New Moon Girls™ is the original girl-centered media. Girl editors, writers, filmmakers, and artists from around the world direct our content, working with adults through our pioneering Share the Power method. New Moon Girls provides innovative, safe, respectful, and advertising-free spaces online and in the magazine where girls develop their full potential through self-discovery, creativity, and community. NMG is for every girl who wants her voice heard and her dreams taken seriously in the world.

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Friends Sharing
When you join our supportive online community at NMGmembers.com, you can share your own opinions, art, stories, advice, photos, and more, and meet lots of other friendly, creative girls. Parents sign you up at NewMoon.com/for-girls.
Hi, Girls!

What serious—and fun—stuff do you debate with your friends? Turn to p. 12 to see some of both, starting with Valentina’s favorite, Kate’s defense of eating animals. “She wrote what I would mostly write, except she has firsthand experience and I don’t,” she says. Valentina thinks you’ll like our views on feminism on p. 14. “It’s important to make the distinction between sexism and stereotypes,” she says. And if you can relate to annoying siblings, try our fiction on p. 24.

Zoe thinks you’ll love Goma’s tour of her home in Nepal (p. 18). “Any girl who enjoys learning about cultures around the world—I know I do!—will like it,” she says. And whether you live around snow or not, Zoe recommends our snowflake craft-fest on p. 11. “I will definitely make the edible snow,” she says.

Happy Reading!

Valentina and Zoe

Meet Online

Girls make friends in awesome ways at NMG’s safe social network. Here’s just one example.

Carrie, 14, Vermont, got the ball rolling by posting a drawing she made of Luna Lovegood. “I’m a huge fan of Harry Potter, and Luna Lovegood is my favorite character,” she wrote. “Tell me about your favorite Harry Potter character!”

Girls chimed in with favorite characters: Hermione, Neville, Ron, Ginny, Sirius, Tonks, and more. And they complimented Carrie’s drawing, too. That’s just part of why Carrie has been a NMG member for years. “I love how girls can post art and stories and get positive feedback,” she says. Carrie also likes how girls connect with roleplays and message boards.

Carrie

Find the 10 Luna Tics hidden in every issue!

This issue’s Luna Tics are created by: Amelia, 14, Montana; Diane, 12, North Carolina; Lydia and Olivia, 9, Ontario; Tomboy Human, 12, Texas; Maia, 12, Maryland; Neshima, 12, New York; Piper, 12, Hawaii; Linnea, 13, Ontario; Hallie, 14, New York; Drawing Koala, 10, California

Send YOUR Luna Tics to NewMoon.com/how-to-get-published-newmoon-girls.
Send Real Girls

We love it! Clara, 11, Washington, sent us this photo of herself, saying “I am so happy to be part of the New Moon Girls community!” Clara, we’re so happy you’re part of our community of awesome girls!

We’re thrilled when we get photos of girls, well, just being girls. Put on your photog hat, snap away, and send pix (with permission) of girls doing whatever they like to do. Maybe it’s you and your posse! We love to include photos of “real” girls in the magazine and in our girls’ online community. Thanks a bunch!

How to Get Published

We want to see what you make! You can write, draw, and send photos for all parts of the magazine and online community. It’s simple to send your work.


2. Check your email—we email you if we want to publish something you made. We can’t publish your work if you don’t reply to the email we send.

3. Read the enews your parents get from Nancy every Friday for special times to send us your work.

4. Answer the new polls every month at Newmoon.com/polls. A lot of poll answers are included in articles we write.

Express Yourself!
Deadline: January 15, 2016
Share any and all ways girls are creative: art, music, and beyond.

Imagine That!
Deadline: March 1, 2016
Tell us about places you conjure, for this world or for yourself.

All About Emotions . . .
Deadline: May 1, 2016
Let it out—thoughts on anger, joy, sadness, and all the rest.

More themes: NewMoon.com/girls-world-magazine-new-moon-girls
Dear Luna,
I love NMG’s new website! The old site was easier to navigate, but this site makes it a lot easier to submit photos, and has more space for your favorites.

Puggle Wuggle, 11
Florida

Dear Puggle Wuggle,
Glad you like our improved online community, and thanks for being part of it! Keep checking back for more ways to share your creativity and make friends.

Dear Luna,
I was walking recently and saw two cut-down trees. I thought, “Well, people will understand how important trees are when our air isn’t clean.” And I realized that there are still millions of trees out there that could be cut down. At my camp, my friends and I made a new “tree,” and we were proud. But then it got knocked over! We knew it wasn’t a real tree, but we were pretty bummed out. Pollution is horrible, and so few people care. I’m starting a club where we pick up garbage each day or help wildlife. Please help and join, thanks!

Sophia, 9
New York

Dear Sophia,
Thanks for helping the Earth! We would love to know about the ways NMG girls help the environment. Submit a photo of what you did and a short description at NewMoon.com/how-to-get-published-new-moon-girls so we can feature it online or in the magazine.

Dear Zippy,
Thank YOU for sending your article to us. We LOVE to have girls send their work. And thanks for helping make NMG awesome!

Zippy
New York

Dear Zippy,
I loved your article about hamster care in the November/December 2015 issue. I feel so proud and overjoyed! I appreciate this opportunity to have my writing seen by others in such an awesome magazine!

Dear Alex,
How do I submit Luna Tics to get published in the magazine?

Alex, 13
New York
Dear Alex,
DO submit your Luna Tics at NewMoon.com/how-to-get-published-New-Moon-Girls. We especially love hand-drawn Luna Tics that show up clearly in a small circle. Can’t wait to see yours!

Dear Luna,
I have an idea for the magazine: Could you do an article on people with autism? It would mean a lot to me because my brother Ethan has mild autism. Someone might read the magazine and think, “Maybe I can help somebody with autism in my community.” Thank you so much.

Francesca, 9
New Jersey

Dear Francesca,
Thanks for your great idea! Look for it in an upcoming issue.

Dear Luna,
I liked the articles about pollution and global warming in the “Hello, Mother Nature” issue [July/August 2015] because it helped me understand these issues. More girls should know about that stuff. I’d also like to see articles on shelters for animals and homeless people. This might inspire girls to create fundraisers or donation bins to help. I love reading and I would like to see more book reviews and book-related things.

Lola, 12
Wisconsin

Dear Lola,
Thanks for your thoughts, and check out all the great books and more on p. 28! Online members can get regular book recommendations and author podcasts from girl-book expert Lacey, too.

Dear Luna,
It would be fun to have a section on the website for girls to share recipes. We could create a NMG cookbook.

Sophia, 12
District of Columbia

Dear Sophia,
We ARE creating a NMG cookbook! Submit your recipe at NewMoon.com/how-to-get-published-New-Moon-Girls. And you can find and post recipes right now on NMG’s online community—just search “recipe.” Bon appétit!

Dear Luna,

We could create a NMG cookbook.

We especially love hand-drawn Luna Tics.

SHINING STAR SHOUT-OUT!

Many thanks to the many girls who help New Moon stay strong! And many thanks to the moms and dads and teachers and girl group leaders who also help spread the word about New Moon Girl wonderfulness. Here’s how Shayna, 9, Texas, became our Shining Star.

Ever tell someone about NMG and they’d never heard of us? Shayna made sure her classmates discovered NMG—she took it to show and tell at her school. Shayna likes how “you can express your feelings and meet girls from around the world.” Thank you so much.

Shayna, 9
Texas

Dear Shayna,
Thanks, Shayna!

It’s easy to keep a copy or two of NMG magazine in your backpack so you can show friends wherever you are, from sports to sleepovers to waiting for the bus. And pull up our website on your phone. Show NMG to your school librarian and teacher, too.

We’d love to hear about your Shining Star action! Share a few details at NewMoon.com/how-to-get-published-New-Moon-Girls. NMG online members, click on “Luna’s Team” to learn more outreach tips that can help you get your own Shining Star.
Dear Ask a Girl:

I’m going to move to a town in a different state, and leave the house I’ve lived in my whole life. I don’t want to move! The new town isn’t so far away, but I’m so nervous about making new friends. How will I keep close to my friends, including my crush, who I’m pretty good friends with? My mom’s boyfriend will live with us, and I’m nervous about this, too. I need advice!

Moving, 12
Wisconsin

Dear Moving,

Think about it this way: When you move, you’ll get a chance to hang out with new friends AND old friends. Make sure to get your old friends’ phone numbers. Things may get awkward between you if you don’t meet often, so make sure you meet up every weekend or so with friends you want to keep.

With your crush, act as you’d do with any friend and hang out with him when you can. Maybe you won’t invite him to hang at your house, but you could ask him to come with other friends to tour your new town with you.

To meet new friends, just walk into a classroom and smile. If someone smiles back, and you have the option to choose your seat, sit next to her! If not, sit next to a friendly face at lunch or before classes, and be friendly—introduce yourself and start chatting. You can always ask about favorite books or movies. Plus, you’ll be able to decorate your room if you will have one! Or you can help redecorate the house. A fun way to spend time with old and new friends is to have a party where everyone helps you decorate your room.

Don’t be nervous—moving can be fun and give you a fresh start while still hanging out with old friends!

Rebecca, 12
Massachusetts

Dear Ask a Girl:

How will I keep close to my friends?

Dear Louisa,

Story of my life! I’m 12 and I absolutely LOVE dolls! I feel self-conscious about it, but whenever I hear about someone like you, it makes me feel loads better! Even if some people don’t play with dolls, that doesn’t mean everyone
I’ve been getting really upset with my mom.

Dear Angry,
This may sound weird, but consider doing it. Close your eyes. It is 40 years in the future, and your mom is dead. Think back on this moment: What do you wish you had said to her? You only have one mom, so cherish her.

Emma, 11
North Carolina

Dear Ask a Girl:
Lately I’ve been getting really upset at my mom—the kind of upset when you get in a disagreement and sometimes you start shouting. I don’t know how to cool down. I go to my room or read, but then I just get angry again. Does anyone have any suggestions?

Angry, 12
Vermont

Dear Ask a Girl:
I bite my nails all the time, and they’re starting to hurt. I’ve tried gloves and bad-tasting nail polish. Help!

Nailbiter, 9
Georgia

Dear Angry,
Sit on your hands when you have the urge to bite, or cut your nails super-short. Try rewards; if you don’t bite your nails for 48 hours, you’ll get a new color of nail polish. Distract yourself by doing something fun with your hands.

Bella, 12
California

Dear Nailbiter,
I had the same problem. I set goals with my mom that no nail-biting for a week meant extra allowance. I went longer without biting until it had been a whole year. I got to invite all my friends to a party!

Sophia, 11
Germany

Want to ask a girl? Visit NewMoon.com to join our online community.

doesn’t. It’s like whether you think pizza tastes good or not; it varies from person to person. Some adults still love dolls and write doll blogs. As long as you’re happy, keep loving what you love!

DollLover, 12
Oregon

Dear Louisa,
Sometimes my friend (who is on NMG) and I play with my Barbies, and we do this wrestling game where Rapunzel and Ken are amazing wrestlers and my pink mermaid is an evil villain! We both highly enjoy it. You are never too old to play with dolls, or anything else, for that matter.

Phoebe, 11
New York

Dear Louisa,
You are never too old for dolls. I don’t play with them, but if anyone makes fun of you or puts you down, then you know that she isn’t a good friend.

Lily, 10
Illinois

Dear Louisa,
You are not the only one. I’m 13 and still play with dolls and sleep with a stuffed animal and blanket. Don’t worry about being too old for anything!

Liana, 13
Minnesota

Dear Louisa,
You’re never too old for anything. It’s like saying someone is too old for hugs. I sleep with a ‘security blanket,’ and I’m 11.

Paloma, 11
California

Dear Angry,
Sit on your hands when you have the urge to bite, or cut your nails super-short. Try rewards; if you don’t bite your nails for 48 hours, you’ll get a new color of nail polish. Distract yourself by doing something fun with your hands.

Bella, 12
California

Dear Angry,
I had the same problem when I get mad at my little sisters and I can’t calm down. When punching pillows doesn’t work, you could try listening to or playing music; playing easy games by yourself (like solitaire); drawing your emotions; eating a healthy snack; taking a walk; or helping someone else, such as feeding the cat or other animals, cleaning, and picking up trash.

Katechapuri, 14
Minnesota

Am I too old to play with dolls?

Dear Angry,
Say to her, “I am going through a moody stage. Please don’t take it personally.” She will understand.

Audrey, 12
Minnesota

Dear Angry,
I have a similar problem when I get mad at my little sisters and I can’t calm down. When punching pillows doesn’t work, you could try listening to or playing music; playing easy games by yourself (like solitaire); drawing your emotions; eating a healthy snack; taking a walk; or helping someone else, such as feeding the cat or other animals, cleaning, and picking up trash.

Katechapuri, 14
Minnesota

Don’t. It’s like whether you think pizza tastes good or not; it varies from person to person. Some adults still love dolls and write doll blogs. As long as you’re happy, keep loving what you love!
Sweat? No Sweat!

Sweating is nothing to be ashamed of—without sweating, we’d faint from heat overload!

By Lindsay Martell

Our bodies go through lots of changes during adolescence. But one of the strongest signs we are growing up often creeps up on us without warning. We may notice it after soccer practice, during gym class, or in the middle of an after-school study session, and suddenly we’re asking, “What IS that smell?” It doesn’t take long to realize, “Hmmm… that smell is ME!”

Body odor occurs for lots of reasons. Puberty is just one. Individual body chemistry, activities, mood, and the time of year also come into play. Odor is caused by bacteria and perspiration trapped in the underarm and groin areas of our bodies. These places are moist and warm—perfect breeding grounds for odor-causing bacteria.

The clothes on your back may also be culprits. Wearing the same camisole for several days or sticking to synthetic (human-made) fabrics will add to body odor. Try clothing that breathes, such as cotton. Air out your sweaty shoes, too.

Anxiety or nervousness may also cause you to sweat. Gearing up for the big game or for an exam pushes our adrenal glands into overdrive. Perspiring is the human body’s way of cooling itself.

The most common way to hold odor at bay is to wash with plain old soap and water, either in the morning or at night or both.

Commercial deodorants mask underarm odor with chemicals that kill odor-causing bacteria. If wetness is also a problem, many people choose an antiperspirant, which reduces the amount of perspiration the body produces.

The treatment of body odor is cultural. The United States has been called a “super-deodorized” society, meaning that we think body odor is offensive, something to get rid of. In many other countries in Europe and elsewhere, however, this isn’t the case. There, people accept body odor as natural, and their preferred treatment is milder and gentler to the skin.

Natural alternatives to commercial products include mineral salts, formed into a crystal that helps keep bacteria under control without irritating the skin, or creams that have sweat-drying cornstarch. Some girls just fluff cornstarch on their pits! Try the recipes on the next page. These ingredients don’t have the chemicals that can be harmful to your body over time.

However it’s treated, body odor reminds us to accept ourselves as a living, breathing, sweating being. Whether you decide to deodorize or opt to go au naturel, know that sweat is a natural and necessary part of a healthy body!
Why You Need to Sweat

By Natalia Thompson

Sweat, also called perspiration, is your body’s way of regulating your body heat. When your body is too hot, it produces sweat to cool itself. Your brain receives signals from heat receptors in your skin that your body is too warm. Then your brain sends a message to your body’s sweat glands to release sweat. That moisture on your skin evaporates, or changes from a liquid to a gas, which cools your body. You also sweat when you feel cool, but you may not notice because the small amount of sweat you produce evaporates almost as soon as it forms. Believe it or not, you’re always sweating.

Sweat glands, which produce sweat, are long, coiled, hollow tubes of cells located in your second layer of skin, the dermis. These glands produce sweat and release it through the pores in your skin. If you’ve ever licked your skin, you know it tastes salty. That’s because the solids that sweat leaves behind include sodium (salt) and potassium. Sweat itself is odorless; it doesn’t create a smell until it combines with bacteria on your skin.

You have 2.6 million sweat glands in your body—in an extreme situation they can produce up to a liter of sweat in one hour! (That’s enough to fill a large soda bottle.) The palms of your hands, soles of your feet, and forehead have the most sweat glands. That’s why your arms might feel completely dry even when your hands are slippery. In addition to heat, nervous tension (how you feel during test time) or anticipation (your best friend is on her way for a sleepover) can activate sweat glands—this is your body’s way to prepare for “fight or flight,” in case it has to get really active.

Sweating is good for your body. But if you’re soaked after a hot day or after exercising really hard, you could be losing so much water through your skin that you get dehydrated. Dehydration is what happens when your body doesn’t have the amount of liquids it needs. If you’re sweating a lot, drink plenty of water to keep yourself hydrated.

Remember, sweat is one of the many amazing ways your body takes care of itself. If we didn’t sweat, our bodies could overheat and then we’d find ourselves in some really sticky situations, such as heat exhaustion or heat stroke. Consider this: Dogs have to pant to regulate their body heat. So, would you rather sweat or pant? I’d prefer sweating, thank you very much!

Make DIY Sweat Solutions

• Mix 4 tablespoons cornstarch or arrowroot powder and 2 tablespoons baking soda in a bowl. Add 4 tablespoons melted coconut oil. Work it into a paste and put it in a small glass container with a lid. Smooth it on your underarms.

• Combine one part baking soda with five parts cornstarch or arrowroot powder. Put it in a box and powderpuff on your underarms.

• Rubbing alcohol can kill sweat bacteria. Pour some into a spray bottle, and add a few drops of your favorite essential oil, such as lavender or lemon, if you’d like. Spritz the pits.

• While shopping, look for deodorants that don’t contain aluminum, parabens, or triclosan, which are considered health risks by many.

Meet NMG alum Natalia

Natalia wrote this when she was 15 and part of NMG’s Computer Advisory Board. Since then, Natalia has collaborated with grassroots groups in the Midwest, New England, and Mexico City, working to end violence against women and migrants. As an undergrad at Yale University, she studied feminist and ethnic studies, and researched lesbian-feminist organizing in Mexico and Chile. Her writing has appeared in academic and literary journals, including Chicana/Latina Studies and Sinister Wisdom, and is forthcoming in two anthologies of feminist and queer writings by women of color. Natalia—who now lives in Mexico City—is grateful to NMG for its vibrant, feminist community of fellow readers, who inspired her to use her voice to spark change. “The NMG community gave me the confidence to pursue my passion for storytelling as a tool for transformation,” she explains.
What do you think are good movie rules? Girls who took our poll and chatted online agree that there is no “right” age for every girl. Some said girls could start PG movies as early as 6 and PG-13 movies at 8—depending on the girl and movie!

It’s up to you and your parents. Ask them before watching the film—you can look at the parents’ guide on imdb.com. If you feel comfortable with the subject of the movie, talk to your parents about it. I’m allowed to watch most PG-13 movies, but I always look them up first to see if I’ll be okay with the issues in the movie.

Iris, 13
Maine

If I had to choose one age for everyone, I’d go with about 13. However, there isn’t one “right” age. The rating doesn’t say everything about the movie, nor does the age say everything about the child. My parents decide which movies I can and can’t watch based on each movie, not the rating—that’s even the case with G-rated movies. Parents often underestimate their children’s ability to handle movies. But even if you disagree with it, you should follow their rules, because they’re trying to do what’s best for you, even if they’re wrong.

Sarah, 14
Michigan

I’ve seen as many PG-13 movies as I’ve wanted to, including a few R-rated movies. My parents think that I am mature enough. They trust me to be safe and cool with the content that makes movies PG-13. It all depends on who you are and if you feel ready, and also what your parents think. It also depends on which movie is being considered.

Agatha, 12
Washington

It depends on why the movie is PG-13 and how well the viewer copes with these reasons. For example, if a movie is PG-13 because of a few scary moments and/or violence (i.e., Harry Potter), it should be fine for 10 to 11 year olds who can cope with that. But if a movie is PG-13 because of excessive violence, language, sex, etc., only people over 13 should watch it. Also, you should check with parents to see if it’s OK to watch the movie.

Phoebe, 12
Massachusetts

My parents are fine with us hearing curses in movies as long as we don’t use them. They’ll show us funny videos with language in them, or some mild romantic content. We don’t see movies with violence, and I don’t want to see them.

MadameMonsterMash, 14
Serbia

Don’t see movies rated PG-13 until you are 12 years old.

Katie, 9
Florida

If you could only have ONE kind of pet for the rest of your life, what would it be? Cat? Dog? Horse? Hamster? Fish? Pet gecko? Why?

Go to NewMoon.com/polls to take the “Forever Pet?” poll. Just ask a parent to sign up there for free parenting advice and more, so you can take polls. We do this for your safety.

Your answer could be in the magazine or on the website!
Snowflake Fest!

Snowflakes can inspire big fun, and you don’t need to live in a snowy climate to make icy art and treats. Let it snow, let it snow, let it snow!

It’s easy to fold and cut loads of lovely snowflakes. Try different kinds of paper: plain white or colored paper, tissue paper, tinfoil, origami paper, cupcake liners, round coffee filters, and new or recycled gift wrap. Paint your snowflakes or add glitter. You can flatten them by leaving them under a book overnight.

Make your room or house a winter wonderland by taping snowflakes to windows. Or make a garland to drape anywhere or wind on a tree inside or outside. Just tape or tie the snowflakes to a long piece of thread or string or ribbon. Dangle single snowflakes on a thread taped to the ceiling (with permission) that will flutter as you walk by. And why not keep them up long after winter’s gone?

Snowflake How-To

Cut a square of any size for small or bigger snowflakes. Fold the square diagonally. Fold this triangle in thirds by folding one side slightly past the center line, and then folding the other side so it matches the first fold. It may take a few practices to get it folded in even thirds. Cut off the bottom points in a straight line.

Now make cuts on the sides, top point, and bottom. Just make sure your cuts don’t go all the way across the triangle! You can draw on your design to cut first, or just start trying different cuts. Search online for “snowflake templates” to find some cool ways to cut.

Look what Lily, 10, Minnesota, did with her paper snowflake!

She put it on top of a white-frosted birthday cake that she and her grandma made for her sister Addie. She sprinkled cocoa powder on it (sprinkling the cocoa through a flour sifter works best). Then she carefully took off the snowflake to unveil the cocoa snowflake! You could also make a white snowflake by sifting powdered sugar on top of a chocolate-frosted cake.

Make Edible Snow!

If you have real snow and frozen fruit juice concentrates or maple syrup, you’ve got snowcone supplies. Scoop some clean snow, and put in a bowl. Now drizzle the juice concentrate or maple syrup over the snow (you could drizzle a few juices for a rainbow snowbowl). Delicious!

If you don’t live where it snows, you can still make fluffy edible snow. With adult permission, put your favorite frozen fruit or fruits into the blender, and blend. You’ll need to add a bit of water or milk (almond, coconut, or soy milk works, too) to make the fruit blend smoothly.

Put the blended fruit into a bowl, and freeze. When it’s frozen, use a sturdy fork to scrape across the surface of the frozen fruit—it’ll make beautiful “snow.” When you have scraped enough snow into another bowl, devour your snow before it melts!
You have smart, unique opinions on just about everything, right? Don’t be shy—share them for fun and respectful discussions with friends and anyone else.

By Kate Churchill

In this world, there are animals who live and animals who die, some of them sooner than others. On our farm, animals mostly live. However, we do butcher some chickens on occasion. We try our hardest to make it a humane process.

We get almost all of our chickens by letting them hatch under mama hens. Thus, we already know their parents, and we can handle these tame birds right away. As they grow, we play with them, cuddle them, and we become very close with our layer chicks, who we raise for eggs.

The birds we raise for meat don’t get so many cuddles, but we feed them well and make sure they are healthy and happy. They spend about 10 weeks in a chicken tractor, which is a large moveable wire pen that lets them walk around freely on the ground. Plus, they’ll enrich our soil with their poop!

Then we usually butcher them. I won’t go into details, but I want to stress one thing: We do our best, down to the very last second of their lives, to be kind and not frighten the bird.

I believe that for some things to live, others have to die. Everything any person eats has died. If you’re eating lettuce, it was once a live plant, and was killed for you to eat. The grains that we use to make bread were once alive. Everything is alive. There is no way for anything to survive on this earth without something else dying.

Many vegetarians and vegans might say, “But I get along just fine without meat and/or dairy products!” That can work for them, but my sister and I have so many allergies that we couldn’t really survive without some meat and dairy. And people who eat meat—even if it’s just a little—have their own legitimate reasons for eating animals.

I have a dream of eating meat without causing pain to an animal. I recently watched one of our barn cats kill and eat a mouse. It was not pretty, but Lily the cat needed to eat and we needed grain for our chickens that the mouse would have eaten. I guess the circle of life just goes around and around.

Kate (above, with chicken friend Kennedy), 14, Minnesota, enjoys reading, writing, photography, and playing and cuddling with her chickens.

I’m a vegetarian. I felt disgusted and guilty when I ate meat. What’s the point of breeding an animal if you’re just going to kill it? Life is meant to be lived. Nature is cruel, but that doesn’t mean we have to be. Some people don’t have the resources to eat vegetarian, and in that situation, I would eat meat. But for those of us who have food choices, why not? Also, if you have a pet and eat meat, why does that make sense to you? . . . I eat both meat and plants. I love and respect animals. I hate animal testing, factory farming, and other forms of animal abuse. I wish I weren’t judged for loving animals and eating meat. All animals, including humans, have a part in the food chain, from the smallest plankton to the biggest whale . . . I was raised vegetarian, but it would be hard to make everyone vegetarian. A lot of American adults don’t have enough food money, and it would be hard for them to have a healthy vegetarian diet . . . I’m a vegetarian and though I do have problems with killing animals, if they come from a free-range, organic farm with humane practices, people can eat it in moderation if they want. But growing factory meat is very bad for both animals and the Earth. The meat industry pollutes a lot and is a big cause of the water crisis. It takes 100,000 liters of water to raise one kilogram of meat!
How to Debate

By Luna Sinclair

I’m in grade eight, and this is my second year on my school’s debate team. I’d like to share some debate basics (the rules may differ a little where you are). Maybe you’ll want to check out your school’s debate options or just dive in to debate fun or serious topics with friends!

Our debate team practices an hour each week, learning strategy and writing speeches. We debate at tournaments, and competitions can take us to regional and provincial meets to earn medals. We work with a partner for our tournament debates, writing our speeches together.

The way we debate isn’t complicated. Sometimes we do “prepared” debates, where we get about a month to write a speech. Other times, we do “impromptu” debates, where we get 15 minutes to write a speech. Each debate has two teams. The “opposition” or “op” team is opposed to the resolution under debate, and the “proposition” or “prop” team argues for the resolution.

Let’s pretend this is the resolution: “This house would abolish final exams in schools.” The proposition would speak first, for five minutes, giving their reasons there should not be final exams. Then the opposition team would speak for five minutes, explaining why the proposition’s arguments are wrong and their opposition positions are right.

Here’s an example of a debate my partner Amy and I wrote recently. The issue we argued is this: Canada is a democracy, so why does a body, the Canadian Senate, that is NOT ELECTED play one of the largest parts in creating our laws? First we greet the judges, timekeepers, and our opponents. Quickly, we define each part of the question (for example, noting that the Canadian Senate is the upper chamber of the federal government).

Then we outline our arguments. We note that the prime minister appoints the 105 senators—the senators are not elected by voters. That means that the Senate gives way too much power to the prime minister who appoints them. The senators don’t represent Canadian voters, so why give them power? And since the senators exist to give “a second sober voice” to bills passed by the lower chamber, the House of Commons, we argue that the Senate is expensive and redundant.

If you try debate, you’ll develop skills that will help you in lots of ways. Debate tactics can help you work out conflicts, share your opinions, and feel more comfortable with public speaking. Improving your verbal and overall confidence could convince your parents to agree with your viewpoints—at least sometimes! Organizing your thoughts for debate can help you write better essays, too.

You can also just start an informal debate with a couple friends or family members! Just choose a topic, separate into teams, and draw straws to decide who argues “op” and who argues “prop.” You can also choose a judge and timekeeper if you’d like.

Try fun topics such as “This house believes pirates are better than ninjas” or more serious ones such as “This house would have school all year round.”

See if your school has a debate team, and if they don’t, create one! Debate is a great way to express yourself and gain confidence when talking in front of larger groups.

Luna, 13, Alberta, likes debating (if you couldn’t tell), soccer, acting, braiding, reading, singing, and much more.

Got Opinions?

Jump into discussions with each issue’s Voice Box—see polls at NewMoon.com/polls. And join our online community, where you can start your own discussions and chime in on loads of others!
What About Feminism?

By Serenity Wood

It’s crazy to me, but some people STILL believe that feminists are all angry lesbians who hate men. Or that feminists think they are better than men. Or that feminists think women deserve special privileges. But that wasn’t ever what feminism was about, and it still isn’t.

We still need feminism—more than ever. Surely no one would disagree with feminism’s dictionary definition: “the advocacy of women’s rights on the grounds of political, social, and economic equality to men.” Maybe more people would identify with feminism if it was called “equality-ism.” Would you?

Anti-feminist campaigns are real. In one effort, the “Women Against Feminism” campaign, women post selfies with the caption, “I Don’t Need Feminism Because . . . ” and add reasons such as “I believe that men aren’t evil” or “women aren’t better than men.” They clearly don’t understand that feminism means EQUALITY.

Here are just a few reasons why we all need feminism.

*Because women STILL make less money than men for doing the same job with the same education.
*Because it’s more dangerous to be a woman than it is to be a soldier in a modern conflict.
*Because we want our bodies to be simply left alone, and not a constant target of discussion, disrespect, and objectification.
*Because the campaign to restrict women’s choices about whether and when they have children is mostly led by men, who will never bear children.
*Because girls in many places are mistreated or denied education because they are girls.
*Because girls and women are told to be careful not to get raped, instead of teaching men not to rape.

So we don’t need feminism?

Serenity, 14, California, likes sketching (that’s her drawing at right), aerial arts, and Tame Impala.

Debate Club: Online Snooping?

Like to give and get opinions about stuff that matters? Lots of NMG girls do, so they joined a debate club started by Lay (right), 11, California. A recent debate: Should parents look at a girl’s texts and emails or install spy software?

Lay says: Parents assume the internet is filled with stalkers out to get you and schemes you’ll fall for. These things exist, and parents should respectfully explain dangers. But putting on controls could make kids more likely to defy rules . . . My parents trust me with a lot of things, including internet safety, but they can check on my computer or phone whenever they want to. Telling a kid that minor parental controls will happen is completely different than tracking your child’s every move. Anna, 12, New York . . . Parents need to understand that someday their kids will be living on their own and they can’t rely on their parents for their safety at all times.

ChocolateIsTheAnswer, 13, Texas . . . My parents can read my texts anytime, but they never really do. If a parent is concerned, they should just talk with a kid. Charlotte, 12, Massachusetts . . . Spying is wrong on the face of it, but my mom saw an email from my friend saying she was hurting herself and my mom told her parents. All turned out well. Clara, 12, Rhode Island.
We all want a healthier planet, but what’s the best way to help? We learn that we should “reduce, reuse, recycle”—would bypassing a new purchase or reusing items heal the Earth more than recycling? Here’s what girls discussed recently.

So much energy is used to turn recycled things into new things, such as the energy used to transport the recycling to and from the factory and to manufacture the new thing. Recycling isn’t a bad idea, but too many people think recycling is doing so much good for the planet. Reusing is better than recycling.

Is Recycling the Answer?

We all want a healthier planet, but what’s the best way to help? We learn that we should “reduce, reuse, recycle”—would bypassing a new purchase or reusing items heal the Earth more than recycling? Here’s what girls discussed recently.

Women and girls have been beaten, jailed, force-fed during hunger strikes, and even killed over the centuries as they fight for equal rights. And millions more have spoken out and taken action in many different ways. Mary Ann Shadd Cary, the first African-American female publisher, fought for voting rights for ALL women.

Equality Seekers

Robynne Oliver, 14, and her friends at the California all-girls Julia Morgan middle school want you to add your name to their petition to get the Equal Rights Amendment passed. Learn why thousands agree: Search “We Want Equality: Pass This Bill to Give ERA a Chance” at Change.Org.

Helene de Boissiere Swanson walked 7,000 miles to promote ERA passage. Helene started on International Women’s Day, March 8, 2014, and took a year to walk. After enduring blisters, rain, and exhaustion, Helene says she won’t stop working for change: “The time is NOW!” she says.

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Here’s a sampling of thoughts from our online discussions about feminism and sexism.

Some people tell me that I’m not a feminist because I have long girly hair, like fashion, and *gasp* WEAR MAKEUP!

I’ve heard people called out for being sexist when they rooted for a male individual rather than a female. Men who decide to vote for Bernie Sanders rather than Hillary Clinton are also called sexist. Since when do women have to be more powerful and more appreciated?

Women are more likely to be victims of violence, but men don’t get the same kind of help that women victims get. Men also work in more life-threatening jobs. Fathers don’t get custody of their children as often as women, because women are seen as being kind, caring and nurturing, and men are not generally seen as good parents.

We should celebrate the differences between men and women. Boys can paint and dance and not do sports; girls can be independent and build things. However, girls do not naturally grow up with a love for shooting and wrestling as much as boys do, and boys don’t like Barbies as frequently.

We think sexism applies only to girls, but boys are constantly being told that they care about the girls only because of their bodies, or that boys are prone to be violent or aggressive. How do you think that makes them feel?
Would You Rather...

Here are some winners and comments from girls. What would you choose?

Would you rather be invisible or fly? FLY. Flying would literally be a dream come true, because I’ve flown in my dreams . . . Eat dried worms, or chocolate covered crickets? CRICKETS. But if the worms were cooked nicely, I might try them . . .

Die or never die? DIE: If I didn’t, I’d have to watch everyone I loved die . . . Sing or dance before a big crowd or give a speech? SING AND DANCE. I can’t sing, but I can talk . . . Skunk or porcupine as a pet? SKUNK. I could get its scent glands removed . . . Dophin or bird? BIRD. Oceans creep me out . . .

Travel through all space and time, or teleport throughout the world? TELEPORT. Space and time travel would be like teleporting, but to any time and place . . . Meet Fallout Boy or Imagine Dragons? IMAGINE DRAGONS. I’d split myself in two to meet both of them . . . Only watch movies and TV or only read? READ. I couldn’t stand it if I couldn’t read! . . . Live where it’s always hot hot summer or cold cold winter? WINTER. I could always bundle up or move around more . . . Get into Hogwarts or become a superhero? HOGWARTS. It depends on what kind of superhero I can be . . . Visit Mars or the moon? MOON. It just seems much more welcoming . . . Be a fairy or dragon? FAIRY. Though I’d love to ride a dragon . . . Really tall or really short? TALL. I’m 14 and barely 5” . . . Lose an arm or a leg? ARM. I’m a dancer and we love our legs, so an arm . . . OR would you rather ride on a live potato through the 11th dimension with your grandmother, or travel to the Andromeda Galaxy on a jet-powered sheep with your pet hamster named Allen? HMMM . . .

How to Disagree Respectfully

Do you find yourself going silent when your opinions differ from a friend or grownup? Here’s some advice from girls about how to respectfully say what you think, whether it’s face-to-face or online. Girls in NMG’s online community get to practice disagreeing online, and girls say that helps them disagree more easily face-to-face and in other online conversations.

If you have a hard time speaking up, you should just take a deep breath and say: “Excuse me, I disagree. I disagree because ____” . . . Really try to understand why the other person might have her particular opinions . . . I use the word “I” more than the word “you.” Some ways to start the discussion are: “I see a different view” or “I don’t agree with that” or “Please help me understand why you have that opinion” . . . When people say something offensive, I disagree by saying, “I don’t think that, and maybe you shouldn’t say that.” . . .

When you are disagreeing online, don’t write in capital letters. If a person says something mean about what you are saying, don’t be mean back. Tell them how it made you feel, such as saying, “Please don’t say that about my opinion. It hurts my feelings.” . . . Tell someone: If I offend you, tell me, so I can explain . . . When you see or hear something you really disagree with, you can calm down before giving your response . . . Remember, if you agree to everything, you probably are not being yourself or telling the truth about what you think . . . It’s OK to respond to a disagreement with a text or email, because it can be harder to say things in person. A message can get things rolling and help you talk more easily in person later.
Arranged marriages are almost always portrayed as a very bad idea. Just take the example of two famous plays by William Shakespeare. In “A Midsummer Night’s Dream,” Hermia refuses to marry her father’s choice for her, Demetrius. In those times, your dad could force you to marry the man he picked, or face death or being shipped off to a convent. In “Romeo and Juliet,” Juliet is powerless to refuse her father’s choice of husband for her, even though she and Romeo are in love.

But when I think about arranged marriages, I think of the ones I know in my extended family. My grandparents’ marriage was arranged, as well as the marriages of some of my aunts and uncles. All of them are very happy marriages!

It is true that in some places around the world, arranged marriages are not a fair process, with the young couple having no say about their partner. And it is horrible when young girls are sold as wives to older, sometimes abusive men. But that is something different, and not typical of the modern arranged marriages. Nowadays, parents search out potential spouses who have compatible values, such as a strong family relationship and similar goals. Then the two people meet and get to know each other before they decide whether they want to marry. It’s nothing like the Shakespeare times where young women (and men) had no choice!

And consider this: “love marriages” are bad choices about half the time, as we can see by the nearly 50% divorce rate in the US. Who else knows you and loves you as much as your parents? They want to find a mate who is a good match for you and will treat you well.

I think arranged marriages are perfectly fine for people who are not already in love with someone else. What do you think?

Aashna, 12, Maryland, loves reading, writing, and being with friends.

“Let me not to the marriage of true minds admit impediments,” Shakespeare once said. A “love marriage” in which the couple love each other, enjoy each other’s company, and have chosen each other to be together, are becoming more common around the world, including places where arranged marriages had been the norm.

Because the couple chooses each other freely, love marriages are usually happy and successful. The spouses have had ample time to get to know each other and work out any differences before marriage, so they are more likely to care for each other and wish to make the other happy. When you start out loving each other, you have a strong foundation for a marriage. And if later the couple ends up not in love with each other, they will be able to divorce.

Love marriages are particularly better for women. In many arranged marriages, the young woman often has no choice to refuse the chosen husband. While in some instances she may be allowed to object to the marriage, young women are often pressured into agreeing to the marriage.

In some arranged marriages, the girl is sold into the man’s family to serve as payment for a debt, or to make her family wealthier, or as a second or third wife. This means she goes from being her family’s cook and servant to being her husband’s family’s cook and servant. Divorce is rarely an option.

Both love marriages and arranged marriages have their faults, but the advantages of a love marriage far outnumber an arranged marriage. Even a careful parental choice does not guarantee the two will be happy together, and perhaps the parents will be opposed to a divorce from the person they picked.

Women (and men) should be free to choose their spouse, even if it turns out to be a mistake.

Gretchen, 12, New Jersey, loves to read, draw, and is a black belt in Soo Bahk Do.
Welcome to My Nepal

Goma has 50 brothers and sisters! Learn about her life in lovely Nepal.

Namaste, I am Goma. I’m 17, and I live in Surkhet, Nepal. Surkhet is in a valley surrounded by beautiful green hills. Women in my town wear saris or kurta-surwals, which are loose shirts and pants. Men wear cloth topi hats, pants, and shirts. Here our seasons are summer, monsoon, and winter. My favorite month is October because that is our school vacation month, and the weather is moderate.

When I was 3 years old, I lost my father. Two years later, my mom ran away with another man, leaving me alone with my two older sisters and younger brother. I am lucky that my grandmother was there for us. We stayed with our grandparents, but my grandmother was very busy selling things, so she was never home. My grandfather was often drunk, and sometimes my grandmother was very afraid to leave us alone with him.

One day when my brother and I went to our aunt’s house, my grandmother took my sisters to a village and married them off. I was heartbroken without my sisters. After many difficulties, my grandmother took me and my brother to Kopila Valley Children’s Home. Coming to Kopila Valley changed my life. At Kopila, orphan children learn to read and write, and some live in the home with me. I am so thankful to Maggie, who created the Home. Now I have 50 sisters and brothers!

I am a student at Kopila Valley School. The school is divided into four houses, like Harry Potter. My day starts at 9 am and goes until 4 pm. We have six classes, such as math, Nepali, English, accounting, environmental science, and health. We have school Sunday through Friday. Friday is a half day.

At lunch, we older students serve the smaller students, who eat lunch lined up on a carpet on the ground. We serve foods including rice, beans, vegetables such as carrots and salad, yogurt, eggs, and fruit. Then the upper grades eat, and then we take turns cleaning the entire cafeteria.

I love learning, so I love school. I especially like going to the school library and reading novels. Reading is my favorite. I’m not so excited about taking final exams and homework. I am always busy, and I have no time to be with my friends. Sometimes I get nervous about my future.

I am in the Environmental Club at Kopila, because I am worried about our environment here in Nepal. I am excited to do service work and pick up trash. I also love singing and dancing. I sing both English and Nepali songs, and I love cultural traditional...
dancing. I have even performed in front of my whole school several times.

I really like helping others, so I help our aunties cook food and sweep the dining room, mop floors, and wash dishes after meals. I also help look after our small brother Ravi—he is a cute baby! I help my brothers and sisters do their homework and I have other big sister responsibilities.

In my free time I like to go to the Sambhat Center, which is a place where teenage girls come for community and education. Sambhat means having a conversation. Children come to learn and do creative things. All the people are from very poor backgrounds, and they can talk about their problems, help each other, and encourage each other to be self-dependent.

They talk about the consequences of early marriage and help solve family problems. I help with the kids, teaching them songs and dances and playing games with them. Sometimes I take them on jungle hikes. I love kids so much!

On Saturdays I sleep in late and don’t worry about homework. I enjoy watching TV and reading novels, and spending time with my friends and going on hikes.

**Eat It: Momos!**

I like to eat momos, which are made of meat and vegetables wrapped in dough, like a dumpling. In Nepal everyone eats them because they are tasty. I also love onion pizza.

Invite friends to help you stuff and steam these delicious dumplings!

Cut the following into tiny pieces: one onion; three cloves of garlic; a one-inch chunk of fresh ginger (or one tablespoon of ginger powder); ¼ pound mushrooms; and one small to medium cabbage.

Using a food chopper or food processor—with permission—will be quickest. For vegetarian momos, add in ½ pound of tofu. Meat-eaters can add ½ pound of ground meat—many Nepalis eat yak, but you can try pork or chicken or lamb. Salt and pepper well, and add four tablespoons of soy sauce. Mix well.

Thaw square or round potsticker wrappers. Place one tablespoon of filling in the center. Dip a clean finger in a bowl of water, and trace a bit of water around the edge of the wrapper so the edges will stick together when you wrap the filling to enclose the filling. You can do this by folding the wrapper in half lengthwise or diagonally, and sealing the wet edges. Or you can pull all the edges up around the filling and squeezing together the top edges to seal in the insides.

Lightly oil the surface of a metal or wicker steamer so the momos won’t stick, and place the momos in one layer without touching each other. Make sure there’s plenty of water in the bottom of the steamer, and steam the momos for 15 minutes. If you don’t have a steamer, drop the momos into boiling water for about 10 minutes.

Carefully remove momos with tongs, and serve with dipping sauce such as soy sauce or tomato salsa, which is similar to a traditional Nepali dip. Garnish with cilantro or parsley.
The Mustang district is one of my favorite places in Nepal because this very beautiful hilly place has big apple orchards with the best tasting apples I have ever had. My other favorite place is Devi’s Fall (above) in Pokhara, I would love to go back to Pokhara because it has beautiful caves, big lakes, and waterfalls.

In our Hindu religion, there are a lot of gods and goddesses to celebrate in festivals. Dashain and Tihar are the two important festivals. During Dashain, we buy new clothes and repaint our houses with red and yellow mud. It’s very pretty.

Dashain celebrates the goddess Durga. We believe that long ago, there was a very strong demon that no god could kill. The goddess Durga fought with him for 10 days, and on the last day she killed him. Adults put red tikka, made of dry rice mixed with red food coloring, on our foreheads. Then we get money from the adults and eat delicious foods.

Tihar is a three-day celebration for brothers and sisters. The first day we make a variety of rotis (ring-shaped breads, usually fried with sugar) and a pickled slaw made of potatoes, cabbage, peas, and tomatoes, with a sesame chili sauce. These are the foods that are special for brothers.

There are beautiful lights in all the houses, and the town is all lit up. Some people go house to house all night to bless your house, and they’ll dance and sing for you. You give them a little bit of money and some of the rotis that you have made.

On the second day, we honor dogs, who provide security. On the last day, the sisters put seven lines of tikka color on the brothers’ forehead, and also give him a marigold necklace and tasty foods. Then the brothers give the sisters money. I love Tihar so much.

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The major religion in Nepal is Hindu, followed by Buddhism at around 10%, Islam at 4%, and less than 2% Christian and other. Durga (right) is a revered Hindu goddess.

The majestic Himalaya mountains have some of the highest peaks in the world. But some of Nepal is warm and tropical.

Rawr! The Bengal tiger hangs out in Nepal. Other animals include elephants, Tibetan wolf, water buffalo, python, red panda, rhinoceros, tiny pygmy hog, and more.

Girls are not treated the same as boys, because everyone still wants a son rather than a daughter. Many girls don’t get the chance to read or go to school, although things are getting a little more fair in the urban areas. Many still have arranged marriages. The girls and women have really hard jobs such as laborers. Girls aren’t allowed to spend time outside of their homes the way boys do. Girls have to cook food for their family, wash clothes, get water from the well, and cut grass.

When I’m older, I’d like to be a director or an actress, because I think it would be fun. Adult girls from Nepal often end up being married and settling down and having children. They are dependent on their husbands and move to wherever he is.
Meet Maggie, My Shero

By Diana Kerr

It is a warm summer day in the middle of August. An 18-year-old woman has just graduated from high school, and she is leaving her small town of Mendham, New Jersey, to explore the world before going to college. This young woman is Maggie Doyne, who has no idea at that time that her travels were about to transform her life.

After backpacking through four countries and the Himalayas, she walks through a village in Nepal. She sees a young girl named Hima, who’s only 6 and has to sell broken rocks to support her family. Maggie knows she has to do something to help this little girl, so she pays for Hima’s school tuition, books, and uniform. She has just changed one life, but she craves to save more children.

Using the $5,000 she has saved from babysitting back home, Maggie began building a home for orphaned children in Nepal. She got help from the people of the community and from supporters in New Jersey. In 2008, Maggie opened the doors of the Kopila Valley Children’s Home to orphans. Currently, she is the “mom” to over 50 children, and she loves them each as her own.

Two years after the Home opened, she built the Kopila Valley School for preschoolers through 10th graders. About 350 children receive healthcare and daily nutritious meals at the school. Many of these children are the first in their family to receive a proper education. Most families in Nepal are poor and can’t afford to send their children to school.

Maggie started a foundation called BlinkNow, and she has loads of plans for the future, including a high school. She believes that “in the blink of an eye, we can all make a difference.” Maggie’s story is truly inspirational and awesome. Her courage to take a gap year from college led her to her fate, helping the orphaned children of Nepal.

I got the chance to meet Maggie when she visited her hometown—which is mine as well—and spoke at my church. She brought her littlest child, Ravi, with her. When she found him, he was almost dead from pneumonia. She nursed him back to life, and brought him to New Jersey to continue the rehabilitation process. He was so adorable, and a symbol of everything Maggie does.

After she spoke, I went up to speak with her. I told her how we went to the same middle school, and it was a true honor to meet her. She was so down to earth, and she took a picture with me!

Maggie has gotten much recognition for all she has done, but everyone should know about her work. She wants to spread the main message of BlinkNow, which is that anyone can help, no matter how little her contribution is. Even if you give one dollar, that pays for part of a meal for a child. And who knows, maybe you will want to keep helping children like Maggie does!

Diana, 14, New Jersey, loves to sing, play flute, do theater both on and off stage, and meet new people.

Want to help Maggie’s kids? Visit BlinkNow.org/Get-Involved. Have a bake sale, start a pet-sitting service with friends, or just ask people to chip in some money to send Maggie. Want to get to know Kopila kids? Ask your teacher or youth group leader to join in the Kopila Buds project, which gets kids there and kids here talking!
For the Curious

Brain Change: It’s Normal!

Your brain is going through big changes, which can be tough and confusing. Knowing what’s going on can make things smoother.

By Nancy Gruver

I really related to the character of 11-year-old Riley in the film “Inside Out.” I moved to a new town when I was 10, and after that my life felt much more complicated and hard. I loved how the movie shows how feelings affect our thoughts and actions.

How about you? Have you ever felt that life was tougher and your feelings were all over the place when you had a big change? Anything that happens when you’re a tween or teen can give you those kinds of feelings. Maybe it’s having a new baby in your family, or a new school you go to, or your parents decide to get divorced.

The reason those kinds of things feel tougher and confusing during puberty and adolescence is because our brains go through huge changes in those 10 years. It turns out that the changes in my brain were actually a lot more important to how I felt than my family’s move was.

Inspired by feelings she had as a girl, Nancy started NMG. Here she is with pup Maggie!

Really?! Here’s why. Humongous changes in your brain start at puberty because of the much higher level of the hormone estrogen your body has then. While the changes in your body only take two to three years, your brain keeps changing until your early 20s.

Your brain begins to work in new ways. That plus your new experiences, friendships, and learning can change your feelings and your understanding of people and life. These changes are how you grow into an adult who will be able to live on your own and make good decisions.

That’s one of the best things about the changes. There are also hard things you’ll need to adjust to. Knowing how your brain changes will help you understand yourself and what you can do to help yourself and your friends through the hard things.

The most awesome thing about your brain is that it can be changed. It’s always growing new pathways. You can actually change your thoughts and feelings by using more of the neural pathways you want to strengthen. And you can weaken the ones you don’t want, too.

Teens act more impulsively than adults because the decisionmaking part of their brain isn’t all grown up until their early 20s. So STOP and give yourself extra time to check in with yourself. Remember that even though your friends are good, smart people, their brains aren’t grown up yet either.

Great Brain Secrets

Nancy says: I wish I had known these smart insights when I was a girl. I learned these from talking with JoAnn Deak (left), who wrote The Owner’s Manual for Driving Your Adolescent Brain with Terrence Deak. JoAnn is an expert on children’s brain development. Here are a few treasures from her.

Making mistakes helps your brain work better! When you have to struggle, figure out your next steps, fail, and try again, you’re giving your brain a workout.

The most awesome thing about your brain is that it can be changed. It’s always growing new pathways. You can actually change your thoughts and feelings by using more of the neural pathways you want to strengthen. And you can weaken the ones you don’t want, too.

Teens act more impulsively than adults because the decisionmaking part of their brain isn’t all grown up until their early 20s. So STOP and give yourself extra time to check in with yourself. Remember that even though your friends are good, smart people, their brains aren’t grown up yet either.
One especially difficult change is starting to feel like friends, and even people you don’t know, are judging you. Younger girls don’t have that feeling as often. They usually feel confident about themselves and think the world appreciates them for who they are. They know what they want and are able to ask for it. They see things from their own point of view, kind of like they are at the center of everything.

That changes in adolescence because all the different parts of our brain start to connect with all the other parts much more. This is a good thing in the long run! We start to see the world through other people’s perspectives as well as our own. This has good results such as more empathy and more rational thinking when we try to feel and understand what life is like “in another person’s shoes.”

But it can also make girls lose touch with their own sense of who they are for a few years. This happened to me when I was in middle school and everything felt topsy turvy. I got hyper-sensitive to what my peers thought of me. I wanted to never make any mistakes. I felt like the real me wasn’t enough. I lost my view of the world from inside out, from my center, and tried to change myself from the outside in, to be what I thought other people wanted me to be. I stopped saying what I wanted and even stopped knowing what I wanted until I was about 16.

It was painful for me. It’s why I started NMG, so girls have friends and a place for support and to keep knowing and being who they are from the inside out.

Ever feel like your parents don’t quite understand? Tell them to check out Nancy’s awesome book, HOW TO SAY IT to Girls!

Roxi, 13, England, drew each phase of how she expressed herself with clothes and other favorites through her years. Every “phase” you have is wonderful and unique. How would you draw your fave history? Show us at NewMoon.com/how-to-get-published-New-Moon-Girls. Celebrate each phase (grownups have them, too!) and try not to be dorked out by the “you” you were!

Dealing with Changes

When life gives you tough stuff, it’s great to have a sympathetic ear. Girls at NMG’s online community get great support and advice about friends, siblings, changing bodies, school, and more.

Recently, a girl posted on Ask a Girl about a friendship: “My BFF who I have known since preschool started semi-ignoring me and hanging out with this girl she’d only been friends with for a few weeks. How do I talk to her about this without sounding rude?”

“Just ask her why she has not hung out with you as much,” advised a girl. “Maybe there’s something that you are completely oblivious to that is bothering her.” Another asked if the friend’s interest had changed—“try talking with her about her latest hobbies.” Another suggested a long hangout to explore any problems.

Being a good listener and sharing your life—both good and bad—makes life’s changes much easier!
I wake up, and instantly, I’m happy. It’s my favorite day of the week. I put on my clothes just in time to hear my mom yell, “Anne, your breakfast is ready!” As I walk down the stairs, I see my brother in his room doing what he’s always doing, totally glued to his video game player. When I get to the table, my sister Ella has her face in a princess fairytale book. Sometimes I forget what she looks like, because all I ever see is the book.

“Max, you’re going to be late if you don’t put that thing down,” Mom says to my brother. Since we live up in the mountains, we all go to the same small school, which has kindergarten through 7th grade. We scurry off, and I’m excited to see my best friend Jamie at school. We both like Thursdays best because it’s sports day, and I get to go to her house after school. We hang out together at recess, but I can’t help noticing that my oblivious siblings ignore everyone else, and especially me.

My after-school time with Jamie goes by quickly, and I head home for dinner. Max, of course, has to be pried away from his game player. During dinner, Dad tries to get us to talk about our day. Since I love sports day, I tell everyone all about what I did. Max and Ella hate sports and being outdoors, so they’re silent, except for when Ella goes on for quite a while about her books. I wish they liked outdoors things like I did—I can only get Mom and Dad to play outdoor games with me.

On Friday, I hear a surprising announcement from my teacher. “We’re having a long weekend with Monday off for a teacher work day, so I have an easy assignment,” she says. “I’d like each of you to enjoy our lovely weather this weekend by going on a hike with your siblings. On Monday, bring a signed note from your parents telling where you all went.” My heart sunk. I knew Ella and Max would never agree to go on a hike. And this would be the first time I didn’t do my homework!

That night at dinner, I bring up my assignment. Mom and Dad are delighted, but Max and Ella promptly say no. My mom, however, cleverly tells Max that he should pretend to be a character in his adventure video game. And then she convinces Ella that she would be acting just like a princess in one of her favorite books. THEN she tops it off by saying that any of us who don’t go will have to clean the toilets for two weeks.

When Saturday morning arrives, I’m very nervous. Will Max and Ella really do this? Mom packs us some snacks and two picnic blankets—Ella insisted, because “I might get cold.” Before we leave, Mom checks our bags and finds Max’s player and three games, as well as some books Ella hid in there. Out they went.

Finally we are outside, but now we have to decide where to go. Max and Ella are clueless about hiking paths, so I suggest we take a path up to the peak and near some caves. We head off, and I’m finally happy. And the weather is perfect!

Sadly, the spell was quickly broken. “I wish I had hid my games better,” Max grumbled. “Mom lied! This is nothing like a princess adventure!” Ella whined.

“Cheer up,” I said with a forced smile. “Remember, the sooner this is over, the better.”
They quieted down, and we walked to the caves. Max suggested that we stop for a rest, and I agreed. We settled inside the cool recess of the cave. I thought I’d work on my baseball throw while we waited, and picked up a large rock. It was a great throw, but hit a rock at the top of the cave opening. To my horror, that rock broke off, and triggered a huge rockslide that filled up the cave entrance!

Dust billowed, and the cave grew dark as we all screamed. The rockslide stopped, and I see in the dim light that Ella and Max are staring at me with their eyes bulging and their jaws open. “It isn’t that bad!” I reassure them. “Look—there’s still a little hole at the top of the entrance. It looks big enough to get through!”

They seem to be in shock, and don’t say a word. Then, to my big surprise, Ella gets up and starts climbing up to the hole to check it out. At the top, she yelled down to us, “We can all get through, but we’d have to jump down to the ground. It’s pretty high, and Mom will kill us if we broke an ankle.” Max explodes. “I can’t believe this! I didn’t want to be here in the first place, and then you start throwing rocks? What in the world were you thinking?”

“Well, you DID pack the cellphone to call Mom, right?” I ask, feeling panic stir in my stomach.

Max says nothing, and Ella looks at him sharply. “Max, YOU didn’t take the phone? All you care about is your stupid player!”

“STOP!” I shout. “Let’s just settle down and think for a minute.”

There was silence and then Ella speaks up. “Well, I do remember something about a princess escaping by using clothes tied together,” she says. “Since I don’t think we will be climbing down Max’s hair, I’d go for that option,” Ella says with a laugh.

“In my games, you always need to check your supplies before any action that endangers your life,” Max adds. “Since Ella doesn’t have any more lives to use, I think we should do that.”

“Ha ha to the both of you,” I say, with a relieved smile. We work together to tie the blankets to make a long rope, and clamber to the top of the rock pile. We tie one end securely around a sturdy tree branch, and Max inches down first. I follow, and Emma lowers herself like a champ. As she slides off the rope, Ella says, “Now I really do feel like a princess.” Max bows, and I curtsy to Ella. She smiles and curtsies back.

We all walk home, happy to have survived our scary adventure. When we get home, no one says a word of the mishap. But somehow we all know that it won’t be the last time we go outside together, and today we learned to appreciate each other’s hobbies a little more.

Now it has been a month after the hike, and things have changed between my brother and sister and me. I have my own soccer team, and Ella and I have started sharing books and recommending them for each other. Max showed me how to play one of his games, and I have finished levels 1, 2, and 3. One little hike can really help you see the other side of things.

Arina, 12, Maryland, likes to read, write, and travel the world.

Cailey Tervo is an illustrator, comic artist, and blogger from Ohio. Despite living in the city, she prefers spending time in nature, and loves drawing plants, trees, and animals. See more of her wonderful work at caileytervo.com.

**Hazel**
I’ve been really into making new outfits for dolls I get from Goodwill. I’m most proud of Hazel’s face paint I did. She’s some sort of fairy/spirit.

Rosalie, 13 • Massachusetts

**Ethaecia**
I drew Thisbe’s character from Maya’s Feared Powers role play that we’re doing on the NMG site. She can manipulate earth and shape-shift.

Frances, 9 • American Samoa

**The Whimsical Oboist**
I created this drawing when I used to play the oboe. I drew it using markers and in the anime style.

Molly, 12 • Ontario
Enjoy lots more awesome girl poetry at NMG’s online community! Send us your poem at NewMoon.com/how-to-get-published-New-Moon-Girls.

The End of an Era

Innocent and carefree
Curious and sweet
A flower ready to bloom

Walking around
So proud and sure
Expecting lasting youth

Scared of storms
Terrified of solitude
Missing the clouds as they float away

Unsure of what’s next
Waiting for instructions
Not understanding the concept of change

Then the tears began to fall
The brain began to learn
And the innocence faded

No longer were problems
As simple as ice cream flavors
And jump rope champions

The bright colors of the world
Began to change
Into entirely different ones

Now scared of oppression
Scared of persecution
Scared of disapproval

The end of an era

Ellie, 14
Michigan

Unbroken

Words can hurt, so can lies.
Leave you shattered on the inside.
Be brave. Be strong.
Gather the pieces of your heart.
Piece by piece, glue them back in place.
Be brave. Be strong.
Pick the right words to say,
the words that will break you free.
Be brave. Be strong.
Ignore the hurtful voices.
Know you’ll never be broken again.
You’ll be brave. You’ll be strong.

Leela, 8
Illinois

Ice Mountain

On the ice mountain
Is a glorious fountain
Its water sprays
Like the sun’s golden rays
The trees are made of crystal
One look and you’ll feel wistful
When the slight breeze falls
You will hear the snow doves’ calls
The silver deer stands still
Snow falls on the windowsill
On the ice mountain
You will see no fire
But you might find
Your heart’s desire

Ruby, 12
California

Turn Out the Light

Gay or straight,
Black or white,
We’re all just the same when we turn out the light.
Short or tall,
Wrong or right,
We’re all just the same when we turn out the light.
So why don’t we turn out the light for a while?
Maybe, when we turn it back on,
We’ll be ready to smile.

Cecilia, 13
Wisconsin

Poetry

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**Bloomability** by Sharon Creech
Dinnie Doone isn’t sure she’ll survive when she’s sent off to international school in Switzerland and meets kids from all over. Her story “makes you want to read this book over and over,” says Aubrey, 12, California.

**Cress** by Marisa Meyer (Age 12+)
Earth and the moon Luna are on the brink of war, and sickness plagues the earth as the mighty trio, Cress, Scarlet, and Cinder, take on tough stuff in this Lunar Chronicles series book.

**Dovie Coe** by Frances O’Roark Dowell
Dovey Coe, 12, wants to set the record straight about the murder of an awful boy who wants to date her sister. “It’s a page turner that I can’t put down, and the author is really nice,” says Ellie, 11, North Carolina.

**The Giver** by Lois Lowry (12+)
Think Hunger Games, with a society that has banned emotions for “Sameness” and appointed Jonah, 12, as the Receiver of Memories. “A lot of things have to be broken down and solved,” says Maya, 12, Wisconsin.

**Half a Chance** by Cynthia Lord
When Lucy’s family moves to the old house by the lake, she takes on the mission of finding beauty through photography, along with pal Nathan.

**The Inheritance Cycle** by Christopher Paolini
Eragon teams with his dragon Saphira to overthrow the evil king Galbatorix amid conflicts among dwarves, elves, dragons, werecats, and more. “You’ll love reading about the wonderful warrior Eragon,” says Abbey, 10, Pennsylvania.

**The Kane Chronicles** by Rick Riordan
Sadie and Carter Kane discover they are descended from Egyptian pharaohs after their dad summons several gods at the Rosetta Stone in the Museum of London, and adventures begin. “I love these because I love Egyptian history,” says Katie, 9, Florida.

**The One and Only Ivan** by Katherine Applegate
Ivan the gorilla has been ogled by shoppers in his shopping-mall cage for many years, but life turns around when Ruby the baby elephant arrives. “When you finish it, you’re like, ‘Wow,’ says Cecily, 10, Massachusetts.

**Out of My Mind** by Sharon Draper
How would you express yourself if you couldn’t talk or walk? Broghan, 10, Michigan, loves this story of Melody, “a girl who’s able to say her mind.” And look on the next page to find out more about awesome author Sharon!

**Lacey Recommends Books!**
Looking for cool new reads every month? Read the “Lacey Recommends” post in Luna’s Reading Corner at NMGmembers.com. Lacey loves reading and is a writer like so many of you. She makes all our book-related goodies, writes novels, and recommends books for teens and tweens for a rural library.

Here’s a recent sampling: books on writing including *Writing Magic* by Gail Carson Levine, author of *Ella Enchanted* and more, and *Leap Write In*, creative writing exercises from Karen Benke. Another column has super spooky reads such as *The Kat Sinclair Files: Dead Air* by Michelle Shusterman. Search Luna’s Reading Corner at NMGmembers.com to find Lacey Recommends!
What Are YOUR Favorite Books?

NMG online members list faves of all sorts so other girls can get to know them. Here’s just a few of many girl book favorites.

Abbie (left), 11, Georgia, loves the Adventure Time comic books about Finn and his dog who “captivate their audience with never-ending, thoroughly exciting adventures.” She also likes The Spiderwick Chronicles series by Tony DiTerlizzi and Holly Black, where siblings discover a faerie world, plus other books . . . Faves for Emma, 11, Vermont, include The Great Trouble by Deborah Thompson (orphan Eel tries to survive in the midst of London’s cholera outbreak), and See You at Harry’s by Jo Knowles (Fern feels invisible, but best friend Ran helps her weather a tragedy) . . . The Penderwicks by Jeanne Birdsall (four sisters and friend Jeff try to stay out of trouble at their beautiful estate) is a fave for Anna, 12, Missouri, as well as the Harry Potter series.

The Sixty-Eight Rooms by Marianne Moore
Are these real-life tiny rooms at the Chicago Art Institute magical hideaways to discover secrets? “Definitely worth reading, no matter your age,” says Rina, 14, Michigan.

The A Series of Unfortunate Events series by Lemony Snicket
Something’s always happening to Violet, Klaus, and biting baby Sunny Baudelaire! “I really enjoy them—they’re sad, adventurous, and kind of disturbing in a good way,” says Talia, 10, Oregon.

Sweet Honey by Cathy Cassidy
Honey is looking for a fresh start when she moves to Australia to be with her dad, but she finds cyberbullying and more. Zoe, 12, Vermont, likes the Chocolate Box Girls series because they have “two things I like to read about: romance and drama.”

Tiger Lily by Jodi Lynn Anderson (12+)
You’ll meet a fierce Tiger Lily in this take on Peter Pan, as she’s breaking away from a horrible forced marriage. Mika, 13, New York, thinks the book is “so detailed and beautifully written, I could not put it down!”

The Randi Rhodes Ninja Detective series by Octavia Spencer
Big-city Randi and pals DC and Pudge solve karate-kicking cases in sleepy Deer River and parts beyond. The books “have everything, with mistaken identities, suspense, and mystery,” says Carmen, 11, Ohio.

The School for Good and Evil by Soman Chainani
Best friends Sophie and Agatha get a big switch when they arrive at a school that trains kids to be fairy tale heroes or villains. Quincy, 11, California, likes that “all the girl characters are strong and make mistakes.”

Favorite Author Podcasts

Special bonus for NMG Online members! Listen to the kick-off episode of our new author podcast series, an interview with Sharon Draper by NMG member Isabela, 11, California.

Sharon said (and much more): “The thing that makes a book good is the character, and what the character is involved with. What are the fears; what are the needs for this particular character—in this particular time and in this particular situation?”

Sharon is the author of the bestselling Out of My Mind, and has won the Coretta Scott King Award, which recognizes outstanding African American authors, five times.

To listen to the podcast, suggest future authors, and more, search “Luna’s Reading Corner” at NMGmember.com.
HOW AGGRAVATING!

What’s unfair to girls and women—in your life or around the world? Members, visit the “Howl at the Moon” message board at NMGMembers.com. Any girl can share at NewMoon.com/how-to-get-published-New-Moon-Girls.

We have had great US presidents; don’t get me wrong, Barack Obama is GREAT. But our country has been a country for at least 300 years (which might sound young to some people), but that would be PLENTY of time for a woman president. And listen to this: Some more undeveloped countries (no offense to the people who live in these countries) have had AT LEAST ONE woman President. It’s outrageous! We’ve had wonderful first ladies—Hillary Clinton, you rock!—but seriously, PLEASE get a lady in there.

Mimi, 10
Minnesota

I’m really angry about my unfair fortune cookie message. It said: “A man’s best possession is a sympathetic wife.” I mean, come on! Since when are wives possessions? So men OWN their wives? And maybe a man is married to another man—that happens a lot, too. Also, how come the wife is sympathetic to the man? Men should be sympathetic to women, too! A woman can work her tail off just like a man. Wives can be sympathetic to men, and men can be sympathetic to women—it should be totally equal. How stupid is this?

Nadia, 12
Massachusetts

There is this website called Dress Up Who, and it’s really fun. But many of the games are sexist—all the women and girls have thin waists, big eyes, and big breasts, and even the so-called “little” girls have breasts. In the makeup games you pop pimples and pluck eyebrow hairs. UGH! Sure, some girls do do that, but not all. Also, there are ads on the games and below the games about stuff like losing weight. This website is seen by lots of little girls, and they don’t need to be seeing the wrong images of how bodies “should” look!

Katniss, 13
Wisconsin

This popular online meme is sexist. Women are not just cooks, yet people laugh at this.

Cori, 13
Maryland

Show us what you Girl-Caught; NewMoon.com/how-to-get-published-New-Moon-Girls
Howling at the moon

Howl about the inspiring things you do and see that make life better for girls! Members, visit the “Howl at the Moon” message board at NMGMembers.com. Any girl can share at NewMoon.com/how-to-get-published-New-Moon-Girls.

I went to a Canadian event called G Day for Girls, and it was a blast! The speakers teach girls about gender equality and growing up. When I went there, I heard a woman who goes to poor countries and encourages girls to play soccer, a TV star who had a troubled past, a drummer, and even a dancer who was an expert in “groove.” I encourage girls to check it out!

Sophie, 12
British Columbia

Our church choir director told us that on Sunday we could wear our favorite sports team clothes. I don’t have any sports team clothes, so I told Nick, the guy standing next to me, that I didn’t. I was wearing a shirt from one of my dance recitals, and he pointed out that, “Dance is a sport if you want it to be—you could wear that.” It made me so happy that a guy actually called dance a sport, because most other guys I know basically think dance is pathetic and just a waste of time.

Alahna, 12
Kansas

I’m a Girl Scout, and when we sell cookies every year, the troop gets to pick a company, organization, or special cause. I brought up the idea to help the local domestic violence shelter. We were the top cookie sellers in Oklahoma. We sold over $1,000 in cookies, and we were able to give more than $100 to the shelter! I hope other girls can find a way to support her community and those who need her help.

Amaria, 11
Oklahoma

We were able to give more than $100 to the shelter!

Ellie, 12
Vermont

My best friend got really sick and couldn’t come to school. So my friends and I had a bake sale and raised money so her parents could afford medicine for her. Now she is back at school—our hard work paid off!

Rina, 14
Michigan


I liked how girls got to literally strike down harmful gender stereotypes in this menstrual product ad.
<table>
<thead>
<tr>
<th>Sunday</th>
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| Festival of Sleep Day  
Sleep makes EVERYTHING better . . . 3 | Learn Your Name in Morse Code Day  
Google “Morse Code” to write it or say it! 11 | National Bird Day  
Feed them, watch them, protect them! 5 | Marian Anderson sings opera, 1955  
First African-American to sing at the Met 7 | Happy 2016!  
What are your wishes for the new year? 1 | Happy trails, 2015 . . . |
| New Moon 10 | National Hat Day  
Wear a fun hat like Liviyah or decorate a hat! 15 | National Tin Can Day  
Paint a can, plant an herb—you got a gift! 19 | Violette Neatly Anderson is first black woman lawyer for Supreme Court, 1926 29 | It’s Bubble Gum Day!  
Get blowing and have a contest. 6 | Church of England OKs women priests, 1987 13  
Join in, all religions! |
| Shari Lewis born, 1934  
Fabulous puppeteer—make a sock puppet today 17 | National Opposite Day  
Cold? I’m burning up! 25 | National Tin Can Day  
Paint a can, plant an herb—you got a gift! 19 | Eva Ibbotson born, 1924  
Check out her many wonderful books. 21 | Violette Neatly Anderson is first black woman lawyer for Supreme Court, 1926 29 | it’s Bubble Gum Day!  
Get blowing and have a contest. 6  
Church of England OKs women priests, 1987 13  
Join in, all religions! |
| National Opposite Day  
Cold? I’m burning up! 25 | National Dog Biscuit Day  
Make some! Your furry friend will be happy. 22 | Tell Luna about your favorite black history shero! 24 | Julia de Burgos born, 1914  
Cool Puerto Rican poet and activist 17 | It’s Bubble Gum Day!  
Get blowing and have a contest. 6  
Church of England OKs women priests, 1987 13  
Join in, all religions! |
| National Dog Biscuit Day  
Make some! Your furry friend will be happy. 22 | National Tooth Fairy Day  
What’s your favorite fairy memory? 28 | Awesome poet and novelist Alice Walker born, 1944 9 | Audre Lorde born, 1934  
Learn about her amazing poetry and life! 11 | Halina loves Girls Rock Camp  
See if there’s one near you. 13  
Church of England OKs women priests, 1987 13  
Join in, all religions! |
| Happy Birthday, real actor Ellen Page 31 | National Gumdrop Day  
Create sweet fun—octopus cupcakes? 15 | Tell Luna about your favorite black history shero! 24 | National Dog Biscuit Day  
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I felt really bad that she was so sad and scared at that time, but she said that she had a lot of help and support from people all over the world. She learned how to speak up about things that weren’t fair.

When she was in jail, the famous singer Nina Simone visited her and brought a balloon as a gift. The jail didn’t want her to have it, but it was one thing Angela really wanted to have, and she insisted. It made me sad that jail kept her away from her friends and family, but also happy because the balloon was light and free and gave her hope.

I wanted to have a balloon to give her, but I didn’t, so I drew a picture of her. When I handed her my picture (right), her face just lit up and she thanked me many times.

Angela continues to be a professor and has written many books. She calls herself an abolitionist just like Harriet Tubman because she thinks prison is like slavery. She has worked hard to get rid of jails because they hurt people, especially African-Americans, and she wants us to have better ways to work with people who have committed crimes. She wants us to help her make schools better for everyone.

I will always remember the day I met her. I hope to be just as brave and strong as her, and do what is right even when it is hard and lonely. She is my hero.

By Broghan MacIntyre

Angela Davis is a great role model for girls all over the world. She was put in jail for standing up for civil rights when she was 26 years old and has spent her life fighting for justice and equality. We went to hear her speak when she visited our city last winter, and she had the best smile as she talked with us about her amazing life.

She was born Angela Yvonne Davis on January 26, 1944, in Birmingham, Alabama. Her mother, Sallye Bell Davis, was a political activist, and Angela got a scholarship to go to an integrated high school in New York City.

When she went to college in the 1960s, she studied in Germany with a world-famous philosopher and political theorist, Herbert Marcuse. She realized in Germany that she had to come back to the United States and work to make change with the civil rights movement.

She got a teaching job at the University of California in Los Angeles. But she was fired because she was a communist and part of the Black Panther Party at the time. She spoke out against the Vietnam War, worked against racism and sexism, and supported gay rights and other social justice movements.

In 1970, she was arrested for buying a gun that was used in a crime, but she didn’t do the crime. She went to court to fight back. She still had to go to jail, and she said that this was a very hard time for her.

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Broghan, 10, Michigan, enjoys nothing more in life than curling up in a nest of blankets with a good book and a cup of hot chocolate with whipped cream and mini-marshmallows.
I love that girls can just talk to each other! I love that I can be creative and express my feelings.
—Haylee, 10, Colorado

For Parents: Free Resources and Wisdom from Other Parents!
• Daughters.com
• facebook.com/NewMoonGirls
• twitter.com/NancyNMGirls
• Daughters.com/blog
• pinterest.com/NewMoonGirls
• NewMoonGirls on Instagram

Try NewMoon.com and see why Hadley says: “I’m brand new to your website and I’ve already made so many new friends!”

January & February To-Dos

Jan. 5 - Make a list of birds you see today—you may be surprised at the variety of your feathered friends!
Jan. 10 - Do a New Moony thing today for the first new moon of 2016.
Jan. 25 - How many opposites can you & your family find today?
Feb. 1 - Black History month starts—visit NMGmembers.com to learn about amazing black women & girls.
Feb. 8 - Why does the Chinese Year of the Monkey start on the new moon?
Feb. 29 - Will you do something special to celebrate this extra day?