

New Moon®

The Magazine for Girls and Their Dreams

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New Moon

July/August 2004 ★ Volume XI ★ Issue 6

It's Not Easy Bein' Green

www.newmoon.org

New Moon: The Magazine for Girls and Their Dreams is an international magazine for every girl who wants her voice heard and her dreams taken seriously. With girl editors ages 8 to 14 and girl contributors from all over the world, New Moon celebrates girls, explores the passage from girl to woman, and builds healthy resistance to gender inequities. The New Moon girl is true to herself, and New Moon helps her as she pursues her unique path in life, moving confidently out into the world.

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Lena Ralston created this issue's cover using mixed media. She is currently working toward her M.A. in Illustration at Syracuse University, New York. Lena lives in Buffalo, New York, with her husband Doug, daughter Mary, and dog, Grace. Besides painting, Lena loves gardening, reading, camping, and horseback riding.

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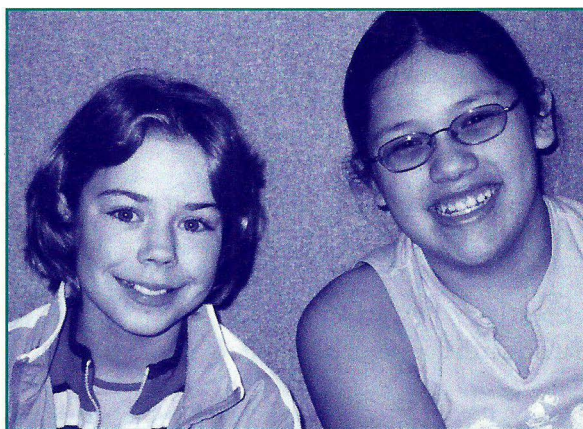
Girl Talk

Dear Readers,

We call someone “green” when she understands and cares for Mother Nature. And this issue is all about being green. It’s full of good stuff, like ideas for new, cleaner transportation, a story about Dian Fossey, who worked with gorillas, and ways we can help the environment.

What does nature do for you? Dara’s happy in the spring when she feels like she’s being reborn into the world. Kristen is awestruck while she takes those last walks in the autumn air. Nature also gives us oxygen, water, food, building materials, and much more. For Native Americans, like Dara, nature is the basis of their culture. Native ceremonies honor the relationship between people and nature.

We picked the theme “It’s Not Easy Bein’ Green” a long time ago. But now that we’ve worked on this issue, we realize it IS easy being green. We just have to know how to do it!



Tracy Gilsrik

Kristen

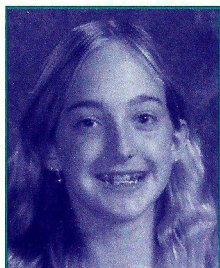
Dara

Page 18

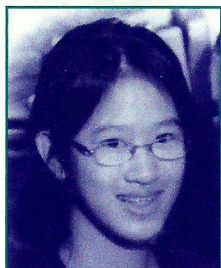
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Page 22

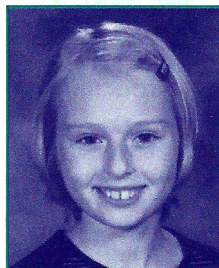
Page 34



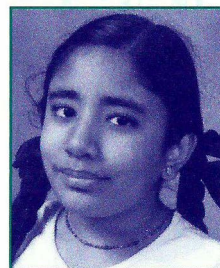
Amelia Diehl, 13, lives in Michigan with three dogs, two cats, a parakeet, a hamster, a turtle, and her parents. Someday she wants to be a marine biologist, a fashion designer, or a writer. Her article on Dian Fossey shouldn’t be “mist.”



Erin Tsang, 13, lives in Ontario with her mom, dad, sister, and one goldfish. She plays piano, violin, and French horn, and friends call her the “music maniac.” She hopes one day to be an author or architect. Fly with her into the future.



Annie Long, 10, lives in Texas with her parents, brother, and cat, Thelonious. She likes to act, play basketball, and attend summer Girl Scout Camp. She dreams of being an artist or actress. She puts real thunder into her story about ancient nature myths.



Neeraja Koneru, 12, lives in Texas with her parents, her brother, and her fish, Pluto. She loves to read, write, do math, swim, and spend time with family and friends. She wants to go to Harvard and become a neurologist. You’ll treasure the way this girl talks trash!

It's Not Easy Bein' Green (The Environment)

Features

By girls

14 Buyer Beware

What on earth does your money do?

20 Yellow Bikes and Flying Cars

Beep, Beep—Zoom, Zoom.

22 Lightning Bolts & Goddess Jolts

Mythology or meteorology?

28 Rain, Rain, Don't Go Away

Canadian Rainadian.

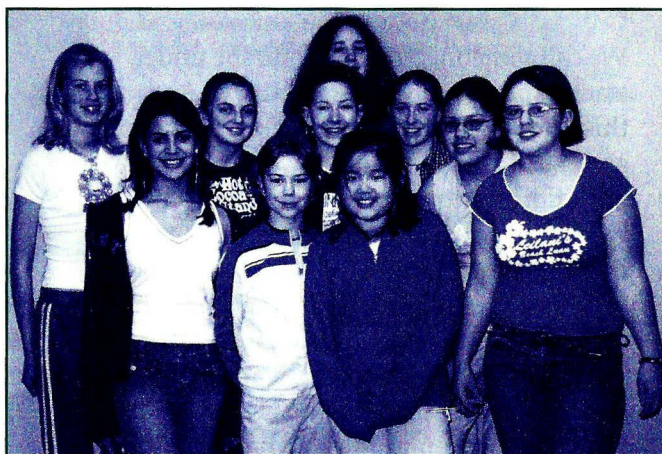
34 Trash to Treasure

Rubbish, rubble, use your trash double.

**Don't miss our Green Glossary on page 47.
You'll really be green once you know these words.**



Find the crescent moon hidden
in every issue.



Tracy Gilevick

Green, Green GEB Machine

New Moon

New Moon is a girl's voice,
Floating out on a silent night.
Telling her dreams to who will listen.
New Moon is a girl's spirit,
Soaring on the night's shore.
Paying attention to her dream,
Not someone telling her how to act
Or feel.

Let the New Moon Girl Fly!

—Amanda Sarette



Find the ten Luna Tics hidden in every issue.

This issue's Luna Tics are drawn by Christiane, 12, of North Palm Beach, Florida,
and Jasmine of Philadelphia, Pennsylvania.

Send us your Tics!

Draw them in dark ink and on white, unlined paper and send them to
Luna Tics, New Moon, 34 E. Superior St. #200, Duluth, MN 55802.

In Every Issue

8 🌸 Telling My Story
It's a real shoe-in.



12 Mountain Mama
High on life.



18 🌸 Girl-illa in the Mist
Ape ape-reciation.



24 The End of Summer
Camp Woebegone.



30 🌸 Ukraine on the Brain
Me Cranium—U krainium.



33 🌸 Considering Customs
Hot and bothered.

36 🌸 Green, Green Air Machine
Leaf through this experiment.



40 🌸 Bumpy Road Ahead
Isn't zit wonderful?



44 🌸 Not In Our World
Foundation creation.



Departments

- 1 🌸 Girl Talk
- 4 🌸 Dear Luna
- 10 🌸 Draw Luna
- 11 🌸 Voice Box: your responses
about keeping secrets
- 17 🌸 Poetry
- 27 🌸 Luna's Art Gallery
- 38 🌸 Ask a Girl
- 42 🌸 How Aggravating!
- 43 🌸 Howling at the Moon
- 45 🌸 Cat Tails
- 46 Calendar
- 47 Inside the Moon
- 48 In the Wild
- The Last Word



Look closely through the magazine
for some super book and website
recommendations.

Luna Click drawn by Leah, 11, from
Sharon, Massachusetts.

Coming up next...
IF I HAD A HAMMER

DEAR LUNA

Dear Luna,

I'm a new reader, and I think your magazine is really cool! Everything in New Moon is easy to understand, and I've learned a lot. My favorite parts are letters from other girls. I'm working on a poem project now, so I was glad to see poetry. Do stores sell New Moon?

Katelyn, 11 • Fairbanks, Alaska

Dear Katelyn: The easiest way to get New Moon is through a subscription. But you can also find it in most Barnes & Nobles, Borders, and independent bookstores. You can also get it online at www.newmoonstore.com. Many libraries have it, too. Love, Luna.

Dear Luna,

Thanks for the BEST magazine ever! I loved the pen pal section of New Moon, and I was sad to see it go. I've made some great friends because of New Moon. Are there other magazines or websites that have pen pal sections?

Sadie, 13 • Winter Park, Florida

Dear Sadie: New Moon pen pals are back! To get yours, visit www.forgirlsandtheirdreams.org/clubs/PenPal.htm. Love, Luna.

Dear Luna,

I really enjoy your magazine! But I think there's a problem with "Ask a Girl." When someone writes to you, it takes a VERY long time for them to get a response. In your January/February 2004 issue, you gave an answer to a very serious question from July 2003! I know you want girls to help each other, but couldn't you respond to girls sooner? They need help with their problem before it becomes too hard to handle—or too late.

Amanda, 13 • Pinckney, Michigan

Dear Amanda: We wish we could publish answers sooner, too, but it takes about six months to put one issue of New Moon together. We know that many girls' problems may change or be solved by the time we print responses, but we think the answers we print will help many other girls in similar situations. All girls with an URGENT problem should talk to an adult they trust right away. Love, Luna.

Dear Luna,

People always compare others to the "average" height or weight. For 11-year-olds, the "average" height is 4 feet, 11 inches, but I'm 5 feet, 5 inches. When I tell people how old I am, they say things like, "Wow, you're getting huge!" It really hurts my feelings. People should think of others' feelings before they speak.

Robin, 11 • Highland Park, New Jersey

Dear Luna,

In the January/February 2004 issue, you printed an article called "The Crush Files." It's good to hear other girls' experiences, but I also want to know how boys feel about it. I'd like some boys to write about their crushes on girls.

Sherwood, 12 • Richmond, Virginia

Dear Sherwood: New Moon is a special place for girls' voices, so all our articles are written by girls. But boys are welcome to write to "Dear Luna" to share their thoughts. Love, Luna.

Dear New Moon,

In your article on crushes (January/February 2004) I noticed the subtle comment about liking other girls. I'm impressed! For most people, the idea of gays and lesbians is embarrassing or improper. Referring to them in your articles helps girls understand that gays are people, too, and shouldn't be embarrassed about who they are. There's heavy discrimination against gays, but if you let girls express that being gay ISN'T bad, then more people will understand that it's OK. Please continue supporting all girls.

Emma, 12 • Oakland, California

Dear Luna,

Molly (March/April 2003) and Katie (January/February 2004) thought people took patriotism too far in the U.S. and Canada. I disagree. For example, when a big earthquake devastated Iran in December, the U.S. gave medical aid to victims, even though many Iranians consider us their enemy. I think it's fine to be patriotic, as long as you still respect other countries. I love your magazine!

Molly, 11 • Columbia, Maryland

Dear Luna,

New Moon magazine is SO awesome. It reminds me to be my own girl and remain true to myself.

I've noticed some people writing about vegetarianism. One of my friends said the Bible says God put animals on this earth to be eaten. I don't think there's anything wrong with eating animals if they were treated in a kind, humane way when they were alive. I'm a vegetarian because of the cruel ways animals are treated before they're killed. I recommend reading *Fast Food Nation: The Dark Side of the All-American Meal* by Eric Schlosser. It talks about the fast food industry and meatpacking plants.

Finally, I want to say something about girls who write to insult you and complain. They basically say women should just give up and that nothing will ever change. But how do they think we've gotten so far? Because of women speaking up, we can vote, have almost any job we want, and play on sports teams. We need to remember that.

Silvan, 10 • Pittsboro, North Carolina

Dear Luna,

As I was looking through the January calendar, I noticed that you didn't include Martin Luther King, Jr. Day on January 19th. Martin Luther King, Jr. changed lots of people's lives. He's my role model, and I think he deserves to be on the New Moon calendar. He took his dreams seriously. I hope every girl follows in his footsteps.

Marlee, 12 • Haddonfield, New Jersey

Dear Marlee: On the New Moon calendar, we focus on girls' and women's achievements because most calendars leave them off. We agree that Martin Luther King, Jr. is a great role model. We hope he reminds everyone to follow their dreams. Love, Luna.

Dear Luna,

I LOVE your magazine. It gives girls a lot of reasons to be happy. But I have one complaint. You always talk about how all girls are beautiful. Then you say models are horrible. I'm a Limited Too runway model. It makes me and my modeling friends mad when we read things that say we're "fake" or "sick"—because we're not. I'm perfectly healthy. I

know a few magazine models, and they're really nice. You say people who make fun of people are mean, but then you make fun of us. It doesn't make us feel really great.

Alexandra, 12 • Spartanburg, South Carolina

Dear Alexandra: I'm sorry that you feel bad about things you've read in New Moon magazine. I don't think models are awful people at all, and I've never written anything that makes fun of models. I just want girls to know they're beautiful no matter what. Love, Luna.

Dear Luna,

I've noticed that most celebrities won't even talk about feminism. Many people are afraid to call themselves "feminists" because they know some people frown upon that word. Women have more power than they know, but they're afraid to use it because the media tells them they shouldn't.

I've read other magazines, and it's fun to pamper myself and read about which celebrity is wearing what. But it all feels so artificial. It's like those magazines say, "This is what you need to be. This is how you need to look. This is what you need to buy. Otherwise, no one will like you." I always feel terrible when I see pictures of super-skinny models. But you've helped me see that I'm a really beautiful person. Before, I thought I had to buy certain things for people to like me. But now I see that people like me because I'm so strong and willing to be myself.

Marian, 12 • Wallingford, Connecticut

Dear Luna,

I'm an avid New Moon reader—I've read issues dating back to 1996. But telling girls that looks don't matter puts them in sticky situations. Many nights, I come home from school and fall into my mother's arms sobbing, "Mom, I hate my looks, my hair, my style!" You need to accept that sometimes you're going to feel angry about your looks. It's OK to fall into your mother's arms and cry. Don't keep it locked up. And don't ignore your looks and laugh along when someone makes a joke about you, because ignoring looks will give you more trouble than it's worth. Fitting in can make you feel proud and happy and is good for your self-esteem. Besides good grades, that's all you

need to get through middle school. Try!

New Moon is fabulous and wonderful. It's amazing how far you've come and how much you've influenced me (in a good way). Thanks for doing such a great job.

Jane, 12 • Toronto, Ontario, Canada

Dear Luna,

I agree with Abigail (January/February 2004). I'm also uncomfortable with girls' clothes getting shorter and shinier. Girls' clothes are getting tighter, too. Kids can get bad reputations if they show off their bodies. More schools should have dress codes that don't allow revealing clothes. I don't even wear shorts in the summer because I'm too self-conscious about wearing something that feels so much like underwear.

I hate going shopping and reading things on shirts that stereotype girls, like "I love to shop!" Those clothes are misleading—they make it seem like being a girl is only about hair, clothes, makeup, and boys. There's a whole lot more to being a girl than that!

Julia, 11 • Gaithersburg, Maryland

Dear Luna,

I recently started getting your magazine, and I love it! I like your variety of articles and features that all have the same message: girls CAN do anything! I also get *American Girl*. It's not the same, but it isn't a bad magazine. It has a lot of good ideas and activities. But if I had to choose between them, I'd definitely choose New Moon.

Isabella, 12 • Tucson, Arizona

Dear Luna,

I was bullied at my old school. I've tried three different schools, and I've tried going back to my first school, where kids teased me for the way I dressed and the way I did my hair. I dyed my hair different colors, and I shaved my hair short. My teacher used to make rude remarks to me, and once she poked me for no reason. My mom fought for me to be in a safe place. Now my grandma homeschools me.

Homeschooling is like school, except that you're taught at a relative's home or your own home. You don't have to think about what the bullies will do to you at lunch, recess, before school, after school, or even next week! I'm safe now.

Homeschooling means I have a schedule and I'm the only one working. I get help if I need it, but I have to stay focused! For a break, I go behind Grandma's house and shoot baskets because I'm on a basketball team through the Boys and Girls Club. I eat healthy lunches, and I walk with Grandma every morning before school begins.

I love your magazine and so does my best friend. My grandma gave it to both of us. I especially liked the article about Wilma Rudolph ("Herstory," January/February 2004). I did a report on her in 4th grade. She was a wonderful woman!

Tiffany, 12 • Lewiston, Idaho

Dear Tiffany: I'm sorry you had such a rough time with bullies, and I'm glad you're in a safe place now. I want all girls to know that it's NEVER your fault if you're bullied. If someone is picking on you, tell a teacher or another trusted adult. Check out our article "Take the Bully By the Horns" in the July/August 2002 issue. Also, visit www.kidsturncentral.com/links/bullylinks.htm for more tips on handling bullies. Love, Luna.

Dear Luna,

I've been getting your magazine for 3 1/2 years. It ROCKS! But why does your magazine come every two months instead of every month? And can I send a book review I wrote?

Amaryth, 12 • Durham, New Hampshire

Dear Amaryth: New Moon has a small staff, so it takes longer to put together one issue of the magazine. You can send your book review to girl@newmoon.org or Editorial Department, New Moon, 34 E. Superior St. #200, Duluth, MN 55802. Love, Luna.

Dear Luna,

Could you tell me about the disease called MS (multiple sclerosis)? My uncle has it. All I know is that it's terrible and chronic. When I was visiting my grandma, my dad's friend came over. We watched a video where he was interviewed about his wife, who was diagnosed with MS a few months before they got married. The film showed her before she died. She couldn't move many of her muscles, and when she tried to talk, it sounded like she was choking. It was hard to see her like that.

I'm really sad because my uncle is very smart and a really great uncle. He also has a child, and

I'm worried about what my cousin's going through. If it's hard for me, I can't imagine what it's like for him.

Before now, I didn't really want to know anything about this. But now that I realize how serious it is, I want to understand everything that's happening to my uncle.

Thank you with all my heart.

Kelly, 11 • New York, New York

Dear Kelly: You're going through a really hard time right now. Your uncle is lucky to have someone who cares so much about him, and it's good that you want to learn more. Try visiting www.multiple-sclerosis.org and <http://faculty.washington.edu/chudler/ms.html>. Ask your health teacher, school nurse, or doctor to tell you more, too. We'll be thinking of you and your family. Love, Luna.

Dear Luna,

I absolutely love your magazine. I also have a subscription to *American Girl*, and New Moon is a lot better. I especially like how you don't use models on the covers. You tell girls to be who they want to be, and I respect you for that. You always give me

strength when I need it, unlike *American Girl* or *Girls' Life*. All they do is tell you how to become popular. That's information I don't need—because I don't want to be popular. You let girls speak their minds, and other magazines tell girls what to wear. You help girls care about how they act, not how they look. I really respect you, and I'm proud to say I listen. How do you get on the editorial board?

Mollie • Sister Bay, Wisconsin

Dear Mollie: Girls on the editorial board live close enough to Duluth, Minnesota, to come to meetings at New Moon twice a month. Girls fill out an application, and the current GEB picks which new girls to bring on the board. If you live near Duluth and want an application, e-mail girl@newmoon.org. If you don't live near Duluth, you can still be involved in New Moon. E-mail us with suggestions, ideas, opinions, stories, and anything else at girl@newmoon.org. Love, Luna.

Dear Readers: We're sorry for all the mistakes in the March/April 2004 calendar. Thanks for all your calls and letters! Love, Luna.

W H O ' S L E U N A ?

Luna is the spirit of New Moon magazine! Do you have something to say to me?

I would love to hear from you! Write to me at Dear Luna, New Moon, 34 E. Superior St. #200, Duluth, MN 55802, or e-mail me at girl@newmoon.org.

Be sure to include your whole name, age, and complete address.

If we publish your letter, we'll only print your first name, age, city, and state. We don't want you to sign your letters "Anonymous." We think girls are brave enough to stand by their opinions, even if they think those opinions will be unpopular. If you still don't want your name printed with your letter, ask us to use your initials.

HEY, GIRLS! WE NEED TO HEAR FROM YOU.

Send us your stories, artwork, and poems for these upcoming themes:

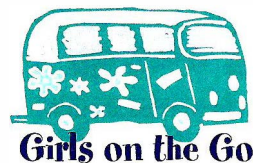
We Are Family Deadline is September 1, 2004

25 Beautiful Girls Deadline is October 1, 2004

I Don't Buy It Deadline is January 1, 2005

Telling My Story

by Jordana Weiss



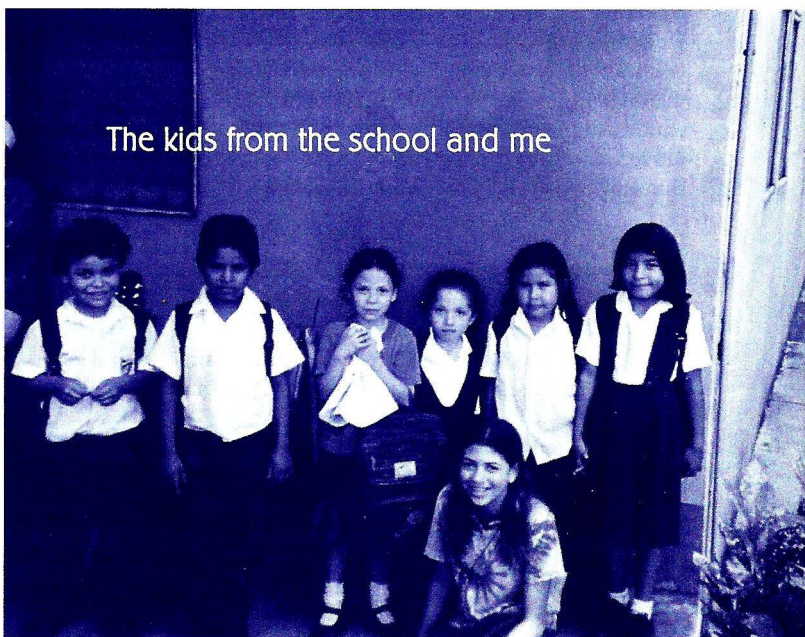
Hot and clean water, toilet paper, and shoes are just a few of the things I appreciate about my life. I've visited places where no one takes these things for granted.

I have a lot of friends who've traveled to Kenya, India, Jamaica, you-name-it. Their stories amazed me. I wanted my own story to tell; that's why I went to Nicaragua with Leaders Today when I was 12. We built an addition onto a school so more kids could go there. Some people nailed and painted boards. Others, including me, worked inside the classrooms teaching kids English. We didn't know Spanish, so we used face- and hand gestures. For example, we'd point at our noses and say, "nose." We also taught them the Hokey Pokey and Simon Says.

About Leaders Today

Marc and Craig Kielburger founded Leaders Today when they were teenagers. Their goal is to get youth involved in social issues.

the priest do over a dozen baptisms. The babies weren't happy when we poured the sacred water on them!

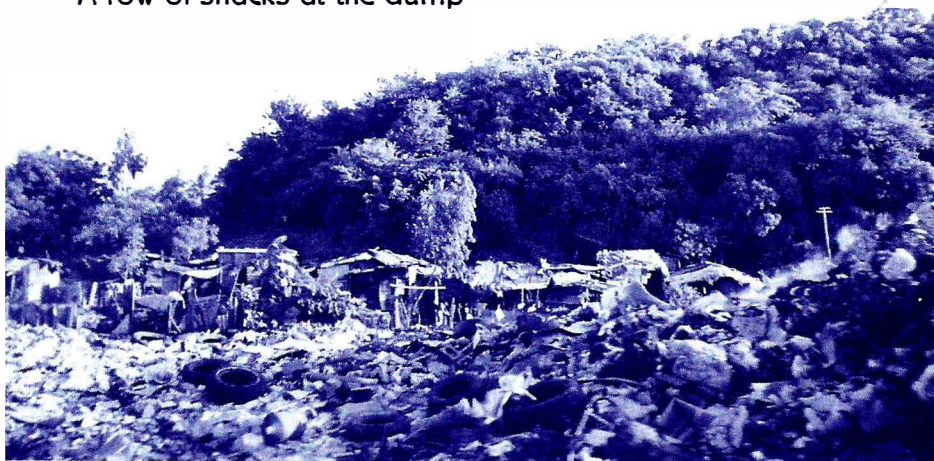


The kids from the school and me

After we finished building and painting the addition, we held an opening ceremony. A priest blessed the school, and we partied. We actually stayed with the priests in the town of Waslala. There were only two priests for over 50 villages, so the priests traveled around. Most people only saw a priest once every six months. By that time, lots of people needed to be baptized, confirmed, and married. One day, I helped

The experience that impacted me most was when I visited the garbage dump in the middle of Managua, the capital. The dump was like its own town. People lived there in rows of houses made from scrap garbage. The air stunk of burn-

A row of shacks at the dump



ing plastic, which they burned instead of wood because it lasted longer.

One boy at the dump told us he went to school, but later we found out he'd lied. He'd never left the dump in his life. The people living on the dump can't afford houses. They pick through the trash for a living, and their children sell what they find

Walk a Mile In My Shoes

I noticed the kids in the dump wore flip-flops instead of real shoes, so I asked students and teachers in my school to donate shoes. I collected 80 pairs. When I went to Nicaragua again, I brought the shoes. I liked seeing how I helped.

on the streets. They have everything they need immediately at the dump. One of the people in our group was screaming because it bothered her so much. Everyone was crying.

When the trip started, the only person I knew was one of the adult leaders. But I made friends with the other kids in the group, the priests, and the people who worked at the church. When we visited people, they dropped everything to show us around, knocked a coconut off a tree to give us something to drink, and just chatted. We had conversations that were part Spanish, a little English, and lots of hand gestures. I didn't meet anyone in Nicaragua who spoke English, but I learned that language doesn't really matter. When we went to the airport to leave, everyone waved at us. I'd like to go back and see them again.



Jordana Weiss, 14, lives in Ontario, Canada, with her family. She enjoys *The Lord of the Rings* movies and *The Matrix*. She hopes to be fluent in Tolkien's Elvish language someday.



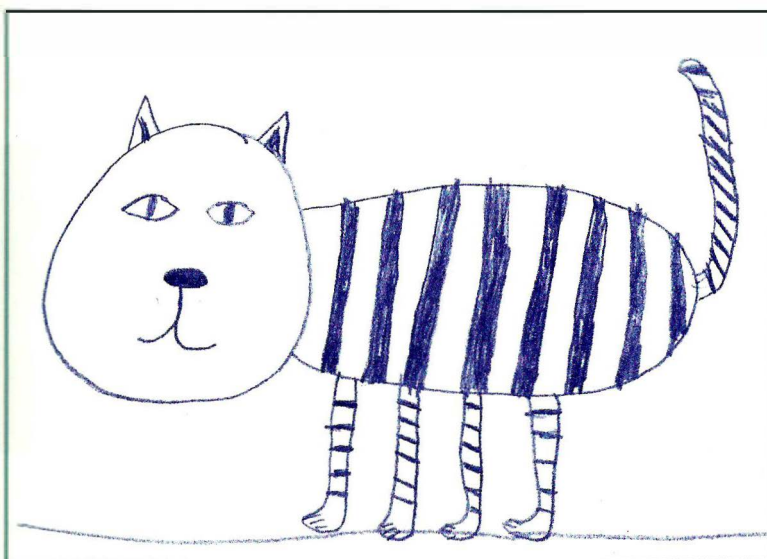
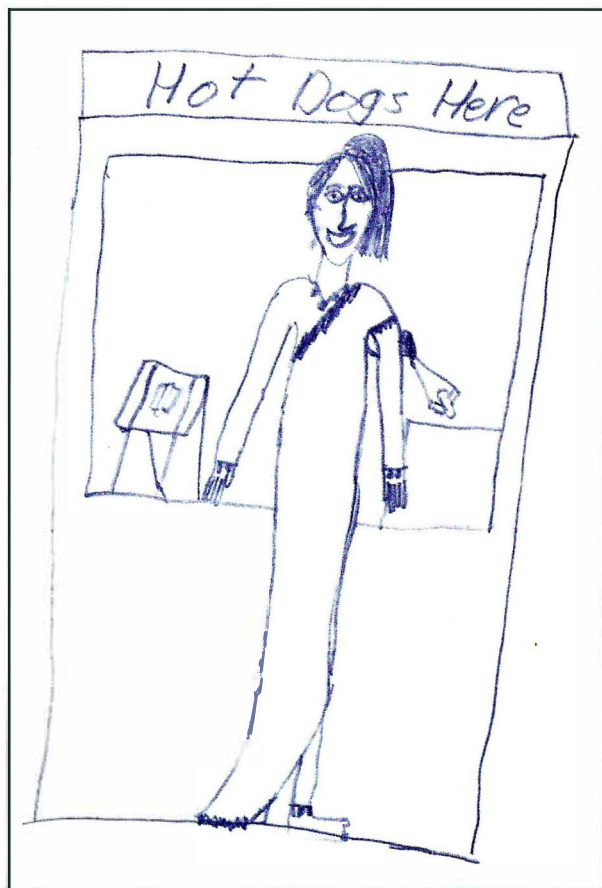
For more information about Leaders Today and Nicaragua, visit www.forgirlsandtheirdreams.org and click on "Links Girls Like."

DRAW LUNA

LUNA IS THE SPIRIT OF NEW MOON.
WHAT DO YOU THINK SHE LOOKS LIKE?

EVERY GIRL'S IDEA IS DIFFERENT, AND
THAT'S THE WAY WE LIKE IT! LET YOUR
IMAGINATION RUN WILD, AND SEND US A
DRAWING IN DARK PENCIL OR INK ON
WHITE, UNLINED PAPER OF WHAT LUNA
LOOKS LIKE TO YOU.

MAKE SURE YOUR DRAWING IS YOUR
OWN ORIGINAL IDEA AND SEND IT TO
DRAW LUNA, NEW MOON, 34 E.
SUPERIOR ST. #200, DULUTH, MN 55802.



I picture Luna as a regular
person. We all have the same
powers as Luna, but she uses
hers more wisely.

ELLEN LEGARD, 10
NEW HAMPSHIRE

I think Luna is a white cat
with black stripes.

CASSIE CHAPADOS, 8
WISCONSIN

VOICE BOX

WELCOME TO VOICE BOX, WHERE GIRLS EXPRESS THEIR OPINIONS ABOUT HOT TOPICS. IN THE NOVEMBER/DECEMBER 2003 ISSUE, WE ASKED FOR YOUR THOUGHTS ON KEEPING SECRETS. HERE'S WHAT YOU SAID:

I think it's important to share secrets with at least one close friend, especially if it's something that worries you. Once you tell it, you feel like a weight has been lifted from your chest, and then you have someone who can help you. Sharing a secret with a friend can even make your relationship stronger. But once, I told somebody else's secret. There was a girl I really wanted to be friends with, and she was telling me secrets, so I told one, too. I immediately regretted it.

Marion, 13 • Keene, New Hampshire

I have depression, and I wanted to keep it a secret, but one of my best friends told everyone in school. These horrible rumors started about me. I often went home crying because

once my secret got out, people treated me like I had a contagious infection. I just wanted to be normal again. Here's a piece of advice to all the girls out there with a secret: be careful whom you tell.

Elizabeth, 13 • Omaha, Nebraska

Once, my friend Willow had a sleepover birthday party. One of the party favors was a diary. I immediately started writing in mine. Later, I had to go to the bathroom, so I asked my friend Ambar to hold it. When I came out, my friend Essie was reading it to everybody. I was REALLY mad at both Ambar and Essie. A person should never read someone else's diary.

Sarah • Putney, Vermont

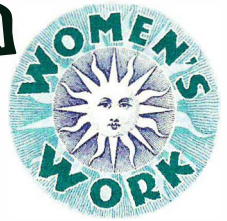
To be a good secret holder, you need to be trustworthy. You also need to trust yourself because if you don't think you can keep a secret, you probably can't. But deciding to keep a secret can depend on the situation. If a friend's in trouble or depressed, you should tell someone. I've never revealed a secret, but last year, I was depressed, and my friend told the school guidance counselor. At first I was angry. Then I realized that my friend was just worried about me and wanted to make sure I was OK. After that, we developed an even stronger bond. Now I'm grateful he told someone.

Erika, 12 • Wellsville, New York



Mountain Mama

by Radha H. S.



Santosh means happiness in ancient Indian Sanskrit language. And Santosh Yadav, who grew up in a traditional Indian family, finds happiness in an unusual way. She climbs mountains. When she reached the summit (top) of Mount Everest for the first time, she hoisted the Indian flag and knelt to pray to Sagarmata, the mountain goddess.

Background on the High Ground

Mount Everest is the highest peak in the world. It's 8,850 meters (29,035 feet) high and rises out of the Himalayan mountain range in India. In 1953, Sir Edmund Hillary of New Zealand and Tenzing Norgay of Nepal were first to reach its summit. In 1975, Junko Tabei of Japan was the first woman to reach the summit.

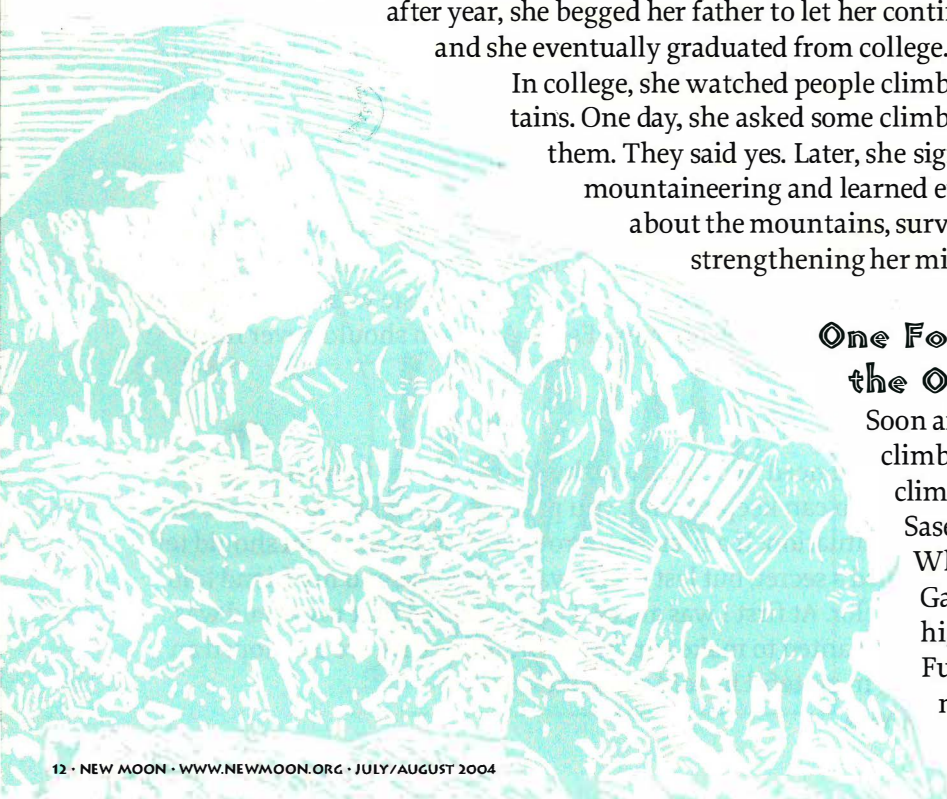
Mountains She Climbed Before She Climbed Mountains

Santosh was born in 1970 in an Indian village where most girls didn't study beyond fifth grade and married as young as 16. Santosh's family was wealthy, which gave her some advantages compared to other girls, but her parents still expected her to marry at 16. Historically, India has been a difficult place for girls to grow up. They're fed less and are less educated than boys. But Santosh, who grew up with five brothers, had always been different from other girls. Year after year, she begged her father to let her continue attending school, and she eventually graduated from college.

In college, she watched people climb the Aravallis mountains. One day, she asked some climbers if she could join them. They said yes. Later, she signed up for classes in mountaineering and learned everything she could about the mountains, survival skills, and strengthening her mind and body.

One Foot in Front of the Other

Soon after, Santosh began climbing. Some of her early climbs included India's Saser Kangri, Mount White Needle, Abi Gamin, and Japan's highest peak, Mount Fujiyama. People noticed.



In an interview with the *Seattle Post*, Santosh said, "As my exposure grew, I grew as a person and began to think of what I could be."

Santosh's physical and mental strength and her ability to handle difficult conditions led her to a job with the Indo-Tibetan Border Police. They guard the India-Tibet border from criminals trying to sneak across. They deal with blizzards, avalanches, and landslides, as well as the hazards of high altitude, where the air is thin and dangerously cold.

Santosh's skills and endurance improved as she prepared for her 1992 Everest expedition. At 22, the youngest person to reach the summit, she became known for her endurance, skill, and calm. Her 1992 expedition led to another just a year later when she became the first woman to reach Everest's summit twice. This time, she was the leader.



AP/Wide World Photos

Santosh at an interview, 1997.

Once a Climber, Always a Climber

Santosh quit her job with the police to promote mountaineering to local and visiting climbers. Later, she married Uttam Lal. They now have a baby boy named Mahir. Santosh plans to climb Everest again by the end of 2004. In spite of many good opportunities outside India, she chooses to stay there, building a more equal and sensitive society for women. Because of this, she also recognizes the importance of going down the mountain safely—she has to live to tell her tale.

THE FACE OF EVEREST

Climbers have left about 50 tons of garbage and about 120 corpses on the face of Everest. When Santosh climbs, she brings garbage down.

Writing is a new career choice for Radha H. S. When she had her daughter, now 5 years old, she realized she wanted to tell her about everything she knows and doesn't know. Radha lives in Bangalore, India.

BUYER BEWARE

Written and illustrated by Natalia Thompson

Have you ever seen a dump piled sky-high with garbage? All that junk started as something someone bought. And before that, it was something someone made. Believe it or not, the U.S., Canada, and countries of Western Europe—with only 20% of the world's population—use over 80% of the world's natural resources to make stuff. When we buy that stuff, we support this cycle. But we don't have to!

So where do **we** come in? We have the power to spend our money in ways that help the environment. How? Glad you asked.

Tip #1 Go Naked

Just kidding! But buy your clothes carefully. Ask yourself if you really need what you're buying. When you do buy something, take good care of it. You know how sometimes you get tired of your clothes? Have a clothing swap with friends who wear the same size as you. Shopping at thrift stores is another great way of re-using good clothes. Before throwing anything away, ask if someone else can use it. If not, ask yourself if there's another use for it, like cleaning rags, quilt pieces, making it into other clothes, patches for jeans, and more.



How You Help:

You reduce the need for cotton. A lot of clothes are made from cotton because it's so comfortable. But growing cotton (which takes up only 3% of the world's farmland) uses 25% of all global **insecticides**. That's a lot of chemicals! By limiting your cotton purchases, you decrease the need for chemicals that harm the environment.

Tip #2 Don't Panic, Eat Organic

When you're out with friends, you get to decide how to spend your money.

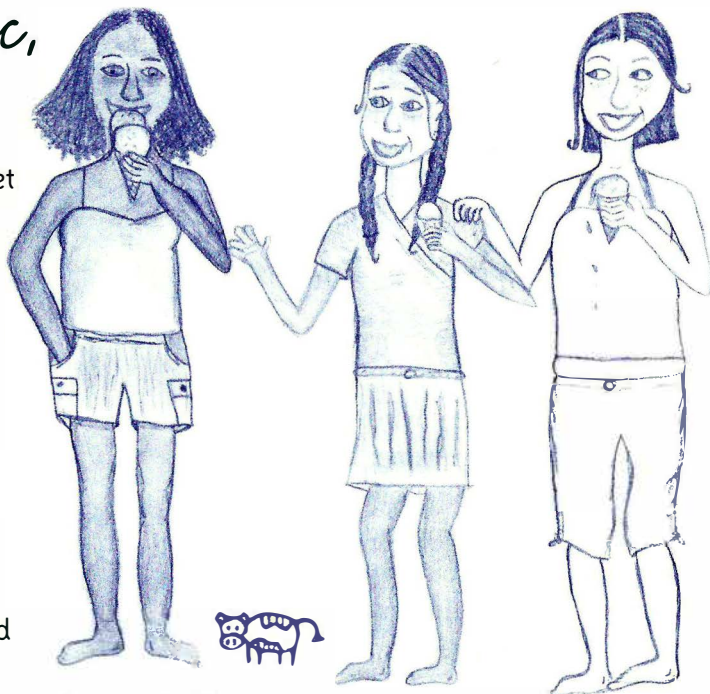
Buy organic foods and snacks from companies that make nutritious and earth-friendly products.

★ How You Help:

You reduce the need for chemical fertilizers, **pesticides**, **genetically modified organisms (GMOs)**, and hormones. Organic foods don't use these, which is better for the air, water, soil, and wildlife.

Unfortunately, these foods can be expensive. But even if you occasionally buy organic products, you support a green company's work.

(Other products like clothes and cosmetics can be organic as well.)



ORGANIC VERSUS NATURAL

Many people may think that they're the same. But products labeled "natural" can still be grown with chemicals.

Tip #3 Eat Slow Food

Boycott fast food burgers. Or don't eat beef at all. Please don't be mad. Read my reason below.

★ How You Help:

You reduce the need for raising cattle. Fast food restaurants are the largest producers of beef. They've cut down huge forests to make room for cows, pushing out the animals that used to live there (not to mention all the room they need to grow the food to feed the cows!). Sixteen percent of the world's methane (a destructive greenhouse gas) is made by cows. They release methane every time they breathe out. Manure,

and wastewater containing manure, can really harm river and stream **ecosystems**. Meat produced in the United States also contains several pesticides which are harmful to the environment. Finally, the packaging that fast food restaurants use is sometimes only used for a few seconds before it's tossed in the trash.

Tip #4 Give 'Em Your Two Cents!

If you really love a certain product, learn about the company. Many companies are concerned with the environment and are mindful when making, shipping, and packaging their products. If you don't like what a company is doing, let them know. Check out the packaging. There's often a toll-free number you can call to voice your opinion.

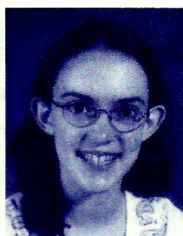
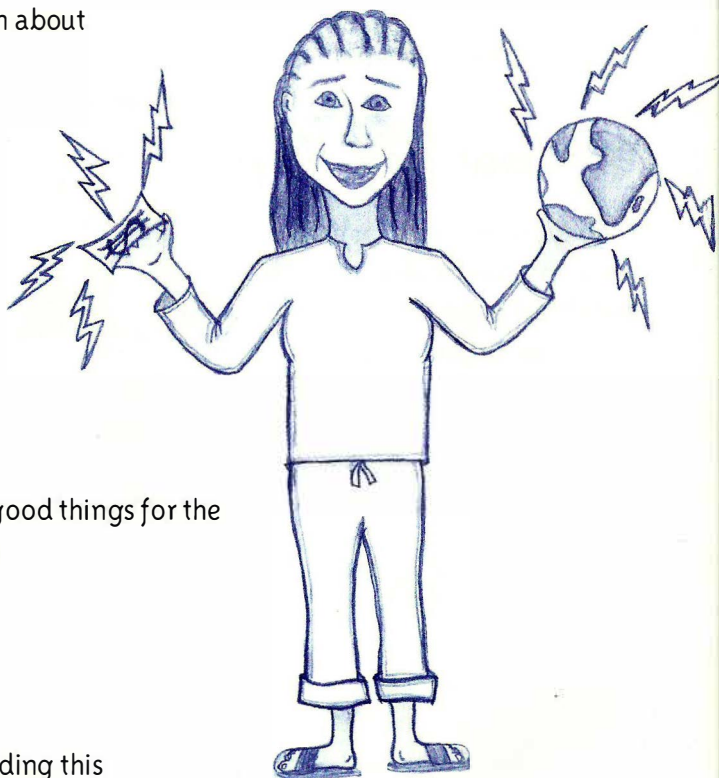
How You Help:

You support companies that are doing good things for the earth. Companies learn what girls want.

All Natural

It's natural to feel a little guilty after reading this information. You might feel bad about what you buy.

I didn't write this article to tell you what you're doing wrong; I want to remind you that if each of us is more careful about what we buy, we can do a world of good for the planet.



Natalia Thompson, 12, loves traveling, speaks Spanish, and has lived in Chile. At home in Wisconsin, she enjoys playing soccer, rock climbing, cooking, and drawing.



POETRY

THE PLACE IN MY HEART

It's a small thing.
Nothing of importance.
Something only my twin and I can say is ours.
It holds its small head tall and proud even though
 we all know it is gentle and frail
And can easily be blown over when the big winds come.
It calms, soothes, cleanses, and rejuvenates me
 as I sit under its branches.
It is my tree.
My age.
Planted when I was born.
No one can ever take it, even if they cut it down.
It will live in my heart.
It grows as I grow, in all directions.
It shares all of my accomplishments.
It holds me as I cry of all my downfalls.
This tree.
This tree is me.
And I will hold onto it no matter what happens.
Because it is my tree.
And I love it like I love my sister.
This tree lives in me.

Elizabeth Lynch, 13 • Connecticut

BESTOW IN ME

bestow in me
a purpose
so that i may
walk a curved earth
and soak up
Ra's rays
more fully.
to pull in Suha's rain
and choke myself on an everlasting
life of floods.
give unto me
a reason
to stand
or shall i fall
when strong winds pull me back?
and only to sit until the end
whilst i wait
for the sun and the moon
to rise,
the same,
above you.
bestow in me a
purpose
to carry out
a single violet and plant her,
so she may only live to die.
and i may only live to die.
give me
what i take.
let me carry it across.
let you
bestow in me
a purpose.

C.W., 14 • Florida

Girl-illa in the Mist

by Amelia Diehl



Dian Fossey feared heights and had no training in animal behavior. And, yet, she spent her life climbing treacherously high terrain to follow and study apes—determined to protect them from extinction and abuse.

Born in California in 1932, Dian loved animals, and in 1950, she enrolled in preveterinary school. Later, she changed her major and became an occupational therapist instead.

She went on to work at Kosair Children's Hospital in Kentucky, but she longed to visit Africa. In 1963, she borrowed money and traveled there, hoping to see mountain gorillas and visit Olduvai Gorge, a famous archeological site.

When Dian arrived at Olduvai, Dr. Louis Leakey, world-famous paleoanthropologist, was not happy to see another American tourist. He was even less pleased when she fell into the excavation site, badly sprained her ankle, broke a rare giraffe fossil, and then threw up on it.

Dian didn't let the fall ruin her trip, though. Two weeks later, she made a painful climb up a 10,000-foot volcano, determined to see the great apes. The moment she saw them, she fell in love.

After she returned to Kentucky, she couldn't forget about the gorillas. She met Dr. Leakey again at a conference in Louisville, and her passion for the gorillas convinced him she was the woman to study these animals. So after a few months of training with chimpanzee specialist, Jane Goodall, Dian headed to Africa.

In 1967, with support from several foundations, she founded Karisoke Research Camp in Rwanda and began her studies. For months, she secretly watched the gorillas. Then she imitated their sounds. In 1970, she had her first big breakthrough—one of the male gorillas touched her hand. It was the first recorded friendly contact between a human and a gorilla.

Soon, Dian earned the gorillas' trust. She gave them names like Peanuts, Macho, and Digit. One rainy day when Dian was feeling sad, she ventured out to observe the gorillas. As she sat quietly watching them, Digit, her favorite gorilla, appeared and hugged and cuddled with her.

When poachers learned that people would pay money for the gorillas' heads and paws,



Occupational therapist

someone who helps people cope with illnesses or disabilities in their daily lives.

Olduvai Gorge

an African dig in Tanzania. Primate fossils over 2 million years old have been discovered there.

Poacher

a person who hunts or fishes illegally.

Paleoanthropologist

a person who studies prehistoric human fossils.





©Robert I. Campbell/National Geographic Image Collection

they began hunting and trapping gorillas. Dian tore down the poachers' camps and tried to scare them away. Then one day in 1978, poachers killed Digit. Six months later, they killed Uncle Bert, another of Dian's favorite gorillas. Dian declared war on poachers, organizing patrols and setting their camps on fire.

Dian returned to the U.S. and got her Ph.D. in zoology in 1980. She worked at Cambridge University for awhile and began writing her book, but she eventually returned to the gorillas she loved and continued to fight for them.

On the day after Christmas in 1985, Dian was murdered, and the crime was never solved. She was buried near Digit and Uncle Bert. Her tombstone reads, "Dian Fossey, 1932–1985. No one loved gorillas more...."

Dian's book, *Gorillas in the Mist*, was published in 1983 and became a major motion picture in 1987, raising awareness about gorillas and the dangers they faced. Her work continues today through the Fossey Fund. It raises money to keep alive her dream of protecting and studying Africa's gorillas.



To learn more about Dian Fossey, go to www.forgirlsandtheirdreams.org and click on "Links Girls Like."

Yellow Bikes and Flying Cars

BY ERIN TSANG

Can you imagine a tiny plane that whisks you off to school or cars on tracks above the roads that take you to the library? These ways of getting around are more than fantasy. They're real possibilities that could transport us to a cleaner world.

A century ago, cars were a new invention, and only rich people drove them. Now, they're bumper-to-bumper on our roads. People drive everywhere, even just up the street.

But there's a price—car exhaust emits **carcinogens** into the air. These **emissions** hurt the **ecosystem** and deplete the **ozone** by damaging the air and rainwater with pollutants. That's bad for our health and the earth's. But don't worry, help is on the way.

Car Go “Cheap, Cheap”?

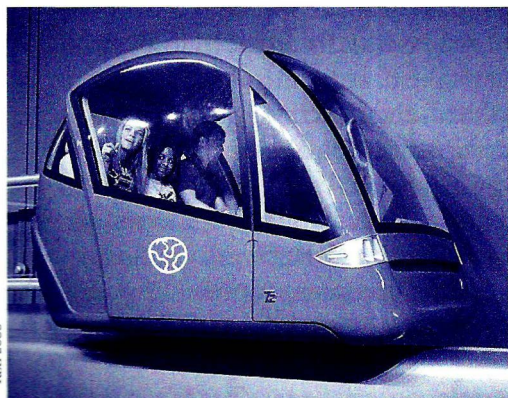
Hybrid cars, currently made by Honda and Toyota, can go 55 miles on one gallon of gas—that's 30 miles more than the average car. Hybrid cars run on two energy sources—gas and electricity (a cleaner energy source). They use less gas, which means less exhaust, less pollution, and less money for gasoline.



Toyota.com

All Aboard the SkyWeb Express

SkyWeb is a new kind of public transportation called “personal rapid transit.” It's a system of small, three-passenger cars that run on a raised track, and they'll be on the scene very soon. Computers run these cars, so all people have to do is get in and tell the computer where they want to go. It uses less land than roads do, runs on electricity, and doesn't create any pollution. It's safe, simple, and good for the earth.



Tokai 2000



Jet Setting with the Jetsons?

The skycar, which is actually a small plane, is similar to the cars on *The Jetsons*, and it might be zooming overhead soon. Paul Moller has been working on the skycar for over 40 years. It will travel faster than a car, and it doesn't have to idle (sit still and run) like cars do, so it will give off fewer **emissions**.

Bicycle Recycle

Never fear—yellow bikes are here! Bikeshare is a bicycle-lending program in downtown Toronto. Bikeshare members pay a yearly \$25 fee or volunteer regularly anywhere in the city. As members, they can borrow a bike for up to three days. People can find the bikes at Bikeshare “hubs,” which are located throughout Toronto. A group of women, called Wenches with Wrenches, keep the bikes in good working order. It's recycling and bicycling at the same time.

These new ways to travel can help our environment. They're convenient and don't harm the earth. Plus, they're really cool.



Community Bicycle Network



To find out more about earth-friendly travel, go to www.forgirlsandtheirdreams.org and click on “Links Girls Like.”

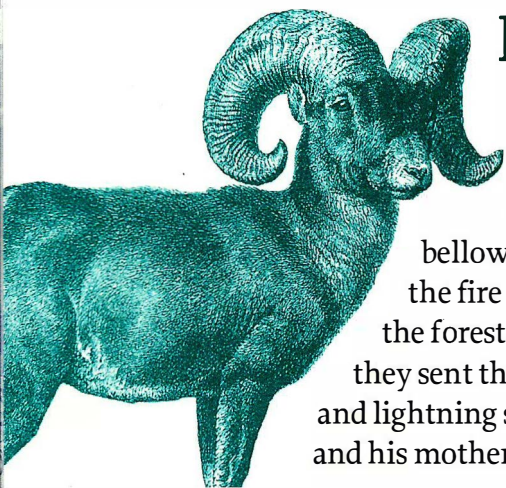
Lightning Bolts & Goddess Jolts

by Annie Long

Before modern science existed, people blamed strange activities in the heavens and on earth on the moods and whims of gods and goddesses. Humans thought thunder claps, lightning zaps, and the comings and goings of the moon, sun, and stars were all the magical happenings of spiritual beings. Lots of cultures and religions feature goddesses and heroines in their nature myths. Here are just a few:

Ram Racket

Some African myths say that millions of years ago, a sheep and her son lived in a quiet village. The young ram often had temper tantrums, lighting parts of the village on fire. His mother yelled at him, and her voice bellowed throughout the village. The villagers couldn't stand the fire or the noise, so they banned the sheep and her son to the forest. Then the villagers had to worry about forest fires, so they sent the two to live in the sky. Whenever there was a thunder and lightning storm, villagers believed it was the ram lighting fires and his mother yelling at him.



Earth to Iris

Greek mythology gives us the story of Iris, the goddess of the rainbow. Iris was a beautiful maiden with golden wings. She was the messenger between the gods and humankind. Ancient Greeks believed that she came down from the heavens to earth on the rainbow. She restored peace in nature and led the souls of dead women into Heaven. The Greeks honored her by planting purple irises on the graves of women.



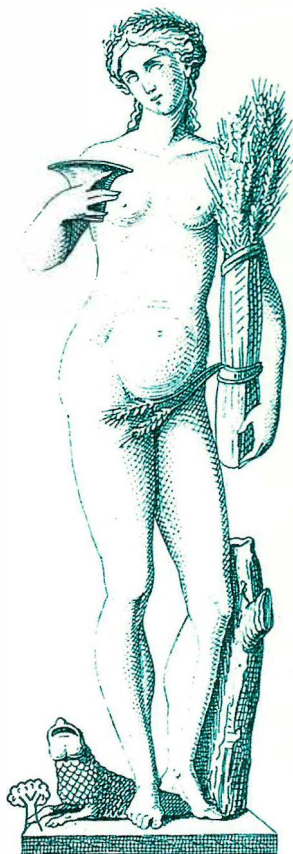
Red Hot Goddess

In Ancient Egypt, when a solar eclipse happened, people thought Hathor, the sun god's daughter, had fought with her father and stormed out of Egypt, taking the sun's light with her. The Egyptians were in darkness, and they were scared. The gods sent Thoth, the moon god, to persuade her to return. Hathor was still angry, so she bathed in the Nile to cool her hot temper. She had so much anger, it turned the water red. But then, she returned to her usual happy self and brought the sun's light back to the people.



Mournful Mama

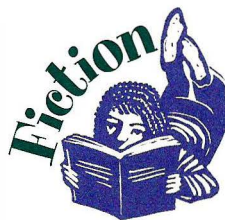
Demeter, Greek goddess of the harvest, had a beautiful daughter, Persephone. Persephone was so beautiful that Hades, the god of the underworld wanted her for himself, so he made the earth open up and swallow her. When Demeter realized what had happened, she protested to Zeus, Persephone's father and ruler of the gods. Hades let Persephone go, giving her a pomegranate as a parting gift. But when she ate the seeds, she became bound to the underworld forever and had to return to live with Hades four months of every year. Demeter was sad without her daughter, and she wouldn't let anything grow during those months. The ancient Greeks believed that was why winter came.



There are myths in every culture to explain nature's mysteries. Today, scientists know why lots of these things happen, but the myths still live on. After all, who doesn't like to believe in a little magic?

The End of Summer

by Kristine Ekman • illustrated by Kathy Marsaa



"ARE you packed yet?" my mom yelled up the stairs.

She'd told me to organize all my gear last night so I wouldn't be stressed, but here I was rushing around. Where's my CD of Elvis tunes? I'd be on the bus to camp for three hours. I didn't want to listen to Taylor, Joe, and Sam fighting about major league baseball.

"Lyla, honey?" Mom walked into my room.

"Yeah," I moaned.

"Umm." She had a strained look on her face. "Have you talked to Taylor lately?"

"No."

"You know, I talked to his mom, and she said this will probably be his last summer at camp, too."



SINCE preschool, Taylor and I had spent every afternoon together. By the time we were 11, he was into baseball, and I was into art classes. It didn't affect our friendship, though. We still saw each other at school. When I was picked as one of the captains for kickball, I'd go out of my way not to pick him. The game was too easy when we were on the same team. We used to get together with Joe and Sam and build forts in the back yard, make up games, and take bets on whose parents would die first. Morbid, for sure, but at least we were on the same page. Then, suddenly, my best friend changed. One day we're having a mud fight, and the next, Taylor, Joe, and Sam are going to the arcade without me.



THE three of them were in the back of the bus when I got on. I found a seat near the front and popped Elvis into my CD player. The ride was familiar, passing the white clapboard churches and brick-red barns. Farm animals grazed, and rolling hills appeared and disappeared.

When we finally arrived, Taylor stood next to me. He was wearing the Miami baseball cap I'd given him for his last birthday. The brim was worn. The orange and green embroidery was starting to fray.

I wanted to ignore him to spite him for all the times he'd ignored me lately, but I found myself saying, "Hi."

"My mom said you'd be here," he replied.



"It's going to be the last time," I said as flatly as I could. "I'm getting too old."
"Yeah. Me, too." He paused. "Well, see you." He walked away as I stood there alone.



THAT week, I saw Taylor a few times at dinner and at the campfire, but we didn't speak. I pretended he wasn't there and concentrated on my new friends, Claire and Lisa.

The three of us walked along the beach looking for seashells and good skipping stones. "Look for the ones that are flat and smooth. That'll make it easier," Lisa told me. Eventually, I was a master—skipping stones from the water's edge, watching them jump, counting the circles as they traveled further away. We also searched the woods for the tallest tree or counted the rings of fallen trees. Each ring stood for a year. The girl who found the oldest tree won. When we tired of that, we played "I Spy," spotting wildlife hiding in the foliage. We paddled in the canoe relays, too, but we were more concerned with soaking the other campers than winning.



ON the last night, we lit the largest bonfire of the summer. "So we shall all be together in spirit and the heavens," I remembered someone saying in a past summer. I loved this last bonfire and all the giddiness that went with it. As I walked with Claire and Lisa back to our cabin afterwards, I heard my name.

"Lyla wait up." It was Taylor. I told my friends to go ahead.

"What's going on?" I asked.

"I don't want things to be weird next year in high school. You know, we probably need to branch out. Meet new people." He was looking down and shuffling his feet. I knew he wasn't telling Joe or Sam to "branch out."

"Sounds fine." I felt stung.

"OK, then." He looked in my eyes, then quickly away. I could see he was upset. He started to walk away. I couldn't think of anything to say. My mind was blank. I called out his name.

"You know I like the arcade, too." It was all I could think to say.

"Yeah." He shrugged. "Maybe I'll see you there sometime." He vanished into the darkness.

In the back of my mind, I could hear his voice when we were little and playing in my back yard. "You're never going to find me, Ly," he'd yell when we played hide-and-seek.

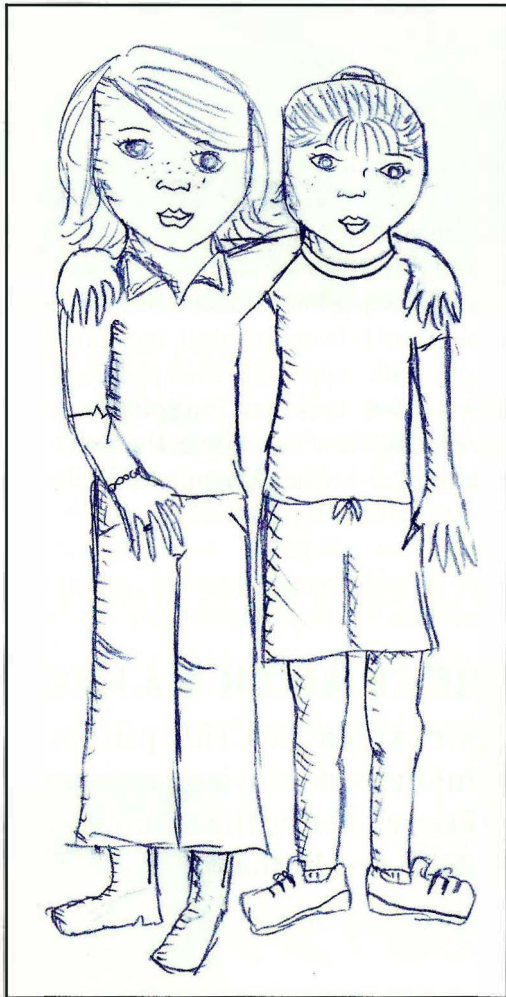
My throat tightened. My chest felt heavy. Come after me. Come find me in the darkness, I wanted to say. Let's run around and play a game. All I could hear were the rustlings of campers packing. As I approached my cabin, Lisa called from the door, "You better get packed. Tomorrow we go home. I can't wait."

Kristine Ekman lives in Seattle with her neurotic, egg-eating chocolate lab, Bagley. She loves to read and cook. She works at *Seattle Magazine* as an editorial assistant.

LUNA'S ART GALLERY

WELCOME TO LUNA'S ART GALLERY!

We're proud to present the work of two fabulous artists. If you'd like to have your artwork (a drawing, painting, photo, collage, or anything else) featured in New Moon, send it to **Luna's Art Gallery, New Moon, 34 E. Superior St. #200, Duluth, MN 55802.** We can only print art that is black and white or done in one dark color (like dark blue) on white, unlined paper. Please send artwork created out of your own imagination, not copied or traced. Be sure to include an explanation of what motivated you to create your work of art!



ARTIST'S NOTE

A book of vivid photographs inspired me to draw this picture. I loved the beautifully peaceful photos.

CAMILLA HERMANN, 13
MASSACHUSETTS

ARTIST'S NOTE

I love to draw, especially people.
I think everyone needs a friend.

MARY MOSER, 11
PENNSYLVANIA

RAIN, RAIN, DON'T GO AWAY

 BY MAYSEN FORBES 

When you think of Canada, you probably think of snow, hockey, and polar bears. But a hidden treasure lies along the Canadian coastline in British Columbia. There, in all its beauty, is the Great Bear Rainforest.

NOTHING BUT THE FACTS

The Great Bear **Rainforest** stretches from the tip of Washington State in the U.S. all the way to Alaska. It includes over 7 million hectares (about 17 million acres) of mountains, valleys, islands, and coastline. Great Bear is the world's largest unprotected area of continuous temperate rainforest and is more endangered than the tropical rainforests.

THE LIFE OF THE FOREST

Great Bear is full of giant trees. Douglas fir and Sitka can grow to 90 meters (300 feet) tall and Western cedars can grow to be 6 meters (19 feet) around. These giants nurture and shelter many plants, insects, and animals. Roots, berries, and ferns grow beneath them. Just one shovelful of healthy soil from this rainforest has as many living **micro-organisms** as there are humans on earth!

Grizzly bears, northern flying squirrels, elk, martens, bats, black-tailed deer, and the marbled murrelet, an endangered seabird, all call Great Bear home. Salmon live and migrate in Great Bear's streams. Because the rainforest runs along the coast of the Pacific Ocean, you can also see porpoises, sea lions, seals, and Orca and humpback whales near it.

MAGIC IN THE AIR

Great Bear is the ancestral home of the First Nations, Canada's Native people. Legend says they've lived there since the last Ice Age and share this vast land with the "Spirit Bear." This creamy white bear is also called the Kermode bear and is from the black bear family, but its ghost-like appearance led people to call it Spirit Bear. Less than 400 Spirit Bears are alive today. They live only in the Great Bear Rainforest—which is named after them.



RAINFORESTS ARE LIKE THE "EARTH'S LUNG"

because they "breathe" carbon dioxide in and give oxygen back. Fifty percent of the world's plant and animal species live in rainforests; destroying rainforests will destroy these species. Scientists want to keep exploring the rainforests.

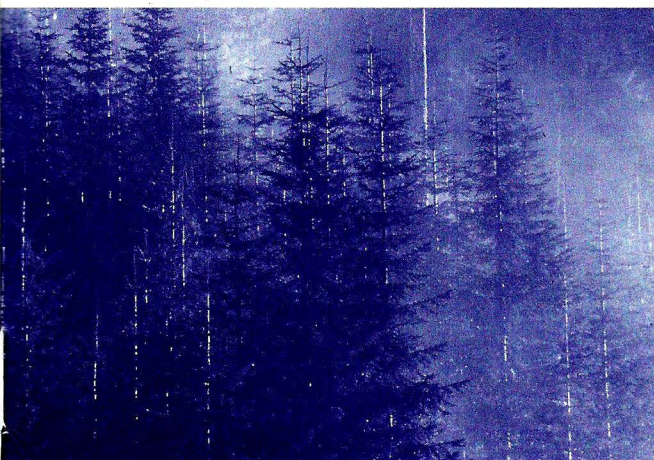
Many believe a cure for cancer or AIDS may lie there.





WHAT'S THE DIFFERENCE BETWEEN TEMPERATE AND TROPICAL RAINFORESTS?

Temperate rainforests are in places where the temperature is neither very hot nor very cold. Tropical rainforests are in places where it's hot and humid.



A HEALTHY TEMPERATE RAINFOREST



©Al Harvey/www.slidefarm.com

A RAINFOREST AFTER CLEAR-CUTTING

KEEP IT GREEN

Because of logging and **clear-cutting**, the Great Bear Rainforest is disappearing. Clear-cutting has already destroyed 80% of British Columbia's rainforest valleys. It also destroys animals' homes. Clear-cutting and building roads into the forest erodes hillsides. This causes clogging in the streams and ruins the water that salmon use for breeding.

Ikea and Home Depot are two businesses that help preserve rainforests by refusing to use lumber from endangered forests like Great Bear. Twenty-one of Canada's top publishers don't buy paper produced from the Great Bear Rainforest.

The rainforest is 10,000 years old, so it's worth taking care of and saving. Humans aren't the only ones who live on earth—and destroying rainforests takes homes from many living things. Girls everywhere should demand that governments pass laws to protect the rainforests.



Maysen Forbes, 12, lives in Alberta, Canada, with her parents, two younger sisters, and two cats. British Columbia holds a special place in Maysen's heart because she attends a Jewish summer camp there every year.



To learn more about rainforests, go to www.forgirlsandtheirdreams.org and click on "Links Girls Like."

Ukraine on the Brain

BY SVETA MISCHENKOVA

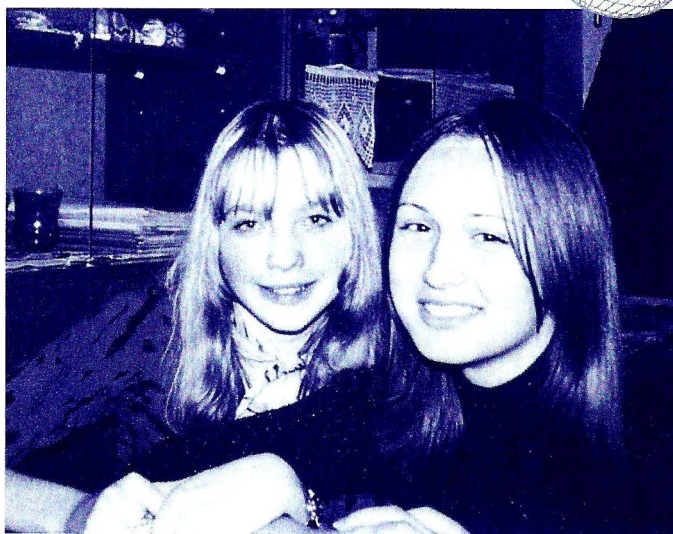


Hi. My name is Sveta—but people use different names

for me, depending on their mood. Somebody who loves and takes care of me calls me Svetik, Svetochka, or Svetulyer. Somebody who doesn't like me or who's mad at me calls me Svetka. My full name, which is on documents, is Svetlana. That's also the name strict teachers use for me.

The words pretty, absent-minded, friendly, kind, generous, and open-hearted all describe me. I'm 14, and I live

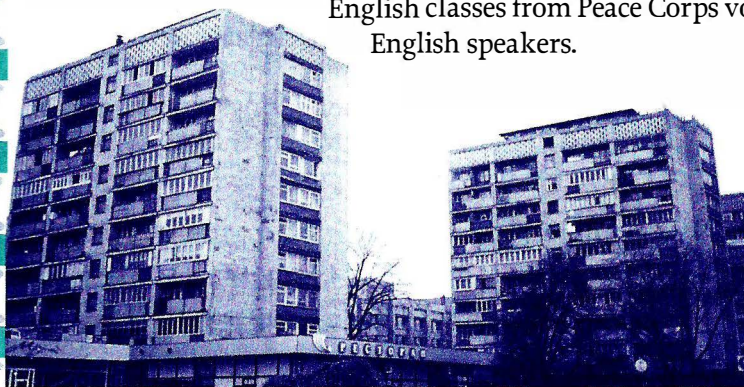
in Melitopol, Ukraine. Many people think that Ukraine is part of Russia, but Ukraine has been independent since 1991.



ME AND MY FRIEND VIKA

Just a Regular Day ...

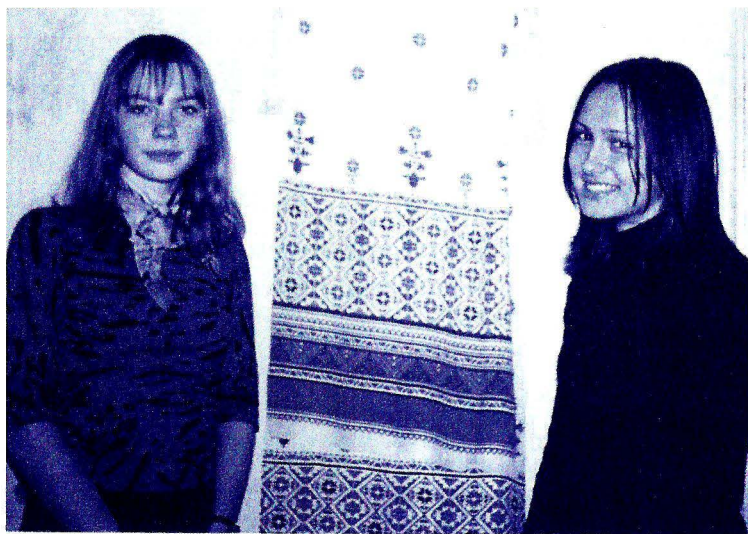
I go to school six days a week, but on Saturday, we have optional classes on the subjects we've chosen for our future career. I take a lot of English classes on Saturdays. Our English textbooks are too formal and they aren't up-to-date, so I like to take English classes from Peace Corps volunteers who are native English speakers.



MY FAMILY AND I LIVE IN A THREE-ROOM APARTMENT. THIS IS AN APARTMENT BUILDING IN UKRAINE.

After school, I go home to do homework—but not on Wednesdays! Wednesday is special for me and my friends. We have a tradition of getting together every Wednesday to have tea and homemade cakes. We have so much fun telling jokes and playing tricks on each other while we bake the cakes.

In the evening, I like to watch TV, especially American dramas. On warm weekends, my family goes to the countryside or to the forest to cook *shashlik* (that's like barbecue cooked over a bonfire).



ME AND VIKA WITH HANDMADE UKRAINIAN EMBROIDERY. GIRLS FROM MY GRANDMA'S TIME DID A LOT OF EMBROIDERY LIKE THIS.

We Are Family

I live with my younger brother and my parents. My brother's name is Zhenya, and he's 11. He's tall, slender, and blue-eyed, and his hair is the color of ripe wheat.

My father is an officer. He's a handsome man with blue eyes and dark hair. I love him very much.

My mom's trained as a nurse, but now she's a housewife. She's always elegant, and she has good taste and a sense of humor. I can always go to her if I have a problem. I pay attention to what American stars are wearing, but my mom is my biggest influence. She's the most important person in the world to me.

A Day Just for Women

This year, I read *New Moon* for the first time. Trina Enriquez, a Peace Corps volunteer at my school, gave it to me. I love it, and I think it's a pity that Ukrainian girls don't have a magazine like this. In *New Moon*, I read about International Women's Day. I was surprised to see that people all over the world celebrate it on March 8th. I thought only countries of the former Soviet Union celebrated it.

My mom and I celebrate that day by relaxing in bed all morning. My father cooks breakfast for us and gives us flowers and presents. Then we all prepare a holiday dinner

for guests or we visit our relatives and friends. The brightest feature of any Ukrainian holiday is when people spend hours sitting around the table eating, talking, and singing songs. Sometimes we take breaks for dancing!

An Environment for Dreams

I'm excited about my future, but I also have some big concerns about it. Ukraine has a lot of environmental problems. The water, air, and soil are so polluted that I'm afraid I won't have healthy children when I get married. I'm also afraid I won't live as long as my grandparents have.

Every summer, I visit my grandmother in Kiev, the capital of Ukraine. I adore the chestnut trees there. Last summer, I enrolled in an acting school in Kiev. My teachers were famous Ukrainian and Russian actors, and it really made an impression on me. (It really made an impression on my parents, too, because of the price of the classes!) I graduated from the acting school, and now I have a diploma and even my own portfolio. I'm not sure what I want to be when I grow up, but I think I'll be popular, independent, and bright and that I'll earn a lot of money.

If I could live somewhere else for awhile, I'd like to live in the Netherlands or Switzerland. Those countries are so beautiful that living there would be like living in a fairy tale. I know that a lot of countries in Western Europe and North America are more advanced than Ukraine, and many Ukrainians would be happy to change their living conditions for better. But I don't think I could spend my life somewhere else because I like the place where I was born and raised. I don't ever want to leave my relatives and friends. I love my country, and I want to stay here to improve life for all Ukrainians. But I like traveling very much, and if I had the chance, I would visit every country in the world and make as many friends as possible.



I SHOP AT THE BAZAAR WITH MY MOM ON WEEKENDS BECAUSE IT'S CHEAPER THAN SHOPPING AT INDOOR SHOPS. THIS WOMAN IS SELLING MEAT AT THE BAZAAR.

Considering Customs

BY SVETA MISCHENKOVA



Country size: 603,700 sq. km (233,090 sq. miles). That's about the same size as Texas.

Population: About 50 million people

Religions: Mainly Ukrainian Orthodox, which is Christian

Languages: Ukrainian, Russian

Weather: It's hot and humid in summer, especially July. Temperatures can rise to 40 degrees Celsius (104 degrees Fahrenheit). Sometimes there's no water in summer because people use it up watering their gardens. In the winter, we have cold winds, slush, and snow. Also, the city government decides when to turn on the heat, so for the first couple weeks of winter, kids go to class in jackets, scarves, gloves, and hats. Sometimes their fingers are so numb they can't write.



To try some yummy Ukrainian recipes, go to www.forgirlsandtheirdreams.org and click on "Links Girls Like." Make sure to get an adult's help before using the kitchen!

Government type: Republic.

The head of state is the president. The parliament has 450 representatives. Thirty of them are women. During the last election, a woman, Natalya Vitrenko, ran for president. She got a lot of votes but didn't win.

Education: Every child attends school. After high school, they work or study at college. Almost all Ukrainians can read.

Holidays: Our main holiday is New Year's, which is like the American Christmas. We decorate a New Year tree and get presents from Grandfather Feast instead of Santa Claus. Also, the Ukrainian Santa has a charming granddaughter, *Snyegurochka* (little snow maiden). Other holidays are Christmas (January 7), International Women's Day (March 8), Independence Day (August 24), and Easter.

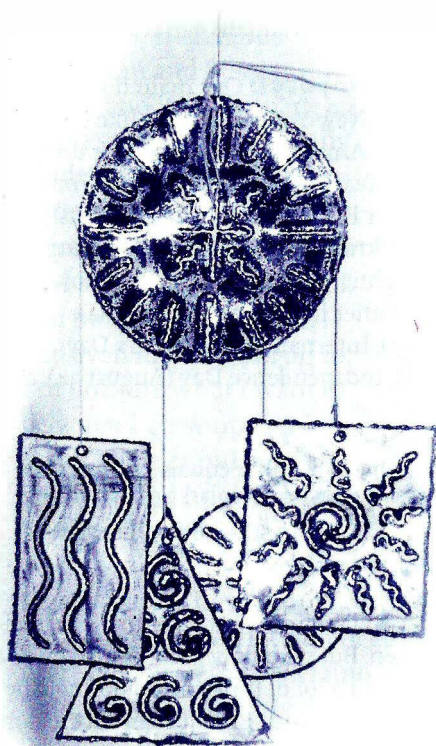
Money: One U.S. dollar equals 5.3 *hryvnias*. One issue of New Moon costs 29.15 *hryvnias*. The same amount can buy 6 two-liter bottles of soda or 30 loaves of bread.

Culture: Today, girls want to be modern businesswomen. But when my grandmother was a girl, she spent a lot of time embroidering. She decorated towels and shirts for her future family. Today, not many women embroider like this, but we appreciate the ones who do.

TRASH TO TREASURE

by Neeraja Koneru

Turning old trash into something new and useful is as environmentally friendly as you can get. Many craft groups use only trash for their projects. A Canadian couple used 12,000 old car tires to make a house! Val Hunt, a British artist, turns soda cans into elaborate necklaces, wall hangings, and handbags. Even little kids use cans, bottles, cardboard, foil, and more to make toys and art. Reusing is easy. All you need is a little trash and a little creativity. Here are some ideas to get you started. (Tools were used to make some of these things. Ask an adult for help before you start any project.)



Clare's necklace is made from other broken necklaces and earrings.

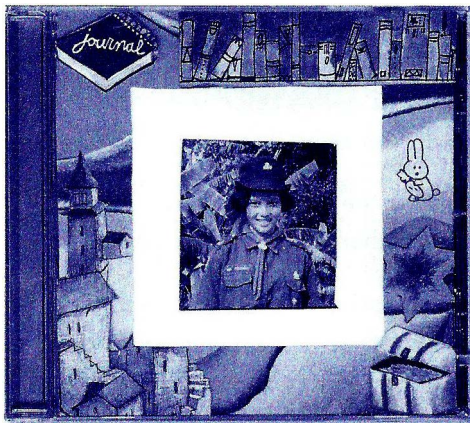
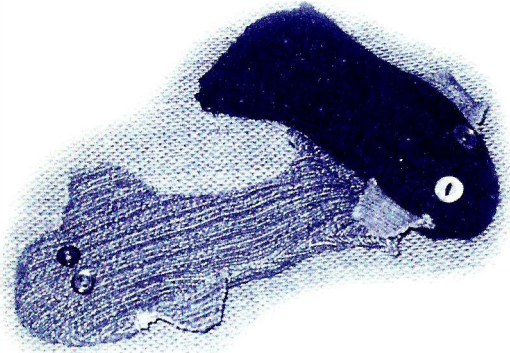
You can make wind chimes and mobiles out of anything. This wind chime came from flattened and cut cans.

**Old fabric or clothes
make great gift bags.**



**Got an old sweater? Wash it, dry it,
and cut out the shape of your hands.
Sew the edges, and you have mittens!**

**These cat toys are old socks
filled with catnip.**



**This CD frame is a collage
of New Moon covers.**

Picture This

CD cases make great picture frames. Measure a piece of paper to fit in the case. Cut out a hole for your photo. Decorate the paper with anything you can think of: buttons, fabric, coins, beads, ticket stubs, etc. Put the paper into the case; then tape your photo over the hole. Close the case and glue a piece of ribbon on the back so you can hang it up!

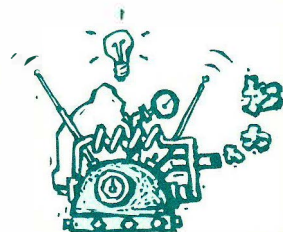


To learn more about turning trash to treasure,
go to www.forgirlsandtheirdreams.org and
click on "Links Girls Like."

GREEN, GREEN AIR MACHINE

BY DARA MCDUGALL, GIRLS EDITORIAL BOARD MEMBER

Science Side Effects



Hi! This issue is all about the environment, so I thought it was the perfect time to learn more about plants. This experiment helped me understand how plants work—and it's really fun!

FOR THIS EXPERIMENT, YOU'LL NEED:



A clear bottle

A freshly cut leaf or flower

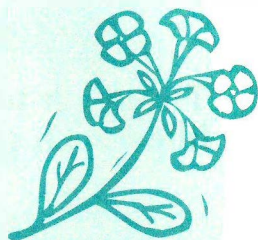
Clay

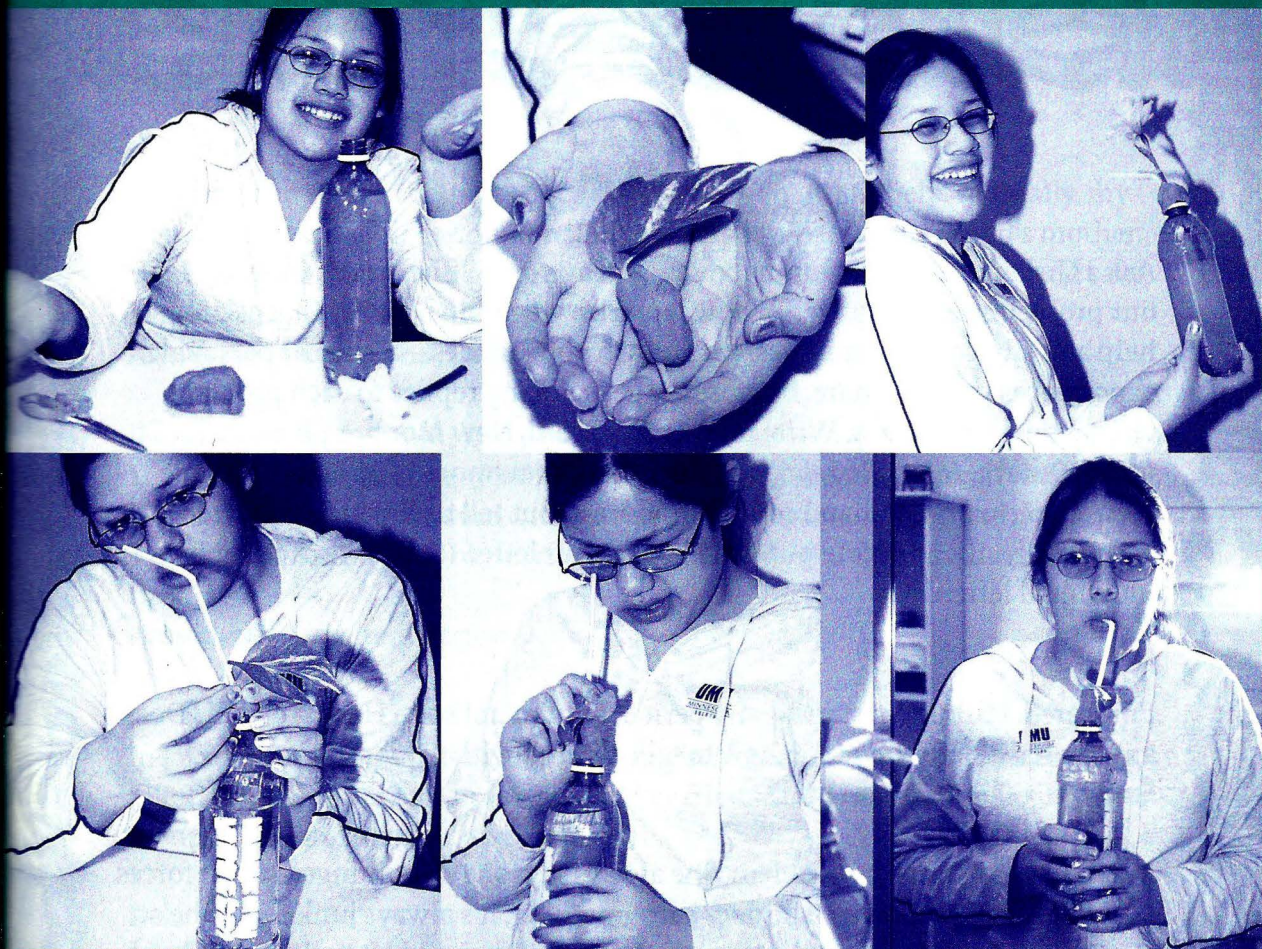
A straw

A mirror

STEPS:

1. Fill the bottle with water. Leave one inch of air at the top.
2. Take a FRESHLY cut leaf or flower.
(Flowers work better because they have longer stems.)
3. Wrap clay around the top of the stem. Put the bottom of the stem in the bottle. Make sure it touches the water.
4. Use the clay at the top of the stem to seal the bottle top.
Make sure no air gets in or out.
5. Poke a hole through the clay and insert the straw.
The straw shouldn't touch the water. Look through the top of the straw and be sure you can see straight into the bottle. If there's clay in the straw, cut off the end or get a new straw and try again.
6. Press the clay around the straw, so no air can escape.
7. Stand in front of a mirror and suck the air out of the bottle.
(If you hear hissing, it means the clay isn't packed tightly enough).
8. Watch!!!





You probably saw air bubbles come out the end of the stem. This happens because leaves and flower petals are filled with little holes called *stomata*. These holes bring carbon dioxide into the plant. The carbon dioxide moves down tiny tubes, called the *xylem*, which run down the stem. The leaf (or petal) and stem act as a straw for the plant. As you drew air out of the bottle, the plant pulled more air into the bottle through the stomata and xylem. As the plant pulls in carbon dioxide, it lets oxygen and water out through the stomata—that's why you saw oxygen bubbles in the water.

DON'T WORRY

if you have to try the experiment a few times to make it work—I did! If it doesn't work right away, try cutting a new leaf or flower. If a plant isn't fresh enough, it closes its stomata to save water—and that means it can't bring in any air. Also double check to make sure the clay is packed really tightly so no air gets into the bottle except through the plant.

Ask a Girl

Ask a Girl is an advice column for you and by you. We help each other and take our problems seriously. Here's how it works: we publish letters that ask for help and advice. In later issues, we publish your replies—advice or personal experiences you can share. Because we get so many replies to each problem, we can only print a few. Write to us at **Ask a Girl, New Moon, 34 E. Superior St. #200, Duluth, MN 55802**, or e-mail us at **girl@newmoon.org**. Please include your whole name, age, and complete address, but tell us if you don't want your name, city, and state published with your letter. (Sorry, we can't reply to individual letters.)



I'm scared. I think I'm starting my period, but I'm not sure. How can I tell? Does anyone have some advice on how to talk about it with my family?

Emily, 11 • Cibolo, Texas

My friend has an eating problem. She always says she's not hungry, so she forces herself to eat. Then, when she does eat something, it's always junk food. She's a star runner for our cross-country team. Lots of team members train just as hard as she does, and they don't seem to have this problem. I told her to see a doctor, but she won't. She needs some help quick.

Laura, 13 • Independence, Virginia

Have you ever been through something like this? How did you feel? Did you ask anyone for help? How did it turn out? What would you have done differently? Do you have any suggestions or ideas? Write to us!



In January, Anonymous worried about her friend who was smoking and stealing and was afraid she'd start doing these things, too. Here are some words of advice:

Dear Anonymous,

One of my good friends had this happen to her. She told her friend to stop

smoking and tried to help her quit. Her friend didn't want help, so finally, my friend stopped hanging around with her. You should tell your friend's mother. If you do, your friend will get pretty mad at you, but in the end, you could save her life. I hope my advice helps!

Ashley, 10 • Cleveland, Ohio

Dear Anonymous,

You need to find some support. Your friend is starting down a dangerous path. Don't spend very much time with her if you find yourself doing bad things, too. Talk to a trusted adult or close friend. You'll both be thankful in the end. Good luck!

Aradia, 13 • Eugene, Oregon



In January, Leah, who has a nude painting in her room and likes to sleep nude, asked for advice because her sister and her friends told her she should be more modest. Here are some letters of support:

Dear Leah,

I think you should do what makes you feel comfortable. My parents have a painting of a naked woman on their wall. My friends say it's gross, but I just say I disagree and take them out of the room. I also sleep nude, and my older sister doesn't like it. But just because some people are uncomfortable with nudity doesn't mean you should change. If you're comfortable with it, explain that to them and listen to their thoughts. Good luck!

Hana, 10 • Castro Valley, California

Dear Leah,

I know exactly how you feel. My mom is a photographer, and her friends sometimes give us nude pictures. My mom hangs them around the house, and when my friends come over, they say "ewww" and "gross." I tell them it's just the human body, and it's a form of art. That's what you should do, too, and if they still don't like it, that's their problem. They can leave if they're grossed out.

Rachel, 12 • Atlanta, Georgia

Bumpy Road Ahead

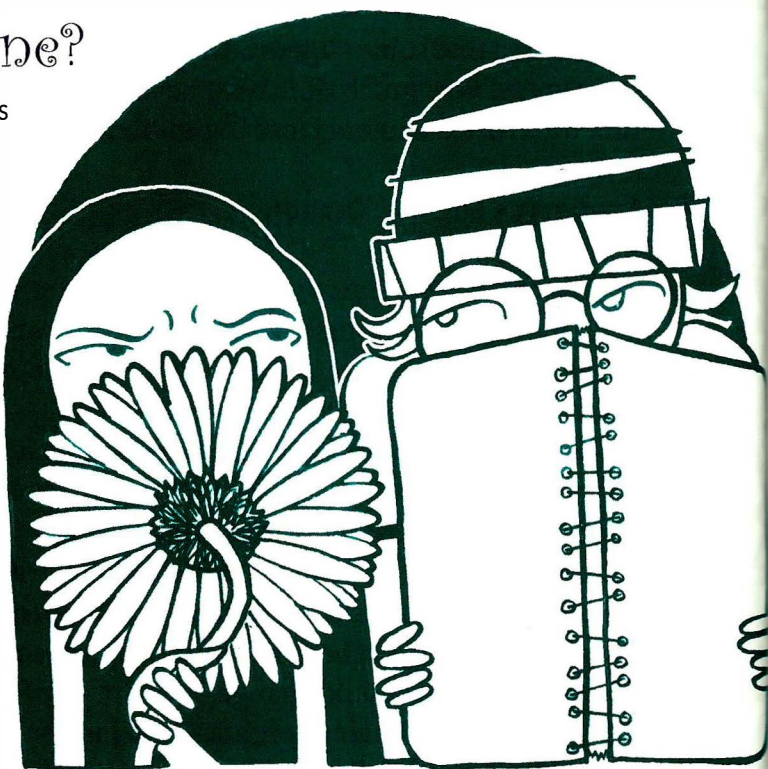
by Claire McCartney • illustrated by Liza Ferneyhough



We've all been there: afraid to go to school because of a bump on our face. As teenagers or preteens, just the sound of the word "acne" is enough to make us cringe. So here are some tips on dealing with it.

Part 1: What is Acne?

Acne is a skin condition that includes everything from pimples to cysts, whiteheads to blackheads. Acne can happen in one small area or all over your face. In your pores are glands that produce an oil called sebum. Sebum moistens and protects your skin. When you go through puberty, your glands produce more sebum, which can build up in pores. Dead skin cells and bacteria can also clog your pores. Because you inherit your skin type, acne can be genetic: if your parents had it, you have a better chance of getting it.



Part 2: How Can I Prevent or Treat Acne?

Many people think eating greasy foods and chocolate will give you acne. Eating junk food isn't good for you, but it won't give you pimples. So don't think someone is unhealthy just because she has acne.

It might be tempting to touch your face to check for acne, but try not to. The oils from your hands can make acne worse. Covering acne with makeup can also make it worse because makeup clogs your pores. If you feel you have to wear makeup, look for makeup that's oil-free or has an acne-fighting formula.

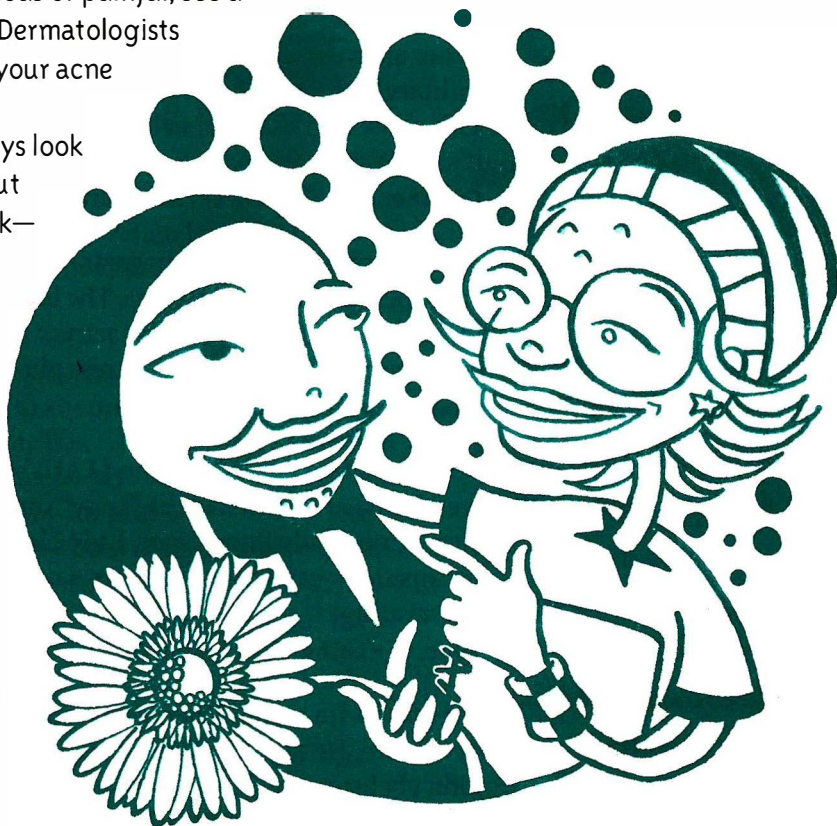
Wash your face twice a day with a facial wash. Don't scrub until your face feels raw—that can damage your skin. You can also get facial scrubs, but they're more for smoothing rough skin than pimples, and they can even hurt a little. Washes are gentler, and some of them have an acne-fighting formula.

Facial pads and wipes are nice to keep in your purse or backpack for on-the-go situations. They easily remove dirt and oil throughout the day. Preventing acne is better than treating it, but if you want on-the-spot treatment when a pimple shows up, you can use acne treatment creams. Put a little on the pimple to unclog the pore and reduce redness.

Part 3: The Many Faces of Acne

Acne can be embarrassing and make you want to hide your face. It comes in all different forms and affects all different kinds of people. Some people only get a few pimples every now and then, and some people have serious acne that lasts until or throughout early adulthood. If your acne is very serious or painful, see a dermatologist (skin doctor). Dermatologists can give you medication for your acne that you can't buy in stores.

In the media, people always look like they have perfect skin. But that's not how they really look—they're wearing makeup and they've had their photos retouched. Almost everyone gets pimples in their pre-teen and teenage years. Don't feel bad because of the way you look. My friend Erin gives this advice about acne: "If you aren't self-conscious and are comfortable with yourself, other people will be comfortable with you, too. They won't even notice."



Claire McCartney, 13, lives in a foggy part of sunny California, loves her puppy, Cookie, and likes to write, clean, watch the waves on rainy days, and sing opera while she gardens.



To learn more about acne, visit www.forgirlsandtheirdreams.org and click on "Links Girls Like."

How Aggravating!

How Aggravating?
is a place where
we voice our
opinions about
what's unfair to
girls and women.

**What makes you
mad? What drives
you crazy? What's
unfair in your life?**

Send letters to
How Aggravating!,
New Moon, 34 E.
Superior St. #200,
Duluth, MN 55802,
or e-mail us at
girl@newmoon.org.

Remember to
include your
whole name, age,
and complete
address!

While traveling in Switzerland, my family and I went to a water park. A group of boys stared at me the entire time. On the artificial river, I steadied myself against the current by holding onto a handle with both hands. And one of the boys pinched my butt as he passed me. A total stranger! It was pathetic and aggravating!

Hadley, 13 • Halfway, Oregon

Recently, I watched an old TV game show called *Family Feud*. One of the questions was, "Where shouldn't women be?" Some contestants gave reasonable answers like, "the men's room." Other answers weren't reasonable at all, like "the military," "the police force," and "playing sports." This show isn't that old, so I'm surprised and angry it's so sexist.

Gretchen, 12 • Rhinebeck, New York

The cover story in a local magazine featured photos of best actors and actresses. The best actor's picture was huge, but the best actress's was tiny—about the same size as the supporting actor and actress photos. How aggravating!

Janna, 10 • Kalamazoo, Michigan

I play Amateur Athletic Union (AAU) basketball. Most of the teams we play have names like the "Lady" somebodys. There's the Lady Hurricanes, Lady Buccaneers, Lady Lions, and many more. It's just because they can't have the same names as the boys' teams. How aggravating!

Kylie, 12 • Lutherville, Maryland

I'm on a swim team. When I was discussing it with my friend, a boy overheard. He said, "You're not on a swim team." I said I was, but he didn't believe me. He didn't believe me until two other boys spoke up and said I was on the team. I was so angry. Just because some boys said it, he believed it. Then he said that I was probably the slowest person in my swimming group. When another boy said I wasn't the slowest, he changed his mind. How aggravating!

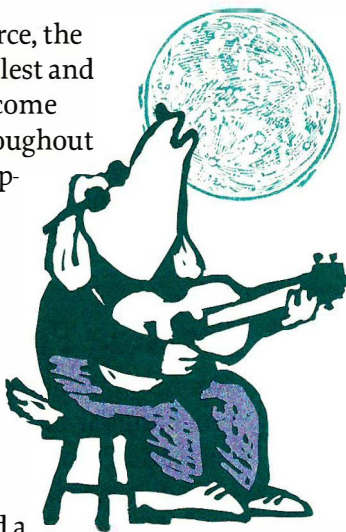
Sydney • Fletcher, North Carolina



Howling at the Moon

In *Trickster's Choice* by Tamora Pierce, the main character's mother is the coolest and most courageous person I've ever come across in a book. She's famous throughout the land for being the king's champion. She fights better than most men, and she's made it through many hardships. She's also the mother of three children. I think it's great that book heroes aren't only men anymore!

Marah • Cambridge, Massachusetts



I was in the lunch line one day, and a boy in front of me said I was a bad singer and songwriter. He sang weird songs and said I wrote them. I'd just finished writing a song, so I sang it. Everyone fell silent. When I finished, they cheered and clapped. The boy got an embarrassed look on his face, and no one teased me again!

Charlotte, 12 • Prescott, Arizona

I found two really cool places to shop. One is called Torrid. It sells punk clothes and stuff from the 80s, like Hot Topic stores, but it's for plus-size girls. I feel like I can be ME, not some Barbie, when I'm there. *Junonia* is a cool catalog for plus-size women. The clothes are stylish, and they fit without clinging to every part of your body. I wrote an e-mail to *Junonia*'s president about how I'm going to get into shape—a healthy, *Junonia* shape—and she encouraged me!

Hestia, 15 • San Leandro, California

I take ballet. Around the holidays, my teacher played a lot of Christmas music. I'm Jewish, so it didn't mean much to me. I felt sad because everyone does a lot for Christmas but no one does much about Hanukkah. But then my teacher turned on a Hanukkah song, and that made me feel good!

Sonia, 12 • Santa Barbara, California

Howl out your moments of empowerment and sing about the good things in your life!

How do you make life better for girls? Who do you know who creates equality for girls? What do you see that is already fair?

Send your letters to Howling at the Moon, New Moon, 34 E. Superior St. #200, Duluth, MN 55802, or e-mail us at girl@newmoon.org.

Remember to include your whole name, age, and complete address.

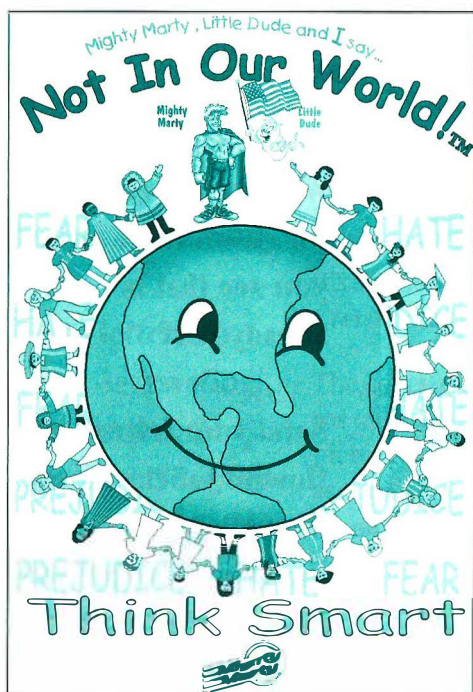
Not In Our World

by Alyson Elkins



From Fear to Action

After the September 11th terrorist attack on the U.S., I began having nightmares that my school would be bombed. I knew that other kids must be scared, too. I wanted to turn that fear into something positive, so I went online and learned how to start a non-profit foundation. It wasn't easy. It required lots of legal paperwork, writing a mission statement, and submitting it to a filing company. But when the work was done, the Not In Our World Foundation was born. The name means that we, the kids—the future leaders of tomorrow—won't stand for violence.



Raising Funds and Awareness

Not In Our World educates the community about violence and raises money for things like new city parks, recreation centers, and memorials. For example, we raised money for the Goodyear, Arizona, Public Service Workers' Memorial—a memorial honoring police officers, firefighters, and others who risk their lives to make our world safe. Boy Scouts, young women's groups, and other non-profit youth groups helped raise funds by selling Not In Our World T-shirts, magnets, mousepads, and rap CDs. We also created an elementary school program called "Think Smart." I've helped write plays for the program, which addresses prejudice, guns in school, and drug use.

Building Pride

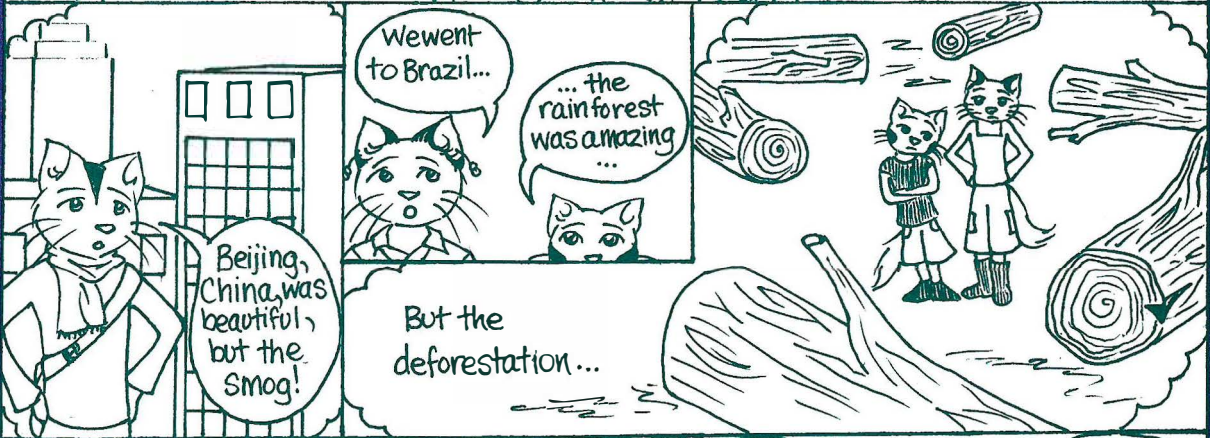
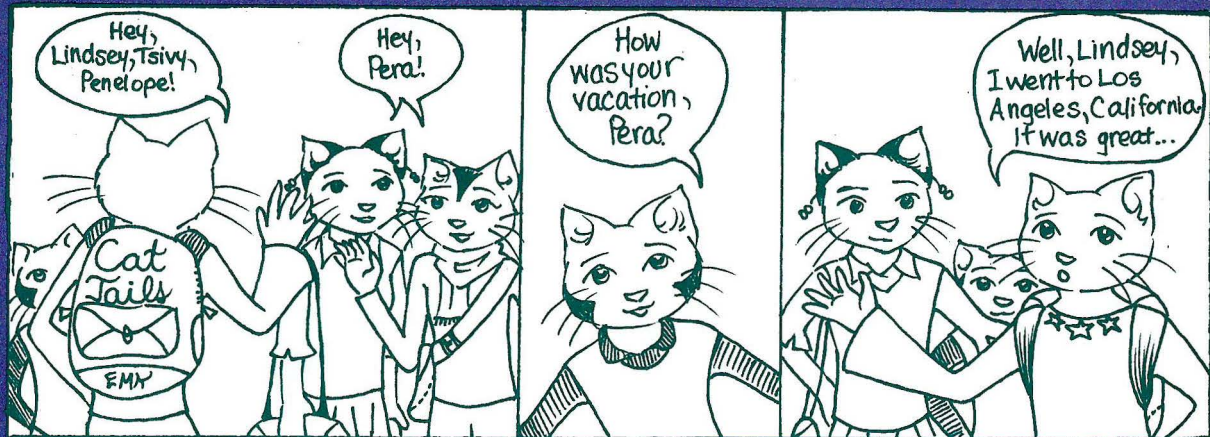
On September 11, 2003, the City of Goodyear dedicated the Public Service Workers' Memorial. I spoke

before 200 people and thanked the city for helping us raise the money. Every citizen who purchased Not In Our World products and every youth group that helped sell them can drive by the memorial and proudly say, "I helped build that."

To learn more about the Not In Our World Foundation, go to www.forgirlsandtheirdreams.org and click on "Links Girls Like."



Alyson Elkins is 13 and lives with her family in Arizona. She enjoys designing clothes, playing tennis, and spending summers with her big sister in California.



Sunday Monday Tuesday Wednesday Thursday Friday Saturday

July

Anti-Boredom Month

Independence Day, U.S.	Fast of Tammuz begins at sundown. Remembers first-century Roman siege on Jerusalem.			Canada Day	 Full Moon	
4	5	6	7	8	9	10
Take Charge of Change Week—Take control of your life!						Cow Appreciation Day  New Moon
11	12	13	14	15	16	17
		Independence Day, Colombia				Lynda Carter, actress who played Wonder Woman, born, 1951.
18	19	20	21	22	23	24
	Hurricane Supplication Day, Virgin Islands. People pray for protection from hurricanes.	Tisha B'Av. Jewish holiday that mourns the destruction of the 1st and 2nd Temples in Jerusalem.				Blue Moon—the second full moon this month. 
25	26	27	28	29	30	31

August

Lughnasadh—Wiccan holiday marking the first harvest.				Lorrie Fair, soccer player, born, 1978.		National Mustard Day. Put mustard on everything!
1	2	3	4	5	6	7
	Japan: Remembrance of the Nagasaki bombing victims of 1945.		St. Clare of Assisi Feast Day. St. Clare was the first woman to write her own religious order rule.		Sharpshooter Annie Oakley born, 1860. She paid off her family's mortgage selling the game she shot.	
8	9	10	11	12	13	14
 New Moon		Sandcastle Day. Build one today!			Journalist Connie Chung born, 1946.	
15	16	17	18	19	20	21
Tori Amos, musician and supporter of RAINN (Rape and Incest National Network), born, 1963.			La Tomatina, Spain. People hurl tomatoes at each other for two hours of the day.			
22	23	24	25	26	27	28
National Uprising Day, Slovakia. Celebrates resistance to the Nazis, 1944.  Full Moon	National Inventors' Month					
29	30	31				

Inside the Moon

There are lots of ways to be green.

When someone's sick, we might say she looks a little "green around the gills." Jealousy can make people "green with envy," and we say a person who grows just about anything has a "green thumb." Bein' green also means caring about the earth.

At New Moon, we love bein' green, and we believe the more you know about the environment and how to protect it, the more you can help make change.

So here's a handy "green" glossary to help you with the articles in this issue.

GREEN GLOSSARY

Carcinogens: Things that cause cancer.

Clear-cutting: Cutting down all the trees in one specific area of a forest.

Ecosystem: An environment—its living and nonliving parts, and how they work together.

Emissions: Pollution released into the air from factories, motor vehicles, chimney smoke, and other exhausts.

Genetically Modified Organisms: GMOs are plants that are changed genetically. These changes can make plants and produce last longer, ship better, or grow faster. They can even change the food's nutritional value, like growing rice with vitamins in it. Some people worry that we don't have enough information to know if GMOs are safe.

Insecticides and Pesticides: Chemicals that help plants survive by killing insects and weeds that might harm them. But they also kill and poison other creatures like birds, mammals, and fish.

Micro-organism: a very small living thing, like bacteria.

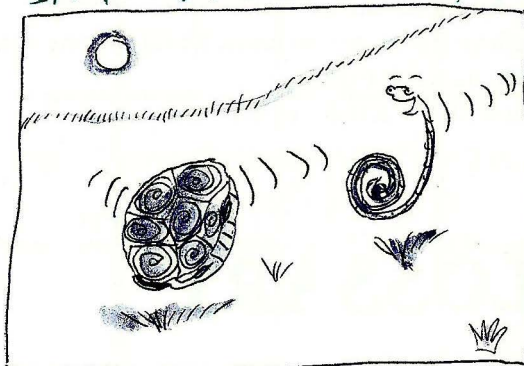
Ozone: a naturally occurring gas that protects the earth's upper atmosphere and keeps us safe from ultraviolet sunrays.

Pesticides: See *Insecticides*.

Rainforest: a forest that gets at least 100 inches (2.5 meters) of rain each year.

IN THE WILD

by MARY LAWTON



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THE LAST WORD

In 1962, Rachel Carson's book, *Silent Spring*, about the dangers of pesticides, caused quite an uproar. People called Rachel a hysterical woman, a priestess of nature, and a "spinster who had no business worrying about chemicals and the environment." Born in Pennsylvania on May 27, 1907, Rachel loved and respected all living things. She earned a master's degree in zoology and worked for the U.S. Fish and Wildlife Service as a writer and scientist. She wrote and published many articles and books expressing her concerns about the earth's health. Rachel died in 1964 of breast cancer. Her work started the environmental movement in the U.S., which continues to grow and create change.

"The more clearly we can focus our attention on the wonders and realities of the universe about us, the less taste we shall have for destruction."

—Rachel Carson,
"The Real World
Around Us" (1954),
from *Lost Woods: The
Discovered Writing of Rachel Carson*



To learn more about Rachel Carson, go to www.forgirlsandtheirdreams.org and click on "Links Girls Like."

A
SPECIAL
THANKS!

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