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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Order at NewMoonGirls.com or call 1-800-381-4743. One year (6 issues) paper magazine membership $43.95. One year Girls Online Community membership: $30. U.S. currency only. Amex/Discover/MC/Visa welcome. Make check (U.S. bank) or money order (U.S. funds) payable to New Moon Girls, 85 Lakeshore Ct., Richmond, CA 94804-7421, USA.

Printed in Liberty, Missouri, USA, by LSC Communications, with soy ink on recycled paper.

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New Moon Girls™
November/December 2019
Volume XXVII, Issue 2
Moving Matters

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New Moon Girls (ISSN: 1943-488X print; 2161-914X digital) is published bimonthly by New Moon Girl Media, 85 Lakeshore Ct., Richmond, CA 94804-7421. Periodicals postage paid at Richmond, CA, and at additional mailing offices. Email Help@NewMoonGirls.com. Internet: NewMoonGirls.com. New Moon Girls is a trademark of New Moon Girl Media, Inc.

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Postmaster: Send change of address to New Moon Girls, 85 Lakeshore Ct., Richmond, CA 94804-7421.

Publications Mail Agreement No. 40064408
Return undeliverable Canadian addresses to Ontrak
P.O. Box 25058
London, ON N6C 6A8
Moving Matters

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10 Friends with Words *
Fun games for friends near and far

14 Smooth Moves *
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24 Body-Loving Gifts *
How to make easy soothing gifts

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 NewMoonGirls.com/Shop.
Meet a Moon Girl!

Say hey to Maya, 14, California. She has been a creative force in our online community for over four years, posting everything from fun contests to thoughtful discussions on interesting issues to delightful art and fiction. And she’s full of kind comments on others’ work and good advice. Thanks, Maya!

About Me: I am a passionate bookworm, dancer, author, and artist. My hobbies are rather unusual and include pondering the universe, the existence of the human race, if time exists or not, and questions of ethics and morality. I also love sushi. I am a firm Democrat, but I’m open to many beliefs. I love having friendly debates and making the world a better place.

Favorite Activities: I love to read, write, do art, play volleyball, and swim. I also enjoy rapping to Hamilton at very random moments. I’ve been dancing ballet and contemporary for three years, and working on some choreography, too. I love to write stories and come up with OCs (original characters).

My Dreams: I would love to meet Lin Manuel Miranda; go to France, Israel, India, and Greece; publish at least one book by the time I’m 30; be a major part of the women’s rights movement; create equality for all, as well as world peace . . . obviously.

Favorite Songs/Music: I love music, and my favorites include the Beatles, Joni Mitchell, Bob Dylan, Fleetwood Mac, Elton John, and Cat Stevens. I also enjoy Billie Eillish, Beyoncé, and pretty much any empowering female singer.

Have fun, Maya

Find the 10 Luna Tics hidden in every issue.

This issue’s Luna Tics were created by: TheGeekyDragonGirl, 11, Idaho; Caroline the Kitty, 10, Minnesota; Gemma, 12, California; Iris, 12, Washington; Malka, 11, New York; Esra, 16, New Zealand; ViKitty, 10, New York; Virginia, 11, Virginia; Jessie, 13, North Carolina; Sophie, 14, Florida.
Celebrate Girls

Do you love all the year-end holidays? We do! But even more than that we LOVE all our members and the wonderful adults who support NMG year-round by giving you memberships.

We have a holidays tradition of showing our gratitude by giving you and the adults who love you 20% off during the whole month of November. This means memberships, classic magazine packs, posters, and everything else you’ll find in our store at NewMoonGirls.com/Shop.

Your adults just need to use the coupon code WINHOL19 when checking out. Tell them about it and you could get something awesome for special people in your life.

Vote! Cat or Dog? Tell us: Would you rather be a cat or a dog? (Idea thanks to Gemma, 12, California!) Vote and give one quick reason for your choice: NewMoonGirls.com/Polls

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 easy to send your work and ideas.

1. Online members, post your stuff at NMGmembers.com. Any girl, submit your work at NewMoonGirls.com/Girls-Get-Published. Online members can send work here, too.

2. Check your email—we email you or message you on NMGmembers.com if we want to publish something you made. We can't publish your work if you don't reply to our emails and messages.

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

4. Answer the new polls at NewMoonGirls.com/Polls. A lot of poll answers are included in our articles and fun votes.

Magazine Themes

Girls Are Beautiful As Themselves Deadline: November 15, 2019

Inner beauty is in every girl—including you! Answer a few questions to shine a light on an inner beauty you know and love.

Want to Play? Deadline: January 1, 2020

Besides being fun, play makes us happier. Tell us how you like to escape and be creative and imaginative!
letters to luna

Dear Luna,
I love music, so I really liked the article about the NMG musical that girls invented, as well as the feature on girls’ favorite songs [March/April 2019]. I also enjoyed the endangered animals match-up. I’d like to see more about global warming and its causes in the magazine, and more about animals. I also love being in the NMG online community—everyone was so welcoming to me!

Holiday, 11
Pennsylvania

Dear Luna,
I really liked the Global Village article about Aiufi, who lives in Samoa [July/August 2019]. I’d like to see more Global Village articles and more For the Curious articles such as the one in that issue using dog characteristics to explain genetics. I’d also like to see more in the magazine about climate change, because I really care about it and think we can change it.

Amelia, 13
Ohio

Dear Amelia,
Thanks for your thoughts! Look for more Global Villages that take us to Greece and beyond. Check out Greta’s climate change ideas on p. 19.

Luna

U Voted: Read or Watch?

We asked: What would you pick if you could only read for a year OR only watch movies, TV, and such? Reading won in a landslide! “Reading a book is like playing a movie in your head—you get to imagine what the character and her surroundings look like,” says Ava, 9, Georgia. “I’d get bored by movies, but I never get bored with books,” says Sara, 11, North Carolina.

“Books help me escape to another world, whether it’s back in time or to the future,” says Cassidy, 10, Nevada. And Daisy, 12, Indiana, notes that “there are so many different books; plus I could still email and be on the NMG community.” But Ella Jo votes for watching. “As much as I love reading, I can get a little bored with it. I could still write stories in addition to watching what I wanted!”

Luna’s Team Spotlight

Gemma, 12, California, sent some awesome ideas—thanks!
Theme: Puberty and its physical and emotional changes . . . Feature idea: Topics on sexuality and LGBTQIA+ . . . Global Village: France . . . Inspiring girl or woman from now or the past: Alecia Beth Moore (P!nk) and Florence Nightingale . . . Online community poll idea: Favorite TV show? Cats or dogs?

Pssst . . .

Want to help create the magazine and online community?
It’s super-easy to join Luna’s Team by sending us an idea or two or more. Go to NMGmembers.com—remember, anyone can browse there and see what our community is all about, whether you’re an online member or not.

Click on “Share It!” and see all the ways you can be on Luna’s Team. You can submit an idea for themes or articles or art or any part of the magazine. You can suggest creative content to feature in our online community, or share a way you helped spread the NMG word.

Thanks so much, and we’ll thank you in the magazine masthead.
Welcome to Voice Box, where you speak out about hot topics. This time we’re talking about the time you get to spend on phone or computer screens. Is your time fair? Are we all on too much or not? Share YOUR opinions for the “Sound Off” topic below.

Screen Time?

Usually I get 15 minutes a day, which sometimes feels not fair. But mostly it is fair, because my mom is trying to protect me. When I do spend a long time on my phone or watch TV all day, I actually feel more tired, or like I’m starting to feel sick. Kids and adults are on screens too much, but adults are usually on for important reasons. Unless they’re on to watch TV or something like that, which is a poor excuse.

Isabella, 12
Texas

If I get sucked into something, I can be on screens all day. The time can go by so fast. This is actually too fair. I might start with a text or call, but then I’m on too long. Adults and kids should use our screens less because watching screens isn’t great for your eyes, and you should be active most of the day.

Adelaide, 10
Kentucky

My parents usually want me to spend at most an hour a day on the screen. But sometimes I accidentally go past that. That’s a fair limit. Some kids spend way too much time on the screen, like some kids at my school who play video games all the time.

Ella Jo, 12
Arizona

I can spend an hour daily on each app, and my iPad shuts off at 10 pm. and I can’t be on until 6 am. That’s fair. My parents gave me vague limits because I’m not on all the time. A lot of adults need their devices for work and important calls, so I understand that. But in general people should spend less time on screens and go outside.

Tori, 12
Washington

I typically have one hour on my iPad every day, which I use to be on the NMG community, check email, and write. That’s pretty fair, but I wish I had 90 minutes. I think my parents spend too much time on their devices, and so do a lot of other kids and adults.

Ella, 11
Pennsylvania

Most days, I can be on my device for a half-hour to an hour. When I go to work with my dad, I can be on my device until we leave. I think I have fair guidelines. But adults and kids spend too much time looking at screens.

Lila, 9
California

Screen Time Dangers

Too much screen time can deprive kids (and adults) of needed sleep, social interaction, and down time, studies say. And online interactions can be hurtful, hard to figure out, and cause anxiety or sadness.

If you find some screen and online experiences troubling, reach out to family, friends, or a counselor. They’ll help you find a happy medium with screen time.

Sound Off!

What’s the best pet for a kid to have? Why would it be ideal? Should some animals never be pets? Thanks to Georgia, 13, New Jersey, for the idea!

Share your thoughts in the "Best Pet?" poll at NewMoonGirls.com/polls. Your answer could be in the magazine. Thanks!
Dear Ask a Girl:

My best friend moved five hours away, and I miss her so much! My mom says her family is really busy and I haven’t been able to talk to her since she moved.

Missing Her, 11
Pennsylvania

Dear Missing Her,

I’ve gone through this before, and I completely understand how you feel. Try writing to her. If writing doesn’t work for you two, schedule a definite time you can talk. It’s important to stay close with her, but you probably also want new friends. What I did when my friend moved away was to look for people who seemed like they’d share interests with me or who seemed to be inclusive toward others. Then I would ask to hang out with them. Another friend who moved away is back now, and we had stayed extremely close while she was gone. Having her around again has helped me a lot.

Indira, 12
Vermont

Dear Missing Her,

Talk online through chat or video. Some of my best friends—who I’ve never met in real life—live very far away.

Lili, 16
Oregon

Dear Missing Her,

That really stinks. I move every two to three years. Every place I go, I try to make friends. But it isn’t easy. When I moved the last time, I started talking with my best friend over video chat. It works, but it’s hard because we’re doing different things and don’t have the same things to talk about.

Plus it’s harder to schedule because we live in very different time zones.

Aaliyah, 12
Kyrgyzstan

Dear Missing Her,

I’m sorry—I know it’s really hard when you care about someone and they move. I’ve had a fair amount of friends move or move on. Ask your mom to ask her family if you two could find a time to talk or visit. Just remember that it’s probably really hard for her, too. When you first move, everything is really busy, so maybe once things calm down, you’ll be able to do some connecting. Try to focus on other things, and make some new friends.

Amelia, 15
Connecticut
Dear Missing Her,

Try to make other friends. Just look for things other girls or boys are interested in that you are interested in as well. You could even start a music club or some sort of club for people to join!

Elle, 11
Massachusetts

Dear Missing Her,

I’m so sorry! You can always text or email. Try to stay as close to her as you were before. Visit her as much as you can. Spend more time with your other friends and spend time with family also.

Rayna, 12
Vermont

Dear Cat Sad,

Cry! Get it out. I LOVE cats and all you need to know is that she is still with you—in your heart.

Malia, 11
Oregon

Dear Cat Sad,

I’m so sorry. I had a dog named Uma who we had to put down last year. Just hang in there and think about your happy memories with her. I’m feeling much better now. It will pass.

Ameya, 11
British Columbia

Dear Cat Sad,

I feel you. I went through the same thing last year when my bunny died. I couldn’t stop crying when I thought about it. But what helped me the most was writing in a journal. I had so many sad feelings inside me, but it felt good to write it on paper. I would even write to my bunny in my diary and tell her how I felt.

Nell, 11
Virginia

Dear Cat Sad,

We had to do the exact same thing and I couldn’t stop sobbing for quite some time. I still miss my cat (J.J—she was a girl) to this day.

Calypso, 11
Minnesota

Dear Cat Sad,

My little brother, who’s 7, has been lying a lot. When he does that, I get really mad at him and then I get in trouble. I have tried talking it out with him, but my brother just doesn’t listen.

Frustrated Sister, 9
California

Dear Frustrated Sister,

My brother, who is also 7, lies a lot to my mom and me. The best thing to do is to completely ignore him. Then he’ll see there’s no point in trying to annoy you. Trust me, it works!

Hanna, 10
Colorado

Dear Frustrated Sister,

My little brother is 4 and can really get on my nerves, too. But my mom once told me that you have to teach people how you want to be treated. Show your brother that you love him, but also keep telling him that you don’t like it when he lies.

EJ, 11
California

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

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EJ, 11
California

Want more great ideas on how to deal with sibling problems? Get advice from Sister to Sister Mentor Sarah (a sister to four sibs) by searching "Sister to Sister: Siblings" at NMGmembers.com. Among her tips: Accept your good and bad feelings; try to see things from the sib’s point of view; communicate respectfully; and ask for help when needed.
When you’re a tween or teen, it can be hard to have honest, calm parent communication. Here’s how to have it more often.

By Nancy Gruver and Sarah Weiss

Do you ever feel like your parents aren’t really listening to you; aren’t seeing things from your perspective? Do you ever feel like it’s a struggle to open up to your parents about something big? We hear this from our members. Sarah’s been there as a girl and Nancy’s been there as both a girl and a mom. This article shares some ways you can make communication with your parents more satisfying.

Sarah says:

For people we’ve known (and who’ve known us) for most or all of our lives, it’s amazing how hard it can be to communicate with our parents (or whatever adults fill that role for you). Sometimes it feels like we’re speaking a completely different language from the people who are raising us. Other times, it feels like we’re being pressured to talk when or about things we don’t want to—or like we aren’t getting the opportunity to talk when or about things we do want to. It’s frustrating. Lack of communication can go hand in hand with a lack of understanding. And of course, lack of understanding can lead to all kinds of mistakes, hurt feelings, and—guess what?—miscommunications. It’s quite the cycle.

The good news: With a little mutual effort and consideration, it’s very possible to build a strong, working, and communicative relationship with your parents and with others. So here are a few tips and things to consider to help you do just that.

Work Together

You aren’t alone in this! Especially when issues arise, chances are your parents want to communicate with you just as much as you want to communicate with them. Sometimes it’s hard to find the right flow, to match up your “languages.” You might wish they were better at communication . . . but they probably feel exactly the same way!

A little empathy goes a long way. It’s easy to see from our own perspective, of course. But it can be much harder to look at things from another point of view. This is something every one of us can work on. And better yet, we can work on it with each other. Remember: You’re in this together.

When and Where to Talk

Finding time for “just talking” can be hard to find. But don’t wait until something huge happens. It doesn’t have to be a big deal. Just make talking a habit. Even if you don’t want to talk about, “How was your day?” don’t grunt and head to your room. Try giving a real answer and tell them about recess or your big homework assignment. Maybe try asking them, “How was your day?” and then listen to what they share.

Something that really works for me is combining talking with doing. Talk while going for a walk, or driving somewhere. Talk while cooking together or playing a board game. It helps lessen my uncomfortable feelings when opening up feels awkward to me.
Nancy says:

When my daughters were 16, Nia was struggling to make a big decision. She was talking to me about it and I was quietly listening. I noted to myself that I was being a good mom by not interrupting her.

It’s always hard for me to not give people advice when they seem to have a problem. Problem-solving is one of my superpowers and I like to help! But a lot of times people actually don’t want me to solve their problem. They want me to listen while they talk about it. I have to remind myself of this.

All of a sudden Nia stopped talking and looked at me. It was my turn to talk. But I had no idea what to say. While she was talking, my mind had gone off on other thoughts and I didn’t hear most of what she said.

I tried to make the best of it by saying, “Honey, I know you’ll make the right decision. You’re really good at figuring things out.”

She looked frustrated and said, “Mom, I want your advice! That’s why I’m asking. You actually give pretty good advice most of the time.”

I knew I’d blown it in that conversation. I told her my thoughts had wandered and asked her to tell me again so I could really pay attention.

I still have to remind myself to really pay attention whenever I’m listening to someone else. My mind wanders a lot, thinking of all kinds of stuff besides what the person I’m listening to is saying. I actually have to practice doing this. When I notice that my mind is wandering or coming up with solutions, I focus on my breath for three breaths. Then I go back to paying attention to the person I’m listening to. As I learned to do this, I’ve gotten a lot better at really listening. And I still have to keep practicing it because brains naturally wander a lot.

Tips for You and Your Parents

By working with and listening to lots of girls, I’ve found a few tips that help both girls and parents improve our communication.

G is for Get to Know Them. Spend time with them doing things that either one of you enjoy. Listen to their opinions, especially when you have a different opinion. Accept them for who they are and don’t try to get them to be different.

I is for Improvise and Ignore Stereotypes. There’s no “one right way” to communicate. Try different ways and see what works for you. Each of us is our own person and doesn’t want to be stereotyped. That’s totally awesome and lets us share ourselves with each other.

R is for Remember Who They Are. Sometimes people seem to be very different from who they used to be. All of us have a self inside who is our truest self. When we don’t feel safe showing our truest self, we might act very different. But the true self is inside and when we show people that we accept their true self, they will feel safer acting and talking as their true self.

L is for Listen. Keeping our attention on another person and listening to them is quite difficult for our brains to do. To have strong communication, the other person needs to feel that we have heard what they said. After someone has told you something, it’s very helpful to do a short repeat to them of what you heard. Then ask them if they feel you understood them. If they don’t feel you understood, ask them to tell you again.

S is for Share Ourselves and Our Experience. We want to feel that we truly know all the facets of the important people in our lives. We’re curious about them and their life. This includes things they’re very proud of, mistakes they make, and problems they face. We’re all human beings, which means we’re not perfect. That’s a good thing and makes us more interesting. Perfection is boring.

Sarah is an 18-year-old Jewish musician, bookworm, college student, lifelong learner, NMG online community manager/Sister to Sister mentor, and the list goes on. I love to write all sorts of things, from essays to fiction to poetry.

Nancy is also a bookworm, the cofounder of NMG, inventor of crazy ideas, maker of mistakes, mom to Mavis and Nia, Nonna to Lucy, Greta, Sam, and Quentin, and always fascinated by the interesting things girls do, say, write, think, and change.
Word games are the best, because you can play them when you and your friends are apart! Which is super when you don’t get the time you want with friends, maybe because they’re at a different school or different city or it’s just hard to arrange get-togethers. Thanks to NMG girls in our online community for creating these great games to play!

**Flip That Letter**

This one is simple, but contagious: Someone starts with a name, then the next person adds a name that starts with the last letter of the first name. Thanks to the many, many girls who keep the game going. Some recent names in the chain:


Start and end with a hint and answer. Add other hints—the secret answers change just one letter. Thanks to Julia, 14, Maryland, for starting it!

You breathe with it: NOSE
Flower
City in Italy
Half sphere
Finished
Sand hill
Male duchess
Skywalker
Bait or entice
Perfect
I am____ of it: SURE
—Sophia, 12, California

**Answers:**

<table>
<thead>
<tr>
<th>Rose</th>
<th>Pure</th>
<th>Luke</th>
<th>Duke</th>
<th>Dome</th>
<th>Rome</th>
<th>Nose</th>
</tr>
</thead>
<tbody>
<tr>
<td>Pure</td>
<td>Luke</td>
<td>Duke</td>
<td>Dome</td>
<td>Rome</td>
<td>Nose</td>
<td>Rose</td>
</tr>
</tbody>
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What would your pet say? Here’s Grace (left), 12, Minnesota; sis Siri, 13; and kitty Oreo—see below.

**Funny Quote Festival**

Do you crack up just thinking of goofy things you’ve said with friends or family or overheard? Jot them down and pass them along! That way, the laughs multiply and memories amplify. A few samples from a loooong NMG message board:

Me: *picks up cat and cradles him like a baby*
Sister: *talking as what she thinks my cat would be saying* Mom, I’m too old for this.
Me: *laughs*
Sister: *as cat* Mom, I’ve got a diploma, I’m an adult.
Me: Grace, stop . . . *kisses cat*
Sister: *still as cat* NOT THE KISSES!!!!!!!
—Siri, 13, Minnesota

Friend: Oh, no, there’s a big spider coming right toward you!!
Me: *Without looking up* No. there isn’t.
Friend: YES THERE IS—IT’S COMIIING!
Me: . . . Nope.
Friend: IT’S CLIMBING UP YOUR CHAIR!!
Me: . . . . . .*looks*
Friend: I have achieved my only life goal.
—Mia, 13, Tennessee

Person: *says something offensive*
Me: "Your comment has been marked as SPAM!"
Person: "What?"
Me: "PLEASE WAIT UNTIL A MODERATOR APPROVES IT!"
—Viribreeze, 14, Virginia
Would You Rather?

Ask friends about any choice—could be a goofy one or more serious—and see what the results are. See how peeps support their choice, too. Try these awesome ideas from NMG girls and do your own.

- Rather have chocolate or sweet/sour candy?
- Only be able to write, or only be able to read?
- Live where it’s really hot, or really cold?
- Ride a unicorn, or ride a cloud?
- Eat a sand sandwich or toenail ice cream?
- Take only baths for a year or only showers?
- One really close BF or lots of nice friends?
- Live at Jedi Temple or Hogwarts?
- Be a dog for a week or a cat?
- Be a famous singer or famous dancer?

Never Have I Ever

You may be surprised by what a friend has or hasn’t done! See who’s done what with this game started by Shira, 12, New Mexico. Each of the players starts by saying (or email/texting) something she has never done. If you HAVE done something that another girl says, then you “lose” a finger. When you lose all five fingers, you get to start with another thing you’ve never done. If you’ve done it all, keep playing until you haven’t!

Here are some things some girls have never done, but others have: Owned a pet bird; been out of the U.S.; gone skiing; had a cat; been hospitalized; listened to more than one Hamilton song; celebrated Christmas; been to a sleepaway camp; watched Frozen; been on a rollercoaster; screamed when they saw a cockroach.

Build a Story

Write a group story—it’s super-easy and fun when each friend contributes just one word. Or try doing one sentence each. Here’s what happened when Tundra, 12, Alberta, started a one-word story with “I.” Keep going with the stories below or start your own!

I am the queen of the magical frogs that roam the forests of Asgard and gleam very brightly. The frogs squeezed fruit very energetically and excitedly because they were strange. A baby frog burped loudly at me. It squealed loudly as I stared. It?

Or ask story collaborators to write (or say) one word, several words, or a sentence. River Nymph, 13, Ontario, started this group story with “Once upon a time, in a faraway land called Pickle Town, there lived a tabby cat named...” Here’s what other girls threw in the pot.

...Ande, who was trying to run away to the Andes Mountains and find her long-lost Labrador puppy, Harry, who... was dying (xD). She ate a disgusting... zucchini, which she then washed away the taste of with... spoiled milk she found lying on the ground, which did not take the taste away, but then she saw a... doughnut! Alas, the wonderful treat was... completely poisonous, and so she... fell unconscious, and dreamed she... stomped on it until it was only fragments of dough and sprinkles. But then... she saw, on the horizon, a... humongous daffodil yellow avocado progressively waltzing toward her. She was about to run in terror when... she spied a fairy grandmother riding towards her on a... Nimbus 2000! So she decided to... ask for a wish! But the fairy godmother was really... a werewolf in disguise asking for hot dog buns... and ketchup. She gave it some ketchup, and then asked where she could find a fairy godmother... and the werewolf told her she could find a fairy godmother if she... traveled to the lair of the... giant pineapple dragons and found...??
Hi! I’m Camille, and I’m 11 and I have a little sister named Suzette who’s 4. Two things about me: I REALLY like to play Minecraft and read Percy Jackson books.

When my parents told me that we were moving into a trailer, I was very surprised. But I was also very excited. We used to live in a big house with two floors and lots of rooms, and now we’d be moving into an old Airstream trailer that was way smaller. I had to get used to the smaller feeling of less space and less walking space, but I eventually got used to it. Plus, we cook in it just like at home, where I helped make yum dumplings.

My sister and I have bunk beds. I like it that I have my own little cozy bed space. I like my wall of stickers that I collect from places we visit like Oregon and Yellowstone Park. I have my little pockets where I keep books and pens and attach things that hang. I have pictures of family and friends, and sometimes I put up decorations I make or fortune cookie papers. And I like my curtains.

Plus, I get to travel with my pet, a betta fish named Lightning. I used to have a pet snail named Thunder, but he only made it about six months. I befriended this river snail (left) in Washington!

So far, we’ve traveled to 26 states. One of my favorites is New Mexico, where we went to this big week-long event, the Albuquerque International Balloon Fiesta. I went with lots of my friends and people I met, and we got to see beautiful hot air balloons every day. Every morning when you look out your window, you’ll see so many balloons just flying right over on top of you.

I also loved going snorkeling with my friends, Mariah and Lana, in the Florida Keys islands. We went to the John Pennekamp Coral Reef State Park, where we went swimming and saw jelly fish and barracudas and stingrays and sea stars and puffer fish and yellowtail snapper. And we saw a real coral reef in beautiful blue water. It was so pretty.

The best part of traveling has been meeting more friends. I have double the number of friends now than I had when we left our old house. I meet friends at events or meet-ups with other traveling families or just randomly at campgrounds. When we go off in different ways, we stay in touch through messaging, handwritten letters, emails, and sometimes talking on the phone.

One thing I really like to do with friends is playing Minecraft. I love Minecraft; I’m addicted to it. There’s not one
day that goes by without talking of Minecraft or having a laugh.

My friends and I also go to events and parks. I loved snorkeling with Mariah and Lana in Florida and hanging out with Elli and Lorelei in national park campgrounds. I had so much fun at the Grand Teton and Yellowstone National Park with Mariah and Lana—we saw moose, bison, incredible birds, smelly mud pots, and bears. And the mountains were incredible. It was really cold, too—below freezing.

We even saw a grizzly bear! It was really surprising because we were just driving in Yellowstone when we saw lots of people standing at the side of the road looking across the river. We parked, and people said there was a grizzly bear. I met this really nice lady who let me look through her high-tech binoculars to see it up close. It was really cool to see the bear—it was eating something.

I've been homeschooled since we started traveling. My favorite parts of homeschooling on the road is getting to go to museums and new places and try new foods such as seafood in the Florida Keys. We also learn by doing educational programs at national parks and museums such as Fernbank Museum of Natural History in Georgia.

When we do the programs at parks, I get a Junior Ranger badge. I have 18 of them so far! I especially liked getting the Mesa Verde National Park badge—it was cool to see the very old Native American houses carved into the cliffs (left). I also liked exploring the caves at Carlsbad Caverns National Park, where we saw bats and stalactites and stalagmites.

I also enjoyed doing the Junior Ranger program at Crater Lake National Park. We saw this huge volcano that had blown itself up, and the enormous crater was filled with water and all the snow that melted. It was just beautiful. We could look through clear water going down 50 feet or so.

Traveling has been so much fun. I've also been to Canada a few times and we may go to Mexico for Christmas. We may fly in an airplane to Ireland, and go to the United Kingdom, too.

When you too have a chance to travel, here is my advice: Stay positive and stay on the road!
Smooth Moving

Take a tip from Abigail, who has moved lots of times, and other girls. They’ll help you make moves easier.

By Abigail Miller

When I was younger, my dad was in the military. That meant that he was away from us most of the time, stationed at different places. And his military service meant that our family would move all the time. I was born in South Carolina, but I don’t have memories from the first few times we moved when I was really little.

Pennsylvania is the first place where I have memories of our home. I remember that in one of our many homes, we lived across the street from two girls who would come over to play with me. When I was little, I was quite the social butterfly. Making new friends was not a problem! Here’s me (below on left) with Keirlynn (lower right) and Kylin, who became my friends from across the street when we lived in North Carolina.

I remember that in another place we lived, there was an elderly couple who lived behind us. I would go over there any time I liked, and I would just ring the doorbell. That house was my favorite place of all our houses. I liked it because I had a bathroom in my room.

But as I got older, moves got harder. I would get more connected to the friends I had, and I didn’t want to leave them. The last move was probably the hardest for me because I moved away from my best friend. It was really hard for me to adapt to being without her, but now she has faded away and I don’t even know what she looks like now. That upsets me sometimes, but then I remind myself that I’ve made great friends right here where I am.

Sometimes I like to think about what it would be like if I never moved. Making friends in a new place can be hard—I know that from experience. But you’ve got to start somewhere. So, the best advice I can give for making new friends is to walk up to someone new and say “Hello!”

Abigail, 12, Pennsylvania, likes to read, write, and care for young children.

Be a Moving Friend

Are you part of a military family? Have your parents moved for jobs or other reasons? Either way, keep in mind at school and activities that kids who move often could use a welcoming friend in a new place. Supportive friends like Abigail’s (here she is at 10—second from right—with pals she met at camp in Virginia) can really help kids feel at home in their new home!
By Valentina Rider

Compared to most people, I move a lot. Because of my dad’s job, we typically move every two or three years. Here are a few thoughts that could help you in a family move.

When I know we’re moving again, I experience a mix of feelings. I’m usually excited about the new experiences ahead as I discover a new place. And I feel stressed as I get things ready to move and get rid of some stuff. And there’s almost always a lot of sadness. Leaving your home is hard. There’s so many things that you’ll miss. People, from friends to teachers to that woman at the bakery who always seems happy to see you. Plus I know I’ll miss my familiar and favorite spots.

The moving day always feels surreal to me, as it becomes an inescapable fact that I’m not coming back here. Right before we leave, my family always sits quietly together in each room, slowly moving closer to the front door. And then we reach it, and we gather our bags and we leave.

Something important to remember: It’s okay to cry. It’s natural and it sometimes helps. There’ve been times when my entire family is in tears as we drive to the airport. So, if you feel like crying, cry.

When I get to my new house, I’m always torn between curiosity and misery. I often feel forlorn because our new place isn’t anything like my old house, the one that is still home in my mind. But there’s also excitement in exploring. Perhaps there’s a hidden cupboard, or a window seat, or an alcove that you can pretend is a stage. New houses always come with surprises.

At first, I can feel upset that I have to learn to get new places, and of course, meet new people and get to know them. When other people are cheerfully greeting each other, I have to introduce myself to every single one of them. I find myself constantly wishing I could go back “home” where I know everything and everybody.

But inevitably, my new community does become familiar. I learn the route to many wonderful new places—my dad’s work, choir practice, play practice, and more. My new city is familiar now, even though I once felt like it never would be.

With each of my moves over the past nine years, being a NMG member has been a source of much comfort and dependability to me. I’ve moved to four different countries on three continents, and NMG has always been there for me. So have extended family, and friends I’ve kept from different places. Having a community that “moves” with you can really help the whole moving process.

Valentina, 18, Kyrgyzstan, is a NMG Sister to Sister Mentor and enjoys doing circus arts, making music, learning things, playing with her dog, and spending time with people she loves.

Girls on the move find plenty of friendly support as they share their transition experiences in our NMG community. Here are a few samples.

I’m moving, and I feel scared and optimistic . . . I moved about a year ago and we are just now selling the old house. I don’t think I am ready to let go; I lived in that house for 11 years . . . I felt the exact same way when I moved. You might miss your old house sometimes, but your new house will start to feel just as much like home. It’ll get better over time . . . I’m moving and it’s kind of exciting but also kind of scary and the packing is really boring . . . We moved, but not too far, and it hasn’t been too bad. If you’re moving farther away and want to keep in touch with friends, be sure to get email addresses or use other ways to keep in touch . . . I moved last summer, and it was hard but also exciting. I like my new school a lot better, and I’ve found new friends.
It’s YOUR Move

Bet you’ve noticed that when you’re moving your body, you feel better. Plus, your brain works better. We asked girls to share their fave ways to move.

Here’s a great way to try out a new sport: Find someone who’ll learn and adventure with you. Lila (left), 9, California (who also likes to ski, rock climb, mountain bike, and swim), set up some team fun. She says: One day when I was paddleboarding on Lake Tahoe, I got the idea that I could paddleboard all the way across Lake Tahoe. At first it seemed a little crazy.

But that night I told my mom about my idea and she loved it. We trained the whole summer. We found campsites along the lake’s edge, because this would take more than one day. My brother and dad would bring us our supplies. We mapped out the route—it was about 12 miles. Then one day we started off, and it was all superfun!

There are SO MANY ways to have fun while moving! Try a sampling of lots of different ways of moving—anything from moseying through a nearby park to biking to swimming to all the games involving balls. See which ones you like.

For Athena (above), 12, Washington, current faves are unicycling and horse riding. She says: I like horse riding because, well, it’s a team sport—with your horse! It’s a challenge to work with a teammate who doesn’t speak the same language, let alone one who is twice as big. Horse riding has always been a lot of fun for me because I really appreciate working with these gentle creatures and learning from the horse.

Unicycling is also really fun because it’s hard to learn, but once you get the hang of it, it’s exciting! It’s really worth the hours of learning. Also, if you join a unicycling club or group, you can make a lot of new friends and help others with their skills.

"Tennis is my favorite sport, because you can play tennis anywhere, not just at the courts," says Maxima (below), 13, Illinois. "I hit the ball against my garage to practice returns and serves in the backyard. It’ll make your arms and legs stronger, and it’s fun to figure out moves that’ll put the ball where your opponent can’t return it." . . . "Running makes me feel free; swimming cools me off in the summer; and tennis makes me feel good about myself," says Abigail, 12, Massachusetts. . . . "Climbing is so fun," says Sopha, 13, California. "It’s SO rewarding when you reach the top of a climb, and I feel strong. . . . "Swimming is refreshing, and there’s so many ways to swim," says Jillian, 11, Virginia. . . . "Sailing is really fun when the water’s spraying up and there’s a lot of wind and you’re going fast," says Eva (right), 12, United Kingdom. . . . "I love to ski: the speed, the control, the fact that I’m moving down the side of a mountain on two sticks," says Acasia, 14, British Columbia. "Outside is my happy place." . . . "Basketball makes me feel amazing inside, and I’d really like to try rollerblading," says Ori, 10, Thailand. . . . "Swimming is really exhilarating and makes me feel calm and happy," says Anna, 13, Oregon. "But I also love to run, so soccer’s great for me when I don’t want to be in the water."
If you play sports or do other activities such as dance, it may seem that the focus is on winners and the “best” players. But every one of us has been proud to see how our practice makes us better. That’s one big reason that Marty Miller (left on back row above), coach and professor, began giving an award to a player who showed skill-building and team spirit. AND the award for the past 20 years has been an NMG membership! This year's New Moon Award winner in the “Little Rascals” team in Iowa is Emma, 10 (#4, back row). Go Emma, go Marty, and go Little Rascals! And go for whatever moves you!

**Swimstruck**

How does your fave moving make you feel? Here’s Julia (left), 8, Texas on swimming. I love swimming, and I recommend it for anyone. Swimming makes you stronger because it uses muscles all over your body. Your swimming strength will help you in any movement you like to do. Swimming also can calm you down if you are angry or sad. When I’ve felt upset, swimming always makes me feel better.

And here’s a very important reason: Swimming will keep you from drowning! I read a book about Gertrude Ederle (left) called America’s Champion Swimmer. The first time Gertrude tried to swim across the English Channel, she nearly drowned. But she kept on, and in 1926, she was the first woman to swim across the Channel—and she beat the world speed record of five men.

And here’s another reason: It’s good to start swimming when you’re young, because it makes swimming a happy habit you’ll want to keep doing even as you get older and have more chores and school responsibilities. Plus, you’ll make new friends through swimming, which makes it extra fun!

Many of us are fortunate to get to play sports and compete as much as we want. That’s not true for girls around the world, where unfair gender “rules” keep girls from playing sports and even being outdoors alone without being physically and verbally harassed.

But things are changing! For example, girls and women are joining together to run in groups (above) and join in the “Secret Marathon” in Afghanistan. The first marathon in 2015 had to have a secret route so that female runners would be safe. To support this project, three-kilometer “secret” runs in other cities raise funds to keep these girls and women running. You can join one or get adults to help you start one—visit TheSecretMarathon.com/3krace. Another great project, Free to Run (Free-to-Run.squarespace.com) gets girls in other countries running, hiking, kayaking, camping, and more to build confidence.

More girls are playing in sports previously only allowed for boys, such as soccer. Groups such as Moving the Goalposts (MTGK.org) in Kenya, Africa, get girls on playing fields and practicing many ways to succeed.

And girls with a disability are coming off the sidelines, too. Najla (right), 14, Iraq, lost parts of both legs and an arm from a bomb blast. Depressed that she couldn’t run around like her peers, she tried table tennis. With help from the Paralympics, an organization that helps people with disabilities worldwide compete in sports, Najla now is winning medals in Iraq and beyond.

Thanks to advocates worldwide who are getting girls moving and keeping sports fair for everyone!
By Anwen Winter

Do you agree with me that it’s nuts that we DON’T all know about Marie Marvingt? This French woman was a record-breaking athlete of all sports—mountain climbing, swimming, skiing, gymnastics, fencing, bicycling, horse riding, and more. She was also a decorated pilot and balloonist, AND she became a surgical nurse and fought (despite sexism) in World Wars I and II. Plus she was an inventor, creating a life-saving ambulance airplane, among other things.

I wanted to know more about Marie, so I interviewed Rosalie Maggio, who wrote the new book Marie Marvingt, Fiancée of Danger. (You should know about Rosalie, too: Her 22 books for adults and kids have been influential in changing biased language and shining light on many awesome women from the past and now!) I read Rosalie’s fascinating book on Marie, which made me even more impressed by Marie. Here are some highlights about the amazing Marie.

Marie was born in 1875 in southern France, and her mother, Élisabeth, died when Marie was 14. Marie had to help care for the household and younger siblings. Her father, Félix, loved sports, and encouraged her to pursue athletics. Marie especially loved swimming, even though at 4, she almost drowned. “I remember the feeling as if it were yesterday,” she later wrote. “But even that didn’t stop my love of swimming.”

She jumped into other sports, including mountaineering, riflery, gymnastics, horseback riding, fencing, tennis, skiing, luging, ice skating, boxing, martial arts, golf, hockey, and football. By 15, she had canoed over 400 kilometers of the Moselle River from her home in Nancy, France, to Koblenz, Germany. After she saw the circus, she convinced her father to let her take trick-riding and acrobatics lessons from the performers after their circus acts.

She excelled at cycling, so she decided to compete in the Tour de France race. When she was told she could not participate because she was a woman, she snuck in. Of the 114 men who entered, only 36—and Marie—finished the grueling 2,789-mile course. Marie hiked up many mountains that were considered too difficult for women—or men!—to climb. She was the first woman to conquer many peaks in the French and Swiss Alps. The mountains “gave me a keen desire for the skies, the love of being surrounded by pure air,” she wrote.

In 1910, the French Academy awarded Marie its gold medal for excellence in all sports. She is the only person of either gender to be awarded a multi-sport medal. You would think that with all this excellence in sports of all kinds, Marie would have qualified for the Olympics. To her great disappointment, the competition did not allow women or people of color to enter. Olympics Games founder Pierre de Coubertin said, “The Olympic Games should be reserved for men, the role of women being to crown the winner.”

Marie loved ballooning, and she was the first woman to pilot her balloon, L’Étoile Filante (“The
You may recognize Greta Thunberg (above), 16, Sweden—she’s the girl who has been traveling the world to rally everyone to stop climate change—from kids to presidents to the United Nations. When she recently came to the U.S., she traveled for 15 days across the ocean in a solar-powered sailboat to avoid polluting plane travel.

Join Greta to stop climate change starting today by simply walking and biking more, and taking a bus or train (or a boat) when you can. Make it fun!

- Is your school a walkable distance away? Find a friend or six to walk with you. You’ll have more social time as you walk, plus give your health a boost. How about asking parents to start a “walking school bus”? Adults take turns as the “driver” and the group picks up kids like a bus would. Find more great ideas at WalkBikeToSchool.org.

- Do walking games, such as “imitate my silly walk” or jumps or skips. Or put on tunes kids like and sing along. Block races?

- See if friends can ride bikes with you to school or to extracurriculars.

These Tennessee girls (right) learned welding and other skills in an all-girls class to adorn these awesome rides (also above). Get decorating!

Anwen, 14, Minnesota, likes to snowboard, sip vanilla frappuccinos, play harp, and write articles about awesome women.
“Girls!” Mary called from the kitchen. “You’re going to be late!”

“Hurry!” I hiss to Minnie, who is dangling out of the window. I held her left leg, Annie held her right, and Becca held both.

“I’m trying!” she cries. “A little further!” We let her out a few inches more, before hearing a muffled squeak and an “ouch!” and then we yank her back through the window. We all collapse in a pile on the floor.

“Why me?” Minnie protests. “You know heights terrify me!”

“And you know you’re the smallest—and lightest!” Annie argues.

“Hush!” I hiss. “We’d better go or we’ll be late!” Becca and Annie let out matching sighs and grumble to their feet. I help Minnie up, and we make our way downstairs, Becca clutching the roses we may or may not have just picked from our neighbor’s garden.

Now it may seem like my sisters and I always argue—not true! They aren’t actually my sisters. The girls are Mary’s daughters, and they love me like a sister. Mary, an innkeeper, took me in last year when I’d run away from a ship that was bringing me to another family that didn’t know me or love me—they only wanted a servant for free. I’d been put on the ship because there was no one to take care of me. My beloved mother had died when I was only one hour old. She named me Elizabeth-May Ida Jane, and then died with me in her arms. Her friend Pauly had taken me in until Pauly died as well, and her overwhelmed husband sent me off on the ship.

Now my “sisters” and I keep busy helping Mary with the inn. And most days, none of us would give a sweat about being late to anything. But the Magic Trials are special. They happen every four years for two days, in a different location each time. People come from all over to see young women and men battle for a spot in Gaja’s School for Magicians.

I was sure that if I were blessed with magic, I could learn to get in. Sadly, I was the only one of my adopted family who seemingly wasn’t blessed with it. Mary hadn’t gone to school for magic, but her mum had taught her a few simple spells that she had taught to her daughters. Annie and Becca dream of going to Magician School, but they wouldn’t think of leaving me and Minnie, who insisted that she would only go if all of us would.

“I can’t wait to see all the magic!” Annie says as we bounce along in the carriage to the Trials. “I would love to go out there and show MY magic.”

“Oh, yes, I’m sure they’d be very impressed by the fact that you know how to wash dishes without actually touching them!” Becca snorts. Annie stuck out her tongue at Becca, but I’d seen Annie impressed when Becca started a fire without even striking a match.

“Well, at least you have magic,” I grumble. “Some of us aren’t blessed with that. Some of us have to wash dishes by touching them!” Minnie laughed, and Annie pointed at me and looked at Becca as if to say “Ha—see?” Becca rolled her eyes.

“Girls.” Mary said wearily. “We’re almost there. Just a little longer.”

That’s when it happened. A horse dashed out from behind the carriage and was bucking wildly. People
were running all over the place, screaming. Our horses halted, prancing in confusion and making the carriage rock. We scrambled out. Minnie grabbed my waist, and Becca and Annie clung to each other, forgetting all earlier arguments.

Horses are kind creatures most of the time, but when they get angry, it’s terrifying. The horse kicked and neighed and bucked. Dust from the road swirled up around us and the horse. I couldn’t see a darn thing. The screams were getting louder and louder, while the horse was kicking up more and more dust. I couldn’t tell where it was.

Then a hoof came out of nowhere, shooting straight at Mary’s head. I jerked forward, trying to warn her. I willed with my soul that she would duck. The world slowed. Mary flew backwards toward us and landed in my arms. The dust cleared, and the horse stood still. People looked around in awe, trying to figure out what happened. I realized then I was standing with my arms stretched toward the horse. Mary stood next to me, staring in shock. I quickly dropped my arms, a blush creeping up my cheeks. Did I do that? I wondered. I couldn’t have . . . I couldn’t wash dishes like Annie, or start the fire like Becca. So I surely couldn’t have done that, could I? But I was certain I did. I was . . . I had . . . I could feel myself making the horse lay down, clearing the dust, pulling Mary back.

Everyone was silent for a moment. Then I heard it. A whistle, and a slow clap. An odd-looking man stepped through the crowd, looking right at me. His clapping stopped. He was tall—taller than anyone I’d ever seen—with a long black and gray beard, and piercing blue eyes. He walked with a cane in his hand, though he didn’t use it. His shoes were shiny and black, and the left one squeaked when he walked. How peculiar.

“And, ladies and gentlemen, I would like to offer the first scholarship of the day,” he announced. “Elizabeth-May Ida Jane, would you like to attend the Gaja School for Magicians this fall?”

He knew my name. He wanted me to go to the school. I was dreaming. No, I wasn’t. I pinched myself. Nope. I stared blankly at him. “But, sir,” I said after a moment. “I . . . I can’t do magic.”

“Nonsense!” he said, waving his hand as if the thought was absurd. “I can sense it was you who just performed that act of magic, a quite impressive one at that,” he said, winking. “Unless you want to pass on this great opportunity?”

“No!” someone said firmly from behind me. “She would like you to keep the spot open and talk with her and the rest of our family in private,” Annie said.

Thank you! I mouthed silently to her. She nodded. The odd man gestured to us with his tall red hat. We followed his towering figure through the crowd and into a tall red tent. Mary sat in a chair across from him, looking quite confused.

“I am Tobias Samual, Sir Samual to you, head of the Gaja School for Magicians,” he said. “And I suppose you don’t want to leave your beloved family?”

“That’s part of it, sir,” I say, hugging Minnie and Annie close to my sides. “Well, I can see that all of you here have magic,” he said. “Why don’t you all come?”

“Well, sir, Mary—I mean Mother—but she’s not my mother . . . My mother Susan died when I was born so I made my way here and Mary took me in . . . I take a breath. “What I mean to say is Mary is an adult. She has magic, but obviously can’t come to school with us. And sir, I’m quite frankly not sure I even have magic.”

“Well, missy, let me put you at ease,” Tobias said. “I can see that you’re easily the most powerful in this room. Perhaps more so than I am, though all of you girls have quite a good deal of magic in your hearts.” He paused. “And why doesn’t your Mary come along, too? We could use another manager, and she seems to do something in that area.”

“I . . . I run an inn,” Mary says faintly. “And could I—could I really? I know these girls would love it if they could go to your school.”
“Well then, it’s settled. Come to this place at two after twelve two days from now.” He turns to me. “Good to meet you, Miss Elizabeth-May. Your mother would be proud.”

With that, he zips out of the tent before I have a chance to ask him what he means.

Two months later, I’ve finished my first quarter at the Gaja School, and finals have just ended. Annie got the highest scores in the grade for Potions and Magic History (the two most boring classes for me and Becca). I surprised myself and everyone else by getting the highest score in Spells, taught by my favorite teacher, Mrs. Queensil.

Becca and Minnie both did well, though Minnie almost failed Levitation and Becca did fail Potions, causing us to sneak into Professor Landon’s office and erase the grade and the paper, giving her a chance to retake it. It has been thrilling, but I’m ready for a break. “Well, we have five days of no classes,” I say. “What should we do?”

“Study,” Annie replies, as she always does.

“Ugg, no,” Becca groans. “What do we even have to study for? Besides, the library’s creepy.”

“I like the library!” Minnie protests.

After several more minutes of back and forth, Annie and Minnie head to the library while Becca and I continue to wander around Gaja. “Ooh, that candy store looks delicious,” Becca shouts, rushing to the window to peer in. “All that chocolate!”

“We do have that money Mary gave us,” I remind her as I look longingly at the candy.

“Elizabeth-May!” a voice calls from down the street. I look to see a mop of frizzy red hair stuffed under a hat hurrying towards me. Queensil.

“Elizabeth, sorry to disturb you girls, but I need you to come with me. Now.”

“But what about Becca?” I ask.

“I suppose she can come with us, too,” the Professor adds as she dashes away.

“Good,” Becca says as we follow her, “because it was that or go to the library.” I laugh as she shudders at the word.

“This way, girls,” Queensil says as she ducks into a tiny alley and disappears.

I exchange a look with Becca, but follow Queensil. As soon as we step through, the chilly fall air is replaced with sunlight and birdsong.

“What is this place?” Becca wonders aloud as we stop beside the professor.

“A secret passage to the Dead Realm,” she says casually as she scans the horizon.

“Obviously.” Becca whispers under her breath, rolling her eyes.

“Why am I here?” I ask.

“Because your mother would like to speak with you,” Queensil replies, turning to me.

“My mother is dead,” I say quietly—I’d never told anyone at the school.

“Just because someone’s heart isn’t beating doesn’t mean they’re dead,” she says.

“Um, I think it does,” Becca says in her “you’re insane” voice.

“We don’t have time to argue,” Queensil says, waving aside her comment. “She’ll be here soon.”

“So . . . I’ll talk to her?” I ask, my heart pounding.

“Not exactly,” Queensil says. “When we die, we get to choose one short conversation to hold onto, so if ever someone comes to visit, they can tell them what they wish. But you can’t speak to them. The dead cannot interact with the living in the same way the living can interact with the living. Understand?” I nod and begin to ask how she knows all this and why we weren’t taught it when Becca interrupts.

“Hey, look, there’s the lady that someone painted in the dining hall. You know, the famous one. She did the thing for the people with the . . . thing,” Becca
trails off.

“Yes, Jane Sloane. The old headmaster of the school, and my old best friend,” Queensil says sadly.

“But where’s my mother?” I ask.

“Right there,” Queen says, pointing.

“Jane is my . . . ?” I gape as Jane moves closer to us. She stops in front of us and I hold my breath, waiting for her to speak.

But she doesn’t. She simply looks straight ahead, and smiles with sad eyes, before walking past us and fading into the sun. As she vanishes, so does the Realm of the Dead. “Was that supposed to happen?” I splutter.

Queensil sighs. “I guess she had nothing to say.”

“Nothing to say? Nothing to say to me?” I shout back, glaring at the space my mother has just stood in.

“Um, Lizzie?” Becca asks, standing close to me.

“What?” I spit, furious.

“Have you worn that the whole day?” she asks, pointing to a silver ring on my pointer finger.

“N-o-o-o,” I say slowly.

Queensil smiles. “Sometimes the stronger spirits can give you something to take with you to our world. That was her wedding ring. Nobody knows who gave it to her.”

Two days later, I’m still thinking about what Queensil said. Nobody knows who gave the ring to my mother. That means that nobody knows who my father is. He could be alive. For all I know, he could be looking for me.

Then an idea sparks in my mind. I rush to Mary and ask her. Then I talk to Becca and Annie and Minnie. Finally, I go to tell Queensil my decision. I knock gently on her door.

“Come in, Lizzie,” she calls. “What do you need?”

I let it all out in one breath. “I’m going to spend the rest of the school year searching for my father. Mary said I can make up classes in the summer, if I work really hard, and be on track for next year. I wanted your permission first, though. You knew my mother better than anyone. Do you think she would be okay with this?”

Queensil comes around her desk to stand in front of me. “I think she would be more than okay,” she responds. “She would be proud of you.” She gave me a map and told me where my mother grew up and to start there. She reminded me of spells to make food and water. She hugged me as I leave.

Becca (who insisted on coming since she was also in the Realm of the Dead and hates me being gone) packed our bags, and we stayed up late into the night planning.

When the sun rises in the morning, I hug Annie and Minnie goodbye before turning to Mary. “No matter what I find,” I tell her, “it won’t change what you’ve done for me. You’re my family.” Mary smiles with tears in her eyes, gives me a hug, and sends me and Becca off with the promise of staying in touch.

“So,” Becca says, rolling her eyes as Mary shouts to us to be safe as we walk away. “Is that candy store on the list of places to look for your Dad?”

Liska, 13, Colorado, likes to read, write, and run.

Alicia is a children’s illustrator who often works with collage and fabric. She says, “I love exploring three-dimensional materials and vibrant colors in my pieces.” See more at AliciaEafrati.com.
Body-Loving Gifts

Looking for an awesome holiday (or anytime) gift for friends and family (or for yourself)? Make Esme’s body products!

By Esme Ulland-Joy

Did you know that making body products you love to use all begins with chemistry? I started getting interested in science and chemistry when I was 8. I remember looking through a Christmas catalog for potential gifts and discovered all these science kits, including ones for making lip balm, slime, bath bombs, and more.

Happily, I received a few science kit gifts so I could make soaps and bath bombs. It was so fun to make them by myself and with friends. I even created a pretend game show to do with my friend called “The Soap Challenge.”

A few months later, I had made most everything from those kits. Then I discovered you could get supplies and make almost any type of bath and body product imaginable. I got more ingredients for soaps and bath bombs, bigger molds, essential oils, and more.

Ever since getting that first soap-making kit, I’m even more excited by making bath and body products. They make perfect gifts for any holiday or birthday. My favorite products to make are soaps and body scrubs. I love soaps because they are really easy to make and super customizable. You can layer them, marble them, and scent them to your preference, or a friend’s preference. Body scrubs make your skin feel soft by removing dead skin cells, and they’re also easy to customize.

It has been cool to use science to figure out the best recipes. For example, what combination of emollients (substances such as oil or wax that protect the skin and keep it soft) will keep my product solid but not too hard? How should I include ingredients such as Epsom salt, which include magnesium and sulfates that help us feel relaxed, or glycerin, which helps protect our skin’s natural moisture?

Plus, it’s just fun to make body products! Try these recipes to see for yourself, and make some gifts for the holidays or any time. I also like making lots of other things. If you like crafts, recipes, and other DIY ideas, check out my website: https://Ecraft102.wixsite.com/ecraft102

Happy Holidays!

Body Scrub

1/3 cup sugar
3 tbsp. Epsom salt
1/2 cup coconut oil
1 tbsp. olive oil
1 tsp. jojoba oil (optional)
2 mixing bowls

Mix the sugar and Epsom salt in one bowl. In another, mix all of your oils until the mixture is smooth and creamy. Pour the oil mixture into the Epsom salt and sugar mixture. Stir until it becomes a thick paste. Put in jars.
The best thing about making body products is that you can avoid chemicals in store-bought products that can be harmful. For example, parabens and phthalates often found in shampoos, lotions, and nail polish can interfere in normal hormonal development. The antibacterial chemical triclosan included in some soaps can cause our bodies to lose its natural ability to get rid of bad germs.

You don't need to throw out all your body products, but it's a good idea to make your own products or look for products with fewer chemicals and safer ingredients. The Environmental Working Group’s guide (EWG.org/SkinDeep) is a great resource for you and your parents to find alternatives and learn more about risks.

Try Esme’s recipes, and check out books or websites with more healthy body product recipes. Want a skin soother? Mix a bit of essential oil with coconut or almond oil. Easy face mask? Mix honey and yogurt and apply; add cucumber slices to refresh tired eyes. Gather some friends and recipes and have a gift-making spa party. Your bodies will thank you!

You can make versions of the scrubs to give as winter holiday gifts!

**Candy Cane Scrub**
Start with the basic recipe and divide it in half when finished. Dye one half red with food coloring. Add peppermint essential oil to both mixtures. Put a bit of the red mixture in your jar, then put in a white layer. Keep layering the colors until the jar is full. It should look and smell like a candy cane!

**Winter Wonderland**
Split the finished scrub mixture into three bowls. Dye one dark blue, one light blue, and leave the last one white. I like scenting this one with peppermint, but any other winter holiday scent would work. Alternate spoonfuls of the different mixtures until the jar is full. Then use a skewer to swirl around the colors.

**Lip Balm**
1 tbsp. coconut oil
1 tbsp. beeswax
1/4 tsp. vitamin E oil
Flavoring (optional)
Lip balm pots or tubes
Bowl

Melt the beeswax and coconut oil in the microwave. Try 30 seconds, and if it isn’t melted, try another 30 seconds. When it’s completely melted, add the vitamin E oil. If you would like to add a scent to your lip balm, add a few drops now.

Then carefully pour the lip balm mixture into your pots or tubes (buy these in bulk online). Let your lip balms set overnight, or to speed up the process, put them in the fridge.

**Floating Flower Soap**
Clear glycerin bars
Dried flowers (I like lavender)
Essential oil (optional)
Silicone soap mold

Cut the glycerin into one-inch cubes. Microwave 5-6 of these until they are completely melted. Depending on the size of your mold, you may need to use more cubes. Add essential oil to melted glycerin if you want. Pour the melted glycerin into the soap mold, and put in your dried flowers. Let this set until it is completely hardened. Then pop them out of your molds.

**Bath Soak**
1/2 cup powdered milk
3 tbsp. Epsom salt
1 1/2 tbsp. tea (my fave: pumpkin spice tea)

Mix together all of the ingredients in a bowl and you are finished! Taking a warm bath in the winter is a nice way to relax and escape winter snow and cold.
By Julia Brunetti

I like reading comics, and I like watching comic-based movies and TV shows. I like the art and the stories.

I don’t like that people assume that comics are just for boys. And I’m irritated that girls and women have been and still are often portrayed in sexist, outdated, horrible stereotypes. One big reason is that most mainstream comic writers, illustrators, and producers are men. In the comics world, men outnumber women nine-to-one.

Let’s look back at how some women in comics were shown over the last century. In the first Superman comics of the 1930s, Lois Lane (left) was depicted as an adventurous, gutsy, independent woman who didn’t need a man to protect her. This trend was actually happening as women took over men’s jobs while they were off fighting in World War II. But as the war ended, Lois changed. She was portrayed as a helpless “damsel in distress,” reflecting what happened in the culture as men came back from the war and the women were pushed to the side again.

By 1958, her role was reduced to Superman’s Girl Friend Lois Lane. In bizarre attempts to win Superman’s love in this new comic series, she becomes a criminal, a mermaid, and even turns invisible. The plots made it seem like her only goal is to be with Superman.

Wonder Woman was invited in 1942 to be a member of the all-male, superhero crime-fighting team, the Justice Society of America . . . as their secretary. The men believed she was unfit to fight alongside them because she was a woman.

During the feminist movements of the 1970s, comic makers wanted to attract more females and diverse readers. The number of female characters in comics increased dramatically, but these characters were often stereotypical man-hating “angry feminists.”

Since then, we’ve seen more positive changes, with female writers and illustrators coming up with new ways to get their characters out in the world. They’re creating successful webcomics and books with positive female indie characters such as Zita the Spacegirl (right). More females of color were introduced, such as Marvel’s rebooted Ms. Marvel series. Written by a Muslim woman, G. Willow Wilson, it features a superpowered young Muslim Pakistani-American woman named Kamala Khan trying to figure out her place in the world while also fighting supervillains.

These days, popular comic distributors such as DC and Marvel are featuring comics with strong story structures and diverse female characters. But they still have a way to go. We, as consumers, can help create more change by reading, buying, and promoting comics by female and nonbinary artists. We can support both mainstream and smaller, independent publishers who feature strong females.

I want to see positive female role models that realistically reflect my life and the lives of other girls and women. Let’s make that happen!

Julia, 14, Maryland, defines herself as ‘fabulously weird’ and likes to read, do art, watch TV and movies, and make relatively obscure fandom references.
Julia recommends:

**Lumberjanes**, by Shannon Watters, Noelle Stevenson, Grace Ellis and Brooke Allen
This ongoing comic series (with book tie-ins) is set in a summer camp for “Hardcore Lady-Types” where supernatural occurrences happen on a regular basis. The series is remarkably diverse, with characters of many different races and backgrounds, a budding romantic relationship between two of the main female characters, a trans female main character, and a character who is nonbinary (still rare in the comics world) and uses they/them pronouns. Expect friendship, adventures, and definitely some magical kittens.

**Zita the Spacegirl** by Ben Hatke
When earthling Zita’s best friend Joseph is abducted by aliens, she rushes to his rescue, and finds herself on a strange new world inhabited with a host of different aliens, including a giant mouse and some resentful robots. While adventuring to find her friend, she discovers that Joseph was prophesied to prevent the doom of this alien world. In each book of the three-book series, Zita shows her bravery and exploration skills while bonding with many aliens.

**The Prince and the Dressmaker**, by Jen Wang
Frances, a Paris dressmaker, is hired by Prince Sebastian. She soon discovers his biggest secret: He likes wearing women’s clothes, and by night he is actually the trendy fashion icon Lady Crystallia. As she makes beautiful dresses for him, they begin to fall in love. But Sebastian’s royal parents want him to marry a princess, and Frances begins to feel trapped. This sweet story features a young woman who knows what she wants and a young man exploring gender expression and defying expectations, with lovely art as well.

**Smile, Drama, and Ghosts**, by Raina Telgemeier
*Smile* is a graphic autobiography of a young Raina, after her front teeth are severely injured in a fall. It follows her through middle school as she navigates her dental issues, friendships, crushes, and even an earthquake. In the fictional *Drama*, Callie gives her all to the school theater production and also tries to figure out middle-school romance. In *Ghosts* (right), a girl and her sister (who has cystic fibrosis) move to a small coastal town and have to adjust (oh, and there are a lot of ghosts there, but they’re friendly). *Drama* also features positive representations of LGBTQ+ characters—and was unfortunately banned in several places for it.

Do you have fave comics and graphic novels? Here are some recs from a recent NMG member chat.

**Real Friends** by Shannon Hale: Shannon’s hopeful story of dealing with frenemies—Mariam, 9, Minnesota . . .

**Be Prepared** by Vera Brosgol: *Anya’s Ghost* author about her new immigrant summer camp experience . . .

**Cleopatra in Space** series by Mike Maihack: Cleo (right) adventures way beyond Egypt—Hazel, 12, Michigan . . .

**In Real Life** by Cory Doctorow and Jen Wang: Girl gamer Anda must figure out right and wrong—Celica, 12, Colorado . . .

**Dragon Girl** by Jeff Weigel: Alanna (left), 11, stumbles on a cave of dragon eggs . . .

**Princeless** by Jeremy Whitley: Princess Adrienne (right) is ready to save herself—Beth, 11, Virginia . . .

**The Unbeatable Squirrel Girl** by Ryan North: Friends, furry and not, are the Girl’s adventure allies—Daisy, 12, Indiana . . .

**Amulet** series by Kazu Kibuishi: Emily (left) and her brother face tentacled beasts and much more—Aaliyah, 12, Kyrgyzstan

Want more book recs and chat? Just search “books” at NMGmember.com to see loads of them. And if you’re a NMG member, click on “Luna’s Reading Corner” under “Luna” to get cool author interviews and recs from book editor Lacey!
Sunlit Stream

I took this picture while on a hike and submitted it for Shira’s NMG water photography contest.

**Caroline, 12 • Virginia**

Set Sail

From fairies to dragons, magic comes in all different shapes, sizes, and colors.

**Emerson, 12 • Wisconsin**

Gingerbread House

I made this house with my mom and brother. It was really fun to make and it was delicious.

**Flo, 11 • New Hampshire**
**Goodbyes**

I’ve said a lot of goodbyes
To people I’ll never see again
Because their life came to an end

I’ve said a lot of goodbyes
To people who left to start anew
Moved far away

I’ve said a lot of goodbyes
To people who decided to move on
Leave me in the dust
Shut me out

I’ve said a lot of goodbyes
To people who I loved
But who just couldn’t be part of my life anymore

I’ve said a lot of goodbyes
To people who I cared about
But couldn’t trust

I’ve said a lot of goodbyes
To places
And things I loved

I’ve said a lot of goodbyes
To memories
Echos of the past

I’ve said a lot of goodbyes
To plans
And ideas that were bursting from my mind
But that were discarded

I’ve said a lot of goodbyes
But goodbyes also means new hellos
I guess I’ve only said a few of those
But enough to know that it’s worth taking the chance of having to say goodbye again

*Amelia, 15
Connecticut*

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**Shadowed Forest**

Alone, she walks
Golden braid swinging, bright blue eyes shining
The birch trees, the oaks, the old spruce, the maples
They cast shadows
She walks in them
But her own light
Is so bright

Dirt, on the ground
Her shoes are covered, so is her shirt and pants
She doesn’t care,
She doesn’t care

Leaves, dry and crinkly, falling from the branches
Landing in her long hair
She doesn’t care,
She doesn’t care

And, slowly,
Shadows erase themselves
‘Cause of her
Her golden light
So bright
And it glows . . .

*Lenori, 11
Maine*

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**As the Sun Sets**

as the sun sets
for me
the sun rises
for you.

as the moon comes up
it’s leaving
for you.

another world comes
while one leaves.

*Elise, 11
New York*
how aggravating!

What’s unfair to girls and women—in your life or around the world? Members, post at the “How Aggravating” message board at NMGMembers.com. Any girl can send thoughts at NewMoonGirls.com/Girls-Get-Published.

When I recently visited my grandma’s house, she told me about some kids who had vandalized her property. She said that she couldn’t just tell the boys to go away. She said that they would only listen to her husband, who had more authority and was the head of the house.

When she told me this, I was too upset and confused to say anything. Why would a woman downplay herself and say that her husband had supremacy and power? It makes me mad!

Madeleine, 13
Massachusetts

I really like comic books and manga! But a lot of the girls and women are drawn in a very sexualized way. They have these tiny little outfits and they’re always so skinny. And they make their boobs so big. It’s unrealistic and disrespectful.

Uma, 11
California

I love playing with nerf guns, but at the stores, they only show boys playing with them. This makes me so mad!

Lyla, 12
Ontario

Girls and women are drawn in a sexualized way.

It’s not fair that men and women soccer players get treated differently. The U. S. Women’s National Soccer team is pushing for equal pay and equal traveling arrangements. The team is making shirts and temporary tattoos with the slogan #Equal Play Equal Pay.

The USWNT is the best women’s soccer team in the world with four World Cup wins, but they get much less in salaries AND in prizes. The winners of the 2018 Men’s World Cup got $400 million in prize money, but when USWNT won the 2019 Women’s World Cup, they only got $30 million. Let’s support the USWNT as they fight for equality and urge the international soccer regulators to make soccer equal!

Georgia, 10
Texas

I hate the “Boys vs. Girls” episode of Teen Titans Go! It’s sexist, with the boys trying to prove they’re better than girls, who have “cooties.” UGH!

Marcy, 11
New Jersey

Show us what you Girl-Caught: NewMoonGirls.com/Girls-Get-Published
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 NewMoonGirls.com/Girls-Get-Published.

I read on NMG’s online community about a conversation with a mom (she used to work at NMG) and her elementary school-aged son. My reaction is: Wow, this kid is amazing—we need more people like this!

Here’s how the conversation went: Son: Mommy, there’s no girl’s football. Mom: Nope. Son: And they show boys’ soccer on TV, but not girls’ soccer. Mom: Yes, we only get to see girls’ soccer in the Olympics. Son: There’s no girls’ baseball either! Mom: Girls play softball, but you don’t see that on TV. Son: Lots of girls play hockey, but that’s not on TV either! Mom: Mm-hmm. Son: That’s. Just. Wrong.

Ramona, 12
Ontario

Recently I saw someone being really rude. So I went up to him and said, “Please stop! That’s disrespectful and really rude.” Then he stopped!

Stellabelle, 9
Vermont

At school, we were assigned to listen to this TED radio hour called Don’t Fear Math. At first, I thought, Ugg, more homework. But as I listened, I came to love it. It’s all about how girls tend to not like math. I’ve noticed this myself because there are only three girls—me and two friends—in the advanced math group at school. I am so happy to see people talking about getting more girls in math. HOWL FOR MATH!

Moana, 13
Washington

I really like Code Name Verity. It’s a young adult book, so check with your parents. This historical fiction novel revolves around a British spy plane that crashed into Nazi-occupied France during WWII. The best part is that the pilot and passenger of the plane are WOMEN. This is something that you rarely see in historical fiction (especially WWII) and in stories about planes in general. GO WOMEN!

Amelia, 13
Ohio

HOWL FOR MATH!

GIRL-CAUGHT!

Unicorn friend Phoebe isn’t in love with fashion like that girl stereotype you’d see in the past and even now. Instead, she is smart, creative, and funny.

Olivia, 8
California

Show us what you Girl-Caught: NewMoonGirls.com/Girls-Get-Published
# November

### National Senior Pet Month

- **National Sandwich Day**
  - Craft a tasty new sandy invention.
  - 3

- **National Love Your Red Hair Day**
  - Let your inner Anne of Green Gables out!
  - 5

- **Emma Gonzalez born, 1999**
  - Fierce gun control activist
  - 11

- **Homemade Bread Day**
  - Easy: Flour, yeast, water, salt, bake, EAT!
  - 17

- **National Play Monopoly Day**
  - Get a few friends for hours of game fun.
  - 19

- **Helen Gahagan Douglas born, 1900**
  - Feisty California congress member
  - 25

- **New Moon**
  - Howl!
  - 26

- **Happy Thanksgiving!**
  - Give thanks and craft a veggie turkey!
  - 28

- **Michi Nishiura Weglyn born, 1926**
  - Fairness fighter for jailed Japanese-Americans
  - 29

### December

#### Spiritual Literacy Month

- **National Llama Day**
  - Yes. Because llamas are our friends.
  - 9

- **International Tea Day**
  - Chill along with tea-sippers around the world.
  - 15

- **Deborah Sampson born, 1760**
  - Fought in Revolutionary War as a man
  - 17

- **New Moon**
  - Howl!
  - 12

- **St. Lucia’s Day**
  - Christian celebration of light
  - 13

- **Happy Solstice!**
  - Notice how the sun shines a bit longer each day.
  - 21

- **National Chocolate Day**
  - Favorite form? Cake, cocoa, ice cream, candy, or ???
  - 28

- **National Bathtub Party Day**
  - Tunes, books, bubbles . . . ahhhh
  - 5

- **Annie Jump Cannon born, 1863**
  - Astronomer classified the stars
  - 11

- **Hanukkah begins tonight**
  - Celebrate the Jewish festival of lights.
  - 22

- **Thea Bowman born, 1937**
  - Nun brought racial inclusion to Catholic Church
  - 29

- **Celebrate Christmas today and Kwanzaa tomorrow**
  - 25

- **Happy Almost 2020!**
  - 20
By Evie Swire

Have you ever heard of Mary Anning? Most people haven’t, but I want to change that. Mary was only 12 when she discovered an ancient marine reptile fossil, and her subsequent amazing fossil discoveries (often unattributed because of sexism) brought the world much knowledge about prehistoric life.

I live in a small village near the Jurassic Coast in Dorset, England. My home is near the place that Mary made her discoveries. When I was 8, we did a school project on Mary, and I just assumed that everyone in the world learned about Mary, too.

Then I found out that Mary isn’t known much at all. When I went with my family to the beach at Lyme Regis—the place where Mary was born and lived—I looked for a statue of her. I learned that it doesn’t exist. My mom explained that while schools and government agencies teach and make monuments about famous male discoverers and inventors, they’re not so good at telling everyone about women in history and what they have discovered and done.

So I decided to do something about it. My mom and I have started a campaign called Mary Anning Rocks. We’ve launched a fundraising project to raise a lot of money for a statue of Mary in Lyme Regis. Every bit helps and you can help by going to our website at MaryAnningRocks.co.UK.

We wrote and called legislators and scientists and writers such as Tracy Chevalier, author of a great adult book on Mary; the famous English naturalist Sir David Attenborough; and Jack Horner, who discovered a dinosaur and worked on the Jurassic Park movies. They’re helping us. We also helped get Mary nominated as a possible person who’ll be on the British 50-pound note.

Mary is getting more attention with an upcoming movie, Ammonite. And you can learn more by reading a kid’s book about Mary such as Lightning Mary, by Anthea Simmons. I really want the statue to happen to honor all Mary did. I hope you love Mary, too, because she really does ROCK!

Evie, 11, England, likes to cuddle her dog Jacob and write stories in her notebook.

About Mary:

• When Mary’s father died, Mary, 11, and brother Joseph took over his fossil selling business. Mary was the primary fossil hunter.

• Mary discovered a 16-foot fossil of the sea monster ichthyosaurus. Plesiosaurs (long-necked marine reptiles) and pterosaurs (flying reptiles) are among the hundreds of the other Mary finds.

• Although little educated and from a poor family, Mary taught herself so much that scientists and collectors sought out her advice. However, they took credit for her knowledge and findings.

• Women were not allowed to join scientific societies or even attend lectures, so Mary couldn’t publish or hear her work discussed.

• Mary started getting a small pension from the scientific society shortly before her death in 1847.
1. Is your membership expiring?
2. Check at left for your expiration date.
3. Renew 2 months before the expire date.

Don’t Miss An Issue!

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

November and December To-Dos

- Nov. 2 - Celebrate Dia de Los Muertos with sweet memories of a loved one who’s gone.
- Nov. 11 - Learn more about Emma Gonzalez and how to keep our schools safer.
- Nov. 17 - Make some bread today—so delicious and easy. Pass the butter!
- Dec. 13 - Light a candle to mark today and other coming days honoring light and love.
- Dec. 15 - Get friends to bring their fave tea and share them all in a chill tea party.
- Dec. 31 - Jot down a few dreams you’d like to see happen next year. Hello, 2020!

For Parents: Free Resources and Wisdom from Other Parents!
- Facebook.com/NewMoonGirls
- NewMoonGirls.com/blog
- NewMoonGirls on Instagram

Honoring girls’ courage, creativity, compassion & community

Everyone in the NMG community is just so lovely and supportive!

—Mila, 13, New Zealand