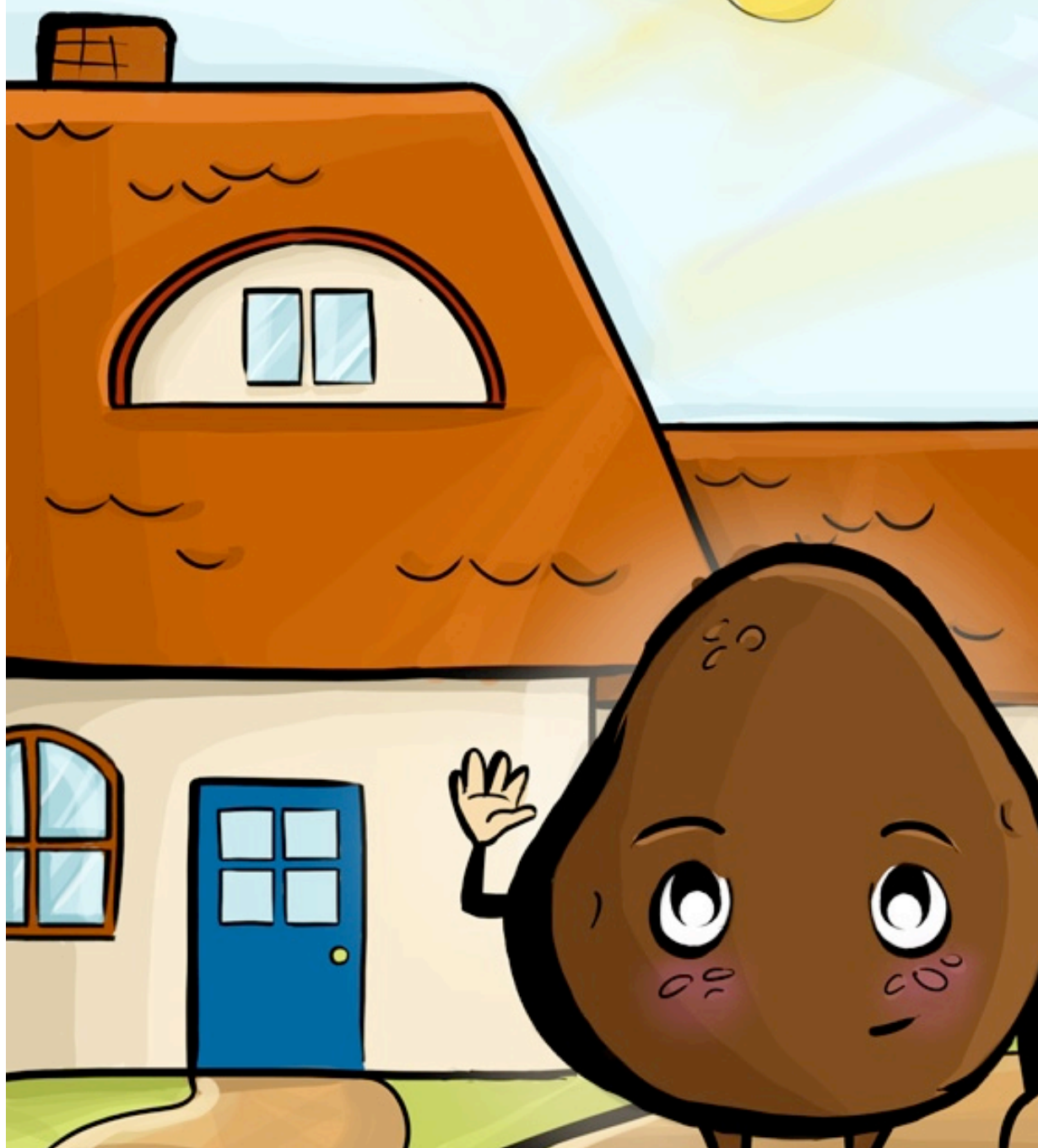
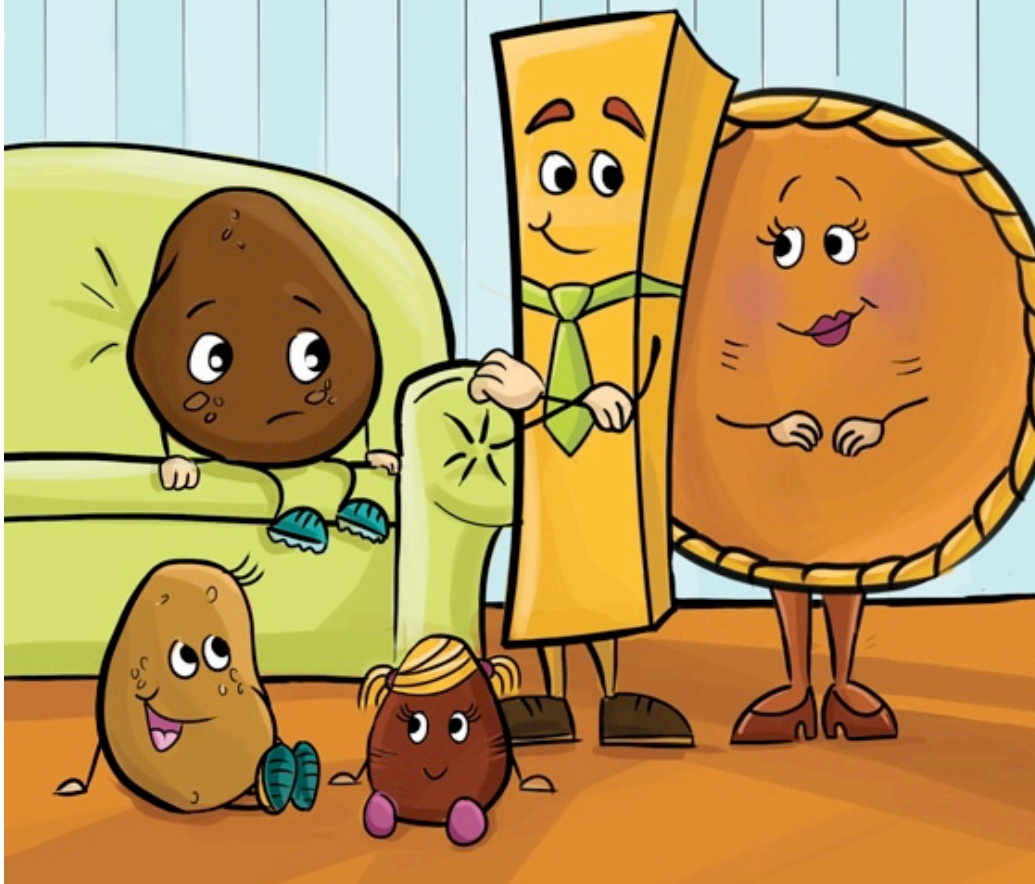


Spud was a potato from a town much like yours.

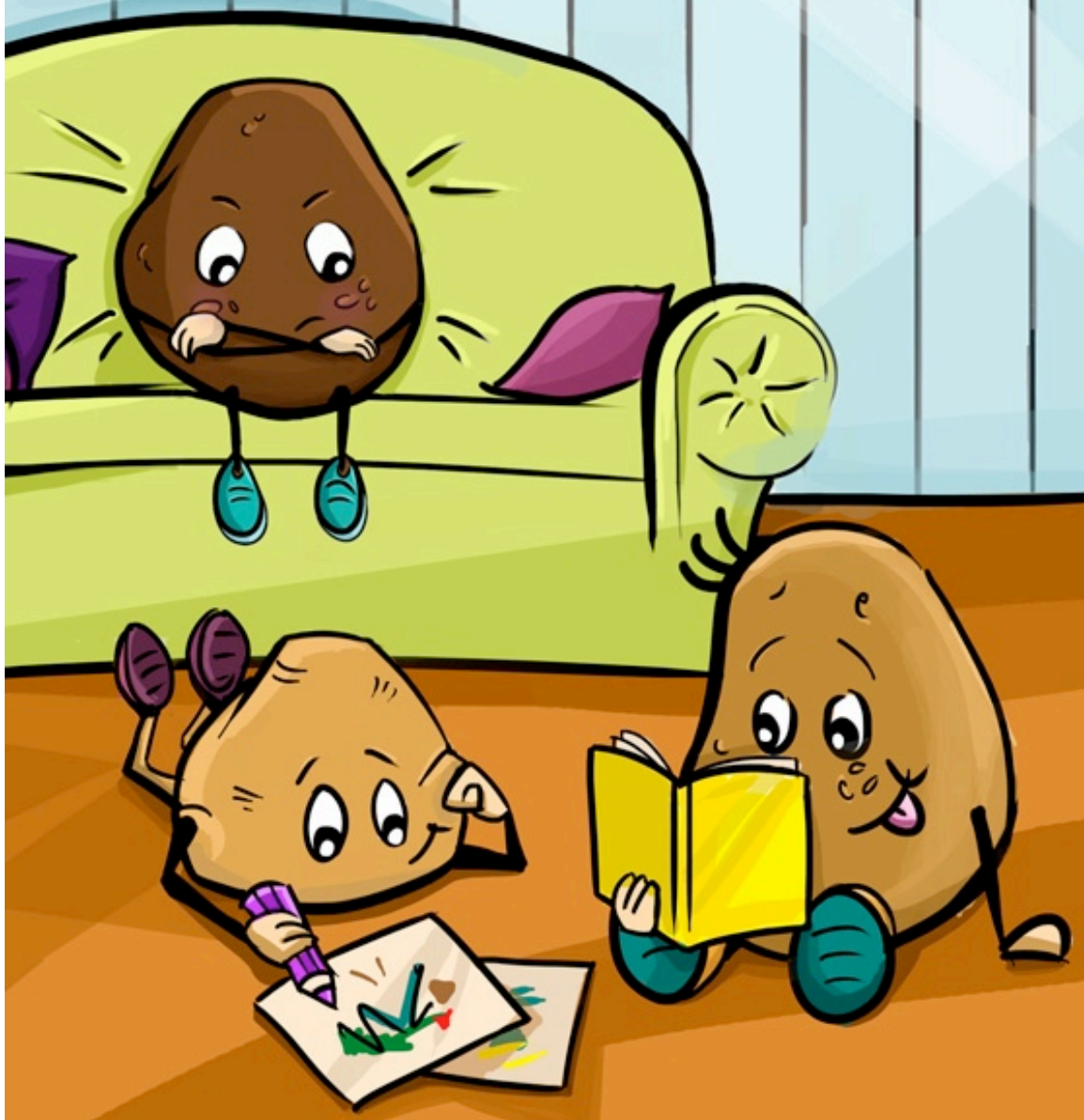
He lived on a street, in a house with blue doors



**Spud had a family, a sister
and brother.
His dad was a fry, and a sweet
potato pie was his mother.**



But Spud had a problem. He was a bit of a grouch. His only interest in life was to sit on his couch.

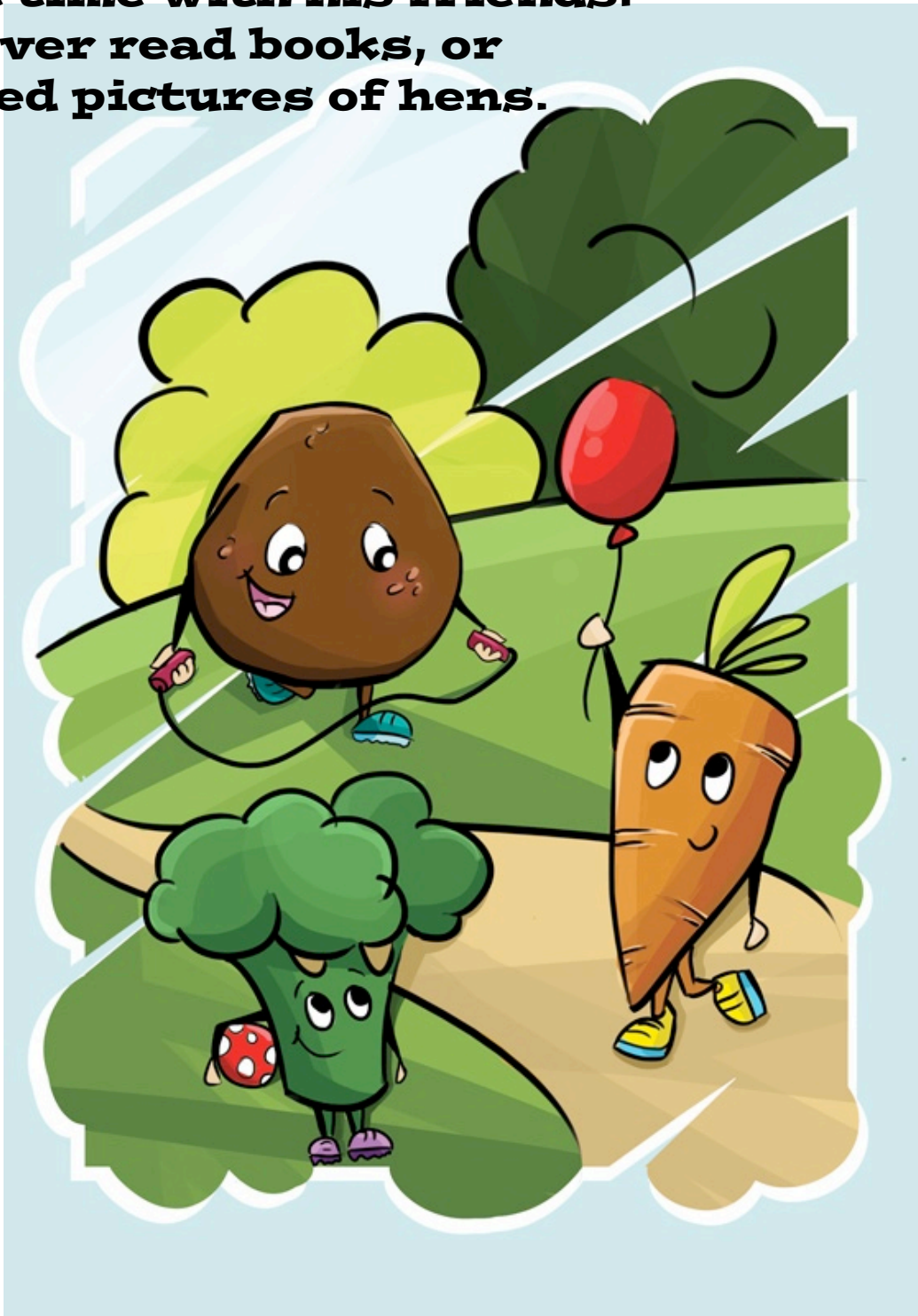




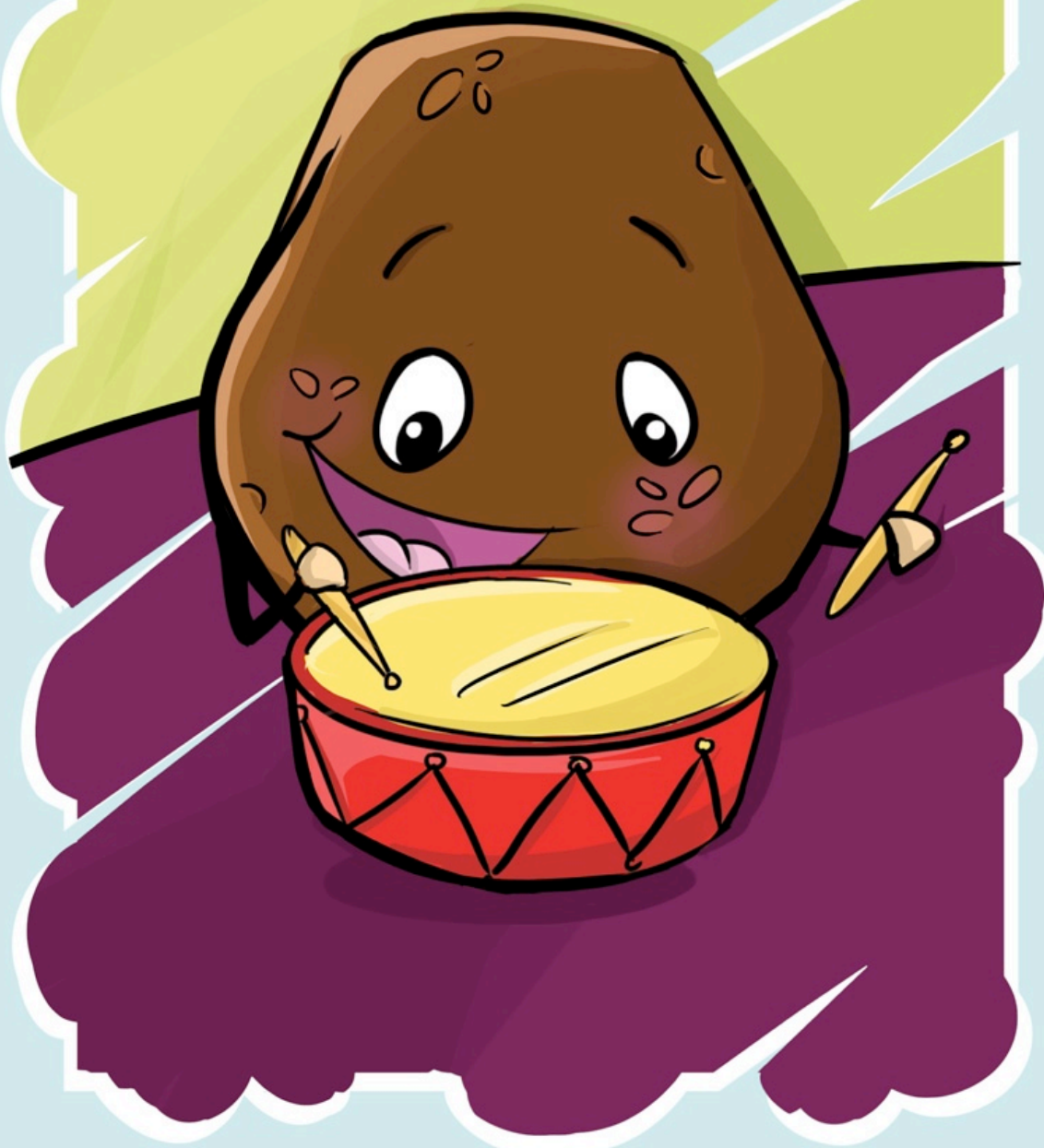
Now at first glance being a couch potato seems really great.

Spud watched TV all day and slept in really late.

**Spud never jumped rope or
spent time with his friends.
He never read books, or
painted pictures of hens.**



**He never played music or flew
in a plane.**



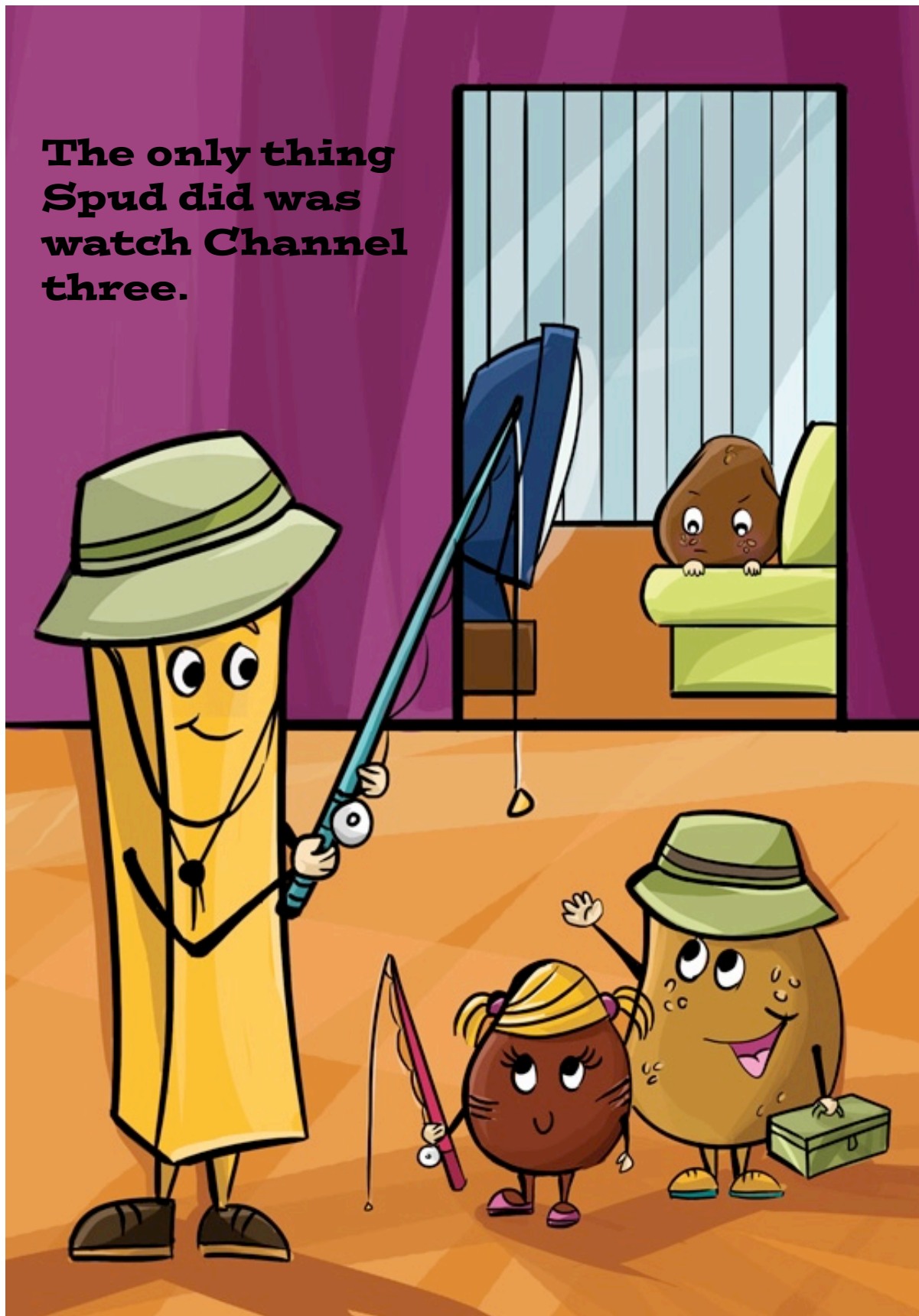
**He never played baseball
or rode on a train.**





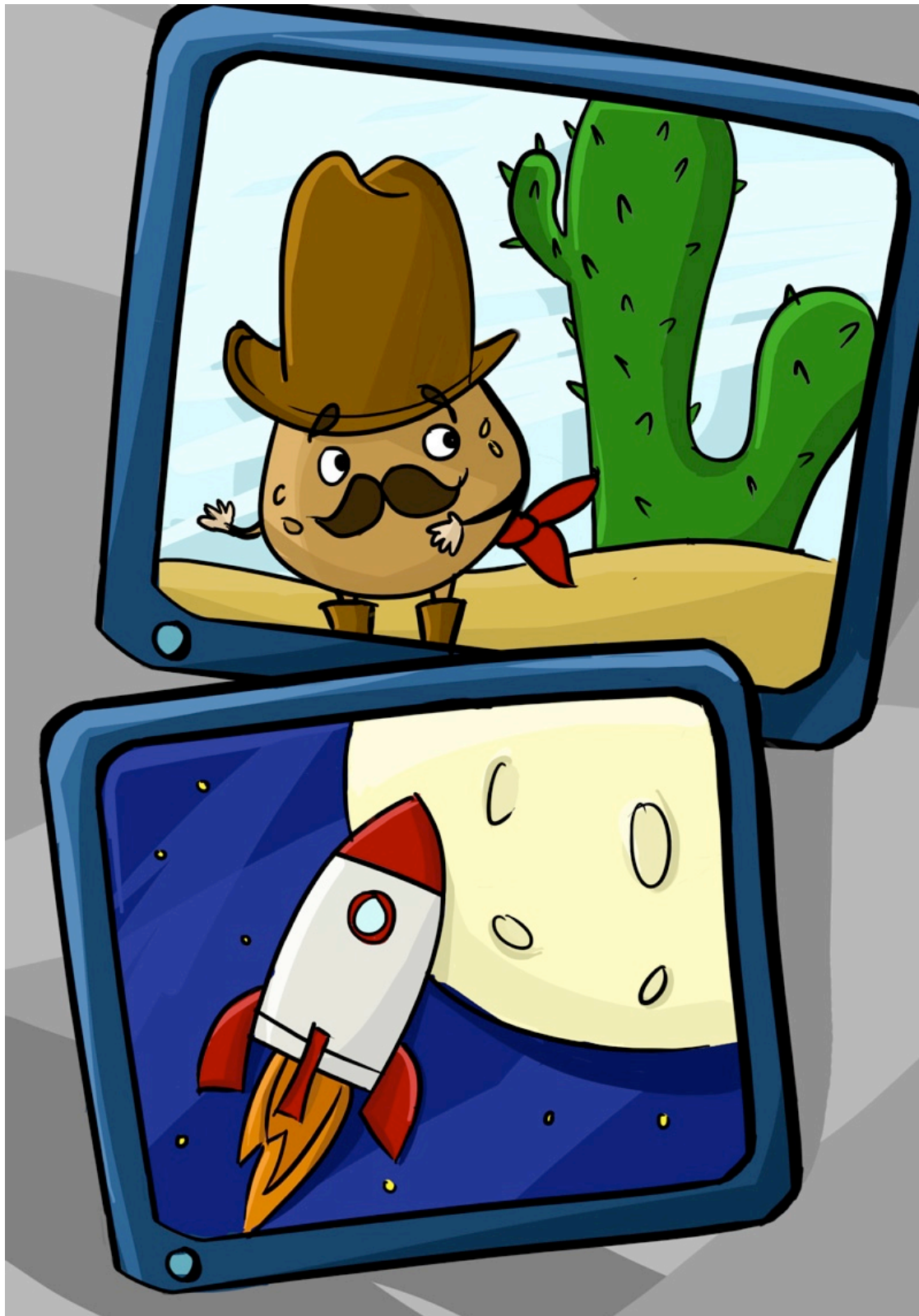
**He never went fishing or
climbed a tall tree.**

**The only thing
Spud did was
watch Channel
three.**





**Day after day he watched
funny shows.
He watched shows about
animals, travel, and clothes.**



**He watched cartoons about
cowboys and rockets in space.**



**Shows about cooking and cars
in a chase.**

**Then something happened
one terrible day.
The TV went black and Spuds
shows went away.**



**He cried and he howled "How
can this be?!"
What will I do without my TV?**

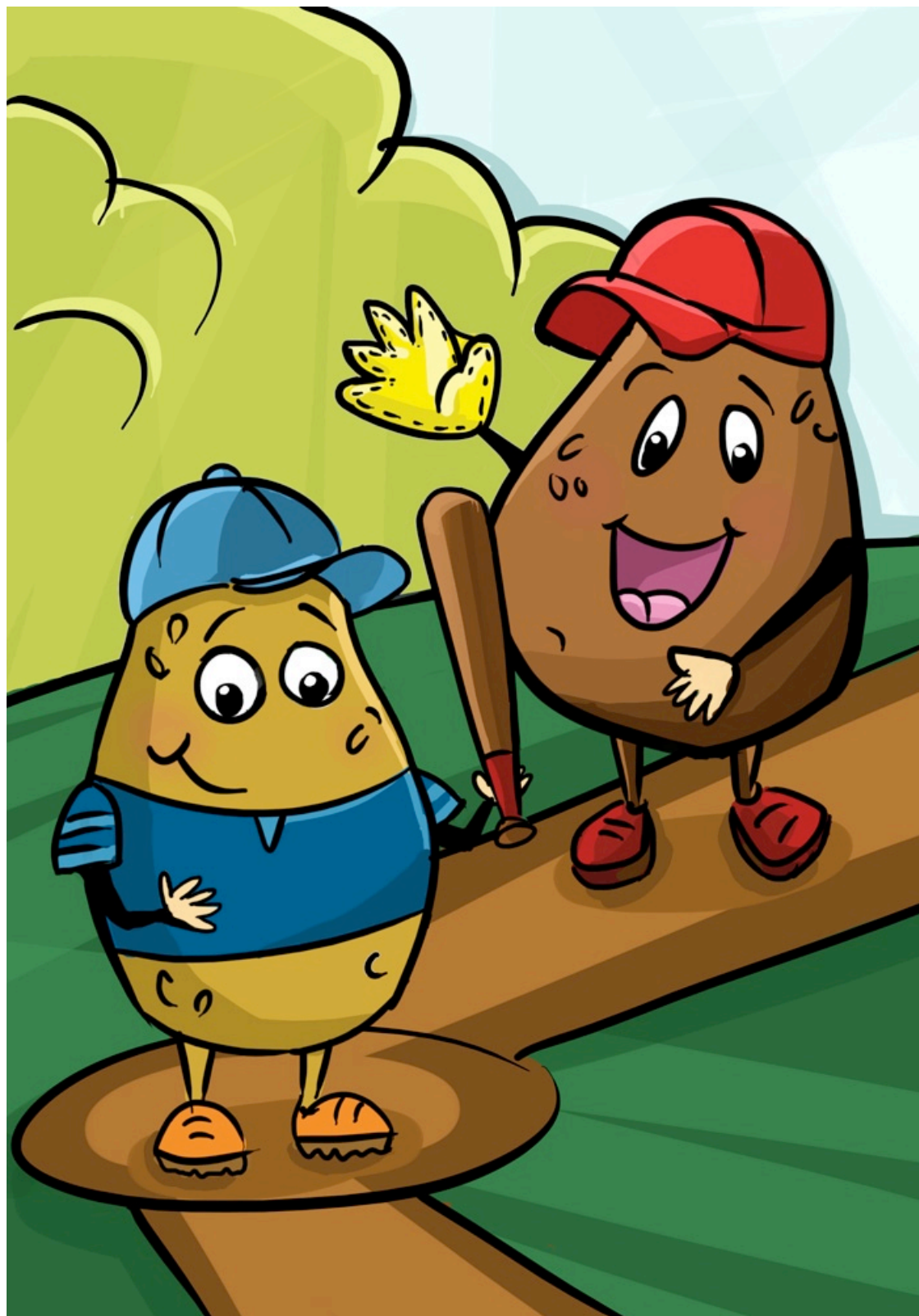


**Spud had no choice but
to get on his feet.**





**He walked out the door and
into the street.**



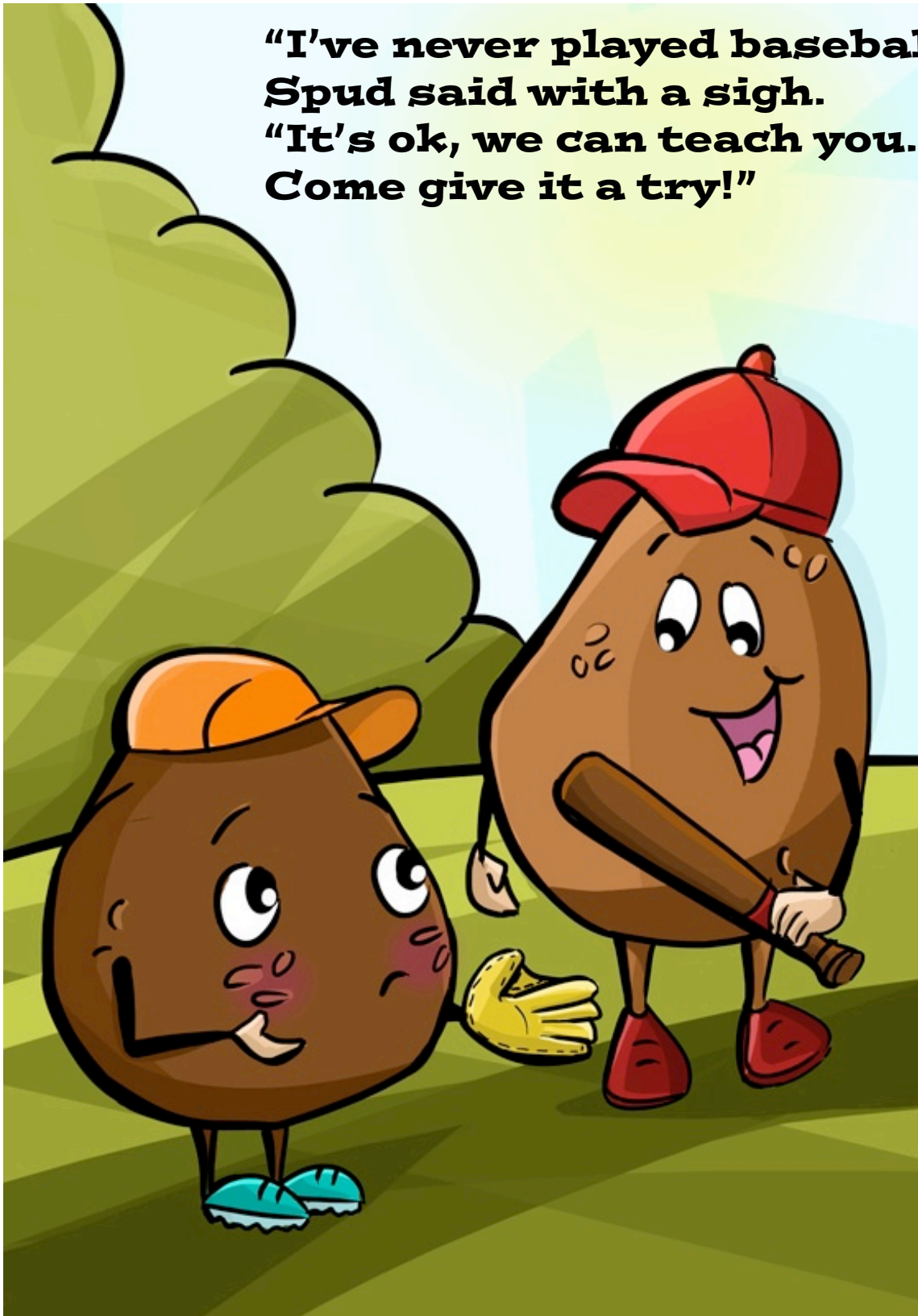
**Outside some young taters
were playing baseball.
“Come play with us Spud!” he
heard them all call.**



Spud didn't want to. Not one little bit.

Playing was tiresome. He'd much rather sit.

**"I've never played baseball."
Spud said with a sigh.
"It's ok, we can teach you.
Come give it a try!"**



**So they taught him to throw
and gave him a mitt.
Then he picked up a bat and
they taught him to hit.**



**Spud was amazed by the fun
that he had.**

**"This playing outside stuff
isn't so bad."**



**"I've been wasting my time
watching so much TV."
He said with a smile as his
face filled with glee.**





**Spud went outside everyday,
week after week.
Jumping and running and
playing hide and go seek.**

**So take it from Spud the
couch loving tater.
It's more fun to be active and
watch TV later.**

