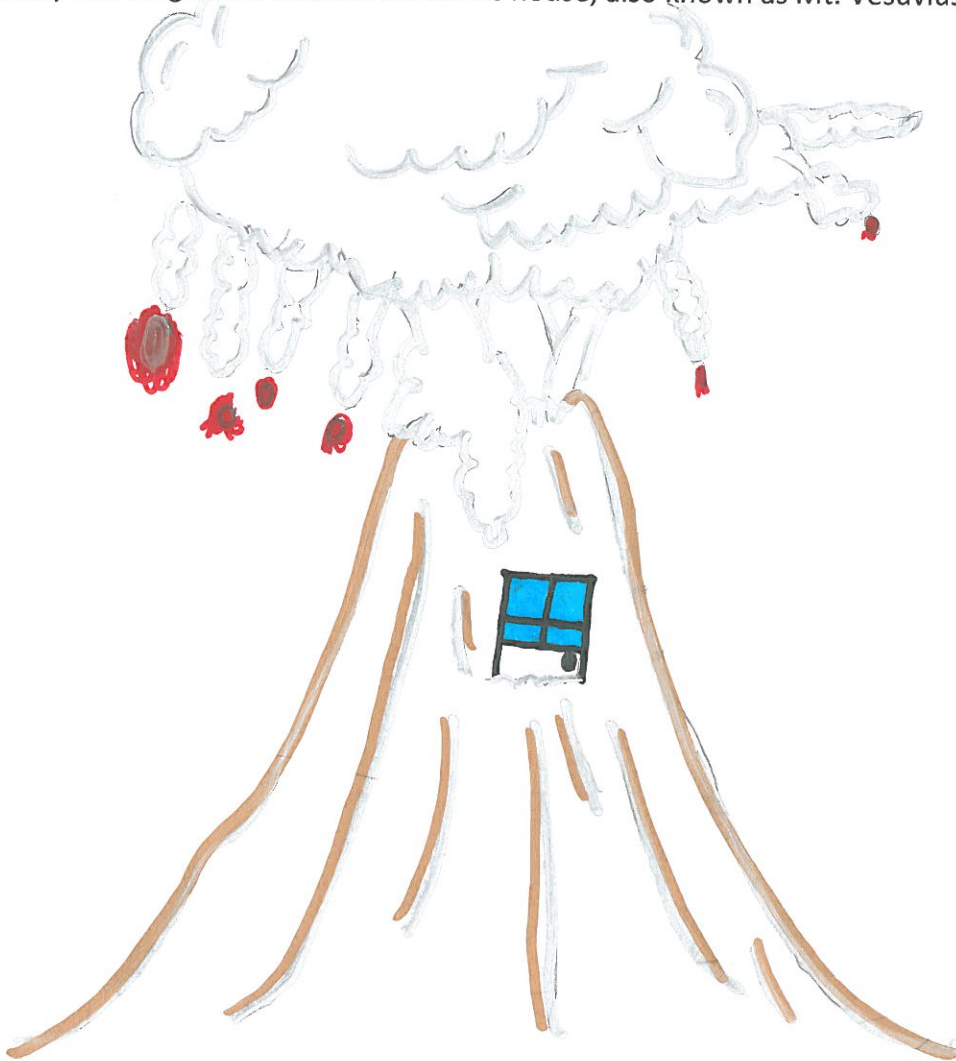


# The Dragon who never Ate his Vegetables

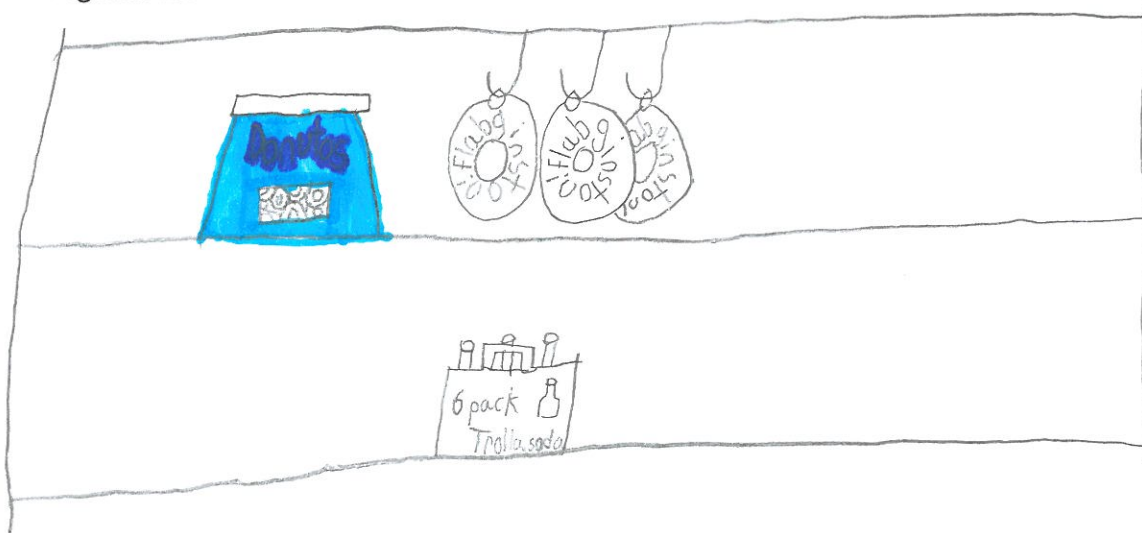
Once upon a time, 3,000 centuries ago, there was a dragon named Stewart. One Sunday morning, Stewart and his friend Adam were playing "Attack the Castle", and they were winning.

Adam was doing almost all of the work though and he was concerned that Stewart was unhealthy.

Monday morning Adam went to Stewart's house, also known as Mt. Vesuvius, to check on him.



Adam went to the freezer box to grab some Dragon Ale and saw that all Stewart had were Trolla Sodas. Then Adam went into Stewart's pantry and saw he only had Donutos and Flabginstons.



Adam went to Stewart and said, "Dude, you only have Trolla Sodas and Flabginstons. They have tons of sugar! Literally, Flabginstons have 15,000 grams of sugar in one serving. This is why you've been very tired and easily overexerted lately!"

Stewart replied, "Maybe that's why, maybe not. Listen, I don't always make the best dietary choices, what are you my Nutritionist? Stop bothering me!"

"Okay maybe I over-reacted a little bit but still, I bet you don't have one fruit or vegetable in this house".

"Of course I do, there are wax ones on the table", Stewart said sounding very embarrassed.



"I'm going to get you healthy if it's the last thing I do" said Adam.

"It will be because I'll never get healthy in your lifespan, you're already old!".

On Tuesday, Adam called Stewart with a very loud shout and said, "Today I'm going to buy you some fruits and vegetables. We are also going to the gym!"

Stewart responded saying, "Won't you give it a break!", but he still agreed to go.

They shopped at the village they recently destroyed and Adam found some kale. Adam showed it to Stewart and Stewart gagged, threw up lava and said "C'mon man!"



When Stewart got home he threw all his fruits and vegetables into the lava pit, ate 2 Flabginstons to shave off the layer of muscle he got at the gym and started to watch his favorite show, "So you think you can Battle".



On Wednesday Stewart couldn't get out of bed. He called Adam for help. Adam came and helped him out of bed. Stewart told Adam, "You're right. I cannot live like this anymore. I'm going to make a change".

Adam was excited, "Good idea! Let us go to a village, destroy it, and eat the fresh vegetables and fruits".

Stewart said "Great idea Adam! Except I'm really sick, so how about you destroy the village and call me when you're done? While you're gone I'll throw out all my Flabginstons, Donutos, and Trolla Sodas".

"That sounds great!", said Adam.

Two hours later they were together again, eating all of their vegetables. Stewart felt great and they were back to playing "Attack the Castle" and having fun with each other.

One week later Stewart was a new dragon and Adam asked him, "Why did you never eat or drink anything healthy?"

Stewart replied with, "To tell you the truth, my mother and my father never ate healthy food so I just thought Flabginstons and Trolla Sodas were the way of life".

Adam said, "Well you have me now and I'm never going to let you be unhealthy again".



By: Tre Hallberg