



Listening to Girls
since 1992



freedom to be themselves

We are the original girl-created media. Girl writers and artists from around the world contribute their creativity and content. They work with adults using our groundbreaking Share the Power method.

New Moon Girls provides innovative, safe, respectful, and advertising-free spaces where girls develop their full potential through compassion, creativity, and community.

NMG is for every girl who wants her voice heard and her dreams taken seriously in the world.

Luna's Team

Basil, Hansa, juniper, Lily, Luna, Mason, Udeeta, Ruthy, and Sofja

Founder

Nancy Gruver

Interns

Emily Chebli

Josie Gordon

Quincy Gordon

Valentina Ryder

Managing Editor

Autumn Libal

Editor

Sarah Weiss

Books Editor

Lacey Louwagie

Online Marketing

Denise Tanton

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Seven-time winner
Parents Choice Gold Award



Summer 2021
Volume XXVIII, Issue 4
You're Beautiful as You

contents

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Proofreading: Maggie Brissenden

Professional Consulting: Liz Vitale, PhD

Sister 2 Sister Coordinator: Julia McDaniel

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Our Cover

Some magazines focus on physical beauty. NMG is different. We focus on the beauty of being true to yourself. 21 Beautiful Girls grace this cover. At NewMoonGirls.com we feature even more girls too!

Anya, 11, MA

ABOUT ME

Hi! I'm Anya. You know how everyone's a bookworm, a swimmer, an artist, or a gamer? Well, I'm all four, plus more!

During the pandemic, three big things changed for me... other than not being able to see people, wearing fabric over my mouth and nose, and washing my hands every five seconds. I started homeschooling with my mom as my teacher, I got a cat, and I discovered Zoom virtual backgrounds! I have backgrounds of a galaxy, Hamilton the musical, my cat, myself, and aerial of a purple (?!?!?) city.

I want to be an animal engineer when I grow up. I'd design living spaces for a zoo that mimic an animal's real habitat. I'd also build toys that dispense food when the animal does something. I've tested some ideas on my short-haired cat, Mandy! We adopted her less than a year ago from a shelter to cope with the pandemic.

Find 10 Luna Tics hiding in this issue:



This issue's Luna Tics created by: Izzy, 10, ME; Josie, 14, WI; Claire, 11, NH; Strummer, 13, NY; Evie, 8, WA; Kate, 12, NC; Patrycja, 13, Poland; Violet/PumpkinTheCatto, 13, OR; Tang, 8, FL; Emerson, 14, WI.

FAVORITES



Colors: Lavender, teal, silver.

Books: Tough question. I like Counting by Sevens, Science Comics, and I am always waiting for our next library pickup!

Songs/Music: I like Taylor Swift and Meghan Trainer for just listening, but ABBA is best for getting your groove on. I love Hamilton, too.

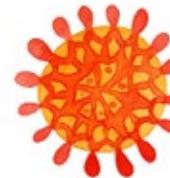
Activities: Reading, swimming, dancing, playing Minecraft, video calls, making online comics, drawing, taking photos, painting, making things with my glue gun, and playing tag. Also, Girl Scouts, chorus, and music in general. Oh, and I like coding with Scratch!



Board games: Stratego, Prize Property, Monopoly, and Bananagrams.

Foods: Prosciutto, bagels, apple slices, ice cream, and cheese pizza! Also, cucumber sticks and Wheat Thins dipped in hummus.

Movies: Hamilton, Hidden Figures, and Zootopia. Thanks to newfound Family Movie Night!



Summer's in full bloom! Everywhere I look things are beautiful. Each summer we celebrate the beauty of girls being true to themselves. I hope this issue inspires you to think about all the ways YOU are amazing and beautiful - just by being you. Visit NewMoonGirls.com/Beautiful-As-You and share your beauty, too.

Here's one more beautiful thing - YOUR ART. This issue brims with your art in more places than ever before. Now departments like Our Earth and Global Village partner girl artists with girl writers. And we'll feature more art in more ways every issue. Go to NewMoonGirls.com/Illustrate to learn how you can contribute to the beauty of NMG.

Love, Autumn

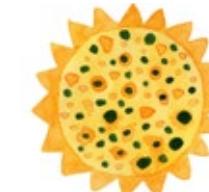
Shining Stars Spread the Word **Leona, 10, IL**

I got an extra copy of the magazine and decided to give it to my best friend. She'd never heard about NMG, but she read the whole thing, really enjoyed it, and might even subscribe!

Apology and Correction for **Lucky, 10, OR**

In our Spring magazine, Lucky's awesome illustration "Silver Lining Cloud Guy" appeared on page 33. But we forgot to include her name! We're sorry for our mistake, Lucky.

OUR NEXT ISSUES



Fall: Living and Loving

Hurry! Deadline July 1
Share your ideas at
NewMoonGirls.com/living-and-loving

SEND IT TO US

Winter: Lights in the Darkness

Deadline: October 1

What does this theme stir in your imagination?

Share your ideas at
NewMoonGirls.com/winter2021-lights-in-the-darkness/

Open to every girl.

No subscription needed.

Upload your creative stuff at

NewMoonGirls.com/Girls-Get-Published

The Secret to Getting Published!

MAKE STUFF

- ❖ comics
- ❖ poetry
- ❖ opinions
- ❖ mysteries
- ❖ photography
- ❖ knitting, sewing, any crafts
- ❖ science experiments
- ❖ paintings
- ❖ recipes you make
- ❖ sports
- ❖ songs you play or compose
- ❖ coding projects
- ❖ stories
- ❖ poll questions & answers
- ❖ playwriting
- ❖ true stories of your experiences
- ❖ reviews: music, dance, movie & book
- ❖ q & a's with someone who does interesting stuff
- ❖ puzzles you make up

CHECK YOUR EMAIL!!

That's how you know when we want to publish your creation.

We can't publish your work if you and your parent don't answer our emails and messages.



I'm Luna, the spirit of New Moon.
I love to hear from you! Write to me at NewMoonGirls.com/Girls-Get-Published

Dear Luna,

I would love to see more about activists and proud members of the LGBTQ+ community featured in the magazine. I feel it is an important issue and has been for a while. I think it would be great for girls to see these articles, and it might be really cool for girls who identify as LGBTQ+. As an ally, I would love to see them too!

Ilana, 12, CA

Dear Ilana,
Thank you for sharing your ideas with me. Keep an eye out for the upcoming Fall: Living and Loving issue!

Love, Luna

Dear Luna,
I like Ask a Girl! I can relate to what girls are asking! It's nice to know that other girls are asking questions I ask myself! More quizzes! Me and my best friend Margie love doing quizzes together! To be more specific, friendship quizzes would be great, but really any quizzes!

Hunter, 11, NC

Dear Luna,
I love your magazine so much! I spend the whole time between magazines waiting for the next one, and the GOC was a second home to me with so many wonderful people and lots of fun games. I really, really, really love NMG! Thank you so much

for starting it.
Ruthy, 12, MI

Dear Luna,

I love NMG so much that I couldn't wait four months to get the next issue, so my mom bought me some of the older magazines from 1997, 1998, etc. I loved reading about the opinions of girls who were my age 20 years ago. It's so inspiring. Although, I did notice one difference from the older magazines. They had pen pal pages, where girls would list their name, age, things they liked, and their address. I think the new issues of NMG should also have a pen pal page, except you could use email addresses so it's easier and faster. I know I'd love to meet more girls my age and make new friends.

Sofia, 11, HI

Dear Hunter, Ruthy, and Sofia,
Do you know NMG started in 1992?! Some things, like Dear Luna, have been around from the early years. Others, like pen pals and the GOC, ended to safeguard our readers' information privacy. What will never change is how NMG inspires you, how you inspire me, and how together we find new ways to connect and support each other.

Right now, we're transforming NewMoonGirls.com so girls can find new things there every day. We never share private information, like email addresses.

But there are lots of creative ways to connect safely with each other on our website. I hope you visit soon and share your ideas to make it better.

Love, Luna

**Thanks to Isabel, 13, AZ
who sent her ideas to
newmoongirls.com/girls-ideas-please**

**Theme:
Our Future Voices**

Voice Box:

Should statues of confederate soldiers be taken down? If so, what should happen to them?

**Inspiring Women & Girls:
Female doctors and nurses,
and Betty White**

**Global Village:
The Tyrrhenian peoples of Italy**



Minimum voting ages around the world range from 16 to 25. In most countries, the minimum age is 18. What do you think of the voting age? Should younger people get a vote?

thought would be best. I'd make the voting age 15 or 16. That's when people start taking part in politics. It's also when you start to make more decisions for yourself.

Claire, 11, NH

It's unfair that kids don't get to vote. Kids have lots of good ideas that could really help. I'd make the voting age about 14. I don't think younger kids could comprehend how big a deal voting is and how much it would affect them.

Cass, 12, NV

We should encourage adults to vote, but it wouldn't be a good idea to lower the voting age. Young people could be swayed by the opinions of adults around them. Also, people go through many changes before adulthood, and might not make the most rational decisions during that time. I'd make the voting age 25. Although people are considered adults at 18, that doesn't mean they're fully mature!

Dolly, 11, AZ

In some ways, it makes sense that people under the age of 18 can't vote because they're still under their parents' supervision. Parents could pressure a kid into voting for a certain candidate. Kids can also be too young to really understand, and their parents could hide them from politics so they wouldn't actually know which candidate they

thought would be best. I'd make the voting age 15 or 16. That's when people start taking part in politics. It's also when you start to make more decisions for yourself.

Orlie, 12, IL

Eighteen is a reasonable age to start voting. You're old enough to go to college and explore the world. Younger people are still learning about the world, and I don't think they're ready for the responsibility yet.

Ariana, 12, MA

Sound Off!

What's your opinion on video games?

Good fun? Too addictive?

Are adults too strict? Too permissive?

Post your thoughts by July 15, 2021

NewMoonGirls.com/voice-box

Your answer could be in the next issue!

We're listening to you.



Friends, body concerns, confusing changes! We all have questions and advice to share.

Here's where we support each other with kindness and caring.

My birthday is soon, but I don't know what I can do since we're in quarantine. Does anyone have ideas? Thank you!

Quarantine Birthday, 9, RI

Dear Quarantine Birthday,
You could have a virtual meeting with some friends. My best friend recently had his birthday party on Zoom with all of our friends. We played a lot of online games.

Ella J, 12, CA

Dear Quarantine Birthday,
For my birthday, I'm planning to just watch a movie, eat ice cream, read comics, and chill. This might not help much, but maybe just doing stuff that is nice and fun will make it a good birthday.

Willow, 11, OR

Dear Quarantine Birthday,
You could do a car parade where



everyone drives by your house with signs and sings happy birthday, sit six feet apart and watch a movie in your backyard with a sheet-screen, or do a video chat and just talk and stuff. Happy birthday!

Tana, 14, CO

I have difficulty expressing my feelings, and it's becoming a problem. My dad's girlfriend and her son came over, and I felt super left out, so I went to tell my friends. I said I was having a bad day and played a game on my phone, waiting for an answer. My best friends looked at what I'd said and did nothing. I don't know how to tell my dad that whenever his girlfriend is around I feel left out, and I don't know what I'll do if my mom sets up a time to meet up with my best friends.

After what they did, I don't feel like talking to either of them. Please help.

Trouble Expressing, 12, MN

Dear Trouble Expressing,
Try telling your dad how you feel. If you can't, try leaving a note somewhere where he'll

see it. You could suggest doing something with your dad and his girlfriend that you'd all enjoy. Also, when you're alone, you could do art or writing to express yourself, such as writing in a diary, poetry, painting, or doodling your feelings.

Kiara, 12, NC

Dear Trouble Expressing,
It's possible your friends just didn't know what to say, or were feeling awkward themselves. You could talk to your dad about getting to know his girlfriend better, so you feel less left out?

Ruthy, 12, MI

Dear Trouble Expressing,
It might help to email/text/write a letter to your dad, as opposed to saying it out loud.

That might make it a little easier. Your friends might not have meant anything bad by not responding. They could have been unable to respond, or didn't know what to say. I'm not good at expressing feelings either. I hope you find a way to make it easier.

Caroline, 13, VA



sister to sister

Sister to Sister mentor
Kinneret, 17, MI recently answered this question:

Dear Anonymous,
I definitely relate. For a long time I felt like I was super short... and I didn't like it. For the most part, though, I've come to terms with my height!

Everyone has different ideas of tall and short. Some people probably think of you as tall! I used to consider a certain height the minimum "adult height," but then I realized lots of adults were shorter than that. Hopefully that helps put your height in perspective.

Sometimes, being short is nice. You'll never have a bed too short to be comfortable, you'll have more space on airplanes, you won't have to duck as frequently, you're closer to the level of any dogs, cats, or young kids you interact with, and more.

Most important: Your height has nothing to do with who you are! You could be the shortest person or the tallest person, and the size of your spirit wouldn't change.

Kinneret, 17, MI

Check out the all-new way to Ask a Girl at
NewMoonGirls.com/ask-a-girl



Dear Ask A Girl,
During Covid, it's hard to get involved in activities. I love acting, so things like film, theater, voice, dancing. I don't know how I can get involved during such a challenging time. I did one musical over Zoom, but it wasn't the same. Do you have any suggestions?

Eleanor, 13

What's your advice for Eleanor?
Go to NewMoonGirls.com/ask-a-girl. Your advice could be in the next issue. While you're there, ask your own question, too.

self-care for you and me

By Mason Rowan and Sister to Sister Mentor, Phoenix Blue-Koszalka

Occasional stress is normal, but its bodily impact is huge. A chemical flood creates a "fight or flight" response. Your heart races. Your muscles tense. Your thinking alters. Immune functions are suppressed.

As stress passes, the chemicals clear, and you get "back to normal." Taking calming actions can help your body return to a relaxed state. Here are Mason and Phoenix's tips for achieving a relaxation sensation.

Mason's DIY Spa Central

Ok. Let's be real. COVID, injustice, separation, and online school are all really stressful! What's a great way to feel better? RELAX! Here are my tricks:

Meditate

Did you know there's an app for that? I use an app called Calm, but you can use any app OR



make up your own meditation. Imagine you're in a happy place. Focus on the details. Are there plants? Wildlife? Streams or waterfalls? Notice everything. Take deep, long breaths. Imagine breathing out your fear and breathing in all the positives in your life. Imagine the fearful things washing away and never coming back.

Take a Hot Bath

I love baths for relaxation. They're naturally calming. Use Epsom salt, bath bombs, or bath oils for an extra luxurious bath. I love using lavender, rosemary, and lemon blends of Epsom salt. They're amazing! Combine your meditation and bath for more relaxation.

Make a Nice Cup of Tea

It's calming and good for you. I recommend honey in tea. That makes it amazing! I love peppermint, but experiment to find your flavor. As you drink, close your eyes and breathe. Think about the flavor in your



mouth. Let that distract you. Indulge with homemade lip scrub

I participated in a self-care summer program and learned to make a simple but perfect lip scrub. Combine 1 tsp of coconut oil with 1 tsp honey. Add in 2 tbsp white cane sugar or brown sugar. Store in an airtight container or jar. Apply to your lips 1-2 times a week. Enjoy your soft, smooth lips!

Tea is warm, flavourful, and can be healthful. When choosing a tea, remember that some teas contain caffeine. Caffeine is a stimulant that increases brain activity, nervous system activity, and the effects of certain stress hormones in your body. If you want to drink tea to relax, cut out the caffeine with a decaf or herbal variety.

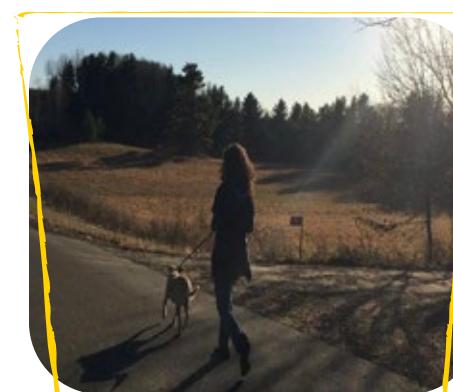
"Chronic" stress--frequent stress over a long period or stress that never fully goes away--can harm your heart, mood, digestion, sleep, and more. Medical professionals can help when stress is chronic.

Phoenix's Self-Care Routine

In our busy lives, we can forget to take care of ourselves and end up tired, stressed, depressed or even angry. You are valuable and deserve to be cared for! Try these tips to start a daily self-care routine:

Get Fresh Air

It clears your head. Open your window. Sit on the porch. Plant in the garden. It's healthy and fun to connect with the outdoors!



Exercise

Get your body moving, stay healthy, and push your limits. If you're not up for something strenuous at the moment, do something small like a short walk or even a single pushup!

Get Plenty of Rest

Go to bed and wake up around the same time every day. Your brain, body, and emotions will thank you.

Treat Yourself

Whether it's a bike ride, face mask, piece of candy, or curling up to watch Netflix, it's good to do things on a regular basis that make you feel happy. Strive for variety!



Spend Time Alone

De-stress, relax, and rejuvenate. It's okay to take your space, set boundaries, and say "I need some alone time" or "I can't talk now."

Take a Social Media Break

Put your device down. Too much social media can make you tired, stressed, and anxious and steal time from healthier activities.

Talk About Your Emotions

Talking through feelings and hearing someone else's point of view can really help.

Listen and Pay Attention

Both your mind and body send you constant messages. Don't ignore what they're saying! Feeling tired? Take a nap, or step outside. Have a headache? Shut off the screen, drink some water, or eat a healthy snack. Feeling anxious about something you're reading? Put it down and take a break. Recognizing and responding to your body's cues are huge factors in self-care.



Mason, 12, OR loves baking, reading, writing, art, and traveling with her family. During the last year, outdoor walks, family dance parties, and playing with her neighbor's bulldog puppies have become very important.



Phoenix, 19, Wisconsin is a bookworm and theatre nerd who loves Harry Potter. When they are not reading or acting, they like taking walks outside, listening to music, cosplaying, and doing martial arts. Someday, they want to work backstage at a Broadway theater.

caption this!

Have you seen **Caption This** on our website?

In our previous issue Charlie shared this funny photo. Girls have been sharing their captions ever since!



Ugh, I can't believe they didn't get any good snacks! **Dolly, 11, AZ**

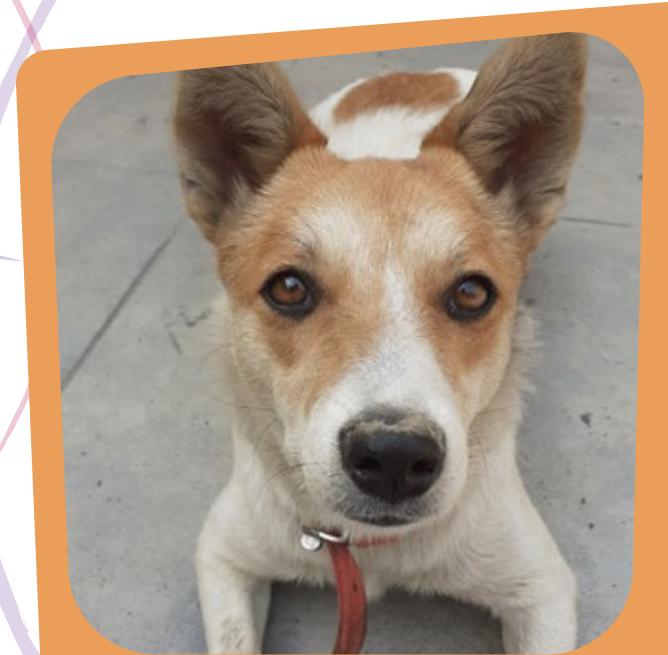
Me vs. my 15 missing assignments! **Jenna, 12, NY**

Me trying to hide from my siblings. **Alice, 12, CA**

Add a caption:
NewMoonGirls.com/captionthis-charlies-cats/

Girls are sharing their own funny photos and so can you!

Hansa, 9, India shared this one:



Please don't buy me! Rather adopt me, because I need care and support. **Udeeta, 12, India**

why yes, I am using new shampoo! **Lily, 11, OR**

What caption would you give?

NewMoonGirls.com/captionthis-hansas-dog

Calling all Animal Inventors!

If you could create a brand new animal, what would you create? What's your new animal called? If you could mix different animals together, what would you mix?

1. Draw your animal invention
2. Write a story about your animal, and share that, too!
3. Share it at NewMoonGirls.com/Animal_Inventions

Your animal invention could be in a future issue of NMG!



This is a Wolfinho. When it eats, its tummy gets bigger and he gets more pink. When he is hungry he is more skinny and turns brown. It likes to eat fish and bunnies. **Etta, 10, WA**

Read Etta's funny story "How the Wolfinho Got Its Name":
NewMoonGirls.com/Animal_Inventions-ettas-wolfinho/

What should we do next Just For Fun?
Send your ideas to
NewMoonGirls.com/girls-get-published



Here's something extra fun and exciting. Don't have a funny photo to share? Our friends at Comedy Wildlife Photograph Awards and Comedy Pet Photography Awards say you can use one of theirs! Here's how:

1. Remember: Always ask your parents to check out something new online.
 2. Go to ComedyWildlifePhoto.com or ComedyPetPhoto.com
 3. Click Gallery to see lots of funny animal photos.
 4. Write down the photographer's name for the photo you like.
 5. Right click the photo and choose Save As
 6. Share at NewMoonGirls.com/captionthis
- Remember to tell us the photographer's name and where you got the photo.

These awards support conservation efforts and animal welfare. By sharing, you help spread the word!



Are YOU an animal photographer?

Both awards have Junior categories! There's a registration process. Comedy Pet Photo Awards has a fee for entry.

So make sure your parents check it out first if you're interested in entering the competition.

Hurry! Entry deadlines are soon!

Comedy Wildlife Photography: June 30, 2021

Comedy Pet Photos: August 15, 2021

pest positive

by Jaya Gulati Jacobs

illustrations by Maya Rose Wiemann



Believe it or not, there's a lot more to these little bugs than you might know.

It's a beautiful, hot summer day. You're enjoying a cold, juicy popsicle. Then . . . buzz . . . buzzzzzz, buzzzzzzz. A hornet wants your popsicle, too! It won't go away! Ahhhhhh! This nasty bug's persistent attitude and merciless sting can really ruin a picnic.

Before you run for bug spray, let Jaya and Maya show you how even the hated hornet has inner beauty.

When you think "wasp" or "hornet," you may think "annoying buzzing pest that stings." Believe it or not, there's a lot more to these little bugs.

Some people call any insect that stings a "bee." That's incorrect. Although many types of stinging insects are relatives, they are still very different from each other. There are lots of different kinds of hornets, and hornets are all



subspecies of a larger insect category called wasps.

Wasps are different from bees. Bees are small and fuzzy, mostly black and brown, and have a thick waist. Wasps have smooth bodies, thin waists, and bright color patterns. You've probably seen the kinds with black and yellow patterns many times.

Unlike bees, wasps don't produce honey. They also don't die after stinging somebody! Bees die after just one sting, but wasps can sting many times.

A major reason for stinging is to protect a colony. Honey bees have huge colonies. One colony can have 75,000 bees or more! The worker bees build the nest and hatch the next queen. Wasps have smaller colonies. Queen wasps start building the nest for their colony instead of worker wasps.

Wasps play very important roles in nature that also help us humans. These are called "ecosystem services." The biggest

service wasps provide is killing other bugs. Wasps give us free eco-friendly pest control!

Adult wasps hunt bugs. They don't eat their prey themselves. They feed it to their baby wasps. Crop-eating bugs are the main

bugs that wasps hunt, so if there weren't any wasps, we would also need to use more toxic pesticides to control bugs that eat crops and carry diseases.

One study showed wasps ate 14 million kilograms of insects during a summer. That's 30 million pounds of bugs! If there weren't wasps, we would have way too many of these other insects. A very tiny type of wasp, called minute polyphagous wasps, are such good pest controllers that some farmers buy them and release them for natural pest control.

They do all that hunting, but adult wasps don't eat bugs. They eat nectar! They collect the sugar and nectar from flowers. They also like your sugary drinks.

Wasps need lots of energy, and they get it from pollen and nectar from many different flowers, pollinating as they visit. They aren't as picky as bees about what flowers they visit. They'll choose any flower.

This is helpful because in cities and farmland there may not be the right types of flowers for bees, but wasps still visit those flowers helping spread pollen. Wasps have also been found carrying yeast to wine-making grapes, and the Blastophaga

The next time you see a bee on a flower, look for pollen sticking to its fuzzy body and sacs on its legs.

Because wasps are not fuzzy to the naked eye, people used to believe they were not pollinators.

Now scientists studying wasps are discovering they are much more important pollinators than we realized.



The Great Golden Digger Wasp is a solitary wasp and a gentle giant.

There are thousands of kinds of wasps. Social wasps live in colonies. Solitary wasps live alone.

Most wasp varieties are solitary. With no colony to protect, they tend to be gentle, stinging only for hunting.



wasp is one of the only ways some fig trees can be pollinated.

Today not just wasps, but many bugs are having a hard time due to changing environments.

Climate change, deforestation, habitat loss, and our use of insecticides kill all kinds of important insects. That's bad for all of us.

I hope you learned more about wasps and how they help us. Instead of hurting wasps let's try and help them.

Thank you!



Jaya, 10, WA loves chemistry, science, reading, and nature. She has two dogs that she loves playing with. She likes cooking too.



Maya Rose, 12, CA loves to dance, play basketball, make art, and play Roblox! She LOVES the rain!!! She wants to be a zoo keeper and a kindergarten teacher.



changing india: girls' lives

by Aarthika R., Tanvi Nagar, and Charlotte Finnell

Three girls introduce us to India, home to over one billion people and the world's largest democracy. It's incredibly diverse in languages, religions, ethnicities, and ways of life. India has 28 states and 8 territories with dense cities, lush jungles, and mountains.

Aarthika, from a rural village, shares her art. Tanvi, from a big city, reflects on girls' lives past and present in her poetry. And, Charlotte from the US interviews Tanvi.



Tanvi's state is Harayan - blue in the upper left of the map
 Aarthika's state is Tamil Nadu - purple at the bottom of the map.

Poverty, gender inequality and a rigid caste system used to be the norm everywhere in the nation. Customs like child marriage and dowries limited girls' future choices.

There has been much progress but these are still major challenges for many girls and women in India. At the same time, recent decades have

seen tremendous advances in K-12 education, economic development and social transformation.

First, Tanvi tells us about the current state of COVID-19 as India is one of the hardest-hit regions in the world.

"This second wave of the pandemic has brought a



My Beautiful Village by Aarthika

massive surge in COVID cases. New variants are more severe. Political and religious gatherings across the country also contributed to the surge. The vaccination campaign can't keep up.

"Now oxygen and hospital beds fall short. Cemeteries and crematoriums are full. School is online. Final exams are postponed or cancelled. Every call or text message brings news about someone infected.

"But bad news can come with something good. People come to each other's rescue from various parts of India, transcending barriers of culture and religion. It is heartwarming to see total strangers spreading love, positivity and optimism. In this crisis, we see the truth that the deepest challenges bring out the best in us!"

In the midst of these hard times,

Aarthika also reflects on the positive, sharing her love for her home by painting, *My Beautiful Village*.

Months before India's COVID crisis Tanvi shared a poem with NMG through our website. Her poem was inspired by reading her grandmother's journal and reflecting on how life has gotten better for girls in India.

[Read her poem on page 16](#)

Tanvi's poem explores many big themes. Charlotte and Tanvi got together to discuss it.

CF: What inspired you to write this poem?

TN: After learning about my family history through pictures and my mother's stories, I wanted to write something as a reminder of everything Indian women have faced. My poem expresses hope for a world where women and men are equal, where each

person can spread their wings and fly.

CF: Your poem mentions dowry. What is that?

TN: Google defines dowry as "a transfer of parental property . . . upon the marriage of a daughter." I believe it was a cruel act forcing women into marriages where the husband and his family took money for accepting the bride. It took away women's dignity and reduced them to objects instead of equal human beings.

CF: The grandmother in your story talks about reading "the Gita." What is that?

TN: The Bhagavad Gita is one of the main holy scriptures in the Hindu religion. The title has been interpreted as "the words of the Lord," "the Divine Song," and "Celestial Song." It imparts many valuable lessons and is treasured and protected by Hindus across the world.

CHRYsalis

I sat in a dimly lit room and began to flip the dusty journal's pages,

"My life," the first page said. "Every detail in this journal I have narrated."

My great-grandmother's words, her handwriting preserved perfectly through time,

"This journal begins on 18th September 1900, it will end with the end of my life,

They call me a warrior, they call me a fighter-mother, lover, daughter too,

I have been all of them, not a single day of my life has been rued,

When I came into this world they labelled me as a housewife, nothing more,

A slave born to live and die inside four walls. What more is a girl even worthy for?"

"You must die with your husband, he'll live with you for seven lives" mother said.

"He's twenty-seven years elder to me. He's on his death bed.

How can I die before I have begun to achieve my dreams? Yes! I have dreams too.

How can I jump into a fire for him? I will not, mother dear, I will not do this for you.

They told me to marry him, like my own mother had, when I was barely nine,

To sacrifice my body, my mind, to devote myself to his service for my lifetime.

I was loaded with a cart full of riches, my value calculated in bills and money."

Father said, "He will treat you well, dear, we have given him whatever he wanted as dowry."

While he read the Gita, he commanded, "Lady, go get me some hot tea."

"I took the book from the table while he slept. The letters like designs looking quirky,

That's how I learnt to read the Holy books, pen down biographies and write.

That's how I went on to lead India's freedom struggle-studying under the night light."

A tear flowed down my cheek, I snapped back into my reality,

To a world where there are thousands of women no longer oppressed with brutality,

A world where there has been progress, there have been massive leaps and bounds,

Today women are astronauts, reaching the stars and clouds, rising above the ground.

Today girls attend school, girls know of their rights, girls have traveled miles,

Today girls know that they needn't be clad in red sarees. They are beautiful when they smile.

Today girls can go to temples, churches, mosques, to follow their heart's calls,

Girls are overcoming barriers, crossing obstacles and breaking suffocating walls.

In my own diary I began to write. "My life." Each and every detail I described.

"I was born in 2000 and welcomed as not a boy or girl but simply a child,

I went to school with my brother, went to college too,

They said, be a doctor, an astronaut, lawyer. Do whatever you want to pursue.

The era has changed, the world is slowly turning into a paradise,

Female foeticide has reduced, people have begun to value the girl child's life,

Women can step out of their house safely after the so-called curfew,

They can all blossom like flowers whose petals are coated with fresh dew,

That's how the era has metamorphosed. Like a caterpillar and butterfly.

To the next generation reading this diary-

Make the world a finer place, never lose the spirit to try and try."

CF: Your poem says that female foeticide has reduced. Can you tell us about that?



CF: Do you feel like you have opportunities your mother and grandmother didn't have?

TN: In many traditional cultures all around the world, boy children were valued much more than girls. Girls were an unwanted financial burden to their birth parents. In those cultures, once a female got married, she was expected to obey and help only her husband's family.

This terrible bias meant baby girls got less food and medicine. Many more girls died before the age of five than boys. Some were drowned, smothered or abandoned soon after birth. Those who lived were married off while still children.

To try to stop these awful practices, laws were passed and societies began to change. Now, it's much more common for baby girls to be celebrated. This change in ideology is immensely heart-warming.

CF: Are arranged marriages still common in India?



TN: Yes, arranged marriages are still common but evolving. Parents initiate the process in most cases. In semi-arranged marriages, the children make the final call. So parents no longer force the decision in much of urban India.

The system of dowry has declined in many places. And child marriages are very uncommon. Girls and women are allowed more education, hold top positions in corporate and political offices, and work even after marriage. These are definitely changes for the better.



Aarthika, 13, Tamil Nadu, India is a talented artist. She attends a rural, residential school for girls grades 6 through 8.

Charlotte, 11, WA, loves geography and writing. In her spare time she enjoys cooking, basketball, and playing the viola. One day she wants to travel the world.

My grandmother didn't have these opportunities. My mother has lived in an ever-changing world, but the world is even more global and inclusive for me. I hope the next generation experiences equal inclusion!



Tanvi, 16, Haryana, India loves writing poetry, has won literary awards, authored four books, and is the Head Girl at her school. She dreams of studying economics and psychology and believes kindness for all is the best way of life!

go camping

by Neela Nourozifar

With the pandemic and many indoor activities closed, people are getting on the go outdoors. Camping is a fun outdoor activity that can be done in many locations, even your very own backyard! Neela shares her camping stories to inspire you to pitch that tent.

Camping is an amazing experience! It's so much fun, in any season! I have been camping since I was five. It's one of my absolute favourite things to do. I love camping because I do it with my parents and two sisters, but I also sometimes go camping with my cousins.

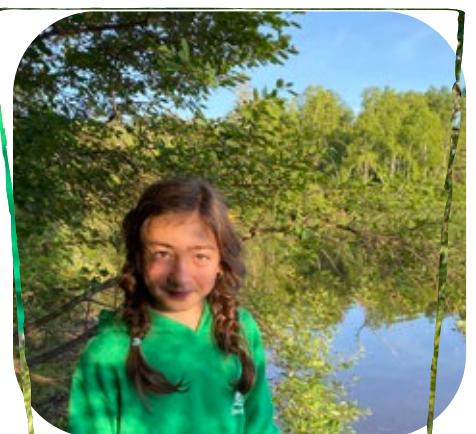
Anytime I go camping I feel so happy because I'm around nature. Swimming and canoeing in the lake are two of my absolute favorite things to do. I love to just play around in the water with my sisters because we make up super fun games. We always try to go for a hike,

and it is so relaxing to be among trees. In the evenings, we sit around the fire and roast marshmallows. My parents also tell us stories, which is always interesting.

There are so many places and ways to go camping. You can go camping in a provincial or state park. You can camp in a tent or in shelters like a yurt. Having your car with you at your campsite is called car camping.

Backcountry is camping in more remote places, and you have to be able to carry all your supplies. Backcountry camping requires more skills. People who do this type of camping should have experience and know how to pack light. My family and I always have a lot of gear, so we haven't tried backcountry camping yet.

Camping isn't just for summer. It's possible in any season. In the fall, winter, and spring, you will definitely need a lot of extra blankets. Camping near a lake



memories is the first time I went canoeing. It was so amazing. Luckily the canoe didn't tip over! Another memory is the time my family and I camped right next to the beach. We would just walk a few steps and be at the beach.

Once, we went camping near the end of November, and there was a little hill close by. My sisters and I had a lot of fun sledding down the hill. When we had to make a fire, the wood was wet, so it took us a while to start the fire.

One really important part of spending time in nature is to leave no trace of yourself behind, and to take nothing with you but your memories. This means that we should always try to leave our campsite in the same or better condition than we found it in. In the famous words of campers, remember, "take only pictures; leave only footprints."



Some essentials for a camping trip:

- Food
- Clothes
- Tent
- First-aid kit
- Map of the area where you're camping
- Sleeping bags
- Blankets
- Masks - depends on health rules

Like any activity, safety matters when camping. Here are some tips.

1. Use the Buddy Rule: always be with another person when you are near water or when you are going for a hike.
2. Wherever you're camping, find the park ranger office first.
3. Be educated about what wildlife is common in the area, and be aware of it as it's moving around you.
4. To avoid interactions with potentially dangerous animals, like bears, never leave things like food, toothpaste, or garbage outside of your tent, especially at night.
5. And remember, some of the worst visitors to a campsite are tiny: ticks and biting bugs!!!



Neela, 11, ON is an artist, a reader, a writer, but most importantly, a dreamer. She loves to spend time outdoors, painting in her backyard, hiking in the forest near her house, or camping with her family.

My Stutter

by Nechama M. Lubin

our society judges people unfairly in all kinds of ways. Unfair beauty standards are just one. Judging people for how they sound happens too, and it's equally unfair. Stuttering is very common in young kids, but when a stutter doesn't go away as you get older, other people's judgements and lack of understanding can make communicating a huge struggle.

Nechama tells us what it's like growing up with a stutter. Thank you for sharing your beautiful voice!

Science and medicine don't understand stuttering well yet. For most people, there is no identifiable cause for why they stutter. But we do know stuttering often runs in families, likely has a genetic component, and can be triggered or worsened by factors like stress.

Stuttering takes different forms, like an involuntary pause between words or repetition of a sound. My stutter is mostly repeating or prolonging sounds, like pr-pr-pr-pr-proud or fffeminist. I don't consider myself disabled, but some people think stuttering is a disability.

I only stutter around my family. I used to stutter in public, but I taught myself to avoid certain words or just stay quiet. The truth is, I wish I hadn't learned to hide it. Now it doesn't matter that I stutter.

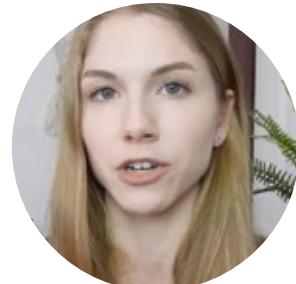
I stutter a lot when I tell jokes. It's really inconvenient because humor is about timing. Actually, I stutter because humor is about timing! And, knowing I can't stutter stresses me out. That makes me stutter! I also stutter more when I think people aren't listening to me.

I often stutter on the words rabbi, synesthesia, thesaurus, and statistics. I guess these words don't typically come up often, but I'm an Orthodox Jew, have an obsession with synesthesia, write, and like math and statistics. Stuttering on thesaurus is ironic because people often use synonyms of a hard word to avoid stuttering!

I used to go to speech therapy. It was hard because I didn't stutter there! I did learn a few tools like speaking more slowly, using lighter articulation, and stretching sounds out. One of my heroes is 20th century mathematician and computer scientist Alan Turing. He stuttered and refused to go to an elocutionist to try to fix it. Like woah! So ahead of his time!



Paige



Téa



Caitlin

Talking about stuttering used to make me really nervous. Then I found Ted Talks and YouTube videos from people who stutter. Watching the Paige White and Téa Talks YouTube Channels, and Caitlin Cohen on TikTok, made me way more comfortable.

One of the things that bothers me most is how books with a character who stutters is portrayed. Often, a character who stutters has one of these problems:

The person stuttering is shown as being nervous or stupid.

The person stuttering overcomes their stutter.

The stutter sounds manufactured or unrealistic.

The stutterer is evil!

These depictions are very problematic. For example, I stutter when I'm nervous, but I also stutter when calm. I am very smart. And overcoming a stutter doesn't have to be the goal of every stutterer. As for the evil thing, ok, there are evil people in every group, but sometimes these depictions make it seem like the stutter is part of the evil!

SPOILER ALERT! Like in Royal Diaries: Mary Queen of Scots, a character who stutters sexually assaults one of her friends. (Besides this, I love Royal Diaries, so shout-out to those books!)

Books I recommend with main characters who stutter:

[Gabriela; Gabriela Speaks Out](#) and [Gabriela: Time for Change](#), all by Teresa E. Harris

[Paperboy and Copyboy](#) by Vince Vawter

[The Imitation Game](#) by Jim Ottaviani

[I Thought My Soul Would Rise and Fly](#) by Joyce Hansen

[Jacky Ha-Ha](#) by James Patterson and Chris Grabenstein, adapted into a graphic novel by am Rau and Betty Tang

Despite how books and other fictional media depict people who stutter, remember these important facts:

Every stutterer is different and has individual preferences.

Wonder what to do if you are talking with someone who stutters? Here's what I appreciate:

Most important, just act like everything is regular, because it really is.

Maintain eye contact while they're talking.

Remember that most stutterers don't like it when people finish a word for them. So don't do that.

The truth is, I wish I didn't teach myself to hide it, because it doesn't matter that I stutter.



Nechama, 15, IL is a proud nerd and homeschooler. When she's not listening to music or Torah podcasts, she's dancing or putting off writing. She also loves reading, making queer art, and talking too much.

Cute...and Terrifying

by Verena Bhagat

You've probably heard these words, too. "Come on. There's nothing to be afraid of." Learning to manage fear is part of growing. Step by step, you get through it. You might even agree, "Oh! There really was nothing to be afraid of!" A phobia is different. The fear is more intense, doesn't seem to make sense, and is much harder to learn to manage.

The silence of the empty car is a wall separating me from the world. I want to leave, but one glance outside tells me it's not an option. I watch my family talk with our friends. I long to join.

But I can't.

I look at the four big dogs outside. They're barking and playing without a care in the world. My mom reaches to pet one. I hold my breath praying no harm will come to her. After what feels like forever, my mom comes to the car and tells me to come out. She says the dogs are calm now. Everything will be okay.

I begin to step out, but one dog walks up to me. My heart pounds. Before I can think, I jump back and slam the door. It's a reflex, happening without my permission. My mom asks me again to come out. I need and want to leave the car, but I shake my head.

I look out the window at the dog. Every instinct tells me to stay away. Taking a shaky breath, I wait



and wait for the dog to leave. But it doesn't. I have only two options: huddle here alone, or face my fear of dogs.

For as long as I can remember, I've had cynophobia: a fear of dogs. Every time I'm near a dog, I struggle for self control. It's like I lose my ability to reason. It's become a never-ending cycle: I see a dog, I panic, and I run.

But it's hard living in a world where no one understands my fear. I think it's time for me to break the cycle, face my fear of dogs, and overcome it.

I'm tired of fear controlling me. I'm going to take control instead. If I end my fear of dogs, I can go to my friend's house without worrying. I can walk through the neighborhood without jumping every time I see a dog. I can be a normal person doing normal things without hiding.



I don't entirely know how I'll achieve this. Becoming friends with a dog seems like a great starting point. But how do I befriend something that scares me?

I could just try getting used to dogs: not befriend them, but not fear them either. But then I'd have to surround myself with dogs until they become a normal part of my life. Can I willingly interact with something that frightens me so much?

Despite these challenges and worries, I do believe I have what it takes to be happy no matter what surrounds me. I see the possibility for a brighter future without my biggest fear. With the encouragement of my family and friends, I truly believe I can conquer my fear of dogs.

"Understanding the cause of a phobia is actually less important than focusing on how to treat the avoidance behavior that has developed."

The Mayo Clinic

Phobias are common and may affect 30% of people. Our friend Liz Vitale, a psychologist in CT, tells us phobias can start with a frightening experience that triggers changes in the brain.

The changes cause anxiety and avoidance of the frightening thing. The brain is trying to keep the person safe, but instead the phobic response keeps them stuck.

Luckily, phobias usually can be resolved, and medical professionals can help.

Thanks, Liz!

Verena's bravery and determination are beautiful! Thank you for sharing your story with all our readers. We send our love and support to everyone who struggles with phobias. It can feel lonely as well as scary. Love, Luna



Verena, 13, MS has a wide variety of interests, including baking, archery, math, and playing the recorder. Her favorite activities by far are biking and playing badminton with her brother. Someday, she wants to be a doctor.

We're Beautiful Being Ourselves

by Claire Lee

How long does it take to choose the "right" outfit and put on makeup? How much time and money go into achieving a "perfect" look? If you add up all the energy people dedicate to outer beauty and we focused it on inner beauty instead, how would we all feel? Each year, our Summer issue celebrates our true beauty - inner beauty - because, as Claire describes, the pressure girls face to focus on outer beauty is everywhere.

In movies, magazines, and social media, celebrities have perfect hair and makeup. I thought stars were born with beauty, style, and charisma, which is why they were on the big screens.

But recently I've noticed celebrities look so different without makeup.

I wonder: Are the stars happy with their natural beauty? Do they wear makeup to cover flaws? Do they wear makeup because someone makes them?

One of my childhood idols, Ariana Grande, looks so different with her high ponytail and her perfect makeup. Is that what she wants, or is she doing it to have the "right" image? One thing I know for

sure: her singing voice is terrific. That's all she needs to be successful.

We are always beautiful as ourselves, even without makeup. I will have to decide on things like wearing makeup or using products on my hair. Currently, I don't want to do anything that doesn't make me look like myself.

I hope I will be confident enough not to worry about physical "flaws." My biggest fear as a female is that the need to always "look good" takes away women's confidence.

I am thankful for stars like Beyonce. She is confident with makeup or without and is a great role model.

As I grow, the world gets more confusing. I hear new perspectives and see new images through the media daily.

I can't say which path I will choose, but I plan to be open about my feelings and vow to do what's best for me, not others.

My wish is that every young person choose their own path for their bodies!

Meet Some Beautiful Girls pp 25-35



Claire, 10, CA is a big food enthusiast and loves cooking in her free time, especially for her family. Always willing to broaden her experience, she is not shy when it comes to trying new food recipes.



Virginia "Gigi" Sayers-Fay

9, Alaska & Vietnam
nominated by her sister,
Zola and her mom, Kim

Gigi brings joy and love to those around her by being her genuine self and sharing her amazing creative streak.

When Gigi's not doing improvised acting or restyling old clothes into a new wardrobe, she's dancing, singing, and creating stories and plays with friends.

Like everyone, Gigi isn't perfect, but she bounces back from stumbles. Her family loves her grit and determination! Gigi had an open adoption, and she likes to teach her friends about adoption. She says, "People should know that not all adopted kids come from an orphanage."

Gigi has to move a lot, and that means adjusting,



embracing new schools, and making new friends in new cultures. This takes guts! At the same time, Gigi does an awesome job maintaining loving relationships with friends and super-extended family all over the world!

Gigi says: "My friends make me laugh, but they're also good listeners. I can share my feelings with them, and if I tell them an embarrassing thing, they won't laugh."

Lucky Quies

10, Oregon
nominated by her mom,
Caroline



Lucky is as creative as she is kind as she is one-of-a-kind!

Lucky describes herself as "Funny, kind, caring, thoughtful, and ridiculous!" Her mom describes her as an incredible problem solver, always willing to help, empathetic, and encouraging to everyone. She also loves helping the environment, is a great



Lucky tells us that true beauty is "being yourself!" and the qualities that make her beautiful are "Everything!"

steward of the ranch she lives on, and never stops creating.

Lucky tinkers, does wheel pottery, draws, and creates doll accessories from recycled materials. She sells her creations with her own Etsy shop, and shares her earnings with a friend in Myanmar who she met through Save The Children.

This year, Lucky started partnering with a local dog breeder and is raising her first puppy. She wants to breed dogs herself one day and dreams of starting her own dog grooming and dog-bakery business.

• What makes your friends beautiful?



Stella Kryzak

11, Maine

nominated by her mom,
Lindsey

Stella loves her dog Gussie, loves being outside, and is fun and silly at all the right times! Her mom explains that, as the middle child, Stella "is the glue that keeps us going. She's patient with her little brother and a good listener for her older sister, Maddie."

Her mom also describes Stella as a "loving, kind, and determined star. Born in the Year of the Ox, she can be so stubborn when she wants to be. Stella finishes what she starts!"

Stella thinks the world would be a happier place if people could "recognize true beauty and look past the bad in each other." For Stella, "true beauty" is being "the best person you can be - like being kind and loving - and not just when people are watching."



Maddie Kryzak

13, Maine

nominated by her
mom, Lindsey

Maddie describes herself through her love for the outdoors and active sports. "I am adventurous; I enjoy any and all water sports, and I love Nordic and alpine skiing in the winter and mountain biking in the summer."



Their mom says that Stella and Maddie are a picture of sisterly bravery on their skis. Two years ago, Stella needed plastic surgery after a skiing accident, but decided to get back out on the hills so she wouldn't be afraid. More recently, Maddie had a serious fall and was afraid of falling and hurting herself again. She showed determination, overcame her fear, and got back outside.

Bravery is beautiful!



Izabel Silva

11, Texas

nominated by her
mom, Veronica



"My inner beauty is my kind aura, determination, and upbeat attitude," says Izy. She loves making friends with everyone (especially new kids at school) and makes people feel at home by being her happy, joking, loving, caring self.

Izy is quiet when thinking, and also enjoys socializing when she feels comfortable. She used to have trouble telling others her ideas in class or groups, but now she puts herself out there. Talkative, quiet, or anywhere in between - keep being your beautiful you!



tackle new challenges or try new things. She hopes to learn more Japanese, become a psychologist and a better artist, and travel the world.

Lexi Baumgartner



8, Missouri
nominated by her
mom, Jessica

Lexi introduces herself saying, "Being funny and caring makes me beautiful. I like toads, frogs, volleyball, reading, and playing."



Lexi runs a lemonade stand with her sister to raise money for an animal shelter. Lexi's dyslexic and likes animals, music, fashion, division, and dot-to-dots. Other favorite activities include gardening, storytelling, teaching her brothers about caring for animals and the environment... oh, and climbing trees to sing to the sky!

Lexi says beauty includes things like:

- Showering
- Brushing your hair and teeth
- Reminding us that healthy bodies and minds are beautiful

Cat/Tem

14, Alberta

nominated by herself

I'm a video gamer and author who is allergic to making straight characters. :) I'm ADHD, Tourettes, PANDAS, and probably Autistic, but I'm still beautiful! I also have Ehlers Danlos Syndrome (it makes me hyperflexible). I don't care what you call me, as long as it's nice!

I love getting into things other people like so I can talk with them. I love making things for others and helping my friends with characters and stories. My friends are my life, both IRL and from the GOC. (RIP NMG GOC)

I want to become a librarian, a published author, make webcomics, write for Doctor Who, and live with some of my friends. I also want COVID to be over, and for people to have equality.

I think true beauty is subjective. In my opinion, True Beauty is when people are confident with their appearance, not wearing uncomfortable clothes just because of modern beauty standards. I feel beautiful even with my messy brown hair and acne.



Eleanor Schragg

8, Rhode Island

nominated by her mom, Kristina

We asked Eleanor what makes her beautiful. She says, "I think true beauty is what's inside of you and who you are. Some qualities that make me beautiful are my personality and spark. I'm very silly! I'm brave. I stand up for myself and my friends. I work hard to achieve things, and I'm proud of my creativity."

Eleanor's mom, Kristina, tells us that Eleanor isn't afraid to think outside the box. She brings her whole self to everything, and is truly an original! Also, in October, she walked four miles to raise money for cancer research. Way to go!

Eleanor wants to be an art teacher and inspire the next generation of Beautiful Girls! She would also like to learn more science and have her own TV show!

Kristina says, "I am so grateful to be Eleanor's mom. It is the honor of my life to know and love this amazing human, and a privilege to guide her towards her own understanding of herself."

Shout out to beautiful parents, too!!!



Maia Hart Smith

14, Oregon

nominated by her mom, Melissa

Maia describes herself as the "mom friend," a thoughtful listener who brings extra water bottles and socks in case anyone needs them. Her mom agrees, saying Maia has an eye for brightening people's and animals' days! A dancer, writer, and comic actress, Maia hopes to become a dance therapist for people with disabilities.

In school, Maia brought up the Black Lives Matter movement, connecting Civil War-era racism to police brutality today. A classmate said BLM was irrelevant. But Maia stood up for herself and the movement, even without her teacher and classmates' support. The teacher then brought anti-racism education to the class, thanks to Maia's courage!



Maia tells us, "The concept of beauty is often overrated and painful. The "norm" in America and Europe is skinny waist, big breasts, younger, white clear skin, and lots of makeup. As a Black, curvy teenager,

I struggle with beauty "norms." Women and girls get discouraged about their appearance. They shouldn't. After all, whose body is it? Theirs. Not anyone else's."

Haven

10, Kentucky

nominated by their mom, Elizabeth

"I'm kind, loyal, smart, brave, and creative," Haven says. "I stick up for what's right."

Their mom adds: "Haven is wise, hilariously funny, and a joy to be around."

Haven identifies as nonbinary, their zodiac sign is Cancer, and they live and breathe creativity! They're always making art, solving problems in creative ways, and looking out for anyone who needs a friend or protector. Haven has ADHD and anxiety, dealt with bullying, and works

what does "true beauty" mean to you? For Haven, "it is a kind heart, bravery, and intelligence. Looks don't matter. Beauty comes from inside."

Haven plays with makeup as a way to explore their identity. Makeup doesn't make a person beautiful, so they talk about how "beauty" ads try to manipulate us into

criticizing ourselves. Facing scary things through makeup and cosplay helps Haven befriend their depths and so-called "flaws"! Haven explains, "it helps me feel less anxious about the real world, because I know I can be brave."



Maita Lubin

10, Illinois
nominated by her sister, Nechama

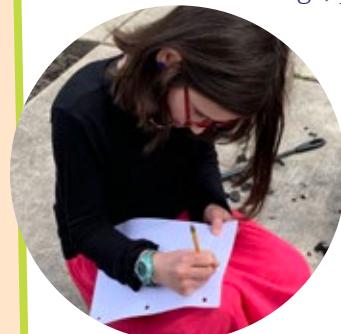
"I am a writer," Maita says. "I am caring. I will stand up for what I think is right."

Her sister describes Maita as really smart, super helpful, and an amazing younger sister. She loves being a big sister, too. She helps with her three little siblings, plays with them to keep them out of people's hair — and even does the same for a friend's baby!

According to Maita, "Reading and writing are basically my life." She loves drawing, dancing, history, American Girl books, Warrior Cats, and Frozen. She dreams of being a published writer!!

"True beauty is being proud of who you are and what you stand for." She's proud of her religion, her beliefs, and her writing. And "I want every girl who reads NMG to know that I love this magazine, and I'm proud to be in it. It's good for girls who think women aren't always treated fairly, and for girls in general."

What are you proud of?



Ramona Auzenne

14, Minnesota
nominated by her grandmother, Polly

Being "different" isn't always easy... but Ramona takes pride in being her authentic self. In her own

words, she's "active, curious, kind, patient, and understanding." Ramona's grandmother describes her as a kind soul, a bit of a loner, positive, creative, and a wonderful big sister! She loves acting, vintage fashion, reading, drawing, museums, board games, fantasy books and movies.

Ramona is on the autism spectrum. Social situations are difficult for her, but she's courageous and takes risks. When she was ten, Ramona participated in "Miss Amazing," a program for girls with disabilities. She danced in front of hundreds of people, met



Keep an eye out for Ramona: "I'm smart, funny, and creative. You may see me on a famous stage someday, or read a book I've written and illustrated!"

strangers for interviews, and did public speaking, pushing herself and handling challenges. For her fourteenth birthday, Ramona invited friends home for the first time. This was a big, special step for her, and she did it with confidence!



Hunter Garmise

13, North Carolina
nominated by her friend, Mar

Hunter tells us it's her kindness, love for family and friends, and creating and caring that make her beautiful. She says, "I used to help in the kitchen. Now I make dinner for my whole family at least once a week!"

"I'm proud of myself for becoming the chef I am today. My biggest dream is to own a gluten + gluten-free bakery."

Hunter's BFF, Mar, thinks back to the first time they met and recalls Hunter's caring nature: "She made me feel welcome, and introduced me to the other kids!"

Their bond deepened. They didn't know one day



Hunter would move away. Hunter says, "The only thing that helped the homesickness was my friends, especially Mar! She's my pen pal and is always there to call."

Mar feels equal admiration. "Hunter's been so brave the past few years. I really admire her for that. She keeps in touch with everyone and is just as awesome as ever! I count myself very lucky to be part of her life."

Friendship is beautiful. Your commitment makes you BOTH Beautiful Girls!!!



Saumya Wagner

10, British Columbia
nominated by her sister, Ameya



"Saumya is always there for you and so wise. If you want someone's opinion, she'll tell you the truth. Expressing herself in art and clothes, she isn't afraid to show the world who she is. She wanted to shave her hair. I would have been nervous; she just did it!" Ameya says.



Saumya is proud of approaching things differently than others, and how she can be alone but still happy. Being peaceful, independent, and creative makes her beautiful.

Saumya loves a cuddle with family in front of a movie, her mom's great food, and finding

interesting books at the library. She's vegan and wants to stick up for animal rights when she grows up. She also wants to become a paleontologist and keep working on art because it makes her happy.

Inner Beauty

1. Feeling good about yourself
2. Honouring yourself by doing things you love
3. Knowing your body and accepting it
4. Sticking up for yourself
5. Being kind to everyone



Una Rose

13, New York
nominated by her grandmother, Carol, and aunt, Noemi

"I want to help people and make people happy," Una says. Her grandmother and aunt describe Una as "amazingly friendly, full of curiosity, and very supportive." Una is a fast, tough roller-derby player who invents elaborate adventure games, is a role model for younger relatives, and fights injustice.

Una is adopted, and connects to multiple heritages: American, Korean, and Jewish. Una dreams of opening a restaurant employing and housing homeless people, serving food from around the world. She also aspires to run for president, and talked at a library program about why immigrants should be eligible for presidency. The organizers were so impressed they invited her to speak at another program!

Una says: "True beauty is being proud of yourself, loving yourself, and being you on the inside and outside: the you you want to be. I'm still working on finding my inner beauty. But I know I have to be true to myself, incorporating other people's opinions while being me."



Fiona O'Reilly

10, California
nominated by her neighborhood friend, Naomi



Fiona is a supportive, loyal listener, open to everyone and wise beyond her years! In her friend Naomi's words, Fiona is "a special and memorable human being" with "a beautiful spirit, generosity, and smile."

Fiona sees her own beauty in her kindness, compassion, strength, and confidence. She hopes to be a pediatrician: "I love working with little kids, helping people in need, and learning about the human body." An artist and crafter, Fiona

sews, draws, paints, and more. She also loves traveling, learning about new languages and cultures, going on adventures, making imaginary worlds, and being creative in the kitchen!

Fiona stands for social justice, participates in Black Lives Matter protests, and cares a lot about the environment. She works towards a peaceful, open, colorful world!

Friendships can form in beautifully unexpected ways. Fiona is a very social person, so during the COVID lockdown it was tough for her not to spend time with friends. She befriended Naomi's two young sons through imaginative, lively sidewalk chalk drawings!



Mallory Massey

11, Ohio
nominated by her mom, Michelle

Mallory's a great friend, sister, and entertainer, with a well of inner confidence, strength, and resiliency. She faces the daily challenges of living with ADHD courageously, and her family loves the creative sense of humour she brings to everything.

Mallory's family also enjoys taking on challenges together. When the COVID-19 pandemic began, Mallory's whole family spent months sewing facemasks to donate to the community. Mallory was Master Mask Trimmer, and trimmed over 1,000 masks! Wow!

Mallory describes her favorite things as, "Dinosaurs, sea bunnies, dried stingrays, and

Once Mallory entered a "little Miss" pageant. Her mom tells us, "The other competitors were very done up and showy in their song and dance. Mallory was rocking her new side-shave haircut and a comedy routine created entirely by herself." She won!

baby fluffy cows!" She also really enjoys playing Roblox and chatting with her friends on Discord. She hopes one day she can visit New Mexico to meet one of her best friends. As for other future plans, who knows?! She's open to all kinds of possibilities!



Olivia Pla

13, Virginia
nominated by her grandmother, Patricia



Olivia tells us a beautiful person is someone "who's courageous, believes in herself, shares her ideas, and sticks up for others who can't do it for themselves." That describes Olivia!

Olivia says her "Beautiful Girl" qualities are being kind and determined with a great sense of humor. Her grandmother also sees Olivia as an empathetic, problem-solving leader. With friends, Olivia started a website for important topics including



Black Lives Matter and pollution, and they created a campaign to reduce litter in parks. Olivia also painted "Kindness Rocks" to brighten neighbors' days!

Olivia is co-writing a play about a spy who loses his memory and must learn new skills. She loves piano, art, science, cooking, and spending time with friends. She cooks meals for her grandparents and snuggles up with her dog Bailey.

Olivia likes to inspire others. "I want to let other teens know not to be afraid to follow their dreams and to try their best."

Tallulah Anderson

8, North Carolina
nominated by her sister, Isabella



"I'm kind, caring, I'm thoughtful, and funny. I smile at people on walks. Smiles are true beauty."



Tallulah says, "I like playing with my younger sister - her beauty is her funny words and funniness. And I like talking with my older sister - her beauty is her kindness and the fun stuff she talks about."

Beautiful sisters, beautiful sisterhood.

"If she ever doubts, Tallulah should remember she IS beautiful, she IS an incredible friend, and she deserves to do whatever she wants with her life."

We're all different. And that's beautiful.

Elizabeth "Bertie" Repoley



10, Texas
nominated by her sister, Kate

Kate says Bertie's creativity and "this-is-great!" outlook brighten any room. "Bertie can definitely be LOUD, but that just makes her even more fun!"

Bertie loves "space, space, reading, space, space, reading..." plus gymnastics, jumping rope, tap dancing, and playing with friends. She's especially proud that she learned to love reading: "I used to despise it. Now, I can't stop!"

Bertie stands up for her friends, won't stand for injustice, and doesn't take no for an answer. This means she doesn't back down from doing what's right.

Future dreams? Bertie plans to be the first astronaut on Pluto, "and prove to the world PLUTO IS A PLANET!" She also wants to discover dinosaur bones, invent amazing things, and have a family restaurant.

"All my friends are unique. I like how some are persevering, some are strong, some are brave, some are fun, some are caring, some are just especially close to my heart."

Helena Donato-Sapp

11, CA
nominated by her dad and papa, Jeff and Sino



Helena's dads describe her as "funny, insightful, caring and just a wonderful person

to be around." She's also an artist, writer, violinist, karate student, activist, and more!

Each year, Helena makes a self-portrait. Last year, her dads had her portrait made into stained glass. Helen says, "It's one of my favorite things. It reminds me of my Grandpa Bill who died from COVID this year. He loved deer. That is why I put antlers on it."

The COVID 19 pandemic has shown the world something Helena knows well: no matter our age, life can bring tough challenges, even overwhelming tragedy and loss.



Self-portrait in 5th grade

YOU

In every issue of NMG we celebrate inner beauty by featuring girls who are proudly themselves. Now it's your turn to say, "I'm Beautiful as Me"

Our world is full of products that girls and women supposedly need to be beautiful. But for NMG, beauty is completely different. You ARE beautiful. I AM beautiful. We don't need to change ourselves.

Are you an artist, a dreamer, a thinker, a singer? A listener, a maker, an athlete, an inventor? A daughter, a sister, a friend? What words do you use to describe your own beauty and the amazing things you are and you do? Love, Luna



Nominate yourself, your friends, your sisters and cousins at

[NewMoonGirls.com/
Beautiful-As-You!](http://NewMoonGirls.com/Beautiful-As-You!)

Helena uses her experiences and her voice to tackle tough topics through art, writing, and speaking. And she helps teach teachers! She presents at a university about how "Kids can tackle tough topics!"

Helena has a website where you can learn WAY more about her art, her activism, and more: helenalourdes.com. This year, Helena also became an NMG reporter. You can read her first article for us on the next page.

Helena's work reminds us: You don't need to be an adult to "be something." You don't need to grow up to create change in the world. You are already so many beautiful things and have so many amazing abilities.

styles 4 kidz with tamekia swint

by Helena Donato-Sapp

Everyone deserves to feel beautiful in their own, unique body.

Some families face a specific challenge helping their children feel confident and beautiful in their natural hair.

New Moon Girls Reporter Helena Donato-Sapp sat down for a virtual interview with Tameka Swint to learn more.

Tamekia Swint founded Styles 4 Kidz, a Chicago-based non-profit organization, to help multiracial families with children who have textured hair.

Textured hair has a curl pattern and can range from wavy, to curly, to coily and kinky. Textured hair has different needs than straight hair. For example, it needs to be moisturized every day or else it will become very dry, break off and look unhealthy.



of their hair. I saw the impact it was having on them, their confidence, and self-esteem. I knew there were girls out



there just like them who were struggling. I wanted to be part of a solution to help them."



Many of the families Styles 4 Kidz helps are in the transracial, adoptive, and foster-care communities. Tamekia spoke of the first time she met a white mom who had adopted two African-American girls.

"She was struggling with their hair and trying to figure out how to do it every day," Tamekia said. "When I first met these girls, I could not believe the condition

"We create a welcoming and loving environment letting families know it is a safe space. You are not going to be judged and can ask any question, and we're going to answer it," Tamekia explains.

Tamekia also shared Eden's story.

A safe space can also be a brave space where people can boldly ask for what they need.

She met Eden and her mom at an adoption conference. They had been struggling with haircare for seven years. After a few sessions, Eden had beautiful hair styles her mom was doing with her.

"The best part about this story is how confident Eden was because her hair was being cared for well. I saw Eden's confidence soar. The relationship with her mother improved, too," Tamekia said. "I think it is hard to be in a family where no one looks like you and then your hair doesn't look good on top of that."

Tamekia was inspired to write a children's book: Your Hair is Your Crown. With illustrations by artist Ashley Bailey, the book is very diverse and shows people with disabilities, multiracial families, young and elderly people as well as both girls and boys celebrating their textured hair.

"I think we live in a time where we are more focused on our differences instead of the things we have in common," Tamekia

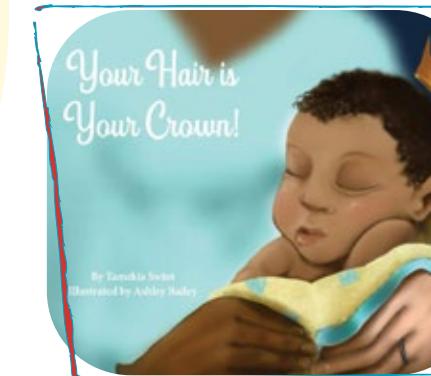
Creating a Respectful and Open World for Natural Hair: That's the CROWN Coalition's mission. Since 2019, 11 U.S. states have passed The Crown Act or similar legislation to prevent discrimination against natural hairstyles in schools and workplaces.

<https://www.thecrownact.com/resources>

said. "I wanted a book that celebrated something we have in common, which is textured hair – curly, wavy, coily, kinky and beautiful. I wanted to make sure everyone saw a piece of themselves in the book. Even though it is for kids, I know adults will read it to their children. I want them to see themselves, too."

For multiracial families with different kinds of hair, Tamekia wants everyone to know, "Hair is a big deal! Do all that you can to learn as much as you can so that you can understand it and not fight it."

"I think it's hard to be in a family where no one looks like you and then your hair doesn't look good on top of that."



Helena, 12, CA loves playing the violin and is committed to karate where she recently earned a blue belt. She loves reading and watching all things science fiction, especially anything to do with the Stranger Things show.



Your Hair is Your Crown is about the power of representation. Its message is also that your hair is beautiful, special, and unique just the way it is, and needs to be embraced and celebrated.

my first flight

by Sowmya Venkatesh
illustrated by Vienna Beaupre



It is a scorching hot summer day in Beechwood Forest. The sky is clear, and no wind is blowing. It is perhaps the best day for learning to fly.

I sigh, exhausted. Countless times I've tried and failed. For the millionth time, I get my hopes up and jump from our nest, hoping the wind will carry me down.

Pathetically, I fall flat on the grass and roll next to the worm. Perched on the tree above, Mama shakes her head, looking

disappointed. I feel tears welling up in my eyes. I am not able to fly!

Am I the worst sparrow in existence? After all the times I've tried, I feel like saying, "So what? I don't care anymore!"

Yet, time and again, Mama looks down at me with her standard, encouraging, don't-give-up nod. She still has hope in me.

When I look up, I feel a spark left in me. Maybe I could try

one more time! I have nothing to lose. Mama swoops down and carries me up. She models how to fly, beginning to end. I carefully notice what she does, and I say it in words to imprint it on my mind.

First, Mama scans her surroundings for predators and potential threats. Then she concentrates on the end point. Next, she spreads her wings and soars down. I can't help but note that she looks angelic while flying. I want to fly like that! And finally, Mama lands firmly, digging her claws slightly into the ground.

I look in awe, and suddenly I realize something: If Mama can do it, can't I do it, too?

Plucking up my courage, I begin. I visualize my joy after my first flight. I savor the taste of the reward of food.

Then I take a deep breath. I look down from my perch. It looks scary, but that's just because of the height. I remind myself, if Mama can do it, I can do it! I can do it!

I am made to fly!

When I take off, I rapidly shake my wings in fear. I am not sure if I am in control. Then I slowly get comfortable with the wind in my wings. Comfortable in the sky. Comfortable with opening up and letting go.

I straighten my wings and soar like Mama. When I land, I hold the mud firmly. The same mud that used to adorn me in my previous failures. Mama cheers for me as I approach the worm.

For a minute, I can't believe it. Did I really do it?

I am standing on the ground. So I did it! I did it! I can fly!

I stride to the worm, confident and proud. I walk with joy in my accomplishment and emanate the air of victory. I'm able to push my fear aside and embrace the joy of flight.

This is the moment I have been working for. I am now more independent, more confident,



Sowmya, 13, CA enjoys studying the stars, writing, singing, and playing the violin. She has won the Barbara Bush Foundation award in writing. She hopes to become an astrophysicist someday and understand the deep mysteries of our universe.



stronger, and braver than the baby bird I was this morning. I bask in glory as I slowly edge towards the worm.

Suddenly, I hear a squeak. Before I can do anything, a mouse rushes up and snatches my worm. That's MY reward for flying and landing! I stare, aghast. Is this what I have been



working for? Have I spent my whole morning in vain?

Feeling dejected, I look up at our nest in that tall tree. I look at how far I have come.

Isn't my flight itself a huge reward?

Vienna, 13, CT loves her rescue dogs and reading graphic novels. Nicknamed the "Pawsitive Ninja," she proudly competed on Season 1 of American Ninja Warrior Junior. Her favorite moment this year was meeting Ruby Bridges. Vienna loves finding new ways to be creative, and wants to be a professional illustrator.

are you sure?

by Julia Wang
illustrated by Savi Holden

There was once a girl named Breindel who helped a fairy find her necklace. In return, the fairy gave Breindel four wishes.

Breindel wished for a lot of money, because she wanted many pretty things.

"Are you sure that's what you want?" the fairy asked.

"Yes," Breindel said confidently.

"Alright." The fairy waved her wand. Three sacks of gold coins appeared. Breindel clapped her hands, and the fairy vanished. Breindel spent her gold coins on everything she thought would make her happy.

Word went around that Breindel had lots of money. A thief came and stole everything. Breindel called for the fairy: "Fairy, my money and all my things are gone!"

"Well, that wasn't the right choice. Do you want another wish?" the fairy said.

"Yes please! I want a big house and a lock on the door." Big houses make people happy. With a lock on the door, no one could steal things, Breindel thought.

"Are you sure that's what you want?" the fairy asked again.

"Yes." Breindel was confident with this choice.

"Okay then." The fairy waved her wand twice. Breindel's small house grew. A lock appeared on the door. Breindel squealed with



delight. The fairy disappeared.

Soon, Breindel had lots of visitors. The attention made her happy, and glad there was a lock on the door. "No one can steal this," she thought.

But her house was made of wood. One night, Breindel forgot to bank the fire, and the house began to burn. The townspeople rescued Breindel and extinguished the fire, but it was too late for the house.

Breindel called, "Fairy, my house is gone."

"Well, that wasn't the right choice. Do you want another

wish?" the fairy asked kindly.

"Yes indeed! May I be beautiful?" Breindel asked. That couldn't be stolen or burnt up.

"Physical beauty?"

"Yes, I want physical beauty."

"Are you sure that's what you want?" the fairy asked.

"Yes," Breindel said.

"Alright." The fairy waved her wand three times over Breindel's head. Breindel ran to the mirror, and the fairy disappeared.

Suitors came to ask for Breindel's hand in marriage. People

praised her looks, hair, and skin. But nobody listened to what Breindel liked, or who her friends were, or anything else about her.

Soon Breindel was so exhausted she ran to the woods and called for the fairy. To her surprise, the fairy was already waiting, not looking surprised at all. "I thought this might happen," she said.

"Fairy, I think I made the wrong choice," Breindel gasped.

"Good answer," the fairy said. "Do you want your last wish?"

"No thanks. No offense, but magic seems to make you different. People pay attention to the difference and not to you. I'd like beauty that makes you just as you are. But how do you get that without magic?"

"Well, just be you." The fairy nodded in approval.

"Thank you," Breindel said, bowing.

The fairy disappeared.

Many years later...

There was once a girl named Sage, who helped a fairy find her circlet.

"Do you lose your jewelry all the time?" Sage asked. A fairy

was indebted to whoever found their jewelry, so most fairies didn't lose theirs. This was a strange fairy.

"Yes, I do. To help humans, in a way," the fairy said. "You look like Breindel, the girl I helped once."

"Breindel? She's my mother," Sage said.

"Family resemblance, I suppose. You have four wishes. Do you want your first wish?" the fairy asked.

"Yes. May I have beauty?" Sage said.

"Physical beauty?" The fairy's voice grew softer.

"No. May I have inner beauty?"

"Wise child, and a wise choice. To gain Inner Beauty, you must go on a journey."

"I'm glad there's no spell for it! Mother says magic spells make you different from who you really are."

The fairy smiled a small smile. "You smiled! Mother said



"you never smiled," Sage said, surprised.

"Maybe I had no reason to smile before."

"What do I need on the journey?" Sage asked.

"Your courage, your heart, and you. You first need to cross the Mountains of Generosity and Gratitude. There will be obstacles, but I will help you."

"How do I get there?"

"Just follow the setting sun, and..."

Sage listened, her heart already on the journey, her eyes sparkling with longing and determination. She was beautiful.



Julia, 13, PA loves reading and anything to do with fantasy books. If she's inside, which she usually is, you'll find her reading a book. If she's outside, she'll be playing with her twin sister.



Savi, 13, WI loves to do anything outside. Her family has a small farm with an alpaca, goat, peacock, four guinea hens, and two ducks. She also loves to do aerial silks and lyra!

See more art by New Moon Girls and share yours! For the first time ever, Luna's Art Gallery is online so you can share every day! Check it out at NewMoongirls.com/lunas-art-gallery



Four Landscapes

These four mini paintings represent different landscapes, inspired by the world around us and the beauty of nature.

Rebecca, 14, WI

Vase of Flowers

I used watercolor to paint this in a style called fauvism.

Noelle, 12, IN



Lulu the Bunny

Since spring was coming up when I drew this, I thought it would be festive! Lulu is a chic, classy bunny from New York City.

Ori, 12, MD



Mixed Media Collage

I made this collage using colorful decorative papers, summery cut-out photos from magazines, and some photos from the summer when I was nine.

Kiara, 12, CA



Alice Paul

I drew this picture of women's rights activist Alice Paul after watching a documentary about women fighting for the vote. I was inspired by all of their courage.

Adelaide Clover, 10, MA



Zahara

I want people to realize Black people should not be excluded or hated because of their skin color. The basic message of the drawing is: "Be kind no matter the melanin."

Aria Luna, 10, CA



This is Hawaii

My perfect day is one away
on a tropical get away
Hawaii, Hawaii
It's coconut trees
It's fresh ocean breeze
I truly wish I could stay
It's Guava Delights
And the Sand Beach freights
of seashells and turtles and leaves
The food is delicious
Not to mention, nutritious
Hawaii truly has a great cuisine
Its island oasis is one of dreams
Everything there is just so clean
From the air and ocean
To the wandering streams
The calming music with its spiritual
beams
This is Hawaii the Island of Dreams

Mason, 12, OR

Ruby glinting
among the leaping flames
Apricots ripening
as the summer sun sets
Island pineapples
growing near sunflower fields
New life sprouting as spring arrives
Beautiful endless skies
and little robin eggs
oceans deep and dark
filled with strange creatures
wisteria vines and sweet grape jelly

Gladys, 12, CA

No matter your looks
or your rumors,
beauty is inside and not out
Beauty is inside you and me
no matter what others see

It's your actions and your decisions
that you try to be the best person
you can be
and not the best for others

It's a kind deed
you do to help others
Beauty is in you

Fabiana, 10, WA

**Time
(Inspired by Tuck Everlasting)**

Time is a wheel
it rolls through
Smooth times, it never ends
And never lives.
It just is.

It turns around bends to new times
and holds up life and death.

Even when we don't think it
within ourselves
we can sometimes make it slow
down.

Time is everlasting.

Eliza, 8, DE

Umbrella Limerick

My umbrella is very upset.
You'd think that it went to the vet!
It refuses to close,
It's sprayed on my nose,
And now all my clothes are quite wet!

Kate, 12, NC

Beautiful We

We all are very beautiful,
Yes, we are cool!
We just have to be ourselves
to look beautiful,
I know, we girls
are the most blissful and graceful!
We follow what we feel
inside our heart,
our beauty will never vary
with a pant or a skirt.
We don't change ourselves for
anyone
Alone, we can change
the whole world!
We don't care what others will think,
By doing good work
we will make them rethink!
We are beautiful and to prove this
we don't need anyone's certificate,
To show how beautiful
we are from inside,
we will never hesitate!

Udeeta, 12, India

I Am From

I am from the busy kitchen
with clanging dishes
and steaming pots and pans.
I am from dance,
the bars, the tape on the floor,
the movements
flowing together like water.
I am from my mind
thinking up wild ideas.
I am from thinking of words to say
until they come rolling
out of my throat, touching my lips
then going into the air,
with meaning. I am from activism,
raised fists showing solidarity.
I am from questions
clinging to my mouth
until they come spluttering out
like water flowing over a dam.
I am from endless conversations
about politics.
I am from the feistiness of my
kitten.
I am from my feelings, my thoughts,
my emotions.
I am from the graceful notes
of a violin.
I am from my heart pumping blood
into my veins.
I am from the tiniest twitch
of my hand.
I am from confidence.
I am from determination.
I am from my long brown hair
and deep brown eyes.
I am from everything
and nothing at all.

Summit, 9, MA



what's unfair to girls and women—in your life or around the world?
Contribute your thoughts at
NewMoonGirls.com/Girls-Get-Published

I found this cool ninja game on Roblox and was super excited to play it. I went in and created my avatar, and noticed that the only body type was a boy. I thought that that was suspicious, but I kept playing. And then I found out that the characters were all boys because it was a boys-only game. Unfortunately, the games that are just for girls are things like dress up and princess pageants. Not my style!
Morgan, 12, MA

why
doesn't
MARIO get
kidnapped for
a change?

In videogames, there's usually only a boy hero.

In Mario, Peach is always getting kidnapped by Bowser. Why doesn't MARIO ever get kidnapped, and let girls show how strong we can be?

In Mrs. Pacman, she has a bow and lipstick. Just because it's MRS. Pacman doesn't mean it has to be girly!

When girls finally get a chance to shine in Mario and Rabbids, Rabbid Peach loves taking selfies. It's sexist and aggravating.
Elliot, 8, OR

How
come boys
get long shorts
and pockets?



Look at how my how-to-draw-cartooning book shows the women! First off, that waist is way too skinny. Women don't have stomachs that small! The book says it adds more energy, but to me it just feels like sexualizing women.

There's a way to add energy to a pose without making proportions that unrealistic! And for the men, they keep to normalish body proportions! I know some people like to draw like that, and the author probably didn't mean to sexualize women. But it's unrealistic, can be harmful, and it just feels so wrong to see those kinds of proportions!
Tem, 13, Alberta



Artwork by Liza Ferneyhough

Pssst!!! Something's different this Howl!
Go to NewMoonGirls.com/Howl-at-the-Moon
to tell us what it is and learn more!!

Sally Ride, the first American woman in space, inspires me. She did what people thought impossible for a woman, paving the way for many other women to go into space. I want to be an astronomer when I grow up.
Cass, 12, NV

Taylor Swift's song "The Man" is very empowering. It's about gender inequality, particularly in a career context: how hard a woman has to work to get to the same place as a man, facing discrimination along the way, and still getting paid less. The song's main line is "if I was a man," but it still gets the point of empowering women and girls across clearly. Howl for Taylor Swift!

River Nymph, 14, ON

I wrote this poem to remind girls like myself that self-confidence comes from within: Sometimes we all need a reminder that we're worth it. self-confidence starts with self, meaning you, meaning that you are the start of your own beauty, you can choose to own yourself, so always remember that self-confidence starts with self.
Samantha, 12, MA

One day, bored on April break, I noticed a free public library program called Female Filmmakers. It ended up being amazing! A guy from the library taught us how to film, edit, and

produce our own movies. We got to make our own stories and film them. It was so cool that the library was inspiring girls to do this!

Avery, 13, VT



I sang the song "Baby It's Cold Outside" for years. Then I paid attention to the lyrics. I was disgusted. It's about a female character trying to leave while a male character pressures her to stay. The female character gives in even though she doesn't want to. It's quite creepy. But Lydia Liza and Josiah Lemanski made an awesome remake of the song, changing the lyrics to display the power of consent!
Anwen, 15, MN



Illustration by Naomi Peyton

I drew this on Adobe Photoshop Sketch. I've been developing my own style of female characters. I want to encourage girls to get creative and have fun doing it!



Naomi, 12, MO loves wild adventures alongside her fictional friends (reading), telling tales of fantastical journeys (writing), and creating beautiful masterpieces with her hands (artwork). She also has a secret language with her cat, Mixie, who is always by her side.

Our calendar covers one astronomical season. This one is for Summer. It starts on the summer solstice and ends the day before autumn equinox.

june 21 - Summer Solstice & Indigenous People's Day in Canada		june 24		june 27	
june 29 - Camera Day - snap pics and share at NewMoonGirls.com		July 1		July 2	
July 4 Independence Day - U.S.		July 7 Father-Daughter Take A Walk Day		July 10 New Moon	
July 15 Give Something Away Day		July 20 Eid al-Adha: Muslim Feast of Sacrifice		July 24 Full Moon: Buck Moon	
Aug 3 Black Women's Equal Pay Day		Aug 8 New Moon		Aug 9 Islamic New Year begins tonight	
Aug 12 International Youth Day		Aug 19 World Humanitarian Day		Aug 22 Full Moon: Sturgeon Moon	
Aug 26 Women's Equality Day		Aug 30 Civil rights activist Luisa Moreno born, 1907		Sept 6 Labor Day - U.S. + New Moon	
Sept 6 - Rosh Hashanah- Jewish New Year- begins at sundown		Sept 12 Mae Jemison was first black woman in space, 1992		Sept 15 Latinx & Hispanic Heritage Month begins	
Sept 15 - Yom Kippur- Jewish Day of Atonement- begins at sundown		Sept 20 Full Moon: Harvest Moon			

Send in YOUR art and calendar events for any season at NewMoonGirls.com/girls-get-published



Chimamanda Ngozi Adichie
Nigerian-American novelist,
writer, teacher and feminist.

"Please do not twist yourself into shapes to please. If someone likes that version of you, that version of you that is false and holds back, then they actually just like that twisted shape, and not you. And the world is such a gloriously multifaceted, diverse place that there are people in the world who will like you, the real you, as you are."

From Luna - We can never fit all the Beautiful Girl nominations in one issue of the magazine. ALL of YOU are Beautiful Girls. Below are more nominees and nominators who are part of our 2021 group.

Aaliyah "always tries to find or create the good in things." Nominated by Ruthy

Abigail "meets every challenge with spirit and enthusiasm." Nominated by Lisa

Aisla "has a huge heart and cares passionately for the world." Nominated by Lynette

Arden "gives people company when they're alone." Nominated by Sabine

Claire "continually amazes with her creativity, sense of humor, and fun." Nominated by Gabrielle

Clara "has spark, sensitivity, laughter, and keeps her family young!" Nominated by Eli

Deanna "makes up her own songs, plans parties, and writes stories." Nominated by Sara

Elin "is empathic, understanding, and a good listener." Nominated by Annika

Emma "Her kind, gentle heart makes her special." Nominated by Monica

Eva "wants the world to be a more happy, colorful place." Nominated by Julia

Fi "If someone is feeling down, she'll brighten their day." Nominated by Rowan

Hazel "has a beautiful, courageous spirit." Nominated by Heather

Jordyn "wants others to know they are worth self-love." Nominated by Amber

Lily "is a compassionate advocate for social justice." Nominated by Kristy

Lily "Her courage and kindness shine through no matter what life throws at her." Nominated by Lara

Lyra "takes on challenges even when they scare her." Nominated by Jennifer

Pippa "values kindness, inclusion, and honesty." Nominated by Emily

Savannah "is always willing to help out if someone needs support." Nominated by Tara

Solange "is optimistic, supportive, and always makes me laugh." Nominated by Florence

Stella "told some kids at school to stop being mean — and they did!" Nominated by Judy

Zoe "takes pride in doing simple, kind things for others." Nominated by John and Lori





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I grew up reading your magazine. I just want to say how grateful I am for all the work you do. I'm thrilled you're still around. I hope one day my daughter will be able to read New Moon Girls!

Katriona, former subscriber

For Parents: Free Resources & Wisdom from Other Parents!

- Facebook.com/NewMoonGirls
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Summer To-Dos

1. Jun. 21 - Summer Solstice - It's time to welcome summer! Enjoy the sun or go for a swim.
2. Jul. 10 - It's the New Moon! Go to NewMoonGirls.com/Girls-Get-Published and share some of your creations.
3. Jul. 20 - Eid al-Adha: Muslim Feast of Sacrifice. Take some time to learn about this interesting holiday.
4. Aug. 3 - Black women's Equal Pay Day - you can share about the wage gap, and find a Black women-owned business to support.
5. Aug. 19 - World Humanitarian Day - what is a humanitarian? Pick a humanitarian woman to learn about.
6. Sept. 21 - Last day of summer. ENJOY!

We give girls freedom to be themselves.