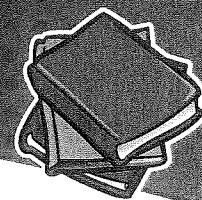


# Mustangs



Horses known as mustangs still roam the American West, wild and free. Among their ancestors are the horses that came with the Spanish in the 1500s. 11  
24  
26

Horses lived in North America in prehistoric times, but they died off. The horses that the Spanish brought were the first that Native Americans had ever seen. 38  
50  
53

Native Americans soon began to use the small, hardy horses. They were valuable for transportation. The horses also made success in hunting and in battles easier. 64  
74  
79

When some horses escaped their owners, they formed “feral” herds. Feral is a term for animals that were once domestic but now run wild. 89  
103

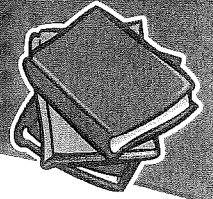
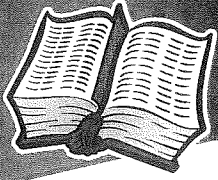
Over the years, there were more herds and more horses. By the 1900s, as many as two million mustangs lived free in the West. 116  
127

Cattle ranching in the West grew quickly in the 1800s. Cowboys often caught mustangs to use as cow ponies, as they were good for herding cattle. The horses were also rounded up to be used as military horses. 139  
152  
165

Many ranchers saw the mustangs as a problem. Ranchers said the horses competed with cattle for pasture. Thousands were killed when the government allowed ranchers to hunt them. 176  
187  
193

The government also controls the size of these herds today. Many horses are rounded up each year. The government offers them for sale or adoption. Today, there are about 25,000 of these free-roaming horses. 204  
217  
228

# Potato Famine



In the mid-1800s, a lowly vegetable changed America forever. The potato crop failure in Ireland brought almost a million immigrants here. 9  
19  
22

Most Irish were tenant farmers on land owned by Englishmen. They grew and lived almost entirely on potatoes. A man might eat 14 pounds in a single day. Surprisingly, potatoes have enough vitamins to be nutritious. 31  
39  
50  
58

A black mold caused a potato blight from 1845 until 1849. In one day, thousands of plants would blacken and rot in the ground. Without a crop to sell or eat, farmers could not pay rent. With no income, landowners could not pay their taxes. They threw many Irish tenants off the land to lower their taxes. 69  
81  
93  
103  
114  
115

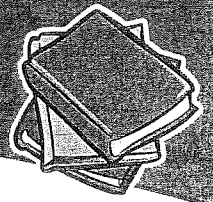
By the fall of 1846, thousands were starving. The homeless wandered the country. To survive, they ate berries, roots, and even grass. 125  
135  
137

Landlords began to pay for passage to North America. They wanted to get rid of tenants. In 1847, 100,000 Irish sailed to Canada. One out of five died on the journey. Later, thousands more sailed to America. Soon, Irish flooded Boston, New York, and Philadelphia. 146  
157  
169  
177  
182

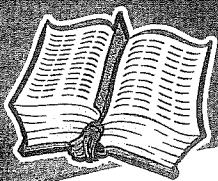
Many Americans resented the newcomers. They were afraid of Irish competition for jobs. "No Irish Need Apply" signs were posted at factories. Life was hard at first for the Irish new to America, but life was now possible. 189  
199  
211  
220



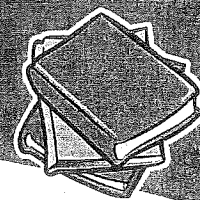
# The Whaling Industry in America



American colonists began whaling off the coast of New England almost as soon as they arrived. Whales were hunted for the oil in their blubber and their baleen (whalebone). The oil was needed for lamps. Baleen, found in the mouths of some species, was also useful. It is made of keratin, just like human fingernails are. Baleen could be fashioned into many tools and even hoops for women's skirts.	10 24 35 49 60 69
The colonists whaled near shore in small boats, towing their harpooned prey to land.	79 83
As the number of whales close to shore declined, bigger square-rigged ships that could cross oceans were built. Crews aboard these ships often spent years at sea having no contact with home.	95 107 116
Shipbuilding and whaling were booming industries.	122
At its peak in the 1850s, New Bedford, Massachusetts, had more than 300 whaling ships in its port. There were so many whalers that species like the humpback and the blue whale were hunted almost to extinction.	134 147 159
The discovery of oil in Pennsylvania in 1859 changed everything. It marked the end of the whaling industry. Kerosene replaced whales' oil in lamps. Later, electric lights replaced oil lamps altogether.	170 182 190
Although the whaling industry ended in the U.S., Japan and Norway still have commercial fleets. No longer needed for their oil, whales are still hunted for their meat and blubber. Many endangered whales continue to face extinction because of the continued practice of whaling in other countries.	201 213 223 234 237



# Virginia Foster Durr



Sometimes people have to grow up before they can change. Virginia Foster Durr was like that. She was born in Alabama in 1903. When Virginia was a child, the South was segregated. African Americans could not go to the same schools or eat in the same restaurants as whites. There were separate water fountains and restrooms. They were labeled “Colored” and “White.”

Because it was all she had ever known, Virginia accepted the way things were. Even when she went to college in the North, Virginia did not want to mix with black people.

After she married, she moved to Washington, D.C. While living in the capital, she began to realize how wrong segregation was. She joined an interracial group to work for integration. She worked with First Lady Eleanor Roosevelt to abolish the poll tax.

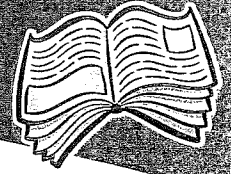
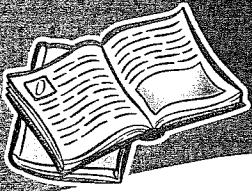
In 1951, the Durrs moved back to Alabama. Virginia joined an integrated church group. Soon, she and her husband became civil rights workers.

The Durrs bailed Rosa Parks out of jail after she was arrested for refusing to give up her bus seat to a white man.

Later, Virginia worked to integrate restaurants and other public places. She opened her home to Freedom Riders working in the South. She became a strong supporter of civil rights.

Her heart had been changed by the wrongs she witnessed.

# The Cave



Paul was small. Actually, he was the smallest kid in his class. He was always the smallest in his class. He was often teased by other kids. Sometimes Paul wished he were taller and stronger like his friend Julio.

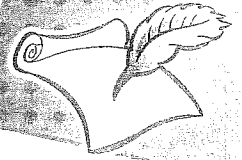
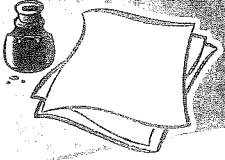
But, one Saturday, Paul, Julio, and a few other boys decided to scale the cliff behind school. As they clambered up the steep slope, something caught Julio's eye. Brushing rocks aside, he discovered the entrance to a large cave.

"Follow me!" Julio hollered and disappeared from sight. The others followed behind him. Fifteen feet into the cave, they heard a terrifying thud, and the cave was pitched into complete darkness. Scrambling back toward the entrance, they were stunned to find it so blocked by boulders that only a thin sliver of daylight shone through.

Someone said, "I think we're trapped!" Paul said, "There's no thinking necessary...we're definitely trapped." Julio said, "What was I thinking, going into a dark cave?" Silently, Paul crawled through the narrow opening. It was cramped as he squeezed through, but he made it. Once back outside, he ran like blazes for help.

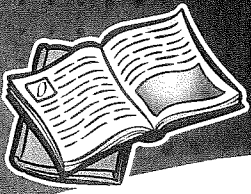
Paul rode in the fire engine on the way back. A reporter asked him what his name was, and a photographer took his picture. The headline the next day read, "Mighty Mite to the Rescue." Guess what the kids called him after that day!

# Eating Right Is the Right Thing to Do



Breakfast, lunch, and dinner are the meals we eat each day.	11
We eat them to stay healthy (and to keep illnesses away).	22
It is important to choose wisely among the foods we eat.	33
There are so many options, like vegetables, fruit, and meat.	43
We have the ideal guide, though, to help us understand.	53
Heard of the Food Pyramid? It provides a helping hand!	63
The foods we eat most often should be good for us; it's true.	76
Grains like bread and oatmeal are vital for me and you.	87
Don't forget about the veggies. The green ones are the best!	98
And always eat your fruit as well—from apples to the rest.	110
Dairy provides us with calcium, so milk is good to drink!	121
But be sure to get some protein. It's easier than you think.	133
For food that's high in protein, try chicken, cheese, or fish.	144
Eggs and beans will do the trick. They make a delightful dish!	156
But don't forget to exercise and give your body some fun.	167
Why not throw a ball outside or go for a half-hour run?	180
It's all right—from time to time—to have some special treats.	192
But please be careful not to eat too many fats or sweets.	204
Just follow these suggestions and you'll go a long, long way	215
Toward keeping yourself healthy from day to day to day!	225

# The Three Friends



Kate, Stacy, and Jenna were best friends since second grade. The three  
of them went to the movies most Saturday afternoons, and, of course,  
they slept over at each other's houses a lot.

Most of the time, especially when all three of them were together,  
they got along just great. But, when only two of them were together, Kate  
noticed that there really did not seem to be three best friends at all  
anymore.

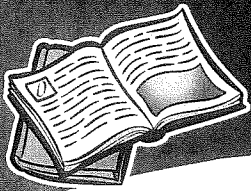
The problem was, when Kate was alone with Stacy, Stacy would  
sometimes say things about Jenna. Once, Stacy remarked that Jenna had  
a boring hairstyle. Another time, when Kate was with Jenna, Jenna said  
that Stacy had a boring hairstyle.

Comments like these always made Kate uncomfortable. Usually she  
would just say something like, "Oh, come on! That's not true." Other  
times, she wouldn't say anything at all, but then she felt bad.

Kate just didn't know what to do. Finally, she discussed the problem  
with her mom, and they developed a clever plan.

The next day at lunch, Kate suddenly said to her two friends, "I like  
you both so much that I would never want to hear anything mean about  
either of you." Stacy and Jenna both looked a little embarrassed. Then  
they said together, "Yeah, me either!" And that was the end of the  
problem!

# Sky Show



Riding in her parents' car, Megan was very excited. It was after 10 o'clock at night, and they were driving up to Lookout Point to get a good view of the meteor shower. Far from the bright city lights, they'd be able to see all the action clearly.

When they finally reached the top, Megan's mom spread a blanket on the grass. "Lie on your back, Megan," she said. "You'll see everything that way." Megan lay down and looked up at the constellations above. It was a good thing the best meteor showers were in August. She wouldn't have to get up early for school.

While waiting for the show to begin, Megan thought about what she had learned about meteor showers in science class. Sometimes they are called "falling stars," but they are not stars at all. When the orbits of a comet and Earth pass close enough to each other, the space rock and dust trailing behind the comet streak brightly through the Earth's atmosphere. Most of the debris never hits the Earth's surface.

Close to midnight, the "show" began. Bright lights shot across the sky. Megan was amazed. By the time they were getting ready to leave, Megan had counted over one hundred meteors. She couldn't wait to find out when the next meteor shower was going to happen.