.

STELLA: I won't.

HELEN: Everything will be fine, I promise.

END OF PLAY