



Vol. 82, No. 14 ISSN 0736-0592

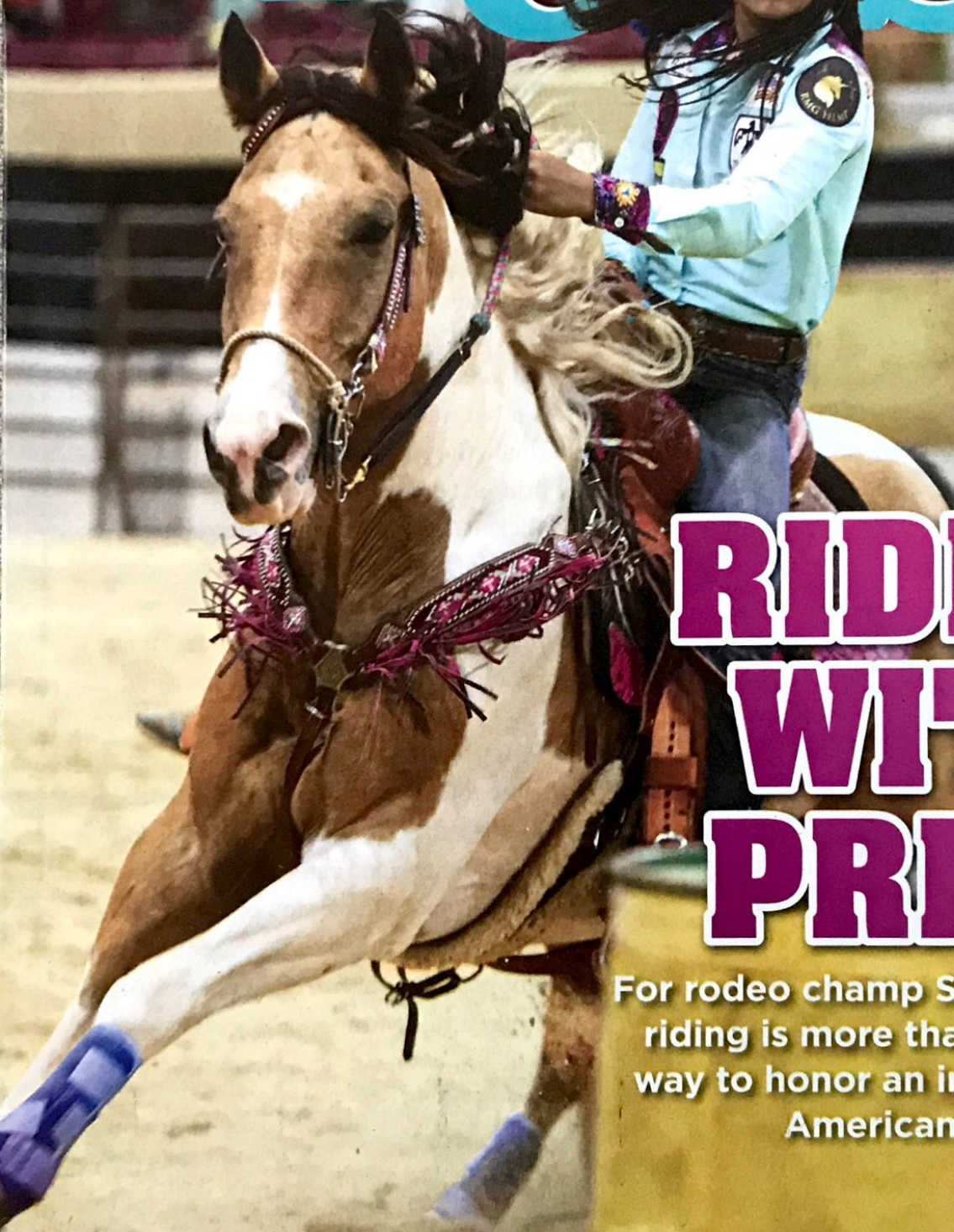
February 17, 2020

SCHOLASTIC

# News

Edition  
**4**

FEBRUARY IS  
**Black  
History  
Month**



## RIDING WITH PRIDE

For rodeo champ Savannah Roberts, riding is more than a sport—it's a way to honor an important part of American history.

### INSIDE THIS ISSUE

How much sugar is in your drink? You might be surprised!



Is it OK to quit? VOTE ONLINE at [scholastic.com/sn4](http://scholastic.com/sn4).



U.S.  
HISTORY

# KEEPING THE LEGEND ALIVE

A young rodeo star honors the black cowboys who helped tame the Wild West.

AS YOU  
READ

Think about why it's important to keep traditions alive.



The gate flew open and Savannah Roberts took off. Perched on her horse, Short Shank, Savannah could hear the roar of the crowd. The 12-year-old and her horse raced at top speed, whipping around barrels.

No other rider could match her speed. Savannah, the youngest person in the competition, won the barrel racing event at the Bill Pickett Championship Rodeo last September. The rodeo celebrates and honors African American cowboys and cowgirls.

“Winning at this rodeo made me feel really special and proud,” says Savannah.

## A Tough Job

Before rodeos, cowboys lived and worked in the western U.S. In the mid-1800s, many people there owned cattle ranches. But they didn't have fences to keep their **steers** and cows close to home. So they hired cowboys to ride around on horseback to keep their cattle from roaming off.

## What Savannah Wants You to Know

I grew up around horses and have been competing in rodeos since I was 5 years old. It's challenging and takes a lot of practice, but it's also rewarding.

© 2019. Robin Branch Photo/211444. When Albany Live News (Savannah Roberts). Photo: Photos/Getty Images (Dany). Steve Brown (Cortlandt). Page 2. Courtesy of the Roberts Family.

## MAP IT OUT

Cowboys played a big role in settling the rough, open territory known as the Wild West. The Chisholm Trail was one famous cowboy trail. Where did it begin and end?



Cowboys also guided huge herds of cattle along rugged trails to be sold in other parts of the country. These cattle drives involved moving hundreds of animals at a time.

“It was hard, dangerous work, and you worked for low pay,” explains historian Michael Searles.

Cowboys faced risks, like herding cattle across rivers. If the cowboys weren’t careful, they and the animals could drown. And they were constantly on the lookout for cattle thieves.

### A New Life

While books and movies often show only white cowboys, about one out of every four cowboys were black. Many had once been enslaved but were freed after the Civil War ended in 1865. Black cowboys faced **discrimination** from ranchers and fellow cowboys. They were often given the hardest jobs, like breaking in horses or

crossing the deepest parts of streams during cattle drives.

“Black cowboys faced racism because some white cowboys didn’t want them on their ranches,” says Searles.

Still, many of these men saw working on the trails as a chance at a new life.

### Honoring the Past

By the 1880s, barbed wire fences made it easier to control cattle. Fewer cowboys were needed, but a new era was beginning. Cowboys started showing off their skills in events called rodeos. They’d ride horses, perform tricks, and rope steers.

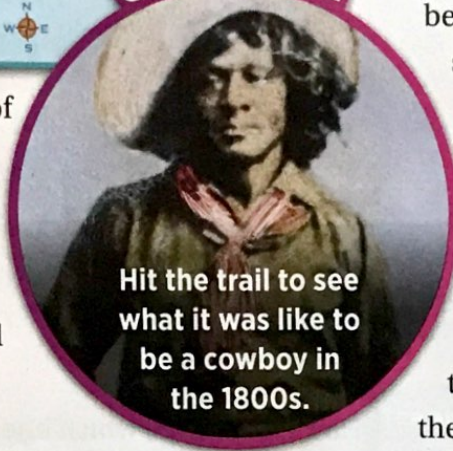
Bill Pickett was one of the first—and most famous—rodeo stars. Today, the Bill Pickett Rodeo keeps the history of black cowboys

alive. It reminds people how important Pickett and other black cowboys were in shaping our country. Savannah honors the cowboy tradition by inspiring the next generation of cowboys and cowgirls.

“I love encouraging other kids and showing them it’s possible to do what I do,” she says.

—by Tricia Culligan

### GO ONLINE



Hit the trail to see what it was like to be a cowboy in the 1800s.

### WORDS TO KNOW

**steers** *noun, plural.* a type of male cattle

**discrimination** *noun.* unjust treatment based on differences such as race, religion, gender, or nationality



**I hope to be the first female African American national**

**rodeo champ.** There aren’t a lot of black cowgirls where I live, in Colorado. It makes me stand out—in a good way.



**You should never judge a book by its cover.** People

sometimes underestimate me because I’m young and my horse is smaller than the others. But we’re superfast!



**My horse is like a member of my family.** Short Shank

and I make a great team. No matter what, I know that my horse is always going to race his heart out for me.

# SUGAR SHOCKER



Many popular fruit drinks are loaded with more sugar than you may think.

**Y**ou take a gulp of your favorite fruit drink. *Mmm.* It's refreshing and sweet. By the looks of the package, it's also good for you. After all, there's a picture of a bunch of berries on it. But your drink is hiding something. It's actually loaded with sugar and has little nutritional value.

"You can't tell what's inside the drink by looking at the front of the package," says Jennifer Harris. She's a researcher who led a study of 67 kids' drinks.

The study found that many drink packages are **misleading**. For example, more than a dozen that show fruit on the package don't contain any fruit!

How can you tell which ones to drink and which to avoid?

### What's in Your Juice?

One of the main categories of kids' drinks is fruit juices. When you see "100% juice" on a container, that means it's made

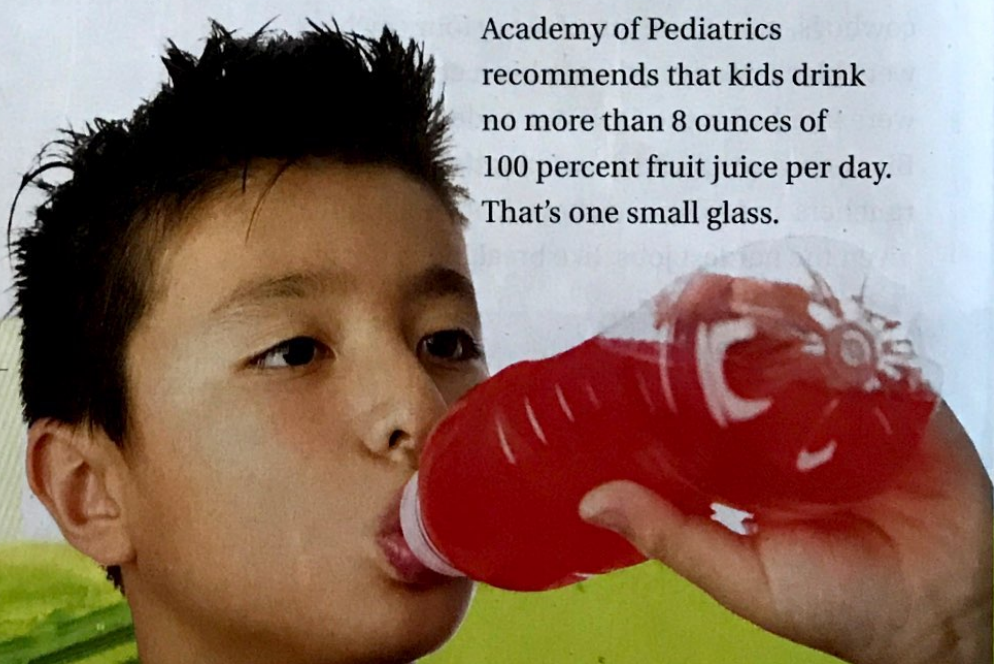
from nothing but water and fruit juice. All its sweetness comes from the natural sugar that's in the fruit. Like whole fruit, many 100 percent fruit juices are good sources of some vitamins and nutrients.

Still, experts suggest that you drink fruit juice in **moderation**. The American Academy of Pediatrics recommends that kids drink no more than 8 ounces of 100 percent fruit juice per day. That's one small glass.

### WORDS TO KNOW

**misleading** *adjective.* causing people to believe something that is not true

**moderation** *noun.* the act of using a reasonable limit or amount



Why? For starters, fruit juices are missing some key nutrients that make whole fruit healthy. A big one is fiber, which helps with digestion and helps you feel full.

Plus, too much sugar can be bad for you—and most juices are packed with it. A tall glass of 100 percent apple juice, for example, can have as much sugar as the same glass filled with soda!

### A Sugar Problem

The study also looked at kids' drinks with added sweeteners. Fruit drinks that aren't 100 percent juice are sweetened with something else. In many cases, it's added sugar, which is put into drinks as they are processed. Drinks with added sugars don't offer the same health benefits as 100 percent fruit juices.

"Most of these products are just supersweet water with no nutrition at all," says Harris.

Consuming too much added sugar can cause health problems like tooth decay, obesity, and heart disease.

What about drinks labeled "less sugar" or "low sugar"? Are they better for you? Not exactly. The drinks often have artificial sweeteners. These chemicals are much sweeter substitutes for sugar. Experts say kids

under the age of 14 shouldn't have artificial sweeteners at all.

### Look on the Back

So what's the best way to know what's in your fruit drink? Read the nutrition label and ingredients list (*see below*). And experts suggest trying healthier options. Instead of drinking

apple juice, eat an apple. Harris says you should think of fruit drinks the same way you'd think about a candy bar.

"Water and plain milk are the only drinks you need every day," she says. "Anything else should be considered a special treat."

—by Jennifer Li Shotz

# READ THE LABEL!

Forget the front of the container. The nutrition label and ingredients list tell you what is—and isn't—in foods and drinks. Here's what you need to know.



This bottle of juice has two servings. If you drink the whole bottle, you'll be getting *twice* the amount of sugar listed.

The amount of sugar is listed in grams (g). 4 grams = 1 teaspoon  
How many teaspoons of added sugar are in one serving of this drink? How about in a full bottle?

This is the percent (out of 100) of the daily recommended amount of these nutrients in each serving.

This is added sugar in disguise. See a list of the many names for added sugar at [scholastic.com/sn4](http://scholastic.com/sn4).

This is an artificial sweetener. Other common ones end in *-ame*.

**YOUR TURN**

What are some clues that this fruit drink isn't healthy?

Note: This is not a real drink, but the nutritional facts and ingredients are based on those of actual drinks.

SOCIAL-EMOTIONAL

GO ONLINE!

Watch Daniel shatter a world record.



**2 Practice makes perfect.** If you want to become the best in the world at something, you need to put in the time. “When I was preparing for the record, I was practicing for five hours a day,” Daniel explains.

**D**aniel Rose-Levine used to love reading *Guinness World Records* when he was younger. Today, he is proud to appear in the 2020 edition of the book! Daniel, now 16, set a world record by solving a Rubik's Cube in less than 17 seconds—with his feet!

Here are some tips for getting your name in the record book.

**1 Find your talent.** First, choose a record to break. Page through *Guinness World Records* for ideas, or think of something you're good at. Daniel began solving Rubik's Cubes at camp. He was soon winning competitions.

“I started with my hands,” Daniel says. “I switched to feet when I hurt my hands from cubing so much.”

**3 Know the rules—then go for it!** Guinness has strict rules you'll need to follow. Some records aren't even open to kids younger than 16 for safety reasons. So be sure to visit the book's website and check out the guidelines.

Before you get started, Daniel has some advice.

“If you want to do it,” he says, “you can do it.”

PICTURE THIS



## A Big Bloom

Good luck finding a vase big enough for this flower! The bloom of the rafflesia (ruh-FLEE-zhuh) plant is about four times the size of a basketball. It grows in the rainforests of Indonesia, a country in Asia. Its size isn't the only strange thing about it. It's also really stinky! Some people say it smells like rotting meat. At almost four feet across, it's the largest flower ever measured.

# Is It Ever OK to Quit?

**D**o you have a room full of instruments, sports gear, and art supplies that are collecting dust? If so, you're not alone. Millions of kids join teams or clubs every year. But many wind up quitting those activities . . . and starting new ones.

Some people say it's OK to quit an activity that makes you unhappy. They argue that the whole point of these activities is to have fun. Some experts also say bowing out of a sport or club allows kids to check out new things and find something they really love to do.

But others think kids should learn the value of sticking with something, even if it's hard. They also argue that ditching a team lets down coaches and teammates. And some parents pay a lot of money for uniforms and equipment. Many of them say they don't want it to go to waste if their kid quits.

**Here's what two of our readers think.**



**Noah Dolieslager**

Texas

I recently quit my baseball team. Time is limited during the school week. My practices ran long, so I didn't have time to do my homework. I was staying up late and not getting

enough sleep. This made me very anxious.

It's OK to quit an activity that you don't enjoy. There are so many other things to try. Why waste your time on something that doesn't make you happy?



**Amanda Sutherland**

New York

I always promise myself to stick with new things, even if it's difficult. It helps me learn how to overcome challenges. You never know what you're missing out on if you quit.

Last summer, my mom enrolled me in a summer camp. I had a hard time getting to know the other kids. After the first few days, I didn't want to go back. But I wound up making new friends and having a great time!

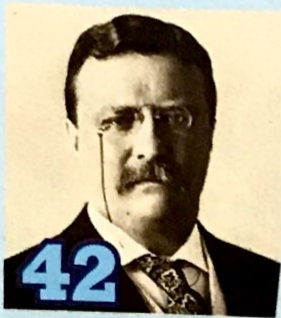
**What Do YOU Think?** Highlight two pieces of evidence to support your opinion. Use that evidence to write an argument essay. Then cast your vote at [scholastic.com/sn4](http://scholastic.com/sn4)!

Name: \_\_\_\_\_

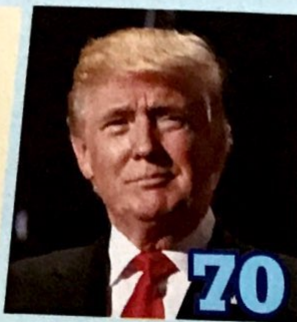
**INFOGRAPHIC**

# Presidents by the Numbers

On February 17, people across the U.S. will celebrate Presidents' Day. Since 1789, 44 men have held America's top job. Here are some facts and figures about them.



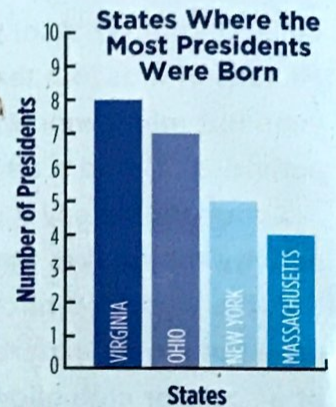
**42**  
**YOUNGEST:** Theodore Roosevelt (42 years old when he took office in 1901)



**70**  
**OLDEST:** Donald Trump (70 years old in 2017 when he was sworn in)



**2008** The year Barack Obama, our nation's first African American president, was elected.



**\$25,000**  
GEORGE WASHINGTON'S ANNUAL SALARY IN 1789

**\$400,000**  
DONALD TRUMP'S ANNUAL SALARY TODAY

- \_\_\_\_\_ was elected 12 years ago.  
 (A) Donald Trump  
 (B) Abraham Lincoln  
 (C) Barack Obama  
 (D) Theodore Roosevelt
- True or false? Twice as many presidents were born in Massachusetts as in Virginia.

**WRITE ABOUT IT!**  
Imagine you're a reporter interviewing one of the presidents. Who would you choose to interview? What three questions would you ask?

## Keeping the Legend Alive pages 2-3

- The main purpose of the article is to \_\_\_\_.  
 (A) compare cattle drives to rodeos  
 (B) explain what life in the Wild West was like  
 (C) describe the history of black cowboys  
 (D) give tips on how to win a rodeo
- What is the section "A Tough Job" mainly about?  
 (A) why Savannah Roberts performs in rodeos  
 (B) how Bill Pickett became famous  
 (C) the work cowboys did in the 1800s  
 (D) how rodeos got their start
- According to Savannah, how does she keep the cowboy tradition alive?  
 (A) by being the youngest competitor in rodeos  
 (B) by participating in cattle drives  
 (C) by remaining calm during competitions  
 (D) by inspiring other kids to perform in rodeos

## Sugar Shocker pages 4-5

- What is the main idea of the article?  
 (A) Kids' fruit drinks come in many flavors.  
 (B) Added sugar can cause health problems.  
 (C) Some fruit drinks appear to be healthy, but they actually contain a lot of sugar.  
 (D) Fruit juice is a good source of nutrients.
- Jennifer Harris would probably agree that \_\_\_\_.  
 (A) fruit juice is as healthy as whole fruit  
 (B) added sugar makes drinks more nutritious  
 (C) fruit drinks labeled "low sugar" are healthy  
 (D) packaging for kids' drinks can be confusing
- If you drink juice in *moderation*, you \_\_\_\_.  
 (A) drink more than you should  
 (B) drink it without reading the label first  
 (C) drink it with every meal  
 (D) don't drink a lot of it