

THE ADVENTURES OF

ROX THE FOX



THIS WEEK'S ADVENTURE...

THE ATTACK OF THE SCREEN ZOMBIES



READ TO FIND OUT
HOW WE CURE THE
SCREEN-ZOMBIES!

Created By:
Dr. Paul Branscum
Payton Messner
Natalie Patricio-Agosto



Every morning, I go out and face the 24 hours that make up our day. It's nice to know that Rox the Fox is out there, somewhere, looking out for us.



No one knows where Rox came from, or how powerful he really is...



But one day he saved us from a swarm of bees by hypnotizing them to move to Oklahoma!

I always thought it had something to do with his shirt.

It's a size "F" for Fox!



But then he told us about the 5-4-3-2-1 steps to a healthier you:

5



EAT 5 SERVINGS OF FRUITS AND VEGGIES EVERYDAY!

4



DRINK 4 CUPS OF WATER EACH DAY!

3



GET AT LEAST 3 GOOD LAUGHS A DAY!

2



HAVE NO MORE THAN 2 HOURS OF SCREEN TIME A DAY!

1



BE PHYSICALLY ACTIVE FOR AT LEAST 1 HOUR A DAY!



To us, the world is a little bit safer with Rox the Fox on duty...



...and with the 5-4-3-2-1 steps to a healthier you, I wonder what he'll do next...

MY DAD HAS BEEN PREPARING FOR A ZOMBIE APOCALYPSE EVER SINCE MY BIG BROTHER WAS BORN.



I ONCE ASKED MY MOM WHAT HE WAS DOING, AND SHE SAID HE LEARNED TO PREPARE FOR EMERGENCIES FROM STORIES OF HIS GREAT-GREAT-GRANDMA, WHO PREPARED HER FAMILY FOR THE MOLE-MAN INVASION THAT WAS RUMORED IN 1866!



ANYWAY, I WAS RIDING MY BIKE THROUGH THE PARK THE OTHER DAY AND EVERYONE WAS ACTING STRANGE. FIRST I SAW TWO BOYS FIGHTING OVER A PHONE...



...THEN I SAW A GIRL WAS CHASING SOMEONE TO GET THEIR PHONE. I HAD TO FIGURE OUT WHAT WAS GOING ON. I NEEDED TO FIND ROX!



SHH! GET DOWN! Do you have your phone on you?

No, I haven't looked at it today. Why?



ROX EXPLAINED HOW A NEW GAME ON AN APP WAS TAKING OVER PEOPLE'S MINDS AND MAKING EVERYONE GO NUTTY! IT TURNED THEM INTO SCREEN ZOMBIES AND THEY BECAME OBSESSED WITH PLAYING THE GAME!

Rox we have to do something! We can't let everyone chase each other over technology!

MMM... Phone....



This happened once when I was in college at Miami University. I remember the cure for screen zombies is for them to run 5 laps!



What? Are you serious? There's no way these screen zombies will put their phones down and run 5 laps!

SO ROX AND I DEvised A PLAN TO GET THE SCREEN ZOMBIES TO RUN 5 LAPS AROUND THE PARK. WE FIGURED WE WOULD HARNESS THE POWER OF THE GAME AGAINST THEM!



SO AFTER SOME ARTS AND CRAFTS, WE CREATED OUR OWN GOLDEN TROPHY - THE ULTIMATE PRIZE ON THE GAME THAT YOU COULD WIN BY BEATING THE GRAND MARSHALL.



Ok, you get everyone's attention and I'll hold up the trophy.

Look everyone! Rox has the Golden Trophy! Who's going to win it first?

Trophy???



MMM... Phone....

This isn't any run of the mill trophy! This is THE Golden Trophy

It's really real!



AS SOON AS EVERYONE LOOKED UP, THE RACE WAS ON. THEY DROPPED THEIR PHONES SO FAST THAT SOME OF THEM BROKE!

THE TASK WAS TO RUN AROUND THE PARK 5 TIMES. THE CATCH WAS THEY COULD TAKE ANY ROUTE THEY WANTED.



SOME RACED ACROSS BRIDGES...



SOME CRAWLED UP SLIDES...



BY LAP 5, THEY FORGOT WHAT THEY WERE RACING FOR AND THE EFFECT OF THE APP WAS WEARING OFF...

Wait, why are we running in circles?

Yeah what's that trophy even for again?



No, no, no. A screen zombie is when you watch tv, play online, or stare at your phone too long!

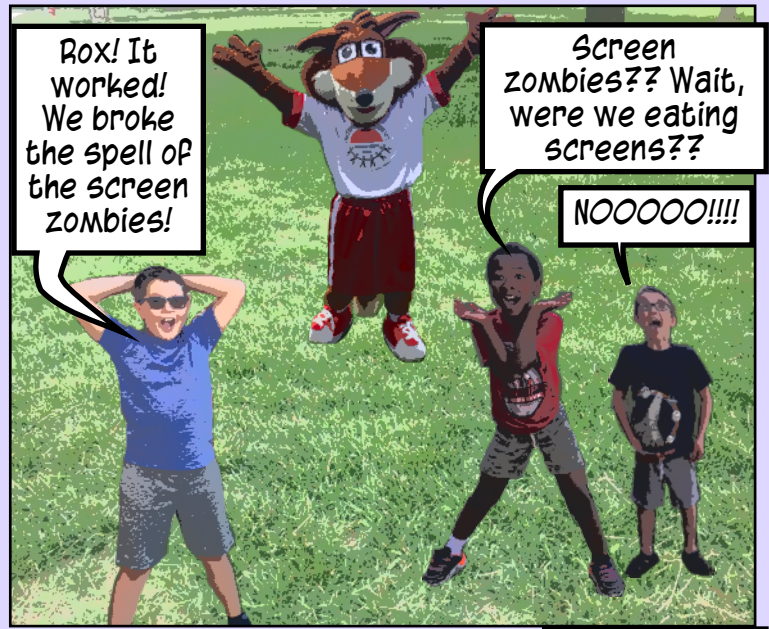
Yea, it's becoming a big problem! You know you should limit yourself to no more than 2 hours of screen time a day!



Rox! It worked! We broke the spell of the screen zombies!

Screen zombies?? Wait, were we eating screens??

NOOOOO!!!!



Yea, and the funny thing is that we had to get you to run 5 laps around the park to break the spell!

Really? What's so special about running in 5 circles?



Have you ever heard of the phrase 'Take 5'? It means to give it a rest or take a break.

I just figured everyone needed a 'Take 5' from their phones...



Really?

Hmm. Maybe if I 'Take 5' from my computer, I could have more time to paint!

Yeah! And if I 'Take 5' from TV I'll have more time to teach my dog, Fluffy, new tricks!



Fluffy? Haha

And I could 'Take 5' and spend more time playing baseball!

You're getting it! There are so many fun things to do other than play video games, watch TV, and be on screens!



Just remember... when you're on your electronic devices too much, you can turn into a "screen zombie"! So limit them to no more than 2 hours per day!



TODAY WE ALL LEARNED AN IMPORTANT LESSON. WE LEARNED TO 'TAKE 5' AND ENJOY THE FINER THINGS IN LIFE!

That's it for this week's adventure! Next time you see me, tell me your favorite way to get active and 'Take 5' from your electronics!



COLLECT THEM ALL!



THERE ARE 5 COMICS IN THIS SERIES!
CAN YOU COLLECT THEM ALL?

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THIS WEEK'S ADVENTURE...
THE AMAZING POWERS OF SUPERFOODS

DO YOU WANT TO BE AS STRONG AS YOUR FAVORITE SUPERHERO? READ TO FIND OUT HOW TO BE JUST LIKE THEM!

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THIS WEEK'S ADVENTURE...
PRANKSTERS AND JOKESTERS

DO YOU KNOW WHAT WATER SALAD IS? READ TO FIND OUT!

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THIS WEEK'S ADVENTURE...
THE CURSE OF THE SOLAR ECLIPSE

CURSE!? HOW CAN A SOLAR ECLIPSE BE A CURSE? READ TO FIND OUT!

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THIS WEEK'S ADVENTURE...
FROZEN IN TIME: THE GAME OF TAG

HOW DO YOU UNFREEZE A POPSICLE? YOU HAVE TO BREAK THE ICE!

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COMMUNITY PARTNERS



ROX WOULD LIKE TO THANK ALL OF THE SPONSORS THAT HELPED MAKES THIS PROJECT POSSIBLE



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