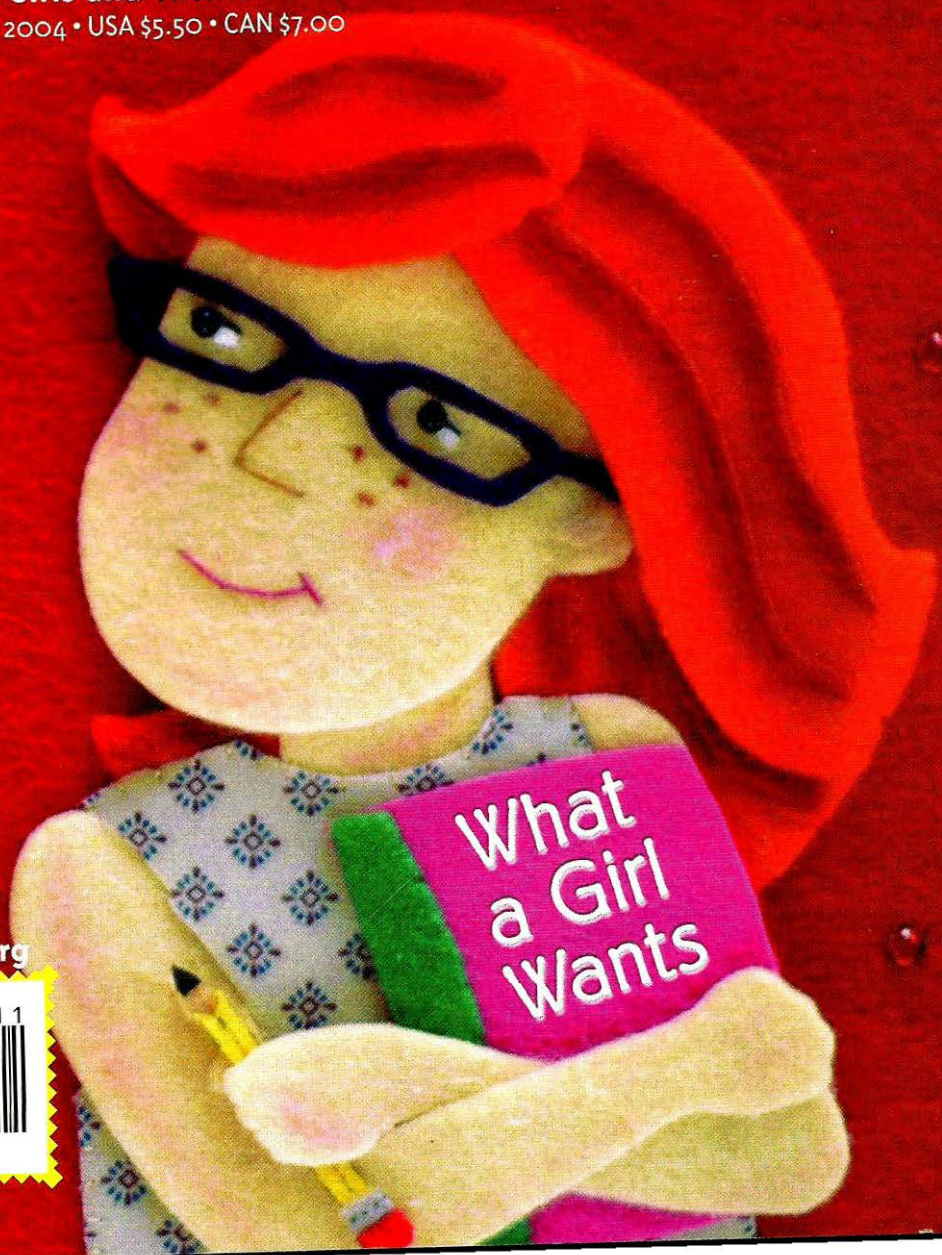


New Moon[®]

The Magazine for Girls and Their Dreams

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New Moon

November/December 2004 ★ Volume XII ★ Issue 2

What a Girl Wants: Readers' Choice

www.newmoon.org

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

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Roz Fulcher

Roz feels she has finally found her niche in illustration with her new style, using felt and embellishments to create art. Currently, she lives in sunny San Antonio, Texas, with her husband, three children, and two dogs. She enjoys gardening, jogging, and taking naps when the kids and the dogs aren't looking.

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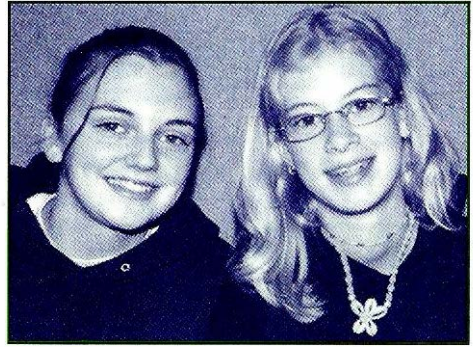
Girl Talk

Hi, readers! This is the “What a Girl Wants” issue of New Moon—that means it’s full of what you, the readers, want to see.

We put a survey in the January/February 2004 issue of the magazine so you could tell us about yourselves. We got lots of surveys back. The biggest thing we learned was how each one of you is different and unique. So this issue has a big variety of articles. For example, lots of you said *Pirates of the Caribbean* was your favorite movie, so we did our “Herstory” on a woman pirate. You wanted to know more about crushes, so we have a special article on that. Look for the “You Said” box in many articles to see how the survey results connect to the article.

We like that you chose the stories this time, and we want you to know how important you are to us. Working on this issue was fun because it was like having you all on the Girls Editorial Board!

If you missed the survey, don’t worry! You can ALWAYS e-mail or write us with your story ideas. Keep telling us what you want!



Tracy Gilbrink

Caro & Brittany

☀ Page 24 ☀



Caro Maloney, 14, comes from a family of readers in Ontario. She likes manga and anime, and her dream is to have her comics published and be a cartoonist or musician. Read her first published story, “Still Waters,” here.

☀ Page 28 ☀



Emily Rose Coffee, 8, lives in Colorado. She loves cats, art, friends, family, peace, freedom, and honesty. Her greatest hope is that all people will stop fighting within her lifetime. Read about how she works for peace in her article, “Pro-Peace Rally.”

☀ Page 30 ☀



Elizabeth Saldaña, 12, lives in Kentucky with her family. She likes spending time on the computer, singing, reading, and running track. She encourages girls to explore the “The Darker Side of Things.”

What a Girl Wants


By girls

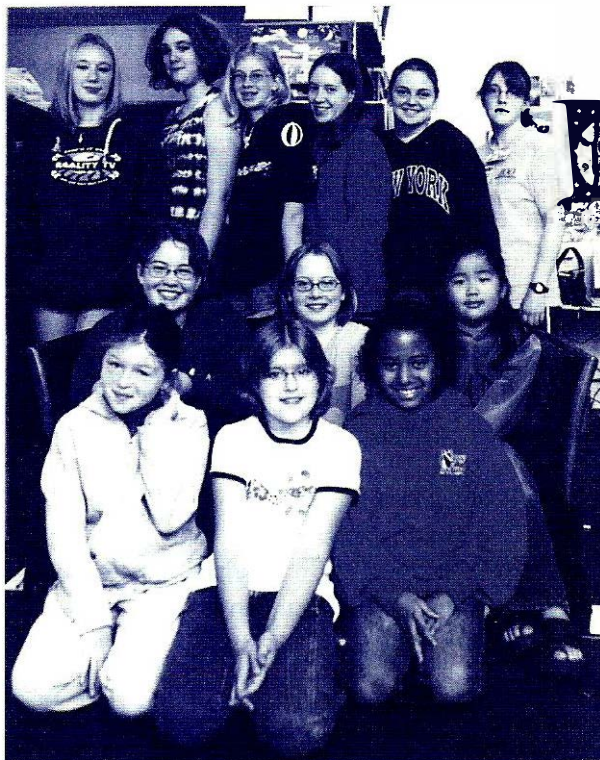
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 Find the crescent moon
hidden in every issue.



Tracy Gilevitz

What the GEB wants... is for you to love this issue!

Find the ten Luna Tics hidden in every issue.



This issue's Luna Tics are drawn by Kyla, 12, from Putnam Valley, New York, and Michaela from Boston, Massachusetts.

Send us your Tics!

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




When you see me, make sure to go to www.forgirlsandtheirdreams.org.
Luna Click drawn by Michaela from Boston, Massachusetts.

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


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Coming up next...
Evolution &
Revolution



Dear Luna

Dear Luna,
Your article "Passion and Purpose" (March/April 2004) was great! I admire Maddie's courage to go through that surgery. I love to dance, and I hope Maddie keeps dancing, too.

Elena • Washington, D.C

Dear Luna,
I disagreed with Caro (March/April 2004) when she said Luna was too perfect, intelligent, and good. Luna's not perfect; she's like all girls—even Caro! Even though she may be an idea or spirit, she's still like all of us. I think she's great.

Carolina, 10 • Fort Collins, Colorado

Dear Luna,
One of my best friends changed for the worse last summer. She's suddenly racist, anti-gay, pro war, and against people who don't believe in God. She also said that immigrants shouldn't be allowed to drive because they drive too slowly and cause accidents. I don't really believe in God, and I told her that. Now she's spreading rumors that I worship the Devil! I really don't like her at all, and I want the rumors to stop!

Frances, 12 • Royal Oak, Michigan

Dear Frances: It's really hard to lose a friend. Remember that your real friends will learn about you from you, not rumors. You can downplay rumors by bringing them up first. You can say, "Did you hear what so-and-so is saying about me? I wonder why she'd say that." This rumor isn't true so don't let it bring you down! Love, Luna.

Dear Luna,
I'm really upset when I hear about terrorists. Stories on the news make me feel like I'm trapped inside a cage with no room to breathe. I can't hold these feelings inside. These stories affect kids, especially kids who worry about the world, like I do. Do other kids feel the same way?

Clara, 9 • Tacoma, Washington

Dear Clara: Yes. Many kids (and many adults) get upset by disturbing stories. These feelings are normal, and it's good to talk and write about them. It also helps to remember how many good people (and events) there are that never get on the news! Love, Luna.

Dear Luna,
I'm a good artist. Newspapers and yearbooks have published my artwork. I'd love to draw a cover for New Moon, but I don't know where to send my work or what to draw. What should I do?

Sarah, 12 • Herndon, Virginia


Dear Sarah (and other girl artists): Everything you need to know about sending us cover art is at www.newmoon.org/magazine/girlartistguidelines.htm. You can see the upcoming themes and deadlines at the end of "Dear Luna." Draw a black-and-white sketch the same size as a New Moon cover, front and back. Send the drawing and color copies of other artwork you've done to: New Moon, Art Dept., 34 E. Superior St. #200, Duluth, MN 55802.

If you're interested in illustrating any of our articles, send black and white copies of your artwork to the same address. If your style works for one of our articles, we'll contact you. Thanks! Love, Luna.

Dear Luna,
My friends Natalie, Nichole, and I really want to know when we'll start our periods, but we're too shy to ask our moms. I hope this letter will help a lot of girls. Please help us.

Alycia, 9 • Diamond, Oregon

Dear Alycia: Everyone develops at her own pace, so there's no way to know for sure when you'll get your first period. Some girls get it as young as 8 years old, and others as old as 16. For more information, check out "Red in the Face," an article in



the July/August 2003 issue of *New Moon*. You can buy this article and a great book called *The Period Book* from the New Moon Store. The article and the book answer a lot of questions like this one. You can order them at www.newmoonstore.com. And remember, your moms were girls once, too. They probably wondered the same thing. Try showing them this letter. Love, Luna.

Dear Luna,

I'm writing in response to Antara who wrote about the Russian ballet dancer who was fired ("How Aggravating!" May/June 2004). While I don't think she should've been fired just because of her size, it's true that taller women have a harder time finding jobs in ballet companies. If the dance requires that a man pick up a woman, it's much harder if the woman is taller and heavier than if she were short and light. They could both be injured if lifting is too much of a strain. It has nothing to do with looks. I know it seems unfair, but it can't be helped. I know a young woman who, despite her height, found a steady job in a ballet company and loves it. I'm sure that this Russian ballet dancer will also find a new job soon since she's very talented. I wish her the best of luck.

Anna, 15 • Madison, Wisconsin

Dear Luna,

I was moved by the essay about Christie Blackwood in the "25 Beautiful Girls" issue (May/June 2004). I know a girl who was diagnosed with a cancerous brain tumor, so I can understand a little of what Christie went through. I was very sad to read that Christie died a few months ago, but I know that her story will inspire others. I wish her family and friends all the best and hope they take comfort knowing that her courage touched me and inspired me beyond words.

Jenn, 14 • Kent, England

Dear Luna,

We used to donate boxes of toys to our church, which would then give them to kids. When I asked my mom why we stopped doing this, she said it was because the church put stuff in the

boxes about Christ and how Christianity is the only way to live and then gave the boxes to Muslims. I didn't like that, so I decided I want to make up my own toy boxes, start a charity, and make a difference. Here's the only problem: I don't know how. Can you help?

Alice, 9 • Toronto, Ontario

Dear Alice: There are a lot of kids who have started charities or organizations to help other people. You can learn a lot from them at www.youngvolunteers.com. You can also contact other local charities to see if they'd like to give your boxes to kids in need. Love, Luna.

Dear Luna,

I agree with Lane's letter 100 percent (May/June 2004). She said she doesn't believe in OWNING animals. Lots of people think that animals are just cute entertainment and playthings for humans. I saw a bumper sticker that was really mean and made me mad. It said, "Looking for your cat? Check under these tires." Ugh. Just because we can't understand what animals say doesn't mean they have no feelings! Grrr.

Robin, 11 • Highland Park, New Jersey

Dear Luna,


This is the best magazine I've ever had. My favorite parts are the comics, and I really enjoyed reading about the 25 beautiful girls. I wanted to tell Olivia that I do practically the same things she does, and I'm the same age. *New Moon* is great, but I really think you should put photographs of real girls on the cover.

Katarina, 10 • Guanacaste, Costa Rica

Dear Luna,

In "How Aggravating!" (March/April 2004), Sydney wrote about how a boy said to her, "A girl trumpet player? Weird!" I agree with her; that's completely mean and rude. I've played trumpet in my band since the 6th grade. There are 13 trumpet players in our band, and 7 of them are girls!! We have a saying: "Girl Trumpet Power."

I've been getting this magazine for a long time now, and I'm getting a little too old for it. Soon, I'll be saying goodbye to *New Moon*. I like



magazines like *Teen People* and *YM*, too. I subscribe to them because I do care about clothes, makeup, and celebrities, but it's a nice change to read your magazine and get away from that for awhile. So thank you for all these years!

Erin, 15 • Perry, Michigan

Dear Luna,

My feet are not happy. So why am I wearing these five-inch heels? Do they really make me feel better about myself? At the moment, the answer is no; my feet are killing me, and I keep trying not to trip.

Our society tells girls to force their bodies into something they're not. Sometimes, changing our looks hinders our freedom. We can't run in heels, and the shoes hurt our feet. High heels make us look taller, but what's wrong with being short? Who are we trying to fool? We shouldn't need to add an extra five inches to our height to gain confidence or to be society's definition of sexy. I don't see any guys in high heels.

Makeup is another way for us to alter our looks. We are naturally beautiful. It's just society telling us our lips have to be the perfect pink, our faces flawless and blushed, and our eyelashes absurdly long and black.

Why don't we start respecting our bodies for how they look naturally? If we respect our bodies for what they are, then others will, too. And maybe one day we won't look to the media for the "perfect body." We'll look to ourselves.

Hayley, 14 • Waterford, Connecticut

Dear Luna,

I have one question for you! Where did the name Luna come from?

Meg, 10 • Atlanta, Georgia

Dear Meg: Luna means "moon" in Spanish, so it just clicked with the girls who started the magazine. I'm the spirit of New Moon, and I can take many forms and many images, not just one.

Love, Luna.

Dear Luna,

Awhile ago, my mom bought the "50 Most Beautiful People" issue of *People* magazine. Some

of the "beautiful people" were Jennifer Aniston, Beyoncé Knowles, and Nicole Kidman—actors with great bodies, great skin, great hair, and not one pimple!!! Recently, my mom gave me the "25 Beautiful Girls" issue of *New Moon*. As I flipped through the pages, I noticed that these "25 Beautiful Girls" are regular people. They aren't famous, don't have perfect bodies, and aren't soaked in makeup and beauty products. Thank you, *New Moon*, for recognizing girls for who they really are and not for how many beauty supplies they have or because they're rich and famous.

Mollie, 13 • Wake Forest, North Carolina

Dear Luna,

I think it's really great that girls can have this awesome magazine! Are there any guy staff at *New Moon*?

Isabella, 13 • Tucson, Arizona

Dear Isabella: Yes, our acting managing editor for this issue is Joe Kelly, a certified "guy." He was *New Moon*'s very first managing editor (back in 1992!) and he worked with us until we found our new managing editor (you can meet her on page 43!). We've also had guy interns and consultants. Lots of guys are cool, and we love it when they appreciate *New Moon*. Love, Luna.


Dear Luna,

I don't like the "25 Beautiful Girls" issue because I think it's exclusive. I think it's even worse that you mention the names of the girls who weren't picked because it's like saying they weren't special enough. I also didn't like how one article was about twin girls. I'm a twin, and my sister and I are very different people. Writing about both of them in the same article isn't acknowledging them as individuals. I thought about nominating one of my friends for "25 Beautiful Girls" but decided against it because I'd feel horrible if she weren't picked. I still think *New Moon* is a great magazine.

Lily, 11 • New York, New York

Dear Luna,

I really like your magazine. However, I don't like



"How Aggravating!" It makes us girls and women look too sensitive and like wimps who complain about everything. I think we need to stand up for ourselves and get on with life.

Maybe there could be a page that talks about how we can personally make a difference instead of tattle-tale stories about boys who are being normal and competitive.

Kristena, 12 • Temecula, California

Dear Kristena: Sometimes you have to describe what's wrong before you can make a difference. That's why we have "How Aggravating!" Love, Luna.

Dear Luna,
I just finished reading *Anne Frank: Diary of a Young Girl*. It's a powerful story. I encourage everyone to read it. I also appreciated Kristy and Hana's letter that talked about being Jewish (May/June 2004). You can't believe how much more respect I have for Jews after reading that book and hearing a Holocaust survivor talk at

my school. New Moon is one of the few places that girls can talk freely. Please keep this magazine going forever!

Nadine, 12 • LaPointe, Washington

Dear Luna,
I just wanted to say to Gina (March/April 2004), YOU GO, GIRL! What is it with bombing Iraq and Iran and Israel?! Doesn't the Bible say, "Thou shalt not kill"?! What about the Golden Rule: "Do unto others as you would have others do unto you"?

Jade, 12 • Corrales, New Mexico

Dear Readers: We want to hear from you! We love to hear how you're feeling and what you're thinking about. But sometimes we get letters that disrespect other people. We believe all people deserve respect, so we'll only publish letters that share opinions in a way that doesn't hurt others. Most of our readers already do this, so keep writing! Love, Luna.

I'm Luna, the spirit of New Moon magazine!

Do you have something to say to me?

I would love to hear from you!

Write to me at Dear Luna, New Moon, 34 E. Superior St. #200, Duluth, MN 55802 or e-mail me at girl@newmoon.org. Be sure to include your whole name, age, and complete address, but tell us if you don't want your name, city, or state published with your letter.

Hey, girls! We need to hear from you.

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

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

Tales & Tails Deadline: March 1, 2005

Anywhere But Here (Around the World in 48 Pages) ... Deadline: May 1, 2005

The Pirate Queen

by AnnMarie O'Malley



Grace O'Malley was a fearsome pirate who sailed the high seas for over 40 years, outlived two husbands, went to prison, and met Queen Elizabeth I. Her story's a real-life adventure, filled with legend and myth.

Born in 1530 at Clare Island Castle, County Mayo, Ireland, Grace grew up like most other girls back then: a nagging mom, an annoying older brother, and a dad who wouldn't let her come with him on his dangerous business as a sea captain. Grace's parents expected her to settle down into the life of a noblewoman and learn to speak, read, and write Latin. But Grace loved the sea and vowed to follow in her father's footsteps.

When her father planned a trip to Spain, Grace took matters into her own hands. She cut off her long hair, dressed in her brother's clothes, and snuck onto the ship. Discovering the stowaway, the crew nicknamed her "Bald One" because of her short hair. Grace never returned to the quiet life.

But Grace's father made her promise that if the O'Malley ship were ever attacked she'd go below deck and wait until the coast was clear. When an English ship attacked, Grace broke that promise. She crawled up into the rigging of the great ship and watched as the battle raged. At one point, an English pirate crept up behind her father to stab him in the back. Leaping from the rigging, Grace sailed through the air, screaming at the top of her lungs and landing on the pirate. The distraction turned the battle around, and her father's people gained control of the ship.

At age 16, Grace entered into an arranged marriage with Donal O'Flaherty, but she refused to sit idly around the castle. Soon, she took over as sea captain of the O'Flaherty fleet for her lazy and irresponsible husband. Although a woman leader was unusual, Grace earned the men's respect through her bravery at sea and knowledge of sailing. English sea captains refused to trade with Grace because she was a woman, so she annoyed them as much as possible. She swooped down on

YOU
said

Pirates of the Caribbean ranked as your favorite movie in our survey. So we decided to do an article about a real woman pirate!

the English ships and demanded fees for safe passage. If they refused, she ordered her men to take what they wanted from the ships. After Donal died in battle, she took her fleet of ships, 200 loyal followers, and three children back to the O'Malley lands. Grace was home again.

Lears passed and Grace became one of the most respected and feared pirates of her time. People knew her as fair but tough. During this time, the English were taking over Ireland, either by force or bribery. In a dangerous move, Grace sailed to England, where she could have been killed or arrested on sight, and went straight to Queen Elizabeth to talk about her problems with the English.

Upon Grace's arrival, Queen Elizabeth

offered her a lap dog as a gift. Grace waved it away, saying, "I never sit down long enough to have a lap." The Queen was so impressed that she released Grace and her followers from prison, awarding the Pirate Queen land and protection for her and her loved ones.

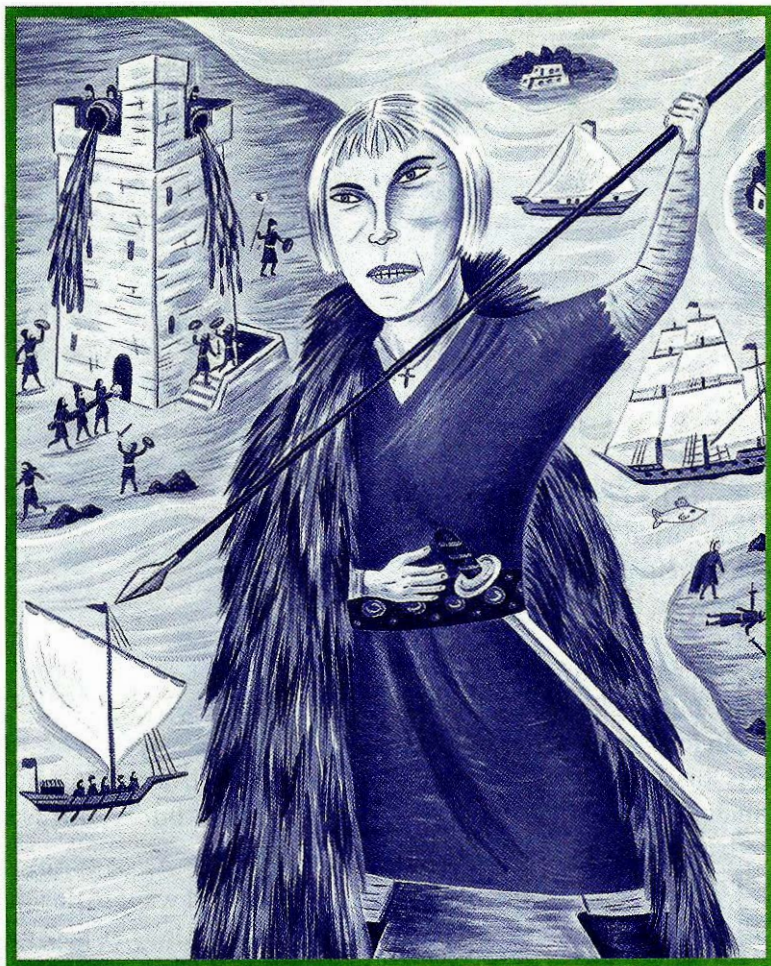


Illustration ©Susan Sparski

No one knows for sure what Grace looked like. Here's one artist's idea.

AnnMarie O'Malley, 24, lives in Duluth and studies English Education at the University of Wisconsin-Superior. She's a direct descendent of Grace O'Malley and is currently writing a children's book about her.

What a Girl Wants

FROM AROUND THE WORLD

PHOTOS BY ERIN JAMES



International
School

We're girls who attend International Schule Frankfurt-Rhein-Main (ISF), an international school in Germany. We're friends with girls from many other countries and learn about the world from an international perspective. Even though our cultures are different, we still like and want a lot of the same things. We have a lot in common—we're all girls and we all have dreams. These are some of the things we dream about:

I want there to be no wars in the world. Let people live freely! I want to be a cardiologist when I grow up so I can help people live.

Ayesha, 10, Pakistan

I want to be a policewoman or a kindergarten teacher because it's nice to help people.

Adriana, 9, Italy

I was born in Braunschweig, Germany, but I'm Russian. I normally live in Russia, and my whole family is Russian. I like swimming, dancing, chillin' with my boyfriend, and wind surfing.

I'm afraid of war, and I want the whole world to be quiet and peaceful. I want to be an international lawyer so I can make peace between countries.

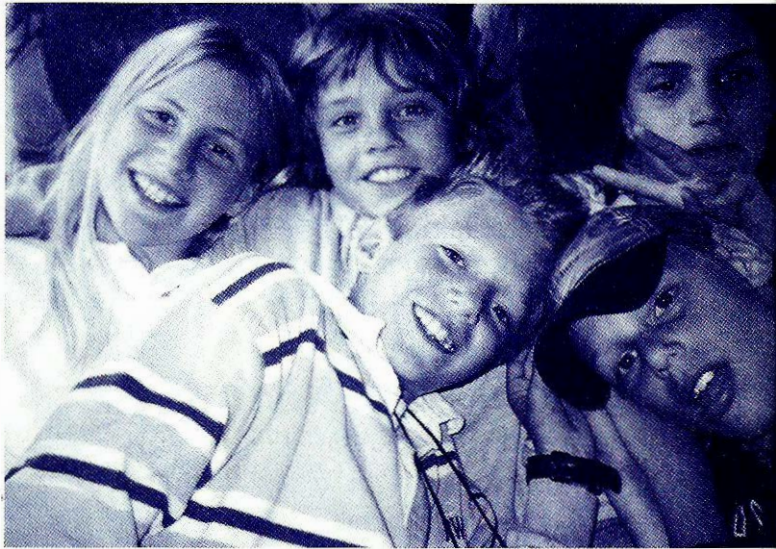
Eugenia, 12, Russia

I want a skateboard and a motorcycle because I like to jump and go at top speed.

Olga, 10, Spain

I want the world to be safe because I like the world.

Franciska, 8, Hungary



Kids from the school: Raphaella, Beni, and Yasmine in back, and Nils and Timo in front

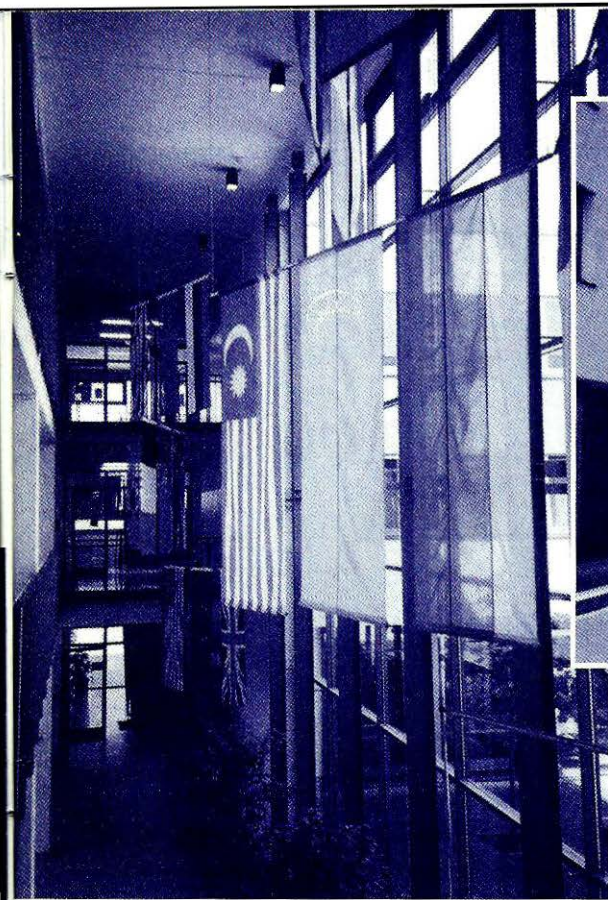
I want to do voiceovers for TV.

Lindsay, 8, Germany

I want to be a photographer, and I want to have a family.

Abigil, 11, Wales

I learn a lot of things at ISF, but I still want to keep in touch with the Korean community. In my free time, I surf Korean websites, and I go to a Korean school on Saturdays. Every time I hear how smart girls are, I try to work harder. I want to be good in my profession,



Flags from around the world
in the school's front hall

whatever it will be. I want freedom, opportunities, a profession, and dreams. And I want to feel safe and comfortable.

An-Bin Cho, 13, South Korea

YOU said

According to our survey, 42 percent of you say "peace" is the biggest change you'd like to see in the world. The environment, animal rights, the rights of the poor, and equality for all people are also concerns for many New Moon readers.

I want to be a sports doctor and heal people at the Olympics.

**Natalie, 12,
Germany**

I want to have a family and a dog.

**Linda, 10,
Finland**



The entrance of the school

I'm from Bavaria, the lower part of Germany. My parents sent me to ISF because they wanted me to learn English and have a better education. I like to play, swim, and dance. I want to be a dance teacher when I grow up.

Raphaella, 12, Germany

I want to be a rock star because it's fun to sing and dance. I also want to have pets.

Daniella, 8, Canada

I moved to Germany because my dad works for Opel, a car company. We've also lived in Thailand. I like ISF because you get more advice on education, the teachers come from around the world, the cafeteria food is good, and there's a swimming pool! When I grow up, I want to be an actress.

Daniela, 11, Hungary

I dream of working for the United Nations.

Susie, 10, South Korea

I want to be an actress or a designer and be very rich. I want to go back to New York.

Tiffany, 8, United States



Art class
at ISF

I wish that people wouldn't hurt animals. I also want to fly so I can see all the trees, villages, and forests under me.

Daniela, 10, Czech Republic

I'm from Germany, but I was born in Italy. I've lived in Italy, England, Berlin, and now Frankfurt. My dad works at Delbruck, a banking company, so we move a lot. My hobbies are riding, swimming, sailing, and surfing. What I really want is to have a dog or a cat.

Francesca, 10, Germany

I want to go around the world and see everything.

Elizabeth, 6, United States

I'd like to be a journalist and move to South America to report on the jungles.

Sophie, 11, Germany

I want to be famous and have a whole shopping center just for girls.

Astrid, 11, Belgium

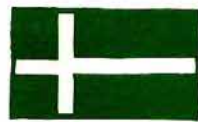
I go to an international school because normal German schools are too easy. My dad doesn't live with my mom, so we get by on our own. I'm an only child. Sometimes I behave like a princess—and sometimes I don't. I want a lot of things. I want to be a weather woman in the U.S. and report on tornados. I want to make a lot of money so I can help poor countries. I'd get a companion who'd travel with me to help poor people. I want peace in schools and in countries. I want peace everywhere. I wish wars would never start.

Nikola, 8, Germany

What I want is to always be happy.

Yusra, 10, Canada

Considering Customs:



International Schule Frankfurt-Rhein-Main

BY ERIN JAMES

Location:

Frankfurt am Main, Germany

Population:

900 kids, with an equal number of boys and girls

Ages of Kids:

Pre-school to high school

Languages:

Classes are in English, but there are also classes in German, Italian, Spanish, Dutch, and Korean. The staff come from 15 different countries, and the students from over 45 countries.

History:

International Schule Frankfurt-Rhein-Main is 9 years old and started because Frankfurt needed international schools for its growing international population. Many students have lived in two or more countries because their parents work in international business or the military, so they move often.

Celebrations:

In our fairs, talent shows, literary magazines, and school newspaper, students

perform or write about their beliefs, cultures, and religions. We have small celebrations for Christmas because Christmas is big in Germany. But otherwise, we don't celebrate holidays much. If we celebrated the major holidays of every student's nation and religion, we'd have a holiday almost every day!

Dealing with Cultural Differences:

Students plan and run many of our activities, so they have to work together. When conflicts come up, we discuss them. In each homeroom class, we spend 15 minutes a day talking about anything we need to.

Education:

The ISF school day lasts longer than most schools in Germany—from 8:15 to 4:00—and is more intense. Most importantly, kids learn a lot from each other. Everyone takes German class (so we can communicate with people outside school), and there are many in-school and after-school activities, from dance to swimming to art. Everyone can find an activity she's interested in—and, if not, she can start a new one.



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

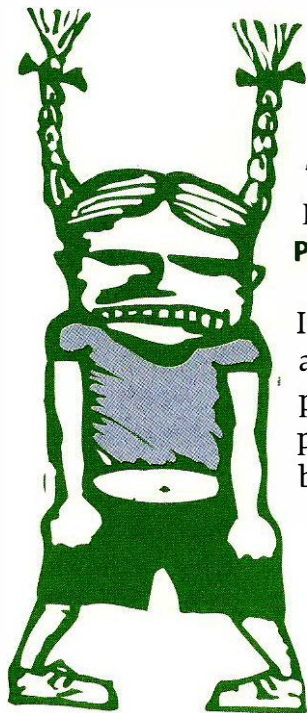
How Aggravating!

How Aggravating!
is a place where
we voice our opin-
ions about what's
unfair to girls and
women.

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

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

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



I was watching a TV commercial for Cali Girl™ Barbie® dolls. The dolls said things like, "We live to shop!" and "You can't have too much stuff!" That makes girls seem really shallow. How aggravating!

Priscilla, 10 • Keizer, Oregon

In gym, we were doing push-ups when a girl called out, "Can the girls do 'girl' push-ups?" It makes me SO mad when people think girls aren't as strong as boys. How aggravating!

Taylor • Austin, Texas

I want to be the first woman presi-
dent. But people are so prejudiced!
Even a lot of women say they
wouldn't vote for a woman
president.

Maddie, 11 • Bainbridge, Washington

We were singing in music class. The song had a high part and a low part. Immediately, the music teacher said the girls would sing the high part and the boys would sing the low part. I thought that was unfair. I told the teacher that girls don't always like to sing the high part. She acted like I was crazy, and the girls still had to sing the high part. How aggravating!

Ilana, 9 • Newton, Massachusetts

Howling at the Moon

I saw some graffiti in a bathroom. I know graffiti is wrong, but it wasn't the typical "Sue loves Bob" message. It said, "Create, don't hate." I felt good about a girl writing something peaceful.

Rose, 11 • Watertown, Massachusetts

Last year in baseball, the coach tested everyone's pitching. One boy said that girls couldn't play baseball. When it was my turn to pitch, I pitched three strikes in a row! The boy didn't pitch any strikes. After that, he was really nice to me. It's great to see what happens when girls show what they can do. Yeah, girls!

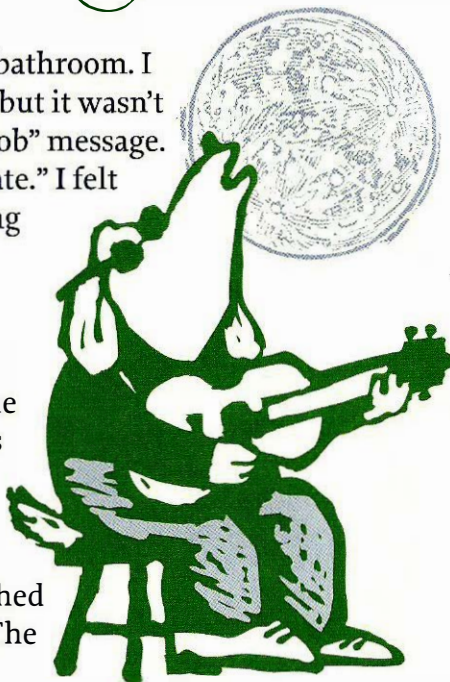
Hannah • Wayland, Massachusetts

I was listening to my Nirvana CD (an all-male band), and one of the song lines was, "Never met a wise man/if so it's a woman." That's really cool that an all-male band would say that!

Claire, 12 • Delmar, New York

Earlier this month, I talked to my gym teacher about how I didn't like him dividing us by "girls versus boys," and he yelled at me! But the other day, he said, "Come on, girls, get those tables moved so not only the boys have to do it. Right, Ms. Kaia?" Even though he wouldn't admit it officially, I'm glad my comments made him think about the way he treats girls and boys.

Kaia, 14 • Portland, Oregon



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

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

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

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

Humor Me

by Ruthie Young, Girls
Editorial Board Member



Janeane Garofalo is a stand-up comedian, actor, and host of a radio talk show, "The Majority Report." She's also written comedy sketches for Saturday Night Live. GEB member Ruthie Young talked with Janeane about the importance of humor.

New Moon: How did you get started with your career?

Janeane Garofalo: I was always interested in pursuing a career in stand-up comedy, writing, or perhaps performing. When I was 19 and a junior in college, I decided to gather my courage and start doing stand-up. And I just never stopped.

NM: What do you enjoy most and least about your career?

JG: I enjoy the creative freedom and the constant change. I like not having to work in an office every day, but instead working at different locations and meeting new people. I don't enjoy stand-up that's not going well. It's embarrassing. But you take the good with the bad.

YOU said

Twelve percent of you said that humor was the most important quality in a friend.

NM: How do you define humor?

JG: Humor is different for everyone. Something I see as very, very funny and very creative and inventive, someone else could see as completely juvenile or offensive. But if you were to ask for a general definition, it's something that makes people smile or laugh or think about something in a new way.

NM: Is humor important?

JG: I think it's incredibly important, especially if you're talking about politics, because humor can be a way of bridging differences of opinion. Humor can educate people who have differing opinions.

It can help people accept information that they might otherwise reject.

NM: Do you think our world needs more humor?

JG: Actually, I think our world needs more and better news services and more educated citizens. I think it needs more understanding from culture to culture, more free and fair exchange of information between our government and its citizens and the world's governments and their citizens. I think humor is probably fourth on the list, and freedom of information is number one.

NM: How can girls use humor in their everyday lives?

JG: Girls can use humor to avoid dwelling on things that shouldn't be held as important, like physical appearance, weight, who likes you, who doesn't like you, all those things. When I say, "Use humor," I don't mean trying to be funny, like slipping on a banana peel. I mean use humor in understanding what is and isn't important in your life. How you look is NOT important, but who you are IS important. When you use humor to free yourself from pressures that really aren't important, you have an unbelievable sense of freedom and peace in your life.

NM: Do you have general advice for girls?

JG: Whenever you have spare time, always, always read. You should always carry a book with you for two reasons. One, you never know when nothing is going to happen. Anytime you're in line or waiting for someone who's late, you can always be reading. Two, every time that you read, you improve your vocabulary, enhance your quality of life, and learn about new people and things. There is no downside to developing a healthy interest in books.

NM: What's your advice to girls who want to be actors or stand-up comedians?

JG: My first advice would be: don't take any advice from anyone! People will say things like, "You gotta go with this look" or "This is really 'in' right now" or "You must do this type of acting or dress like this when you go to auditions. Do this, do that." Never, never do that. The world has enough good-looking actors who don't eat carbs. It's boring. And boring actors end up doing paper towel commercials. Instead, be yourself and follow—completely and instinctually—what makes you you.



The Sex Scoop

by Emily Cameron

Sex and romance. Chances are, you're curious about them. And it's hard not to be. Images of sex and romance bombard girls every day with confusing messages on TV, in movies, and in magazines. But what *New Moon* readers say they really want are some honest and realistic answers to their questions about crushes, relationships, and sexuality. So, here's the scoop...

YOU *said*

You told us in the survey that boys, relationships, and crushes are among the most pressing issues that you face today.

Does having a crush on someone mean I'm in love or that I should try to date that person?

No. While crushing and loving are both very pleasant and carry some of the same feelings—wanting to be with the person a lot, for example—they're not the same thing. A crush happens when you notice somebody and think, "Wow, she or he is mighty cute/smart/funny/creative, and I seem to have butterflies in the tummy." Loving somebody is a more soul-rumbling warm feeling that, "Whatever happens, I want the best for this person; I want to know this person forever and make my way in this world never too far from her or his side." Love is the most versatile emotion in the world: you can feel it one way for your family members, another for your friends, and a completely different way a romantic interest. That's not to say that a crush can't develop into love—but it doesn't have to, and there are other feelings that fit in between the two. If there's somebody you really like immediately, by all means, get to know that person better. But don't put too much pressure on the whole romance thing right away. First, heavy romance stuff can be really confusing—and studies show that it's not healthy for girls to be in romantic



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



relationships until they're at least in their mid-teens. Second, even for older girls, a rush to romance can really freak out the other person. Third, you may find that once you get to know your crush, you'd really rather spend time together in a friendly sort of way.

What if the person I have a crush on is famous?

Clearly, you cannot simply walk up to Johnny Depp and invite him 'round to tea sometime. No offense, but he's not going to leave his girlfriend, children, and fabulous acting career to come live in your basement, waiting until you're old enough to marry him. This doesn't mean you can't clip pictures of him out of magazines, tape them to your locker, and sigh dreamily every time you open it—but that's as far as that relationship is going to go. Which is not such a bad thing, really. Celebrity crushes are a nice, fun, safe hobby. Just make sure you realize that fantasy is one thing and reality another. Don't refuse the advances of that cutie from your math class just because the kid isn't a movie star. (Although if you're not interested, refuse away, by all means.)

What if I have a crush on another girl?

That's OK. Some girls like boys, some girls like girls, and some girls just like people without worrying whether they're girls or boys. Whom you like romantically is called sexual orientation. It's usually divided neatly into groups of homosexual (being attracted only to people of the same sex), bisexual (being attracted to both sexes), and heterosexual (being attracted only to people of the opposite sex). But, in truth, the issue is more complex than these labels and also much simpler. You love whom you love. Half the fun of crushes is the way they sneak up on you and pull you out of your humdrum daily routine for a while. So no matter what gender your crush is, don't jump to put a label on it. Nobody should be demanding that you know exactly "what" you are right this minute.





When is the right time to have a girlfriend/boyfriend? What if my parents want me to wait? What if my friends are pressuring me to have one right now?



If your parents want you to wait before having a serious relationship, they're not trying to control you—they have your best interests in mind. You should probably wait (although crushes are still fine!). If you want a sweetheart just because all your friends have one or you're simply bored, maybe you should take up knitting and parade around town with your homemade scarf and make your friends jealous that way instead.



When you're older, the decision to get into a romantic relationship is yours and your potential partner's alone. Other people can make suggestions, but it's your decision—and you should try to make it wisely. Your elders may have a good point: make sure you're getting into this for the right reasons.



The right reasons for having a girlfriend/boyfriend are because there's one particular girl/boy who really strikes your fancy, you know they feel the same way about you, and you both want to make each other super happy. If these are your reasons, and your parents are still raising concerns, make sure you understand why. We live on an awesome planet peopled with some pretty nifty folks, but it's also home to some shady characters. It's smart to be cautious with new people—especially those whom you're considering as a sweetheart. Your parents may worry that you'll be taken advantage of, especially if the person you want to go out with is older or more experienced than you. Compromise with your parents. If your folks object to you going out alone, then suggest going out as a group with other friends. It's more fun that way. Remember: a romantic partner should also be a good friend who respects your decisions, not just somebody who's fun to kiss.



Emily Cameron, 18, lives right smack dab in the middle of Nowhere, Ontario, Canada, the World, the Universe (give or take a kilometer or two). She is fond of 'zines, music, eggplant, and people who are fond of her. She is un-fond of painful shoes, arithmetic, parsnips, and complacency.



LUNA'S ART GALLERY

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

ARTIST'S NOTE:

I drew this picture to show that unique, independent, and outspoken girls sometimes feel lonely and sad. The rose represents the hope that girls can make a difference in this world.

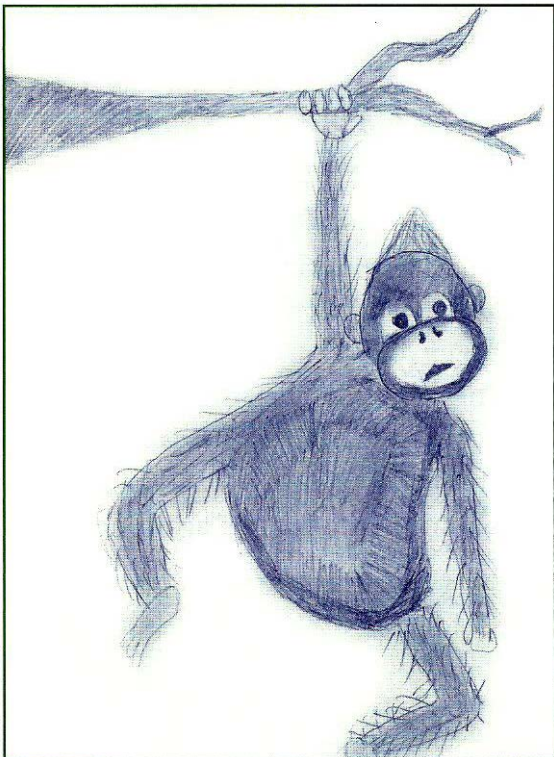
Megan Cafilich, 14
British Columbia



ARTIST'S NOTE:

I drew this picture because it inspired me to "hang loose" and do my own thing!

Danielle Kling, 11
California



The Don't-Try-It Diet



by Julie Douglas • illustrated by Andrea Good

Sometimes we get too obsessed with dieting. I know because I used to starve myself. Depriving myself made food even more appealing. I became obsessed with food until I couldn't concentrate on anything else.

Do you ever think about going on a diet? All the ads in magazines and on TV about diets make them seem really appealing. But did you know that most dieters regain all the weight they lost? And often they regain even more weight?

We've all known a girl who seems to have the perfect body. You might think she never eats or that she takes extreme measures to stay thin. Maybe she does. But maybe she's just naturally thin and has a high metabolism, which she maintains by NOT constantly dieting.

The fact is, you don't need to diet either—even if you wear a bigger size than your friends. Many things decide your size and weight, including genes, bone structure, whether or not you've hit puberty, and lifestyle. This combination is different for everyone.

Diets deny your growing body the nourishment it needs. If your weight drops too much, your body will override your brain and make you eat. That's because everyone's got a "set point"—a weight that your body tries to keep no matter what. When you diet, your set point gets higher since your body is afraid you'll "starve" again, and

Metabolism:

How your body changes what you eat into energy. Some people's metabolisms are higher than others, which means they burn fat more quickly.

If you or someone you know is too concerned with weight, call these free hotlines for advice: American Dietetic Association—1-800-366-1655 and National Eating Disorders Association Hotline—1-800-931-2237 or e-mail info@NationalEatingDisorders.org.

it wants to have plenty of fuel saved. Your metabolism also slows down because your body wants to save energy. So you have less energy, and you gain weight more easily if you diet. You can't outsmart your body by dieting.

The best way to keep your metabolism healthy is to eat nutritious food and get regular exercise. Try exercising every day—ride your bike to a friend's house, jump rope while you watch TV,

or walk to the store to get a

treat. (It's OK to eat junk food once in awhile—sometimes denying yourself junk food can lead to bingeing, or eating too much at once). Your body will thank you for your healthy lifestyle by having lots of energy, and you'll feel good about yourself, no matter what your size.



About 10% of North American females develop an eating disorder. I've been anorexic/bulimarexic myself, so my experiences back up what I've said. We need to stop obsessing over food and see it for what it really is—nourishment and fuel. And, remember, who you are is made up of a lot more than your size.

YOU said

Many of you said the biggest pressure you face is "to be thin" and that the biggest lie told to girls is, "You need to be thin to be beautiful."



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



Julie Douglas, 16, lives in Ontario with her parents, three younger brothers, and two pet rats. She loves music, painting and hanging out with her boyfriend. She wrote a "Body Language" article for the July/August 2003 issue of *New Moon* and a book with her mom, Ann Douglas, called *Body Talk: The Straight Facts on Fitness, Nutrition, and Feeling Good About Yourself* (Maple Tree Press 2002). Check it out!

Still Waters



BY CARO MALONEY · ILLUSTRATED BY ANGELA KEMPER

Kadonna looked into the waters of Lake Goh-Rhea and saw only herself—a bad sign. “Well?” the young man asked.

Kadonna hated these kinds of prophecies. She hated breaking the news. She sighed. “I’ll need some confirmation for what I’ve seen.”

Kadonna dropped a pebble into Goh-Rhea’s clear surface. She watched the ripples expand and fade away. As the ripples formed and wrinkled up the smooth surface of the lake, she saw her reflection distort and fade, leaving an image that showed all the details of the man’s death.

Finally it faded, and, again, she saw herself and nothing else.

“I’m going to die soon, aren’t I?”

“Yes. How did you know?” Kadonna asked.

The young man averted his eyes. “I have known deep down inside.”

Kadonna felt pity for the man. She herself was afraid of looking into the lake and not seeing her reflection. “Do you want to know the details?”

The young man sighed. “No,” he said, turning away from her.



Kadonna walked alone on the lake shore, thinking about her day. She often walked alone, for the path of a priestess was lonely. She passed through a gate to the temple. She started to ascend the wooden steps, careful to avoid the older, rotting stairs.

She looked up from the ground and saw a stranger waiting in the darkened hallway of the temple.

“Sister,” the stranger said in a familiar voice. His smirk was one that she had seen many times as a child. It was her twin brother, the musician Kadon.



“It’s been a long time, no?” Kadon said, settling into a chair.

Kadonna started a fire in the hearth. “Four years. We were 10 when you ran away.”

When Kadon had run off, he’d said he was going to become rich and famous by playing the lute. But Kadonna had had to stay home, replacing her grandmother as priestess.

They were twins, but Kadonna was so fair and pale that she looked ghostly, while Kadon was darkly tanned with jet-black hair. But they only appeared to be opposites. As children, they were both tricksters, visiting the local village and pulling off pranks that only Kadonna could have devised.



One time, they'd let all the livestock loose in the woods, and then set up a stable hand to take the blame. Another time, they'd made a good deal of gold selling stolen knickknacks. Despite her gentle appearance, Kadonna was like a fox, clever and scheming and always coming up with pranks that Kadon would gleefully try on the poor village people.

Or at least she had once been like a fox—before her grandmother trained her to be calm and regal. Slowly but surely, her grandmother had bent Kadonna to her will, making her into a priestess. Once Kadonna became a priestess, Grandmother was free to do as she pleased.

"It has been a long time, brother. What has happened? I heard you have wandered around, playing your lute," Kadonna said, getting up and walking over to him. She remembered tales she had heard about her brother—some said he was the best, that is, when he wasn't making mischief—just like when he was a child.

Kadon laughed. "Yes, sister, I have wandered around. I've done many things, some good, some bad."

"So what have you come for? Do you want me to look into Goh-Rhea for you?" Kadonna said.

"For me, Kadonna? Why, Sis, I am not one who wants his whole life laid out in front of him without any choices or freedom. No, I want you to look into Goh-Rhea yourself, to see if this is your only role."

"What, me? Why would I look for myself?"

"Because, dear sister, I don't want to come back in 20 years and find you still here, looking into Goh-Rhea to find the future of other people's lives because you have none."

Kadonna looked into Kadon's eyes. "But I don't need to know what my future is, Kadon, because I already know what it is. I belong here."

"But are you happy? How can you be? Every day you deal with other people's joys and sorrows with the burden of knowing you will never experience them yourself."

"But—"

By the time she uttered the word, Kadon was already gone.



Kadonna walked the path to Goh-Rhea.

She knelt down in her usual spot in the sand. She attempted to stop her shaking hand. She closed her eyes and leaned over the lake.

She finally opened her eyes. She saw the clear water of Goh-Rhea—still and free of any reflections. She slapped her hand against the lake angrily. She realized that Goh-Rhea was death. It had killed her free self, the person whose life was not controlled by a puddle of water. Perhaps Grandmother had also been free and wild until she was committed to the lake. They'd both spent their lives safe, but stuck.

Kadonna got up. The years wasted at Goh-Rhea didn't matter. What mattered was finding her true self again and starting anew. She turned around to see her twin waiting for her—waiting for them to leave Goh-Rhea forever.

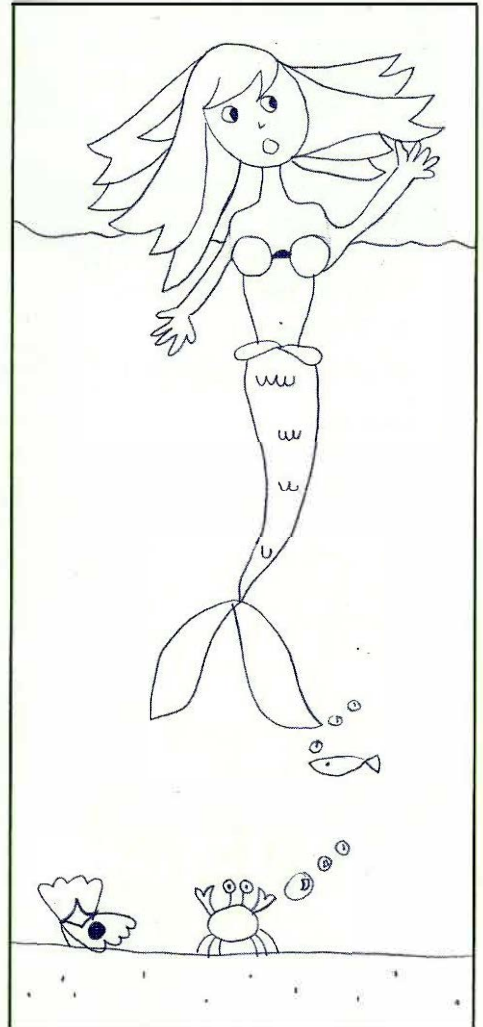
DRAW LUNA



I think Luna sits on the moon at night and sends down gifts of hope, strength, love, sweetness, beauty, resolution, justice, persistence, and fun.

SARAH BENNETT, 12 • MONTANA

LUNA IS THE SPIRIT OF NEW MOON. WHAT DO YOU THINK SHE LOOKS LIKE? Every girl's idea is different, and that's the way we like it! Let your imagination run wild, and send us a drawing in dark pencil or ink on white, unlined paper of what Luna looks like to you. Make sure your drawing is your own original idea and send it to Draw Luna, New Moon, 34 E. Superior St. #200, Duluth, MN 55802.



I drew this because I think mermaids are magical and so is Luna!

NINA VARELA, 9 • NORTH CAROLINA

PRO-PEACE RALLY

BY EMILY ROSE COFFEE



EVEN THOUGH I'M YOUNG, I have very strong feelings about the war in Iraq, and I feel it's important to stand up for my beliefs. So last March, on the first anniversary of the U.S. invasion of Iraq, I went to Manhattan with my mother, father, and their friend to join 100,000 other people in a peace march to protest the war. My mother bought an Italian peace flag, and we put it on a post. I was wearing a backpack with a message on it: "Peace in the World and Peace in Our Hearts."

The message I wanted to send was: **I WANT PEACE ALL OVER THE WORLD.**

All wars should end right now and never start again because they are so harmful. War should be illegal.

I felt very little in the big mass of people. I read every sign I could and listened to the chants people shouted. They carried messages like:

Money for Education, Not War

Bring the Troops Home Now

No Blood for Oil

What Do We Want? PEACE! When Do We Want It? NOW!



I drew pictures of some of the protest signs I saw.

It was impossible to read all of the thousands of signs. Such a big march made me realize I'm just a small part of a big world. And if so many people get together, we can really make a change. I think all the people marching were serious about how they felt. And I was, too. That's why I went there—to try to make a difference.

Some people say that the march didn't work because President Bush said protests won't change his mind about the war. But I still think it mattered. After the march, and other ones like it, more people started noticing problems with the war. They saw how many people want peace. So, in my point of view, it worked.

I have an idea inspired by one of my favorite books, *Mustang: Wild Spirit of the West* by Marguerite Henry. In the book, a children's letter-writing campaign saves the endangered mustang horses. I would like to start a similar petition for peace saying that

killing is wrong—and then have kids all over the world sign it and send it to all the world leaders.

Sooner or later, every person will die; that's just a fact. But if we keep having wars, we are going to die sooner rather than later, and that's something we have to stop.

Tens of thousands of people marched.



Me and my mother, Jennifer, marching in Manhattan.



The Darker Side of Things

by Elizabeth Saldaña • illustrated by Liza Ferneyhough

What would you think of someone who locks kids in cabinets with spikes in the walls? I'd think she's great! OK, not really—but this IS an example of what my favorite villain, Mrs. Trunchbull, the principal from Roald Dahl's *Matilda*, would do. Villains are sneaky, powerful, beautiful, ugly, jealous, funny, and more. No story is complete without them.

I'm So Conflicted!

Have you ever remembered a villain from a story more than the hero? That's because villains are the center of the action—they create the conflict that the hero overcomes. In *Matilda*, Mrs. Trunchbull abuses school children and tries to get money from Miss Honey, Matilda's teacher. Matilda discovers her special mental powers by trying to help Miss Honey regain her fortune from Mrs. Trunchbull. If it weren't for the villain, the hero would never get to prove herself.

Defy Those Stereotypes!

Some people automatically think of women in the role of damsel in distress. Think about Snow White and Sleeping Beauty, who spent every day cleaning house or picking berries! Wouldn't you much rather be the villainous sorceress talking to a magic mirror and concocting spells? I know I would!

My favorite villain defies every stereotype about women. Mrs. Trunchbull is huge, dresses like a man, and is cruel and unforgiving. Like many villains, she wants power and wealth. Many traditional female villains are also driven by a desire for beauty. Villains like the Evil Queen in Snow White or the Evil Stepmother in Cinderella reflect stereotypes that women care a lot about



their looks and are insanely jealous over the way someone else looks. But female villains have something most women in those stories don't have—power. They're smart, daring, and determined. And even though stereotypes about girls and women say they shouldn't show their anger, when a villain is mad, she does something about it!

Get in Touch with Your Dark Side



Most of us are pretty decent people—but we're not perfect. Sometimes it seems like the hero IS perfect—good-looking, strong, brave, kind... and living up to that can be hard.

Not only that, but perfect can be downright boring!

The first time I read *Matilda*, I was on the edge of my seat waiting for Mrs. Trunchbull's next out-of-this-world action. All of us have things in common with even the meanest villains. We get jealous and angry and would probably like more money or power. We sometimes think about getting really great revenge. Writers exaggerate villains'

faults to make them seem more horrible, but lots of us still feel bummed when the villain loses because we relate to her—especially when things don't go our way.

Something for Everyone

When I think about villains, I keep things in perspective. What makes someone a villain depends on how you look at her. A villain is really just someone on the other side of a conflict. And if you try, you can usually find something good in almost any villain.

I think villains have something for everyone, whether you want a good laugh, someone to bring the hero back down to earth, or someone who's out-of-this-world crazy. So if you're one of those people silently cheering the villain—you're not alone! You've seen the darker side of things and still enjoy the big picture.

YOU
said

Cruella DeVil is your favorite villain.

Esme from *A Series of Unfortunate Events* and Morgan Le Fey from the King Arthur legends came in close behind.

The Coalition vs. Mean Girls

by Lyn Mikel Brown

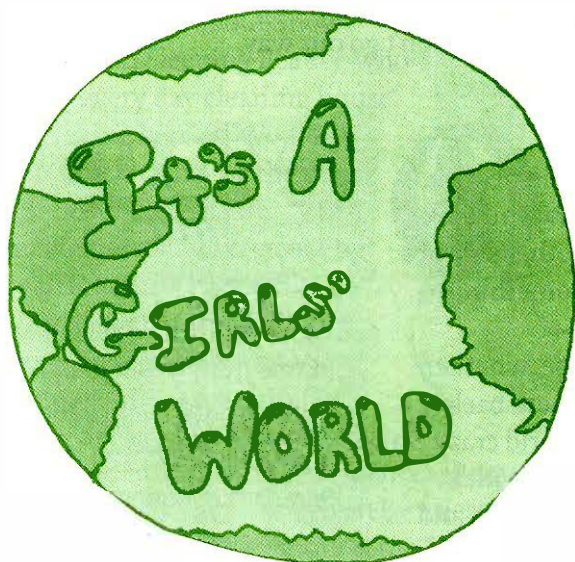
Imagine this scene: Leaving a school assembly, you trip on the bleachers in front of a group of popular girls. You lurch forward, desperately flailing for something to grab on to, while your armload of books flies away. You land in an ungraceful heap.

If you've seen the movie *Mean Girls*, filled out a "mean girls" survey on the web, or watched them work firsthand, you know what to expect from certain girls: mocking laughter, whispers, eye rolling, and well-placed taunts designed to remind you that you've just secured your place at the bottom of the school's social ladder.

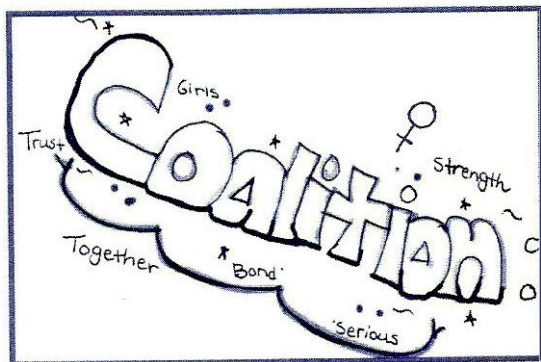
But what if, instead of ridicule, you hear murmurs of concern? You look up. "Are you OK?" one of the girls asks. You nod warily. "I did the same thing last week," says another as she and her friends pull you up

and gather your books. You feel a wave of relief as they save their eye rolling for the kids who laughed at you. They say, "Let's go" and "Forget about them," and you walk out of the gym together. You go your way. They go theirs.

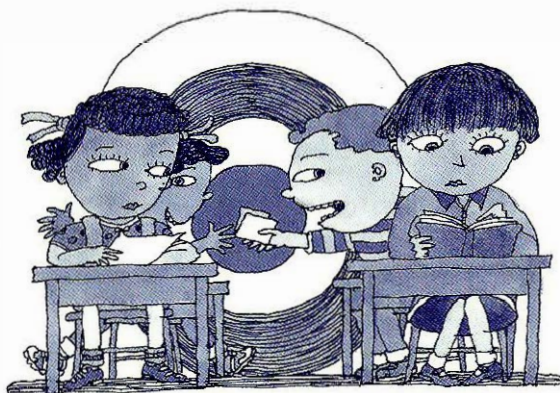
Wouldn't happen, you say? Think again. Despite all the hype about mean girls, 14 eighth-grade girls from different cliques made it happen at their small-town junior high school in Winslow, Maine. Their "Girls' Coalition" spent a school year discussing how and why girls fight, what divides girls



Girls from the Winslow coalition made these illustrations for a magazine they published.



When you're in front of a group of friends it's hard not to show off to get their attention. Sometimes people in groups put others down to bring themselves up. I've been at both ends. I've been the girl who was picked on by the group, and I've been part of the group that picks on someone else. It's no fun being put down by a group of so-called friends. You'd think that after a group puts you down, you'd no longer put others down, but it still goes on. —Meredith, 14, Oregon



and gets in the way of working together, and how to become a loyal group that stands up for other girls.

Even though they came from different “groups,” these girls became a force to contend with at school. They started defending kids who were teased. As one girl put it, “We learned to stick up for people having a hard time” and discovered that “you can go to girls in the coalition and they’ll be there and listen.” Coalition members had each other’s backs and were stronger and braver than they would have been on their own.

Girls like Thalia also learned about themselves: “When I’m in a tangle with one of my friends, getting things off my chest really helps. If you and your friend are willing to forgive and forget and open a new beginning

to your friendship, that’s great. If you’re willing to lose a friendship over a few bumps in the road, that’s fully your choice, but please think long and hard about what you really want to give up—or not give up.”

A coalition is a group of people that shares a value system and a purpose. You don’t have to be friends with everyone in a coalition; you just have to respect them and work toward the same goal. Some of the girls did become friends, but most left each week to return to their different cliques. Yet when they saw another coalition member, they greeted her. They shared a bond, a sisterhood. They weren’t all nice girls; they weren’t all mean girls. Each was a real girl who knew that if she tripped on the bleachers, she could count on her girls to pick her up.



For ideas on starting your own Girls’ Coalition, go to www.forgirlsandtheirdreams.org and click on “Links Girls Like.”

Lyn Mikel Brown teaches at Colby College and helped the Winslow girls start the Girls’ Coalition. She’s spent years listening to and studying what girls have to say—and teaching other adults how to listen to girls.

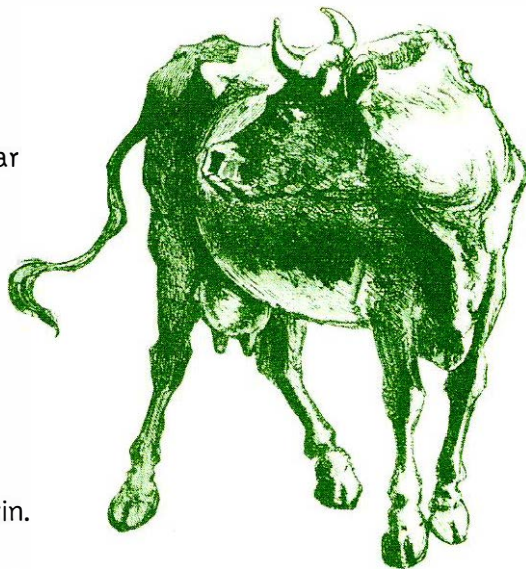
Got (Plastic) Milk?

We couldn't believe it either when we read this experiment on the website of the PBS Kids' show ZOOM! But, yes, you can turn milk into a kind of plastic using vinegar and a microwave! Here's how:



Materials needed:

- 1 1/2 cups (355 ml) skim milk
- 4 teaspoons (20 ml) white vinegar
- microwave
- microwave-proof bowl
- potholders
- large spoon
- strainer



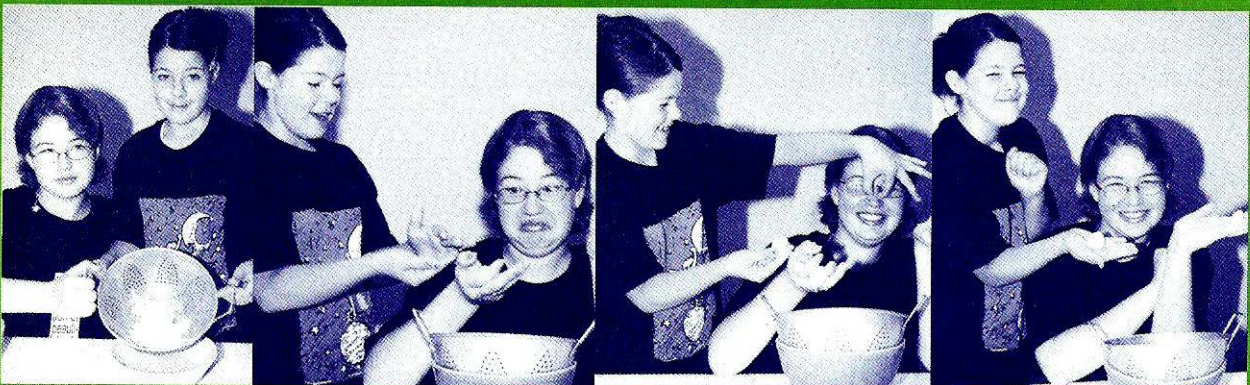
Instructions:

Ask an adult for help before you begin.

1. Add the white vinegar to the skim milk.
2. Microwave the mixture for one minute. Make sure you use potholders when you take the hot bowl from the microwave. The milk and vinegar should separate into two parts, a liquid and a solid.
3. Stir the mixture until the solids become a single "blob."
4. Pour the mixture through the strainer to get rid of the liquid, leaving just the blob. After it cools you can play with the blob. It will feel like rubber.

Here's what happens to the milk. When you add the vinegar, it causes a chemical reaction that separates the milk into two parts: a solid (curds) and a liquid (whey). Remember the old nursery rhyme: "Little Miss Muffet sat on her tuffet, eating her curds and whey?" Now you know what she was eating (yuck!).

The protein in the curds makes it rubbery. You can form the blob into shapes. If you leave it out for awhile, it will harden.



A hundred years ago, people took milk and used it like this to make plastic. Can you think of any other liquids you can separate into parts? Experiment and visit www.forgirlsandtheirdreams.org for instructions on how to send your results to ZOOM!

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DOG DAYS OF WINTER

BY CHEYENNE SCHMIDT



RUNNING DOGS can be the calmest and wildest ride ever in the same trip. You can hear the dogs' harness snaps jingle and their paws hitting the fresh snow as you go through woods then pop out into open fields and sun. At night, you can only see your dogs and weird figures in the dark. When I run dogs, I think about everything that has happened during the day. I talk to God. And I think about what might be up ahead, around the next bend in the trail.

My family moved to Alaska when I was 9 years old because of our dream to run dogs. When I was 14, I decided to run the Junior Iditarod sled dog race. Even though I was an experienced musher, this 160-mile race, across mountains and windswept tundra, was a challenge. I also raised money for a cancer fund and dedicated the race to Suzanne Wilson, a family friend with ovarian cancer.

The night before the race, there was a banquet for all the racers. Besides mingling with other mushers, we learned our start order. I drew the number 3 out of a hat, making me the third racer to leave the starting line. I was excited. But later that night, I got a bad fever—my temperature reached 103 degrees.

The morning of the race, I was weak and nauseated but felt I had to do the race anyway. This wasn't just a race. I was doing this for Suzanne. So I harnessed up 10 dogs and went. It was 20 degrees below zero. Racing ahead of most of the other racers made me a little nervous. I continued to feel weak. Every time I hit a bump in the trail, I felt more nauseated. One time, the dogs began to bark and growl and look around. That's scary because I knew it meant something was out in the woods, but I couldn't see it.



MY DOGS' NAMES ARE: BENNY, CAGE, TUESDAY, LUTHER, SIRRATUS, BEARSTONE, BEARGREASE, EBONY, AND SPANKY.



After 9 or 10 hours, I'd made it halfway, which is 75 miles. At this point, everyone was required to take a 10-hour outdoor layover so both dogs and mushers could rest. I got really dehydrated and cold. The race doctor made me drink some 7-Up and let me sleep inside the lodge. They also looked after my dogs to make sure they didn't fight or get loose. When racers began leaving again, I was still shaky and dehydrated and couldn't stand without feeling like I'd black out. I decided that I had to scratch—drop out of the race. My dogs and I were sent home by a little bush plane.

I'm not discouraged. My dream of running the big Iditarod, which is 1,150 miles of Alaska's toughest terrain, is still on my "to do" list. I'll run the Junior Iditarod every year until then. Even though mushing can be tough and scary and you can't plan for everything, it's exciting. And it's peaceful. That's the best part of running dogs.

HERE'S WHAT I PACK FOR A DOG SLED TRIP:

AN AXE, DOG FOOD, MY FOOD, A COOKER TO MELT THE SNOW, EXTRA LINES (LINES ATTACH THE DOGS TO THE SLED), EXTRA HARNESSSES, AN ARCTIC SLEEPING BAG, A FIRST-AID KIT FOR THE DOGS AND ME, SNACKS, AND BOOTIES (YES, LITTLE BOOTS TO KEEP SNOW OUT OF THE DOGS' PAWS).

Cheyenne, 15, is fluent in sign language and is learning Yupik, the native Alaskan language. Her family owns and operates a therapeutic horseback riding program for kids with fetal alcohol syndrome. She's homeschooled now and plays basketball, her favorite sport, for the school in her hometown.

A.s.k . a . G.i.r.l

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

Recently, I became friends with a "bad boy" at school. He was depressed because everyone at school hates him. He's really nice if you get to know him, but some of my friends don't like that I'm friends with him. I've gotten mad at them for judging him, and we get in fights a lot now. Some of my friends even told my mom I've been mean to them and that my new friend is a bad influence. I've cried a lot over this. I have so much pressure and so little time with everything going on in my life (school, school newspaper, school play, homework, sports, etc.), and I feel like one more fight will push me over the edge. How can I be friends with my new and old friends?


Anonymous

Have you ever been through something like this? How did you feel? Did you ask anyone for help? How did it turn out? What would you have done differently? Do you have any suggestions or ideas? Write to us! (The deadline for answers to these questions is December 10th, 2004.)

In May, Erin said she was afraid she was overweight. Here are some letters of support:

Dear Erin,

Even the thinnest girls I know think they're fat. If you really are overweight, it's OK. Eat when you're hungry rather than when you're bored, stressed, or sad,



and keep active. I play hockey, and I've got the body of a hockey player. I've always been bigger than my friends, and I'm fine with it. Don't feel bad—people just have different body types.

Diana, 14

Dear Erin,

It's frustrating not having the body you'd like. I was overweight when I was 14. I wasn't sure if I should diet, so I talked to my doctor. She said dieting is a bad idea in general, but especially for teens and kids. Instead, she suggested modifying my food choices. It's not just how much you eat, but WHAT you eat. Discuss your feelings with your doctor, and see what she or he suggests. Remember that muscle weighs more than fat and that you can be "overweight" and still be healthy. Good luck!

Lindsey, 17 • Lawrenceville, New Jersey

In May, Hadley told us how her grandfather's been bothering her family since her father died and how angry she's been. Some readers shared their stories:

Dear Hadley,

This sounds really frustrating. I haven't been through anything like you have, but I often get really mad. I like to go into nature, like take a walk in the woods or just sit under a tree and think. You might want to start a journal—it helps me if I just scribble my feelings in writing or artwork. My anger comes out through my pencil. Hope this helps.

Nadja, 10 • Hudson, Wisconsin

Dear Hadley,

It sounds like you're going through something like I am now. My parents are divorced, and my father has drinking and other problems. He's been mean to my mother ever since they got divorced. He's tried to control her and make her life miserable. I'm supposed to go to his house every weekend, but I'm getting older now, and I have other things to do on weekends. He doesn't understand that, so now he's suing my mom. I'm going to tell our lawyer everything, and with the truth, we'll win. I think you should tell a lawyer what your grandfather has done to your mom. After that, your grandfather won't bother you or your mom anymore.

Kelsie, 11 • Greenwich, Connecticut

In the Palms of Her Hands

by Emily Gertsema, Girls Editorial Board Member



Judy Wick is a nationally certified message therapist. She loves her work so much—she's been doing massage therapy for 21 years! GEB member Emily Gertsema interviewed Judy, and then got a sample of her work!

New Moon: What got you interested in massage therapy?

Judy Wick: I got a massage when I was 21, and after it, I said, "This is it! This is what I want to do." It just felt right. It's also in my genes. After I started, I found out my grandfather was a massage therapist, too.

NM: What education did you need?

JW: Different regions have different requirements about massage therapy schools. Most people go to school for about a year. But if you're nationally certified, you have to continue your education, just like a nurse or a physical therapist does. That means you have to take occasional classes to keep learning even after graduation.

NM: What qualities make a good massage therapist?

JW: You have to enjoy people and have a good intuitive nature. People put themselves in your hands, and they're vulnerable. Most people are covered but unclothed during the massage, and you have to make them comfortable. It's also physically demanding. You have to keep your back, wrists, and arms strong and stretched.

YOU
said

Many of you said
you'd like to be
massage therapists...
or actors...or writers...
or president!

NM: What's the best part of your job?

JW: When people come in and say, "I've been waiting to see you all week!" or "I've been looking forward to this." I also like the flexibility. Most massage therapists are self-employed, so they can make their own schedules.



NM: What's the biggest obstacle you've overcome in massage therapy?

JW: Probably just sticking with it. When you first start building your business, things are slow so you don't make much money. I waited on tables just to make ends meet while I was building my business.

NM: Do people benefit a lot from massage?

JW: Yes! Massage helps reduce pain, stress, and blood pressure. I love sports massage, which prepares athletes for competition and relieves swelling and muscle tension and promotes flexibility to prevent injuries. For people your age, massage creates awareness about your bodies. If anything, it gives people an hour to relax. They're in their own world. Some clients get off the massage table and say, "Oh, I feel like I was just in Jamaica." I think that insurance companies should allow anyone who stays healthy throughout the

"If it's not coming from your heart, you're not going to make it as a massage therapist."

year to get a massage for prevention. And the insurance should pay for it. That would reward someone for staying healthy.




NM: What advice do you have for girls interested in massage therapy?


JW: Go out and get a massage. Visit different massage therapists and ask them questions. You really have to be a care-giving person. If it's not coming from your heart, you're not going to make it as a massage therapist. It's the type of profession where you're part of a person's well-being. If you don't believe in what you're doing, it's going to show in your work.

*Whew! That was a tough interview.
I need to relax.*

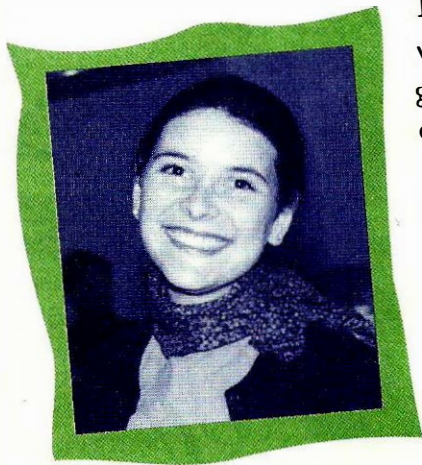


To learn more about massage therapy, visit www.forgirlsandtheirdreams.org and click on "Links Girls Like."

sunday	monday	tuesday	wednesday	thursday	friday	saturday
	Over 50,000 women hold demonstrations worldwide opposing nuclear weapons, 1961.	General Election Day, U.S.	NOVEMBER			
Joni Mitchell, Grammy-award winning singer and songwriter, born, 1943.	Constitutional amendment giving women the right to vote passes, 1910.	National Young Reader's Day. Join a book club! (www.forgirlsandtheirdreams.org/clubs/reading.htm)		Vietnam Women's Memorial Dedication, 1993.	 New Moon	
Condoleezza Rice, U.S. national security adviser, born, 1954.	NATIONAL VEGAN MONTH		World Peace Day			
				Thanksgiving Day, U.S.	Mary Edwards Walker, first female surgeon in the U.S. Army and Medal of Honor recipient, born, 1832.	
					Full Moon	
	Electronic Greetings Day. Save a tree and a stamp by sending an e-mail.					

DECEMBER			wednesday	thursday	friday	saturday
			World AIDS Day, an international day of AIDS awareness and education.		Katarina Witt, Olympic figure skater, born, 1965.	
		Chanukah begins at sundown.			Human Rights Day. United Nations adopts the Universal Declaration of Human Rights, 1948.	Millie Deegan, a pioneer in the establishment of a U.S. women's baseball league, born, 1919.
						New Moon
Gingerbread House Day. Build one!	UNIVERSAL HUMAN RIGHTS MONTH					
				Jane Austen, English novelist, born, 1775.		
		Winter Solstice—Northern Hemisphere; Summer Solstice—Southern Hemisphere.				Christmas Day
Start of Kwanzaa						
 Full Moon					New Year's Eve	

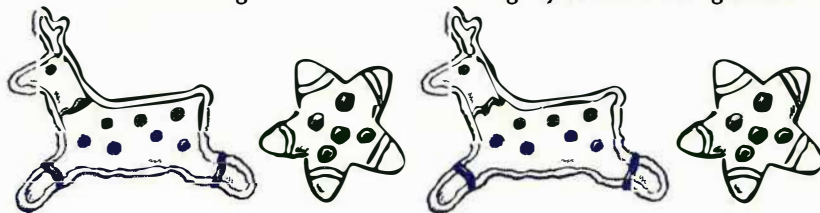
Inside the Moon



Recognize this face? Maybe you've seen her volunteering at an orphanage in Indonesia, teaching third grade at Roosevelt Elementary School in Compton, California, or camping on Lake Superior.

Well, even if you've never seen this face before, get used to her—this is Kate Freeborn, New Moon's new managing editor! We are very excited to have her here—we've heard she's a great cook and can't wait to taste her famous holiday goodies.

Want to get one of Kate's recipes? Guess her favorite color? Or find out why in the world she was swimming with sharks in Indonesia? You'll find a Kate Freeborn quiz online at www.forgirlsandtheirdreams.org—just click on “games.”



For this festive time of year, we have tons of great holiday gift ideas at the New Moon Store:

- ★ New Moon's exclusive Online Book Club (including live chats with famous authors!)
- ★ New Moon posters, clothing, stickers, books, and more
- ★ Gift subscriptions to New Moon (including special holiday packages)

Get them while they last at www.newmoonstore.com.

Your purchases help keep New Moon ad-free!

In other New Moon news: Our newest girl editors are in full swing—meet them at www.newmoon.org/About_Us/geb.htm.

OK, time to go—I have to see if there are any of Kate's world-famous cookies left!

Nancy

Nancy Gruver, New Moon's Founder

WELCOME TO VOICE BOX, WHERE GIRLS SHARE THEIR OPINIONS ABOUT HOT TOPICS. IN THE MARCH/APRIL 2004 ISSUE, WE ASKED FOR YOUR THOUGHTS ON CHEERLEADING.

VOICE BOX

HERE'S WHAT YOU SAID:

Cheerleading is as much a sport as basketball, soccer, or football. Cheerleaders have games, tournaments, uniforms, practices, and lots of skill. Just because girls can play other sports doesn't mean they must. If cheerleaders want to support their team by baking them cookies or decorating the school, that's great. We should be proud a girl can put her heart into doing her best at any sport.

Hannah, 13 • Cincinnati, Ohio

Cheerleading. Think about that word—what does it actually mean? A group of people leading the crowd in a cheer. If that's what cheerleading was, I doubt anyone would have a problem with it. Instead, it's turned into something despicable. What could be more sexist than a group of girls in tight, short outfits jumping up and down and performing sometimes provocative dances while "cheering" for a team of boys? People who say this is a sport should stop kidding themselves.

Caitlin, 14 • River Falls, Wisconsin

I'm torn on the subject of cheerleading. I think there have been many unfair stereotypes about it, like that all cheerleaders are beautiful, popular, and unintelligent.

Cheerleading used to be more sexist, and I don't think it can completely lose all the sexism tied to it.

My mom's experience as a cheerleader gives me a different perspective. She went to high school in the 1960s, and she liked cheerleading because girls couldn't do anything else athletic. And my mom certainly doesn't fit the cheerleader stereotype. She's very smart and is a professor at a private university.

Cheerleading isn't as bad as everyone thinks. People should be less rigid with their stereotypes.

Cassie, 13 • Santa Clara, California



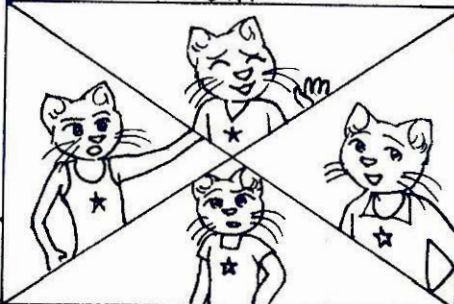
Want to hear more girls' thoughts on cheerleading? Visit www.forgirlsandtheirdreams.org and click on "Voice Box."

Cat tails



EMK

I'm always saying what I want.

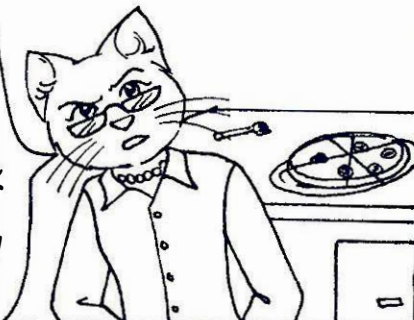


Sometimes, I change my mind.



People get pretty exasperated with me.

I already made pizza, Pera!
Sometimes I don't think even you really know what you want!



Even my friends.



Okay, so maybe sometimes I can't decide. But most of the time, I've got a pretty good idea of what I want. And I can compromise.



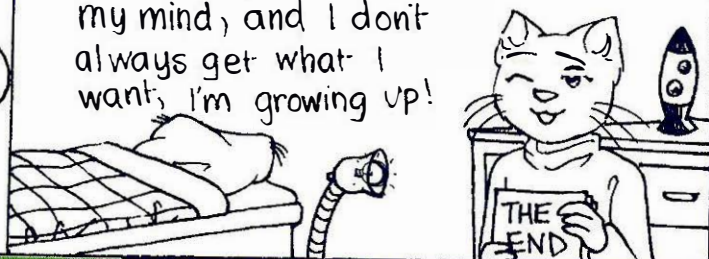
And when I do know what I want, I go for it!



I don't always succeed, but I'll keep trying!



So, I guess, even if I can't always make up my mind, and I don't always get what I want, I'm growing up!



Poetry Contest Winners

Earlier this year, we invited you to submit poetry for the chance to win signed copies of Sharon Creech novels and poetry books from HarperCollins Children's Books. Here are the winners!

First Place:

Being Me

By Anna Schults, 13, Vermont

I left this earth
All night I flew
As if in search
Of the soul I knew

Caught one silver glimpse
Then I came home
To start one more day
All alone

Each silver night
My hope returned
But day by day
My hopes were burned

My lonely pain
It tore a hole
And there I hid
Within my soul

But hiding there
It didn't help
All it did was,
Hide me, from myself

I could not see
Where I had gone
But then I woke
And saw the dawn

Sunrise saved me
From sinking down
To no return
Beyond all sound

And when I saw
The light of day
All pain was gone
My soul was saved

Released myself
From chains I'd made
And faced the world
Unafraid

My soul unbound
Forever free
I was finally back
To being me

Second Place:

Howl of Freedom

By Rachel Ratzlaff Shriver, 11, Minnesota

Its lonely cry speaks
Of what is to come
And what is past
Running free with the pack
Hunting wild game
Showing its teeth to any
Who try to steal its prey
It is the eagle of the land
It is the wolf
And it cries for us all
To join it in its loneliness
Born free to run the rivers
And swim the skies
Loving its kin and
Hating its enemies
The deer from its foe
The wolf chases
And growls
And catches
And eats
The cycle goes on
Helped by the wild dog
Who roams
And frees us
With its cry

Third Place:

Tears

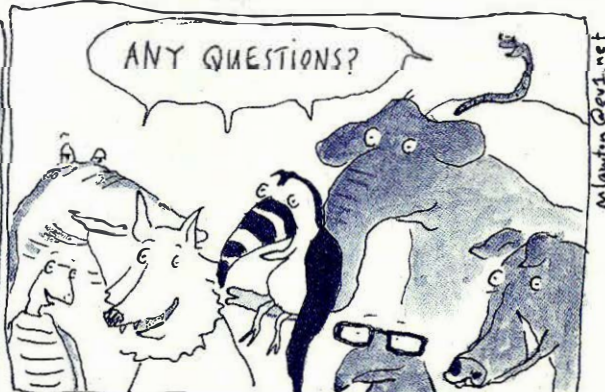
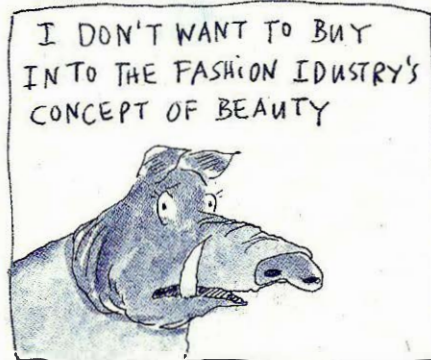
By Molly Brozell, 14, Pennsylvania

Pain, Sadness, Anger
Flowing from my eyes
In fat salty drops
Staining my red face
Wetting my cracked lips
Blurring my vision
And clouding my thoughts.

But for all the liquid stinging sorrow—
A shoulder is there
And then the fat salty drops cleanse me
And purge my soul of
Pain, Sadness, Anger
That was pent up inside me
Like a caged snarling demon
And that I am now free of
With the only traces—dried on my cheeks.

IN THE WILD

by Mary Lawton



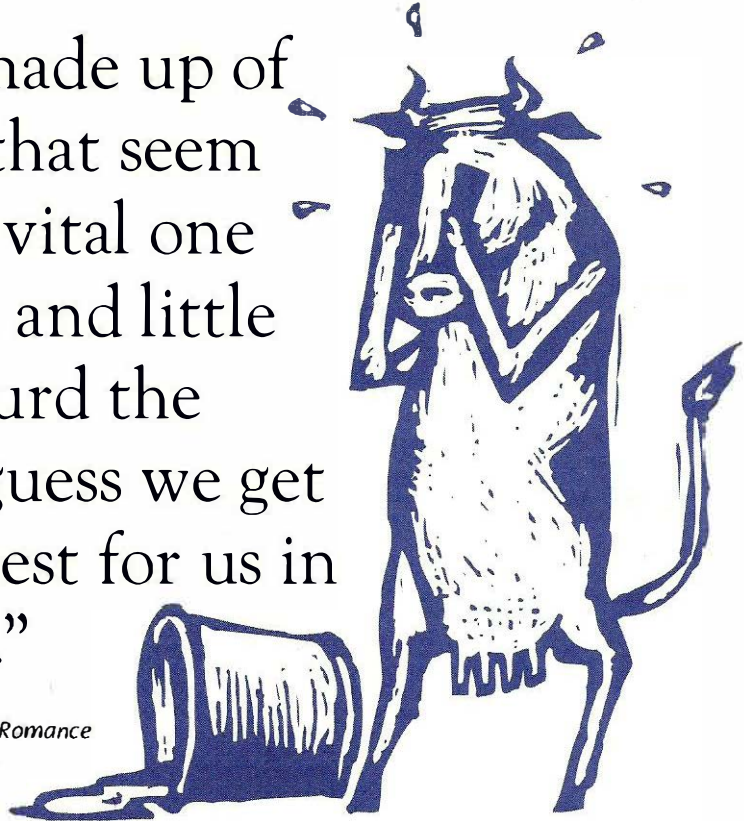
MaryLawton.com

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The Last Word

“Life is made up of desires that seem big and vital one minute, and little and absurd the next. I guess we get what’s best for us in the end.”

Alice Caldwell Rice, *A Romance of Billy-Goat Hill*, 1912.



Alice Caldwell Rice, a writer from Kentucky, published over 20 books, including short stories, devotionals, and her most famous novel, *Mrs. Wiggs of the Cabbage Patch*, which was based on slum life in Louisville, Kentucky.

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