

THE GREEN BOX LEAGUE OF

NO.
2

NUTRITIOUS JUSTICE



green box
FOODS



Allie Asparagus
in...
A Pointed Plan

Allie Asparagus was steamed. Knute was supposed to meet her at the park at ten o'clock to go roller-skating. She checked the time on her phone: it was now ten twenty-five, and Knute hadn't shown up or even called. Other kids in the park were zipping around on in-line skates, roller skates like hers, and skateboards.

While she waited she practiced her moves: skating backwards, moonwalking, and her newest trick, the four-wheeler, where she rolled on only two wheels with each skate. Tall and lithe, she moved with purpose and power.

"You're getting really good at that," came a bright, happy voice behind her. It was X. R. Cise — Xandra Risa Cise — one of the founding members of the Green Box League of Nutritious Justice, who rolled up next to her on a pair of sleek in-line skates. Allie was surprised to see her, and the two friends hugged while twirling once in a quick circle.

"Thanks, Xandra! I'm sticking with it. I fell down a few times when I was starting to practice the four-wheeler, but now my balance and coordination are much better and I've got this down pat. I wonder what else I can do!"

Xandra smiled. "Have you tried ice skating? That's such a graceful way to move. If you haven't, I know you'll love it."

Just as Allie was about to say that her brothers were showing her how to ice-skate so she could play hockey with them, a giant pink cupcake shambled past as fast as it could go, trailing fast-food wrappers, half-eaten candy bars, and globs of fuchsia frosting.

Everybody watched as a few moments later Knute Triton sailed through the crowd on skates. "Excuse me, pardon me, nice to see you, hello, hey, lookin' good," he said as he weaved through the crowd, comfortably in pursuit.

"Allie! Hi! Sorry I'm late," he said, and then he was gone. He dipped down to pick up litter as he went, but he was clearly after that cupcake, which was getting in everybody's way.

"It's O.B.C.D.," Xandra said. "That creep never quits."

Allie watched as, every so often when it appeared Knute was going to catch him, the wily villain turned on a dime. He was exhausted, but determined not to get caught. Knute was smiling. That was fun for him.

Now Allie was *really* steamed. "This is supposed to be my date. I'm not going to let that lumbering mass of fast food slow me down," she said.

Xandra was about to offer to help, when Allie, having straightened her helmet and kneepads, took off like a shot, skating even faster than Knute.

"Allie, I've almost got this wrapped up," Knute called after, but this asparagus spear was having none of it. Blazing past Knute, she caught up to Obie, who looked at her in surprise. She hip-checked him hard, and the doughy mass went sailing overhead and landed in a cotton candy stall, whose proprietor had ducked out of the way at the last moment.

Allie braked to a stop, smoothing her outfit. Knute caught up to her.

"Wow," he said. "You did this?"

"Are you free to skate with me now?" Allie

asked sweetly.

“Uh ... What about Obie?”

“Oh, someone will be along to collect him. He’s not my problem anymore,” she said.

Taking Knute by the arm, she led him toward the heart of the park. She wanted to show him some tricks. On the way they passed Xandra, who was going to see about the still-dazed villain, now

covered in puffs of cotton candy.

Xandra was smiling. “Hang on to that one, Knute; she’s got fiber.”

“Fiber and a sunny disposition,” Allie amended.

Knute had to agree. And she could moonwalk, too. `

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NUTRITIOUS JUSTICE



Spell Me

Allie _____

COLOR US!

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"If you'd like more information about our comic books, the book *The Green Box League of Nutritious Justice*, or about healthy living, please visit <http://www.greenboxfoods.com>, or <http://www.drkeithkantor.com>

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