New Moon Girls never sells or loans our member list to anyone.

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.

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Seven-time winner Parents Choice Gold Award

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Our Earth

What’s a wasp good for?

Cute…and Terrifying

Feeling a paralyzing fear.

Beautiful Girls

Your beauty as yourself.

Women’s Work

Healthy care for Black hair.

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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!

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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.

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!

We're sorry for our mistake, Lucky. 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

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/

Send It to Us

Open to every girl.

No subscription needed.

Upload your creative stuff at NewMoonGirls.com/Girls-Get-Published

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.
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 Hunter,
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. Thanks for reading!
Sofia, 11, HI

Dear 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.

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

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 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.
Claire, 11, NH

The voting age should be lowered to 14. Most people are mature enough by then to understand what’s happening politically. Young people should have a say in who’s in charge. Leaders’ decisions affect kids and teenagers as much as adults. Some people think kids would be influenced by their parents if they were allowed to vote, but parents might be influenced as well! Kids deserve a voice. If kids voted, we might see changes in who gets to be in power.
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

What do you think of the voting age? We’re listening to you.

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/join-the-conversation

Your answer could be in the next issue!
We’re listening to you.
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 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'd 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,
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?

Kiera, 12, NC

I've always been kind of proud about how tall I am, but my family says I've stopped growing. How can I be proud of my size and stop worrying about not being tall enough?

Anonymous

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

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

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.

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

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!

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!

Get 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.

Take Time to Talk

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.

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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!

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

Hansa, 9, India shared this one:
Ugh, I can’t believe they didn’t get any good snacks! Dolly, 11, AZ

Me vs. my 45 missing assignments! Jenna, 12, NY

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

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

This is a Wolfingo. 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 Wolfingo Got Its Name”:
NewMoonGirls.com/Animal_Inventions-ettes-wolfingo/

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

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!

What caption would you give?
NewMoonGirls.com/captionthis-hansas-dog

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

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!

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

What is the Wolfingo?
This is a Wolfingo. When it eats, its tummy gets bigger and it gets more pink. When it is hungry it is more skinny and turns brown. It likes to eat fish and bunnies.

Etta, 10, WA

Read Etta’s funny story “How the Wolfingo Got Its Name”:
NewMoonGirls.com/Animal_Inventions-ettes-wolfingo/
subspecies of a larger insect category called wasps.
Wasps are different from bees. Bees are small and furry, 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 will visit those flowers helping spread pollen. Wasps have also been found carrying yeast to wine-making grapes, and the Blastophaga 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!

The next time you see a bee on a flower, look for pollen sticking to its furry body and sacs on its legs. Because wasps are not furry 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.

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.

Poverty, gender inequality and 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. 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!”

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. 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,
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,

Girls were an unwanted financial burden in 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: Your poem says that female foeticide has reduced. Can you tell us about that?

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.
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. Backcountry camping is 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. Backcountry camping is 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.

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 has benefits. You're near the water, so if it's really hot you can go for a dip. I love to camp regardless of the season, but summer is always my favourite.

Skills are very important for your comfort and your safety when camping. Two of the most important skills are meal planning and fire starting. Meal planning is a must so there is enough food for everyone. Making a fire gives heat in the evenings and also gives a way to cook food.

One of my early camping 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.”

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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!!

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

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.

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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!

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.

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-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.

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

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.

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
Meet Some Beautiful Girls pp 25-35

by Claire Lee

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 to not 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!

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 — outer beauty — because, as Claire describes, the pressure girls face to focus on outer beauty is everywhere.

Meet Some Beautiful Girls pp 25-35

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.”

Virgina “Gigi” Sayers-Fay

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

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!

Lucky Quies

10, Oregon
nominated by her mom, Caroline

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?

Lucky tells us that true beauty is “being yourself” and the qualities that make her beautiful are “Everything.”

newmoongirls.com • Summer 2021
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.

Lexi Baumgartner
8, Missouri
nominated by her mom, Jessica

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 fave activities include gardening, storytelling, teaching her brothers about caring for animals and the environment... oh, and climbing trees to sing to the sky!

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

Her mom says anything can be fun for Lexi! Time to clean? She sings as she goes! Little brothers tired but don’t want to sleep? Lexi tells stories to calm them down. She finds toads and frogs in her backyard, while exploring hiking trails, or in ponds. When Lexi grows up, she wants to get married, have kids and pets, be near toads, and have fun!

Lexi says beauty includes things like:
- Showering
- Brushing your hair and teeth
- Reminding us that healthy bodies and minds are beautiful

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

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.

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.” Her mom tells us, “Maddie cares very deeply about the environment, is always picking up litter, thinks of others’ feelings, is always willing to help out, can solve almost any problem, and is creative and determined.”

When Maddie thinks of the future, she dreams of being a professional horseback rider, traveling the world, and having a healthier planet. “Qualities that make you beautiful are kindness, confidence, empathy, and your personality,” Maddie says. “My friends are beautiful because they are kind and amazing, and they are unapologetically themselves.”

Bravery is beautiful!
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!

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.

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.

Shout out to beautiful parents, too!!!

Eleanor Schragg

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? Thiers. Not anyone else’s.”

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 courageously to build healthy coping skills and boundaries. Now, they help others who struggle, and speak out against bullying or injustice in the world.

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.”

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

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“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.”

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!!

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.

Keeping 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!”

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 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!

Ramona is active, curious, kind, patient, and understanding. She’s 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.

Hunter Garmise
14, Minnesota
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!!

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What are you proud of?

1. Feeling good about yourself
2. Honouring yourself by doing things you love
3. Knowing your body and accepting it
4. Standing 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 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 she invited her to speak at another program!

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!

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 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

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 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

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Tallulah Anderson

8, North Carolina
nominated by her sister, Isabella

“Im kind, caring, I’m thoughtful, and funny. I smile at people on walks. Smiles are true beauty.” Tallulah’s older sister Isabella describes Tallulah as helpful, honest, and incredible... even when “sisters, we have our disagreements.” Tallulah loves violin, swimming, art, singing, playing, reading, eating, making up songs, and playing instruments—even ones she doesn’t know how to play.

When Tallulah’s nervous, she pushes through. And she’s super supportive! Isabella tells us once she had an important swim meet on Tallulah’s birthday. What did Tallulah do? “She cheered me on when I was freaking out, and made my whole day enjoyable — all on her birthday!” 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.

Helena Donato-Sapp

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

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

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.

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Nominate yourself, your friends, your sisters and cousins at

NewMoonGirls.com/Beautiful-As-You!
WOMEN'S WORK

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 Tamekia 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.

As the reporter for this article, I know a bit about this because I am a Black girl, and I was adopted by a White dad and a Filipino papa. My two dads knew very little about my Black hair and had to learn quickly.

One problem that multiracial families have is feeling harshly judged about the care of their child's hair. Styles 4 Kidz makes their salon welcoming to families who might feel scared of being judged.

“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.

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 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.”

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

"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." - Tamekia Swint

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

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New Moon Girls • Summer 2021

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.
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!

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

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.

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, 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?

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.

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. Enna loves finding new ways to be creative, and wants to be a professional illustrator.
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 who helped a fairy find her circlet. In return, the fairy called for the fairy: “Fairy, my house is gone!”

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

Suitsors 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 circket.

“Do you lose your jewelry all the time?” Sage asked.

“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.
LUNA’S ART GALLERY

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.

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

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

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

Noelle, 12, IN

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

Rebecca, 14, WI

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Aria Luna, 10, CA
No matter your looks or your rumors,
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 hills, 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

This is Hawaii

My perfect day is one away
on a tropical get-away
Hawaii, Hawaii. Its coconut trees.
It’s fresh ocean breeze.
I truly wish I could stay.
It’s Okaloa Delights
And the Sand-Beach freight
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

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
of owing 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
of owing 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

Ruby glinting
among the leaping flames
Apricots ripening
as the 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

(newmoongirls.com • Summer 2021)
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 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

I needed new shorts, so my mom and I went online to Amazon to look for new pairs. We searched in the girls’ section, but almost all the shorts were super short and had no pockets! That’s sexist. So we went to the boys’ section and there were tons of cargo shorts with pockets and knee length. How come boys get long shorts and pockets? Why classify and separate by gender?

Elyssa, 11, VA

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

Look at how my how-to-draw-cartooning book shows the woman! 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

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

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 astronaut 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

Why doesn’t MARIO get kidnapped for a change?

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

NewMoonGirls.com • Summer 2021
Our calendar covers one astronomical season. This one is for Summer. It starts on the summer solstice and ends the day before autumn equinox.

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
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<tbody>
<tr>
<td>June 21</td>
<td>Summer Solstice &amp; Indigenous People’s Day in Canada</td>
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<tr>
<td>June 24</td>
<td>Full Moon: Strawberry Moon</td>
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<tr>
<td>June 27</td>
<td>Helen Keller, born, 1880</td>
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<tr>
<td>July 1</td>
<td>U.S. Postal Worker Day + Canada Day</td>
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<tr>
<td>July 2</td>
<td>U.S. Civil Rights Act becomes law, 1964</td>
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<td>July 4</td>
<td>Independence Day - U.S.</td>
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<td>July 7</td>
<td>Father-Daughter Take A Walk Day</td>
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<td>July 10</td>
<td>New Moon</td>
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<td>July 15</td>
<td>Give Something Away Day</td>
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<tr>
<td>July 20</td>
<td>Eid al-Adha: Muslim Feast of Sacrifice</td>
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<tr>
<td>July 24</td>
<td>Full Moon: Buck Moon</td>
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<tr>
<td>Aug 3</td>
<td>Black Women’s Equal Pay Day</td>
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<tr>
<td>Aug 8</td>
<td>New Moon</td>
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<tr>
<td>Aug 9</td>
<td>Islamic New Year begins tonight</td>
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<tr>
<td>Aug 12</td>
<td>International Youth Day</td>
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<td>Aug 19</td>
<td>World Humanitarian Day</td>
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<tr>
<td>Aug 22</td>
<td>Full Moon: Sturgeon Moon</td>
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<tr>
<td>Aug 26</td>
<td>Women’s Equality Day</td>
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<tr>
<td>Aug 30</td>
<td>Civil rights activist Luisa Moreno, born, 1907</td>
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<tr>
<td>Sept 6</td>
<td>Labor Day - U.S. + New Moon</td>
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<tr>
<td>Sept 6 -</td>
<td>Rosh Hashanah-Jewish New Year- begins at sundown</td>
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<tr>
<td>Sept 12</td>
<td>Mae Jemison was first black woman in space, 1992</td>
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<tr>
<td>Sept 15</td>
<td>Latinx &amp; Hispanic Heritage Month begins</td>
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<tr>
<td>Sept 20</td>
<td>Full Moon: Harvest Moon</td>
</tr>
<tr>
<td>Sept 24</td>
<td>Full Moon</td>
</tr>
</tbody>
</table>

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

**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 Lyntette
- 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
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
• NewMoonGirls.com/blog
• NewMoonGirls on Instagram

We give girls freedom to be themselves.