

creatively united  
FOR THE **PLANET**  
a colouring comic

Cassy, Bobby and Perla in:

# HIGHER GROUND



Written and Illustrated by J. Alex Witcombe



Thank you for your interest in this special book! It was created with the intention of sharing positive ideas and fun ways for readers to relate to making healthy choices.

Fresh air, clean water, nutritious food, outdoor time and special moments are essential to a happy life, regardless of where we live and what age we are.

Happy reading and colouring too! We hope that you find some inspiration and new ideas to enjoy!

Sincerely,

Frances Litman  
Creatively United for the Planet Society Founder  
[www.creativelyunited.org](http://www.creativelyunited.org)

**DEDICATED TO** all our wonderful volunteers, supporters  
and partners who share in the Creatively United vision for a  
world rooted in respect for people and planet.

**WRITING AND ILLUSTRATIONS:** J. Alex Witcombe

**PROJECT FOUNDER AND CREATIVE COORDINATOR:** Frances Litman

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*Creative Environmental Education Rooted in Respect for Nature*

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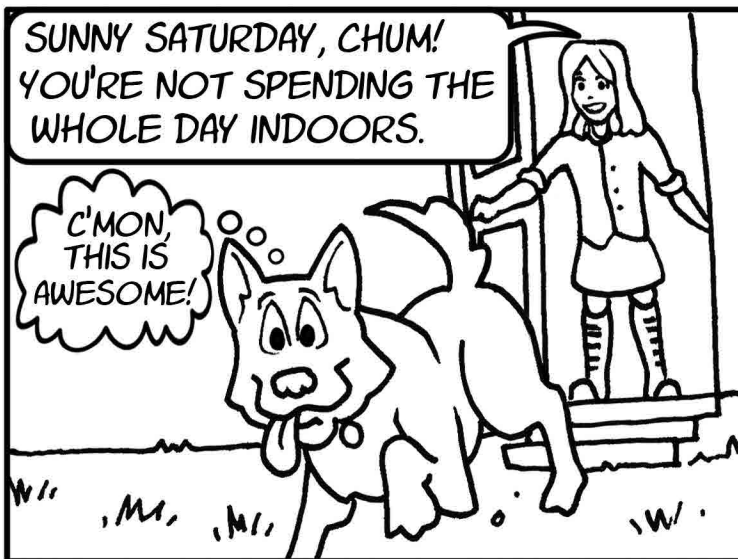
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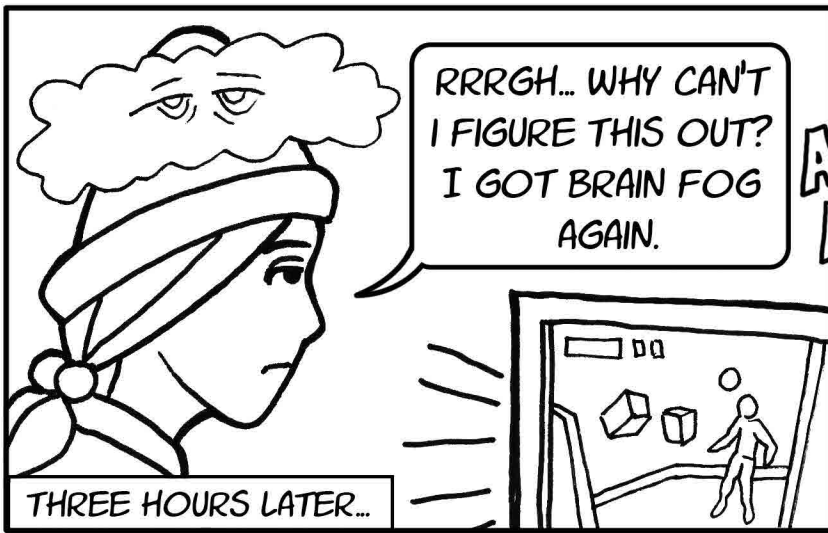
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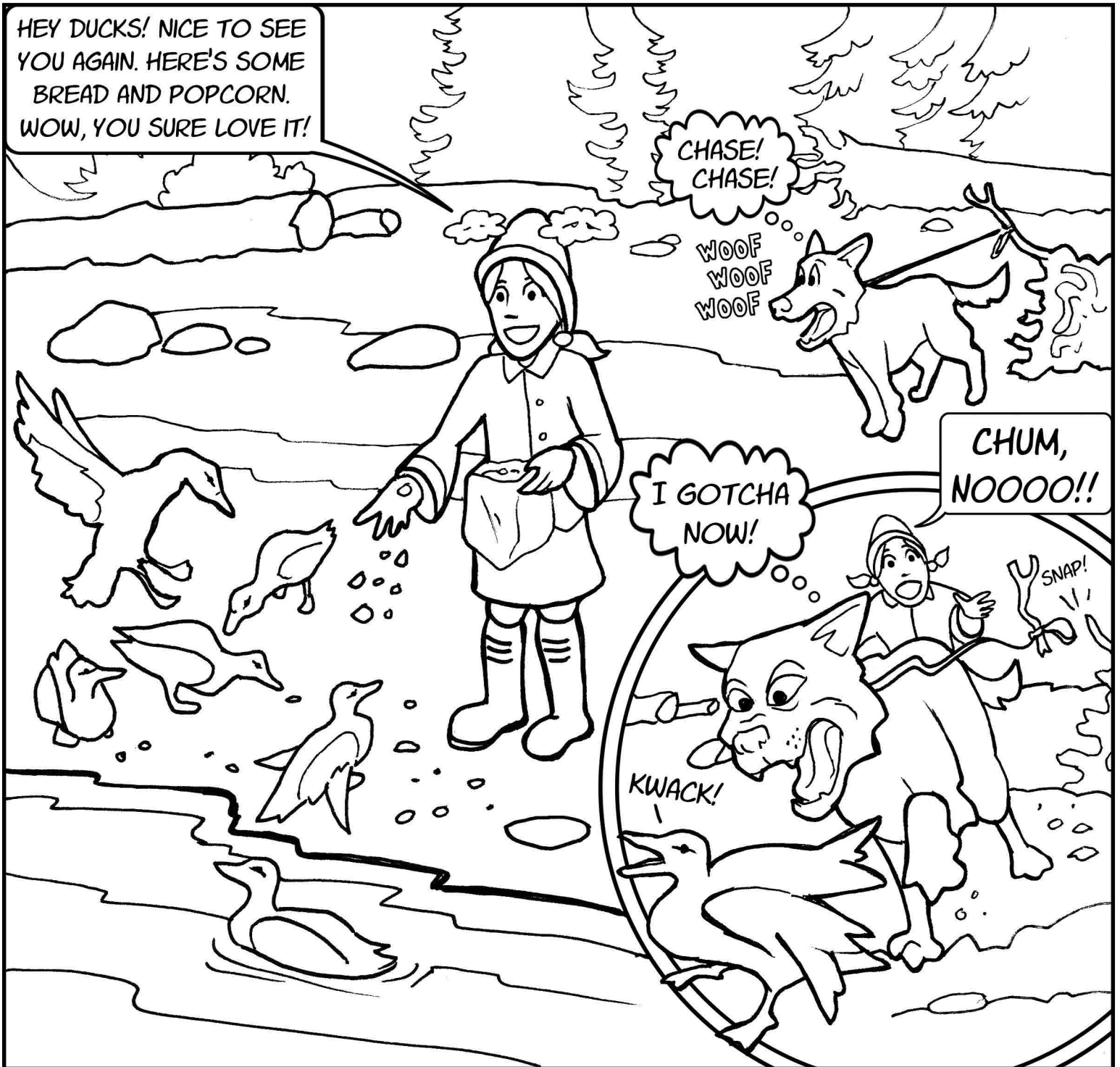
# CASSY and the next level

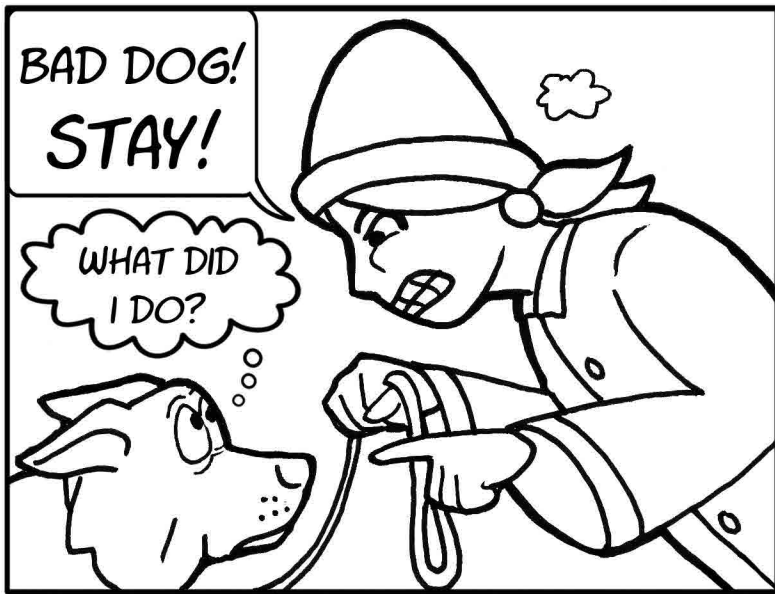




THREE HOURS LATER...

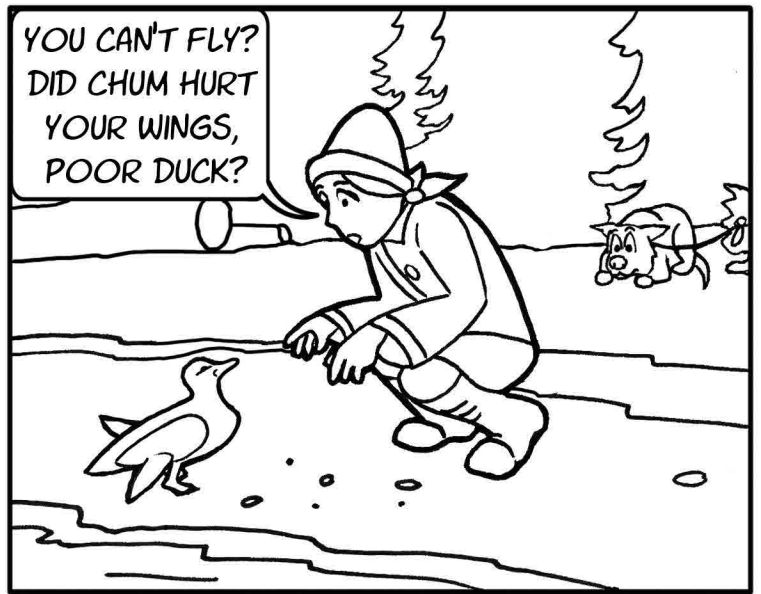






BAD DOG!  
STAY!

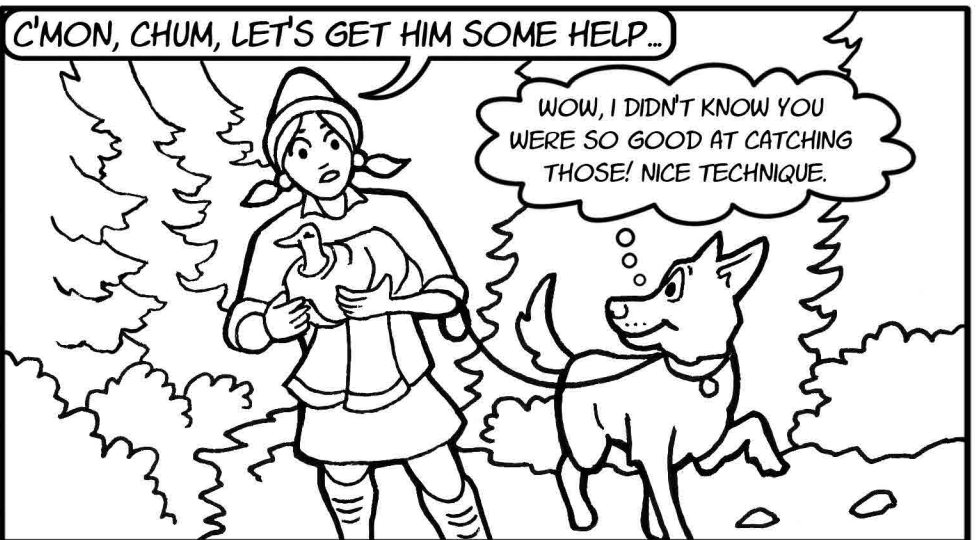
WHAT DID  
I DO?



YOU CAN'T FLY?  
DID CHUM HURT  
YOUR WINGS,  
POOR DUCK?



DON'T WORRY, I'LL HELP YOU.



C'MON, CHUM, LET'S GET HIM SOME HELP...

WOW, I DIDN'T KNOW YOU  
WERE SO GOOD AT CATCHING  
THOSE! NICE TECHNIQUE.



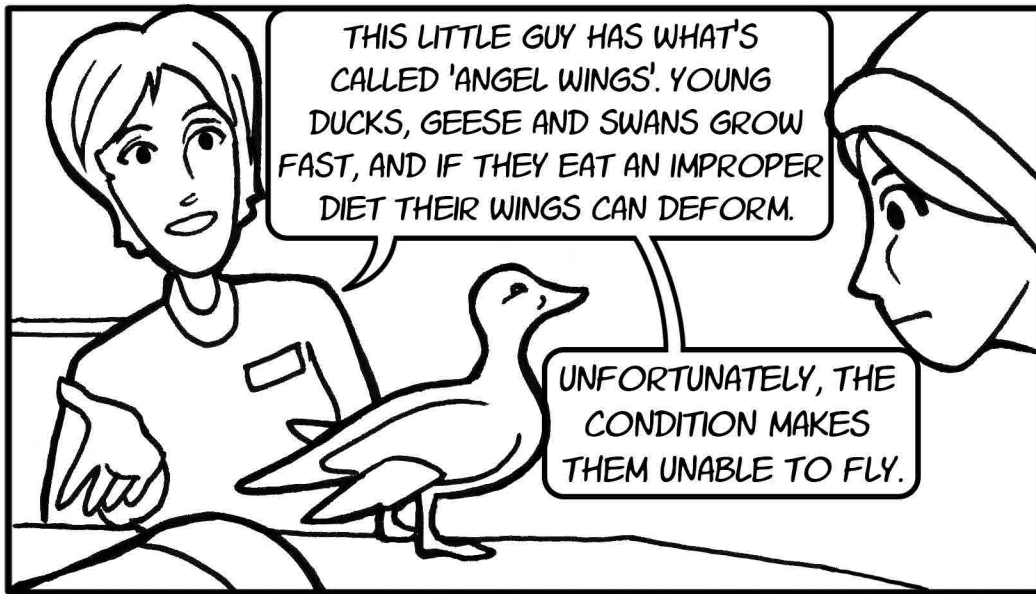
I'LL JUST  
STAY HERE  
I GUESS...



THANK YOU FOR  
BRINGING HIM IN, CASSY.  
HE LOOKS OKAY, BUT  
HE DOES NEED  
TREATMENT.

WHAT'S  
WRONG?  
DID MY DOG  
HURT HIM?









WOW, CHUM, MY FOOD IS JUST AS BAD AS YOURS!

AT LEAST I DON'T EAT SUGAR...

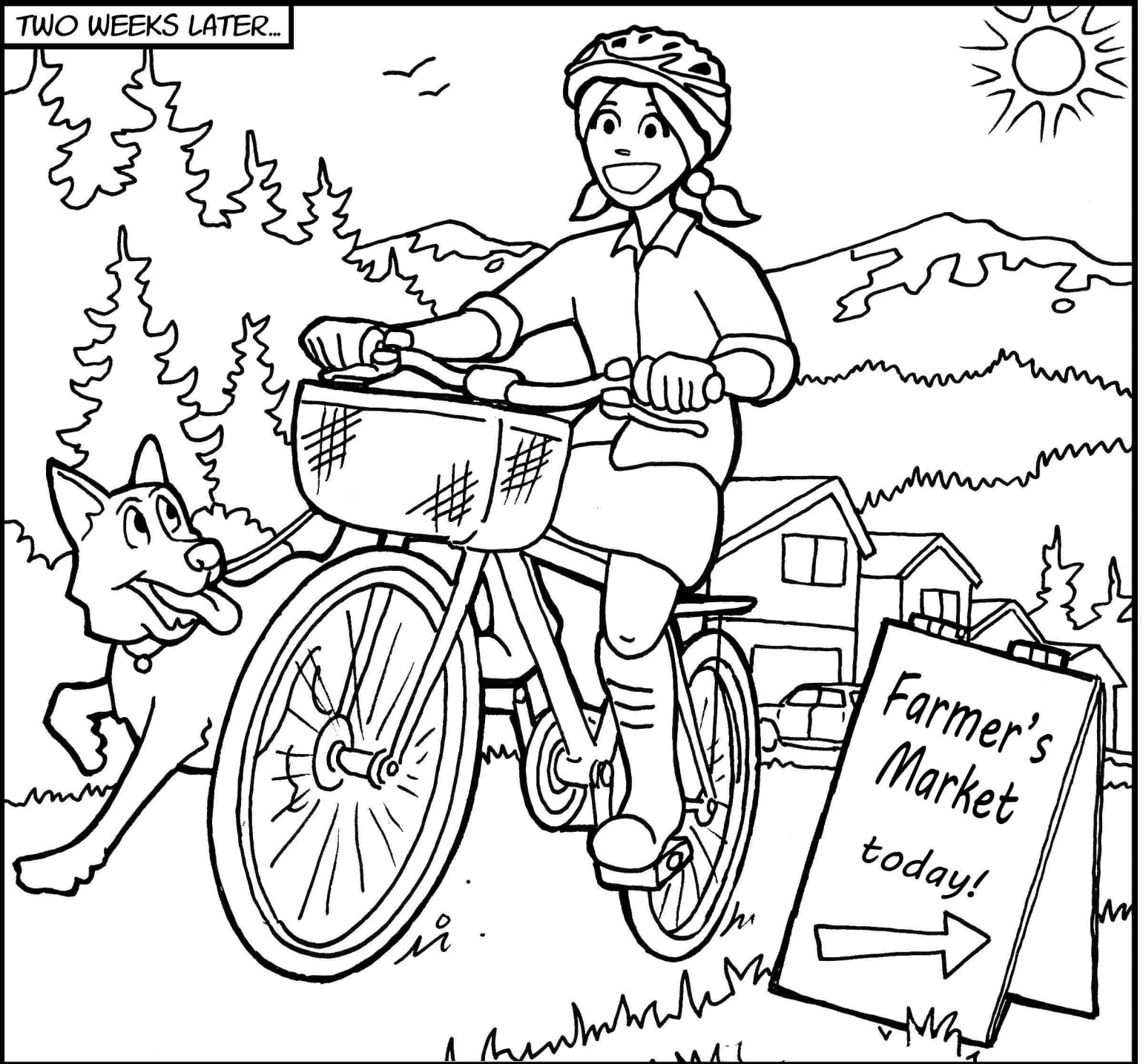


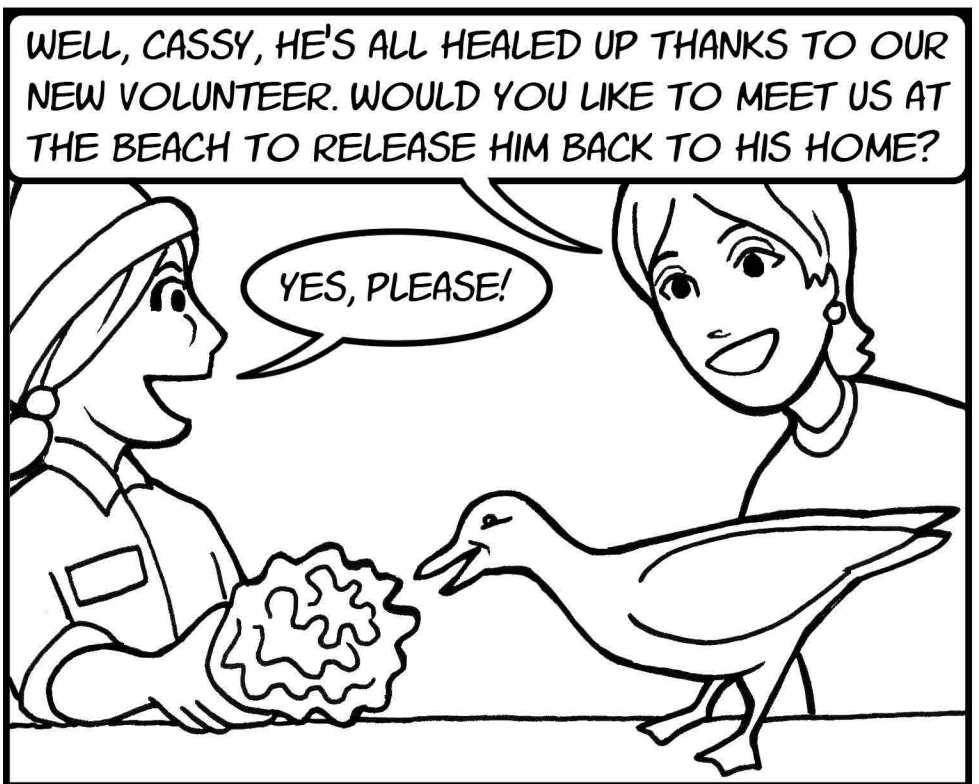
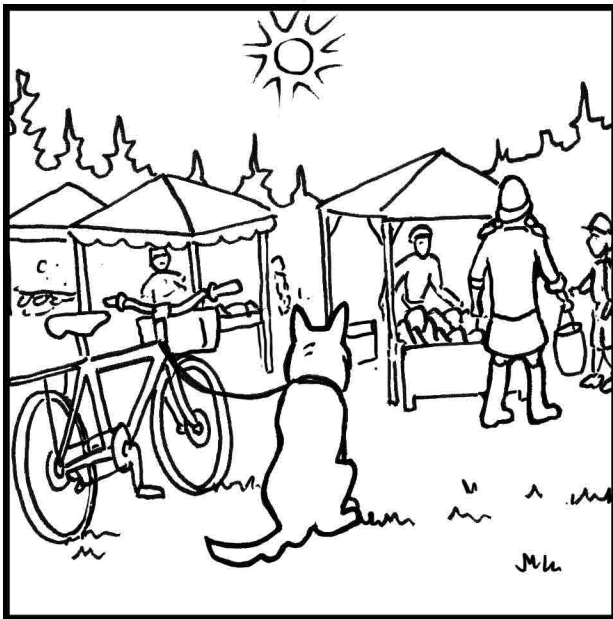
AHA! MAYBE I GET THAT NASTY BRAIN FOG FROM EATING AN IMPROPER DIET.

I SENSE A CHANGE COMING ON...



TWO WEEKS LATER...

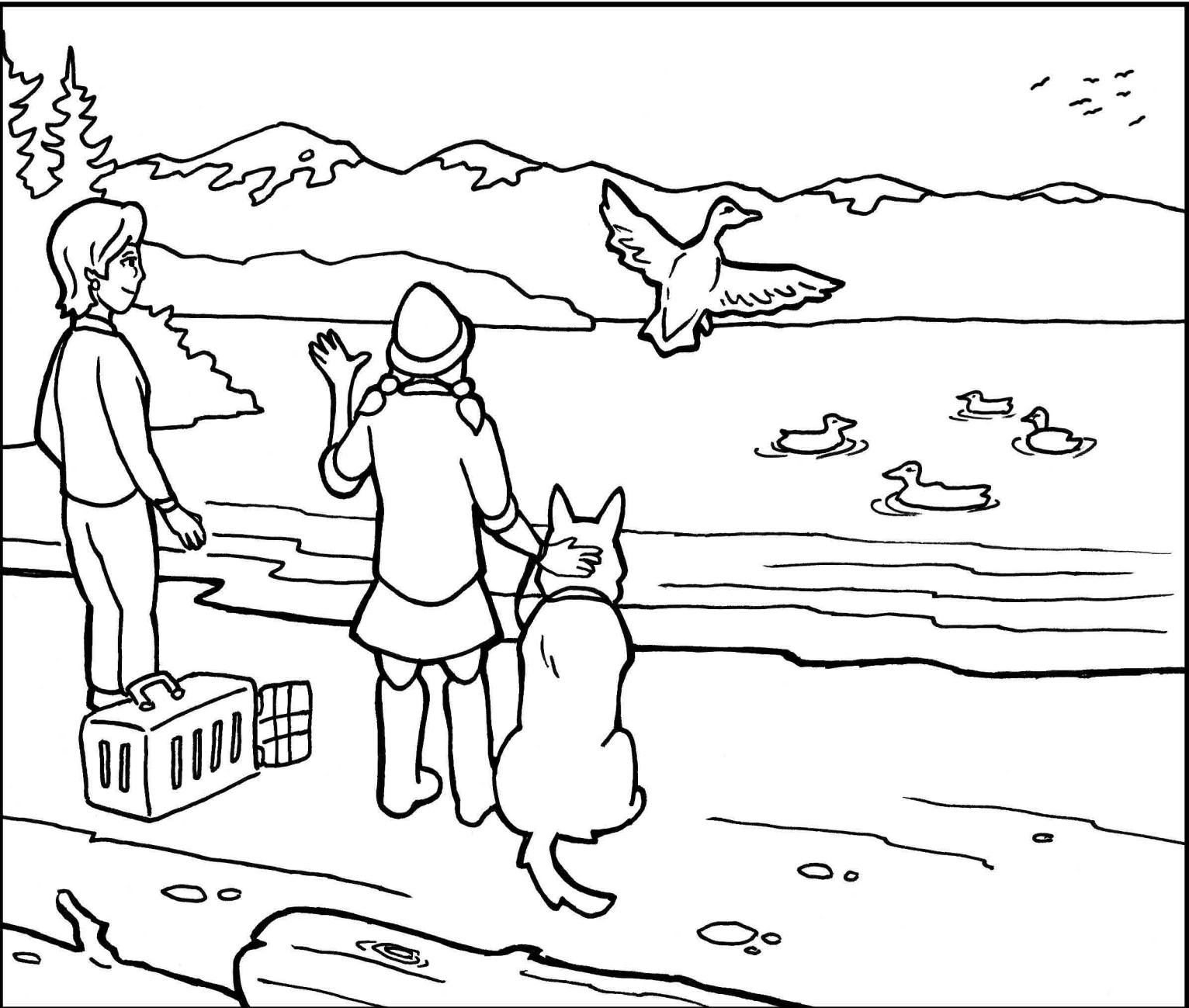




DON'T YOU JUST LOVE WALKING IN THE FOREST, CHUM? FEELS GREAT!



IT'S THE BEST!



## Fresh Sprout Sushi

Ingredients: nori wraps  
avocado (mashed)  
sprouts  
cucumber (sliced)  
carrot (sliced)  
sesame seeds

Mash the avocado, then lay out the nori sheet. Spread the avocado over 2/3 of the nori. Spread the sprouts in a thick layer over the avocado. Lay out the carrot and cucumber on the sprouts then roll it up. Let sit for five minutes, then slice and garnish with sesame seeds. Dip in your favourite sauce and enjoy!

Ask your parents to help if you need it!

OMG,  
YUM!



With volunteering at the wildlife centre and switching to a healthier diet, I completely forgot about my video game!

Life is wayyy more interesting anyways.

BYE BYE, BRAIN FOG!



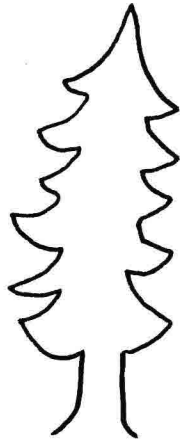
... AND STAY AWAY!



CASSY



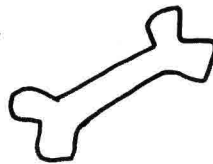
My new happy place: walking along the river in the forest. So peaceful. So awesome. Love it.



ME AND CHUM DOG



BEST FRIENDS!



Dogs love veggies, too!

Here are some veggies that are great for dogs. Use local and organic whenever possible!

green beans and peas  
steamed broccoli  
sweet potatoes, yams  
zucchini, pumpkin  
red beets

celery  
spinach  
kale  
lettuce



After we brought the duck back to his home we had a blast feeding them. (No, not bread and popcorn this time!) I bought some nice bird seed for them.

They loved it!



# BOBBY catches his wave



Can't believe we're moving to the coast. Mom got a new job out there.

We're all bummed out too, Bobby 😞

Gonna miss you, cowboy!

Thanks, Jessie, you too! Let's keep in touch.

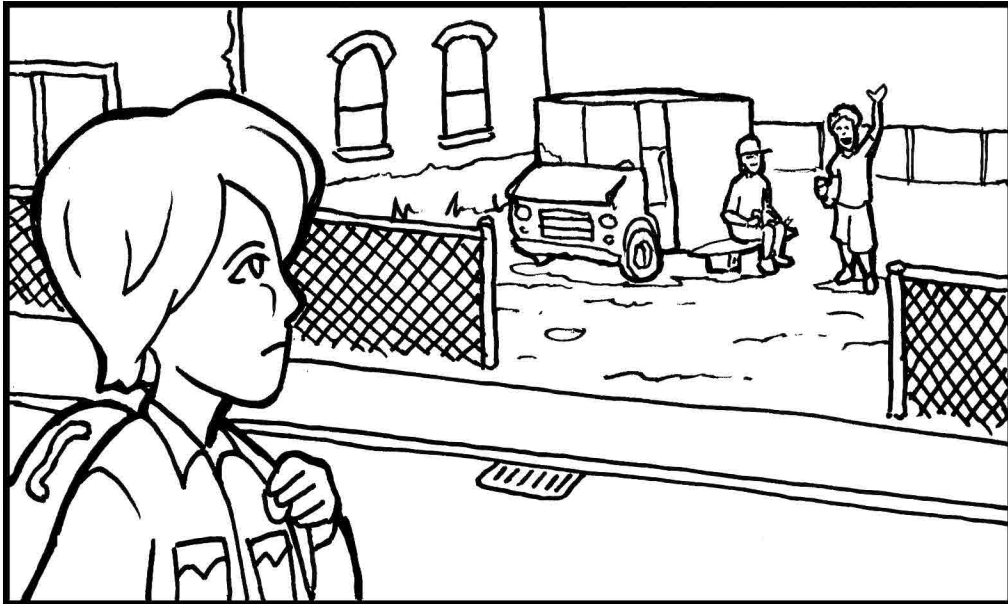




Hey Jessie, you there?  
Texted you last week,  
did you get it? The city  
is so boring compared  
to the country. I miss  
riding my horse.



School's okay,  
but haven't made  
any friends yet.  
At least I've got  
my cat, Clive.  
Okay, hope to  
hear from you.

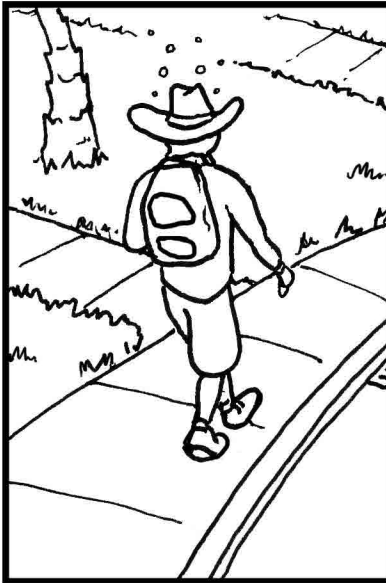






Hey Bobby, it's Mom 😊  
I have to work late again  
tonight, dinner's in the  
fridge. Have a great night,  
Love you

Okay Mom, be  
home soon 😊



BOBBY!  
WOW, WHAT'S  
UP WITH YOU?

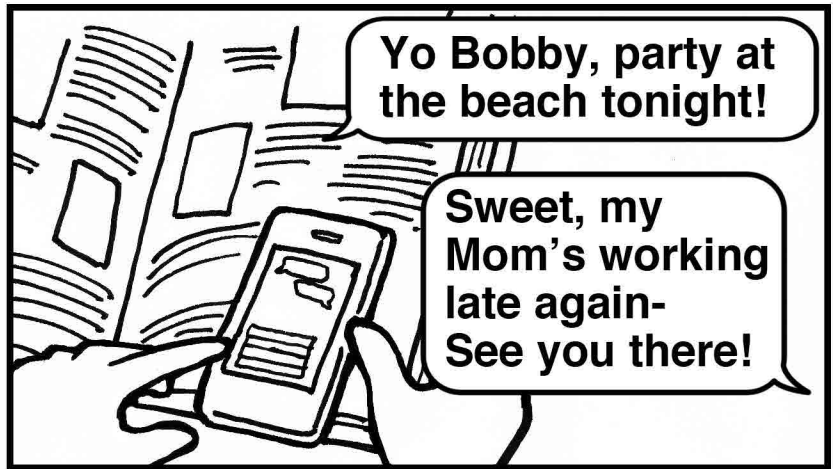


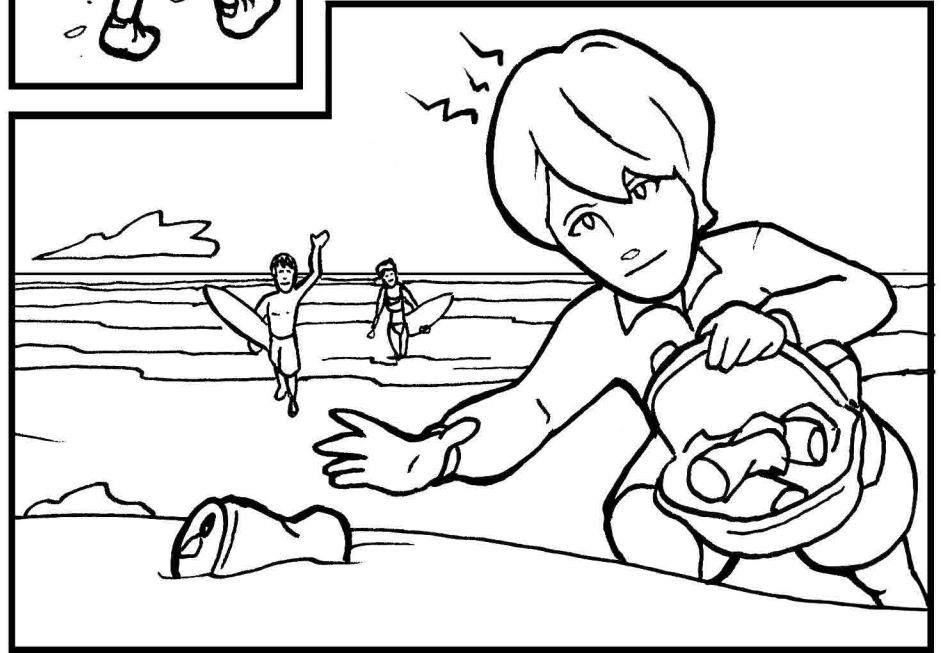
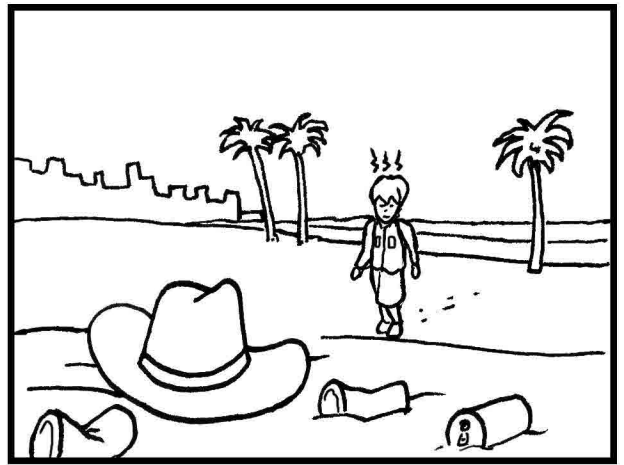
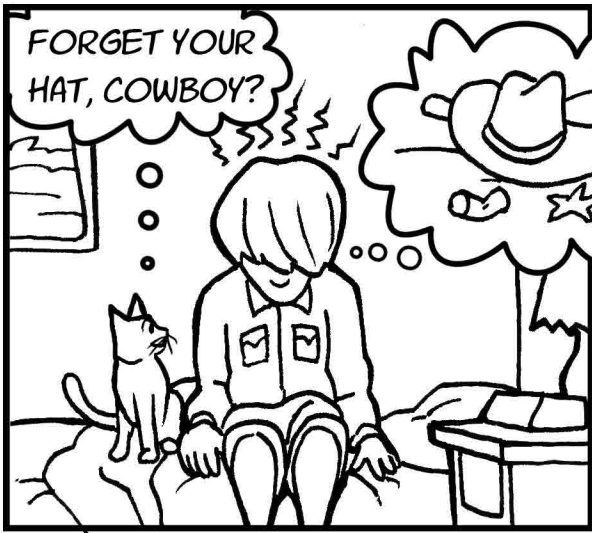
HMM... YOU'RE  
ACTING DIFFERENT...

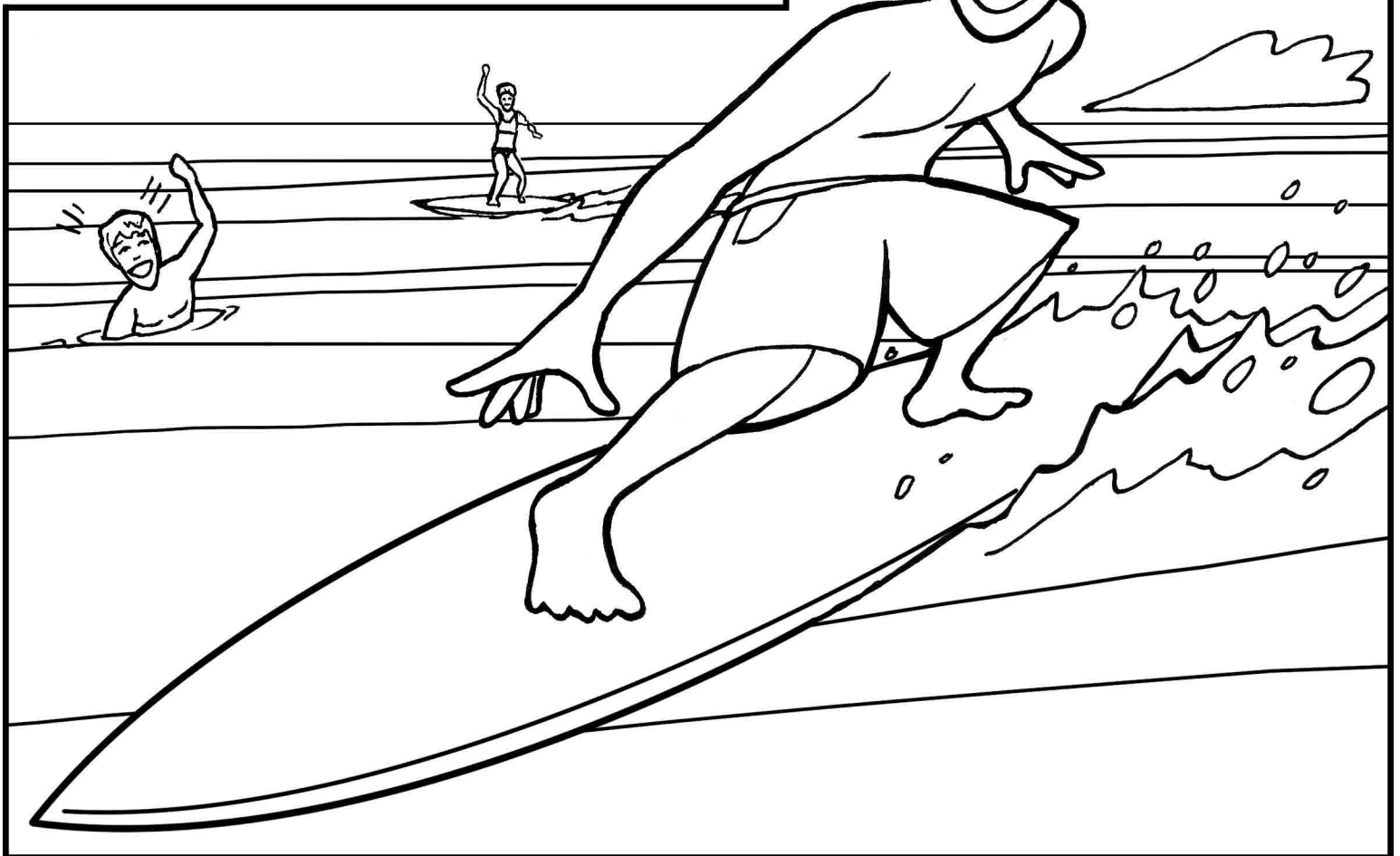
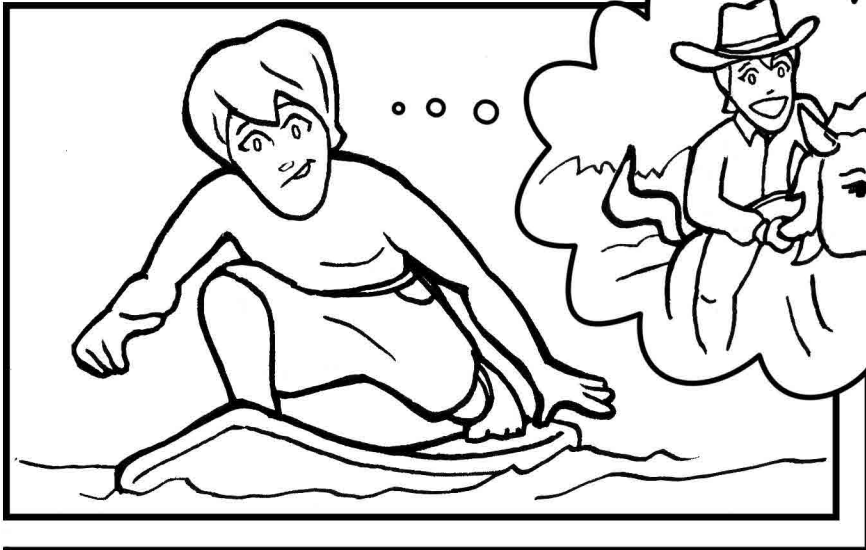
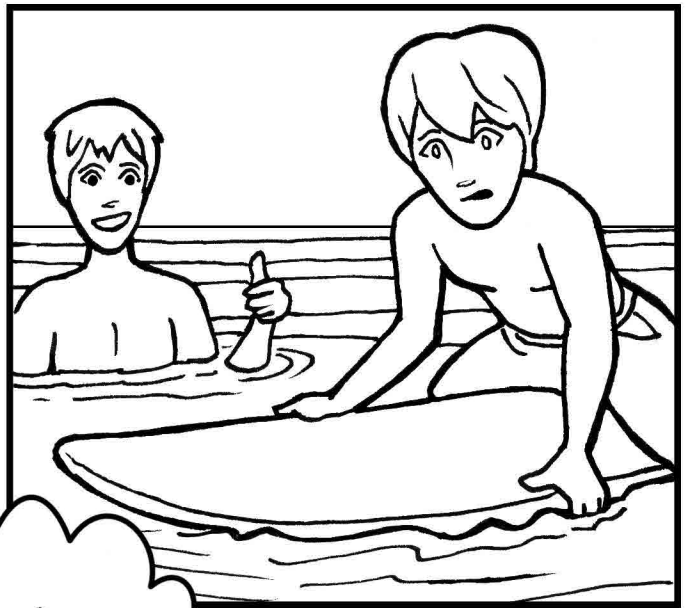
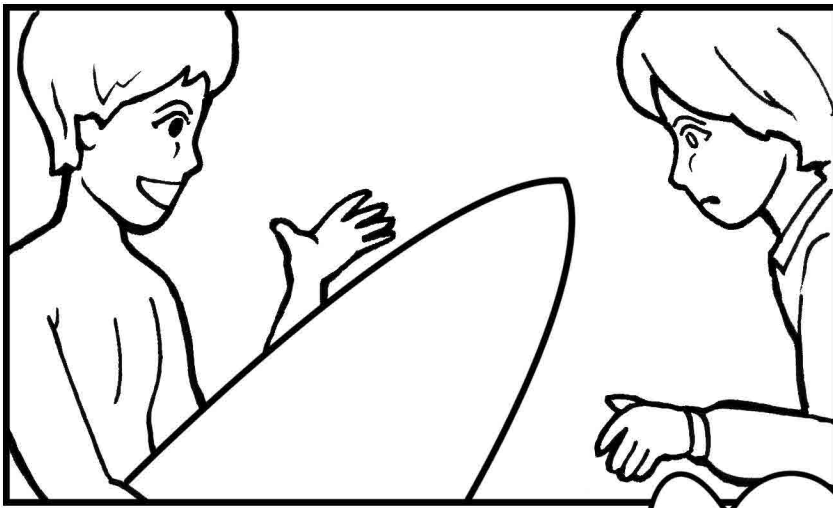


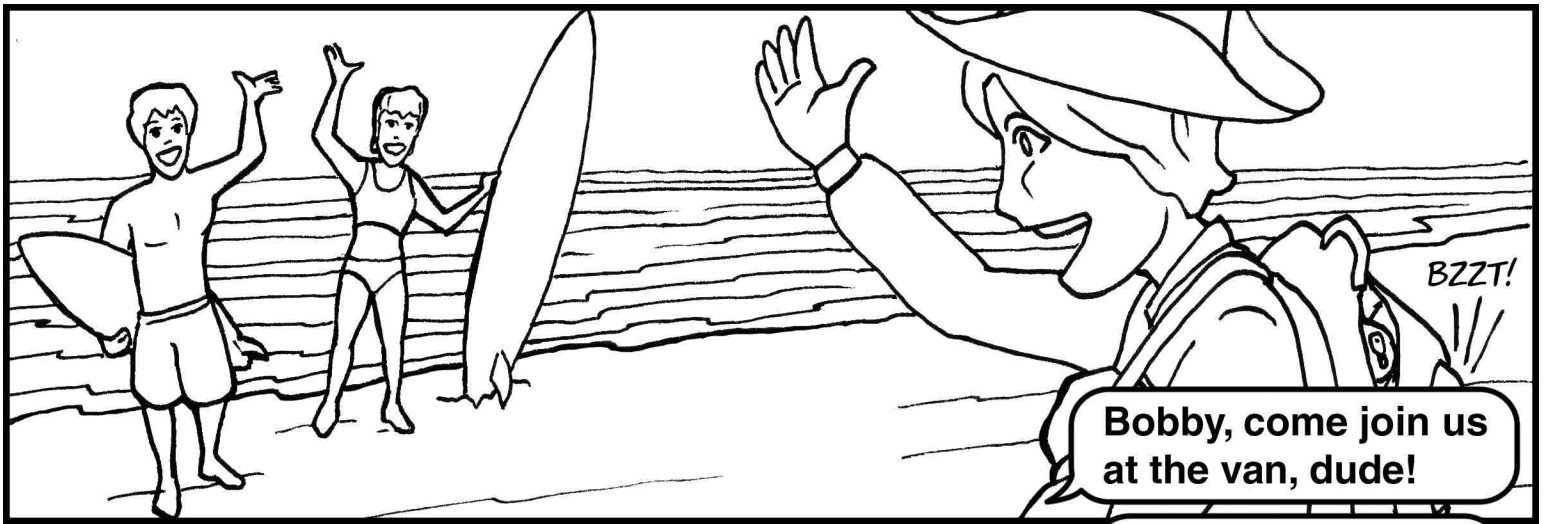
YOU OKAY??  
GEEZ...

BEEP  
BEEP  
TIME FOR  
SCHOOL!

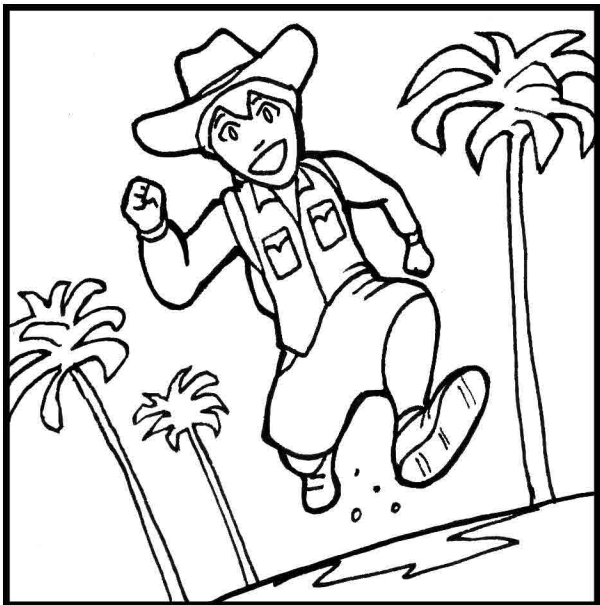








Bobby, come join us at the van, dude!



Was already on my way! 😊💡💡





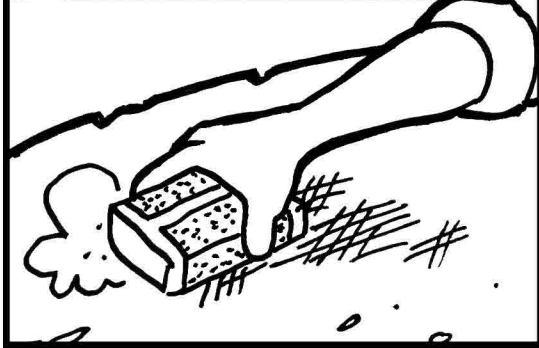


NOW THIS IS THE BOBBY THAT I KNOW!

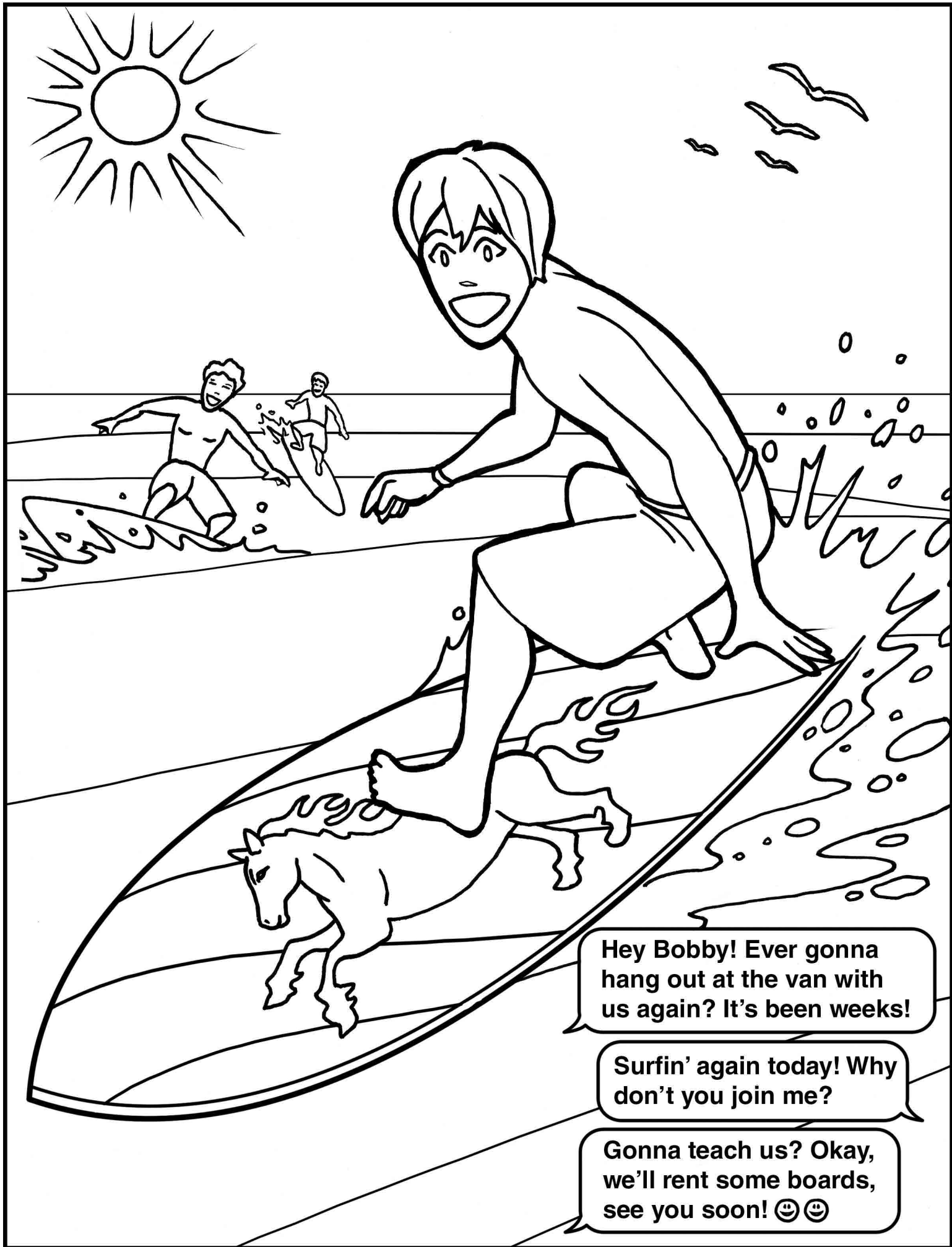
Hi Bobby, are you hanging with your friends again tonight?

Nope, working on a great project at home! 😊😊

Nice! Send me some pics- work is dull, lol! 😊 love, Mom





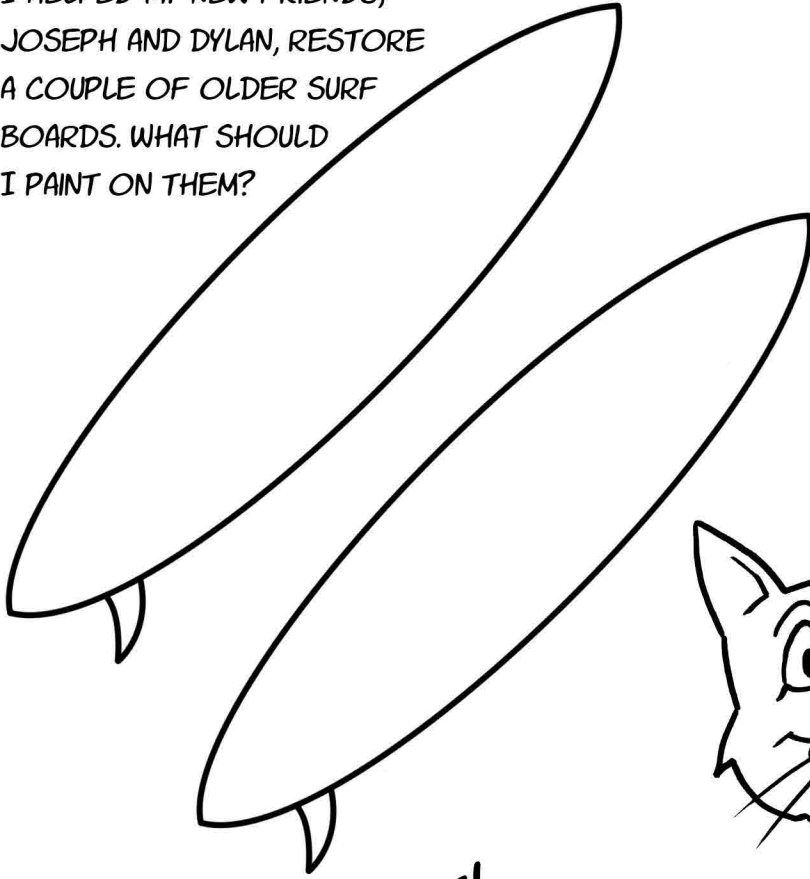


Hey Bobby! Ever gonna hang out at the van with us again? It's been weeks!

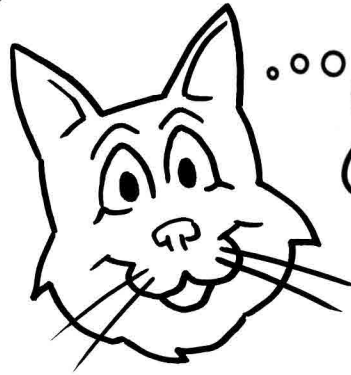
Surfin' again today! Why don't you join me?

Gonna teach us? Okay, we'll rent some boards, see you soon! 😊😊

I HELPED MY NEW FRIENDS,  
JOSEPH AND DYLAN, RESTORE  
A COUPLE OF OLDER SURF  
BOARDS. WHAT SHOULD  
I PAINT ON THEM?



WELL, DRINKING WITH MY NEW FRIENDS WAS  
FUN, BUT IT SURE DIDN'T DO MY BODY OR  
BRAIN ANY GOOD! CLIVE THE CAT TAUGHT ME  
THAT THE BEST DRINK I CAN HAVE IS WATER!!  
(NOT FROM A PLASTIC BOTTLE, THOUGH)  
SOMETIMES I THROW SOME LEMON, LIME,  
CUCUMBER AND FRESH GINGER IN AND BLEND  
IT UP FOR AN ENERGIZING DRINK AFTER A  
GREAT DAY SURFING. I CALL IT THE 'GREEN  
EASY' BECAUSE IT'S SO EASY TO DRINK!



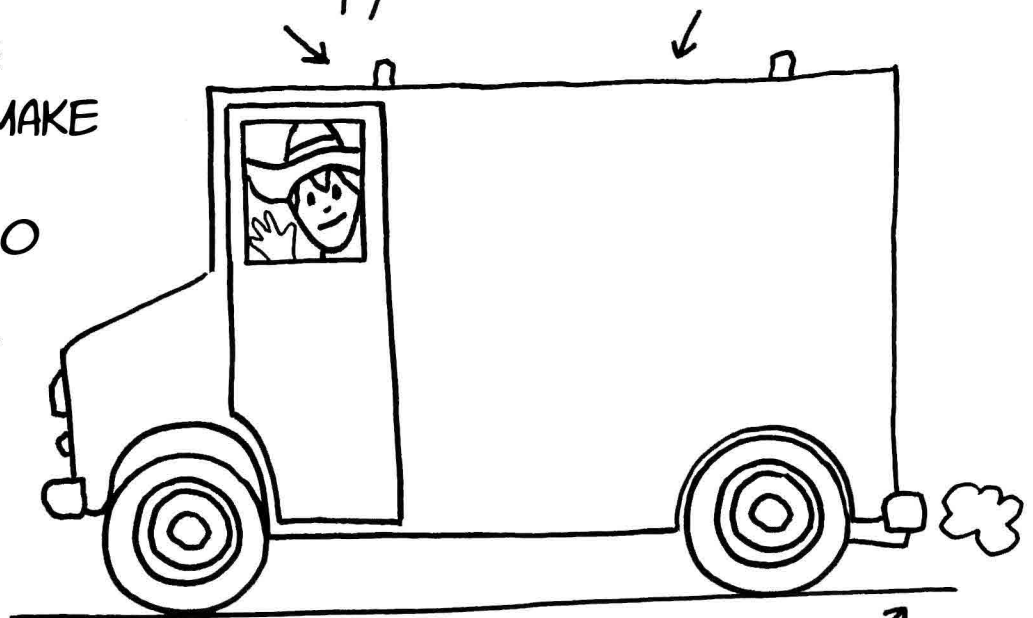
## NEW PROJECT!

THAT OLD VAN IN THE  
VACANT LOT WOULD MAKE  
A SWEET SURF VAN!  
IT'S A DIESEL, TOO, SO  
MAYBE IF I LEARN  
HOW, I CAN CONVERT  
THE ENGINE TO RUN  
ON USED VEGGIE  
OIL FROM THE  
RESTAURANT DOWN  
THE ROAD!

SWEET  
SURFBOARD RACKS

KICKIN' TUNES

WHAT DESIGN SHOULD I  
PAINT ON IT?

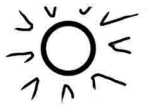


PLANT POWER!

SHINY RED WHEELS

CARBON-NUETRAL  
EXHAUST  
(SMELLS LIKE FRENCH FRIES!)

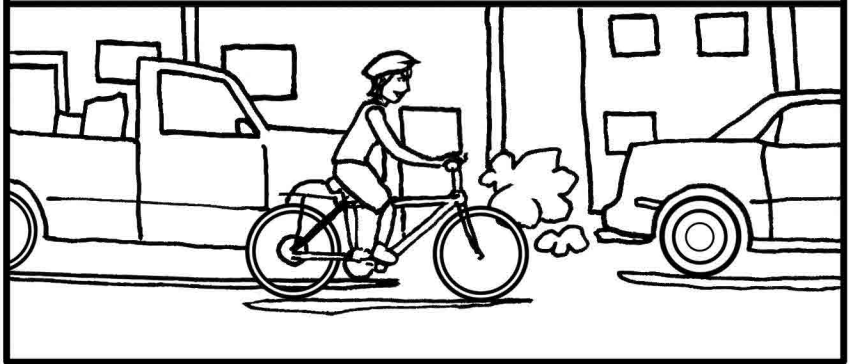
# PERLA and the Blue Sky



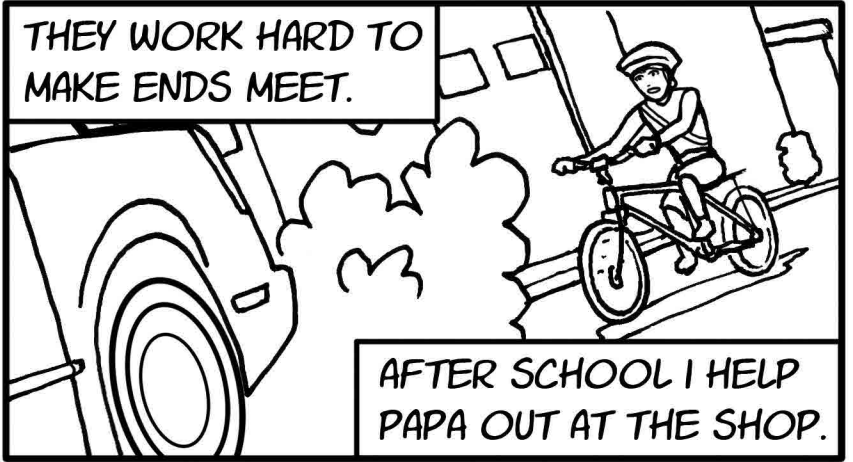
MY NAME IS PERLA.



I LIVE IN MEXICO CITY WITH MY MAMA AND PAPA.



THEY WORK HARD TO MAKE ENDS MEET.

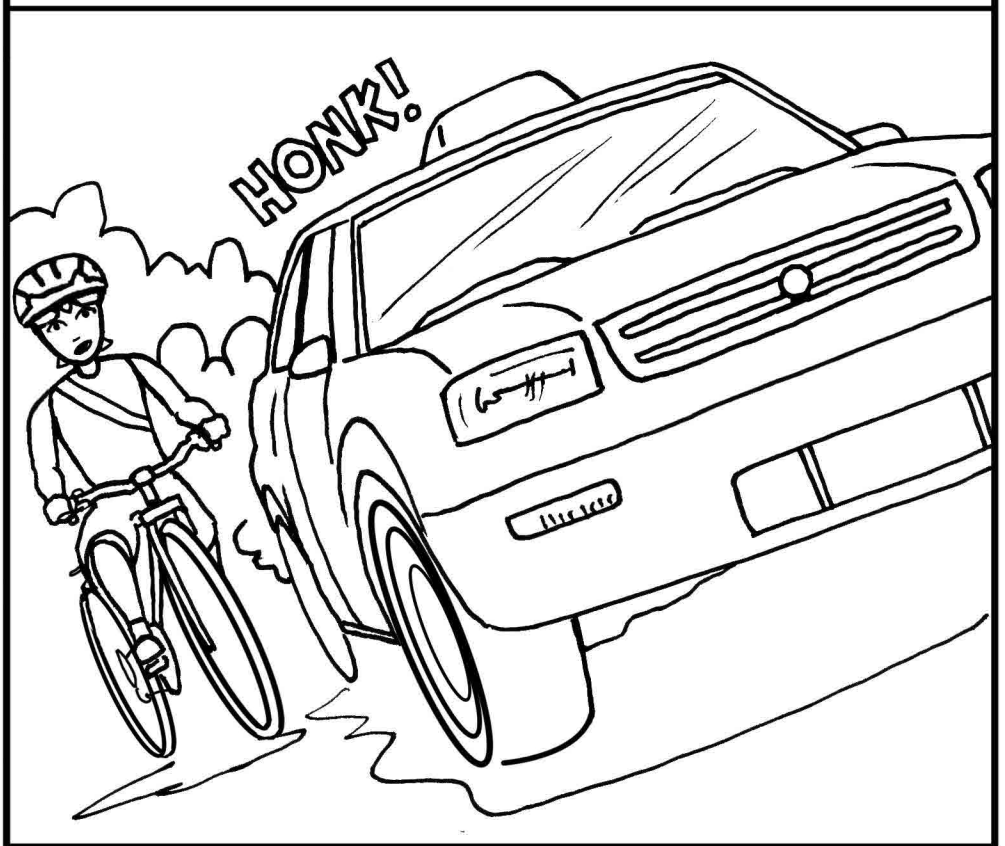


AFTER SCHOOL I HELP PAPA OUT AT THE SHOP.

IT DOESN'T LEAVE ME MUCH TIME FOR FRIENDS, BUT THAT'S OKAY, I'M KIND OF A LONER.



THE RIDE TO THE GARAGE IS LONG, AND THERE IS SO MUCH TRAFFIC. AT LEAST PAPA GIVES ME A RIDE HOME.

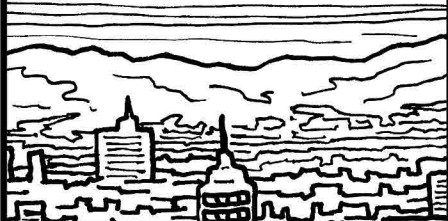


BIKING IS FUN...



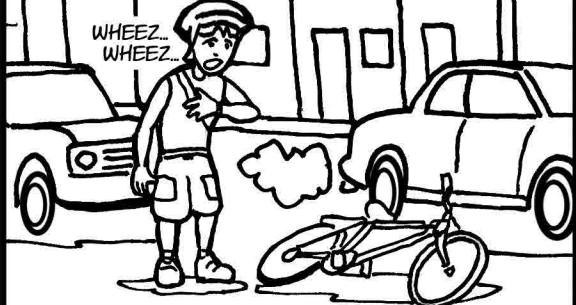
BUT THE AIR POLLUTION IS PRETTY BAD HERE...

ON MOST DAYS I KNOW THAT THE SKY IS BLUE...



BUT IT JUST LOOKS DIRTY YELLOW FROM THE SMOG.

OH NO, NOT AGAIN!



ANOTHER ASTHMA ATTACK!

SORRY I'M LATE, PAPA...



ANOTHER ATTACK? YOU'VE BEEN HAVING THEM MORE OFTEN, PERLA. MAYBE YOU SHOULD STAY INSIDE MORE.

SIGH.. I'VE ALSO HAD TROUBLE BREATHING FOR MOST OF MY LIFE. AND NOW I'M EVEN LOSING MY SENSE OF SMELL! IT'S THE TERRIBLE SMOG, BUT WHAT CAN WE DO?

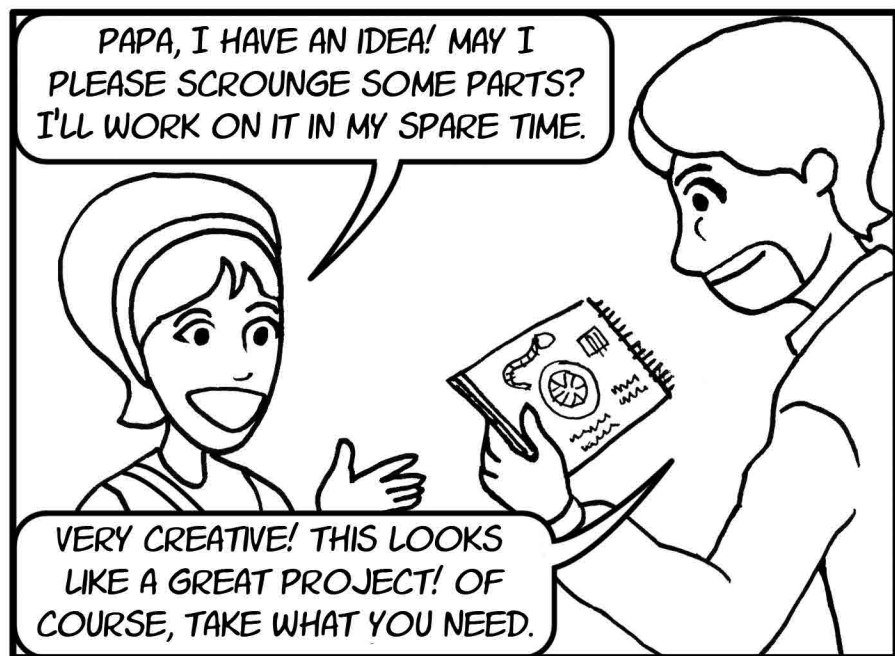
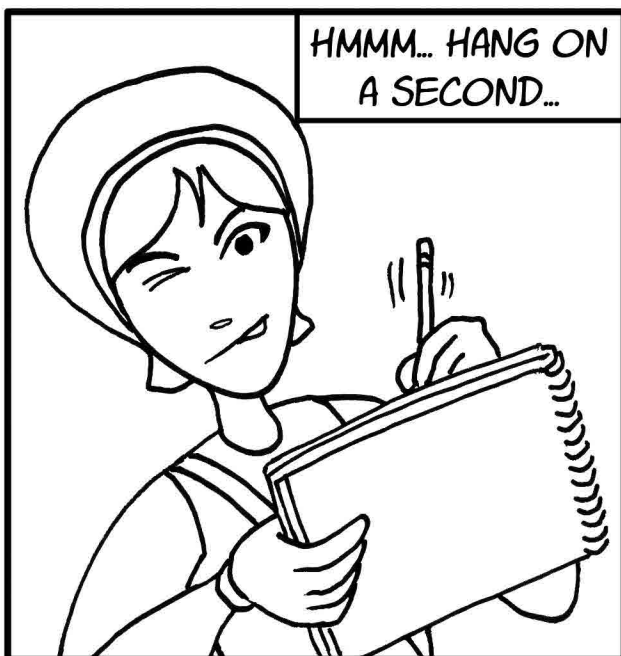
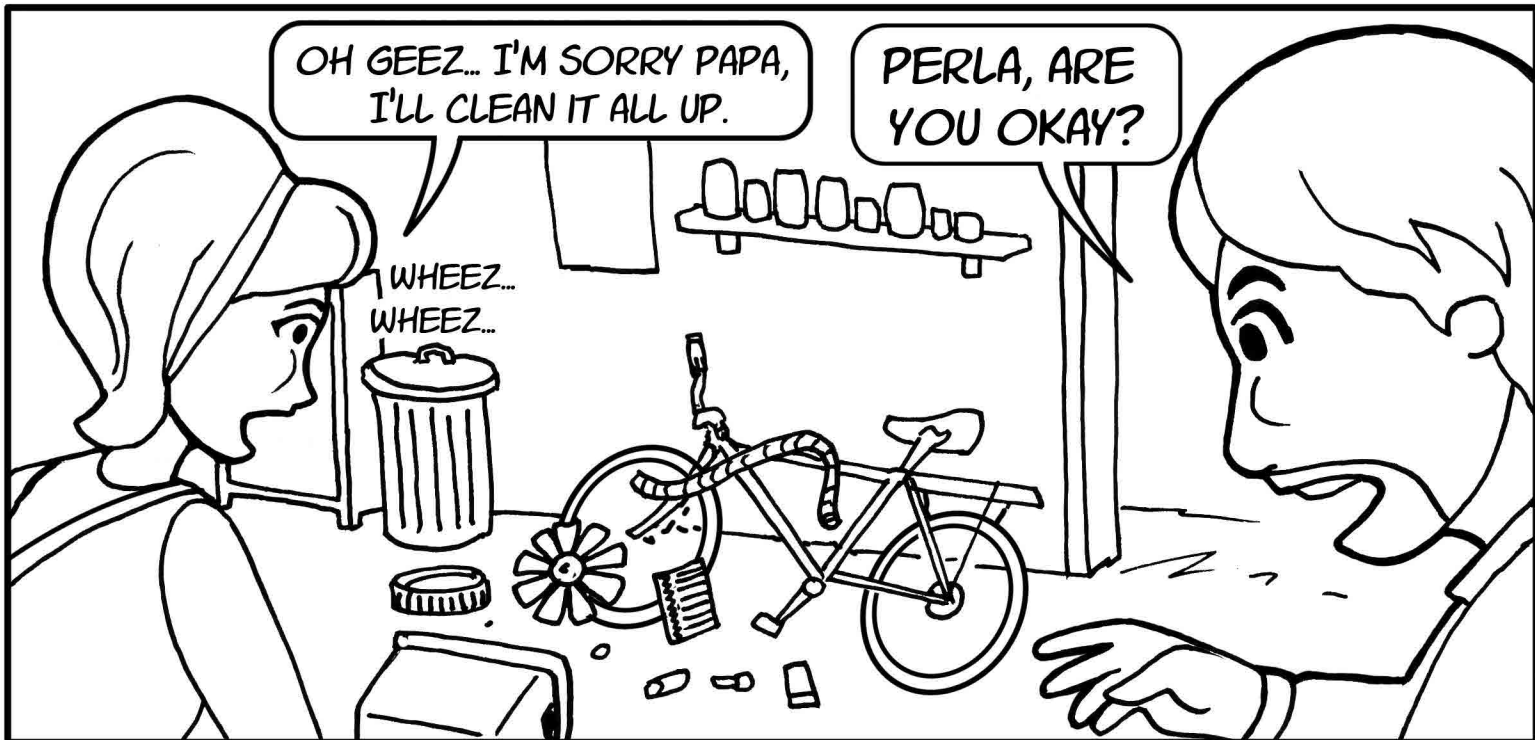


WE HAVE TO MAKE A LIVING IN THE CITY, AND CARS ARE A PART OF THAT. THEY POLLUTE SO MUCH, BUT IF THERE WERE NO CARS, THERE WOULD BE NO WORK FOR US, AND NO FOOD ON THE TABLE.



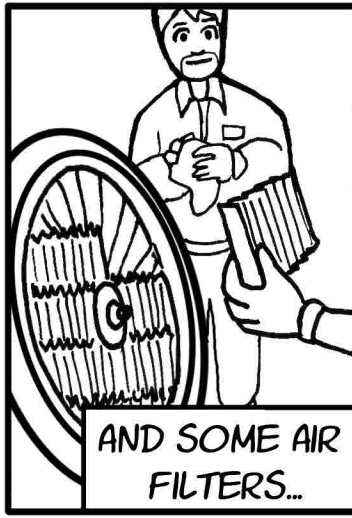
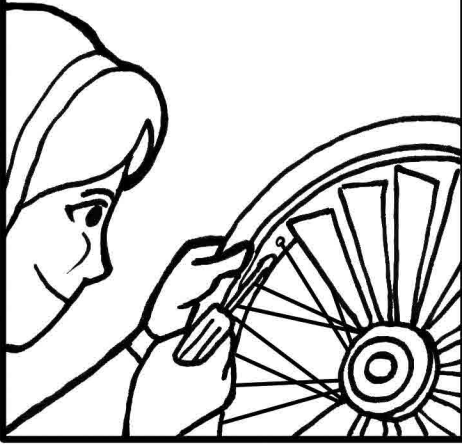
SIGH.. I KNOW, PAPA.





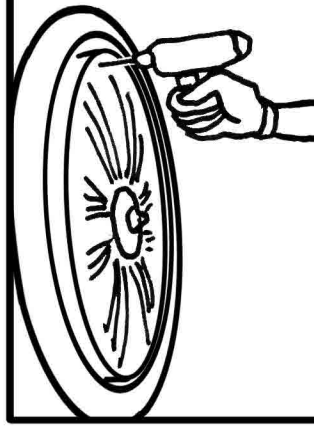


A FAN IN THE BIKE WHEEL...

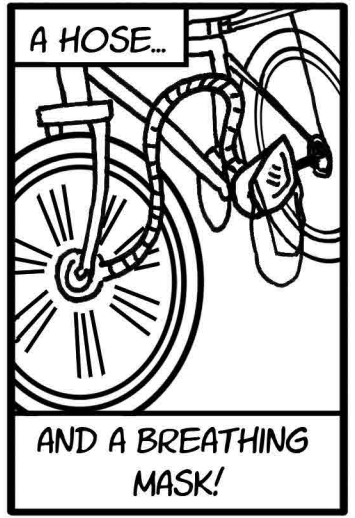


AND SOME AIR FILTERS...

A COVER...



A HOSE...



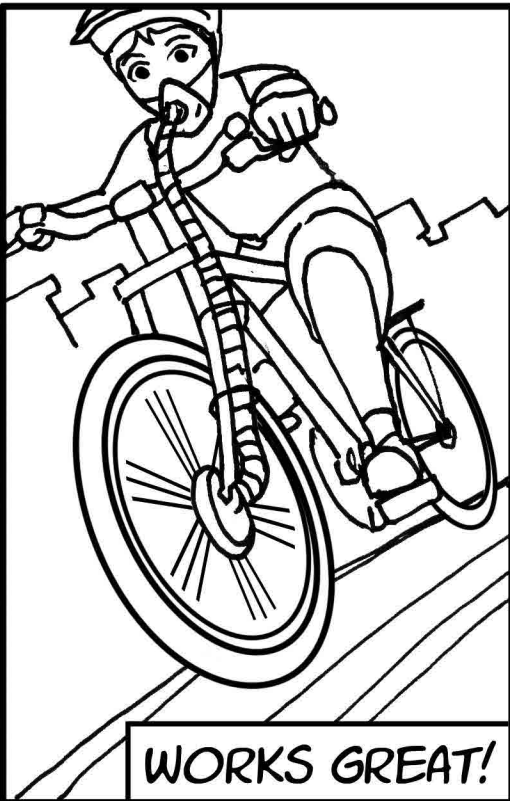
AND A BREATHING MASK!

FINISHED! I CALL IT "EL CIELO AZUL".\*

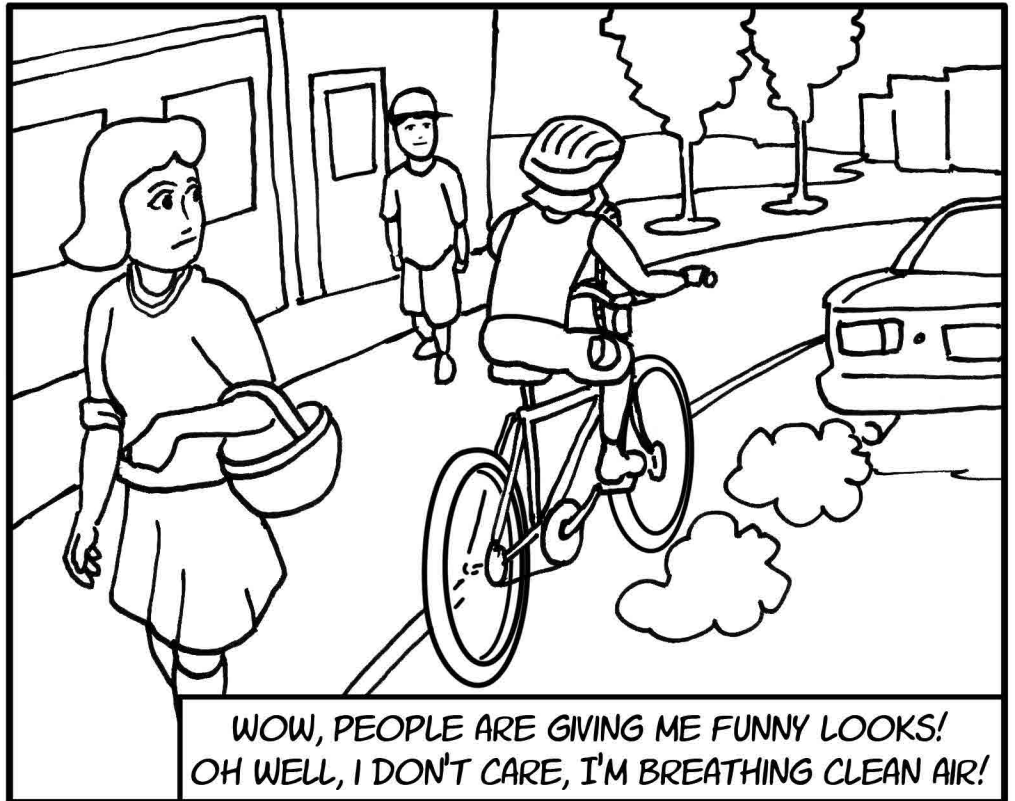


NOW WHEN I RIDE, THE WHEEL WILL TURN THE FAN, AND PULL DIRTY AIR THROUGH THE FILTER. IT WILL CLEAN THE SMOG OUT OF THE AIR AND ALSO GIVE ME CLEAN AIR TO BREATHE!

\*(THE BLUE SKY)



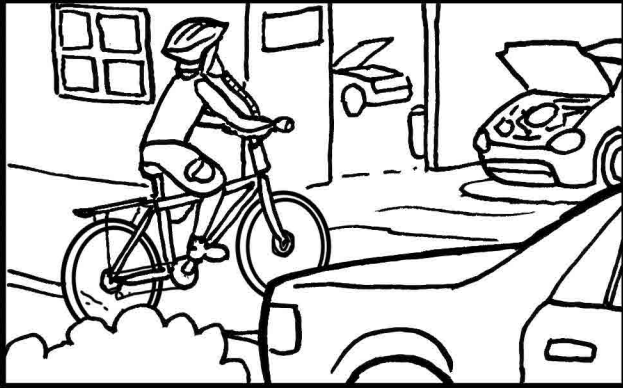
WORKS GREAT!



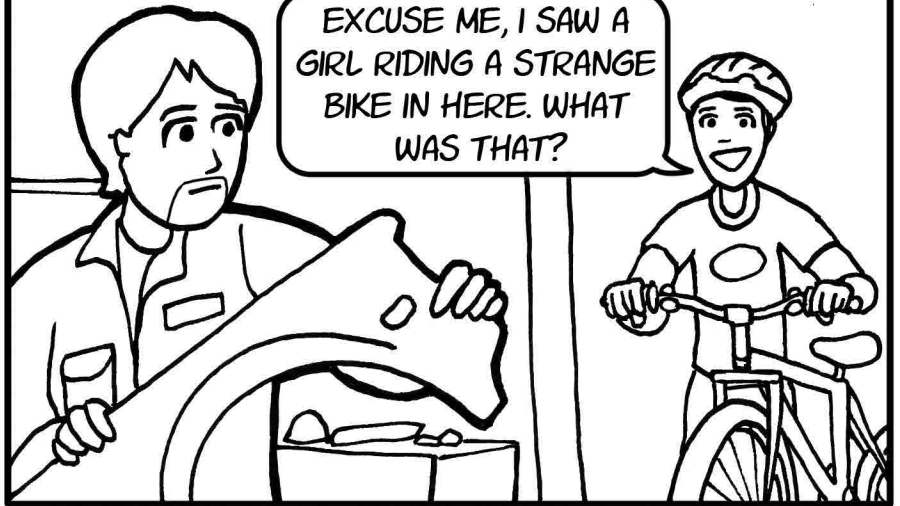
WOW, PEOPLE ARE GIVING ME FUNNY LOOKS! OH WELL, I DON'T CARE, I'M BREATHING CLEAN AIR!



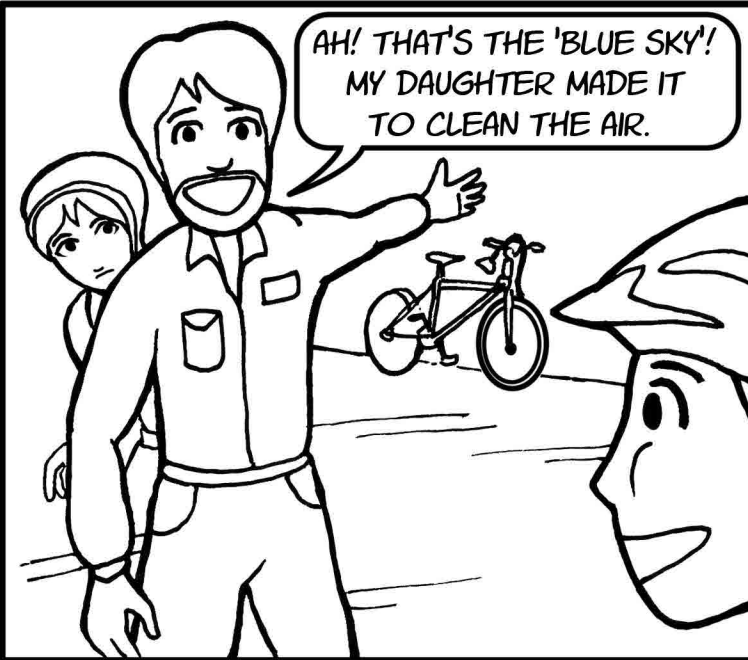
BUT THE SMOG IS STILL THERE, AFFECTING EVERYBODY. AND THERE'S MORE TRAFFIC EVERYDAY!



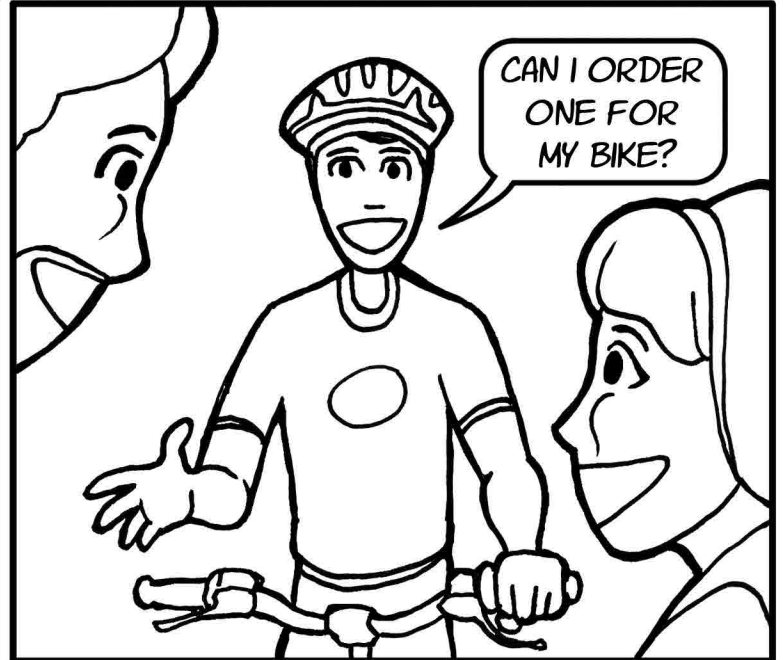
EXCUSE ME, I SAW A GIRL RIDING A STRANGE BIKE IN HERE. WHAT WAS THAT?



AH! THAT'S THE 'BLUE SKY!' MY DAUGHTER MADE IT TO CLEAN THE AIR.



CAN I ORDER ONE FOR MY BIKE?

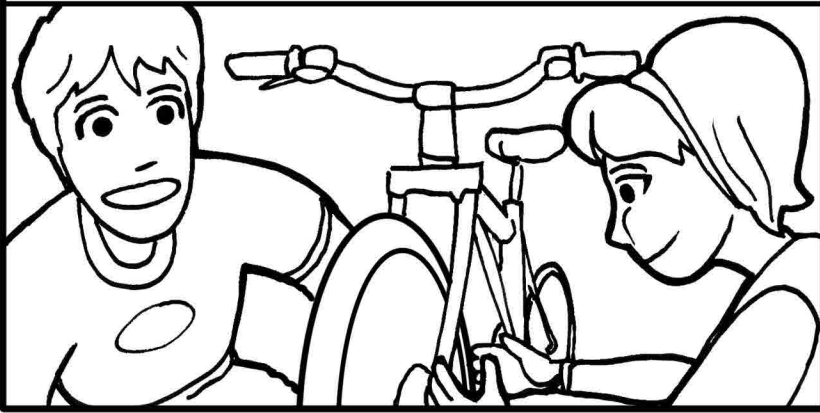


HELLO, I'M JUAN. I LOVE CYCLING! I WORK WITH THE COMMUNITY AND GOVERNMENT TO HELP MAKE THE CITY MORE FRIENDLY TO CYCLISTS.

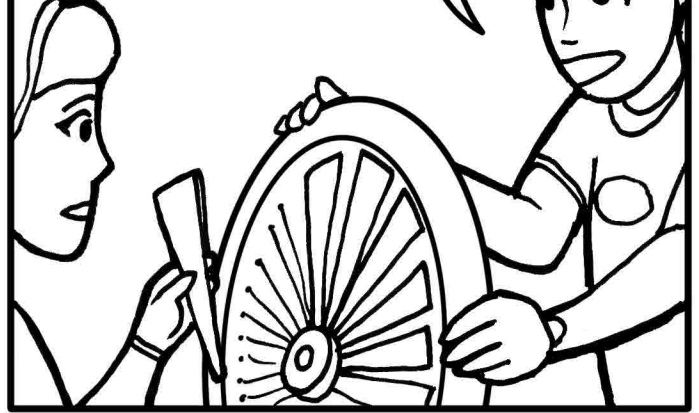
THE CITY HAS OVER FOUR MILLION CARS AND MANY PEOPLE DRIVE UP TO FOUR HOURS TO GET TO WORK. THAT ADDS UP TO A LOT OF SMOG!



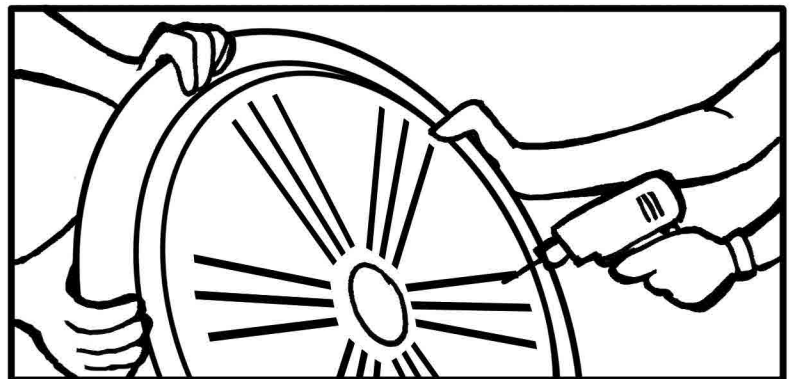
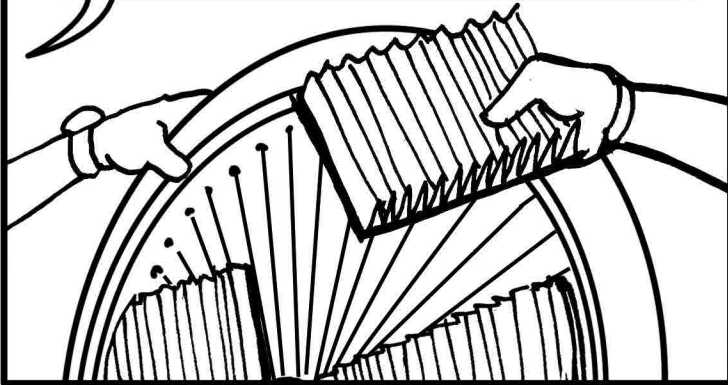
KIDS LIKE YOU ARE VERY AFFECTED BY THE SMOG. THE POLLUTION IS MORE CONCENTRATED NEAR THE GROUND AND YOU BREATHE FASTER THAN AN ADULT, TAKING IN MORE AIR FOR YOUR BODY WEIGHT.



NOT LONG AGO, MEXICO CITY'S AIR QUALITY WAS AMONG THE WORST IN THE WORLD.

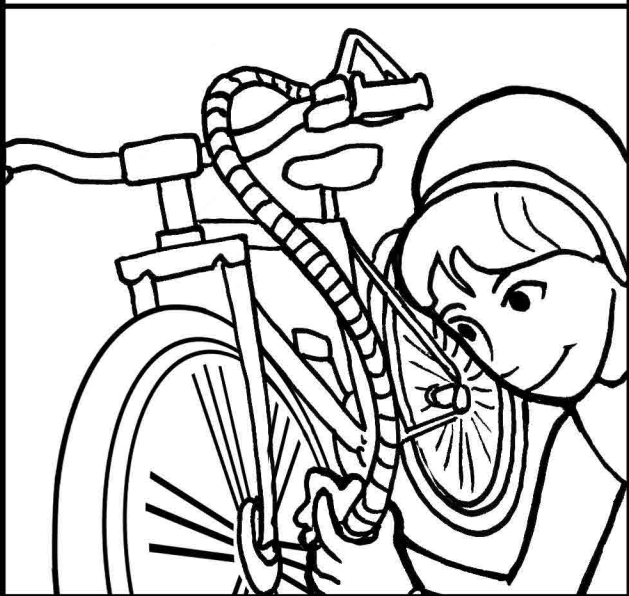


BUT THANKS TO YEARS OF EFFORT BY MANY CARING PEOPLE, THE AIR QUALITY HAS GOTTEN BETTER!

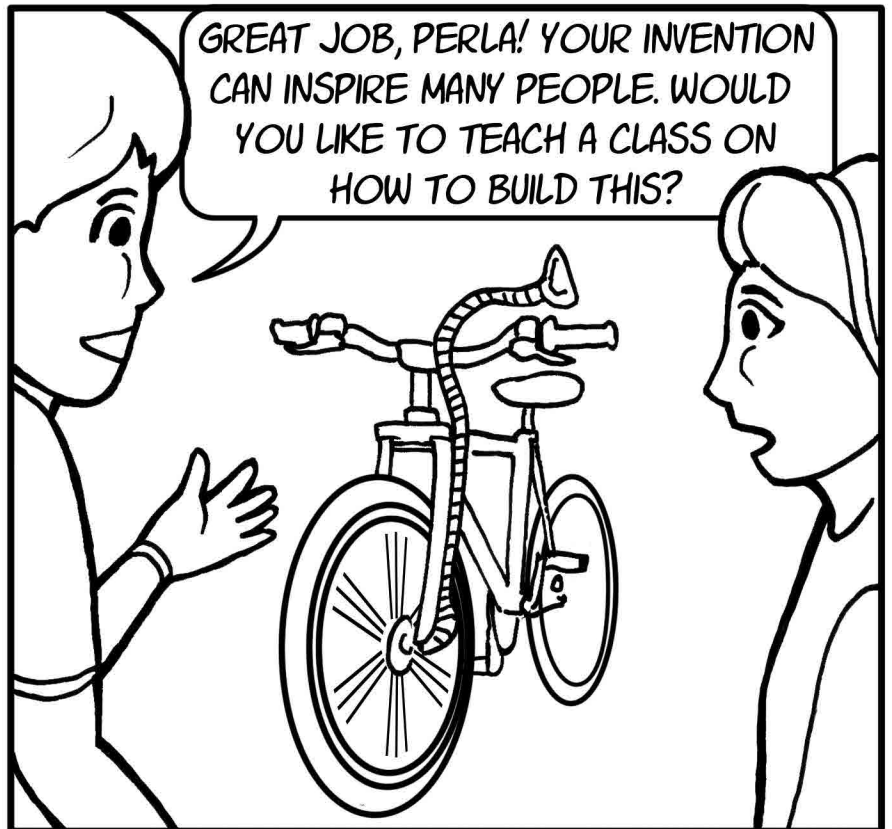


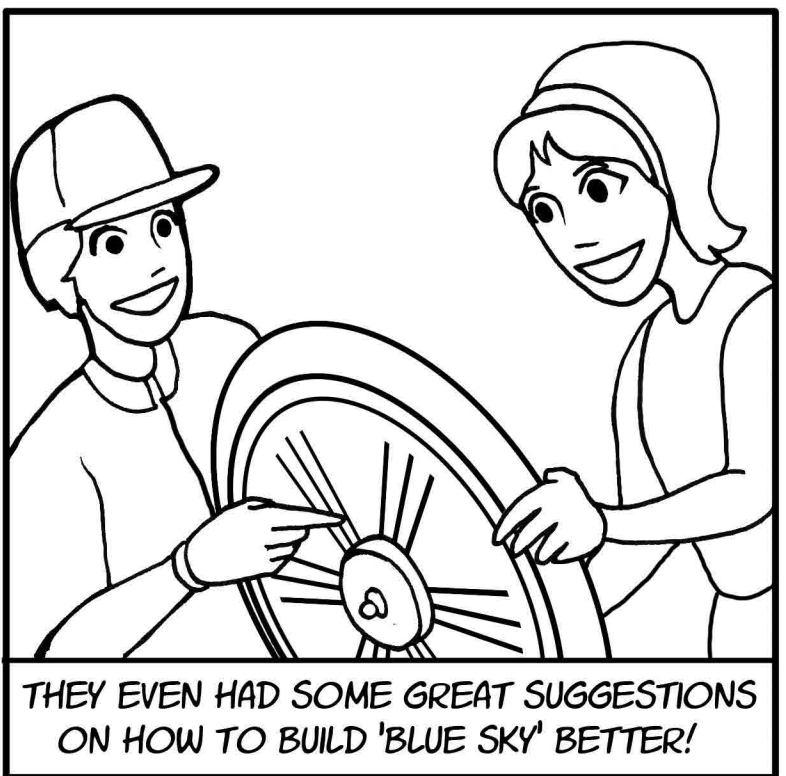
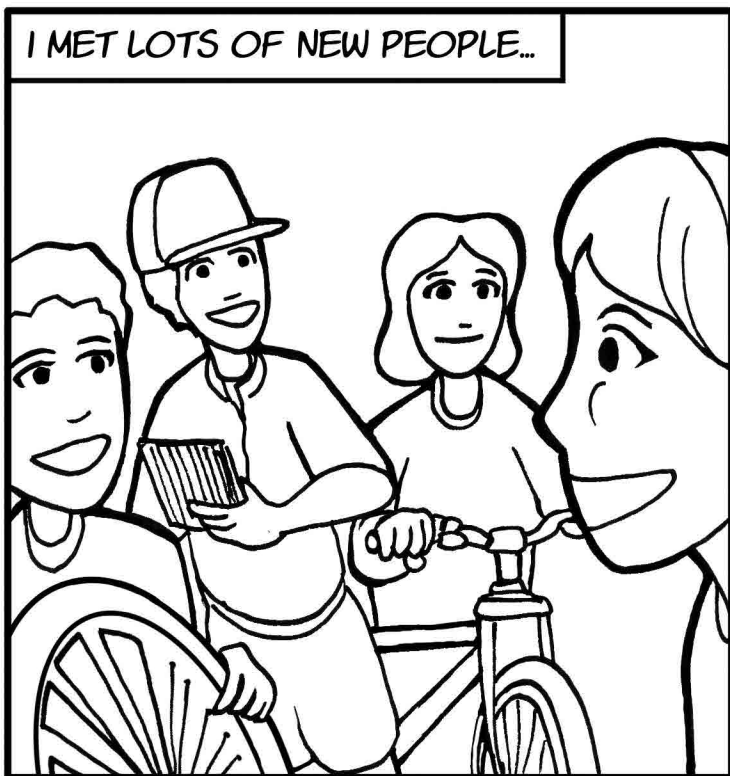
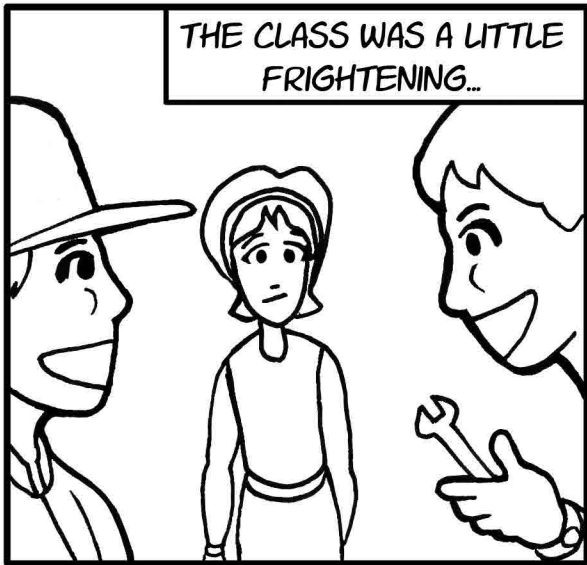
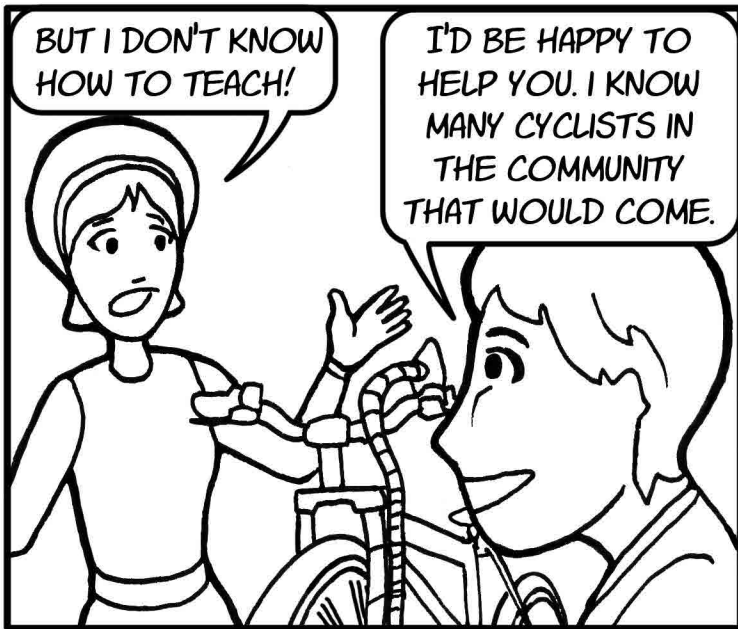
WE STILL HAVE A LONG WAY TO GO TO CLEAN AIR, BUT TOGETHER WE CAN MAKE A DIFFERENCE.

YOU CAN ALSO HELP THE AIR BY GROWING A ROOF TOP GARDEN. THE PLANTS MAKE OXYGEN, ABSORB CARBON DIOXIDE, AND CAPTURE POLLUTANTS.

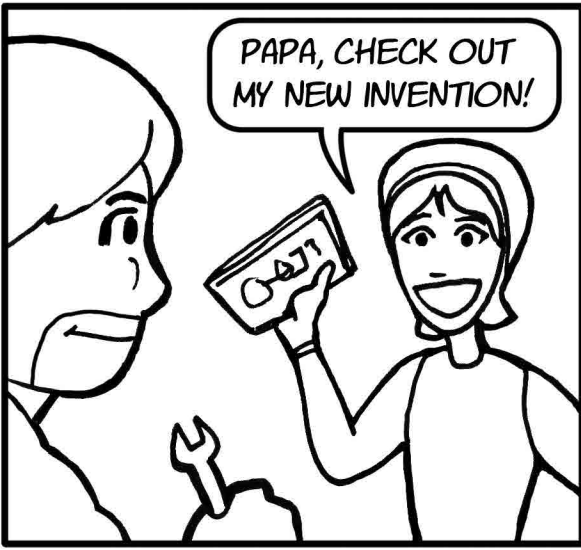
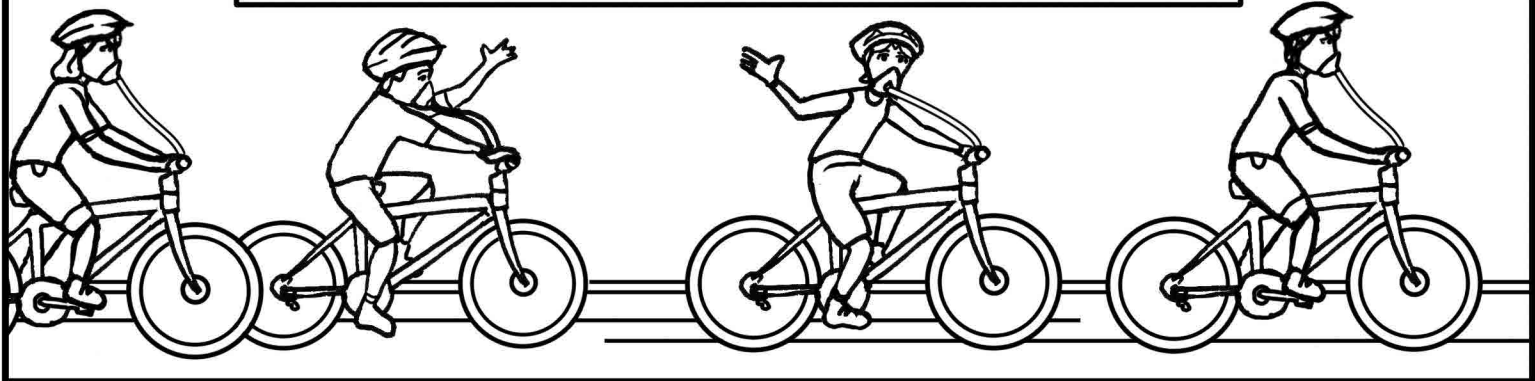


GREAT JOB, PERLA! YOUR INVENTION CAN INSPIRE MANY PEOPLE. WOULD YOU LIKE TO TEACH A CLASS ON HOW TO BUILD THIS?

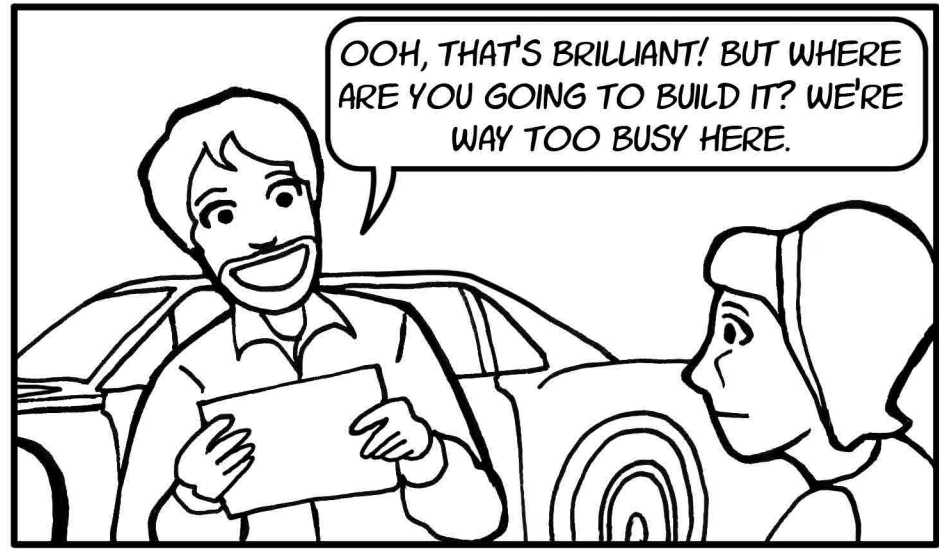




AFTER THE CLASS, WE ALL WENT OUT FOR A CLEAN BIKE RIDE.



PAPA, CHECK OUT MY NEW INVENTION!

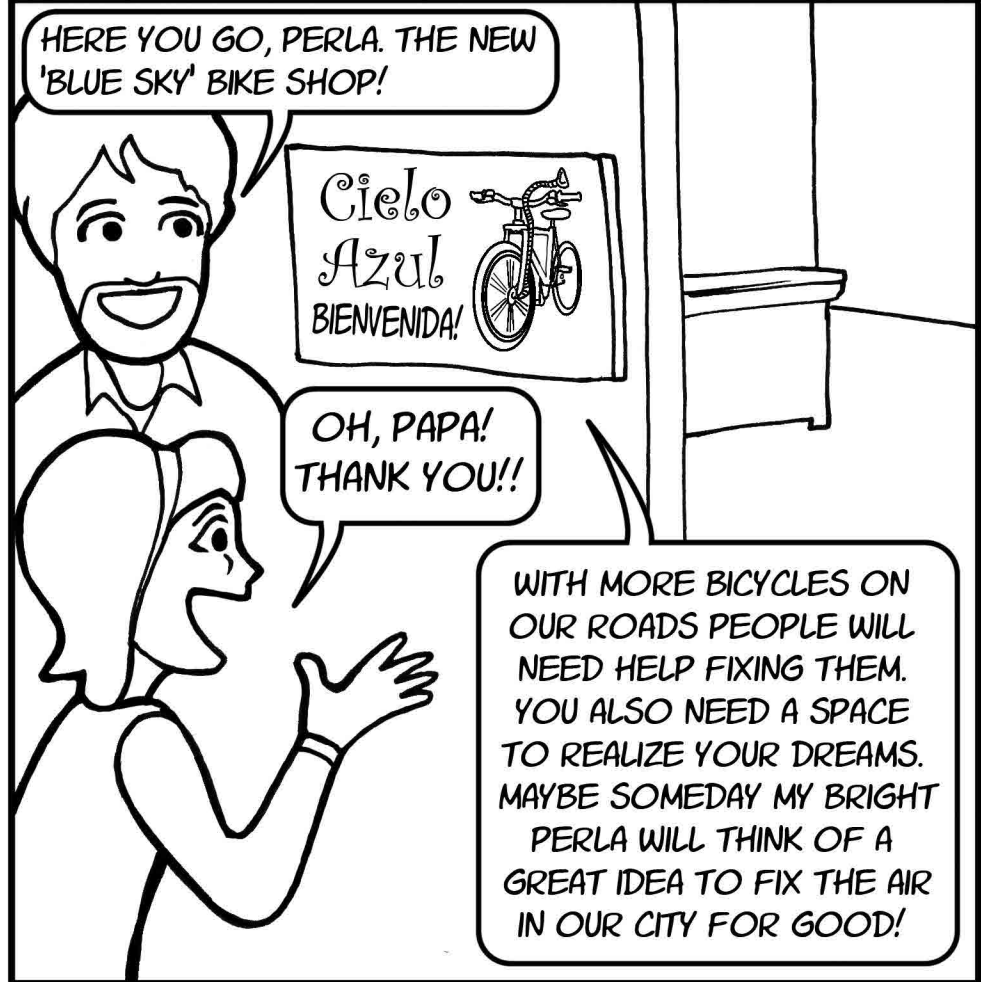


OOH, THAT'S BRILLIANT! BUT WHERE ARE YOU GOING TO BUILD IT? WE'RE WAY TOO BUSY HERE.



AWW, I WAS HOPING TO USE THE EXTRA SHOP AGAIN...

WELL, MAYBE THERE'S A BIT OF SPACE IN THE BACK FOR YOU...



HERE YOU GO, PERLA. THE NEW 'BLUE SKY' BIKE SHOP!

Cielo Azul BIENVENIDA!

OH, PAPA! THANK YOU!!

WITH MORE BICYCLES ON OUR ROADS PEOPLE WILL NEED HELP FIXING THEM. YOU ALSO NEED A SPACE TO REALIZE YOUR DREAMS. MAYBE SOMEDAY MY BRIGHT PERLA WILL THINK OF A GREAT IDEA TO FIX THE AIR IN OUR CITY FOR GOOD!







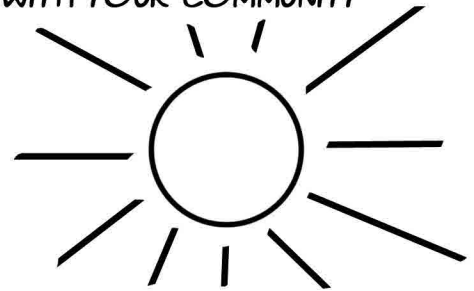
# CLEAN AIR! WE ALL HAVE A RIGHT TO BREATHE IT!

I'VE BEEN WORKING ON SOME CRAZY INVENTIONS TO HELP CLEAN THE CITY'S AIR, AND ONE OF THEM MIGHT JUST WORK! WHAT WOULD YOU INVENT TO CLEAN POLLUTION OUT OF THE AIR? GRAB A PAPER AND PENCIL AND HAVE FUN BEING CREATIVE!



HERE ARE SOME SIMPLE THINGS THAT YOU CAN DO TO IMPROVE THE AIR QUALITY IN YOUR COMMUNITY:

- KEEP YOUR CAR TUNED UP
- CHECK YOUR TIRE PRESSURE
- AVOID IDLING YOUR CAR
- RIDE YOUR BIKE OR TAKE THE BUS!
- SAVE POWER AT HOME
- MOW YOUR LAWN WITH A PUSH MOWER
- REDUCE, REUSE AND RECYCLE
- GET INVOLVED WITH YOUR COMMUNITY



SINCE GETTING INVOLVED IN COMMUNITY EFFORTS TO IMPROVE TRANSPORTATION AND THE AIR QUALITY I'VE LEARNED THAT OUR CITY IS TAKING SOME GREAT LEAPS IN SUSTAINABLE TRANSPORTATION!

EXPANDED TRANSIT, HYBRID BUSES, EMISSIONS-FREE ZONES, A SWEET RENTAL BIKE PROGRAM AND NOW PEDESTRIANS AND CYCLISTS ARE GETTING FIRST PRIORITY OVER CARS WITH MORE PEDESTRIAN AND CYCLING ROUTES. AWWW YEAH!

LIKE JUAN SAID, WE STILL HAVE A LONG WAY TO GO BUT THANKS TO THE EFFORT OF MANY CARING PEOPLE THINGS ARE GETTING BETTER EVERY DAY. WITH MORE FOCUS ON RENEWABLE ENERGY IN AND AROUND THE CITY I HOPE TO SEE IF WE CAN MAKE THE SHIFT TO ELECTRIC TRANSPORTATION SO OUR AIR QUALITY CAN GET EVEN BETTER.

PAPA AND I ARE GETTING AHEAD OF THE GAME, THOUGH, BY BUILDING OUR OWN! WE ARE CONVERTING AN OLD CAR INTO A NEW ELECTRIC VEHICLE FOR THE DAY WHEN I LEARN TO DRIVE. WHEN IT IS DONE I WILL PAINT IT THE BRIGHTEST BLUE LIKE THE SKY OVER THE CITY WILL BE SOON..

MY ASTHMA ATTACKS HAVE LESSENED SINCE I STARTED PAYING ATTENTION TO THE AIR I BREATHE. I GOT SOME AIR-PURIFYING PLANTS AND MADE SOME SIMPLE AIR FILTERING FANS FOR THE SHOP AND FOR AT HOME. NOW I CAN RIDE INTO THE BEAUTIFUL MOUNTAINS WITH MY NEW FRIENDS! SO CLEAR UP THERE.

I FEEL THE BEST HIGH WHEN I REACH THE TOP, APPRECIATE THE NATURE ALL AROUND ME AND SOAK UP THE VIEW.

LIFE IS AWESOME WHEN YOU REACH HIGHER GROUND!



BE SMART. BE YOU.

SAFE.  
MODERATE.  
ABSTINENCE.  
REAL.  
TRUE.

We're building a better tomorrow for a healthier community and a healthier planet.



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