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SCHOLASTIC

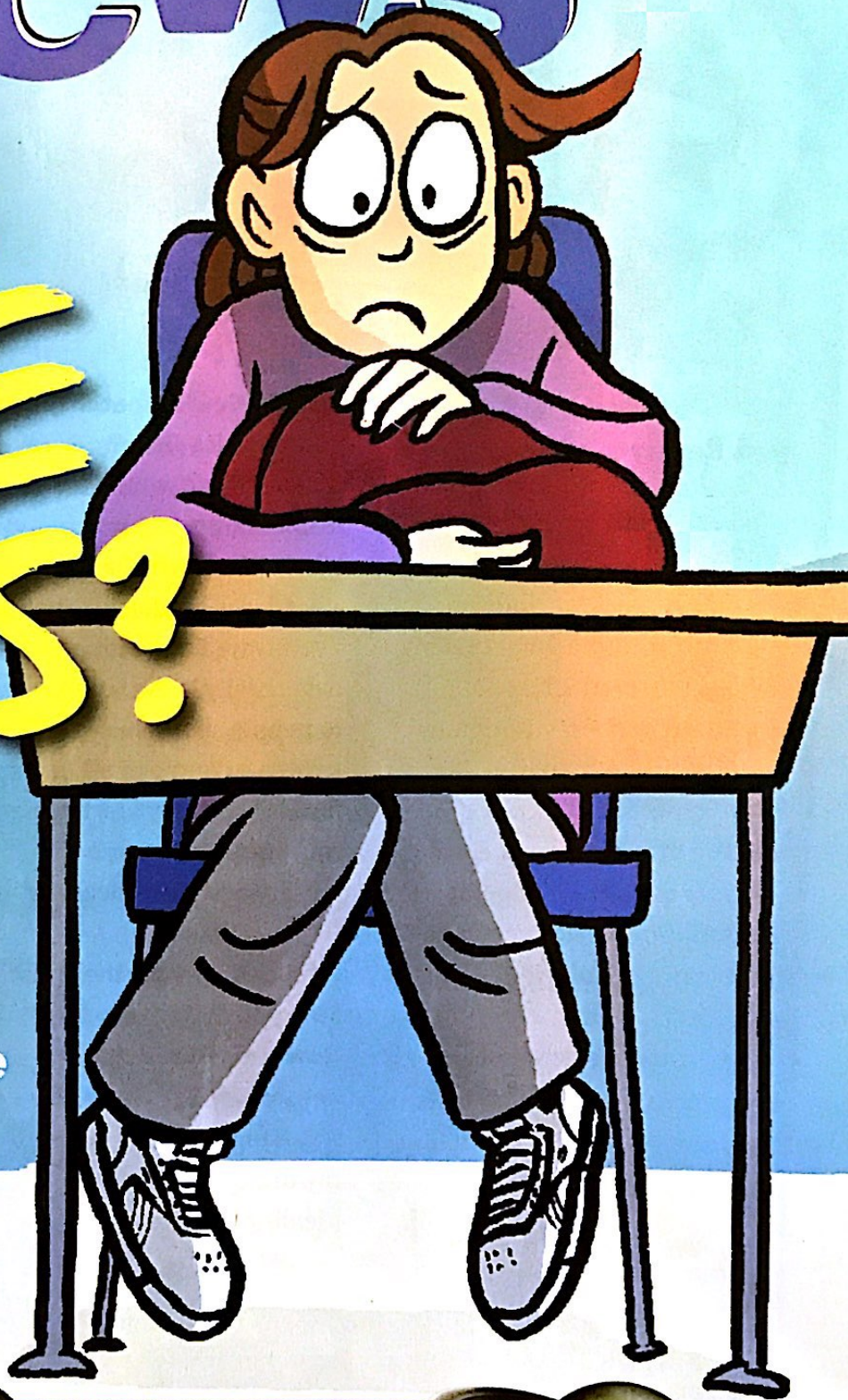
News

Edition
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Do You
Ever Feel

LIKE
THIS?

Raina Telgemeier
knows what it's like
to feel anxious. In
her book *Guts*, the
author shares how she
conquered her fears.



INSIDE THIS ISSUE

It Takes GUTS



by Scholastic
Kid Reporter Amelia Poor

I recently traveled to a bookstore in Pennsylvania to interview author and illustrator Raina Telgemeier. When I arrived, about a hundred excited young fans were there to meet her. Many were clutching her latest best-selling graphic novel, *Guts*.

Guts describes Telgemeier's childhood fears of getting sick and throwing up. When her worries turned into panic attacks, her parents took her to a **therapist**. *Guts* is the story of how she learned to tackle her fears in a positive way.

WORDS TO KNOW

therapist *noun*. someone who is specially trained to help other people deal with mental health issues

anxiety *noun*. fear or worry about what might happen

Amelia Poor: What inspired you to write *Guts*?

Raina Telgemeier: *Guts* is inspired by pretty much my whole life. I've had **anxiety** since I was a kid. It's something I've always lived with and never really knew how to talk to people about. Now that I've written a couple of other graphic novels about my life, I decided it was time to write one about my anxiety and how I deal with it.

AP: In *Guts*, your therapist tells you to "try anyway."

How has that advice helped you?

RT: A big part of my therapy was [dealing with]

things I didn't want to do. She would say, "Just try." Foods that I didn't want to eat, she would say, "Just try them. What's the worst thing that could happen?"

The more I did those things, the better I felt. It was good for me to be able to see that the world was not going to end, even if I took a bite of something that didn't taste good to me.



COVER: Artwork © 2019 by Raina Telgemeier, from the book *GUTS* published by Graphix, an imprint of Scholastic Inc. (Guts); Library of Congress (MLK #); Shutterstock.com (Salum)



HOW TO GO FROM



When Raina Telgemeier feels anxious, she uses this technique she learned as a kid to relax her body and mind.

1

Focus on your feet. Plant them on the ground and let them anchor you.

2

Breathe deeply. Focus on your ankles, then your knees, working your way up your body. Take deep breaths as you go.

3

Keep it going. After you get to your head, go all the way back down until you reach your toes.

Telgemeier says this exercise is just a starting point. If you're looking for ways to manage your feelings, it's important to talk to a trusted grown-up.

I think it also applies to writing *Guts*. I wasn't sure if I'd be able to do it, but I figured why not try? Why not just start writing and see what happens?

AP: *Guts* is your third autobiographical book (after *Smile* in 2010 and *Sisters* in 2014). Why do you write about your own life?



RT: When I was a kid, I used to read books that were about real people's lives. Some were written a hundred years before I was born, but I would think, "Wow, this character is just like me." So I know that reading a story about a character that you feel similar to helps you feel better. Then if your friend reads it too, that gives you a chance to connect.

AP: You not only write your books, you also illustrate them. Why did you decide to become a cartoonist?

RT: (laughing) I think cartooning chose me. I started reading cartoons when I was about 9. I just loved them so much that I immediately had to start making my own—and I never stopped.

AP: If you could go back and give advice to your fifth-grade self, what would it be?

RT: I'd want her to know she's not alone, even though that's how it felt. I wish I could go back and tell her that, but at least now I'm able to tell other kids that they're not alone.

Note: The interview was edited and condensed by the editors of *Scholastic News*.

Pages 2-3: Artwork © 2019 by Raina Telgemeier, from the book *GUTS* published by Graphix, an imprint of Scholastic Inc.; Courtesy of the Scholastic News Kids Press Corps (Amelia & Raina)



MONTGOMERY, A

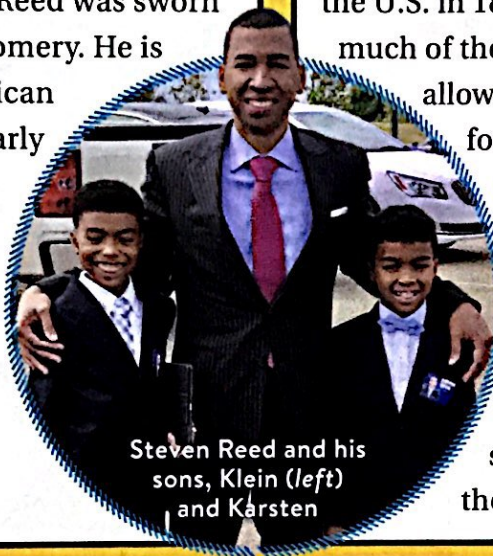
AS YOU READ

Think about what happened in this city to change U.S. history.

1 Why is Montgomery in the news?

The city recently made headlines after a historic election. On November 12, Steven Reed was sworn in as mayor of Montgomery. He is the first African American mayor in the city's nearly 200-year history.

"This was something more than just winning an election," says Reed. "So many people said they never thought they would see this."



Steven Reed and his sons, Klein (left) and Karsten

2 What makes Reed's win so important?

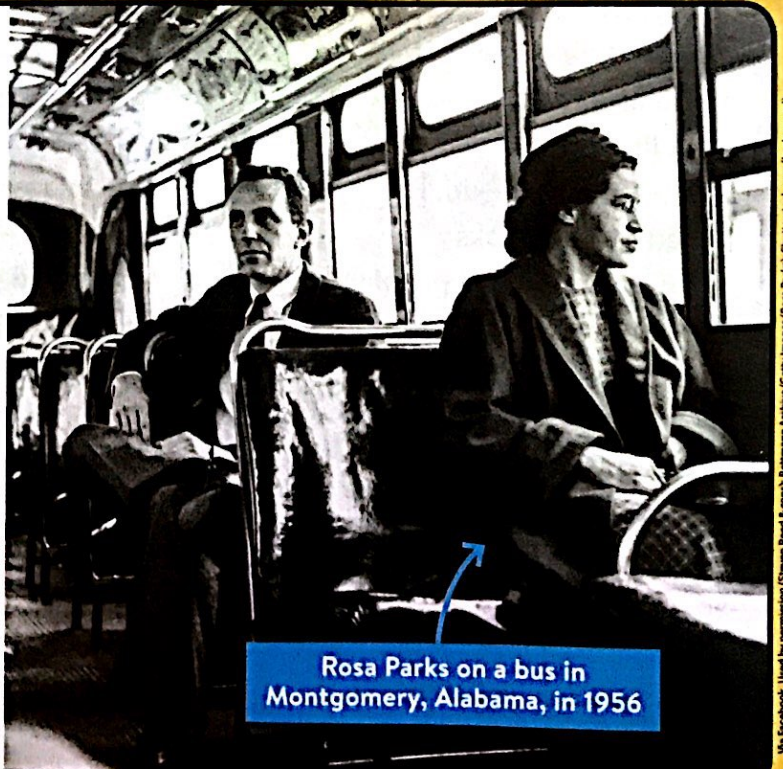
Montgomery has a complicated past. During the Civil War (1861-1865), it was a key city in the fight to keep slavery legal. Slavery was outlawed in the U.S. in 1865. But unfair, racist laws were enforced in much of the South long after that. Many of these laws allowed **segregation**. African Americans were forced to attend separate schools and use different bathrooms than white people. In the 1950s and 1960s, people worked hard to end this cruel treatment. This effort is known as the civil rights movement.

"African Americans got fed up and began to protest some of these laws," says Dr. Felicia Bell. She's the director of the Rosa Parks Museum in Montgomery.

3 What was Montgomery's role in the civil rights movement?

Montgomery is often called the "birthplace of the civil rights movement." That's thanks to **activist** Rosa Parks. On December 1, 1955, Parks was sitting on a Montgomery city bus, on her way home from work. As the bus filled up, the driver demanded that Parks give up her seat for a white man who was standing. But Parks refused, knowing that her actions would spark outrage. She was arrested, and the news spread quickly.

"The black community in Montgomery made a decision that it was time to stand up for what was right," says Bell.



Rosa Parks on a bus in Montgomery, Alabama, in 1956

The New Moon King

Saturn is best known for its rings. Now the planet is also famous for something else. Scientists recently discovered 20 new moons orbiting Saturn. That brings its total number of moons to 82, the most of any planet in our solar system. The discovery knocks Jupiter into second place, with 79.

"Saturn is the moon king," says scientist Scott Sheppard. He led the team that made the discovery.

Saturn's "new" moons may actually be billions of years old. But no one had seen them before because

each is only a few miles wide. Earth's moon is about 1,000 times larger.

The scientists found the moons using one of the world's biggest telescopes. Built on a mountaintop in Hawaii, it lets scientists see deep into our solar system.

Sheppard says there may be even more small moons orbiting Saturn. But finding them will require even bigger telescopes, which have not yet been built.



How Many Moons Does Each Planet Have?

Mercury: 0
 Venus: 0
 Earth: 1
 Mars: 2
 Jupiter: 79
 Saturn: 82
 Uranus: 27
 Neptune: 14

PICTURE THIS

Can You Spot the Zebra?

If you picked the striped animal, you're right. But if you chose the polka-dotted creature, you're also correct! Meet Tira. This baby zebra has a rare condition that gives him a spotted coat instead of the usual black-and-white stripes. He was first seen in September on a reserve in Kenya, a country in Africa. Since then, visitors have flocked there to see Tira.

YASUYOSHI CHIBA/AFP/Getty Images (Tira); Shutterstock.com (all other photos)

Debbie photos courtesy of families; illustration by Tom Garratt; Shutterstock.com (all other photos)

Should Students Be Rewarded for Perfect Attendance?

In Stark County, Ohio, going to school can pay off! In October, officials held a contest for students with perfect attendance. The prize? A chance to go bowling with Cleveland Browns football star Odell Beckham Jr.

"Attendance skyrocketed," reports district official Robyn Matulich. "Kids were motivated and excited to come to school."

Officials at other schools agree that prizes help encourage kids to go to class. Research shows that kids who miss 10 percent or more of school days fall behind academically.

But critics argue that students shouldn't win things just for attending class—a good education should be enough of a reward. They also point out that it's unfair to kids who miss school for unavoidable reasons, such as illness or family emergencies.

Here's what two of our readers think.



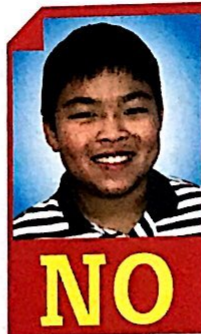
Ava Umbra

North Carolina

My school doesn't give out prizes for perfect attendance, but I think it should. Rewards are a great way to encourage students to go to school every day. When students are

absent too much, they can easily fall behind the rest of the class.

I've never had perfect attendance, but I admire kids who have. Schools should reward them for their motivation and hard work.



Christopher Shih

California

Some students don't have control over their attendance. For example, one of my sister's classmates has an illness that causes her to miss school sometimes. It wouldn't

be fair if she missed out on a prize.

Plus, rewarding attendance could encourage sick kids to go to school, where they'd spread germs. It's better to reward kids for things they can control, like hard work and good behavior.

What Do YOU Think? Highlight two pieces of evidence to support your opinion. Use that evidence to write an argument essay. Then cast your vote at scholastic.com/sn4!

