**THE WORLD BANK GROUP ARCHIVES**

**PUBLIC DISCLOSURE AUTHORIZED**

| | |
|---|---|
| **Folder Title:** | President Wolfensohn - Briefing Materials for President's Speeches - Bring Your Daughters to Work Day - April 24, 1997 |
| **Folder ID:** | 30487782 |
| **Series:** | Meeting and event briefing materials |
| **Dates:** | 02/01/1997 – 04/30/1997 |
| **Subfonds:** | Records of President James D. Wolfensohn |
| **Fonds:** | Records of the Office of the President |
| **ISAD Reference Code:** | WB IBRD/IDA EXC-13-09 |
| **Digitized:** | 05/20/2025 |

To cite materials from this archival folder, please follow the following format:
[Descriptive name of item], [Folder Title], Folder ID [Folder ID], ISAD(G) Reference Code [Reference Code], [Each Level Label as applicable], World Bank Group Archives, Washington, D.C., United States.

The records in this folder were created or received by The World Bank in the course of its business.

The records that were created by the staff of The World Bank are subject to the Bank's copyright.

Please refer to http://www.worldbank.org/terms-of-use-earchives for full copyright terms of use and disclaimers.

THE WORLD BANK
Washington, D.C.
© International Bank for Reconstruction and Development / International Development Association or
The World Bank
1818 H Street NW
Washington DC 20433
Telephone: 202-473-1000
Internet: www.worldbank.org

PUBLIC DISCLOSURE AUTHORIZED

Archives
30487782
R2002-036 Other #: 34 Box #: 186484B
President Wolfensohn - Briefings Books for Presidents Meetings - Meeting Materia
Speaking Engagement - Bring Our Daughters to Work Day - April 24, 1997

DECLASSIFIED
WBG Archives

# Archive Management for the President's Office

## Document Log

## *Reference # : Archive-01367*

Edit Print

### A. CLASSIFICATION

- [x] Meeting Material
- [ ] Trips
- [ ] Speeches
- [ ] Annual Meetings
- [ ] Corporate Management
- [ ] Communications with Staff
- [ ] Phone Logs
- [ ] Calendar
- [ ] Press Clippings/Photos
- [ ] JDW Transcripts
- [ ] Social Events
- [ ] Other

**B. SUBJECT:** SPEAKING ENGAGEMENT: BRING OUR DAUGHTERS TO WORK DAY // JDW TO MAKE REMARKS // (B) (N)
VENUE: MC ATRIUM
CONTACT: SARAH JOHNSON @ 84547
IN ATTENDANCE: JDW, CAROLINE
(B) SPEAKING POINTS - CAROLINE
EXC: CA // ALI (4/21)
Brief Includes book with tabs:
- Purpose of Day
- Overview of Day
- Welcome, Sign-In & Breakfast in VP Unit
- Opening Remarks
- VPU Activities, Workshops, & Tours
- Lunch
- Closing Remarks
- Registration & Security

**DATE:** 04/24/97

### C. VPU

**Corporate**
- [ ] CTR
- [ ] EXT
- [ ] LEG
- [ ] MPS
- [ ] OED
- [ ] SEC/Board
- [ ] TRE

**Regional**
- [ ] AFR
- [ ] EAP
- [ ] ECA
- [ ] LAC
- [ ] MNA
- [ ] SAS

**Central**
- [ ] CFS
- [ ] DEC
- [ ] ESD
- [ ] FPD
- [ ] FPR
- [ ] HRO

**Affilliates**
- [ ] GEF
- [ ] ICSID
- [ ] IFC
- [ ] Inspection Panel
- [ ] Kennedy Center
- [ ] MIGA

### D. EXTERNAL PARTNER

- [ ] IMF
- [ ] UN
- [ ] MDB/Other IO
- [ ] NGO
- [ ] Private Sector

- [ ] Part I
- [ ] Part II
- [ ] Other

| E. COMMENTS: |
|---|

| File Location | Cleared By | Date: |
|---|---|---|
| ☒ EXC ☐ IISC ☒ Archives | Caroline Anstey | 05/01/97 |

View Update History

## Take Our Daughters to Work Day® —an educational and cultural celebration of our daughters

An opportunity for girls to:

- *experience* *a day in the workplace*
- *identify* *the common threads they share as girls*
- *explore* *possibilities for their futures*
- *celebrate* *that girls really matter!*

For girls ages 8 and up

*April 24, 1997*

## Take Our Daughters to Work Day® —an educational and cultural celebration of our daughters

An opportunity for girls to:

- *experience* *a day in the workplace*
- *identify* *the common threads they share as girls*
- *explore* *possibilities for their futures*
- *celebrate* *that girls really matter!*

For girls ages 8 and up

*April 24, 1997*

## Take Our Daughters to Work Day®—an educational and cultural celebration of our daughters

An opportunity for girls to:

- *experience* a day in the workplace
- *identify* the common threads they share as girls
- *explore* possibilities for their futures
- *celebrate* that girls really matter!

For girls ages 8 and up

*April 24, 1997*

# Table of Contents


1 Purpose of Day

2 Overview of Day

3 Welcome, Sign-In, & Breakfast in VP Unit

4 Opening Remarks

5 VPU Activities, Workshops, & Tours

6 Lunch

7 Closing Remarks

8 Registration & Security


AVERY READY INDEX® INDEXING SYSTEM

# Notes

# Purpose of the Day

# Take Our Daughters to Work Day®

## April 24, 1997

The theme of this year's Bank Group celebration is "Girls Across Borders: Make the Connection." The day's activities will focus on encouraging girls to communicate, learn, and share with other girls across all types of borders: social, cultural, religious, educational, geographical, age, physical ability, etc.

Girls experience a day in the workplace of their parents or sponsors and learn about the work of the Bank Group through presentations, discussions, and tours. They also participate in activities that focus on various aspects of girls' lives: self-esteem, health, education, and career possibilities.

*Take Our Daughters to Work Day* was initiated in the U.S. five years ago to bring attention to the needs of adolescent girls. Research conducted by Harvard University showed that during adolescence, girls' self-esteem declines. In an effort to counteract this decline, the day is set aside to specifically focus on girls' abilities, skills, and various career options. Maintaining this specific focus is why the day is not co-ed.

You are encouraged to bring girls ages 8 and up to join in the day's activities. Daughters (grand-daughters, sisters, nieces, neighbors, or friends) will spend part of their day with parents and part of the day engaged in VPU and institution-wide activities.

There are also many ways to participate in the program if you do not bring a girl to work. Volunteers are needed to share their work experiences and skills with girls. If you are interested in volunteering or if you have any questions please send an e-mail to "Daughters to Work".

# Take Our Daughters to Work Day®—an educational and cultural celebration of our daughters

**REGISTRATION FORM**

Girl's name _____

Girl's age _____ Grade in school _____

Parent/sponsor's name _____

Staff # _____ Extension _____

Room # _____

Vice Presidential Unit _____

*Please provide all of the requested information.*
*Return this form to Daughters to Work, MC 4-158*

If you are bringing more than one girl, please provide the additional names, ages and grades below.

_____

_____

_____

_____

_____

***Pre-registering for "Girls Across Borders: Make the Connection" is simple:***

**1.** Ask your daughter (or other girl) if she would like to participate in the day.
**2.** Fill out the attached registration form.
**3.** Return the form to "Daughters to Work" MC 4-158 by April 21.*

You will be contacted by a coordinator who will give you information about your unit's agenda for the day.

*If registering girls after April 21, please return this form to your unit's *Take Our Daughters...* coordinator.

As word spreads that you are coordinating your unit's *Take Our Daughters to Work Day* activites, staff will have many questions for you about the day and the activities the girls will be participating in.

In this section you will find (#) flyers, (#) table tents, and copies of the desk-to-desk.

- You may want to post them throughout your unit.
- You may also want to send out an e-mail to staff in your unit encouraging `the program.

- Volunteers are needed to escort the girls to various activities and to talk to girls about work.

An issue you may run into is "Why are boys excluded from the day?" The day is *not intended to exclude boys* but to *focus on girls.* We suggest that you make copies of the included flyers "Helping your daughter feel good about herself . . . every day" and "How to talk to boys about Take Our Daughters to Work Day."

# Helping Your Daughter Feel Good About Herself . . . Every Day

**Take Our Daughters to Work Day has become an important national event—a day when we bring girls between the ages of 9 and 15 into the workplace to show them real women in action, to let them know they have real options, to show them that they *matter*. Recent research has shown that something happens to our daughters when they enter their teenage years. Many of them leave adolescence with lowered expectations for their lives and with reduced confidence in themselves and their abilities.**

**How can you help your daughter be confident and positive as she grows through her teenage years toward being a woman? By bringing her to work and focusing special attention on her, you're already doing a lot! Here are some more ideas you may be able to use—not just on Take Our Daughters to Work Day, but every day.**

- Help your daughter recognize her own special strengths and abilities. Show her that you value all her achievements—in school, at home, in her kindness to her friends, in sports and music, in whatever interests her.
- Have high, but realistic expectations for her. Let her know you expect her to work up to the best of *her* abilities. Encourage her to compete against herself, not others.
- Encourage her to take reasonable risks and try new experiences. Ask her to think about women she admires, maybe someone she met at Take Our Daughters to Work Day, or someone she's seen on television, or in newspapers or magazines, or someone she knows. Talk about what these women have done with their lives, the risks they've taken, how they've gotten to where they are.
- Let her make her own decisions, within limits. By gradually letting her experience the consequences of her own behavior, you are helping her accept responsibility for her own future.
- Ask your daughter for her feelings and opinions. They may change from week to week—even from day to day—but that's normal. Remember, you don't always have to agree! Just let her know that you're interested in what she thinks and that you take her feelings seriously. Show, too, that you respect her privacy. If she doesn't want to talk, wait for a better time.
- Listen carefully. Real communication isn't just getting across what *you* want to say. It's hearing and understanding your daughter's point of view too. Let her know that she's worth your attention.
- If she has a problem she can't resolve, offer to help. Let her know you're on her side. Help her understand that failure and mistakes are normal, necessary parts of growing up, not something to be afraid of. Be careful not to let *your* failures become excuses for hers ("I was always bad in math, too.") Let her know you appreciate her effort and her work, not just her success.

- **Give her lots of honest praise** for specific behavior and accomplishments. "I really feel proud that you practiced that until you got it," instead of "You're such a great kid." Catch her doing something right, and let her know you've noticed. Your support will boost her confidence and her belief in herself.

- **Remember, some conflict is healthy and normal.** No matter how supportive you are, things won't always go smoothly. As a caring parent, you have to set limits, and as your daughter grows, she's going to test those limits. When you disagree, decide what's most important. Choose your battles carefully.

- **Tell her the truth.** It's OK to say, "Life can be hard—here is what we can do to change that." Remind her she'll be part of the work force in the 21st century. By talking with her about the different jobs women and men hold now—at work and in families—and how those jobs are changing, you'll be helping her make informed choices about her future.

- **Let her know you love her.** Remember, your behavior says even more than your words.

- **Talk to your son too!** Take Our Daughters to Work Day focuses national attention on girls in order to make them feel visible, valuable, and heard. It's a day to provide special support to girls at a critical point in their lives. But Take Our Daughters to Work Day is also a good time to talk with our sons about their feelings and their futures. Although boys seem to know that they have many occupational options, they need to realize that their lives as men will involve sharing with women both the work of caring and caring about work.

# How to Talk to Boys About Take Our Daughters to Work Day

**This year on April 24th, hundreds of thousands of girls across America will participate in the third annual Take Our Daughters to Work Day. This national event is designed to focus on girls' ideas, problems, and dreams. It's a day when any adult—a father or mother, an aunt or uncle, a grandparent or a friend—can provide some special support to a young girl at a critical point in her life. Take Our Daughters to Work Day can also be a good time to talk with our sons, but during previous years' events, a number of boys felt slighted because they felt they were not allowed to take part in the event. Here are some ideas that may help when your son wants to know why it's only the *girls* who get to go to work.**

- **Talk about the why the day started.** Research has shown that American girls leave adolescence feeling less confident about themselves than boys. Teenage girls often feel they don't matter and they don't have many real options in the workplace. They feel this despite the fact that they do just as well as boys in school, and do just as well at their jobs when they're old enough to work.

- **Explain what the event does.** Take Our Daughters to Work Day tries to change some of these feelings by bringing girls into the workplace and showing them women who do well at all kinds of jobs. The event is designed as a special day to focus some extra attention on the needs of girls, to show them they *are* important and they *do* have options.

- **Use the day to talk to your son** about his own feelings and his own future. Ask him what he likes or dislikes about important men in his life, and important women. Give him the real facts—that more than half of college graduates are women, that women make up almost half of the labor force. Help him realize that women will be a critical part of the labor force for rest of his life, and that men and women now share the joys of working and of caring for children and families.

- **Talk to your local school officials, too.** The Ms. Foundation, which organizes Take Our Daughters to Work Day, has developed a special curriculum for boys that focuses on male role models in the family, the community and American culture at large. Your school can find out more by contacting The Ms. Foundation, 120 Wall Street, 33rd floor, New York, NY 10005. 212-742-2300.

A - I N - 1 N O T E

Sample

DATE: 19-Apr-1997 12:04pm

TO: All HDD staff

FROM: Diana Walker, HDDDR ( DIANA WALKER )

EXT.: 87318

SUBJECT: **Take Our Daughters to Work Day**

This Thursday, April 24, will be Take our Daughters to Work Day. You may have already seen the attached announcement on the All-in-One Information Kiosk, and you should have received the desk-to-desk registration form.

The Bank has organized a fabulous array of activities. They include:

* teleconferences with girls in Ghana and Mexico
* creating a newsletter (writing, photography, editing, etc.)
* opportunities for the girls to participate in "real work"
* career panels
* tours of translation services and graphics section
* tours of clinical services and the medical laboratory
* tours of the Management and Information Technology Resource Center
* tours of the mapping section
* interpersonal skill building workshops
* countless videos
* a presentation of the River Blindness Program
* and much more...

There will also be a meeting at the end of the day with Mr. Wolfensohn, who will answer any questions from the girls.

In previous years, the Bank has welcomed more than 500 girls on this day!

For HDD, the organizing team consists of Jennifer Lawrence, Dinah McLeod, Ian Conachy, and me -- an unlikely collection of daughterless souls! In any case, we are planning a number of local activities, including a healthy breakfast and sign-in, a "keynote" welcoming speaker, videos about educating girls, and opportunities for the girls to do "real work".

There will also, of course, be time for your daughters (nieces, granddaughters, neighbor's daughter, friend's daughter, or other young girls) to spend time with you -- learning about how you go through your day and do such wonderful, impressive things!

Please get your registration forms in to "Daughters to Work", in MC-158. I have more forms if you need one. And, if you would

like to be involved in any specific activities, please let one of us know.

We're looking forward to seeing the girls on Thursday!

Diana

T World Bank/IFC/MIGA
O F F I C E  M E M O R A N D U M

Sample

DATE: April 18, 1997 02:50pm

TO: See Distribution Below

FROM: Hiromi Nakano, HRST4 ( HIROMI NAKANO )

EXT.: 82863

SUBJECT: **Take Our Daughters to Work Day - Thursday 4/24**

Hi, Everyone at HRS,

As you've probably heard by now, next Thursday, April 24, is "Take our Daughters to Work" day. This year The Bank is featuring many exciting and educational programs for our daughters.

I am the Coordinator for HRS for this year and would like to draw your attention to the following:

1) If you have daughters (ages 8 and up) who would like to participate in the event, please sign up by filling out the registration form that's been distributed desk-to-desk and mail the flier to MC-4158 by 4/21. After that date, please send your registration directly to me at S-3019.

2) We are in search of volunteers for that day, as well. We are thinking of having 8-10 girls per volunteer. If you could spare some time, please let me know. The program lasts all day.

If you have any question about what's going to be an educational and rewarding day for our daughters, please contact me.

Thank you.
Romi

DISTRIBUTION:

| | | |
|---|---|---|
| TO: | ABDUN NOOR | ( ABDUN NOOR @A1@WBWASH ) |
| TO: | ABIGAIL MARKS | ( ABIGAIL MARKS ) |
| TO: | ABNER FIGUEROA | ( ABNER FIGUEROA ) |
| TO: | ADEGA OUMA | ( ADEGA OUMA ) |
| TO: | ADELA GARCIA-REYES | ( ADELA GARCIA-REYES ) |
| TO: | AIDA MORENO | ( AIDA MORENO ) |
| TO: | AKLOG BIRARA | ( AKLOG BIRARA ) |
| TO: | ALFRED THIEME | ( ALFRED THIEME ) |

# Notes

# Overview of Day

# OVERVIEW OF DAY

| | |
|---|---|
| **8:30a.m. to 9:15a.m. *** | **Welcome, Sign-in, Breakfast within each VP Unit**<br>Parents and sponsors welcome |
| **9:30a.m. to 10:00a.m.** | **Opening Remarks in the MC Atrium**<br>Parents and sponsors welcome |
| **10:00a.m. to 12:00p.m. *** | **Morning Activity Options**<br>Time with Parent or Sponsor<br>VPU Activities<br>Suggested Tours/Programs<br>Suggested Institutional Activities |
| **12:00p.m. to 1:30p.m.*** | **Lunch** |
| **1:30p.m. to 4:00p.m. *** | **Afternoon Activity Options**<br>Time with Parent or Sponsor<br>VPU Activities<br>Suggested Tours/Programs<br>Suggested Institutional Activities |
| **4:00p.m. to 5:00p.m.** | **Closing Remark in the MC Atrium**<br>Parents and sponsors welcome |

*** Unique for each VP Unit.**

# Take Our Daughters to Work Day, April 24, 1997 -- Tours and Workshops

| Time | Activity: Tours/Workshops | Description | Location |
|---|---|---|---|
| 10:00 | **Translation Services*** | *Girls will translate "Girls Can be Anything" into different languages, tour the translation services office and see different devices used for translating. (30 min.)* | 3rd Fl. Q-Bldg. (1919 Penn.Ave) |
| | **Interpersonal Skills* Building Workshop** | *Games and exercise assisting the girls to identify short/long-term goals; explain importance and relationship of education, role model, self-esteem and support systems, identify career goals and obstacles, learn conflict resolution. (30 min.)* | S-13-069 |
| | **Video: "Challenges and* Change: The World Bank's Story"** | *This is a video which talks about the World Bank's Group mission and gives examples of it's projects (30 min.).* | J-9-044 |
| | **Option Find: Alternative* Ways of Gathering Data** | *Girls will have hands-on experience of answering a survey using a new technology. They will also develop their own survey that addresses their needs and will be able to view the results immediately. (30 min.)* | T9-065 |
| | **Creating a Newsletter*** | *Girls will learn how a monthly newsletter is created on computer. (30 min.)* | G1-000 |
| | **Teleconferencing with Girls at Resident Mission in Ghana** | *This activity will allow the girls to talk to girls in the Resident Mission in Ghana.* | J5-505 |
| | **Tour of Clinical Services and the Medical Laboratory *** | *The girls will have a behind-the-scenes look at how a full capacity clinic operates. They will also get to look under a microscope at a throat culture to see if they can find a "white cell".* | MC Building |
| 10:30 | **Translation Services** | | 3rd Fl. Q-Bldg. (1919 Penn.Ave) |
| | **Interpersonal Skills Building Workshop** | | S-13-069 |
| | **Tour of Graphics Section*** | *Demonstration of how the design of process works from start to finish. (20 min.)* | MC-C3-167 |
| | **Video: "Challenges and Change: The World Bank's Story"** | | J-9-044 |

* Activity repeated throughout day.

# Take Our Daughters to Work Day, April 24, 1997 -- Tours and Workshops

| Time | Activity: Tours/Workshops | Description | Location |
|---|---|---|---|
| **10:30** | **Creating a Newsletter** | | G1-000 |
| **11:00** | **Translation Services** | | 3rd Fl. Q-Bldg. (1919 Penn.Ave) |
| | **Interpersonal Skills Building Workshop** | | S-13-069 |
| | **Tour of Mgmt. & Info*. Tech. Resource Center** | *Girls will participate in hands on activities which will show them how to access computer info. on the internet and tour the Center (20 min.).* | MC-C3-210 |
| | **Video: "Challenges and Change: The World Bank's Story"** | | J-9-044 |
| | **World Bank Volunteer* Services: Book Project Tour** | *Girls will learn how recycled school books are making a difference in the lives of other students. For fifteen years the Book Project has been shipping books in response to requests from all over the world. (20 min.)* | JB3-105 |
| | **Option Find: Alternative Ways of Gathering Data** | | T9-065 |
| | **Creating a Newsletter** | | G1-000 |
| | **Tour of Clinical Services and the Medical Laboratory** | | MC Building |
| **11:30** | **Interpersonal Skills Building Workshop** | | S-13-069 |
| | **Tour of Mgmt. & Info.* Tech. Resource Center** | *Girls will watch a video that teaches them telephone skills for their personal and future professional lives. (30 min.)* | MC-C3-210 |

* Activity repeated throughout day.

# Take Our Daughters to Work Day, April 24, 1997 -- Tours and Workshops

| Time | Activity: Tours/Workshops | Description | Location |
|---|---|---|---|
| **11:30** | **Video: "Challenges and Change: The World Bank's Story"** | | J-9-044 |
| | **World Bank Volunteer Services: Book Project Tour** | | JB3-105 |
| | **Creating a Newsletter** | | G1-000 |
| **1:15-2:15** | **Tour of the Boardroom** | *More on this later* | MC13-301 |
| **1:30** | **Interpersonal Skills Building Workshop** | | S-13-069 |
| | **Tour of Mgmt. & Info.** | *Girls will watch a video that teaches them telephone skills for their personal and future professional lives. (30 min.)* | MC-C3-210 |
| **1:30** | **Video: "Challenges and Change: The World Bank's Story"** | | J-9-044 |
| | **River Blindness Project** | *A power point presentation and question/answer period, which is specifically designed for adolescents. (1 hr.)* | H1-200 |
| | **World Bank Volunteer Services: Book Project Tour** | | JB3-105 |
| **2:00** | **Interpersonal Skills Building Workshop** | | S-13-069 |
| | **Tour of Graphics Section** | | MC-C3-167 |

* Activity repeated throughout day.

# Take Our Daughters to Work Day, April 24, 1997 -- Tours and Workshops

| Time | Activity: Tours/Workshops | Description | Location |
|---|---|---|---|
| **2:00** | **Tour of Mgmt. & Info. Tech. Resource Center** | *Girls will participate in hands on activities which will show them how to access computer info. on the internet and tour the Center (20 min.).* | MC-C3-210 |
| | **Video: "Challenges and Change: The World Bank's Story"** | | J-9-044 |
| | **Mapping Section Tour*** | *Demonstration of how maps are made and a tour of the negative archives and dark rooms. (20 min.)* | MC-C3-146 |
| | **Option Find: Alternative Ways of Gathering Data** | | T9-065 |
| **2:20** | **Mapping Section Tour** | | MC-C3-146 |
| **2:30** | **Interpersonal Skills Building Workshop** | | S-13-069 |
| | **Tour of Mgmt. & Info. Tech. Resource Center** | *Girls will watch a video that teaches them telephone skills for their personal and future professional lives. (30 min.)* | MC-C3-210 |
| | **Video: "Challenges and Change: The World Bank's Story"** | | J-9-044 |
| | **Tour of Clinical Services and the Medical Laboratory** | | MC Building |
| **2:40** | **Mapping Section Tour** | | MC-C3-146 |
| **3:00** | **Interpersonal Skills Building Workshop** | | S-13-069 |
| | **Tour of Mgmt. & Info.** | *Girls will participate in hands on activities which will show them* | MC-C3-210 |

* Activity repeated throughout day.

# Take Our Daughters to Work Day, April 24, 1997 -- Tours and Workshops

| Time | Activity: Tours/Workshops | Description | Location |
|---|---|---|---|
| | **Tech. Resource Center** | *how to access computer info. on the internet and tour the Center (20 min.).* | |
| | **Video: "Challenges and Change: The World Bank's Story"** | | J-9-044 |
| | **Option Find: Alternative Ways of Gathering Data** | | T9-065 |
| **3:30** | **Interpersonal Skills Building Workshop** | | S-13-069 |
| | **Tour of Clinical Services and the Medical Laboratory** | | MC Building |
| | | | |
| **12:30 - 3:30** | **Newsroom** | *The "news bureau" will be located in the U Building and open from 12:30 - 3:30. Girls will write articles and/or stories about the day's events and about the VPUs to which they were attached for the day. Volunteers will help the girls write and edit their pieces. The stories and articles will be submitted to two girls' magazines and to Bank's World with the girls' permission. This is more of an "individual" than a "group" activity.* | U Building, 3rd Floor Room B |
| **TBD** | **Teleconferencing with the Mexico Office** | *Girls will talk to girls in Mexico from local schools.* | TBD |
| | | | |
| | | | |

* Activity repeated throughout day.

# SAMPLE DAY

| Time | Activity |
|---|---|
| 8:00a.m. | Check room<br>Set-up registration table |
| 8:30a.m. to<br>9:15a.m. | Sign girls in<br>Assign buddies<br>Vice President greets girls |
| 9:30a.m. to<br>10:00a.m. | Opening ceremony |
| 10:00a.m. to<br>12:00p.m. | Video about the Bank Group (room MC 4-401)<br>Bathroom and Snack breaks<br>Conflict resolution workshop (room J 4-303)<br><br>**[Note: Don't overload the day! Build in enough time for the girls to enjoy themselves.**<br><br>**During this time block, parents/sponsors may want to spend time with the girls. Make sure all parents/sponsors have a copy of the agenda so they know where to pick up and drop off girls.]** |
| 12:00p.m. to<br>1:00p.m. | Lunch |
| 1:15p.m. | Re-group in registration room |
| 1:30p.m. to<br>4:00p.m. | Tour of graphics (room MC C3-112)<br>Skill building game (room S5 932)<br>Snack and bathroom breaks<br>Teleconferencing (room H 2-200)<br><br>**[Note: During this time block, parents/sponsors may want to spend time with the girls. Make sure all parents/sponsors have a copy of the agenda so they know where to pick up and drop off girls.]** |
| 4:15p.m. to<br>4:45p.m. | Closing ceremony in MC atrium |
| 5:00p.m. | Return to registration room;<br>check-out |

# Notes

# Welcome, Sign-In, & Breakfast in VP Unit

## 8:30a.m. to 9:15a.m.
## Helpful Hints

### Registration Room

- Reserve a room near your VP Unit that can be used as the central meeting location for the girls. This room can also be used a resting place for the girls throughout the day.

### Breakfast

- Offer a morning snack while the girls are signing in for the day
- Try to keep the morning snack healthy. Some ideas for snacks are fresh fruit, bagels, juice and milk.
- Remember to contact Marriott if you want breakfast catered for.

### Sign In

- Remember to give each girl a gift bag which contains a button, cap and camera which will be used to document the day's events. Encourage the girls to document the day through photographs and writing.
- Gift bags supplied by administrative office
- Inform the girls what to do if they are separated from the group.
- Make sure that every girl know the phone numbers or room locations of important contact people.
- Discuss the "rules" for the day. For example, "do not leave the group or building, stay with your buddy, let the volunteer know if you need to go to the bathroom, etc".

### Welcome

- Invite a someone to welcome the girls. The speaker should understand how important the day is and be comfortable speaking with adolescents.
- Let the girls know they will be talking with Mr. Wolfensohn at the closing ceremony. Encourage them to think of questions to ask him.

**At 9:15 a.m. head to the MC Atrium for Opening Remarks**

< SAMPLE >

# Sign-In/Sign-Out Sheets

| Girl's Name | Parent/Sponsor | Ext. | Out | In |
|---|---|---|---|---|
| | | | | |
| | | | | |
| | | | | |
| | | | | |
| | | | | |
| | | | | |
| | | | | |
| | | | | |
| | | | | |
| | | | | |
| | | | | |
| | | | | |
| | | | | |
| | | | | |
| | | | | |
| | | | | |
| | | | | |
| | | | | |
| | | | | |
| | | | | |
| | | | | |
| | | | | |

# Notes

# Opening Remarks

**9:30a.m. to 10:00a.m.**
**Helpful Hints**

- These remarks are meant to serve as the Bank Group wide kick-off for the day. Parents and sponsors are welcome to attend.

- There will be many girls and adults in the MC Atrium. Assign each girl a "buddy" (partner) prior to arriving at the MC Atrium and let them know that they will need to stay with each other for the rest of the day.

- Encourage the girls to visit the maps and mark their home country and the countries to which their parent(s) or sponsor travel.

    - The map will be located on the left side of the Atrium.

# Notes

# VPU Activities, Workshops & Tours

**10:00a.m. to 12.00p.m. and 1:30p.m. to 4:00p.m.**
**Helpful Hints**

- Don't overload the day! Schedule no more than two activities (either VPU or institution) for the morning and no more than three for the afternoon.

- Plan as many "hands-on" opportunities as possible since adolescents learn more by actively participating in an activity than by just watching the activity.

- Offer a mixture of active programs and quiet activities. Most girls may not be able to stay focused for the entire day and will need a variety of activities to hold their attention.

- Propose times when parents or sponsors can spend time with their girl. Past participants have said that this is an important part of the day for the girls who attend.

- Schedule frequent bathroom and water fountain breaks, for both the girls' comfort and for security reasons.

- Allow for "down time" so the girls will have time to refresh and regroup.

- Try to make sure all girls feel included in the activities. Past participants have commented on feeling "alone" even though there were many other girls around.

# VPU Activities

## EACH VP UNIT'S MORNING AND AFTERNOON ACTIVITY OPTIONS

ACTIVITY/OPTION: Spend time with Parent or Sponsor

BRIEF DESCRIPTION: Allow each girl to spend part of the day with their parent or sponsor, observing what that person does on a day to day basis. From past "Take Our Daughters To Work" Day, we have learned that this is a very important part of the day.

LOCATION: _____

CONTACT PERSON & EXTENSION: _____

MAXIMUM NUMBER OF GIRLS WHO CAN ATTEND AT ONE TIME: _____

TIME(S) ACTIVITY/ OPTION IS AVAILABLE: _____

LENGTH OF TIME WITH PARENT OR SPONSOR: _____

_____

To Be Completed by VP Unit Coordinator:

TIME OF TOUR GROUP IS SCHEDULED TO ATTEND:_____

CONFIRMED ON: (date)_____

CONFIRMED WITH: (name)_____

## EACH VP UNIT'S MORNING AND AFTERNOON ACTIVITY OPTIONS

ACTIVITY/OPTION: Short video on the work that your VP unit does and a tour of the unit's work area.

BRIEF DESCRIPTION: Show the girls a video that explains the actual work the VP unit does or the projects that it is involved in. Take them on a tour of your work space and share any special information that illustrates your VP unit's role in implementing the World Bank Group's Mission.

LOCATION: _____

CONTACT PERSON & EXTENSION: _____

MAXIMUM NUMBER OF GIRLS WHO CAN ATTEND AT ONE TIME: _____

TIME(S) ACTIVITY/ OPTION IS AVAILABLE: _____

LENGTH OF VIDEO AND TOUR: _____

_____

To Be Completed by VP Unit Coordinator:

TIME OF TOUR GROUP IS SCHEDULED TO ATTEND:_____

CONFIRMED ON: (date)_____

CONFIRMED WITH: (name)_____

## EACH VP UNIT'S MORNING AND AFTERNOON ACTIVITY OPTIONS

ACTIVITY/OPTION: Career Panel

BRIEF DESCRIPTION: Have a career panel composed of different staff members who are part of the VP unit. Have each staff discuss what their job entails and how their career path brought them to their current positions.

LOCATION: _____

CONTACT PERSON & EXTENSION: _____

MAXIMUM NUMBER OF GIRLS WHO CAN ATTEND AT ONE TIME: _____

TIME(S) ACTIVITY/ OPTION IS AVAILABLE: _____

LENGTH OF TIME FOR CAREER PANEL: _____

---

To Be Completed by VP Unit Coordinator:

TIME OF TOUR GROUP IS SCHEDULED TO ATTEND:_____

CONFIRMED ON: (date)_____

CONFIRMED WITH: (name)_____

## EACH VP UNIT'S MORNING AND AFTERNOON ACTIVITY OPTIONS

ACTIVITY/OPTION: Participate in "Real Work"

BRIEF DESCRIPTION: If possible, allow each girl to do "real work" for your VP unit.

LOCATION: _____

CONTACT PERSON
& EXTENSION: _____

MAXIMUM NUMBER
OF GIRLS WHO CAN
ATTEND AT ONE TIME: _____

TIME(S) ACTIVITY/
OPTION IS AVAILABLE: _____

LENGTH OF TIME
FOR GIRLS TO DO
"REAL WORK": _____

_____

To Be Completed by VP Unit Coordinator:

TIME OF TOUR GROUP IS SCHEDULED TO ATTEND:_____

CONFIRMED ON: (date)_____

CONFIRMED WITH: (name)_____

# Tours & Workshops

## MORNING AND AFTERNOON ACTIVITY OPTION

ACTIVITY/OPTION: Conflict Resolution Classes

BRIEF DESCRIPTION:

LOCATION:

CONTACT PERSON
& EXTENSION:

MAXIMUM NUMBER
OF GIRLS WHO CAN
ATTEND AT ONE TIME:

TIME(S) ACTIVITY/
OPTION IS AVAILABLE:

LENGTH OF VIDEO:

DIRECTIONS:

---

To Be Completed by VP Unit Coordinator:

TIME OF TOUR GROUP IS SCHEDULED TO ATTEND:_____

CONFIRMED ON: (date)_____

CONFIRMED WITH: (name)_____

## MORNING AND AFTERNOON ACTIVITY OPTION

ACTIVITY/OPTION: News Room

BRIEF DESCRIPTION:

LOCATION:

CONTACT PERSON
& EXTENSION:

MAXIMUM NUMBER
OF GIRLS WHO CAN
ATTEND AT ONE TIME:

TIME(S) ACTIVITY/
OPTION IS AVAILABLE:

LENGTH OF VIDEO:

DIRECTIONS:

---

To Be Completed by VP Unit Coordinator:

TIME OF TOUR GROUP IS SCHEDULED TO ATTEND:_____

CONFIRMED ON: (date)_____

CONFIRMED WITH: (name)_____

## MORNING AND AFTERNOON ACTIVITY OPTION

ACTIVITY/OPTION: Gender Equity Room

BRIEF DESCRIPTION:

LOCATION:

CONTACT PERSON
& EXTENSION:

MAXIMUM NUMBER
OF GIRLS WHO CAN
ATTEND AT ONE TIME:

TIME(S) ACTIVITY/
OPTION IS AVAILABLE:

LENGTH OF VIDEO:

DIRECTIONS:

---

To Be Completed by VP Unit Coordinator:

TIME OF TOUR GROUP IS SCHEDULED TO ATTEND:_____

CONFIRMED ON: (date)_____

CONFIRMED WITH: (name)_____

## AFTERNOON ACTIVITY OPTION

| | |
|---|---|
| ACTIVITY/OPTION: | Tour of the Board Room |
| BRIEF DESCRIPTION: | The girls will be given a tour of the Executive Boardroom. |
| LOCATION: | MC13-301 |
| CONTACT PERSON & EXTENSION: | Millie Obimo, Ext. 33559 |
| MAXIMUM NUMBER OF GIRLS WHO CAN ATTEND AT ONE TIME: | 60 |
| TIME(S) ACTIVITY/ OPTION IS AVAILABLE: | 1:15p.m., 1:45p.m. |
| LENGTH OF TOUR: | 30 minutes |
| DIRECTIONS: | There will be a total of two tours. Please call Millie if you would like to sign your group up for one of the sessions. |

---

To Be Completed by VP Unit Coordinator:

TIME OF TOUR GROUP IS SCHEDULED TO ATTEND:_____

CONFIRMED ON: (date)_____

CONFIRMED WITH: (name)_____

## MORNING AND AFTERNOON ACTIVITY OPTION

ACTIVITY/OPTION: Self Expression

BRIEF DESCRIPTION: Space for self expression. Arts supplies will be made available.

LOCATION:

CONTACT PERSON & EXTENSION: Mille Obimo, Ext. 33559

MAXIMUM NUMBER OF GIRLS WHO CAN ATTEND AT ONE TIME:

FIND ROOM; SET UP

TIME(S) ACTIVITY/ OPTION IS AVAILABLE: SPECIFIC

LENGTH OF VIDEO:

DIRECTIONS:

---

To Be Completed by VP Unit Coordinator:

TIME OF TOUR GROUP IS SCHEDULED TO ATTEND:_____

CONFIRMED ON: (date)_____

CONFIRMED WITH: (name)_____

WORK ON MONDAY

**MORNING AND AFTERNOON ACTIVITY OPTION**

ACTIVITY/OPTION: Girls Education Video

BRIEF DESCRIPTION:

LOCATION:

CONTACT PERSON
& EXTENSION:

MAXIMUM NUMBER
OF GIRLS WHO CAN
ATTEND AT ONE TIME:

TIME(S) ACTIVITY/
OPTION IS AVAILABLE:

LENGTH OF VIDEO:

DIRECTIONS:

---

To Be Completed by VP Unit Coordinator:

TIME OF TOUR GROUP IS SCHEDULED TO ATTEND:_____

CONFIRMED ON: (date)_____

CONFIRMED WITH: (name)_____

## MORNING ACTIVITY OPTION

| | |
|---|---|
| ACTIVITY/OPTION: | Tour of Translation Services |
| BRIEF DESCRIPTION: | The girls will translate "GIRLS CAN BE ANYTHING" into different languages, tour the translation services office, and see different devices used for translating. |
| LOCATION: | 3rd floor, Q Building (1919 Pennsylvania Ave) |
| CONTACT PERSON & EXTENSION: | Ruthie Hyatt, Ext. 31958 |
| MAXIMUM NUMBER OF GIRLS WHO CAN ATTEND AT ONE TIME: | 20 |
| TIME(S) ACTIVITY/ OPTION IS AVAILABLE: | 10:00a.m., 10:30a.m., 11:00a.m |
| LENGTH OF TOUR: | 30 minutes |
| DIRECTIONS: | A total of three tours will be given. Please call Ruthie if you would like to sign your group up for one of the tours. |

---

To Be Completed by VP Unit Coordinator:

TIME OF TOUR GROUP IS SCHEDULED TO ATTEND:_____

CONFIRMED ON: (date)_____

CONFIRMED WITH: (name)_____

**MORNING AND AFTERNOON ACTIVITY OPTION**
[TENTATIVE]

| | |
|---|---|
| ACTIVITY/OPTION: | Teleconferencing with girls at Resident Missions |
| BRIEF DESCRIPTION: | This activity will allow girls to talk to girls in the Ghana and Mexico City Resident Missions. |
| LOCATION: | TBD |
| CONTACT PERSON & EXTENSION: | Millie Obimo, Ext. 33559 |
| MAXIMUM NUMBER OF GIRLS WHO CAN ATTEND AT ONE TIME: | TBD |
| TIME(S) ACTIVITY/ OPTION IS AVAILABLE: | TBD |
| LENGTH OF TELECONFERENCE: | TBD |
| DIRECTIONS: | Please call Millie if you would like to sign your group up for one of the sessions. |

---

To Be Completed by VP Unit Coordinator:

TIME OF TOUR GROUP IS SCHEDULED TO ATTEND:_____

CONFIRMED ON: (date)_____

CONFIRMED WITH: (name)_____

## MORNING AND AFTERNOON ACTIVITY OPTION

| | |
|---|---|
| ACTIVITY/OPTION: | Interpersonal Skill Building Workshops |
| BRIEF DESCRIPTION: | A variety of games and exercises which will assist the girls in identifying short and long term goals that explore the relationship and importance of education, role models, self-esteem and support systems, identify career goals and obstacles, as well as learn conflict resolution skills. |
| LOCATION: | S 13-069 |
| CONTACT PERSON & EXTENSION: | Millie Obimo, Ext. 33559 |
| MAXIMUM NUMBER OF GIRLS WHO CAN ATTEND AT ONE TIME: | 20 |
| TIME(S) ACTIVITY/ OPTION IS AVAILABLE: | 10:00a.m., 10:30a.m., 11:00a.m, 11:30a.m., 1:30p.m., 2:00p.m., 2:30p.m., 3:00p.m., 3:30p.m. |
| LENGTH OF WORKSHOP: | 30 minutes |
| DIRECTIONS: | A total of nine sessions will be offered. Please call Millie if you would like to sign your group up for one of the demonstrations. |

---

To Be Completed by VP Unit Coordinator:

TIME OF TOUR GROUP IS SCHEDULED TO ATTEND:_____

CONFIRMED ON: (date)_____

CONFIRMED WITH: (name)_____

## MORNING AND AFTERNOON ACTIVITY OPTION

| | |
|---|---|
| ACTIVITY/OPTION: | Tour of Graphics Section |
| BRIEF DESCRIPTION: | Demonstration of how the design process works from start to finish. |
| LOCATION: | MC C3-167 |
| CONTACT PERSON & EXTENSION: | Beni Chibber-Rao, Ext. 31526 |
| MAXIMUM NUMBER OF GIRLS WHO CAN ATTEND AT ONE TIME: | 10 |
| TIME(S) ACTIVITY/ OPTION IS AVAILABLE: | 10:30a.m., 2:00p.m. |
| LENGTH OF TOUR: | 20 minutes |
| DIRECTIONS: | A total of two demonstrations will be offered. Please call Beni if you would like to sign your group up for one of the demonstrations. |

---

To Be Completed by VP Unit Coordinator:

TIME OF TOUR GROUP IS SCHEDULED TO ATTEND:_____

CONFIRMED ON: (date)_____

CONFIRMED WITH: (name)_____

## MORNING AND AFTERNOON ACTIVITY OPTION

| | |
|---|---|
| ACTIVITY/OPTION: | Watch a video on telephone skills at the Management and Information Technology Resource Center |
| BRIEF DESCRIPTION: | Watch a video that teaches telephone skills for their personal and (future) professional lives. This video is used at many of the Resident Missions. |
| LOCATION: | MC C3-210 |
| CONTACT PERSON & EXTENSION: | Front Desk of the Management and IT Resource Center, Ext. 82830 |
| MAXIMUM NUMBER OF GIRLS WHO CAN ATTEND AT ONE TIME: | 10 |
| TIME(S) ACTIVITY/ OPTION IS AVAILABLE: | 11:30a.m., 1:30p.m., 2:30p.m |
| LENGTH OF VIDEO: | 30 minutes |
| DIRECTIONS: | The video will be shown a total of three times. Please call the Front Desk if you would like to sign your group up for one of the sessions. |

---

To Be Completed by VP Unit Coordinator:

TIME OF TOUR GROUP IS SCHEDULED TO ATTEND:_____

CONFIRMED ON: (date)_____

CONFIRMED WITH: (name)_____

## MORNING AND AFTERNOON ACTIVITY OPTION

| | |
|---|---|
| ACTIVITY/OPTION: | Tour of Management and Information Technology Resource Center |
| BRIEF DESCRIPTION: | The girls will participate in hands on activities which will show them how to access computer information on the internet. They will also go on a tour of the Management and IT Resource Center. |
| LOCATION: | MC C3-210 |
| CONTACT PERSON & EXTENSION: | Front Desk of the Management and IT Resource Center, Ext. 82830 |
| MAXIMUM NUMBER OF GIRLS WHO CAN ATTEND AT ONE TIME: | 10 |
| TIME(S) ACTIVITY/ OPTION IS AVAILABLE: | 11:00a.m., 2:00p.m., 3:00p.m |
| LENGTH OF TOUR: | 20 minutes |
| DIRECTIONS: | A total of three presentations/tours will be given. Please call the Front Desk if you would like to sign your group up for one of the presentations/tours. |

---

To Be Completed by VP Unit Coordinator:

TIME OF TOUR GROUP IS SCHEDULED TO ATTEND:_____

CONFIRMED ON: (date)_____

CONFIRMED WITH: (name)_____

## MORNING AND AFTERNOON ACTIVITY OPTION

| | |
|---|---|
| ACTIVITY/OPTION: | Watch video: "Challenges and Change: The World Bank's Story" |
| BRIEF DESCRIPTION: | Video talks about the World Bank Group's mission and gives examples of some of the projects it supports. |
| LOCATION: | J 9-044 |
| CONTACT PERSON & EXTENSION: | Millie Obimo, Ext. 33559 |
| MAXIMUM NUMBER OF GIRLS WHO CAN ATTEND AT ONE TIME: | 20 |
| TIME(S) ACTIVITY/ OPTION IS AVAILABLE: | 10:00a.m., 10:30a.m., 11:00a.m, 11:30a.m., 1:30p.m., 2:00p.m., 2:30p.m., 3:00p.m. |
| LENGTH OF VIDEO: | 30 minutes |
| DIRECTIONS: | The video will be shown a total of eight times. Please call Millie if you would like to sign your group up for one of t the presentations. |

---

To Be Completed by VP Unit Coordinator:

TIME OF TOUR GROUP IS SCHEDULED TO ATTEND:_____

CONFIRMED ON: (date)_____

CONFIRMED WITH: (name)_____

## AFTERNOON ACTIVITY OPTION

| | |
|---|---|
| ACTIVITY/OPTION: | Presentation on the River Blindness Project |
| BRIEF DESCRIPTION: | A power point presentation and a question and answer period, which is specifically designed for adolescents, will be presented. |
| LOCATION: | H 1-200 |
| CONTACT PERSON & EXTENSION: | Judith Christiansen, Ext. 84675 |
| MAXIMUM NUMBER OF GIRLS WHO CAN ATTEND AT ONE TIME: | 60 |
| TIME(S) ACTIVITY/ OPTION IS AVAILABLE: | 1:30p.m. |
| LENGTH OF PRESENTATION: | 1 hour |
| DIRECTIONS: | One presentation will be offered. Please call Judith if you would like to sign your group up for this presentation. |

---

To Be Completed by VP Unit Coordinator:

TIME OF TOUR GROUP IS SCHEDULED TO ATTEND:_____

CONFIRMED ON: (date)_____

CONFIRMED WITH: (name)_____

## AFTERNOON ACTIVITY OPTION

| | |
|---|---|
| ACTIVITY/OPTION: | Tour of Mapping Section |
| BRIEF DESCRIPTION: | Demonstration of how maps are made and a tour of the negative archives and dark rooms. |
| LOCATION: | MC C3-146 |
| CONTACT PERSON & EXTENSION: | Gregory Prakas, Ext. 31440 |
| MAXIMUM NUMBER OF GIRLS WHO CAN ATTEND AT ONE TIME: | 10 |
| TIME(S) ACTIVITY/ OPTION IS AVAILABLE: | 2:00p.m., 2:20p.m., 2:40p.m. |
| LENGTH OF TOUR: | 20 minutes |
| DIRECTIONS: | A total of three tours will be given. Please call Gregory if you would like to sign your group up for one of the tours. |

---

To Be Completed by VP Unit Coordinator:

TIME OF TOUR GROUP IS SCHEDULED TO ATTEND:_____

CONFIRMED ON: (date)_____

CONFIRMED WITH: (name)_____

## MORNING AND AFTERNOON ACTIVITY OPTION

| | |
|---|---|
| ACTIVITY/OPTION: | Tour of the World Bank Volunteer Services: Book Project |
| BRIEF DESCRIPTION: | The girls will learn how recycled school books are making a difference in the lives of other students. For fifteen years the Book Project has been shipping books in response to requests from all over the world. |
| LOCATION: | JB3-105, J Building (701-18th Street) |
| CONTACT PERSON & EXTENSION: | Barry McIsaac, Ext. 38960 |
| MAXIMUM NUMBER OF GIRLS WHO CAN ATTEND AT ONE TIME: | 20 |
| TIME(S) ACTIVITY/ OPTION IS AVAILABLE: | 11:00a.m., 11:30a.m., 1:30p.m. |
| LENGTH OF TOUR: | 20 minutes |
| DIRECTIONS: | A total of three tours will be given. Please call Barry if you would like to sign your group up for one of the tours. |

---

To Be Completed by VP Unit Coordinator:

TIME OF TOUR GROUP IS SCHEDULED TO ATTEND:_____

CONFIRMED ON: (date)_____

CONFIRMED WITH: (date)_____

## MORNING ACTIVITY OPTION

| | |
|---|---|
| ACTIVITY/OPTION: | Creating a Newsletter<br>Mosaic: A monthly newsletter for Bank families |
| BRIEF DESCRIPTION: | The girls will learn how a monthly newsletter is created on computer. |
| LOCATION: | G1-000, G Building (1776 G Street) |
| CONTACT PERSON & EXTENSION: | Marie Favis, Ext. 38751 |
| MAXIMUM NUMBER OF GIRLS WHO CAN ATTEND AT ONE TIME: | 10 |
| TIME(S) ACTIVITY/ OPTION IS AVAILABLE: | 10:00a.m., 10:30a.m., 11:00a.m., 11:30a.m. |
| LENGTH OF TOUR: | 30 minutes |
| DIRECTIONS: | A total of four tours will be given. Please call Marie if you would like to sign your group up for one of the tours. |

---

To Be Completed by VP Unit Coordinator:

TIME OF TOUR GROUP IS SCHEDULED TO ATTEND:_____

CONFIRMED ON: (date)_____

CONFIRMED WITH: (date)_____

## MORNING AND AFTERNOON ACTIVITY OPTION

| | |
|---|---|
| ACTIVITY/OPTION: | Option Finder: Alternative Ways of Gathering Data |
| BRIEF DESCRIPTION: | The girls will have hands-on experience of answering a survey using a new technology. The girls will also develop their own survey that addresses their needs and will be able to view the results immediately. |
| LOCATION: | T9-065, (1717 H Street) |
| CONTACT PERSON & EXTENSION: | Mavee Park, Ext. 82581 |
| MAXIMUM NUMBER OF GIRLS WHO CAN ATTEND AT ONE TIME: | 20 |
| TIME(S) ACTIVITY/ OPTION IS AVAILABLE: | 10:00a.m., 11:00p.m., 2:00p.m., 3:00p.m. |
| LENGTH OF TOUR: | 30 minutes |
| DIRECTIONS: | A total of four tours will be given. Please call Mavee if you would like to sign your group up for one of the tours. |

---

To Be Completed by VP Unit Coordinator:

TIME OF TOUR GROUP IS SCHEDULED TO ATTEND:_____

CONFIRMED ON: (date)_____

CONFIRMED WITH: (date)_____

# Notes

# Lunch

**Noon to 1:30p.m.**
**Helpful Hints**

- For lunch, the VP Unit could have a luncheon for the girls and their parent/sponsor or each parent/sponsor could take their girl out for lunch.

- If you are planning a luncheon, keep it simple and nutritious.

- Some ideas for a luncheon are:
  - Pizza (this has been a very successful lunch in past "Take Our Daughters To Work" events)
  - Catering it from Marriott. They are aware of the event are planning accordingly. To make catering arrangements contact Mr. Gilles Mulard, Food Services Manager at ext. 8-2221.

- Asking participating staff members to bring in a dish to share with the other staff and their girls. This is traditionally called a "Pot Luck" lunch.

# Notes

# Closing Remarks

**4:15p.m. to 4:45p.m.**
**Helpful Hints**

- Parents and sponsors are welcome to attend.
- The closing ceremony will be held in a "Town Meeting" format and Mr. Wolfensohn will answer questions that the girls ask.
- We will have a time capsule and would like all the girls to share what they would want people in the future to know about the girls of today.
- Talk with the girls, in advance, about the town meeting format and the time capsule.
- The girls will be given baseball caps with the event's logo at this time so encourage all to attend. These will be supplied by the administration office.
- Stop by and visit the map to see how many girls are from where. It will surely make an impact!

# Notes

# Registration & Security

# Take Our Daughters to Work Day®
# —an educational and cultural celebration of our daughters

**REGISTRATION FORM**

Girl's name _____

Girl's age _____ Grade in school _____

Parent/sponsor's name _____

Staff # _____ Extension _____

Room # _____

Vice Presidential Unit _____

*Please provide all of the requested information.*
*Return this form to Daughters to Work, MC 4-158*

If you are bringing more than one girl, please provide the additional names, ages and grades below.

_____

_____

_____

_____

_____

***Pre-registering for "Girls Across Borders: Make the Connection" is simple:***

**1.** Ask your daughter (or other girl) if she would like to participate in the day.
**2.** Fill out the attached registration form.
**3.** Return the form to "Daughters to Work" MC 4-158 by April 21.*

You will be contacted by a coordinator who will give you information about your unit's agenda for the day.

*If registering girls after April 21, please return this form to your unit's *Take Our Daughters...* coordinator.

# REGISTRATION

## Pre-Registration

- Staff will be able to pre-register girls using a form attached to the forthcoming desk-to-desk about the program.

- The deadline for pre-registration is **April 21, 1997.**

- Pre-registration forms will be returned to the "Daughters to Work" administrative Office. The office will
  - make name tags for pre-registered girls
  - forward pre-registration forms to vice presidential unit coordinators.

## Late Registration

Staff registering after April 21 will submit forms directly to VPU coordinators.

- VPU coordinators will be responsible for making name tags for girls registered late.
  - Administrative office will supply blank name tags.

## Registration Packets

- On April 23, VPU coordinators will receive the:
  - final list of pre-registered girls
  - name tags for pre-registered girls
  - gift bags for all girls (pre- and late-registered)

- Also on April 23: VPU coordinators give name tags to staff bringing girls. This will facilitate check-in on the morning of April 24.

- VPU coordinators tell staff <u>when</u> and <u>where</u> to bring girls for check-in on April 24th.

## Check-In - April 24

- Hold check-in between 8:30a.m. and 9:15a.m.
  - Staff *must* accompany girls to the check-in location and sign them in.

- Assign girls partners for the day.

- Assign volunteers to groups of girls.

# SECURITY

Bank Group security has been informed that between 500-1000 girls are expected for the day.

## Name Tags

Girls will be given name tags instead of visitor security badges.

- Administrative office will make name tags for all girls who are pre-registered.
- VPU coordinators will make name tags for girls registered late.
- All name tags will list the:
  - girl's name
  - name, room number, extension, and vice presidential unit of parent or sponsor
  - VPU coordinator name and extension
- VPU coordinators will distribute the name tags to staff on April 23.

## Entering and Exiting Bank Group Buildings

- Security will not allow girls to enter or leave any buildings without an adult.

## Signing-In / Signing-Out

- Inform staff that for accountability and safety reasons, girls must always be signed in and out of their smaller activity groups. (See "Sign In/Out" sheet at end of this section.)

## Lost Girls

- Inform girls that if they get separated from their group, they should report to a security desk.
- Security will call the administrative office.
- Someone from the administrative office will escort the girl back to her group.

# *Take Our Daughters to Work Day*
# *April 24, 1997*

**IMPORTANT TELEPHONE NUMBERS**

| *Name* | *Extention* | *Room* |
|---|---|---|
| | | |
| Security Office - MC<br>Mr. F. Robinson * See below per building | 8-4513 | MC1-403 |
| | | |
| Lost & Found<br>(I.D. Office) | 8-4486 | MC1-320 |
| | | |
| Health Services<br>(Emergency) | 8-8222 | MC-C2-376 |
| | | |
| Marriot - Caterers<br>(Mr. Gilles Mulard) | 8-2221 | MC-C2-253 |
| | | |

SECURITY OFFICES (PER BUILDING):

| | | | | |
|---|---|---|---|---|
| **D Building** | - | **80690** | - | **1809 G Street, NW** |
| **E Building** | - | **82031** | - | **701 19th Street, NW** |
| **G Building** | - | **80942** | - | **1776 G Street, NW** |
| **H Building** | - | **33331** | - | **600 19 Street, NW** |
| **I Building** | - | **30488** | - | **1850 I Street, NW** |
| **I Building** | - | **30486** | - | **19th Street, NW** |
| **J Building** | - | **35117** | - | **701 18th Street, NW** |
| **K Building** | - | **35498** | - | **1801 K Street, NW** |
| **M Building** | - | **36352** | - | **2131 K Street, NW** |
| **MC Building** | - | **87074** | - | **700 18thStreet, NW** |
| **N Building** | - | **37472** | - | **801 19th Street, NW** |
| **O Building** | - | **30323** | - | **1889 F Street, NW** |
| **Q Building** | - | **36929** | - | **7th Floor, 1919 Penn. Avenue, NW** |
| **R Building** | - | **33687** | - | **1909 K Street NW** |

Human Resource Services
Work Place Initiatives

**Take Our Daughters to Work Day Team**

| | Ext. | Fax. | Room |
|---|---|---|---|
| Kathryn Tama | 30383 | 20237 | MC 4-147 |
| Sarah Johnson | 84547 | 20327 | MC 4-158 |
| Nancy Grupp | 35355 | 22154 | MC 4-226 |
| Shirley Mirzayoff | 30850 | 23574 | G 1-203 |
| Millie Obimo | 33559 | 20237 | MC 4-150 |
| Julie Bouhabib | 35659 | 20237 | MC 4-156 |

Human Resource Services/Work Place Initiatives

## Take Our Daughters to Work Day Coordinators

| | | | | |
|---|---|---|---|---|
| Sunita Ramchandani | SEC | SECPS | 80228 | MC11-408 |
| Frances Oakley | SEC | SECBO | 80234 | MC11-324 |
| Caroline Levenson | TRE | TRODR | 31141 | MC 7-234 |
| Nadereh Chamlou | EAP | EA3DR | 80473 | MC 9-305 |
| Desiree Jessimy | EAP | EA1HR | 81398 | D8-007 |
| Deborah Ricks | SAS | SA1PH | 80374 | T8-073 |
| Toni Thomas | SAS | SASVP | 84550 | MC10-128 |
| Paula Walden | SAS | SA2PH | 81226 | G7-112 |
| Luis Olivares | IFC | CPAPS | 80315 | F 11P-212 |
| Viki Betancourt | IFC | CLED6 | 39127 | F 7P-152 |
| Ethel Pacheco | IFC | CPAPS | 30120 | F 11P-208 |
| Maria Kail | AFR | AFC12 | 34878 | J8-120 |
| Elena Rodriguez | LAC | LA3C1 | 37873 | I5-059 |
| Hiromi Nakano | HRS | HRST4 | 82863 | S3-019 |
| Kongit Eyassu | HRS | HRSVP | 35047 | E3-071 |
| Marie P. Draper | ITS | ITSIE | 32177 | R8-025 |
| Milagro Divino | DEC | DECVP | 33739 | N6-056 |
| Catherine Woolley | EXT | EXTIC | 32272 | U11-032 |
| Connie Eysenck | EXT | EXTPD | 31884 | U11-101 |
| Marjorie Huang | CTR | CTRLS | 81672 | MC4-407 |
| Celeste Lagoy | FPR | FPRFP | 80584 | Q4-006 |
| Susan Bender | LEG | LEGFI | 80019 | MC6-331 |
| Lemlem Bereket | GSD | GSDRP | 88001 | MCC3-316 |
| Alicia Hetzner | ESSD | ESDVP | 33379 | S7-019 |
| Fahima Abdalla | ESSD | ESDVP | 2332 | S7-070 |
| Fulvia Toppin | ESSD | AGRAF | 0450 | S8-272 |
| Aledra Allen | ESSD | ENVSP | 82838 | S5-038 |
| Diana Walker | HDD | HDDDR | 87318 | S9-038 |
| Dinah McLeod | HDD | HDDDR | 87206 | S9-040 |
| Jennifer Lawrence | HDD | HDDDR | 32212 | S9-034 |

New Moon
The Magazine for Girls and Their Dreams
March • April 1997 • USA $4.95 • CAN $6.50
Paz
Paix
Pace
03
0 74470 82753 5
DISPLAY UNTIL MAY 9

# New Moon™

**NEW MOON**
New Moon is a girl's voice,
Floating out on a silent night.
Telling her dreams to who will listen.
New Moon is a girl's spirit,
Soaring on the night's shore.
Paying attention to her dream,
Not someone telling her how to act
Or feel.
Let the New Moon Girl Fly!
—AMANDA SARETTE

**MARCH/APRIL 1997 · VOLUME IV · ISSUE 4 · CULTURES AND LANGUAGES**

**GIRLS EDITORIAL BOARD**
Lauren Bernabo
Kaitlin Boyce
Ariel Eason
Ana Jeronimus
Molly McKinnon
Marta Ostovich
Rachel Ostovich
Rebecca Owen
Ida Pajunen
Reshma Pattni
Emma Peters-Axtell
Julia Peters-Axtell
Nina Petersen-Perlman
Amanda Sarette
Kellen Sheedy
Kerri Sjoblom

**OVER THE MOON**
Lindsay Glesener
Mavis Gruver
Nia Kelly
Elizabeth Sproat

**PUBLISHERS** Nancy Gruver and Joe Kelly
**MANAGING EDITORS** Barbara Stretchberry and Tya Ward

**DESIGN AND TYPE** Clarity clarity@cp.duluth.mn.us
**COPY EDITOR** Ann Klefstad
**EDITORIAL INTERN** Karen Gerard
**PHOTOGRAPHER** Sherry Boyce
**COVER ART** Joan Cottle
**CONTRIBUTING ARTISTS** Theresa Brandon, Marian Lansky, and Kathy Marsaa
**CIRCULATION MANAGER** Ruth Leathers
**RENEWALS** Linda Achterhof
**OFFICE MANAGEMENT** Andrea McKinnon and Angie Miller
**OFFICE STAFF** Margaret Galleberg-Clancy, Mavis Gruver, Kathy Holmes, and Nia Kelly

**THANKS TO:** Brenda Bradley, Duluth Public Library Reference Desk, Fran Durner, Linda Eason, Greg Evans, Kathy Forsland, Daryl Gammons, Robin Gladstone, Larry Johnson, Chris King, Mary Shehadeh, and Rebecca Sterner.

**THANKS AND ACKNOWLEDGMENT** are given to the following publishers and copyright owners for permission to reprint selections from their publications and work. All possible care is taken to trace ownership and secure permission for each selection. "New Moon," ©1993 Amanda Sarette.

**NEW MOON: THE MAGAZINE FOR GIRLS AND THEIR DREAMS** (ISSN: 1069-238X) is published bimonthly. Volume IV Issue 4.

**OFFICE OF PUBLICATION** is New Moon Publishing, 2127 Columbus Ave., P.O. Box 3620, Duluth, Minnesota 55803-3620. Periodicals postage paid at Duluth, Minnesota, and at additional mailing offices.
E-mail: newmoon@newmoon.duluth.mn.us Visit us at http://www.newmoon.org

**POSTMASTER:** Send change of address to New Moon: The Magazine for Girls and Their Dreams, P.O. Box 3587, Duluth, MN 55803-3587.

©1997, New Moon Publishing, Inc., all rights reserved, including the right of reproduction in whole or in part, in any form. Address manuscripts and other editorial material to Editorial Department, New Moon, P.O. Box 3620, Duluth, MN 55803-3620. All reader contributions are assumed for publication and become the property of New Moon Publishing, Inc. Unsolicited material will not be returned.

**SEND CHANGE OF ADDRESS** (include current mailing label) at least 8 weeks in advance to New Moon: The Magazine for Girls and Their Dreams, P.O. Box 3587, Duluth, MN 55803-3587, U.S.A. New Moon is not responsible for magazines missed due to lack of timely address change notification.

New Moon occasionally sells its mailing list. If you do not wish to have your name shared, please send your request in writing to New Moon Publishing, P.O. Box 3587, Duluth, MN 55803-3587, or call 1-218-728-5507.

New Moon is a registered trademark of New Moon Publishing, Inc.

Six issues **NEW MOON** (one year) $25; **NEW MOON NETWORK: FOR ADULTS WHO CARE ABOUT GIRLS** (ISSN: 1083-5970), supplement to **NEW MOON**, six issues (one year) $25. Add $5 postage to Canada and $12 postage to all other countries. Six issues each (one year) of both **NEW MOON** and **NEW MOON NETWORK** $45. Add $5 postage to Canada and $15 postage to all other countries. Remit in U.S. currency only. For subscriptions, make check (U.S. bank) or money order (U.S. funds) payable to **NEW MOON** and send to **NEW MOON**, P.O. Box 3587, Duluth, MN 55803-3587, U.S.A. **MC/VISA ORDERS, CALL: 1-800-381-4743 OR 218-728-5507**

Printed in Wausau, Wisconsin, U.S.A. by Marathon Communications™, with soy ink on recycled paper containing 50 percent paper waste and 20 percent post-consumer fiber.

# contents


2 Girl Talk by Amanda Sarette and Kerri Sjoblom
3 Luna Asks
4 Dear Luna
8 Draw Luna by Aleah Chapin and Christine Middleton
9 Pen Pals
10 Ask a Girl
12 Calendar
13 Blue Jeannes by Sherry Fissel, Ida Pajunen, and Elizabeth Sproat
14 How Aggravating!
15 Luna Listens
16 Environmentally Schooled by Jill Kara LaPlante
19 A New Voice by Della A. Yannuzzi
21 The Women in Her Life by Molly McKinnon
22 Poetry
24 Ecret-say Anguages-lay by Barbara Saffer
26 Reaching Higher by Donna Freedman
28 Acting Out Her Dreams by The Girls Editorial Board
31 Count On This!
32 Dream Catcher by Alethea Eason
35 Margaret Mead: A Humanist by Tya Ward
38 Life in Latvia by Liene Grike
41 Considering Customs: Latvia by Guna Grike
42 Words to Music by Kathleen Aguilar, Delberta Calabaza, Cathy Coriz, and Juanita Rosetta
44 Ancient Lives by Karen Gerard
46 Testing My Wings by Emily Hamburg
48 In the Wild by Mary Lawton
The Last Word: Cynthia Ozick


indicates submissions by girls

Find the crescent moon hidden in every issue

Fiction

## Find these ten Luna Tics hidden in this issue

This issue's Luna Tics are drawn by Emma Lawson of Toronto, Ontario, Canada and Sarah Pinder of Wawa, Ontario, Canada.

SEND US YOUR TICS!

Draw them in dark ink and on unlined paper and send them to New Moon, P.O. Box 3620, Duluth, MN 55803-3620.

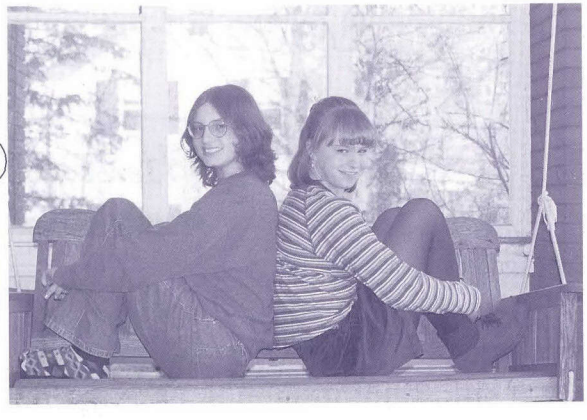
# GIRL TALK

*by Amanda Sarette and Kerri Sjoblom*

This issue of New Moon is about Cultures and Languages, and we've worked very hard to get it to you! Speaking of work, are you doing anything for Take Our Daughters To Work Day (April 24)? If you are, we want to hear about it! Send your stories and photos, telling—and showing—us all about it. We'll publish some of what you send in an upcoming issue. Enough about the future, here's what's inside this issue:

There's a really fascinating article about a Latvian girl in "Global Village." "Herstory" is about an anthropologist named Margaret Mead who studied many different cultures all around the world. Did you know that there was a woman Chief of the Cherokee Nation? Check out "Women's Work"!

We have a story about a girl who competes in the Native Youth Olympics, where Eskimo, Indian, and Aleut athletes compete in traditional Native games. Have you ever heard about the National Theater of the Deaf? They have an 11-year-old actress who tours with them, and she does all her acting in American Sign Language. That's really cool! We have an article about secret (Shhh!) languages. There's also an article written by girls who wrote, produced, and performed their own operas with the Santa Fe Opera.



Sherry Boyce

We have what all you science sages have been waiting for: The winner of the experiment contest in "Science Side Effects"!!! On the subject of science . . . WORMS! "Earth to Girls" is about an environmental school, where they even use worms to compost their garbage! How would Zelda ("In the Wild") feel about that?!?

Till next time, curl up with this bang-up issue, and relish!

Amanda Sarette  Kerri Sjoblom

## The Thank You Box

New Moon is not supported by advertising, grants, foundations, or any outside sources. Your subscriptions and product purchases keep this magazine alive! We also depend on subscribers to spread the word. Send us a short note, and tell us how you spread the New Moon word—you could end up in the Thank You Box!! New Moon, P.O. Box 3620, Duluth, MN 55803-3620.

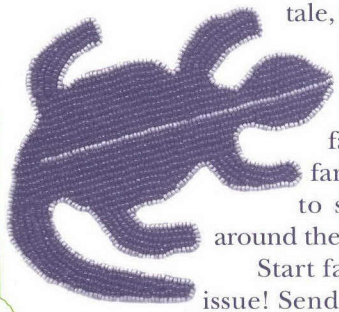
We give thanks this time to Emily Saad of Toledo, Ohio. Emily uses sign language to tell anyone she knows who is hard-of-hearing or deaf about New Moon.

# LUNA asks

*Dear Readers*

Thanks for all your great letters, poetry, and art filling this worldly issue on Cultures and Languages. I loved everything you sent. Keep it up!

Our November/December 1997 theme is Fantasies and Fairy Tales. And—more than ever before—we need your imaginative contributions. What's your favorite fairy tale? Why? Do you like modern fairy tales or historical fairy tales? Which fairy tales show girls as strong, positive characters? Which don't? Have you ever written your own fairy tale? What was it about? Who is the best storyteller in your family? If you could be any character in a fairy tale, who would it be? Why? What do you fantasize or dream about? What are some of your favorite fantasy authors? Do you like to draw your fantasies? If you have a fantasy or a good fairy tale to share with other girls around the world, I'd love to see it!



Start fantasizing the next issue! Send your fantasies and fairy tales to: New Moon, P.O. Box 3620, Duluth, MN 55803-3620; e-mail us at: newmoon@newmoon.duluth.mn.us

Don't wait until the "tale" end—responses are due by June 1, 1997!

Love, *Luna*

Sherry Boyce

*The Girls Editorial Board*

## *Index!*

New Moon has an index for all its volume I, II, and III issues. For your copy, send $2.00 to New Moon Index, P.O. Box 3620, Duluth, MN 55803-3620. Great for teachers and parents, too!

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.

# dear luna

Dear Luna,

I love your magazine! I've been getting it for about two years, and I never sent anything. Here's some advice: You should make the "How Aggravating!" column longer. Thanks for listening!

CHRISTINE MIDDLETON, 10
NORTH ANDOVER, MASSACHUSETTS

Dear Luna,

I love your magazine! It's great! I've always been a little annoyed in fairy tales where Prince Charming saves the helpless Damsel in Distress. Now I've found a great book. It's called *Girls to the Rescue* by Bruce Lansky (Simon and Schuster 1995). It changes the fairy tales so the girls are the heroes. Did you know that Saint George had a sister that helped him fight dragons? Look for it!

LOUISE MCLARNAN
MOORHEAD, MINNESOTA

Dear Luna,

I really adore your magazine and have been getting it since I was 11. There is just one small issue. The only thing people talk about in "Dear Luna" and "How Aggravating!" is sexism. Why choose such a narrow subject as sexism over all of the other problems in our world? Sexism is a part of our society, only very small compared to starvation, prejudice, war, etc. Sexism isn't something to dwell on just to have something to complain about. It is a real problem. But there are other real problems that affect us more deeply. And don't go searching for them just for something to write about.

LINDSAY LEADBETTER, 14
BOZEMAN, MONTANA

Dear New Moon,

I love sports. I am the only girl in my class who played an entire game of football with the boys. I played both games of kickball and stayed for an extra game of soccer. The soccer game was girls against boys. It was annoying because all the girls thought it was weird that I didn't leave the game when they did. Why was I the only girl who didn't quit? What's wrong with girls playing sports against boys?

MARGOT ORLANDO, 9
WOODSTOCK, NEW YORK

Dear Luna,

I love your magazine! I appreciate how New Moon publishes things that are bad. Not that I agree with all the bad stuff, but that it's truthful. I really appreciate how New Moon tries to help girls and their problems, because lots of times we are unsure of ourselves and we need someone to talk to. My favorite sections are "How Aggravating!," "Ask a Girl," "Dear Luna," and "Blue Jeannes." Keep up the good work!

NELL ROVERSI-DEAL, 10
KILAUEA, KAUAI, HAWAII

Dear Luna,

I am writing because of a trip to the movies with my friends yesterday. I am part of a large "clique," and we all met yesterday to see *The Island of Dr. Moreau* (which I picked out). A total of 13 people (7 boys, 6 girls) went to the movie.

I thought the movie was not scary, a smidgen gross, and not that weird, but mostly a lovely cross between funny and cool. My thoughts were shared with 7 members of the group. I didn't know until after the movie that my gal friends had been so scared that they had cut off the circulation of each others' arms!

After the movie, three of my gal friends said they'd never let me pick out a movie again. One said, "Katie, you were meant to be a boy." I knew she was joking, but that really hurt me. I have faced insults since I was young: first about weight, then about gender. The gender issue arose from not wearing a dress or liking the pink bows, and continued when I got a short haircut and because I wore baggy clothes. Recently I've worn nicer and better fitting clothes, but I've always had an even number of guy friends and gal friends. My two best friends are a boy and a girl. But because I try to keep an even balance between masculine and feminine within myself, many people consider me more masculine than feminine, including my best guy friend, though he doesn't hold it against me. Well, thanks for taking the time to read my thoughts.

KATIE FEDIGAN-LINTON, 14
NEWTON, MASSACHUSETTS

Dear Luna,

I think your magazine is great! I don't understand how anybody could complain about it. I

certainly wouldn't! I do have a request, though. I live in Canada and your magazine is very hard to find here. Maybe you could expand the number of copies you send here. If you can't, that's fine. I know it probably costs a lot.

I think it's great that girls can express their feelings, thoughts, and dreams of the new world that we are living in. I think young women are having the hardest time, in the changing world, out of everybody. Once again, thank you for making this magazine come alive. It certainly has kept my dreams coming. Keep up the great work!

TOVE AUGER DAY, 11
NOVIA SCOTIA, CANADA

Dear Tove: It is very hard for us to get New Moon into bookstores in Canada. But if you know of a bookstore that should carry New Moon, you can take your copy and show it to the manager and ask her or him to stock it. Thanks for helping to spread the word! Love, Luna.

Dear New Moon,

Thank you for publishing the article on bulimia and anorexia. I think it is a very important topic for girls to be aware of. In the sixth grade I gave an oral presentation on anorexia, and even now that the report is finished, I continue to do more research.

Just recently, I arrived home from a sleep-away camp and was stunned when my mom told me that a very close family friend was being hospitalized due to heart failure because of her anorexia. Judith, 17, was like my older sister. In middle school, her best friend moved away, and she was left behind with the other girls. This year she would be changing high schools for the third time, and she was having problems at home. Judith was one of the last people I would ever suspect to be anorexic. She was confident, perceptive, and self-assured. She is still in the hospital, but her heart rate is increasing.

This shows that the patterns of anorexia can form discreetly and are hard to break. Many of my friends are always complaining about their thighs and stomach. It's important to know what you want to achieve in life and who you want to be as an individual.

EVE, 12
MENLO PARK, CALIFORNIA

Dear New Moon,

Just recently I was riding my bike back from the store and some guys yelled at me, "You got it going on, baby!" They looked about 30-35 years old. I was so scared and mad! What kind of men would yell that to a girl? If there are any girls who have had this happen to them, I'm truly sorry. Because when you are a girl and someone says something like that to you, it is the scariest thing in the world. Keep up the great work, New Moon, and keep holding your head high.

KAITLYN HOFFMANN, 12
COOKEVILLE, TENNESSEE

Dear New Moon,

When I read your article "Staircase to Heaven" (July/August 1996) I was interested to note that no information on the number of people who die or need to be rescued off Denali's icy slopes was included. It's not the happy side of climbing, but it is a fact. I have enclosed a copy of an article I found in late August. It tells of the 15 rescues made on Mt. McKinley, and the 4 who died on Mt. Hunter. It also tells of the record 11 people who died in 1992. I know these numbers could shadow a young person's dream of climbing. However, they are a part of this sport, and these tragic failures are as important as the happy successes. But if your dream is to climb, I bid you follow that dream. It's beautiful country.

REBECCA SAKARIAS
JUNEAU, ALASKA

Dear New Moon,

First of all, I would like to congratulate you and all the hard-working women who are behind this wonderful magazine! I really enjoy listening to and reading stories about girls all over the world. My favorite sections of New Moon are "How Aggravating!" and "Poetry." I also enjoy "Ask a Girl." In the July/August 1996 issue, I thought it was really great how Kate Jordan and Megan Freese helped out Ann with her problem. Something else I enjoyed in that same issue was the story about Merrick Johnston and how she climbed that mountain. I thought it was very incredible how she followed her dream and never gave up. It goes to show you what you can do if you believe in yourself and each other!

LAURA KILLEEN, 11
BURLINGTON, ONTARIO, CANADA

Dear Luna,

I was happy to see that in the July/August 1996 issue of your magazine, Cynthia Harrington

wrote about how eating meat is hurting our environment. The only thing I wish the article talked about was how cruel it is to keep cattle in small feedlots, and inject them with hormones so they have more meat. Being a vegetarian is all about being kind to our earth, which includes the animals that live on it.

EMILY REGIER, 12
UNIVERSITY PARK, MARYLAND

Dear New Moon,

I love your magazine! It's a great place to let girls speak out. I have a few ideas for you. Why don't you have a place where girls can write in reviews on books we read? That way we can share our favorite books with other girls all across the country. Also, I play girls' lacrosse and I love it. Not many girls know about this sport so I thought you might like to do an article to inform girls about the wonderful game of girls' lacrosse. Also, the covers on your magazines are so beautiful! Why do you cover them up? Thanks for listening.

BONNIE CITTERBART, 12
COLD SPRING HARBOR, NEW YORK

Dear Bonnie: Great questions! Occasionally, New Moon has a section called "Check it Out," where girls write about books they've read, movies they've seen, or anything else they want to tell other girls about. Look for it soon! We put wrappers, or dustcovers, on the magazines that we mail to you so that your address label doesn't go on the magazine but on the dustcover—which protects the beautiful magazine covers. Many girls just tear off their dustcover! Love, Luna.

Dear New Moon,

I just wanted to comment on the paper covers I find stapled to each issue of New Moon. They're a great way to advertise, because they're the first thing you see when you pick up the magazine. I never really thought they were good for anything except for advertising until a day when I got one of my earlier issues. It was cold and raining out, and my family had to do some shopping. I was really absorbed in the latest issue I'd gotten, so Mom said I could take the magazine with me. On the way out to the car, I was only half paying attention to what I was doing. Suddenly, plop! My magazine slipped out of my hands and fell in a puddle! I grabbed it, hopped in the car, where it was dry, and took a look at what had happened. Fortunately, the only part of the magazine that had gotten wet or smeared was the paper cover! Thanks for the extra protection, New Moon!

MELISSA FAULBORN, 15
YORKTOWN HEIGHTS, NEW YORK

Dear Luna,

I have been learning and speaking Spanish since I was 4. I attended a bilingual elementary school, with people of many races—African American, Caucasian, and Hispanics from many countries. It was a great experience and it was fun, though learning a second language is anything but easy. My whole family speaks Spanish, though, so that helped.

Last year I went to Lincoln Middle School of the Arts. It was a big change to move from elementary to middle school. I was in the bilingual program. I was the only white kid in my class. All the other kids were Hispanic. It was very hard. Luckily, I knew a few people from my elementary school. I survived it, and made some great friends. I had to overcome some prejudices, but it ended okay.

I think that racism is one of the ugliest things in the world. You can't say that everybody is the same, but that's the beauty of it. Everyone's different, and we approach life in different ways.

Some people think that English should become the official language in this country. I don't. There are so many different languages that it would be a real sacrifice. Also, people might not want to support bilingual programs anymore. That is plain wrong. Not only do bilingual programs help people of different cultures retain their language and their culture, it lets other people learn that language, and that culture and their customs. In this world, it's a real asset to learn a second language, and it prepares you, in case you want to travel to that country. So I think that there should always be bilingual programs, because they are a wonderful opportunity.

CAITLIN MINER-LEGRAND, 12
MILWAUKEE, WISCONSIN

Dear New Moon,

I am writing in response to your article "A School Report" in the September/October 1996 issue. Of course everyone is allowed their own opinions, but the authors missed something. They observed, but forgot the main question: What do the kids think? None of the authors have experienced an all-girl school. All-girl schools do make a difference.

I used to go to a local public elementary school. Then, for junior high, I started going to Forest Ridge, an all-girl private school. At first, I hated the idea of no boys! But I soon realized it's not "no boys," it's just "no classroom boys." We have dances four times a year, and invite all the neighboring schools! It's not the same, but it's close enough. This past year (my first year at Forest Ridge), I not only excelled in academics, I developed my personality and style in a way that hadn't happened before. And I know basically everyone else at my school feels the same. So I would just like to clarify that the message they sent out was potentially, as I view it, wrong. I think that every girl who is lucky enough to go to an all-girl school will be much more mature, self-confident, and do well academically. And like I said before, two years ago I would never have been writing like this—pro-all-girls—but I now realize something that is getting hidden by other's unawareness, and I know many people agree.

KATIE O'DONNELL, 12
SEATTLE, WASHINGTON

Dear Luna,

In June of 1996, my family and I took a short trip to Washington, D.C. We went to all of the touristy places. While touring the White House, I realized that becoming the first woman President of the United States was my goal in life. Ever since I was about 7, I wanted to be the first woman president (along with a veterinarian, writer, lawyer, and musician). Now, I've wiped out all those other things, and I started to focus on one thing: the presidency.

New Moon has given me the confidence to start working toward this achievement now. You have also: entertained me, taught me, and encouraged me. I recognize you for that. Thank you for writing intelligently about serious issues and not about boys, clothes, and makeup. (Not that those things are bad. I enjoy them also, but sometimes those things have to be out of the picture for a while so people can take a look around them and absorb the world outside of boys, makeup, and clothing.) Thank you once again for your continuous efforts!

GRETA CARUSO, 12
LOS ANGELES, CALIFORNIA

Hi New Moon,

My goal in life is to be a pediatrician. I have a kidney dysfunction, and right now, I have two great doctors. Since I was 6 years old I have wanted to help other kids like me, so they will have someone who went through what they are going through right now, to truly understand the way they feel, and help them both mentally and physically! The real reason I am telling you this is because if any of you have had an experience that has changed your life at all, try and become someone who will help other kids who have been through what you have been through.

ALLISON BURNETT, 13
MADISON, NEW JERSEY

Dear Luna,

I have heard people say that sexism is a thing of the past. That it will never return. But if sexism is a thing of the past, then why does it continue to live on in people? A good question, but I don't have an answer. But you have to admit that our society has improved since the time where all women cooked, cleaned, and did not have much say in anything. We have taken a big step. We are improving. And what people of this time have to do is to keep on improving until a sexist thought, action, or remark just doesn't come along. But to keep on improving we need everyone's effort. New Moon is part of that effort. Thank you for publishing such a marvelous magazine. I simply adore it.

AMANDA T. FILIPE, 12
TORONTO, ONTARIO, CANADA

Dear New Moon,

Your magazine is one of the best I have ever seen. The articles are great, the merchandise is beautiful (I save my allowance every week to buy stuff from you), and your views on feminism are right on. Some girls have written saying that you come on too strong on this kind of thing, and I disagree. Also, I don't think that girls should complain about how you "never print anything about fashion," etc. Every girl has her own opinion, but I think New Moon is really all about girls' thoughts and feelings. There are a lot of magazines out there for girls that are written about fashion and nothing else, but New Moon is different. I really like that and I like what you've written. If I want to read about fashion I'll subscribe to YM or something, but I don't, and that's why I get and love New Moon. Thumbs way up to everyone who works on New Moon!!

KRISTEN IVERSON, 12
LAKE OSWEGO, OREGON

# Draw Luna

The moon floats over the sky
With splendor in her eye.
She looks over the sparkling sea
A ray of moonlight send me.

Aleah Chapin, 10
Langley, Washington

My Luna stands for the Earth, Moon, and Sun. Nobody has ever seen or heard her, but she helps girls through her heart.

Christine Middleton, 10
North Andover,
Massachusetts

What do you think Luna 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 of what Luna looks like to you. Send them to Draw Luna, New Moon, P.O. Box 3620, Duluth, MN 55803-3620.

# Pen Pals

Dear Readers:

So many of you want to be listed as pen pals that we can't fit all the names in the magazine! The quickest way to get a pen pal is to choose a New Moon girl (or girls) from the list and write us for her address. Send a self-addressed, stamped envelope, and we'll send the addresses within six weeks. (Remember: tell us which issue's list you want!) We can only send the list if you include a self-addressed, stamped envelope. We CANNOT forward letters to pen pals.

Or get your parents' permission to send us your name, age, address, e-mail address (if you have one), and interests (we can only list two). We'll add your name to the list we mail out, even though your name may not appear in the magazine.

Write to: New Moon, Pen Pals, P.O. Box 3620, Duluth, MN 55803-3620.

Love, Luna.

Susannah Whitcher, 13
West Linn, OR
Stage combat, rabbits

Catini St. Pierre, 12
London, ON, Canada
Zodiac signs, learning

Laura Coramagna, 12
Bloomfield, NJ
Sports, friends

Libby Fiegl, 10
Kansas City, MO
Clarinet, reading

Madeleine Benda, 9
Millersville, MD
Dancing, soccer

Tara Stewart-Webb, 11
Whaletown, BC, Canada
Shopping, horses

Monika Wieruszewski, 10
Riverview, FL
Music, acting

Joanie Green, 13
Willits, CA
Skateboarding, trumpet

Samantha Schoenholtz, 11
Sarasota, FL
Dancing, shopping

Ada Dea Sherman, 8
Seattle, WA
Tennis, reading

Laura Saad, 11
Wayne, IL
Art, reading

Erin O'Connell, 13
Kansas City, MO
Swimming, oboe

Meghan Hanniffy, 13
Merrick, NY
Flute, art

Amy Charowoky, 12
New Milford, NY
Acting, TV

Valerie Woods, 10
Marlow, NH
Sports, music

Hannah Pelletier
Wells, ME
Tornados, *Goosebumps*

Caitlin Brooks, 10
Kaleva, MI
Having fun, flute

Meredith Boorne, 10
Madison, WI
Gymnastics, violin

Jessica Evans, 10
Kemble, ON, Canada
Animals, sports

Nicole Lea, 10
Cottage Grove, OR
Animals, acting

Adrienne Trego, 11
Bethlehem, PA
Vegetarianism, the 60's

Jessica Huard
Everett, WA
Sports, gossiping

Julia Barbour, 11
Moorestown, NJ
Soccer, animals

Jessie Agate, 13
Tucson, AZ
Friends, shopping

Annie Tremain, 13
Apple Valley, MN
Animals, sports

Fawn Siemsen
Milwaukee, WI
Writing, the environment

Kristi Lamoreux, 9
Minnetonka, MN
Reading, writing

Anita Strei, 12
San Francisco, CA
Sports, pen pals

Jessica Wales
Westborough, MA
Writing, dancing

Leah Mitchell
Chicago, IL
Pen-pals, horses

Rachel Motomut, 10
Hastings-on-Hudson, NY
Soccer, swimming

Elana Rabin, 10
Issaquah, WA
Typing, singing

Megan Stodd
Kingston, ON, Canada
Reading, soccer

Dawn Peek
Sacramento, CA
Reading, writing books

Lindsay Wilbur
Charlottesville, VA
Cello, dancing

Mandy Garbee, 14
Moon Twp., PA
Environment, pen pals

Leslie Parker, 10
Merced, CA
Gymnastics, basketball

Trilby Dodson, 10
Seattle, WA
Cats, reading

Chelsea Whitten
Bucksport, ME
Reading, soccer

Zoe Agoos, 11
Boston, MA
Ballet, reading

Lauren Scott, 8
Eau Claire, WI
Animals, dancing

Lisa Hahn, 11
W. Chicago, IL
Cats, secrets

Alison Bernstein, 11
Roslyn Hills, NY
Acting, singing

Kolaye Karlngten, 10
Edmonton, AB, Canada
Gymnastics, dancing

Andrea Sander, 13
Everett, WA
Reading, gossiping

Carolyn Nash, 13
Bloomington, IN
Writing, traveling

Kelly Jones, 13
Luthrep, MO
Dance, pen pals

Caitlin Jenkins, 10
Charlottetown, PE, Canada
Gymnastics, figure skating

Micah Clasper-Torch, 10
Providence, RI
Reading, sports

Ellie Field, 9
Minneapolis, MN
Arts, science

Chelsee Walker, 11
Leavittsburg, OH
Reading

Audrey Flak
Santa Rosa, CA
Ballet, piano

Christina Notarnicola, 12
Raleigh, NC
Dance, environmental issues

Kaitlin June Houlduch-Fair
Ellenboro, NC
Piano, animals

Sarah Bailey, 14
Bainbridge Island, WA
Swimming, animals

Allahna Esber, 9
Akron, OH
Horses, sports

Ellie McClarren, 6
Hilliard, OH
Piano, gymnastics

Ashley Volbrecht, 12
Highland, IN
Sports, music

Katie Zagorski, 11
Oak Park, IL
Babysitting, rollerblading

Rachel Allen
Jackson, MS
Sports, dogs

Chanda DesMarais, 9
St. Paul, MN
Acting, sports

# ask a girl

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 or advice. In later issues, we publish your replies—advice or personal experiences you can share. But because we get so many replies to each problem, we can only print a few for each girl. Write to us—New Moon, P.O. Box 3620, Duluth, MN 55803-3620. (Sorry, we can't reply to individual letters.)

I'm scared to talk about personal stuff with my grandma (I live with my grandparents). I want to ask her if I can get a real bra, but I'm scared to ask her. I'm also scared to talk to her about puberty. I have a boyfriend, but I am keeping him a secret because I'm afraid my grandma will tell the whole world. What should I do?

Crystal Rodgers, 11 · Atlanta, Georgia

Sometimes when I read or write, I switch the letters or words around, and I don't even try to. I first noticed two years ago on my spelling tests that I always mixed up the letters, and got the word wrong. Now I notice that I am really slow at reading. For some people, it takes an hour for homework, but for me it takes all night and sometimes the next morning. In keyboarding, I never finish my lesson and the other people in that class are way ahead of me. I even do it with numbers. In math, I sometimes get problems wrong because I switch the numbers. Please help me. I don't know what to do.

Becca Lavoie, 12 · Charlotte, North Carolina

Have you been through something like this? How did you feel? Who did you ask for help? How did it turn out? What would you have done differently? Do you have any suggestions or ideas? Write to us!

Last July, Julia wrote, "My mom has a boyfriend and I really hate him." She says he bosses her like a father and thinks adults are more important than kids. Julia tries to be nice to him, but she can't. Here's your advice:

Dear Julia,

I know how it feels when your mom has a boyfriend. I would suggest telling your mom's boyfriend that you don't like him to boss you around and that it seems like he thinks that grown-ups are more important than kids. He may stop acting this way if you talk to him.

I would also recommend talking to an adult such as an aunt or uncle or counselor to let off some steam about how you feel about your mom's boyfriend. Also, try to work things out with your mom so that she can spend time with just you.

Spend time with your dad, if possible, especially when you are missing him. Try to stay calm with your mom's boyfriend, and if he's being unreasonable, let him know what you think. Remember that your mom is free to choose her friends just as much as you are. I hope my suggestions help you. Good Luck!

Tiffany Lambright, 13 · San Francisco, California

Julia,

Two years ago, my mother moved in with her boyfriend (now they're engaged). He has two sons and they immediately warmed up to my mother, but it took a little more than that for me to get close to this strange, new man in my life. What it took was a raging fight. All our feelings just burst out, and I was crying and yelling. But I told him what I felt, and he told me. And after that we were closer than ever before. Now I love him and can't imagine living without him. My advice is to tell him what you feel—about how you think he doesn't give you respect. Do whatever it takes to make him hear you, because sooner or later, he will. Hopefully, you can be as lucky as I was.

S. · Charlemont, Massachusetts

⁂ ⁂ ⁂

Last September, Louise said that her brother swears at her, calls her sexist names, and hurts her. She says, "When I tell my parents, they just wave it off and say, 'It's just a phase…'" Her brother laughs at her when she asks him to stop. Here's how two readers responded:

Dear Louise,

It's very hard to have members of your family disrespect you or your boundaries. I would highly suggest that you talk to another adult about it if you can't talk to your parents—maybe a counselor or teacher, or if you don't go to school, a neighbor, your babysitter, or the parents of one of your friends—pretty much anybody you respect and trust to help you. The reason for doing this is that, sadly enough, adults will often take something more seriously when confronted by another adult. This is important to do because it's very serious to have your boundaries violated by anyone, especially someone you're close to.

Good luck!

Caitlin Price, 14 · Vashon, Washington

Dear Louise,

I was completely drawn to your letter you sent to "Ask a Girl." First of all, I want to congratulate you on being brave, and doing the right thing by asking for help. You absolutely do not deserve this treatment!! Not one little bit. Plus, the fact that your parents just say it's a phase is most definitely unfair! Do your parents know for sure what your brother is doing, or do they suspect it to be just little "cat fights"? Try talking to your parents again—and make sure they know every detail!

As for your brother, he feels it's O.K. to do what he does because your parents just say it's a phase. If your parents continue to make excuses for his behavior, he'll continue to hurt you, and eventually it'll get worse unless something's done.

You can continue to stand up for yourself. Would he like being hurt and being called names? Unless he does, he has no excuse to do this (except for your parents). You know you deserve much better, so continue to be strong!

Love,

Becca Merton · Stillwater, Minnesota

# MARCH

## National Women's History Month

| sunday | monday | tuesday | wednesday | thursday | friday | saturday |
|---|---|---|---|---|---|---|
| | | | | | | 1 |
| 2 | National I Want You to Be Happy Day **3** | Zoologist Jane Goodall born, London, England, 1934. Goodall lived with and studied chimpanzees in Africa. **4** | 5 | Independence Day, Ghana **6** | 7 | International Women's Day<br>New Moon **8** |
| 9 | 10 | 11 | 12 | Abigail Powers Filmore was born, 1798. She created the White House Library. **13** | EGGS 14 | 15 |
| 16 | St. Patrick's Day **17** | 18 | 19 | 20 | International Astrology Day—what's your sign? **21** | National Goof-Off Day—A day to be silly and carefree, all day long! **22** |
| **23** Purim<br>Full Moon<br>Dorothy Eustis, founder of the Seeing Eye School, born, 1886.<br>Easter **30** | **24** Canadian women win the right to vote, 1918. 31 | Singer Aretha Franklin, "The Queen of Soul," born, 1942. **25** | Make Up Your Own Holiday Day **26** | 27 | 28 | 29 |

# APRIL

## National Poetry Month

| | | | | | | |
|---|---|---|---|---|---|---|
| | | April Fool's Day **1** | International Children's Book Day **2** | 3 | Dorothea Lynde Dix born, 1802. Dix crusaded for treatment of the mentally ill. **4** | 5 |
| No Housework Day **6** | World Health Day<br>New Moon **7** | 8 | Florence Price, first female African American symphonic composer, born, 1888. **9** | 10 | 11 | 12 |
| 13 | 14 | 15 | National Stress Awareness Day—relax! **16** | 17 | 18 | 19 |
| 20 | 21 | Passover Begins<br>Earth Day<br>Full Moon **22** | Libra Dia—Spain's National Book Day. The Spanish exchange their favorite books like the people in the U.S. exchange valentines. **23** | Take Our Daughters to Work Day **24** | 25 | 26 |
| 27 | 28 | 29 | Sarah Josephine Hale, composer of the tune "Mary had a Little Lamb," died, 1879. **30** | | | |

Blue Jeanies
I'M GLAD YOU CAME TO MY SYNAGOGUE WITH ME.
WE'RE REALLY EXCITED, RACHEL!
GREAT! COME ON IN!
IT'S VERY DIFFERENT THAN WHAT WE'RE USED TO SEEING.
WELL, ACTUALLY THERE ARE MANY SIMILARITIES BETWEEN JUDAISM AND CHRISTIANITY.
YEAH, THE JEWISH TORAH IS THE SAME AS PART OF THE OLD TESTAMENT OF THE CHRISTIAN BIBLE.
שלום
THANKS FOR INVITING US. WE LEARNED A LOT.
I'M GLAD YOU HAD FUN.
WHAT DOES THAT MEAN?
IT SAYS PEACE IN HEBREW. IT'S PRONOUNCED "SHALOM". (SHĂ -LOHM)
IT'S BEAUTIFUL.
PAJUNEN • SPROAT

# HOW AGGRAVATING!

How Aggravating! is a place where we voice our opinions 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, P.O. Box 3620, Duluth, MN 55803-3620.

I just saw a commercial that made me steaming mad. It was for a toy called "Kitchen Little." What it is is a miniature kitchen set. It comes with a refrigerator that has a "real" light and makes "real" ice cubes. It also has a little oven with a light. What fun. In the commercial, they said ". . . just like mom," not once, but four times. Has it ever occurred to them that men cook, too!?!

Ellen S. Stolar, 12 • Highland Park, Illinois

On my second day of seventh grade, I went to my "Home and Career" class for sixth period. Two guys in there that I had never met before were talking to a friend I had made. After class, she told me that the boys thought I was "hot," and they pleaded with her to tell me to wear a tight, short shirt the next day. It made me feel like a piece of garbage, so tomorrow I'm going to tell them who they're messing with! How aggravating!

Darcy Mentovai, 12 • Merrick, New York

One afternoon I was babysitting my brother and he had a friend over. When I asked my brother to clean up his lunch dishes, his friend said he didn't have to because "boys have honors"! He said that to me again later, and he also said that my brother was a better batter than I am because he is a boy!

Jessi Box, 12 • Spokane, Washington

The girls sat together the first day of science class. The next day the teacher made the boys move with the girls. He said, "The girls can't figure out the questions!" How aggravating!

Laura Banks, 10 • Tulsa, Oklahoma

My friend and I played girls' "A" league softball this year. All the boys' team scores and stats were printed in every issue of the newspaper. Even the boys' "B" league scores were printed quite frequently. All the pictures were also printed for their championship games. The girls' "A" league didn't even have a game mentioned. We think this was unfair. It seems like the newspaper was more interested in the boys than they were in us. How aggravating!

Lindsay Philhower and Jessica Kunkel • Princeton, Illinois

# LUNA LISTENS

Dear Readers: Last July, I asked you to send me your thoughts about Cultures and Languages. I enjoyed reading all your letters, and here are few of my favorites.

Love, Luna.

Dear Luna,

Living in foreign places is a good way to learn about different cultures. For example, I live in Maui, Hawaii. Living here, I learn all sorts of things about the Hawaiian culture and history. Every year in May we have a celebration called May Day. Usually it takes the place of a school day. Each grade chooses a Hawaiian song and does a hula (Hawaiian dance) with it. It's really interesting watching all the different dances. Hula dancing is very graceful, and if you can do it well, it looks spectacular. Cultural dances and events such as May Day are good ways to learn about different cultures and languages.

Blanche Case • Makawao, Hawaii

Dear Luna,

I am Jewish, and this year I am going to have my Bat Mitzvah. It is a ceremony where a Jewish girl reads/sings from the Torah (Bible scroll) in Hebrew and is certified a woman. For boys, this is called a Bar Mitzvah. After, I get to have a party and a luncheon. I love my religion and am proud of it!

Amanda Dainow, 12 • Toronto, Ontario, Canada

When I was 6 my family picked up and moved from Jackson Hole, Wyoming, to Costa Rica, where we have lived ever since. We live by a small, hot, port town named Quepas.

I love it here. I have lots of friends, get to go surfing almost every day, and have a great family life. My sister, Michelle, and I go to the local high school. We are the only two "gringas" (foreigners) in school, so we really stick out.

I speak Spanish fluently. I'm even starting to get the jokes, which is the hardest part. Humor is very cultured. It's great knowing two languages. Sometimes when my sister and I are together we speak Espanglish, which is a mixture of the two.

I am an American, but Costa Rica is my home. If I had to choose where to spend the rest of my life I would say, "Costa Rica es pura sida, me guedo aqui" (Costa Rica is pure life, I'm staying here.)

I think I am very privileged to live in a foreign country and be part of another culture. I have the best of both worlds.

Juliet Osman Dilworth, 13 • Quepas, Costa Rica

Dear Luna,

My first issue I got of your magazine was when I was traveling with my family in Europe. Until I was in France, Italy, Greece, and more, I didn't really know how much language meant. It's very hard to communicate without using actual words. We have used our hands, feet, faces, sounds, and drawings to communicate. We've also learned words in all the languages we have heard. Traveling has really made me want to learn new languages.

Lauren Silberman • Montara, California

EARTH TO GIRLS

# Environmentally Schooled

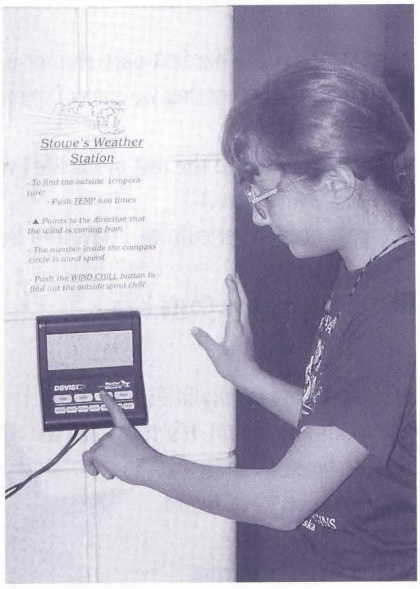
by
Jill Kara
LaPlante

I'm in the fifth grade, and for the past six years, I've been a student at Harriet Beecher Stowe Elementary School in Duluth, Minnesota. In 1994, the old Stowe was torn down and a new building, built right behind the old one, opened. The new Stowe has an environmental theme in its building design and in the way we learn.

Jill Kara LaPlante outside the Harriet Beecher Stowe Elementary School. (The many great plants and shrubs planted by students—and a small pond—are hidden under all that snow!)

Our school is designed for the area where we live. (It looks very cool on the outside and on the inside!) We have very cold winters, so mounds of grass-covered dirt were built around the outside of the school to keep heat in. Inside, two large aquariums contain fish found in our local lakes: lake trout, walleye, and other species. We observe how they live, and we learn ways to help these fish survive so they will be around in the future.

Lights in each room have sensors so the lights shut off within 10 to 15 minutes if movement is not detected. We have two science labs that have stereoscopes and other equipment we use in our environmental studies. Stereoscopes are specially designed




Photographs by Sherry Boyce

New Moon volunteer Kristin Hamon uses Stowe's weather station to check the temperature.

scopes used to magnify the things we find, such as insects, plants, and rocks. Whatever we put under the stereoscope is also shown on a television screen—so the whole class can see!

We have environmental specialists from the University of Minnesota-Duluth come teach us more about ecology (the study of how living things relate to each other and to their environment). Our school even has its own weather station on the roof. We read weather conditions from a small computer inside. It gives the temperature, inside and out, and the direction and speed of the wind.

Stowe student Pearl Shatto drops her cloth napkin in the "napkin bin." Reusing napkins saves money and is good for the environment.

In our cafeteria, we use real silverware (no throw-away plastic). We also use cloth napkins that we wash, dry, and re-use the next day. All plastics and paper products are separated and recycled. Students recycle some food scraps from our lunches and feed them to worms (yes, worms live in our school!). The worms are then used to feed our fish. Unused milk is also recycled and given to animals at local farms. The rest of the leftover food is used as compost (fertilizer for our plants).

Students are in charge of the many recycling jobs at Stowe. Pamela Carter (left) and Reba Marana squeeze leftover milk out of recyclable, plastic containers.

There is a creek behind our school where we take samples of water and study the habitat around it. We find out what types of plants and animals live in our local environment. We also have trees, shrubs, and plants that students at our school, with the help of the neighborhood community and our city government, planted.

Students in each grade study different areas of our local environment throughout the year. Last year, as a fourth grader, my class took a monthly field trip (in all types of weather) along the shores of Lake Superior. We took notes and found samples of soil, animals, and plants. We studied the wind and weather conditions of each month.

Jill (left) and Kristin visit Stowe's fastest recycling team—the worms!

Back at school, we talked about what we saw and how we can use what we learned to help the environment. Most of our field trips are based on environmental studies, and we get special grants to pay for some of them.

New things happen every year at my school to help students learn about our earth. A compost building is being built behind our school to help us with planting. We learn ways to save money by recycling. We learn about jobs in ecology that we might want to work at someday. And we learn that the study of ecology is constantly changing—just like our environment. I think that learning based on the environment and ecology is a lot of fun!

Jill Kara LaPlante, 10 1/2, lives in Duluth with her mother, father, brother, and dog, Max. She likes to write, draw, dance, sing, take vacations, and play sports, especially basketball, soccer, and softball. In the future, Jill would like to be an astronomer, author, and artist.

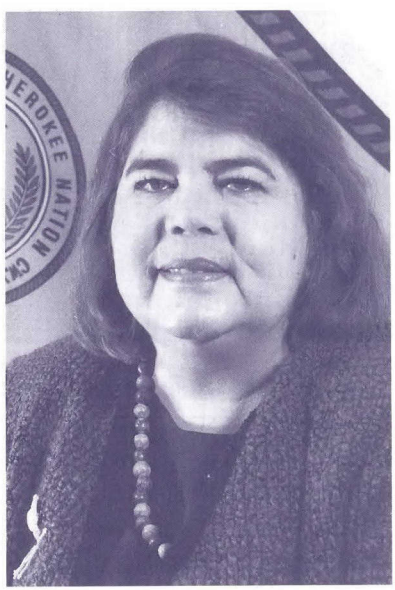
WOMEN'S WORK

# A New Voice

by Della A. Yannuzzi

When Wilma Mankiller was elected deputy chief of the Cherokee Nation in 1983, one of her duties was to attend tribal council meetings and give the council her ideas. At the time, the council was all men, and they didn't like Wilma at their meetings, so they rarely allowed her to talk. Fortunately, Wilma controlled the microphones, so when members of the council interrupted her, she just turned their microphones off.

Later, in 1985, she became the first woman Principal Chief of the Cherokee Nation, and she used her microphone to talk to the world about the problems and survival of the Cherokee Nation of western Oklahoma, the second largest Native American tribe in the United States.



Photographs by Sammy Still

Chief Wilma P. Mankiller

Wilma grew up in Tahlequah, Oklahoma, in the 1950s, in a family where she was the sixth of 11 children. The Mankillers were a poor but very close family.

When Wilma was 11, she and her family moved to San Francisco, California, as part of a United States government relocation program to force Native Americans to move to large cities. At 18 Wilma married, and by 1966 she had two daughters.

In 1969, a group of Native Americans, "Indians of All Tribes," occupied the abandoned federal prison on Alcatraz Island in San Francisco Bay, to protest the horrible treatment of Native Americans by the U.S. government. Wilma raised funds for the group because she sympathized with their pleas for jobs, better health care, and economic independence.

By the mid-1970s Wilma's marriage had ended, so she and her two daughters moved back to Tahlequah. Wilma went to work for the Cherokee Nation, designing programs to ease Native Americans' problems.

In 1983, Chief Ross Swimmer asked Wilma if she would run as his deputy chief (like vice president) in his bid for re-election. She agreed, and they won the election. In 1985, Wilma took over Chief Swimmer's remaining two years of office when he took another job. As chief, Wilma

was now responsible for 100,000 Cherokees officially enrolled in the tribe, close to 1,000 employees, and an annual budget of several million dollars.

A typical day for Wilma began at 6 a.m. and ended between 8 and 9 p.m. Her days were filled with a mix of duties that ranged from tribal council meetings, meetings with Oklahoma's governor or other important state officials, and the supervision of the Cherokee Nation's many programs and businesses. Chief Mankiller also liked to visit the Cherokee communities throughout the tribe's 14 counties, so she could stay in touch with the people.

Chief Mankiller receiving the Oklahoma Heritage Award, April 5, 1991, from Sanders Mitchell, administrator for Mid-American Industrial in Pryor, Oklahoma. Standing to her left is her stepson Winterhawk and behind her is her husband Charlie Soap.

In 1987, she ran for re-election on her own, and she won. During her first full term, Chief Mankiller and her staff continued to develop health centers, a day-care center, and other social programs, as well as to increase the earnings of the Cherokee Nation Business Corporation. In addition, Chief Mankiller hired more women to work at top positions within the Cherokee Nation and serve on the council board.

In 1992, Chief Mankiller signed a self-governance agreement with the United States. Now, the Cherokee Nation had control over its land and people and could create its own system of government.

In 1995, Chief Mankiller ended her last term as leader of the Cherokee Nation. She felt it was time for a new leader to carry on this very important job. She knew that there was still much work to be done in order to preserve the Cherokee Nation and its culture, but she is proud of what she did for her people.

Della A. Yannuzzi lives in Oakton, Virginia, with her husband Michael and daughter Cara. She likes to garden, travel, and of course, write. She wrote *Wilma Mankiller: Leader of the Cherokee Nation* (Enslow 1994) and *Zora Neale Hurston, Southern Storyteller* (Enslow 1995).

# The Women in Her Life

by Molly McKinnon

Dear Readers: Last winter, when Wilma Mankiller came to Duluth, New Moon editor Molly McKinnon chatted with her about the important women in Wilma's life. Love, Luna.

Molly McKinnon: Who was one of your role models?

Wilma Mankiller: I like Georgia O'Keeffe because she is one of the few women who did anything she darn well pleased. She lived where she wanted to live, she painted what she wanted to paint, and she lived her life the way she wanted to—with bold intensity. She was a very important role model for me.

MM: How did your mother encourage you?

WM: I think because there were so many of us, my mother encouraged me by not doing certain things: by not telling me I couldn't do it because I was a girl, by not telling me there were certain things that I couldn't do because I was poor, by not telling me that there were certain things that I couldn't do because we were Cherokee. And I think so many parents push their children in a certain direction. Because there were so many of us kids, we were allowed to go in our directions.

MM: How did your grandmother influence you and your decisions?

Chief Mankiller working at her desk in 1992.

WM: My grandmother had a tremendous influence on me. She was very, very strong. She was unusual for a woman in her community—she went off and did things on her own. On the farm, she drove her tractor. She outlived two of her husbands. She sang all the time—mostly gospel songs. She was up early, and she worked hard. She enjoyed life. She also kept me in touch with our past. I think, for me, that it is really hard to understand anything that is going on around us unless we know where we come from.

MM: How have women's roles in the Cherokee Nation changed in your lifetime?

WM: I think that women have always been treated differently in the Cherokee culture. I see more women now in leadership roles. What I tried to do while I was in office was to appoint women into public roles. I think there has been a little bit of movement of women to prominent positions.

# Poetry

## *Spirit*

**A Monarch flies to Mexico.**
**My spirit goes with it.**
**My spirit goes many places.**
**It hibernates with bears.**
**It runs with stallions.**
**It swims with the fish.**
**It never leaves its destiny, and that's me.**

***Emily Smith-Earley***
***St. Paul, Minnesota***

## *Espíritu*

Una mariposa vuela a Mejico.
Mí espíritu va con ella.
Mí espíritu sigue por muchos lugares.
Inverna con los osos.
Corre con los sementales.
Nada con los peces.
Nunca abandona su destino, y soy yo.

*Translation by Erin Glenn-Hash*

## *Escape*

I dance into the cool autumn air.
Trying to mimic the nimbleness of a
shimmering leaf blowing in the wind.
My body is flowing with the sun and the moon.
I dance and dance.
My soul flies free.
Day turns to night, but I dance on.
My eyes see only the silhouettes of stars
against the charcoal sky.
My ears hear only peace.
My footsteps fall rhythmically.
Finally, I collapse with a contented heart.

*Allison Burnett, 13*
*Madison, New Jersey*

## 逃　避

ひんやりした秋の外気の中に私は踊りだします。
吹く風にきらめいて飛びまわる木葉の真似をしながら。
私の体は太陽と月と一緒に流動している。
私は踊り、踊りまわる。
魂はのびのびと自由にかけまわり、
昼が夜になっても私は踊り続けるのです。
眼は墨色の空にかかる星のシルエットだけを見、
耳には平和な静けさのみが聞こえます。
私の踊る足音がリズミカルになってきます。
そして、やっと満ち足りた心になって、
私はくずれる様に倒れてしまうのです。

ニュージャージー州マジソン市
バーネット　アリソン　（１３才）

*Translation by Hiroko M. Williams*

## *What Am I?*

I'm a wild brook
rushing rapidly downstream
I'm a black raven
squawking in the tall trees
I'm a deep, dark ravine
in the middle of the hot desert
I'm a shiny black rose
in the middle of a large field of red roses

*Andrea Morelli, 12*
*Camillus, New York*

## *Was bin ich?*

Ich bin ein wilder Bach
Der schnell flussabwaerts stuerzt
Ich bin ein schwarzer Rabe
Der in die grosse Baeume kreischt
Ich bin ein tiefe dunkele Schlucht
In der Mitte eines heisses Wueste
Ich bin ein glaenzende schwarze Rose
Mitte eines Feld von rote Rosen.

*Translation by Marta Ostovich*

In the sky,
The stars look like
Night birds.
Come out only
At night.
The night birds
Oh night birds.
I'd like to
Twinkle with you.
When the sun
Comes home,
The night birds
Go home.
Oh, oh night birds.
Good night.

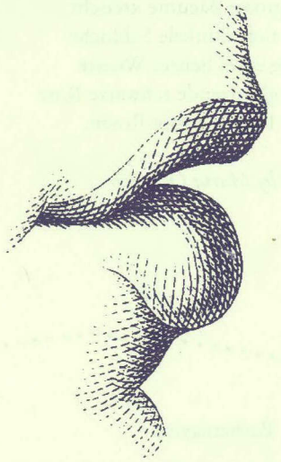
*Chelsey Radway*
*Eugene, Oregon*

| | |
|---|---|
| בשמים | Bashamayim |
| הכוכבים דומים | Hakochavim domim |
| כצפירים | katziporim. |
| יוצאים רק | Yotsim rak |
| בלילה | Balailah. |
| צפרי הלילות | Tziporay halaylot |
| אך צפרי הלילות | Ach tziporay halaylot |
| רוצה אני | Rotsa ani |
| לנצוץ אתם | Lintsots eetam. |
| כש השמש | K'she hashemesh |
| בא הביתה | Ba habayitah |
| צפרי הלילות | Tziporay halaylot |
| באים הביתה | Ba-im habayitah |
| אך צפרי הלילות | Ach tziporay halaylot |
| לילה טוב | Lailah tov. |

*Translation by Rabbi Sue E. Levy*

# Secret-say Languages-lay*

by Barbara Saffer

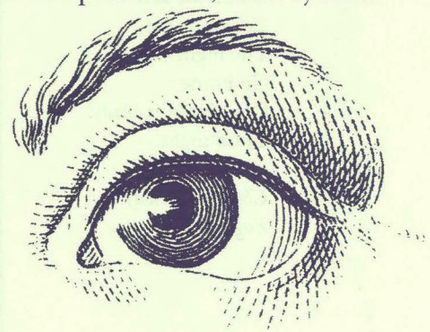


***Have you ever worried*** that eavesdroppers will listen in on your conversations? There's an easy solution—just use a secret language. People all over the world speak secret languages when they want to be mysterious. A secret language is usually created from the native tongue of a country—like English, Swahili, or German. By adding special letters to each word, or by moving syllables around, the native tongue becomes a secret language.

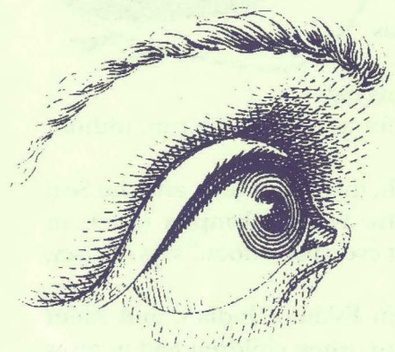
Young people in Russia invented a secret language called Ku. In this language, the syllable "ku" is placed in front of each syllable. So "Farmers in Russia grow large amounts of wheat, barley, corn, and cherries" is: "Ku-farm ku-ers ku-in ku-rus ku-sia ku-grow ku-large ku-a ku-mounts ku-of ku-wheat, ku-bar ku-ley, ku-corn, ku-and ku-cher ku-ries."

Kinkume is a secret language that comes from East Africa. It works by reversing the order of syllables. The first syllable in a word is said last and the last syllable is said first. For words of one syllable, the last part of the word is put at the beginning, and the first part of the word is moved to the end. "Swahili is one of more than a thousand languages spoken in Africa" is: "Li-hi-swa si e-n-o fo e-or-m an-th a sand-thou guages-lan ken-spo ni ca-ri-af."

A secret language from China is called Sa-La. To speak Sa-La, each syllable is repeated three times: The first time, the syllable is said correctly; the second time, it starts with the letter "s"; the third time, it starts with the letter "l." The new syllables are pronounced so that they rhyme with the original syllable. "China was the first country to have a population of more than one billion" would be: "Chin-sin-lin a-sa-la was-sas-las the-se-le first-sirst-lirst coun-soun-loun try-sy-ly to-so-lo have-save-lave a-sa-la pop-sop-lop u-su-lu la-sa-la tion-sion-lion of-sof-lof more-sore-lore than-san-lan one-son-lon bil-sil-lil lion-sion-lion."



B-language is a German secret language that works something like Sa-La. Each syllable of a word is repeated, but the second time the syllable is said, it begins with the letter "b." The new syllable is pronounced to rhyme with the original syllable. "Germany has very fine universities in Berlin, Bonn, and Leipzig" is: "Ger-ber man-ban y-by has-bas ver-ber y-by fine-bine un-bun i-bi ver-ber si-bi ties-bies in-bin Ber-ber lin-bin, Bonn-bonn, and-band Leip-beip zig-big."



One of the easiest and best-known secret languages in the United States is Pig Latin. To speak Pig Latin, move the first letter of a word to the end of the word and add "ay"; "softball game" becomes oftball-say ame-gay. If a word begins with two or more consonants (like ch-, sh-, or thr-), move all the consonants to the end of the word and add "ay"; "three cherry shakes" becomes "ee-thray erry-chay akes-shay." And if a word begins with a vowel, don't move any letters—simply add "way' to the word; "Icy Antarctic" becomes icy-way Antarctic-way.

So "People who study secret languages say that girls use Pig Latin more than boys" is: Eople-pay ho-way udy-stay ecret-say anguages-lay ay-say at-thay irls-gay use-way ig-pay atin-lay ore-may an-thay oys-bay."

Secret languages are lots of fun. Find a friend and try one—or make up your own. En-thay actice-pray every-way ay-day until-way ou-yay an-cay eak-spay and-way understand-way e-thay anguage-lay easily-way! (Then practice every day until you can speak and understand the language easily!)

(*secret languages)

Barbara Saffer lives in Birmingham, Alabama, and is a writer. She has traveled around the United States and Canada doing geology research.

# Reaching Higher

BY DONNA FREEDMAN

Audrey Smith squats and balances the weight of her entire body on her hands—palms flat, legs and feet up off the floor. Then she reaches one hand up to touch a ball suspended four feet over her head. All her weight is on one hand, but her balance is perfect.

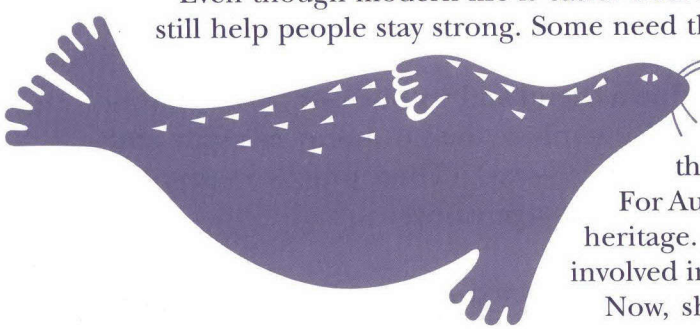
Later, she'll hook one wrist around a wooden pole and hold that forearm with her other hand. She'll be carried, dangling from the stick in a sitting position, for as long as she can hold on.

Or she'll get in a push-up position, arms straight, palms flat. Then she'll hop across the floor on hands and toes only, for as long as she can, without letting her shoulders sag or her knees touch the floor.

These tests of strength and skill are the One-Arm Reach, the Wrist Carry, and the Seal Hop. They are some of the games featured at the Native Youth Olympics (NYO) in Anchorage, Alaska. "It's not just a normal school sport that everybody does," says Audrey, a 16-year-old Inupiaq (Eskimo) girl.

Native games have been played for countless years in Eskimo, Indian, and Aleut villages around the state. Each event has its roots in the past, when children had to grow up strong in mind and body in order to survive. The games taught strength, agility, and patience. They also taught players how to endure pain, which was a fact of life in those days. And the games encouraged a sense of humor—events like the Stick Pull finish with both participants laughing together.

Even though modern life is easier than it was for the ancestors, Native games still help people stay strong. Some need that strength for hunting, fishing, and gathering berries and other wild foods.



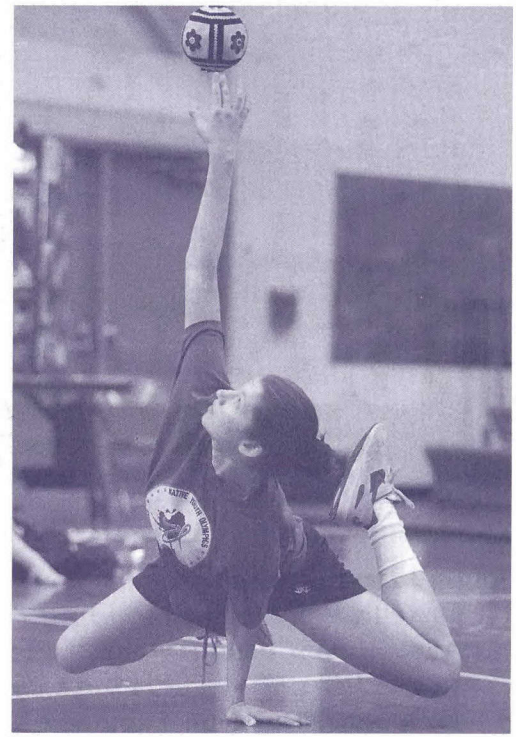
Others feel that the strength of the games is in their link to Native cultures. For Audrey, they stimulated an interest in her heritage. "Before I joined NYO, I wasn't really involved in anything Native," she says.

Now, she's chairman of the Native Culture

Club at her school, working on events like a community powwow and a multicultural week. Last summer, she was a member of Qitik, a group that put on public demonstrations of Native games. This summer, she hopes to compete with other teens and adults at the World Eskimo-Indian Olympics (WEIO).

Native games don't focus on winning or losing. Instead, they stress the importance of each person putting forth her best effort. Athletes from different teams cheer for one another. You may also see a star athlete helping a competitor improve her performance. "You're basically beating yourself, not beating the other person," Audrey explains.

She does a total of nine games at NYO. Her best event is the One-Arm Reach; when she was only 14 years old, she set the state record of 59 inches. No one has broken that record yet, but Audrey is curious about whether her long-ago ancestors reached higher: "I wonder what kind of records they had, that they never wrote down?"



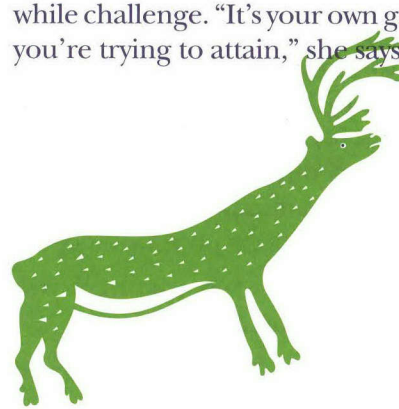
Stephen Nowers

AUDREY SMITH DEMONSTRATES HER ONE-ARM REACH SKILL.

She'd like to be the one to break her own record at the 1997 Native Youth Olympics. She thinks it's possible, but she knows it will hurt. That's because to reach 59 inches, Audrey had to balance her body's weight on her fist, rather than her palm. "When I go up on my knuckles, it's very painful," she admits. But for Audrey, reaching beyond her own limits is a worthwhile challenge. "It's your own goals you're trying to attain," she says.

Anchorage Daily News; Erik Hill

SECOND-GRADER KIMBERLY AYEK COMPETES IN THE STICK PULL COMPETITION AT THE 1995 JUNIOR NATIVE YOUTH OLYMPICS IN ANCHORAGE.



Donna Freedman is a writer who lives in Anchorage, Alaska. She had the privilege of viewing athletes at both NYO and WEIO.

# Acting Out Her Dreams

BACK STAGE with The Girls Editorial Board

Dear Readers: Jorjan Jeter, 11, uses language in a unique way. She signs it. Jorjan was born deaf and uses American Sign Language (ASL) to communicate. And since last September, Jorjan has been signing to audiences all over the country.

Jorjan is an actress with the National Theatre of the Deaf (NTD), and she just finished her first national tour. She is also the first deaf girl to tour with a professional acting company. The Girls Editorial Board interviewed Jorjan. Love, Luna.

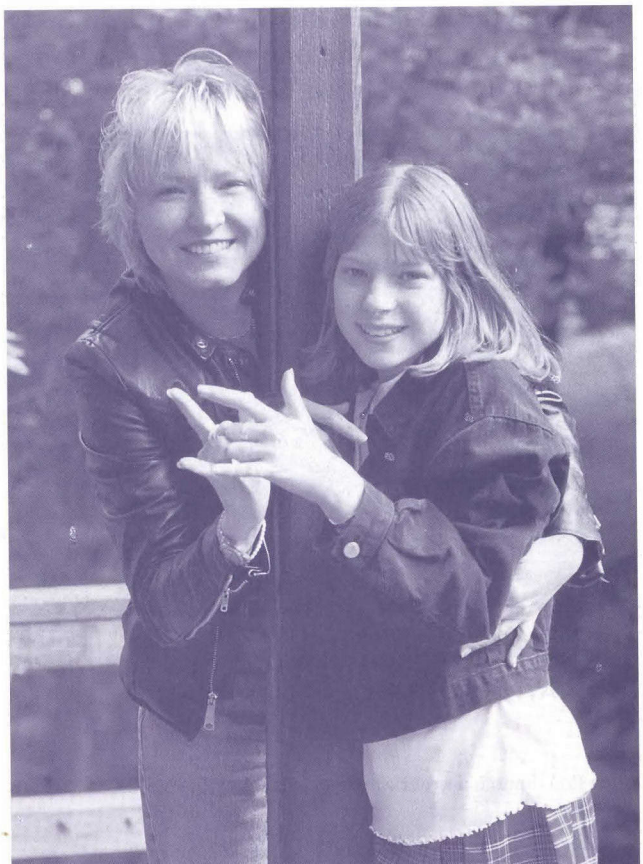
**New Moon:** When did you start acting, and what performances have you done?

**Jorjan Jeter:** I've been a member of my school's theatrical troupe, "Singing Hands," since 1990. In 1996, I joined the Tony Award-winning NTD. I've been playing the role of Alice in their national tour of *Curiouser and Curiouser.* It's based on Lewis Carroll's stories *Alice's Adventures in Wonderland* and *Through the Looking Glass.* It is performed in both American Sign Language and spoken words. I played the character Alice, signing all her lines, while another actress followed my signing and spoke the lines in the background.

**NM:** What has it been like touring with the NTD?

**JJ:** I've learned many things, and I'm flattered to be a part of the NTD. It's also been exciting to go to different cities and states, and meet different people. The tour visited 30 different cities in 18 states! Performing with the NTD has been different than school plays because it's a professional company, and I've been on tour every day.

**NM:** Who or what inspired you to become an actress?



A. Vincent Scarano

Jorjan Jeter and her aunt Camille Jeter sign "I love you" to each other.

**JJ:** My aunt Camille Jeter is my role model. When I was 8 years old, I saw her perform in *Treasure Island*, and that's when my interest in acting started. I wanted to be an actress like Camille. She acted in *Curiouser and Curiouser* with me, playing a mean mother and White Queen. Offstage she's tender and caring. It was fun to be on this tour with her.

**NM:** How does being deaf affect your acting?

**JJ:** It doesn't. I just go with the flow, and my lines are carried out through my signing and body language. I use my body and facial expressions to express myself. It's like when hearing people express themselves through the tone of their voices. When I'm excited, my face and body express it. If I'm in normal conversation, my body language shows calmness.

**NM:** What was it like playing Alice?

**JJ:** I'm Alice's age, so I was a natural for the role. I like Alice, because she's charming and mischievous at the same time—just like me. (Ha!) And like Alice, I have many fantasies and dreams.

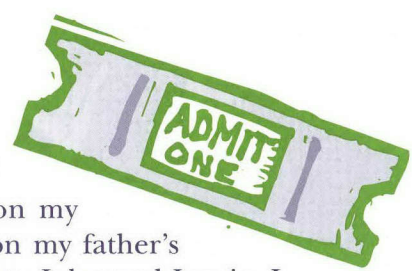
T. Charles Erickson

Jorjan, as Alice, with a singing caterpillar during a performance of *Curiouser and Curiouser.*

**NM:** What's the hardest part of acting?

**JJ:** There're no hard parts. I enjoy acting every moment.

**NM:** What has it been like to grow up deaf?




**JJ:** I'm very proud of being deaf. I'm from a large deaf family. I'm from the fifth generation of deafness on my mother's side and the third generation of deafness on my father's side. I live in a total-signing household with my parents, John and Jeanie. I have two sisters, Justine, 8, and Jasmine, 2, who are also deaf. Some hearing people think it's challenging to grow up deaf, but for deaf families, it's pretty normal.

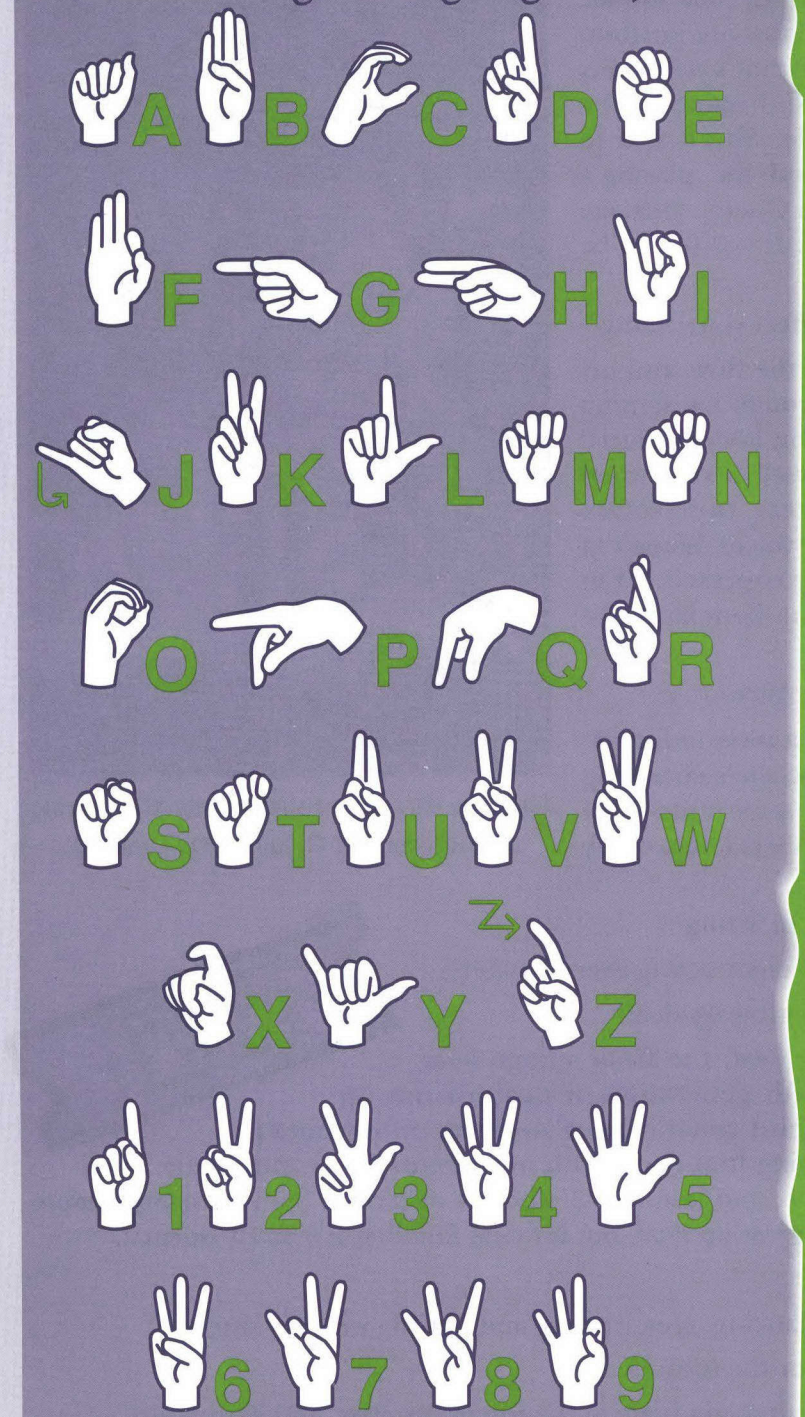
**NM:**: What are your hobbies?

**JJ:** Rollerblading, reading, dancing, creative arts, and playing with my sisters.

**NM:** What are your dreams for the future?

**JJ:** My dreams are to keep acting, graduate at the top of my class, and a lot more .

## american sign language alphabet




# It's HiP!

HiP Magazine is a publication for deaf and hard-of-hearing kids and their friends (ages 8-14). Here are only a few of the things you'll find in this award-winning magazine:

Profiles of accomplished hard-of-hearing and deaf people

Book, movie, and software reviews

An activity-filled "Fun Corner"

Information on the latest tools that help deaf and hard-of-hearing people communicate

Stories, drawings, and letters from readers

For information on subscription rates and a free sample, EMAIL folks@hipmag.org, CALL 510-527-8993, or WRITE to: Hip Magazine, 1563 Solano Ave. #137, Berkeley, CA 94707. Check out HiP MaG Online at: http://www.hipmag.org

# count on this!

## How many languages do you know? Start counting, and add these eight to your list!

### Japanese

| | | |
|---|---|---|
| 1 | 一 | ichi |
| 2 | 二 | ni |
| 3 | 三 | san |
| 4 | 四 | shi or yon |
| 5 | 五 | go |
| 6 | 六 | roku |
| 7 | 七 | shichi or nana |
| 8 | 八 | hachi |
| 9 | 九 | kyū or ku |
| 10 | 十 | jū |

New Moon
新 月
shin getsu

### Hebrew

| | | |
|---|---|---|
| 1 | אחת | achat |
| 2 | שתים | shtayim |
| 3 | שלש | shalosh |
| 4 | ארבע | arbah |
| 5 | חמש | chameysh |
| 6 | שש | sheysh |
| 7 | שבע | sheva |
| 8 | שמונה | shmoneh |
| 9 | תשע | aysha |
| 10 | עשר | eser |

New Moon
ראש רדש
rosh hodesh

### French

| | |
|---|---|
| 1 | un |
| 2 | deux |
| 3 | trois |
| 4 | quatre |
| 5 | cinq |
| 6 | six |
| 7 | sept |
| 8 | huit |
| 9 | neuf |
| 10 | dix |

New Moon
lune nouvelle

### German

| | |
|---|---|
| 1 | eins |
| 2 | zwei |
| 3 | drei |
| 4 | vier |
| 5 | fünf |
| 6 | sechs |
| 7 | sieben |
| 8 | acht |
| 9 | neun |
| 10 | zehn |

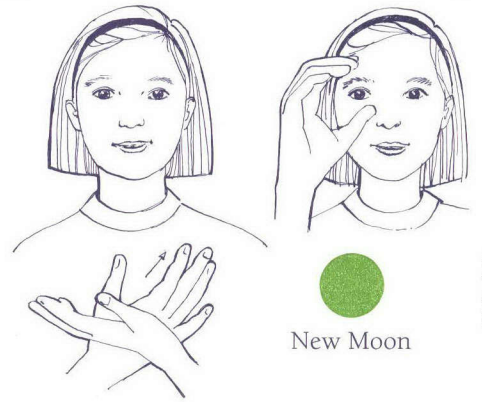
New Moon
neu mond

### Dutch

| | |
|---|---|
| 1 | een |
| 2 | twee |
| 3 | drie |
| 4 | vier |
| 5 | vijf |
| 6 | zes |
| 7 | zeven |
| 8 | acht |
| 9 | negen |
| 10 | tien |

New Moon
nieuwe maan

### American Sign Language



New Moon

The left open hand faces up; the back of the right open hand brushes across the heel of the left from right to left.

Kathy Morgan

### Swedish

| | |
|---|---|
| 1 | ett |
| 2 | två |
| 3 | tre |
| 4 | fyra |
| 5 | fem |
| 6 | sex |
| 7 | sju |
| 8 | åtta |
| 9 | nio |
| 10 | tio |

New Moon
nymåne

### Spanish

| | |
|---|---|
| 1 | uno |
| 2 | dos |
| 3 | tres |
| 4 | cuatro |
| 5 | cinco |
| 6 | seis |
| 7 | siete |
| 8 | ocho |
| 9 | nueve |
| 10 | diez |

New Moon
luna nueva

Translations by Barbara Riedel Sheedy, Ann Sigford, Maartje Thissen, Rabbi Sue Levy, Hiroko Williams, and Erin Glenn-Hash.

# DREAM CATCHER

Fiction BY ALETHEA EASON

Ko-e-ya tiptoed into her auntie's room. Rain hit the windows, and the fire from the wood stove had gone out hours earlier. The floor was cold on her bare feet.

"Auntie June, I had a bad dream," she whispered.

"Crawl in," her auntie said, lifting the blanket.

Ko-e-ya climbed in and snuggled against her.

Auntie June said, "Tell me your dream."

"I was walking on the shore of the lake, and the reeds began to talk. They said, 'Ko-e-ya, Ko-e-ya.' I tried to find where their voices came from. I walked into the reeds. My feet got stuck in the mud. I couldn't move, but I heard my name again."

"Stay here with me," her auntie said. "Tomorrow we'll go to the lake and bring back a willow branch to make a dream catcher." Ko-e-ya's eyes closed. She listened to her auntie's words in the darkness. "The hoop will catch the bad dreams. We'll tie on a basket to catch the good ones. Would you like that?"

Auntie June's bed felt so warm. "Yes," she said with a yawn, and then the rain sang her back to sleep.

The next morning, the rain turned to mist. The fog hung gray and heavy over the lake.

"Put on your rubber boots," Auntie June said.

They walked down the road, across a weedy field, and then slid down a hillside that ended at a narrow strip of beach. Ko-e-ya bent down and picked up a smooth white pebble and threw it into the lake. The reeds swayed in the misty water. Two willows grew on a smaller spit of land on the other side of the reeds. Their bare limbs hung above the lake.

"Have the willows died?" Ko-e-ya asked.

"They're just sleeping until spring," Auntie June said. "Is this where you were in your dream?"

"Yes," she said. She wondered what the willows dreamt. She listened, but all she could hear was the water lapping against the beach.

"Great-Grandmother brought me here once when I had a bad dream. Give me your hand," Auntie June said.

They stepped into the water and waded through the reeds. At first, Ko-e-ya was scared. The mud of the lake floor sucked at her boots, but she held her auntie's hand as they skimmed the shore. The wind blew gently. The reeds parted as they walked through them.

When they reached the willows, Auntie June said, "Find the right branch for the hoop, the one who wants to be cut."

Ko-e-ya pulled on a branch. It didn't want to bend. She tried another, and the same thing happened.

"They don't want to go with us," her auntie told her.

On her third try, Ko-e-ya tugged on a small branch. It bent gracefully in her hands.

"Yes," her auntie said. "This one is willing." She began to saw, and in three strokes, the branch snapped from the tree and leaped into Ko-e-ya's hands.

Back home, the willow branch soaked in the tub until they could bend it easily into a hoop. They tied the ends together with leather string and then braided the leather and hung wooden beads from it.

"Now it's time to watch spiders," Auntie June said.

Ko-e-ya knew where to go, outside to the old picnic table in her yard. Between its legs, spiders had spun many webs. She circled the table until she found the web she wanted to study. It was the largest web but also the most delicate, each strand perfectly draped above the other.

Early the next morning, Ko-e-ya woke from another dream. The North Wind blew. Whitecaps, reflecting the moonlight, danced across the lake. "Ko-e-ya," the reeds whispered as the wind touched them.

This dream didn't frighten her. She woke up and walked into the bedroom window. A sliver of light was on the horizon, and above it, the last stars of the night. She knew she would weave them in the dream catcher's web.

Auntie June helped her string silver thread inside the hoop, and to tie small pieces from strand to strand to form the stars. Then she opened a chest and took out a small basket.

"Great-Grandmother made this from willow bark and redbud and sedge root. She hung these abalone and clam shells and wove these flicker feathers into its coils."

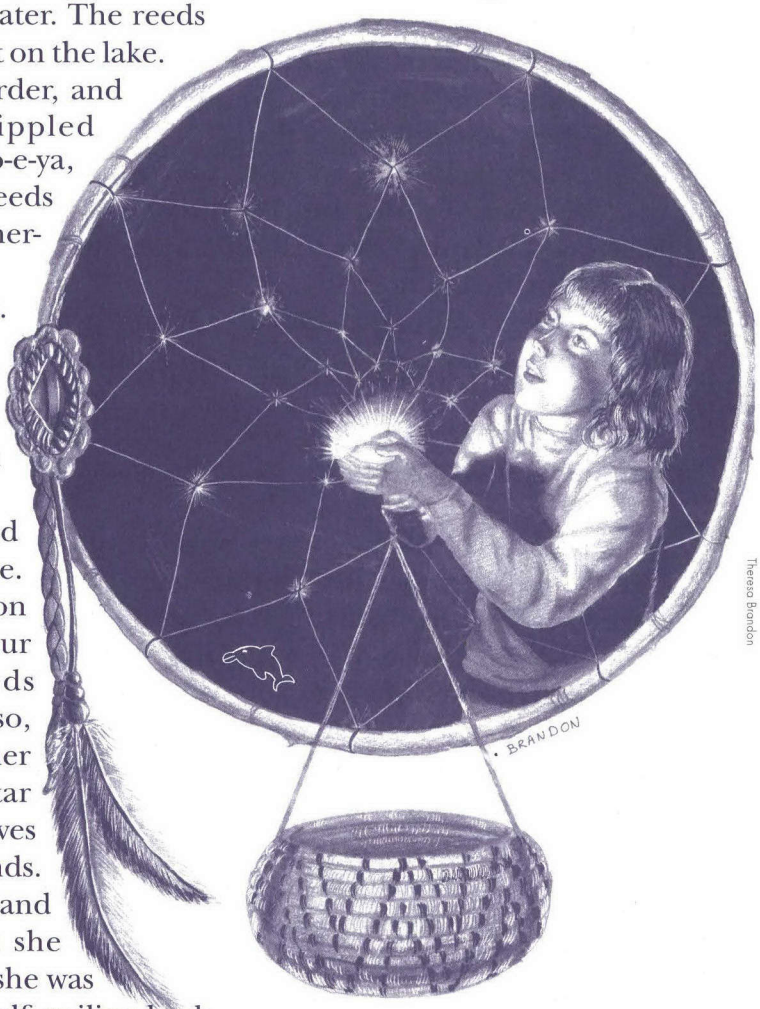
"Is it very old?" Ko-e-ya asked.

"Yes, and it holds Great-Grandmother's dreams, and now it will hold yours," Auntie June said as she tied the basket to the bottom star.

Ko-e-ya hung the dream catcher in her window. That night she dreamt she stepped into the water. The reeds sang soft as the mist on the lake. The wind blew harder, and the water rippled against her legs. "Ko-e-ya, look at the sky." The reeds spoke in sweet, shimmering voices.

Ko-e-ya looked up. A shooting star fell. The lake reflected its brilliant path. The two stars fell to meet each other.

The North Wind rushed across the lake. Ko-e-ya felt its breath on her face. "Lift up your hands," the reeds whispered. She did so, cupping them together like a basket. The star skipped across the waves and fell into her hands. It was warm and clear and beautiful, and when she looked down at what she was holding, she saw herself smiling back.




Theresa Brandon

Ko-e-ya found herself by her window. She peeked into the dream catcher's basket. The small white pebble she had thrown into the water rested there. She lifted it out and opened the window. A cold breeze touched her face.

"Ko-e-ya."

Ko-e-ya clasped the pebble and leaned out to listen. One star burned brighter than all the rest.

Great-Grandmother was calling. Ko-e-ya reached out to welcome her. Great-Grandmother was coming, riding the North Wind.

*Alethea Eason lives in Clearlake Oaks, California, where she is a reading specialist at a small rural elementary school. She recently had a story published in Bruce Corville's* A Glory of Unicorns *(Scholastic, Fall 1997).*

Herstory

# Margaret Mead: A Humanist

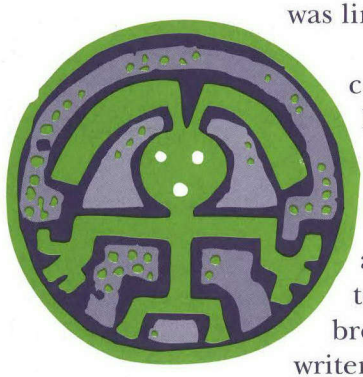
by Tya Ward

Margaret Mead learned about observing people at a very early age. Her grandmother taught her how to take notes on people's behavior. She began with her two younger sisters, recording their mannerisms, activities, and interests. Margaret also watched her mother, a sociologist, study Italian immigrants to the United States.

Born on December 16, 1901, in Philadelphia, Pennsylvania, Margaret received the perfect early education for a future anthropologist (a scientist who studies people, especially their customs and beliefs). While Margaret learned how to observe people, her family taught her that all people—regardless of their differences—should be respected. Margaret's mother encouraged her to play with children from all backgrounds so she would not look down on people because of their race, how much money their families had, or any other difference. This early lesson helped shape Margaret's later beliefs about cultures.

Margaret believed that any one culture was no better or worse than any other culture, only different. She felt it would interfere with her work to make judgments about other cultures or compare them to her own.

While in college, Margaret decided to devote her life to anthropology, because she felt the work couldn't wait. Many isolated cultures were disappearing because of contact with so-called advanced cultures, and the time to learn from them was limited.



Her first project was to ask questions about adolescence (the time between childhood and adulthood). Do adolescent teenagers in isolated cultures rebel against their society's customs and demands, like many do in "advanced" cultures?

In the summer of 1925, against her graduate advisor's wishes, 23-year-old Margaret sailed by herself to Samoa, a remote island in the South Pacific. She brought six cotton dresses, notebooks, pencils, a typewriter, a flashlight, a camera, spare eyeglasses—and little knowledge of how to conduct work in the field. At the time, little was taught or

Margaret working with children.

Courtesy Department of Library Services, American Museum of Natural History, Neg. No. 2A21315

written about how anthropologists studied cultures, so Margaret had to decide herself how best to do it.

She spent ten weeks on the island of Tutuila learning the language and customs of Samoan people. To conduct her field research, she moved to a smaller, more remote island called Taú, and settled in the village of Lumá.

Margaret discovered that adolescence in Samoan culture was not a stressful time, like it was in countries like the United States, and the change from child to adult was easy for teenagers. Children learned skills by gradually taking on new responsibilities. Around age 6 or 7, children began taking care of their younger brothers and sisters. When they became strong enough to do more physical work, like building homes and fishing, the responsibility of caring for babies passed to younger children. By the time they reached adulthood, adolescents had learned the major skills they needed to know. This made becoming an adult easy.

Samoan attitudes about competition also made growing up more relaxed. Adolescents were expected to develop skills, but not to be more skilled than anyone else. The one place where competition was encouraged, however, was at dances. Samoan people applauded anyone who came up with new dance steps.

Margaret spent a year studying people in Samoa. She learned to communicate and live with a group of people very different from herself; she survived a hurricane; and she discovered the hardships of field research, like loneliness. She soon wrote *Coming of Age in Samoa*, a book that quickly became a best seller—a rarity for a nonfiction book about scientific research.

Margaret's research in Samoa began a life of contributions to anthropology. She continued her travels in the field, studying cultures and writing books. She worked for much of her life at New York's Museum of Natural History, and in 1942 took charge as its curator.

She worked with national and international groups like the American Anthropological Association (where she was president) and the World Council of Churches.

She also taught at universities and colleges around the country. She spoke to audiences all over the world, commenting on almost every aspect of culture, including racism, feminism, poverty, and war. And when she died in 1978, at the age of 76, she was one of the best-known anthropologists in the world.

Photo. A. Singer–May 1971; Courtesy Department of Library Services; American Museum of Natural History. Fr. "28A" Neg. No. 63582.87

Margaret speaking at a press conference in 1971.

Margaret Mead was a scientist, a wife, a writer, a mother, a teacher, and sometimes a celebrity. But above all, she was a humanist: she believed in the worth and well-being of all humans. In her book *Male and Female*, Margaret said, "We need every human gift and cannot afford to neglect any gift because of artificial barriers of sex or race or class or national origin."

*Tya Ward is New Moon's Managing Editor.*

# Life in Latvia

by Liene Grike

My name is Liene Grike, and I am a 10-year-old Latvian girl. I live in Riga, the capital of Latvia, with my family. Riga is a wonderful city with an interesting history. Riga was founded in 1201, when Bishop Albert built a castle on the river Daugava. Riga was one of the main centers of the Baltics, and there are many historical German, Polish, Swedish, Russian, and Soviet monuments.

Liene Grike

Now I would like to tell you about my family. My mother is a psychologist, and my father is an architect. My parents are very beautiful, and they love each other. My sister's name is Anna. She is 8. My sister is very lovely. She likes to read thick books, especially those written by Astrid Lindgren.

My mother usually is very busy. She not only works, but she is continuing her education as well. Unfortunately, my mommy has evening lectures three times a week, and she comes home late. I am very proud of my mother, and I enjoy the evenings with my daddy playing chess and games.

We all live in a flat near the center of Riga. We have separate rooms, but Ella, our dog, has a hall. She likes to wake us up every morning when it is time for school. It is fun! Ella is a real friend, and I like to go for walks with her. Our grandparents also live in Riga.

My hobbies are watching T.V., listening to music, preparing different meals, and playing with Barbies. I have one big Barbie and two little ones. My sister has a big beautiful doll Kristine. She likes to make a lot of clothes for her doll.

My sister and I attend a private school called Latreia. I am in fifth form, and my sister is in third form. We have about ten pupils in each class. We are studying foreign languages a lot. My native language is Latvian, but I know Russian,

Liene and Anna eating ice cream at the beach.

Liene, her sister, and her mother on the first day of school.

Liene and Anna dance with their friend, Louisa.

English, and a little bit of German as well. I am very happy to know many languages, because I can have friends in different countries around the world.

I have been in Great Britain twice. I was there for the first time two years ago with my classmates to improve our English, but the second time all my family vacationed in London. We have a lot of pictures and memories from those trips. I always remember how nice London was with its parks, gardens, and flowers near each house. I am looking forward to visiting different countries in the future!

Some of my friends who attend state schools are not so happy. Usually there

Liene and Anna

are about 30 pupils in a classroom, and lessons are not as exciting as in my school. I think that our school is the best one in Latvia. We have an opportunity to choose our favorite subjects. Anna and I have played tennis for three years, and we attend dance classes.

During the holidays my family likes to drive around the Baltics. We visit the most beautiful places of the country, especially the old castles. For example, Sigulda is a small town with two castles and a famous story. It is a love story about a young woman named Roze who became a symbol of love for Latvians.

Some of the traditions which I thought were very Latvian are similar to those in other cultures. Easter, of course, is a cross-cultural holiday. It is very important for us, because it is connected with waiting for spring. My parents told me that during Soviet years, when religion was more or less restricted, Easter was celebrated in each family as a spring event. Today, people usually still color eggs and do other things without attending church.

Ligo or Jani indicates the longest night of the year. The tradition is to try be awake all the night. Martini is celebration of the end of summer and autumn activities. People wear costumes, pretending to be different animals. They are happy to finish all the agricultural work. The traditional meal is roast goose. I think Thanksgiving in the United States is quite similar to Latvian Martini.

Sometimes I like to think about my future occupation. When I was a small girl I wanted to be the president of a bank. My future interests now depend on the occupations of the people I meet. I like to learn about their jobs, and I always think their professions are very interesting.

# considering customs: Latvia

*by Guna Grike*

The Baltic country of Latvia is almost 65,000 km. sq. Of the 2.5 million people who live in Latvia, about half are Latvian; about one-third are Russian; and the rest are Belarusian, Ukranian, Polish, Lithuanian, and other national minorities. Fifty-five percent of the population is female.

Latvian language belongs to the Baltic branch of the Northern Indo-European language family. There are two languages in this group: Latvian and Lithuanian. People use the Latin alphabet; however, diacritical marks (signs used to show the sounds letters make) are used often. It is difficult for foreigners to learn whether to use regular or diacritic letters.

A popular cultural event for Latvian people is the Song and Dance Festival. It takes place every four years. There are two different festivals: one for adults and one for children. Groups from Latvia, the United States, Canada, Germany, and Sweden compete. Every Latvian girl and woman participates in this festival at least once in her lifetime. Many dress in traditional Latvian costume—a white blouse with a silver brooch, a wide red and black skirt, black shoes, and lace stockings.

Two significant women in Latvian legends are Laimdota (giver of happiness) and Spidola (shiner). Laimdota is a symbol of a quiet woman who is a good wife and homemaker. Spidola is the opposite. She symbolizes activity, strength, and independence. Typical Latvian women have a combination of these features.

Influential women in Latvian society today include: State Revenue Minister Aija Poca; international singer Laima Vaikule; and painter Maija Tabaka.

The economic situation for Latvian women could be better. Despite women's excellent educations, they usually don't always have access to the best paying jobs. For example, about 95 percent of teachers are female, while most of the higher paid school directors and managers are male. In politics, women make up only ten percent of Latvia's Parliament.

Guna Grike lives in Riga, Latvia, with her family, including her daughter Liene (this issue's "Global Village" author). Guna works as an administrator and programmer for the Latvian, Lithuanian, and Estonian branch of the United States Peace Corps, and she is continuing her education as a psychologist.

# WORDS TO MUSIC

BY KATHLEEN AGUILAR, DELBERTA CALABAZA, CATHY CORIZ, AND JUANITA ROSETTA

Dear Readers:
Last year, third-graders Cathy, Juanita, Kathleen, and Delberta all participated in the Santa Fe Opera's Student-Produced Opera program. Using many of their Pueblo traditions, the girls worked to create original operas.
Love, Luna.

We live at Santo Domingo Pueblo. Our village is near the Rio Grande River, between Santa Fe and Albuquerque, New Mexico. When we get up in the morning, we see our neighbors and friends and the mountains all around us. It is very beautiful.

The Santa Fe Opera is also a beautiful place. It's a world-famous opera house, with an outdoor stage. We helped write, produce, and perform two operas there. An opera is like a play set to all music; a story is told by singing and dancing. We wrote the stories and the words to our operas with our teacher, Brenda Bradley, and her husband John Bradley. John writes music, and he helped us put our words to music. The two operas we wrote were called "The River Girl" and "The Pony's Song."

"The River Girl" was about a girl who lived in a very dry land. Some evil ones stole all the water, and it was up to the River Girl to lead the good animals and win the water back. "The Pony's Song" was about a little pony who gets lost and makes friends with some butterflies and eagles. In both stories, an eagle helped the River Girl and the pony.

The Santa Fe Opera

DANCING TO "THE RIVER GIRL."

When we were in the "The River Girl," we danced the ballet of the beautiful spirit of the river that brings life to the people and animals. We also sang a song to welcome the River Girl. This year, in "The Pony's Song," we were ponies, except Delberta who played the part of summer who brought peace and made us happy.

Our favorite part of both operas was performing at our school and on the Santa Fe Opera's big stage. We felt funny and shy, but we practiced a lot, and we learned a lot from Ana Baca, a singer from the University of Denver who performed with us. Ana sings so pretty and loud. She doesn't use a microphone, and we can still hear her!

Issac Hererra, from Cochiti Pueblo, played his flute and wrote special music for our operas. He also led the drum group that drummed along with our dancing. George Bearskin led the eagle dancers who saved the pony. We love the way he dances. He can eagledance and grass dance. (Grass dancing is a social powwow dance that comes from the Native American tribes of the Plains. Eagle dancing is a more traditional Pueblo dance.) Students from the Santa Fe Indian School also helped us.

We loved our costumes. Our pony ballet dresses were made of velvet and lace. There were also beautiful butterfly and eagle costumes. At the end of both shows, we danced powwow. The girls wore jingle dresses that sounded beautiful along with the grass dancers' bells and the drums. We loved to dance to the music most of all.

The Santa Fe Opera; Dan Barsotti

Our parents, grandparents, aunts and uncles, and cousins all came to see us. We performed for our families—and lots of strangers, and it felt perfect! There were mountains and clouds all around us. We danced to the sounds of Issac's flute, Ana's voice, John's piano, and the drummers' beat. We sang and danced to the colors of the sky.

**THE EAGLES FROM "THE PONY'S SONG."**

Kathleen Aguilar likes to play kickball, soccer, and basketball, and she likes to read.

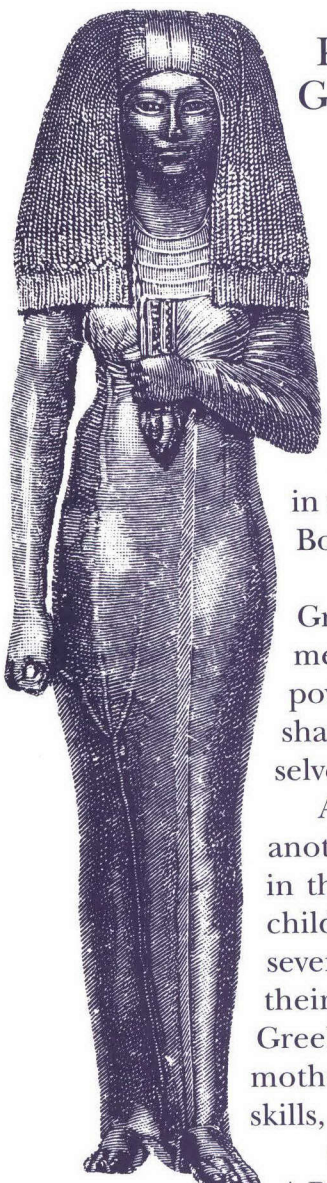
Delberta Calabaza enjoys riding her bike, playing volleyball, and jumproping.

Cathy Coriz loves to read and be at home with her family.

Juanita Rosetta enjoys reading and dancing, especially jingle dancing.

# ANCIENT LIVES

by Karen Gerard



Girls and women in ancient cultures had very different lives from those we live today. In most ancient cultures, females had fewer rights and freedoms than males. From 5500 to 1500 B.C., Egypt seemed to be an exception. Women did most of the fieldwork and took produce to market; Egyptian men wove cloth, sewed, and cared for the home. Egyptians of this era considered the husband a boarder in the wife's house, and women owned the family property. Bonds between children and parents were strong.

Another exception seemed to have been Minoa, in Greece, in about 3000 B.C. Women had as much power as men in politics and business. Since Minoa was a trading power, women traveled in trading groups. We imagine them sharing ideas on these journeys, working together for themselves and their society.

After about 450 B.C., following invasions of Greece by another culture, women lost such freedom. Customs differed in the many city-states of Greece, but in most, women and children lived in a separate part of the house. There were severe social penalties for women and girls who went out on their own into the streets—they were not respected. Most Greek girls of this era received their education from their mothers, grandmothers, or slaves. Girls learned household skills, reading, and math.

Girls and women had few rights in ancient Rome in 200 A.D., although they tended to have more personal freedom than Greek women. Girls and boys attended school from ages 6 to 11 to learn to read and write. At 12, certain boys advanced in school, and girls centered on the care of home and family when their education ended.

The Mayan culture in Mexico and Central America from 30 A.D. to 1010 A.D. also valued families. Girls married at age 14. The bride's family received a gift of clothes from the groom's family, and the groom lived with and worked for the bride's family for five to seven years after the marriage. When children were born, their parents gave them corn-grinders—manos—to show the importance of family work.

In Incan culture from 1200 to 1532 A.D., women's work revolved around home and family. Girls helped their mothers with household tasks—it was important to keep homes orderly to please public inspectors. There was no formal education for boys in Incan culture, but Acllahuasi, the House of Virgins, selected girls to study in their religious community. At age 13, the girls became nuns or wives of the emperor.

Following a prehistoric period that seemed to be matriarchal—meaning that women held power—ancient Asian cultures became patriarchal—men controlled things. K'ung-Fu-tzu (Confucius) wrote and taught around 500 B.C. about the importance of an organized family-centered culture with clear roles. Men were to lead families, and older generations were to be respected and followed. Women's role was primarily to produce boys. Sons maintained the family line and brought power and money to the family. Women were controlled by their fathers, husbands, or sons—most had little freedom or education, and no right to power or property.

Most girls and women in ancient cultures did not have the rights that many have today. But they did have power in the home—and there were always exceptions. Girls and women who won power and freedom because of a strong will, luck, courage, an unusual upbringing, or intelligence. There are lots of women who are recognized for their part in herstory. But often, their contributions are unseen, like heading a family, an important role in ancient cultures.

*Karen Gerard is New Moon's editorial intern. She is an English major at the College of St. Scholastica in Duluth, Minnesota. She likes to watch and write about figure skating.*

# Testing My Wings

SCIENCE SIDE EFFECTS

FOUND: Science Sage

by Emily Hamburg

Have you ever heard of Bernoulli's law? It's the law that explains how airplanes fly. The upper surface of an airplane's wing is more curved than the bottom. This lets air move more quickly across the top of the wing, reducing the pressure on the upper surface. The air pressure below the plane is stronger, giving airplanes their "lift."

I wondered how air pressure would affect paper airplanes. If I throw my airplane hard, will there be enough air pressure under the wings quickly enough, or will it crash? What happens if I just let it go with a little push? If one flap is up, and the other straight, would the plane curve? (That's what I hypothesize!)

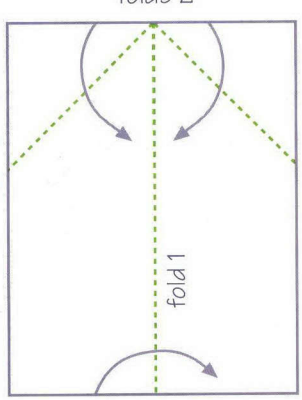
**Objective:** I wanted to see if I could control whether my planes moved upward, downward, sideways, faster, slower, did stunts, or landed better. To find some answers, I experimented with designs and how hard I threw the planes.

**Materials:** Loose-leaf and copy paper, a stapler (optional)

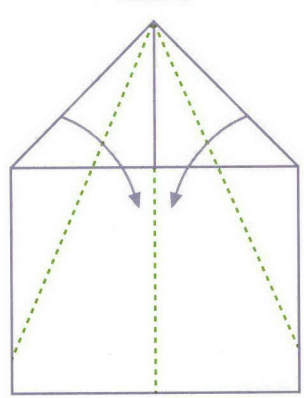
**Method:** I used general instructions for making my paper airplanes. Here's how:

**1.** Fold a standard-sized piece of paper in half, lengthwise.

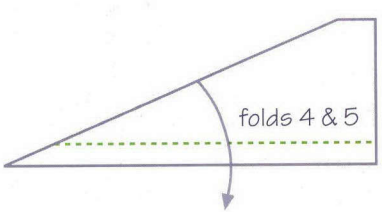
**2.** Unfold the paper. Fold a triangular flap down to the middle crease on each upper half.




**3.** Fold each triangular flap in half so that its outside edge meets the middle crease.

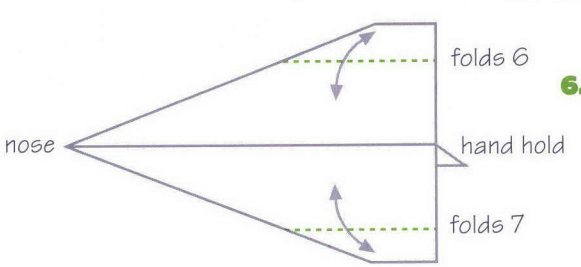



Kathy Marsoa



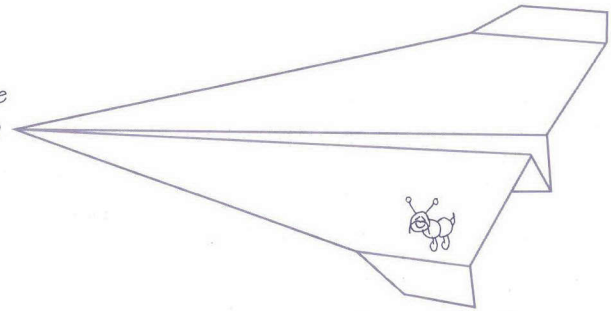

**4.** Fold the paper in half along the middle crease again. Lay it down on one side so you only see one of the two flaps. Fold the flap down, making a crease an inch from the bottom.

**5.** Unfold the flap. Do the same thing on the other side.




**6.** Unfold the flaps. You should have two wings, a sharp nose, and a one-inch flap at the bottom to hold when you throw the plane. Bend the nose backwards so it doesn't poke anyone. If you want, staple the bottom flap to hold the plane together better.

**7.** (Optional for testing) Fold the back edge of each wing (up or down) to create two small flaps. Write the name of your plane on the bottom flap, especially if you test several planes.



**I built** six slightly different airplanes using the general instructions, and two types of paper:

*PLANE A:* loose-leaf paper with the back edges of wings bent up.
*PLANE B:* loose-leaf paper with the back edges of wings bent down.
*PLANE C:* loose-leaf paper with one back edge up, and the other down.
*PLANE D:* copy paper with the back edges of wings bent up.
*PLANE E:* copy paper with the back edges of wings bent down.
*PLANE F:* copy paper with one back edge up, and the other down.

**I decided** to fly my paper airplanes outside on a nice day so that they would have enough room to go high and far. With the help of my sisters, Ellen and Elizabeth, I launched the airplanes, scoring them on how well each one flew and landed, and how far it went. I also recorded the stunts that each plane did.

## Results:

**I used** two charts to record my test flights. Chart one shows which planes flew better when thrown hard, medium, or soft. Chart two shows how well the same planes landed, how far they flew, and the stunts they did. I used a scale from one to ten (ten being the best) to score the quality of the flights and the landings.

### Chart 1

| PLANE | Thrown Hard | Thrown Medium | Thrown Soft |
|---|---|---|---|
| A | 5 | 4 | 3.5 |
| B | 10 | 5 | 3 |
| C | 9 | 7 | 2 |
| D | 4 | 4.5 | 3 |
| E | 6 | 7 | 6 |
| F | 3 | 3 | 3 |

**I discovered** ways to control my airplanes by using their flaps. If you put one flap up and one flap down, the plane curves or spins around. If you put the flaps down, the plane tends to curve, also. When the flaps are up, the plane seems to fly better, but do fewer stunts.

### Chart 2

| PLANE | How Far (in feet) | Landing | Stunts |
|---|---|---|---|
| A | 21 | 1 | none |
| B | 24.3 | 8 | none |
| C | 31.9 | 4 | curving back |
| D | 18 | 5 | spins around |
| E | 19.5 | 6 | curves |
| F | 25.2 | 7 | spins around |

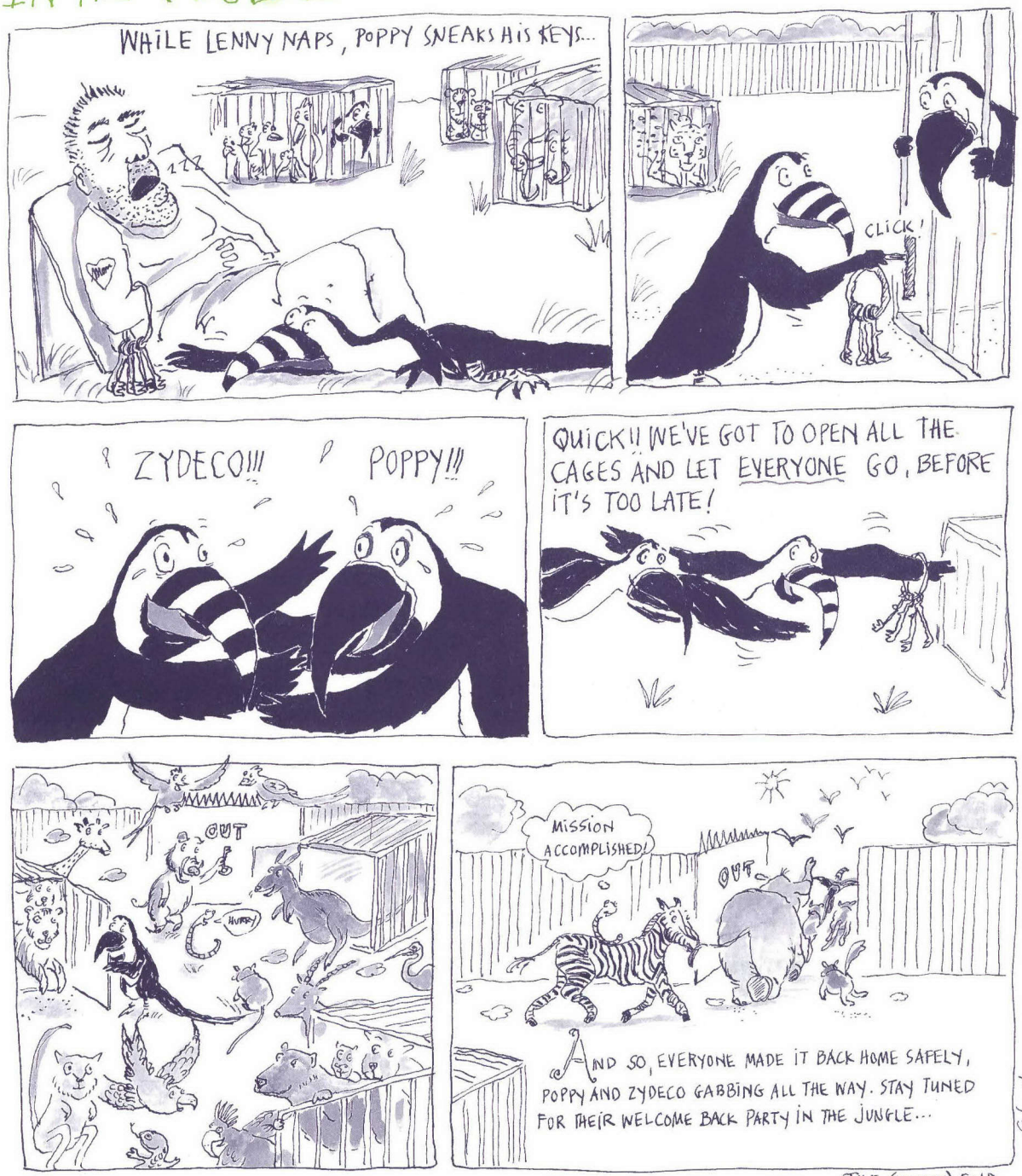
**I also noticed** that when there is a breeze blowing, most planes will swoop upward, then curve downward and land. When this happens, it is interesting to watch. A disadvantage of flying the airplanes outside, though, is that they dive a lot when landing. I think it's because, when the wind blows, the airflow on the plane's wings is uneven, causing the plane to tumble or dive.

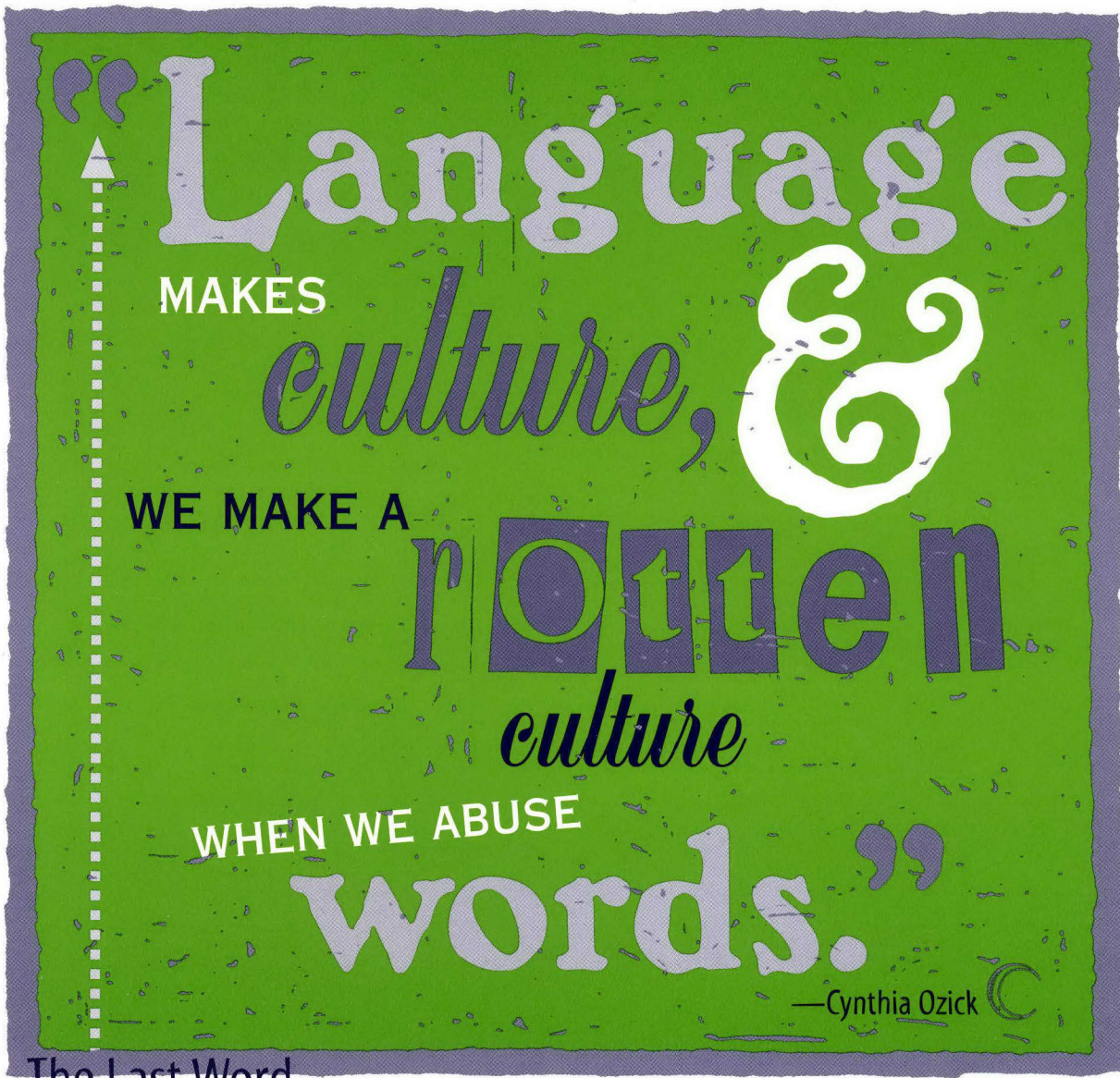
**Emily Hamburg, 11, lives in Morrow, Ohio. Besides science, she enjoys reading and writing. Emily's experiment was chosen for New Moon's 1996 Science Experiment Contest.**

# IN THE WILD

'THE GREAT ESCAPE'

BY MARY LANTON






## The Last Word

Cynthia Ozick (1928- ) is a writer, best known for her fiction, including *Trust* and *The Messiah of Stockholm*. She lives in New York. Send your favorite woman's or girl's quote to New Moon, The Last Word, P.O. Box 3620, Duluth, MN 55803-3620.

This issue's cover was done in watercolor, gouache, pen, and ink by Joan Cottle. Joan lives in Los Gatos, California, with her husband, two children, and yellow lab, Phoebe. Joan spends too much time riding her bike and drinking her favorite fruit shakes. To make Joan's shake: mix bananas, strawberries, vanilla yogurt, and crushed ice in a blender. Yummy!

МИР
Peace
COTTLE

NO POSTAGE
NECESSARY
IF MAILED
IN THE
UNITED STATES

# BUSINESS REPLY MAIL

FIRST CLASS MAIL PERMIT NO. 1830 DULUTH, MN

POSTAGE WILL BE PAID BY ADDRESSEE

**NEW MOON PUBLISHING**
PO BOX 3620
DULUTH MN 55803-9905

# YES! I WANT TO GIVE A GIFT!

**GIFT FOR** _____
PLEASE PRINT (GIRL'S NAME)

_____
GIFT FOR (ADULT)

_____
ADDRESS

_____
CITY STATE ZIP

_____
COUNTRY

**GIFT FROM** _____
PLEASE PRINT

_____
ADDRESS

_____
CITY STATE ZIP

_____
COUNTRY DAYTIME PHONE

**U.S. DOLLARS ONLY PLEASE** **BOOK**

☐ Payment Enclosed ☐ Bill me ☐ MC ☐ Visa Exp. Date: _____

Credit Card # _____ **CREDIT CARD ORDERS CALL: 1-800-381-4743**

| **SAVE 16% OFF SINGLE COPY PRICE!** | **UNITED STATES** | **CANADA** | **ALL OTHER LOCATIONS** |
|---|---|---|---|
| New Moon for Girls | ☐ $25/6 issues | ☐ $30/6 issues | ☐ $37/6 issues |
| New Moon Network: *For Adults Who Care About Girls* | ☐ $25/6 issues | ☐ $30/6 issues | ☐ $37/6 issues |
| *Both* New Moon & New Moon Network | ☐ $45/6 issues each | ☐ $50/6 issues each | ☐ $60/6 issues each |

***For rush subscription orders (U.S. only):*** add $1.75 for extra postage ($3 for joint subscriptions) and we'll mail the first issue out right away. ***Rush orders cannot be billed and must include payment.*** All other orders take 6-8 weeks. For subscriptions to a different address, the person who places the order will receive an acknowledgement and a gift card they can send to the recipient.On rush orders, we'll enclose the gift card with the first magazine. All subscriptions start with the current issue unless you specifically request to start with a future issue.

# YES! I WANT TO SUBSCRIBE!

**SAVE 16% OFF SINGLE COPY PRICE!**

| *Please enter my subscription to:* | **UNITED STATES** | **CANADA** | **ALL OTHER LOCATIONS** |
|---|---|---|---|
| New Moon for Girls | ☐ $25/6 issues | ☐ $30/6 issues | ☐ $37/6 issues |
| New Moon Network: *For Adults Who Care About Girls* | ☐ $25/6 issues | ☐ $30/6 issues | ☐ $37/6 issues |
| *Both* New Moon & New Moon Network | ☐ $45/6 issues each | ☐ $50/6 issues each | ☐ $60/6 issues each |

**GIRL'S NAME** _____

PLEASE PRINT

_____

ADULT'S NAME

_____

ADDRESS

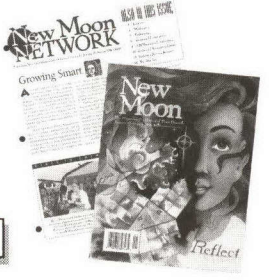
_____

CITY STATE ZIP

_____

COUNTRY PHONE

**U.S. DOLLARS ONLY PLEASE**




**OK** ☐ Payment Enclosed ☐ Bill me ☐ MC ☐ Visa Exp. Date: _____

Credit Card # _____ **CREDIT CARD ORDERS CALL: 1-800-381-4743**

***For rush subscription orders (U.S. only):*** add $1.75 for extra postage ($3 for joint subscriptions) and we'll mail the first issue out right away. ***Rush orders cannot be billed and must include payment.*** Regular orders take up to 6-8 weeks. All subscriptions start with the current issue unless you specifically request to start with a future issue.

NO POSTAGE
NECESSARY
IF MAILED
IN THE
UNITED STATES

# BUSINESS REPLY MAIL

FIRST CLASS MAIL PERMIT NO. 1830 DULUTH, MN

POSTAGE WILL BE PAID BY ADDRESSEE

**NEW MOON PUBLISHING**
PO BOX 3620
DULUTH MN 55803-9905

# What does New Moon do best?

# Listen to Girls!

Carry the message yourself and get everyone to Listen to Girls with this stunning design by New Moon cover artist Alison Aune. 100% cotton white T-shirt and 50% cotton-50% polyester Sweatshirt stand out in the crowd with vivid colors and comfort!

## Listen to Girls T-shirt

# C01-L01
CHILD 6-8, 10-12 $15
ADULT S - XL $17
ADULT XXL $18.50

## Listen to Girls Sweatshirt

(NEW LOW PRICE!!!)
# C01-L02
ADULT S - XL $28
ADULT XXL $30

## Listen to Girls Poster

Brighten up your room with our vivid full-color poster. It says "Listen to Girls" in 8 languages!

24" X 22"
UNFRAMED # P01-L01 $7

WITH STURDY CHROME AND PLEXIGLAS FRAME
SPECIALLY PACKED FOR SHIPPING
# P01-L02 $75
(Sorry, next day and second day air not available for framed poster)

Show your true colors winter and summer with a full-color

## Listen to Girls Pin

(2" X 3") # P01-L04 $2

## Listen to Girls Cards

So beautiful, you might think twice before mailing them to anyone! Very colorful, the cards are blank inside for your personal message. "Listen to Girls" in 8 languages on the back.

PACKAGE OF 8 CARDS AND ENVELOPES
(6-3/4" X 5-1/8") # P01-L03 $6

Check out our Web Page at: http://newmoon.duluth.mn.us/~newmoon



MASTERCARD & VISA ORDERS, CALL 1-800-381-4743 TODAY!

# Give Your Favorite Girl a New Moon Gift!

## The Inspiring Girls Unite Design!

Beautiful four-color image of girls dancing and playing together, designed by artist Susie Moore, with the powerful "Girls Unite" message. 100% cotton T-shirt and 50% cotton-50% polyester Sweatshirt. Get one for yourself, too!

GIRLS UNITE

### Girls Unite T-shirt

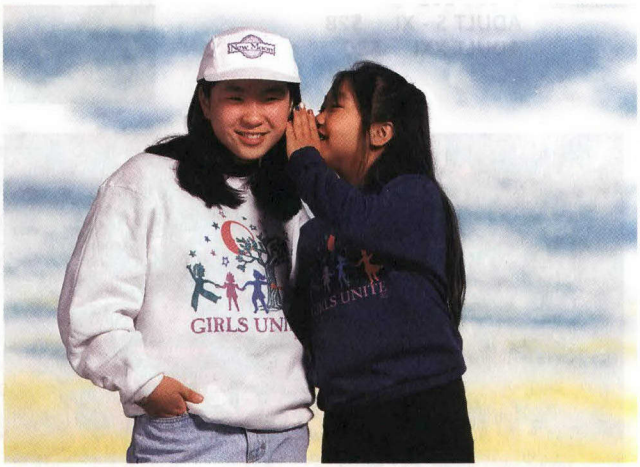
SPECIFY BLUE, BLACK, WHITE, OR PURPLE
# C01-G01

| | |
|---|---|
| CHILD 6-8, 10-12 | $15 |
| ADULT S - XL | $17 |
| ADULT XXL | $18.50 |

### Girls Unite Sweatshirt

# C01-G02

| | | |
|---|---|---|
| CHILD (PURPLE ONLY) | 6-8, 10-12 | $24 |
| ADULT (WHITE ONLY) | S - XL | $30 |
| | XXL | $34 |
| | XXXL | $36 |



### Stationery

Send letters that inspire and delight with New Moon's Official "Girls Unite" Stationery. Four-color design on quality recycled paper.

12 PIECES (5-1/2" X 8-1/2") WITH 12 ENVELOPES
# P01-G01 $5

### Genuine New Moon Cocoa Mug

Midnight Blue with White design. Take a sip, and you'll feel like dancing. Works great for coffee, too! Holds 10 oz.

# K01-G01 $8

### Oldies But Goodies

We have just a few of our wonderful, original (discontinued) catalog items left—now at up to 50% savings!

Call for details about colors and sizes:

| | |
|---|---|
| FANNY PACKS | $8 |
| BACKPACKS | $10 |
| SWEATSHIRTS | $12 |
| T-SHIRTS | $7 |
| COMFY MOCK T'S | $14 |



Check out our Web Page at: http://newmoon.duluth.mn.us/~newmoon

**MASTERCARD & VISA ORDERS, CALL 1-800-381-4743 TODAY!**

## The Lunch Bag

Every lunch tastes better after spending the morning in this bag! Insulated nylon, with a handy handle and Velcro® closure.

TEAL GREEN OR ROYAL BLUE
# B01-M03 $12

NEW!

## The Reach for Your Dreams Tote Bag

Durable 100% cotton with Susie Moore's design inspiring you to Reach for Your Dreams. For all that stuff you need to carry around.

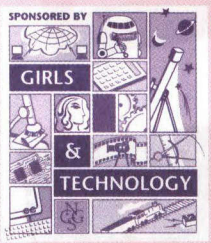
14" X 10 1/2" X 5".
WHITE ON PURPLE. # B01-G01 $13

## The Hat

It's cool to be in the sun—
or anywhere else—with the Official New Moon Hat. All cotton.

TURQUOISE HAT WITH WHITE DESIGN,
OR WHITE HAT WITH PURPLE DESIGN
(SEE PHOTO ON P. 2)
# C01-M01 $9

# RESOURCES FOR FAMILIES, CLASSROOMS, LIBRARIES, GIRLS' ORGANIZATIONS, & YOU




## Girls and Technology Video and Resource Guide

Produced by National Coalition of Girls' Schools. Valuable information for parents, teachers, and girls. Sparks discussion, raises questions, and moves you to action! Help strengthen girls' engagement with technology.

17-MINUTE VIDEO AND GUIDE.
# V15-X01 $29.95

NEW!

## POWER AND PROMISE PACKAGE

### Power and Promise Video

NEW!

Award-winning gender equity specialist Tim Flinders introduces gender equity issues and demonstrates an effective group intervention strategy in this 15-minute video.

### The Gender Primer:

*Helping Schoolgirls Hold onto Their Dreams.* by Tim Flinders. An easy-to-read, spiral-bound, "starter manual" for teachers and parents who want an introduction to the research on and responses to the most pressing home and school issues affecting girls today.

VIDEO AND PRIMER PACKAGE: #V16-X01 $23

## Women's Words Daily

*(out of print—limited quantities)*

Every day brings a new, inspiring woman's quote with the Women's Words Daily perpetual calendar. Four inches square, it sits like an easel on your desk, shelf, or table.

# P04-X01 $7.95

## An Income of Her Own

The hottest new board game around. Build your business empire with strategy, luck, laughs, and fascinating facts about women's work and history. Great for the classroom or the family room!

# E05-X01 $36

## Heroes: Growing Up Female and Strong

This 55-minute video features four adolescent girls, their relationships with female mentors, and the ways physical activity helps them feel good about themselves. Winner of the 1994 Silver Apple Award at the National Educational Film and Video festival. Inspiring, fun, hopeful, and a great tool for discussion, especially with the special curriculum. Produced by the Melpomene Institute and KARE 11 TV.

VIDEO ONLY
# V03-X01 $19.95

VIDEO AND CURRICULUM
# V03-X02 $24.95

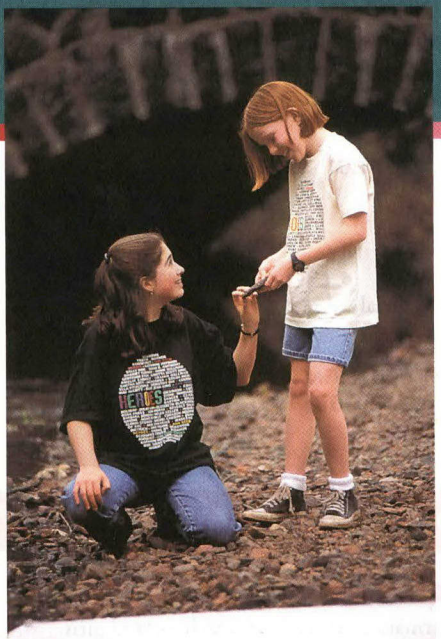
Melpomene Her

*(See our books on p. 10, too!)*



MASTERCARD & VISA ORDERS, CALL 1-800-381-4743 TODAY!

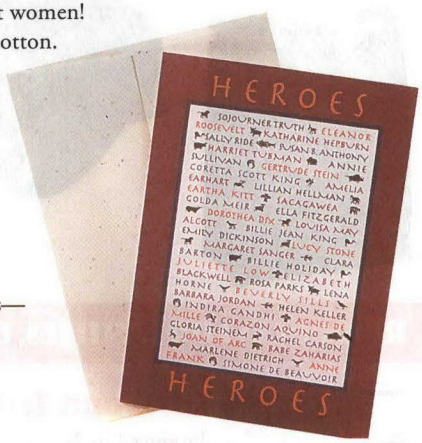
# We Love Our Heroes!



From Sojourner Truth to Sacagawea, you'll feel proud to be female wearing this salute to great women! Striking design in six colors on 100% cotton.

## Heroes T-shirt

# C02-H01
CHILD (CREME) 6-8, 10-12 $17
ADULT (BLACK) M - XXXL $19




## Heroes Greeting Cards

The same great list of great women—including Anne Frank and Babe Zaharias—on recycled paper, blank inside.

PACK OF 8 CARDS (5" X 7") WITH ENVELOPES
# P02-H01 $10

## Hole in the Day

Twelve beautiful songs by award-winning folksinger Ann Reed. Hole in the Day includes "Heroes," the inspirational song that honors extraordinary women like Rosa Parks and Rachel Carson.

CD # R02-X01 $15
TAPE # R02-X02 $10

## Life Gets Real

Ann Reed's newest album is her best yet! Bursting with laughs, tears, love, and infectious melodies. Hip, fluid guitar with a one-of-a-kind voice and spirit.

CD # R02-X03 $15
TAPE # R02-X04 $10

## New Moon Song

Written by Ann Reed and the Girls Editorial Board, the story of this lovely song was in our March '94 issue. Performed by Ann.

TAPE ONLY # R02-X05 $3

## Jane Evershed Cards

Get these gorgeous cards by renowned South African painter, environmental activist, and New Moon cover artist Jane Evershed. Selection of 8 different designs chosen by New Moon's girl editors.

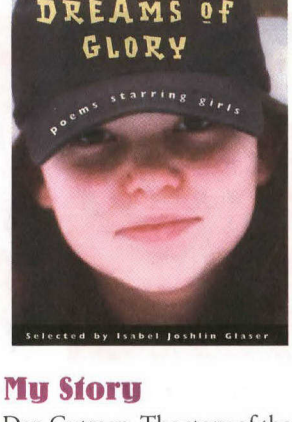
PACK OF 8 CARDS (5" X 7") WITH SNAZZY ENVELOPES
# P06-X01 $10



MASTERCARD & VISA ORDERS, CALL 1-800-381-4743 TODAY!

# NEW BOOKS! They're Really GOOD!

## Dreams of Glory: Poems Starring Girls

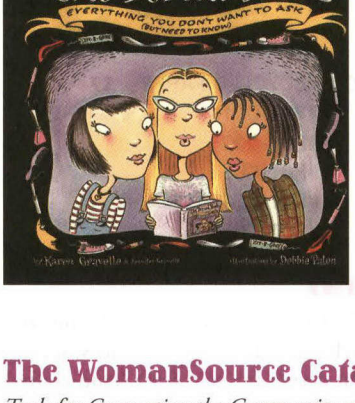


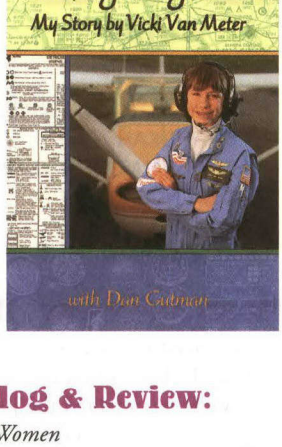

Selected by Isabel Joshlin Glaser. This collection of poems (written by adults) celebrates girls' hopes, pride, fears, humor, and fierce determination to show the world who they are and what they can do. Hardcover, 47 pages #G00-X13 $14

## The Period Book:

*Everything You Don't Want to Ask, but Need to Know*

Written by 15-year-old Jennifer Gravelle and her aunt, Karen Gravelle. A down-to-earth, practical book about your period—what it is, what it feels like, and how to talk about it. Illustrated by Debbie Palen. Paper, 117 pages #G00-X14 $8.95




## Taking Flight: My Story

By Vicki Van Meter and Dan Gutman. The story of the girl who flew solo across the US—and later across the Atlantic. Vicki (featured in the November '94 New Moon) writes with humor and honesty about how one ordinary 12-year-old dared to accomplish her dreams. Hardcover, 134 pages

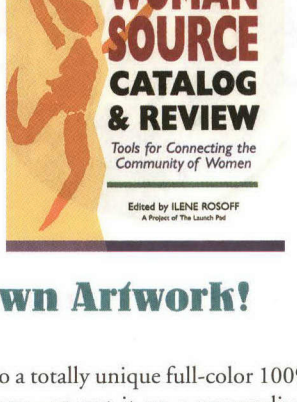
#G00-X15 $14.99

## The WomanSource Catalog & Review:

*Tools for Connecting the Community of Women*

Edited by Ilene Rosoff. An incredible 500-page global resource of books, organizations, publications, experiences, entertainment and ideas for girls and women. Its uses are infinite! Paper, 504 pages

# A00-X20 $19.95




## Dress Yourself or your Mouse in your very own Artwork!

NEW!



Turn your own Draw Lunas or other artwork into a totally unique full-color 100% Cotton T-shirt for yourself or someone you love—or put it on a personalized mousepad for your computer. Just send your artwork to us, and we'll transfer it to a T-shirt or mousepad, along with the New Moon logo. Bright vivid colors work best. Ship artwork flat and well-protected! Original artwork is returned with your purchase. Allow 4-6 weeks for delivery.

CUSTOM T-SHIRT CHILD 6-8, 10-12, 14-16 ADULT S - XXL
# C17-X01 $20

CUSTOM MOUSEPAD (9 1/2" X 8"): # S17-X01 $16



Check out our Web Page at: http://newmoon.duluth.mn.us/~newmoon

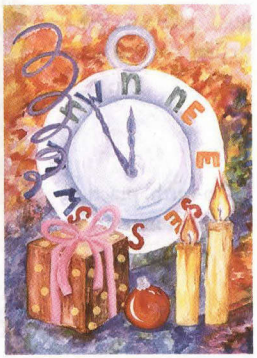
MASTERCARD & VISA ORDERS, CALL 1-800-381-4743 TODAY!

# NEW! New Moon Holiday Cards!

For the first time ever, in collaboration with Syracuse Cultural Workers, we've turned girls' original artwork into limited edition Holiday Cards. We have four beautiful full-color designs in sets of twelve cards with envelopes. You can order single design sets of 12, or the assortment which includes three of each design. (Inside messages are in quotes.)

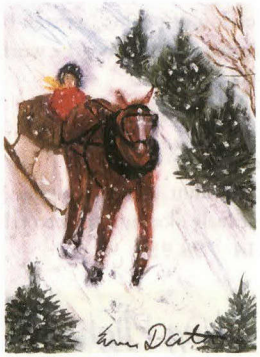
**Chanukah**

"Celebrate the miracle of lasting light. Happy Chanukah."



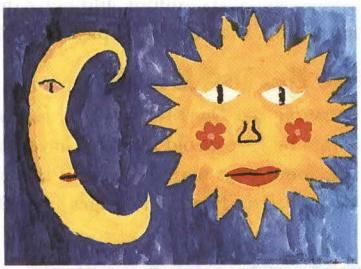
**Christmas & New Year's**

"With warmest wishes for a Merry Christmas and a Peaceful New Year."



**Winter**

Blank inside.



**Solstice**

"Celebrate Solstice!"

12 CARDS WITH ENVELOPES ON RECYCLED PAPER $7

| | |
|---|---|
| CHANUKAH | #P01-C01 |
| CHRISTMAS/NEW YEAR | #P01-C02 |
| SOLSTICE | #P01-C03 |
| WINTER | #P01-C04 |
| ASSORTMENT | #P01-C05 |

NEW!

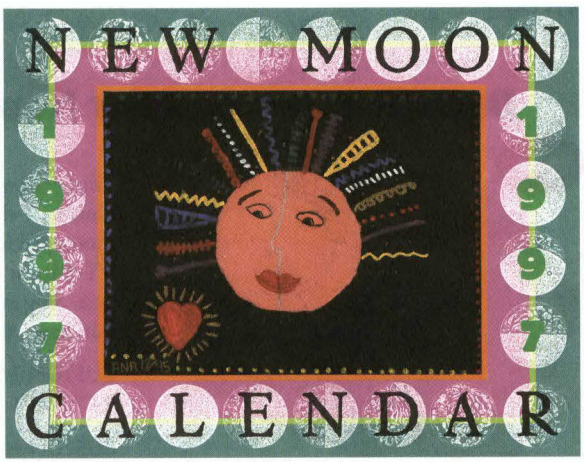
## Beautiful New Moon Stoneware Bowl

In June 1996, New Moon received the prestigious Ministry To Women award from the Unitarian Universalist Women's Federation. Texas artist Barbara Buell created this stunning blue bowl for the award. Now she has adapted the joyful design for you! Each hand-crafted bowl is unique. Girls dance surrounded by moons. This work of art makes a treasured gift!

APPROX. 8 INCHES IN DIAMETER # K09-X01 $60

## The 1997 New Moon Calendar

Overflowing with color, life, and fun. A monthly wall calendar with 13 original pieces of beautiful artwork by New Moon readers—and important dates in girls' and women's history! Sturdy, recycled stock. A "must-have" for every New Moon girl and woman. A great holiday or birthday gift! 9" x 11½ " # P01-X01 $10




USE THE NEW MOON CALENDAR FOR FUNDRAISING!!!
Call us for information on how we can help your non-profit organization raise money!



## Quantity Discounts!!!

If your club or group orders large quantities from this catalog, we can give you a great deal. Call us for details!

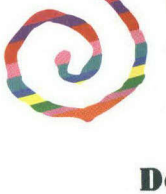
**MASTERCARD & VISA ORDERS, CALL 1-800-381-4743 TODAY!**

NEW!

# It's Time for New Moon

**New Moon Watch** Bright! Colorful! Unique! Be on time with your own New Moon watch. Leather band and 3 year limited warranty. In a pouch.

#J12-G01 $20



NEW!

## Dolphin Necklace

Our most popular wishstone, now available in a necklace! Amethyst on black silk cord.

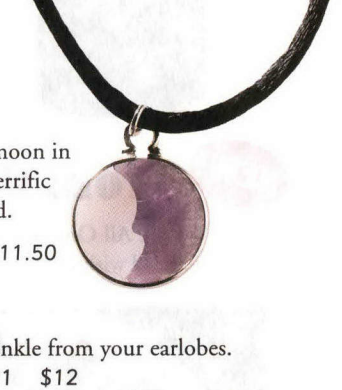
# J07-X04 $16

NEW!

## Crescent Cat Necklace

Playful cat rests on a silver moon with an amethyst stone. On black silk cord.

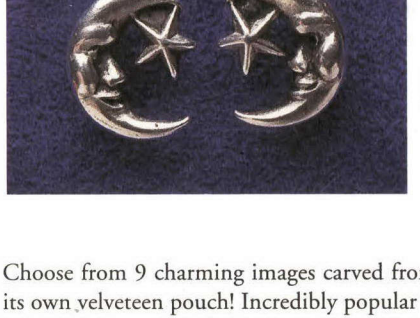
# J07-X03 $16



## Moon Necklace

Hand-crafted natural amethyst half moon in beautifully simple circle of silver. A terrific rite of passage gift. On black silk cord.

# J07-X01 $11.50



NEW!

## Moon and Star Earrings

¼ inch long pewter moon and star post earrings twinkle from your earlobes. Heavenly! Designed by Don Cherney. # J08-X01 $12

## Wish Stones

Choose from 9 charming images carved from semi-precious stones, each in its own velveteen pouch! Incredibly popular with New Moon girls! In amethyst or rose quartz. Each stone sold separately.

Star, Heart, Moon, Sun, Turtle, Dolphin, Whale, Cat, and Bear (bear in black onyx only). Be sure to specify design and color, or we will choose one for you!

# J07-X02 $9.50 EACH

NEW!

## and Very Special! Reach for Your Dreams Art Kit

Created just for New Moon. Sixty-six pieces of quality art supplies—including 8 one-of-a-kind New Moon rubber stamps. Also: colored pencils (with sharpener), crayons, markers, ink pad, ruler and New Moon sketch pad. Sturdy plastic case with strong, adjustable nylon shoulder strap. Organized for fun and creativity. (12½" x 8½" x 1½")

#E13-L01 $20



MASTERCARD & VISA ORDERS, CALL 1-800-381-4743 TODAY!

NEW!

## Moon Wind Chime

Melodious and beautiful. Your friends will admire it, and its gentle sounds will soothe your soul! Crescent moons hold lovely bells, accented with 4 colorful beads (27" long).

# K14-X01 $8

NEW!

## New Moon Candle

Light up your life with this candle, adorned with playful moons, suns and stars. (ht: 5" dia: 2") Gold on deep blue.

# K14-X02 $6

NEW!

# From the Kiki Collection

Kiki's "We Are All One Being" design on a T-shirt, journal, and refrigerator magnet. Our dazzling blue planet encircled with joyful beings—symbolizing the physical and spiritual connection of all life on earth.

## 100% cotton T-shirts

CHILD 6-8, 10-12, 14-16 # C11-W01 $16
ADULT M - XXL # C11-W01 $20

## Journal

Fifty pages of beautiful blank paper, with a sturdy spiral binding and a hard cardboard backing. 100% recycled paper. 7" x 8½" # P11-W01 $10

You never have enough

## Refrigerator Magnets!

Ours is vivid, laminated, 2" x 3" # P11-W02 $3



NEW!

Reach high with Kiki's beautiful

## Visit to the Moon T-shirt

Durable, comfortable 100% cotton; kids sizes only.

CHILD 6-8, 10-12, 14-16
# C11-V01 $16



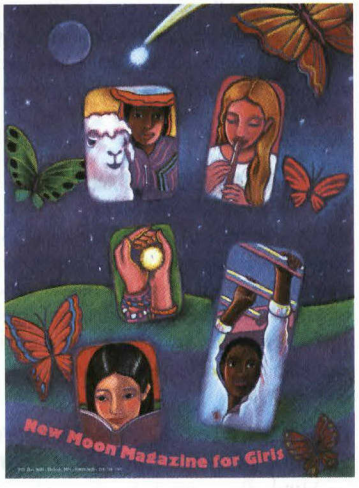
Check out our Web Page at: http://newmoon.duluth.mn.us/~newmoon

**MASTERCARD & VISA ORDERS, CALL 1-800-381-4743 TODAY!**

## Get the Original New Moon T-shirt!

Designed by editor Elizabeth Sproat, this comfortable, high quality, 100% cotton T features Eleanor Roosevelt's words, "The future belongs to those who believe in the beauty of their dreams." Turquoise and Pink on unbleached shirt.

ADULT S - XXL # C01-T01 $12



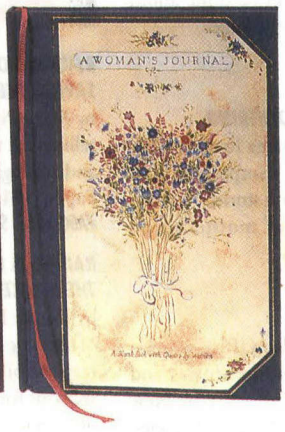

## New Moon Poster

The dreams and creativity of girls leap from the original design by Tracy Turner. Full-color on heavy stock, 14" X 19", suitable for framing.

# P01-X02 $5

# New Moon Gift Certificate

Having a hard time deciding? Want a girl to choose for herself? We have the perfect solution—New Moon gift certificates. They can be purchased for any amount and are redeemable for any merchandise in this catalog! # P01-X03




## Earth and Sky Journal

Helps you use nature as your inspiration. Large blank pages, simple illustrations, and beautiful quotes from naturalists, poets, religious leaders, and others. Hardcover, 144 pages

10 1/4" X 7" # G00-X01 $14.95

## A Woman's Journal

Blank book with quotes by women and drawings of flowers. From Lily Tomlin's "Remember, we're all in this alone." to Yoko Ono's "I have a woman inside my soul," you'll laugh, reflect and be inspired! Hardcover, 192 pages

10 1/4" X 7" # A00-X01 $14.95



MASTERCARD & VISA ORDERS, CALL 1-800-381-4743 TODAY!

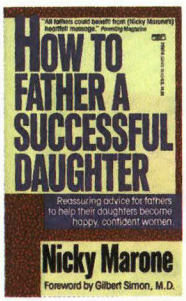
# Books for Adults

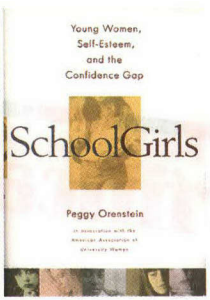
### MOTHER-DAUGHTER CHOICES: A HANDBOOK FOR THE COORDINATOR

by Mindy Bingham, Lari Quin & William Sheehan. Guide to 6-week mother-daughter training. Helps families with preteen peer pressure, decision-making, trust, communication, and goal setting. Paper, 143 pages
*#A00-X03 $10.95*

### HOW TO FATHER A SUCCESSFUL DAUGHTER

by Nicky Marone. Practical ways Dad can make a powerful difference in daughter's life. Honest and humorous reading. Paper, 317 pages
*#A00-X05 $4.95*




### SCHOOL GIRLS: YOUNG WOMEN, SELF-ESTEEM, AND THE CONFIDENCE GAP

by Peggy Orenstein. Stories of girls give the compelling human side of statistics on the drop in adolescent girls' well-being. Paper, 333 pages
*#A00-X06 $12.95*

### FACETS NON-VIOLENT, NON-SEXIST CHILDREN'S VIDEO GUIDE

Through age 12. Great family resource. "Parents, teachers and children will applaud this carefully chosen collection of more than 800 videos." - Peggy Charren, Action for Children's Television. Paper, 234 pages
*#A00-X19 $12.95*

### BEYOND DOLLS AND GUNS: 101 WAYS TO HELP CHILDREN AVOID GENDER BIAS

by Susan Hoy Crawford. Fun, easy-to-read little book offers great tips—and illuminates ways we all contribute to gender stereotypes in kids. Paper, 212 pages
*#A00-X18 $10.95*

### THE COURAGE TO RAISE GOOD MEN

by Olga Silverstein and Beth Rashbaum. Powerful new look at mother-son relationships. A refreshing new model for the role of men and women in boys' lives. Paper, 275 pages
*#A00-X07 $11.95*

### A SENSE OF SELF: LISTENING TO HOMESCHOOLED ADOLESCENT GIRLS

by Susannah Sheffer. Helpful information for all girls—both in school and out. Girls themselves tell what helps them be strong and sure! New Moon Network columnist Sheffer shares the powerful and insightful voices of girls and their success in the struggles of adolescence. (Due out in paperback soon; call for availability) Hardcover, 208 pages
*#A00-X11 $22.95*

### NO MORE FROGS TO KISS: 99 WAYS TO GIVE ECONOMIC POWER TO GIRLS

by Jolene Godfrey. This practical, fun guide arms girls with knowledge and experience needed for economic well-being. Paper, 240 pages
*#A00-X12 $12*

### THINGS WILL BE DIFFERENT FOR MY DAUGHTER

by Mindy Bingham & Sandy Stryker. Comprehensive advice you can put to immediate use to help assure that your girl will become a self-confident, reliant, and satisfied woman. Paper, 494 pages
*#A00-X13 $14.95*

### BOYS WILL BE BOYS: BREAKING THE LINK BETWEEN MASCULINITY AND VIOLENCE

by Myriam Miedzian. Illuminating challenge to violence prevention strategies and the male mystique. "The best single source about male violence and what can be done about it" - Robert Holt. Paper, 354 pages
*#A00-X14 $10*

### MOTHER JOURNEYS: FEMINISTS WRITE ABOUT MOTHERING

ed. by Maureen Reddy, Martha Roth & Amy Sheldon. Funny, honest, compelling, and thoughtful essays, poems, and stories. Women reflect on the meaning of mothering in America. Paper, 332 pages
*#A00-X15 $15.95*

### WOMEN AND WORK

edited by Maureen Michelson. Real women inspire real girls with personal stories and photos of working life. With essay by New Moon editor Mavis Gruver. Paper, 191 pages
*#A00-X02 $14.95*

### MEETING AT THE CROSSROADS: WOMEN'S PSYCHOLOGY AND GIRLS' DEVELOPMENT

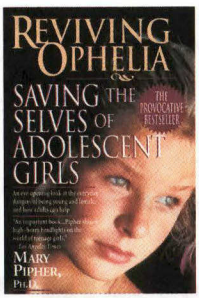
by Lyn Mikel Brown & Carol Gilligan. Two pioneers in the field offer women insights on meeting girls at the critical crossroads of adolescence by drawing on their own youth. A classic. Paper, 258 pages
*#A00-X16 $12.50*

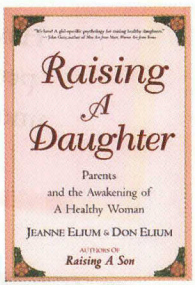
### FAILING AT FAIRNESS: HOW AMERICA'S SCHOOLS SHORTCHANGE GIRLS

by Drs. Myra and David Sadker. Pioneer education researchers draw a complete and shocking portrait of gender bias at all levels of school—the premier work on this subject. Includes effective steps for parents, teachers, and kids to take. Paper, 280 pages
*#A00-X17 $12*

### CHALLENGES: A YOUNG MAN'S JOURNAL FOR SELF-AWARENESS AND PERSONAL PLANNING

by Mindy Bingham & Sandy Stryker. This self-discovery and personal planning journal engages teenage boys in the myths, realities, and critical choices they must face entering adulthood. Paper, 240 pages.
*#G00-X12 $18.95*




### REVIVING OPHELIA: SAVING THE SELVES OF ADOLESCENT GIRLS

by Mary Pipher, Ph.D. The provocative best-selling call to arms that offers parents strength and strategies to help their daughters thrive. Paper, 304 pages
*#A00-X08 $12.50*

### RAISING A DAUGHTER: PARENTS AND THE AWAKENING OF A HEALTHY WOMAN

by Jeanne Elium & Don Elium. The authors of *Raising A Son* turn their expertise to the responsibility of raising a daughter. Special sections for single parents and fathers. Paper, 367 pages
*#A00-X10 $12.95*



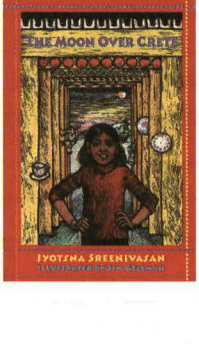
MASTERCARD & VISA ORDERS, CALL 1-800-381-4743 TODAY!

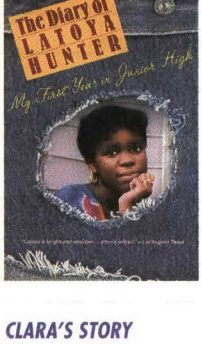
# Books for Girls

### MOON OVER CRETE

by Jyotsna Sreenivasan. Time-travel adventure originally excerpted in New Moon. You'll love the full story of 11-year-old Lily's thrilling trip to ancient Crete! Paper, 128 pages

*#G00-X02 $8.95*

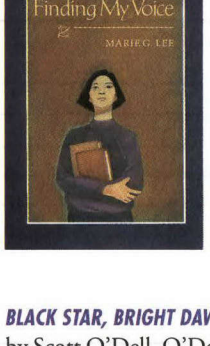



### THE DIARY OF LATOYA HUNTER: MY FIRST YEAR IN JUNIOR HIGH

(Nonfiction) Jamaican immigrant Latoya Hunter shares the pains, fears, achievements, and joys of daily life in a tough Bronx neighborhood. Honest account of her drive for independence and identity. Paper, 131 pages

*#G00-X06 $8*




### FINDING MY VOICE

by Marie Lee. Ellen Sung deals with prejudice from classmates, pressure from her parents, and her struggle to discover who she wants to be. Paper, 165 pages

*#G00-X03 $3.99*

### CLARA'S STORY

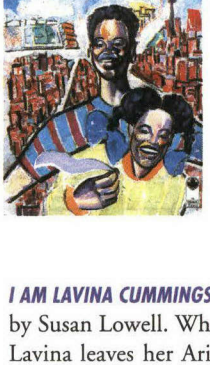
by Clara Issacman (Nonfiction) True story of a girl and her family hiding from Nazi persecution in Belgium. Exciting and inspiring story for children and adults. Paper, 119 pages

*#G00-X07 $8*

### BLACK STAR, BRIGHT DAWN

by Scott O'Dell. O'Dell's classic story of the Inuit girl who must risk the 1,000-mile Iditarod sled dog race without her father as guide and companion. A thrilling tale of a brave, resourceful heroine. Paper, 134 pages

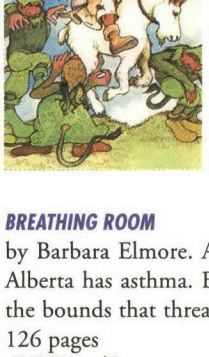
*#G00-X04 $3.99*




### HARRIET'S DAUGHTER

by Marlene Nourbese Philip. Charming, humorous, perceptive novel of adolescence. Margaret, 14, wants to be cool, stylish, blacker, and help her best friend escape Canada for a life in Tobago with her grandma. Winner of the Casa de Las Americas prize. Paper, 150 pages

*#G00-X09 $8.95*




### TATTERHOOD AND OTHER TALES

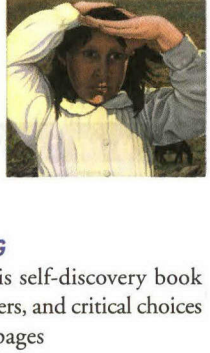
edited by Ethel Johnston Phelps. Spirited female heroines lead the way through 25 traditional tales from around the world. Comedy, adventure, and magic! Paper, 165 pages

*#G00-X05 $9.95*

### I AM LAVINA CUMMINGS

by Susan Lowell. When her mother dies, Lavina leaves her Arizona ranch, family, and beloved horse for California town life. Wonderful historical novel "with real characters and things to say that are worth saying" - Natalie Babbitt. Paper, 198 pages

*#G00-X10 $6.95*




### BREATHING ROOM

by Barbara Elmore. Alberta's mother insists on limits because Alberta has asthma. But, Alberta takes up running and breaks the bounds that threaten to keep her a little girl forever. Paper, 126 pages

*#G00-X11 $5*

### CHOICES: A TEEN WOMAN'S JOURNAL FOR SELF-AWARENESS AND PERSONAL PLANNING

by Mindy Bingham & Sandy Stryker. This self-discovery book engages teen girls in the myths, realities, careers, and critical choices they face entering adulthood. Paper, 240 pages

*#G00-X05 $18.95*

Check out our Web Page at: http://newmoon.duluth.mn.us/~newmoon



MASTERCARD & VISA ORDERS, CALL 1-800-381-4743 TODAY!

## Three easy ways to order:

PLEASE PRINT

*messages taken 24 hours a day*

**MAIL** THIS FORM WITH • CHECK • MONEY ORDER • MC • VISA

**FAX** USING THIS FORM • 218-728-0314 • MC • VISA

**TELEPHONE** • 8 AM-5 PM CENTRAL TIME (EXPANDED HOURS IN NOV. & DEC.): 218-728-5507

U.S. FUNDS ONLY

**MC & VISA ORDERS: 800-381-4743**

**ORDERED BY** _____

Street Address (NO P.O. BOXES PLEASE) _____

City _____ State/Province _____ Zip/Post code _____

Country _____ Home phone _____ Daytime phone _____

**SEND TO A DIFFERENT ADDRESS** (please list additional names and addresses on a separate sheet)

Name _____

Address _____

City _____ State/Province _____ Zip/Post code _____

Country _____

### What Do You Want?

We're always looking for new resources & fun stuff for the New Moon catalog. What do you want us to offer? Call or write with specific items or general needs.

### CLOTHING ONLY

| ITEM CODE # | DESCRIPTION | SIZE | COLOR | ALTERNATE COLOR | QUANTITY | PRICE EACH | TOTAL PRICE |
|---|---|---|---|---|---|---|---|
| | | | | | | | |
| | | | | | | | |
| | | | | | | | |
| | | | | | | | |
| | | | | | | | |
| | | | | | | | |
| | | | | | | | |

A CLOTHING TOTAL:

### OTHER MERCHANDISE

| ITEM CODE # | DESCRIPTION | COLOR | ALTERNATE COLOR | QUANTITY | PRICE EACH | TOTAL PRICE |
|---|---|---|---|---|---|---|
| | | | | | | |
| | | | | | | |
| | | | | | | |
| | | | | | | |
| | | | | | | |
| | | | | | | |
| | | | | | | |

Clothing and merchandise shipping includes parcel post or UPS in the continental U.S. Additional charges apply for shipments outside the continental U.S. Call us for prices.

We will ship your order by the most efficient method and ship most orders within 48 hours of receipt. Orders can take up to three weeks to arrive by regular shipping.

When ordering after December 13 for the holidays, we recommend Special Shipping - see section D.

Merchandise subtotal: _____

Sales tax (MN residents) x 6.5%: _____

Sales tax (Duluth residents) x 7.5%: _____

B MERCHANDISE & TAX TOTAL: _____

### METHOD OF PAYMENT • U.S. FUNDS ONLY

MAKE CHECKS PAYABLE TO NEW MOON

☐ Check or Money Order Enclosed (U.S. Bank)

☐ Visa or Mastercard Exp. date _____

Card # _____

Name on Card _____

Signature _____

### C REGULAR SHIPPING

| TOTAL PRICE | SHIPPING for each delivery address |
|---|---|
| 0 - $20 | $4.50 |
| $21 -$45 | $6.00 |
| $46 - $70 | $7.00 |
| $71 - $100 | $8.00 |
| ABOVE $100 | $9.00 |

### D SPECIAL SHIPPING

For UPS 2nd Day Air, please add $10 above the regular shippng charges.

For UPS Next Day Air, please add $15 above the regular shipping charges.

A CLOTHING TOTAL _____

B MERCHANDISE TOTAL _____

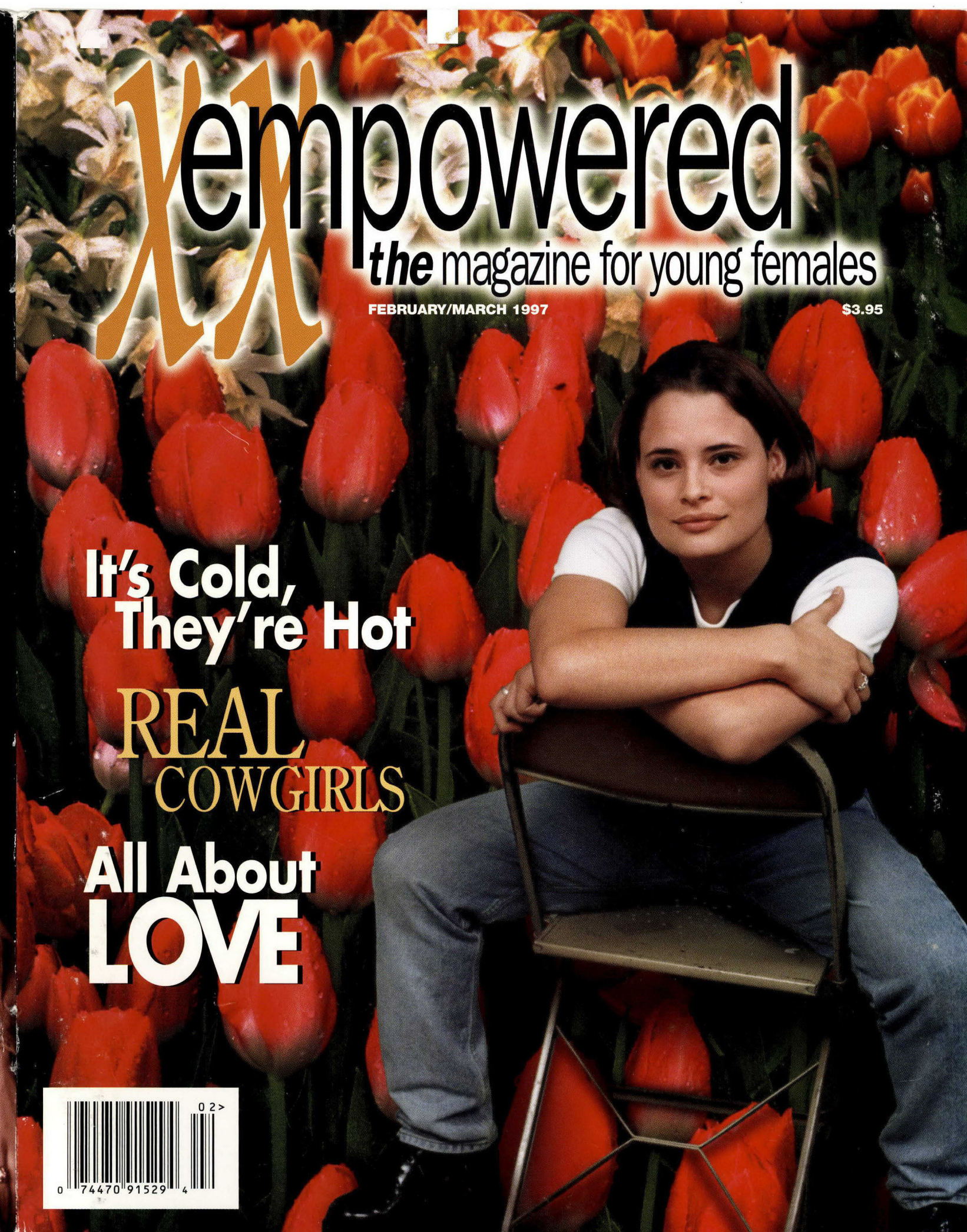
C SHIPPING TOTAL _____

D SPECIAL SHIPPING _____

GRAND TOTAL _____

**NEW MOON, PO BOX 3620, DULUTH, MN 55803-3620**

New Moon is a registered trademark of New Moon Publishing, Inc.


Xempowered
the magazine for young females
FEBRUARY/MARCH 1997
$3.95
It's Cold, They're Hot
REAL COWGIRLS
All About LOVE
02>
0 74470 91529 4

**Welcome** to Empowered magazine! We are excited to have you! We liked the logo *XX* because it is the symbol of female chromosomes...a symbol unique to females. Like the symbol, this magazine is about the strength, intelligence, love and power that girls have to offer. Empowered is for girls of all colors, shapes, sizes and styles...Whether you're into beauty pageants or grunge, raising a family or owning your own company, basketball or needlepoint, street life or farm–this magazine is about you.

You deserve a magazine that talks about more than catching a guy and keeping him happy, diets and looking good because you are so much more than these things. This magazine is about your dreams, about the wonderful things that you are, just the way you are, and the amazing things that you can achieve. It is a place for you to unite, hear about the lives and ideas of others, ask questions, share, support, learn, empower, laugh and create.

We want you to be a part of Empowered, through your questions, opinions and requests for articles. We will cover the topics that you would like covered and the questions that you would like answered. All you need to do is send your comments, requests and questions to:

*XX* Empowered Magazine
P.O. Box 1236
Colorado Springs, CO 80901
Phone: 1-888-TEENMAG From Phoenix area: 777-1892

We would also like to **PUBLISH YOUR WORK** and hear about your lives. Send high quality photos and negatives, art works, poetry, articles about topics, issues and people that interest you, or articles about your life or what it's like in your hometown. Work with your friends and combine writings and photos to create an entire article or poetry page. **YOU WILL BE PAID $50-$90 PER PAGE FOR WORK** that is accepted for the magazine, and your name, age and city will be given with your work. Please be sure to put your name, age and address on the back of each photo or page, and only send material that you do not need returned. If you write on a computer, please send a disk with the hard copy and save the writing as "text only."

**CATCH OUR WEB MAGAZINE**
**www.eyf.com**

Thanks for joining us!

Kim Whiting
Publisher

# empowered

publisher:
KIM WHITING

creative editors:
PATRICE AGLIATA
CAROL LUDWIG KLEBER

art director:
TIM FUCHS

editors:
DAISY WHITNEY
LISA NODORA

fashion editor:
DONNA LADD

assistant fashion editors:
REBECCA CILETTI
AMY D. HAIMERI

staff photographer:
CHRISTINA SMITH

media consultant:
JEFF BROOKS

web site designer:
JO COOK

teen editors:
PALOMA COSTA, JANA POTRAMENT,
MEGAN WILLIAMS, ERIN HOWARD
RACHELLE JONES, CELESTE MASSIE
LESLIE HAGER

special thanks to YOUTH RADIO,
AND YOUNG D.C.

advertising director
TAMI HOWELL
(908) 879 - 0524

cover photography
christina smith

# empowered

*the* magazine for young females

a word with the beautiful people ..... 4
models on modeling and beauty

depression ..... 10
mission impossible?

dare to dream: cool careers ..... 12
fire chief
& stay at home mom

it's cold they're hot ..... 20
women of winter

Shades ..... 40
future's so bright
they gotta wear shades

# contents


all about love ..... 5

crushes, heartbreak, beyond valentine's day, valentine's day, thoughts on love

real cowgirls ..... 66

"bucking" stereotypes

face of race ..... 74

a letter to MTV, asian and american

Short Story ..... 78

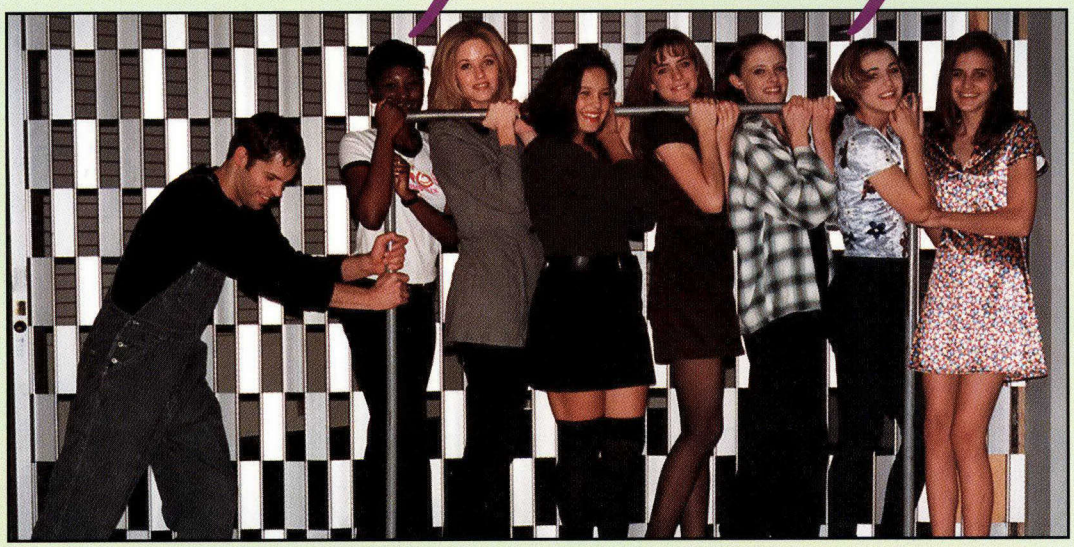
a father's futile love

fashion groove ..... 82

look like more for less

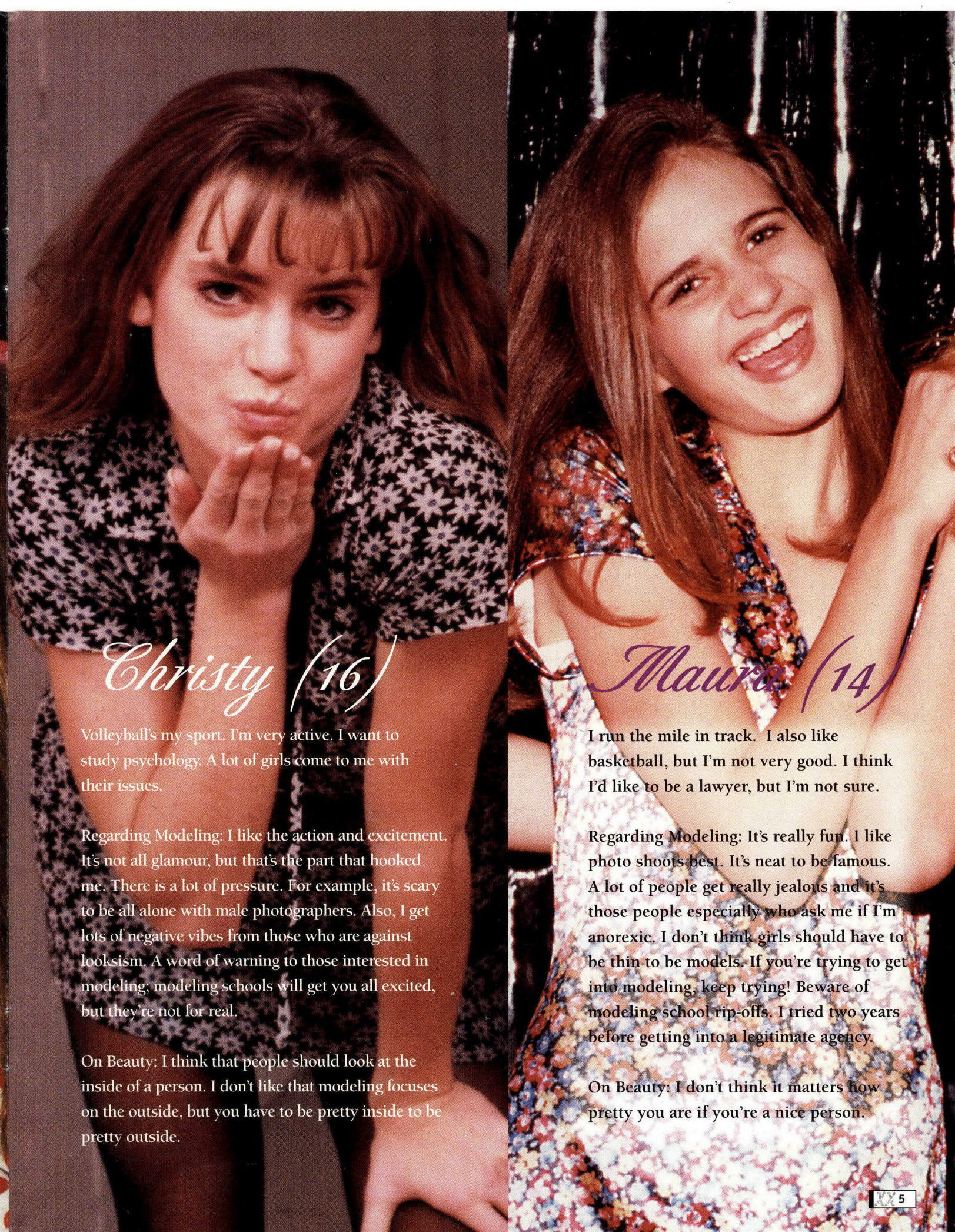

this photo & cover photo by christina smith

# A Word With The "Beautiful People"



We asked models what they thought about beauty and modeling. The following models are from Bella International, a modeling agency based in Colorado Springs.

photography by christina smith



## Christy (16)

Volleyball's my sport. I'm very active. I want to study psychology. A lot of girls come to me with their issues.

Regarding Modeling: I like the action and excitement. It's not all glamour, but that's the part that hooked me. There is a lot of pressure. For example, it's scary to be all alone with male photographers. Also, I get lots of negative vibes from those who are against looksism. A word of warning to those interested in modeling: modeling schools will get you all excited, but they're not for real.

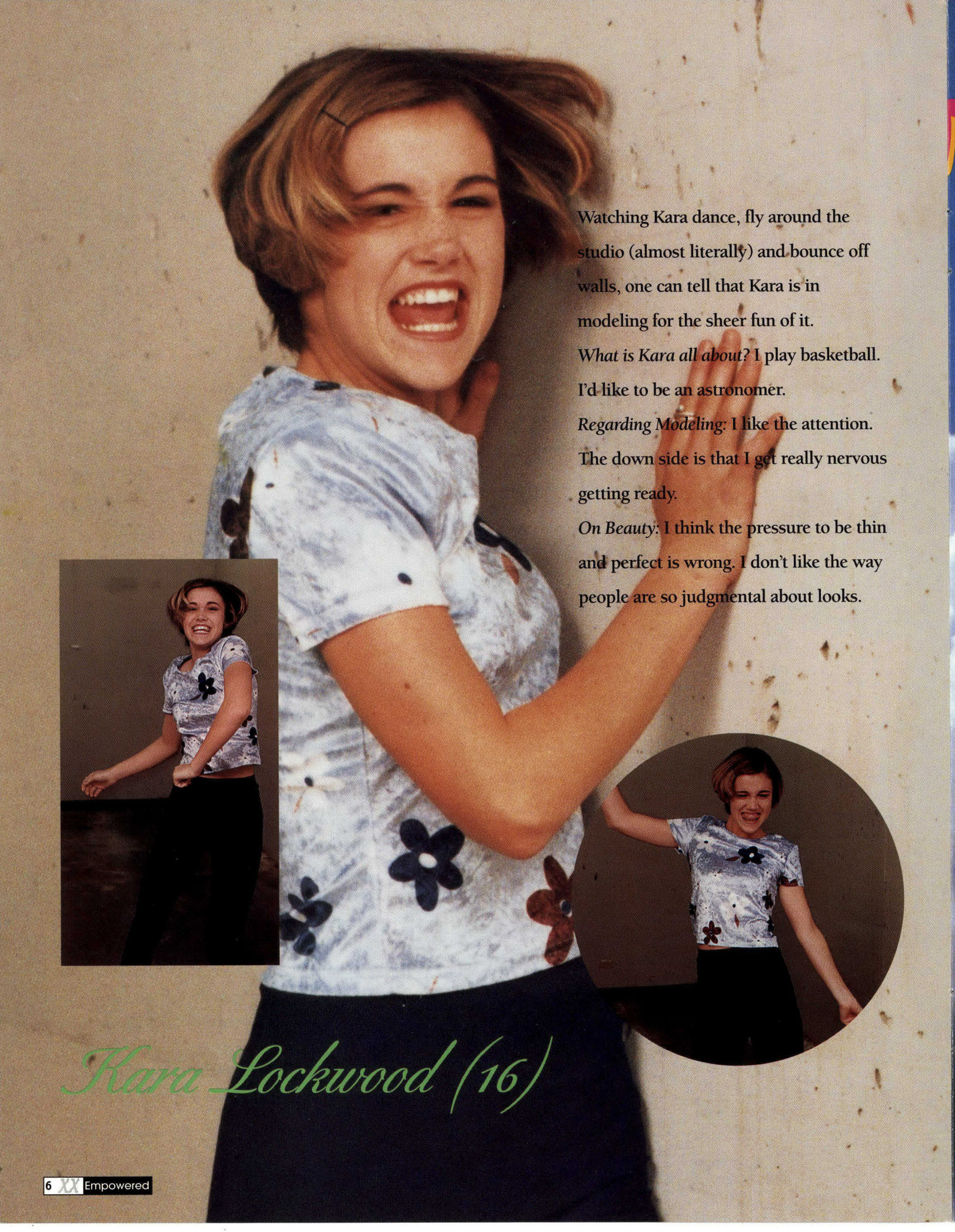
On Beauty: I think that people should look at the inside of a person. I don't like that modeling focuses on the outside, but you have to be pretty inside to be pretty outside.

## Maura (14)

I run the mile in track. I also like basketball, but I'm not very good. I think I'd like to be a lawyer, but I'm not sure.

Regarding Modeling: It's really fun. I like photo shoots best. It's neat to be famous. A lot of people get really jealous and it's those people especially who ask me if I'm anorexic. I don't think girls should have to be thin to be models. If you're trying to get into modeling, keep trying! Beware of modeling school rip-offs. I tried two years before getting into a legitimate agency.

On Beauty: I don't think it matters how pretty you are if you're a nice person.



Watching Kara dance, fly around the studio (almost literally) and bounce off walls, one can tell that Kara is in modeling for the sheer fun of it.

*What is Kara all about?* I play basketball. I'd like to be an astronomer.

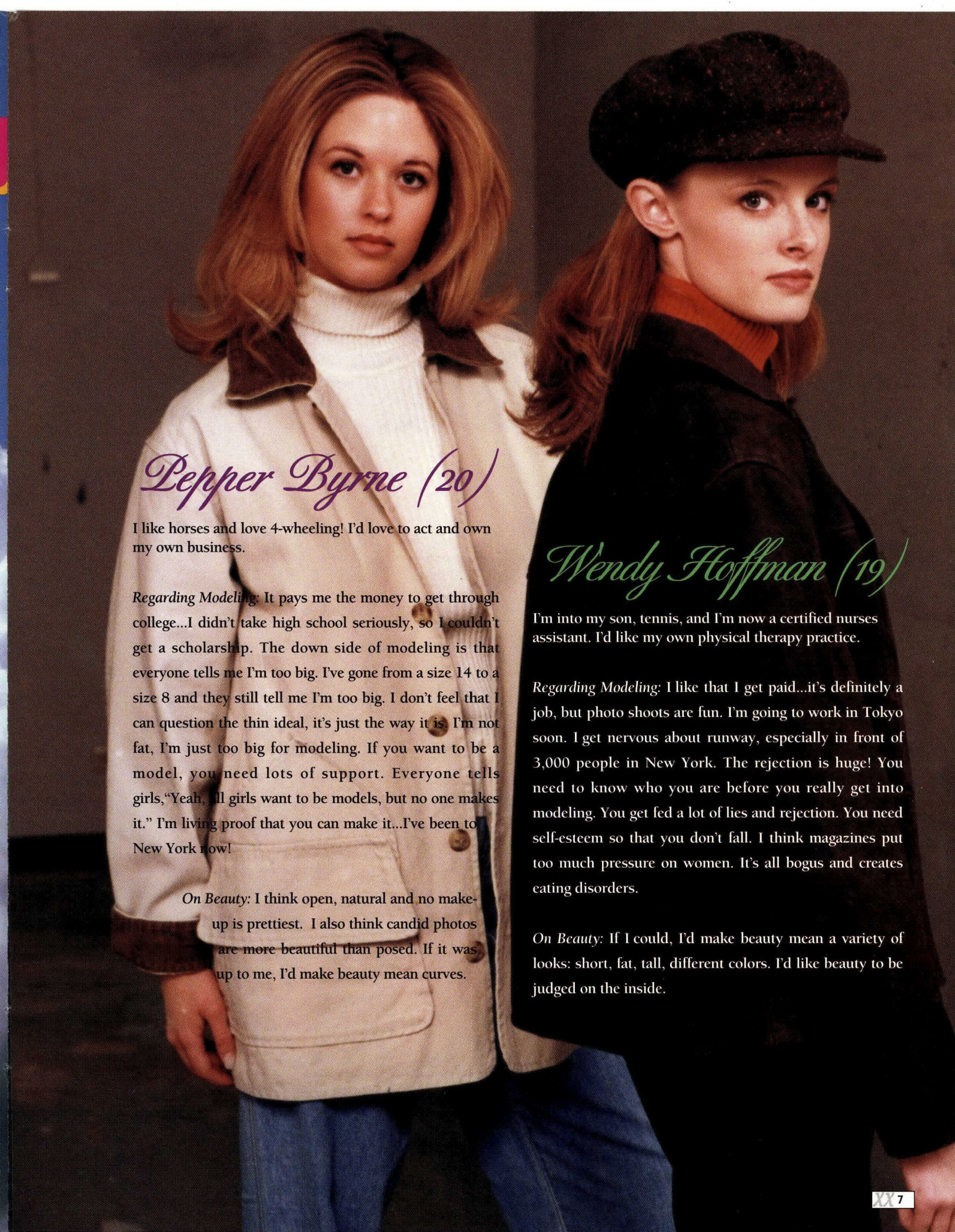
*Regarding Modeling:* I like the attention. The down side is that I get really nervous getting ready.

*On Beauty:* I think the pressure to be thin and perfect is wrong. I don't like the way people are so judgmental about looks.





# Kara Lockwood (16)



## Pepper Byrne (20)

I like horses and love 4-wheeling! I'd love to act and own my own business.

*Regarding Modeling:* It pays me the money to get through college...I didn't take high school seriously, so I couldn't get a scholarship. The down side of modeling is that everyone tells me I'm too big. I've gone from a size 14 to a size 8 and they still tell me I'm too big. I don't feel that I can question the thin ideal, it's just the way it is. I'm not fat, I'm just too big for modeling. If you want to be a model, you need lots of support. Everyone tells girls,"Yeah, all girls want to be models, but no one makes it." I'm living proof that you can make it...I've been to New York now!

*On Beauty:* I think open, natural and no make-up is prettiest. I also think candid photos are more beautiful than posed. If it was up to me, I'd make beauty mean curves.

## Wendy Hoffman (19)

I'm into my son, tennis, and I'm now a certified nurses assistant. I'd like my own physical therapy practice.

*Regarding Modeling:* I like that I get paid...it's definitely a job, but photo shoots are fun. I'm going to work in Tokyo soon. I get nervous about runway, especially in front of 3,000 people in New York. The rejection is huge! You need to know who you are before you really get into modeling. You get fed a lot of lies and rejection. You need self-esteem so that you don't fall. I think magazines put too much pressure on women. It's all bogus and creates eating disorders.

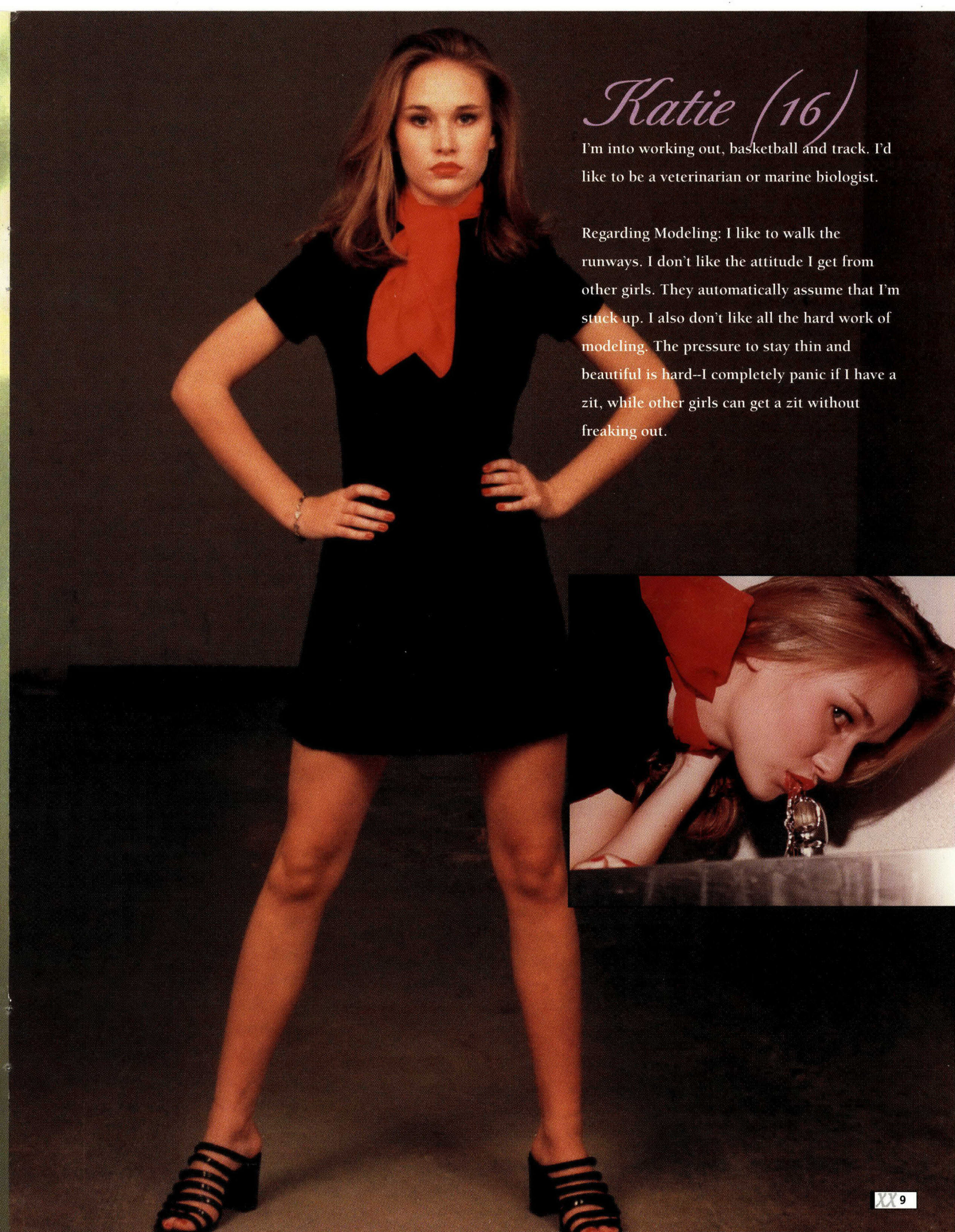
*On Beauty:* If I could, I'd make beauty mean a variety of looks: short, fat, tall, different colors. I'd like beauty to be judged on the inside.

# Tara (15)

I'm into basketball and hanging with my friends. I'd like to be an actress one day and be in comedies.

Regarding Modeling: I like the excitement and fun. I really like the clothes, hair and weird looks we get to put on. Modeling can give the message that you must be thin and perfect to be o.k., and I don't think that's true.

On Beauty: If I could change the ideal of beauty, I'd make beauty mean what people are like on the inside not the outside.

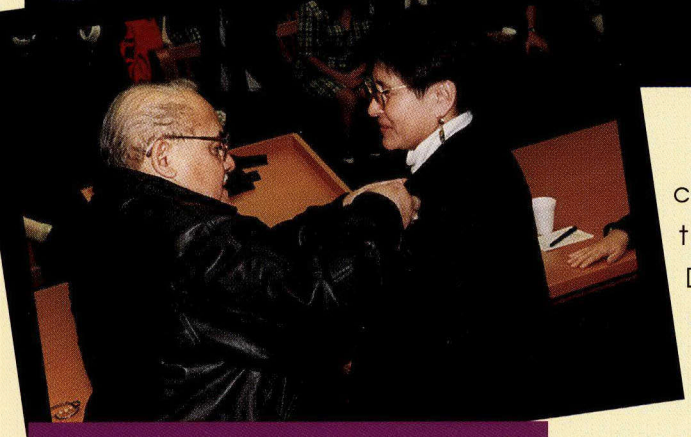


# Katie (16)

I'm into working out, basketball and track. I'd like to be a veterinarian or marine biologist.

Regarding Modeling: I like to walk the runways. I don't like the attitude I get from other girls. They automatically assume that I'm stuck up. I also don't like all the hard work of modeling. The pressure to stay thin and beautiful is hard--I completely panic if I have a zit, while other girls can get a zit without freaking out.

# Dare to Dream: Cool Careers



*"When I was seven I was determined to be the first woman to play Mozart's clarinet concerto on the moon. I think the people that set goals are the people that actually excel and become excellent at what they do."*

Sometimes the coolest careers can be born from the simplest of impulses. Debra H. Amesqua, fire chief for Madison, Wisconsin was inspired while reading a book to her daughter. It's an intricate tale, so sit back, relax and enjoy her story.

## Fire Chief

"I can start by telling a story. I was a music major at Florida State University, a clarinet major. I realized that I was not a performer in the professional sense. The stress level was very high. So I dropped out of school and got pregnant. I went to Berkeley, California with my husband and my daughter was born. During the days we would take long walks and go to the library and I'd read to her out in the park.

One particular day I went to the library and picked out a book on the construction of musical instruments, particularly the guitar. I felt very much like I had found something I was interested in; I had a love of music and a love of the instrument. So I apprenticed with Steve Klein, who was a builder of musical instruments in Oakland at the time. We built guitars for professional musicians in Los Angeles."

Keep on listening, the passion for musical instruments will eventually burn into a love for fire.

"As my daughter got older I decided I wanted her to grow up in a small town. So I moved back to my hometown, Tallahassee, Florida. I took machine shop and welding at the vocational school. Recruiters came from around the city and asked if anyone was interested in the fire service. I said 'no.' I had my path, building guitars.

But they advised me of the security and work schedule. It seemed to offer a lot of things I enjoyed—time to myself as well as an emphasis on the building industry. Once they told me what it would be like I got more interested.

I ended up going through recruit school and recognized that I could have my second occupation if I wanted to. So, I had a little guitar shop in a music store along with being a firefighter.

There were a lot of things about the fire service that I had no clue about—hydraulics, physics, chemistry. I became very interested in firefighting because of the direct application of these sciences. So I closed my guitar shop and ended up dedicating all of my time to the fire service."

No longer a maker of music, Debra devoted her time to climbing the fire ladder.

"I was part of the hazardous materials team. I became a training officer. It offered a lot of areas that women aren't traditionally involved in. It gave me a sense of teamwork and when I was growing up there weren't a lot of team sports for women. I started working like crazy to advance my knowledge. I got all the certifications, took all the promotional exams. I came right up through the ranks from rookie firefighter to driver, lieutenant, captain, assistant chief and chief."

To win the position in Madison Debra competed with 48 candidates nationwide. The Madison Fire Department was one of the first to hire women and it currently has the highest percentage of female firefighter's in the country—16 percent. Debra is a pioneer in the fire business. She was in the first group of women hired in the nation when she started.

"I don't think you can go into a non-traditional area without controversy. I've taken the approach that there is always something to learn and there is importance in truly listening to someone's concern, whether or not you agree with it. It's how you deal with yourself personally that determines whether you're successful. You have to have self-confidence, believe you are there for a reason and know that what you are doing is helping the community. You don't have to bend somebody's ear. You just have to perform."

**Written by Daisy Whitney**

*Heather at 18*

# All Moms are Working Moms

If anyone had ever told me when I was a teenager that someday I would go to college for 10 years and put it away to stay home with my children - I would have told them they were crazy!. I always thought that I'd have a career, and put my kids in daycare. I grew up a girl of the 70's when one of the most popular songs of the decade was "I am Woman - Hear Me Roar" and women were burning their bras. I may have laughed it off at the time, but I really was believing that if you were female and you were going to college, then you wouldn't dare think of becoming a.....housewife!

In high school I was to everything: chorus, cross country, track, honor society, school newspaper, drama club, my church youth group, and an organization I truly enjoyed - 4-H. I also went to a modeling school, and wanted to be a flight attendant. I had lots of dreams and goals - but I don't remember anyone ever telling me that raising children was an important and highly respected career. Too many women in the past had no choice but to stay at home. So staying at home seemed to become a choice that was to be avoided.

So on to college I went. After working at the campus radio station, I decided that a career in broadcasting would be my choice. I realized that I loved to research and found myself studying broadcasting systems all over the world. I travelled, studied, and eventually earned my Masters Degree. I loved teaching students at the university and decided that I would like to make that my career. I knew I would have to get my PhD,

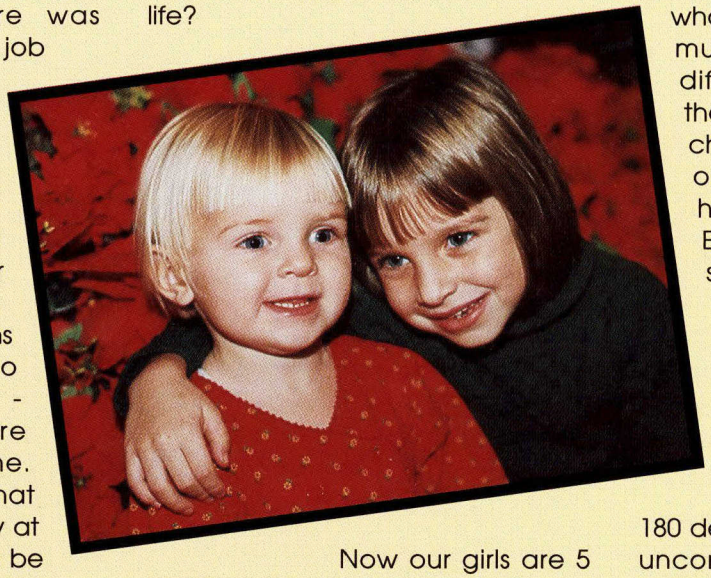
since a job in a major university requires a doctoral degree.

I worked hard in college but, I also had a personal life and fell in love with my very good friend Greg, who is now my husband. I had finished all my courses and tests and was left to do my dissertation when we were married. We definitely wanted to have children, and I thought we could start having a family while I worked on my dissertation. I remember telling everyone that I would write my dissertation while the baby was in the "paperweight" stage. After all, babies only sleep and eat in their first year, right? Wrong!

Even before Elizabeth was born I had to deal with pregnancy sickness - night and day. To read even a label made me nauseous - so how could I work on the dissertation?! After she was born, I learned about sleep deprivation, and found that being a parent of a baby is the biggest "on-call" job that exists. And there was something else about this job too....nobody pays you for it. Needless to say the dissertation had to be put on hold. I decided to devote my time to taking care of Elizabeth, and two years later, her sister Caroline arrived.

I realize that many moms have to go to work to support their families - especially when they are raising their children alone. But if there is some way that one of the parents can stay at home with their kids, it can be the most rewarding "career" of all. I stress the word "career" because I think many people do not think of the time you stay at home with children as a career - but it is. Unfortunately, we constantly hear the term "Working Mom" which implies that only women who leave the home are "working". But if washing diapers, constant cleaning, feeding and caring isn't work - then I don't know what would rate as work. My husband is a teacher and yet with our small house, and one car - we are able to make ends meet. Right now it is worth the financial sacrifice to be there to see our children's "firsts" - first step, first word, first hug. I wouldn't have missed what I have experienced for anything.

What makes the job of "stay-at-home" Mom so rewarding? Well it is many things - and much is hard to put into words. It is witnessing a small baby changing into a child with their very own personality. It is the closeness you create with your child by helping them in so many different situations. It is being there to teach your child what you think is important and the right way to behave. Most of all, it is developing an ongoing and trusting relationship with your child that you hope to have for years to come. Raising a child and being there for that child is a basic human experience. Period. What other type of job could have so much impact on another person's life?



Now our girls are 5 and 3 years old. Both of them are going to the public Montessori center. With Caroline gone half a day and Elizabeth full day, I am at the bus stop 3 times a day. Once again, a full-time job out of the house seems to be unreasonable and would cause a lot of stress. When the girls were babies I found that I enjoyed doing something that I had always loved; knitting. It relaxed me and I was able to create beautiful, things for my family and myself. A couple of years ago, I decided to try designing sweaters for magazines. To my surprise, I have found success and within the last year and a half have had 4 designs published. My new "career" as designer allows me to stay at home. Of course, most of my time is spent taking care of our girls and our house, but I know as they get older I will be able to build up this new career I have found. My dream is to someday have my own studio within my house and work from there. I also teach knitting a couple of nights a week at a yarn shop. Right now I am saving the money I have earned from my knitting and putting it towards my daughters' college fund.

Some people might think that going to college for 10 years only to end up taking care of children is a waste. (People have actually said that to me!) But I know that nothing is farther from the truth - education is never wasted. Because of what I learned in college, I am a much different person. I think differently about people and the world. I also believe that my children are different because of my education. They both have a zest for learning and Elizabeth even talks of the day she will go to college.

Perhaps the most important thing I have learned and would like to say to young women today is that being a woman means that sometimes you will need to be very flexible. A complete 180 degree change in career is not uncommon when children come into your life, and that is O.K. But rather than waiting for a career or a family to happen, make the most of what you have and work hard toward whatever goals you have right now. My career path has changed, and will continue to change - but I am very happy where I am.

*by Heather G. Lodinsky*

# Is This Mission Impossible?

By Jana Potrament (16) Arizona

## Depression:

If you're starting to believe that every silver lining has a dark cloud, you are probably nose-deep in depression. Stress levels can get sky-high from tons of school work, guy or friend strifes or even family problems. Why? Because you feel defeated and hopeless; nothing you can do seems to change your inability to meet all the demands in your life. Major depression occurs in ten to twenty percent of the World's population in the course of a lifetime. Women are more often affected than men by a two-to-one ratio, especially teen-age girls.

Depression is an extremely traumatizing disorder and, contrary to a depressed person's beliefs, it can be treated.It is significantly more than an ugly emotion. Severe depression may involve a genetic defect in some cases, and can also result from environmental factors, such as the traumatic events that in some individuals can trigger the onset of other diseases.

## Characteristics:

Depression is defined by its symptoms. Described in the American Psychiatric Associations Diagnostic and Statistical Manual of Mental Disorders, they are

1. poor appetite and significant weight loss, or the reverse
2. insomnia or increased sleep
3. agitation, or retardation, of movement and thought.
4. loss of interest or pleasure in usual activities or decrease in sexual drive
5. fatigue and loss of energy
6. feelings of worthlessness, self-reproach, or excessive or in appropriate guilt
7. diminished ability to concentrate, or indecisiveness
8. recurrent thoughts of death or suicide, or suicide attempts.



Not all of these characteristics occur in each depressed individual. Some or all may be present and the individual may still not consider himself or herself depressed. When an emotion becomes apparently beyond "sad", "blue", or "discouraged", whether it is your own or someone else's, take the time to figure out why this feeling has emerged. Take time to treat it.

## Causes:

There is no single cause for every person's depression. Each case is different, however, each abides because of the lack of knowledge of dealing with emotions. Teens speak out on how they believe their depression began:

" I couldn't stop cutting myself. I was hoping that someone would see my scars and realize just how unhappy I actually was. I couldn't bring myself to admitting that I was depressed and participated in self mutilation. I needed help."

**Christina, age 14**

" I felt like I had no control over my life, like someone else was always in charge."

**Jennifer, age 17**

"Nobody understood me. I didn't know one person that I had anything in common with so I felt completely alone."

**Cameron, age 15**

"Nobody cared. Nobody listened. The refrigerator was the one thing I knew would always be there. I was so depressed that I turned to food as my way to escape from the world that made me this way."

**Pauline, age 18**

## Treatment:

Depression can be treated in many ways. Psychotherapy is the most common. Prescribed drugs and hospitalization are additional methods used to aid in abolishing this disease. Combining these treatments is often done to speed the process of recovery. Modern therapies can shorten the duration of the disease by many months. Treatment and hospitalization may also prevent suicide attempts, a growing problem for teens. If you or someone you know is depressed, don't ignore the signs. Get help before its too late, because the mission to fight this disease is not impossible.

photography by christina smith

# A Place of Our Own

By Heather Chambers, 16, Arizona

Each day as I make my way out of school, I pass the usual crowd of students lounging on the benches exchanging gossip (and sometimes saliva). Outside is a skateboarder or in-line skater who uses the steps of our school as a ramp. As a skater jumps up over an obstacle, misses his board and falls smack on his face, I have to ask myself why he is here.

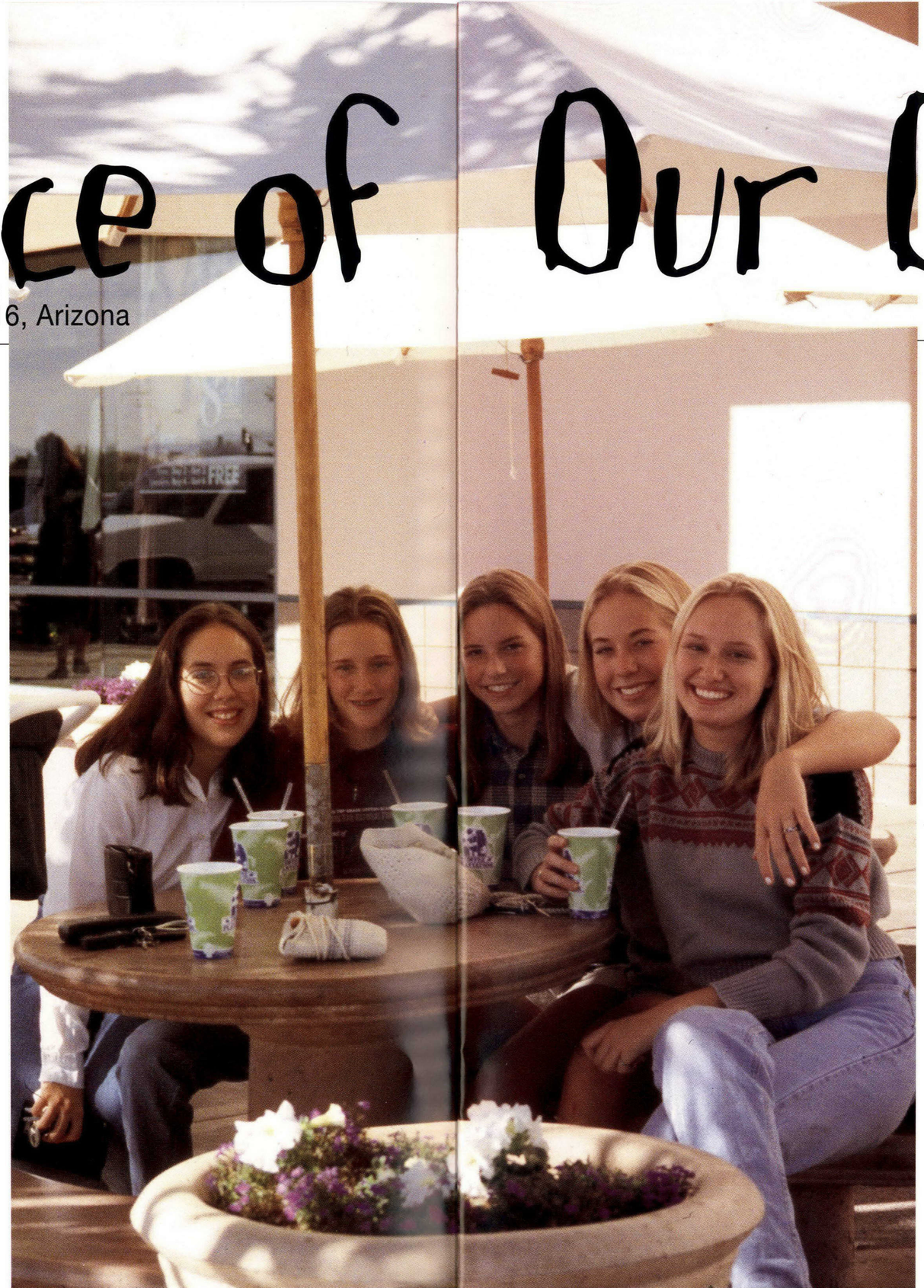
**B**ut I know why. Just as I know why you'll find other teens hanging out on street corners or in parking lots. There's nothing for teens to do.

**B**efore you brush that aside as yet another teen whining, hear me out. A recent Gallup Youth Survey revealed that more than anything teens like to hang out with or just spend time with their friends. If we had a choice, we wouldn't be sitting at home glued to the tube. When Gallup researchers asked more than 500 teens ages 13 to 17 how they prefer to spend their weekend evenings, 36 percent—three times more than any other response—said "visiting with friends." Only 3 percent said "watching TV."

**W**e used to be able to go to any number of no-alcohol clubs or teen nights where we could be with our friends to dance, play pool or just listen to music. But many have closed. We used to hang out at parks, restaurants and shopping centers, but nowadays just the sight of a group of teens scares people, and we're not welcome. Or we're too loud or rowdy.

**O**ne activist said he's tried for years to develop teen hangouts. He thinks the way to go is to return to the time of "Happy Days" and have a malt shop in every neighborhood. I don't think we can go back to the '50s. That was then, this is now. I wouldn't bet money that a malt shop would be very attractive to today's teens. But the fact that malt shops were a place teens felt was theirs is what is lacking today.

**C**offee shops have become so popular because they are a place to socialize. However, short of doing the macarena, we have no place to dance or release our energy.Movie theaters, malls and a friend's house are ok to hang out at once in a while, but they get old fast.



**W**hat we need is somewhere to go where we do not have to worry about making too much noise or disturbing others. A place where bands would play and we could dance, play pool or volleyball with other teens. Somewhere close enough to our homes that we'd walk there after a school dance or volleyball game.

**S**omewhere over the rainbow, right?

**A** place like that would be a haven for teens in neighborhoods across the country.

**T**eens need to escape the boredom of their own solitary confinement. Too many of us go home and watch television as a way to entertain ourselves, even though we'd rather be out with friends. Oh, sure, some would say there are plenty of community centers and teen centers. A teen center was recently built in Phoenix, my hometown. But it's only open until 8 p.m. most nights and 10 p.m. on Fridays. That might work for younger teens and preteens, but it doesn't work for high school students.

**T**ake, for example, a Friday night. The school football game ends around 10 p.m. Show me a teen who wants to go straight home after the game. We'd rather go hang out with friends, talk about the game and meet others. But every Friday night the same question is asked by thousands of teens, "Where can we go?"

**W**hile I wouldn't dare say that having no place to go is the underlying cause of teen drinking and drug use, it's probably contributing to the problem. If there's nothing to do, teens are going to create their own entertainment. Unfortunately that sometimes leads to misguided fun.

**R**etirement centers have been built to give seniors a place to go socialize and interact with other seniors. Teen centers, with realistic hours, should be built—minus the bingo.

**U**ntil there's a place we can call our own, I'll see you at the coffee shop.

# Body & Soul

## Winter Skin Care

Your back and scalp are itchy. Your legs look like alligators in the noon day sun, and your oily summer face now has dry patches...What's going on here?

BY SCOTTI JONES, THE BODY SHOP

COLD WINTER WEATHER and all its skin-defying factors like icy winds, sun-reflecting snow, centrally heated buildings, layers of clothing, hats and scarves. Everything that worked so well this summer, is now out of season.

Remember that there are no instant skin solutions, because skin renewal takes up to a month. Any new program should be followed for at least 3 weeks to see the results.

Cleansing the skin is done to wash off the sweat and grime of the day, be it from a hard soccer game, living in a polluted city, or changing hormones. Water isn't enough to clean your face, but you don't want to use a harsh soap either. A gentle bar of soap or a soap free cleanser are both good. Tea tree oil is good for oily skin because it is a natural antiseptic. Cleansers with Vitamin E or Bromeline (pineapple juice) can help to condition skin, and using a soft facial brush or wash cloth will get your face cleaner. If you have skin that gets itchy or rashy, stay away from fragrance and colors in your products. Also, some people are allergic to soap and need to use soap free cleansers.

AGAINST ANIMAL TESTING

If you use an exfoliator several times a week, it will keep your face smooth and glowing. An exfoliator can be as simple as ground up beans, a cosmetic company's exfoliating product, or a scrubby loofah. Exfoliating takes off the dead skin that is sitting on the surface of your face and has refused to drop off as house dust. (A fairly disgusting fact is that 95% of house dust is dead skin!) Exfoliating will replace the dull, ash winter look with a fresh, healthy look. A word of warning: Don't scrub you face too hard. Some people think that a hard scrub is good, when in fact, it is irritating the skin even more. The skin is delicate and needs to be treated as such. Scrub gently in upward circular motions, starting on the forehead, and then from the chin up to the eyes (apply moisturizer in the same way). If you use a loofah for exfoliating, make sure to let it dry outside the shower, otherwise it will get moldy.

After rinsing and patting your face dry, use a toner/freshener on a cotton ball to clean out the last bit of soap residue and dirt. Avoid products with SD Alcohol 40 which will strip the face of any oil (All skin needs some oil for protection.) Look for ingredients like cucumber, tomato, honey, calendula, rosewater, elderflower, witch hazel or tea tree. During the winter, toners may seem to be out of step with a dry face, but often they will contain honey or mint to soothe and add moisture back to the skin.

In the winter, your skin will cry out for moisturizer. Using moisturizer not only keeps the skin soft, but protects the skin from the elements. Good moisturizers often contain Vitamin E, Carrot oil, jojoba oil (which replaced the need to kill sperm whales for their oil), aloe gel, tea tree oil, beeswax, olive oil, lanolin, glycerin, cocoa butter, and shea butter, which go a long way in making the skin feel smooth and soft again. Remember that no moisturizer should cost more than gold...it's merely oil and water, or water and oil and nothing more.

# "It's Cold, They're Hot"

## Noel Lyons

You won't see Noel Lyons shushing down the ski slopes. You won't see her on the chairlift either. That's because she's an extreme skier and for the types of runs she likes to make, she's flown by helicopter to the top of the mountain. Extreme skiing is very steep, very deep, out-of-bounds skiing. "With extreme skiing you have to call on all your skills. You have to adapt like a chameleon the whole way down to everything from nice poofy powder, to rock hard boiler plates, to avalanche debris," Noel says.

Is she ever scared? She says she can be, but she thinks fear is a good thing because "it helps you preserve your life." Noel took first place in the 1993 World Extreme Skiing Championships and she considers that her greatest moment in the sport. "That was the culmination of all my expertise. I drew upon everything I've ever done to make that happen," she says. This winter, not only will she be skiing, she'll also be teaching race clinics at Crested Butte, Colorado; commentating at the 24Hours of Aspen (a 24-hour endurance competition in which she holds the women's world record), and she'll be taking an avalanche safety course.

When she's not getting her exercise on the slopes, Noel keeps in shape by mountain biking, rollerblading and lots of abs work. She also has a gardening business during the summer and she handles public relations for Warren Miller Entertainment, the premier ski-film maker in the world, starring in several of his films.

Try and keep up with her busy schedule! Not only is she a top athlete she's also a businesswoman.

"To make it as a woman in the ski industry you've got to hone other skills, such as business skills, being articulate and working with the press. You have to make your destiny vs. letting it happen to you."

Being a woman has served her well, she says. "We have an incredible emotional and psychological stamina. We have this incredible capacity to juggle 10 things at once and get it done. What I've learned in skiing has translated into everyday life. I see a lot of women go to ski clinics and gain a stronger sense of self. They start out thinking they can't do it but then they realize they can. Skiing has taught me to take risks."

**Women Of Warren Miller Ski Productions**

Photography by Annie Kruss

# Susan Sawyer

*By Lisa Nodora*

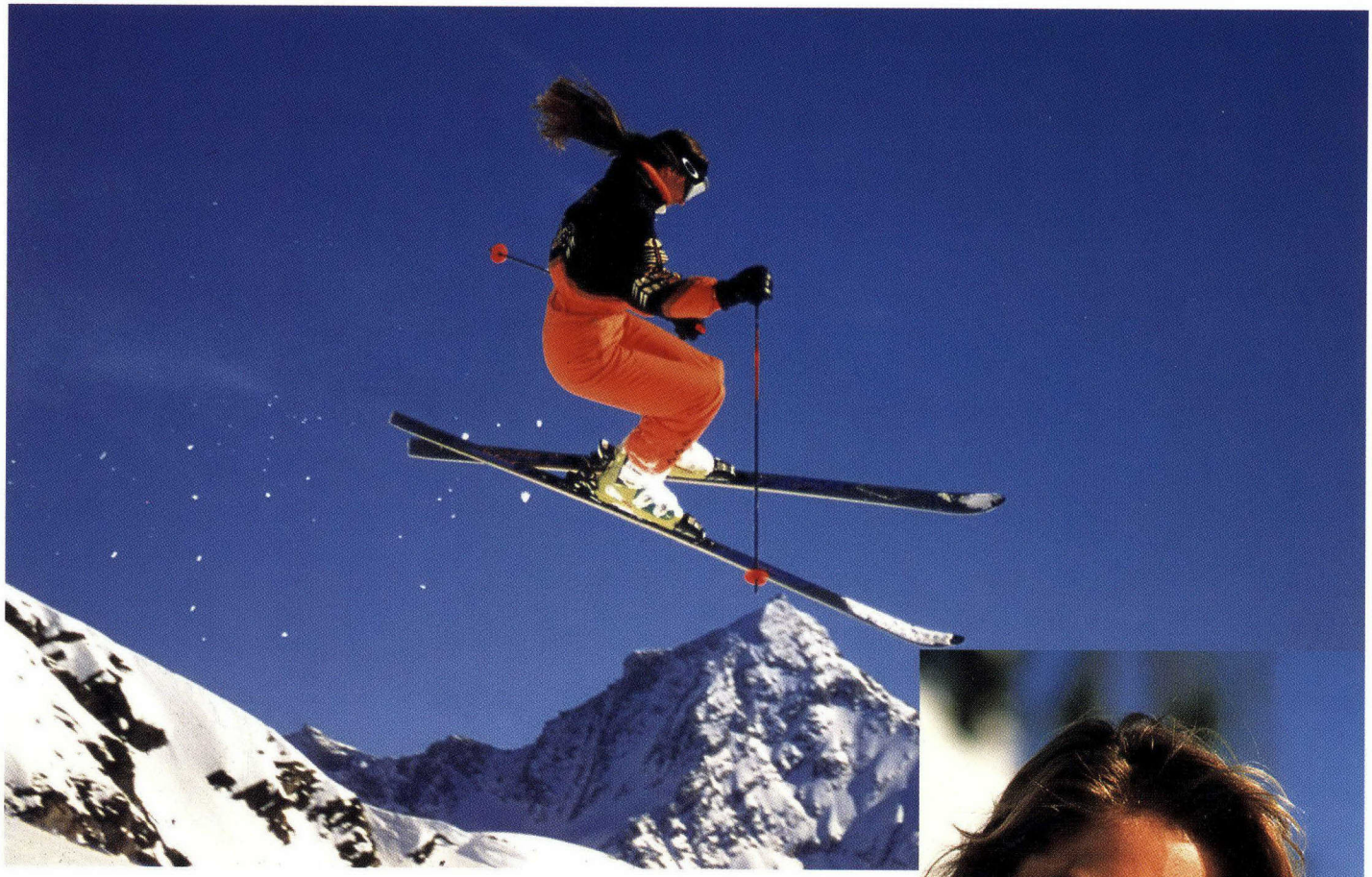
Suzanne Sawyer is one very talented lady. Not only does she ski in Warren Miller's famous ski movies, she also works part-time as a consultant for The Covey Leadership Center in Utah. It all started for Suzanne when she was just ten years old. That's when she took up the sport of skiing.

Her interest in ski racing began while she was in college. One day she was asked to be an extra in a TV movie about skiers. It was there that she met photographer Scott Markewitz who introduced her to the world of ski photography. She started doing photos for him which appeared on billboards and such. About five years ago, Warren Miller contacted Suzanne. She traveled to Colorado and skied for him. The rest, as they say, is history.

The most challenging part for Suzanne is not skiing the difficult locations for the movies, but balancing her two careers. When asked if she would like to pursue skiing full-time, Suzanne replied that although she would love to, she really likes her consulting career as well. Her current situation fulfills the two sides of her personality equally well: the glamorous movie star and athlete, combined with the practical, intellectual consultant. She thoroughly enjoys her work and has something meaningful to contribute to both of her careers.

What are the keys to all this success? "The most important thing is not to be concerned with what other people think. Go for it! You have to take every chance, because you never know where it might lead. Take every opportunity that comes your way."

**Women Of Warren Miller Ski Productions**



# Amy Wheeler

*By Lisa Nodora*

Amy Wheeler grew up in a family of older brothers. She credits this (and Mom too) with getting her interested in skiing. Every Sunday for many years the family would ski together. Nobody could have guessed how far it would take Amy. She is one of the skiers for Warren Miller's famous ski movies, not to mention a full-time ski model.

Although she does admit to being "in the right place at the right time" with regard to her movie career, she credits Warren Miller with picking the best skiers. It's "not all glamour, although many photographers portray it that way." She feels that the Warren Miller films expose the real athleticism of skiing, which she feels is truly where her passion lies.

Amy firmly believes that "whatever you put your mind to, you can achieve." Her dream has taken her to wonderful locations world wide and given her the opportunity to ski some of the best slopes. "Follow your passion. Passion has taken us (women) far beyond our looks. Looks are secondary."

**Women Of Warren Miller Ski Productions**

# Victoria Jealouse

*By Daisy Whitney*

Victoria Jealouse never planned to become a snowboarder, but it's a good thing she let a friend talk her into going. She loves the sport and has devoted the last six years of her life to it.

That first day on the slopes was a real struggle, she says, with lots of crashes, but it was also "totally fun." She learned the sport quickly since "every few minutes you're progressing. You fall and get back up. On the first day you go from not being able to stand up to making turns."

Victoria spent her first season "freeriding," devoting her energies to learning and advancing in the sport
instead of competing. The next three years she snowboarded headfirst into competition and captured several World Cup titles. Now she's back to free riding because she wants to explore other areas of the sport from back country extreme snowboarding to movie making. She works and stars in movies for Standard Films,
top snowboard movie makers.

Victoria says her career is totally rewarding. "Lots of travel, tons of good riding, meeting cool people—it's just
totally fun." She travels frequently for the sport and considers herself lucky for the opportunity. "Travel is one of the more educational experiences you can have—visiting other countries and learning about other people and cultures."

Not only has she had the chance to travel, but she's also been in commercials, magazines and movies promoting Burton snowboards, her sponsor. And she was in a chocolate milk commercial.

For teenage women Victoria offers these words of wisdom: "Snowboarding is way more gratifying than getting attention from any guy. It's way more fun to have muscle and be strong and ride and have fun in a sport. It's way more gratifying to be yourself and be good in sports."

**Women of Burton Snowboards**

# Nicole Angelrath

Nicole is famous for her ever-present killer smile. She helped develop Burton's clothing line and boots for '97.

What was her first day of riding like?
"I went with my brother on a super icy day. He kept yelling at me, telling me not to crash. I wiped out so many times that day and ended up with two black and blue knees."

Other Interests?
"I work at my Dad's winery and try to spend time with my friends when I'm at home."

# Cara-Beth Burnside

She's tireless. She often rides all day and skateboards in the evening.

How about a good road trip Story?

I was in Tahiti during a Nuclear Testing period. Huge crowds came to protest and decided to burn down the town and the airport. We couldn't get a flight out so we were stuck in Tahiti a few extra days. Bummer, huh!?

What was your first day of riding like?

I thought that since I could surf and skate, I would have no problem snowboarding. I went straight to the top and crashed the whole way down. By the end of the day, I was wet and miserable. I was so mad that I decided I would have to get good at snowboarding.

Other Interests?

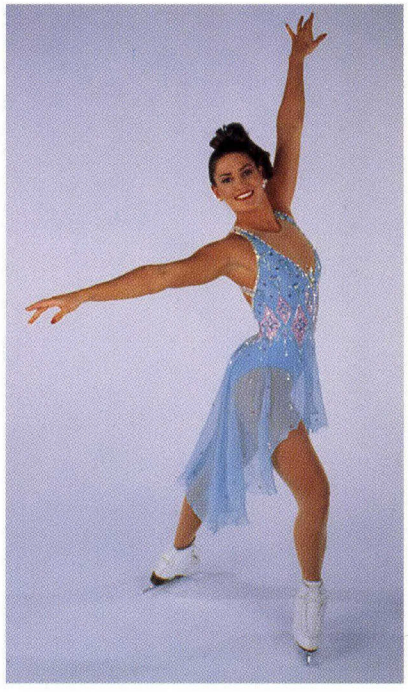
Skateboarding, Surfing, reading and hanging out with my family.

# Shannon Dunn

She's powerful, graceful, and always smiling. Shannon likes to ride at fund raisers to support good causes.

What was your first day riding like?
"My brother taught me. I fell so many times. The next day I was so sore, I had bruises all over my legs and could barely move."

Other Interests?
"Surf, surf, surf, mountain biking, and golf."



# Tonia Kwiatkwoski

Tonia Kwiatkwoski just can't get enough of competition. A age 25, most skaters would hang up their Olympic blades and head for the tours and coaching opportunities. But Tonia, who's finished second in nationals and has competed in worlds twice, is getting ready for the 1998 Olympics in Nagano, Japan.

Tonia began skating at age five, and when she placed 2nd in the Cleveland Invitational Championships at age eight, Carol Heiss Jenkins, the 1960 Olympic Gold Medalist, spotted the talented girl and began coaching her. Under Carol's eye, Tonia moved up through the ranks of skaters in the midwest and in 1987 began tackling the national skating community. She has continued to place in the top senior ladies levels ever since.

Unlike many other skaters, she slowed down her pace to attend college, receiving a degree in communications and psychology. After college, she put all her energy into preparing for the U.S. Nationals in 1996, where she took the silver medal, one of her proudest moments in the sport. "I love the freedom of being out on the ice," she says. She also loves to travel (this interview was conducted while she was in Japan), and she just finished a tour with the Tom Collins group, a skating exhibition that featured Brian Boitano, Oksana Baiul and Nancy Kerrigan.

Her advice to girls who want to take up the sport: "Work hard, set short and long-term goals, but most of all enjoy what you are doing."

WAVE

# Susan Williams, Professional Hockey Player

*By Lisa Nodora*

Who says hockey isn't a woman's sport? Not Susan Williams, a goalie for the East Coast Hockey League (ECHL) team the Huntington Blizzard. Susan is one of the first women to become a professional hockey player. Susan has always been an active person. Her entire family was interested in a variety of sports, from baseball to golf, skiing to tennis, and swimming to cheerleading. Homework had to be done first in her family, but she was always encouraged to participate in athletics. That upbringing has sure paid off, because Susan has an undergraduate degree in kinesiology and sports psychology and a Masters in Education and exercise science. She is even working part-time on her Ph.d. in sports psychology and motor development. She told Empowered that one of her ultimate "goals" is to become a college professor.

Being female and an athlete was challenging. She wasn't always primped and proper. But Susan says that girls should remember, "you don't have to be perfect; you can be who you are." At times it was tough, but it made her different and strong. "You have to learn to be true to yourself. You have to learn your own optimism. When something bad happens, you have to think, 'there will be a positive happening out of this.' The better you can learn to do this, the happier you can be."

Who does Susan look to for advice and support? Her mother is one of her biggest inspirations. Susan says that she and her mom are best friends and that her mom has always been there for her. In fact, Susan hopes to make it to the 1998 Winter Olympics and win a gold medal for her mother.

# Lee Joiner

**by Daisy Whitney**

Lee Joiner's skiing style gives new meaning to the phrase "less is more." Armed with only one ski and one pole, she tackles some of the toughest mountains.

Fifteen-year-old Lee has an above-the-knee amputation on one leg and one arm is shorter than the other. But that doesn't stop her. She learned to ski at age 11 through a program known as Eagle Mountain.

Now, Lee is aiming for a spot on the U.S. disabled ski team and hopes to attend the paralympics in the future. She keeps a busy training schedule; hitting the slopes three times a week, while keeping on top of her schoolwork too.

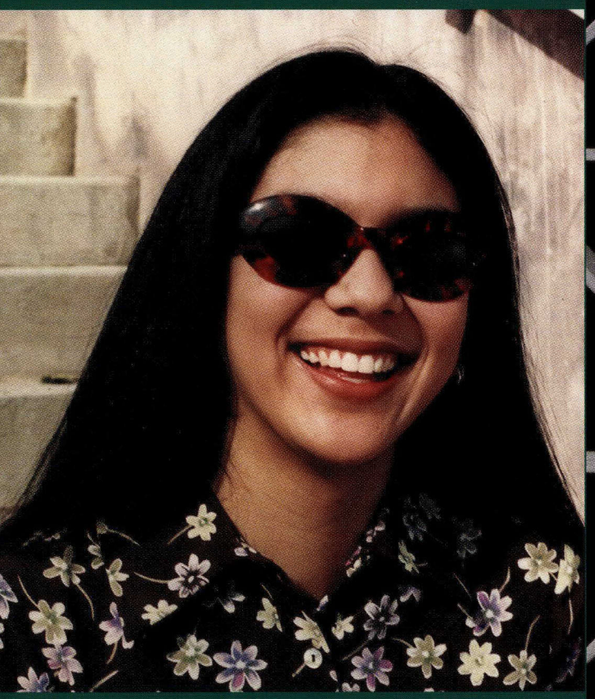
Skiing has taught her a lot of things, she says responsibility is one and the knowledge that there are things she is good at. "It has given me self esteem."

**Aspiring Paralympic Skier**

JOMA
CONTAC
3

# The Future's so Bright, They Gotta Wear Shades!

Never before has the future held such promise for young women, such bright horizons. It may be tough being a woman today, but everywhere you look you see young women doing great things. I'm not just talking about pro women basketball players, olympians, rocket scientists and doctors. I'm talking about all the day-to-day positive things that young women are doing and looking forward to. I asked several young women (women like most of us...just leading "normal" lives) why their future looked bright to them, and decided that their futures looked so bright, they needed to wear shades!



*In the last few months, I've really started to believe in myself, and I've realized how important my family is. I've gotten my priorities together. I know if I want something badly enough, I can get it. I've been dancing a lot and that's what helped me learn to believe in myself. I know I'm not just naturally going to be an awesome dancer. I've got to work at it.*

Carrie Gonzalez (18)

*Now that women are gaining power by the day, I feel that it is easier for me to be myself and I keep trying hard to achieve my dreams.*

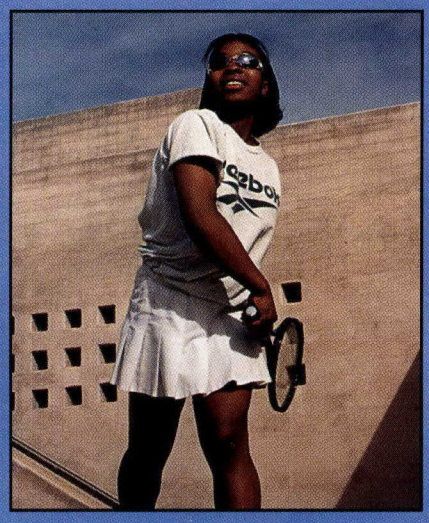
Caitlin Jones (13)

photography by chris smith

# Ashley Smith (15)

*I knew I was destined to be on stage ever since I heard the applause in my first play. That fulfillment and satisfaction will never leave me. After four years of being in plays, I'm thrilled to get my first leading role. I also play guitar and sing in a band with my best friend Becky. Acting, playing guitar, and singing are not hobbies for me, they are career choices. Although the music and theater industries are competitive, I'm doing all I can to accomplish my goals. I look forward to the future.*

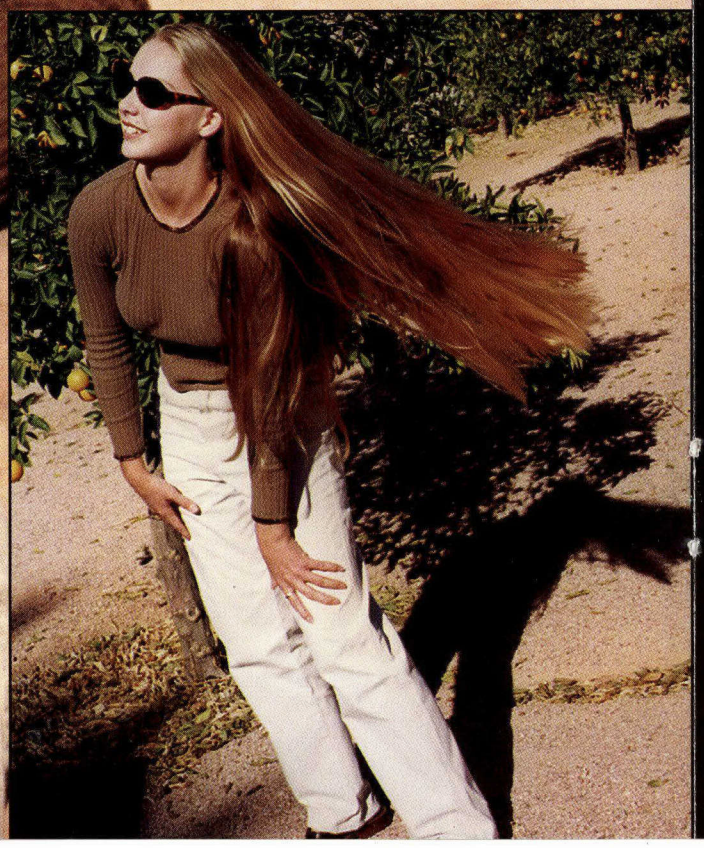
*There's a bunch of national tennis tournaments coming up and I am training for those. I'm working hard to get a tennis scholarship to college.*

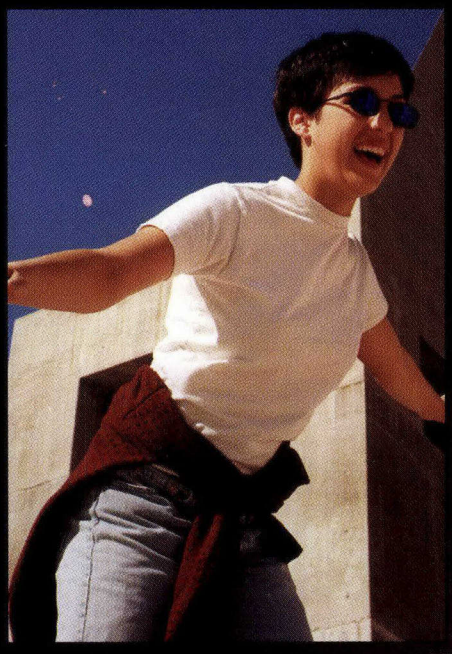


**Cheryl Kindred (17)**

# Rachel Sutherland (16)

*I am proud to belong to a generation that has so many strong, talented young women. Some say our problems far outweigh our advantages, but I disagree. We are planning goals that 30 years ago would have been impossible. We're doing our best to rise above the intentions and messages that t.v., fashion and cosmetics have for us. Together we must show the world that we are gifted, ambitious, and want nothing more than a chance to succeed.*



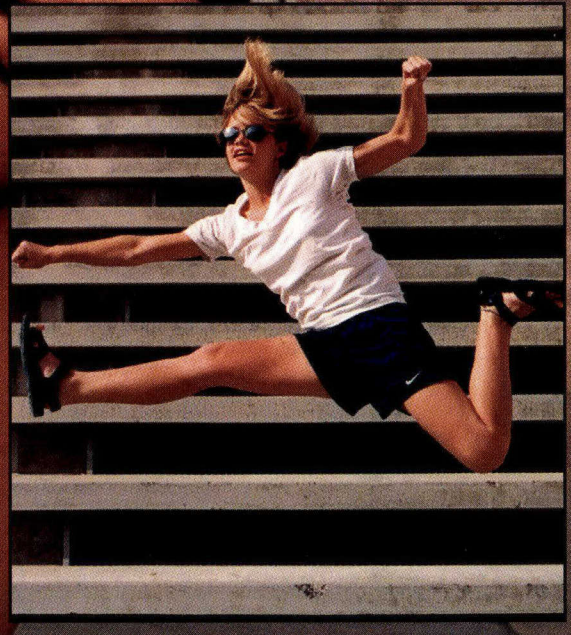


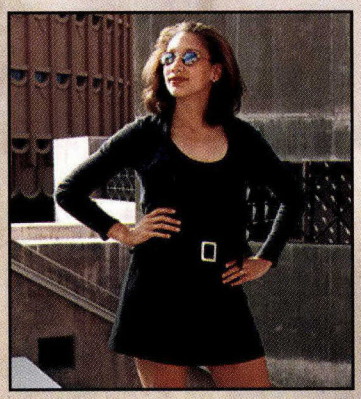
*I feel that our community is becoming more accepting. This helps my friends and I to express ourselves.*

# Mia Segura (14)

*I'd like to teach music. I'm really busy being a cheerleader and in orchestra, so I've learned to prioritize.*

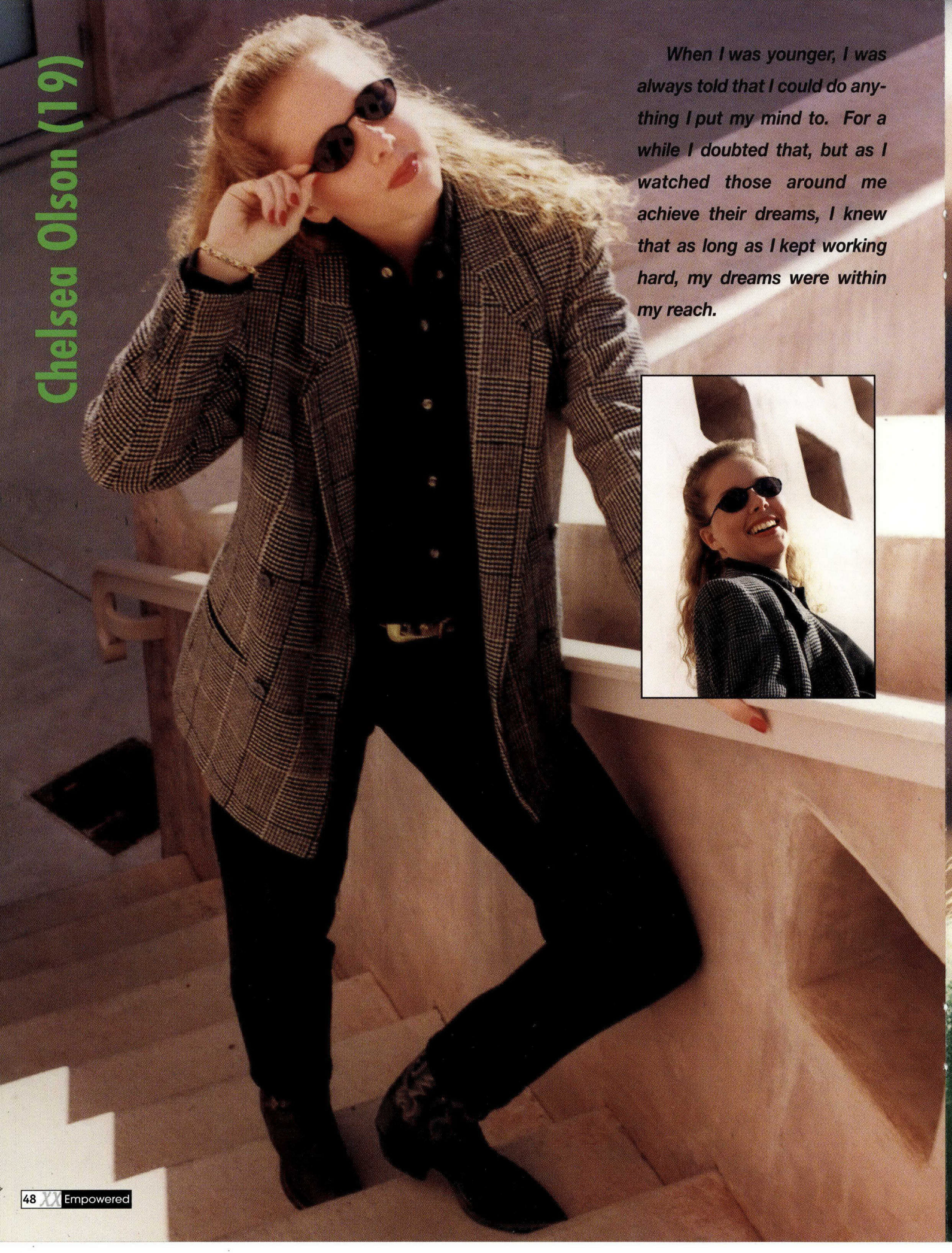
## Holly Mix (13)





## Jaymie Garner (17)

*I'm hoping to perform on broadway and in film. I can't see myself doing anything else. I love music; I'm the drum major in the marching band, I play bass clarinet in the symphonic band, oboe in the concert band, and baritone sax in the jazz band.*



## Chelsea Olson (19)

*When I was younger, I was always told that I could do anything I put my mind to. For a while I doubted that, but as I watched those around me achieve their dreams, I knew that as long as I kept working hard, my dreams were within my reach.*

*I'm independent. I've learned that people are not always going to be there and I'll need to do things for myself. I've worked hard to do really well in school and orchestra. I'm hoping people will respect me for my hard work and achievements.*

# Miranda Lumer (13)

# Crushes

## by Erin Howard (17), Virginia

You all know the drill. You exit math class and walk the long way to your locker, slowly, attempting to look completely cool. Up ahead, you see a group of people crowded around a locker; and the one you've been waiting the past 50 minutes to see. As you catch a glimpse your heart races at 200 beats per minute. You see HIM.

You walk by, hoping with all your heart that he will say hi, or even nod his head in your direction. Of course, in many cases he doesn't even know that you exist on the same planet as him. Many times, just the thought that today might be the day when the two of you exchange words is appealing enough to get you through the long hours of school.

What exactly is so appealing about being head over heels completely pressed for a guy you may never even know? It may be that feeling of having a reason besides a chemistry test to go to school. Or that wonderful rush you get when the person takes notice of you. Or how just staring at him makes the clock tick faster in an otherwise boring English lecture. But basically, it is just the fact that you have someone to fantasize about, someone who, when you get completely frustrated or bored, you can think of and suddenly, for a few short minutes, everything is hunky-dory.

Crushes happen to the best of us, no matter how much we attempt to avoid them. There is always that one person, your older neighbor, the guy in math class, the cute new movie star, your school's hot new basketball recruit, your Latin teacher, who can make you weak in the knees just by looking at him. There is of course, nothing at all wrong with this, there are, however, a few things to be considered.

Many times, we crush over a person we have never met.We therefore have this completely preconceived image of this person in our minds. In fact, this person can be made out to be perfect, almost God-like. Our true prince charming. The downfall lies not within the dream, rather, it lies in our actually meeting them. True, sometimes, our images hit the mark just right, and this guy is Mr. Perfect. More likely than not, this guy turns out to be nothing like what we expected. In the end, our

wonderful dreams of riding off into the sunset on his white horse are shattered. (Or, to modernize it, driving off into the sunset in his new Jeep Wrangler.) Does this mean that it is better to never meet our crushes,so we can continue to have someone to daydream about? That, unfortunately, is a decision every girl must make on her own.

Another danger to crushing is when it becomes an obsession. Stalking has become a federal offense, and trust me, going to jail for stalking is definitely not the way to win some guy's heart. It is important for us to remember that this is just a crush, and that our thoughts of this guy do not control our lives. For example, do not plan your weekend completely around what you hear he is doing. Just because he likes to play pool, does not mean that hanging out at pool halls has to be your new hobby. If you're crushing over a guy, don't make it an obsession.

Another piece of advice is not to get upset over a crush A crush is a strong feeling of liking not love. Maybe, perhaps, your newest crush object does not return your feelings, in this case, it is best to move on quickly. Dwelling over something like this is not good for your mental health. Many times we get upset and depressed and we think automatically that if he doesn't like us, there must be something wrong with us. Not the case Besides, if some stupid guy can't see how cool you are, why is he worth any of your time anyway? Rejection can hurt, but that is why it is so important to be strong and learn to not let it upset you.

People have been forming crushes on each other since the beginning of time. Sometimes crushes lead to eventual relationships, but many times all they ever are is just a crush. Something fun and interesting to occupy precious brainspace with. But, hey, it can't be that bad. Oh yeah-the crush on the Latin teacher- that's generally not a great idea. (Just thought I'd tell you!)

photography by christina smith

# Healing a Heart

Anyone who has ever been through it knows: Suffering from a broken heart can be sheer misery. You don't feel like eating, you don't feel like doing anything, you have a hard time going to sleep, the tears come easily, you can't stop thinking about your lost love, you can't concentrate on anything, like school work, nor do you care much, and you have this constant nagging ache in the pit of your stomach. And to make matters worse, you often don't receive much sympathy from others, especially from adults. You hear comments like, "Aw, he wasn't worth it, you're better off without him.", "You were only together for three months," "It's just puppy love, you'll get over it," or "There are lots of boys out there who'd love to go out with you." To you, however, none of this matters, you hurt just the same.

Emotional pain can be as bad as or worse than physical pain, but you can't just take an aspirin for it. Like a broken leg, your broken heart needs time to heal and much tender care. Here are a few tips that might help you through the hard times. Nothing earthshakingly new, just common sense.

The first thing to remember is that emotional pain will not and cannot stay as intense as it is in the beginning. It will go away, it will hurt less and less, even though right now you might feel like you will never be happy again. You will have your ups and downs, but overall, it will get better, I can assure you of that. Secondly, remind yourself that no matter what happened to your relationship, no matter whose "fault" the breakup was, you are still a lovable and worthwhile person. For one, the fact that you are going through this misery attests to your capacity for emotional intimacy and for feeling deeply. We often forget these things when we most need to remember them.

## Make use of your "Chicken Soup People."

I heard this term in a workshop once and thought it beautifully described the people in our lives we can count on to be there for us, to take care of us when we feel bad, to bring us "chicken soup" when we're sick, to nurture and comfort us when we are hurting inside. Who are those people in your life? What do they do to make you feel better?

They probably listen and let you talk, they understand but don't judge, they don't tell you what to do or what you should have done. Instead, they reassure you, they give you a hug, they check on you to see how you are doing, they make those small gestures that let you know they care. One of the nicest things I remember a friend once doing when I was feeling really crummy and had been pouring my heart out was to say, "Come on, Let me take you for some ice cream." It wasn't the ice cream itself, it was the gesture of caring that meant so much at the time. Don't be afraid to let your chicken soup people know that you need them for a while.

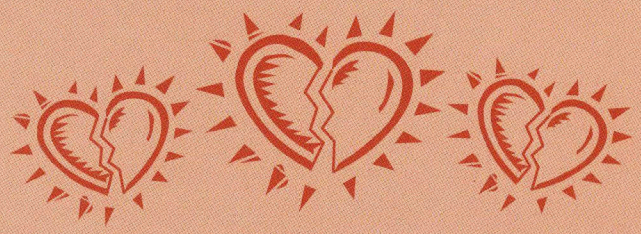
## Nurture and Pamper Yourself

Talk to and cuddle with your pet or your favorite stuffed bear. Read your favorite poetry or short story again. Do things you enjoyed before you were involved in this relationship. Get a spiffy new haircut. Buy yourself some flowers. After a painful breakup with a long-term boyfriend, a friend of mine had a gem stone from a piece of jewelry reset into a beautiful ring. It was expensive, but she loved it and it was something she just had to do for herself at that time.

## Take care of yourself Physically

Emotional pain takes a great deal out of you and it can throw your normal physical functions out of wack. Your body needs a good balance of sleep, exercise and food. Whether you sleep too much or are too restless to sleep, get some exercise. A brisk walk or run, a hike up and down a hill, a dozen or more laps around the pool, a fast game of tennis, shooting some baskets in the yard, all can do wonders for your emotional state, at least temporarily.

In addition to the comfort foods you might crave (you know some of them as "junk food"), make sure you get good basic nutrition into you body: Fruits, vegetables, cereal, and proteins like meat, fish, or eggs, the kind of food your parents and your home ec teacher always want you to eat. Your body needs it, even if you don't feel like eating.



Sleep is another necessity, not only to restore your energy, but to give your mind a rest. Our brains also process experiences and emotions during sleep. If you can't sleep, at least give your body a chance rest. The overall point here is , be kind to your body. It is as much involved in the healing process as your emotions.

## Express your feelings

It's what shrinks call catharsis and it simply means letting it all out. Did you know that certain chemicals related to emotional states such as stress are being washed from your body when you cry? And that different emotional stresses produce a different chemical make-up in tears? Interesting, isn't it? We all know that a good cry can be a great release and leave you feeling drained, but better.

If you love writing, a great way of expressing your thoughts and feelings is by writing a journal. Write what comes to mind, don't censor yourself. Just make sure you journal remains private and that it is only seen by others with your consent. Are you into writing poetry? Poetry can have great healing power. Another powerful way of releasing your feelings is to write a letter to your lost love. Say everything you want to say to him, write until there is nothing left to say. But don't send the letter. The idea is to help you mend your broken heart, not to revive a dead relationship or to prolong the agony of a breakup.

## Distract yourself

One of the most helpful things when dealing with intense emotions is to go into "time out," to give yourself a break from all the turmoil.

Good distractors are a funny movie, an absorbing book, hanging out with friends, a great concert, a comedy show, a thoughtful discussion with interesting people, learning something new, or anything else that takes your mind off your problems for a while. You may not fully enjoy it, you may not totally "be there," but it does help.

## And now... What to do

Don't try to numb yourself with alcohol or drugs. It only gets in the way or prolongs the healing process and can bring on a host of other problems.

Don't jump into a new relationship until you have regained your balance. A 'rebound" relationship is handicapped by the baggage you bring into it, and therefore not fair to you or your new partner. Instead you might try to make new friends, renew old friendships and strengthen existing ones.

Stay away from people who minimize or ridicule your experience and your feelings. Don't tell them your story or answer their questions. It is okay to say you prefer not to talk about it.

Don't keep picking at your wound. It is not a good idea to look at pictures that bring back memories of the good times you had together, to listen to the music you two danced to, to reread his love letters, to look at or wear the gifts he gave you. All this does is stir up painful feelings. Save these things for later when you have gained some distance and have solid ground under your feet again When you do find yourself going back and digging up the past while still in the throes of a major heartache, bring some perspective to it. Remind yourself of the not-so-good things about the relationship, they are just as real as the good parts. Although this is hard to do, it will make it easier to let go of the pain of loss.

Let me leave you with a final thought: When you look back on your experience later, you will most likely find that it enriched you in some way, that it taught you something, and that it may have been worth the price you paid.

By Dr. Hanne Pfann

# BEYOND VALENTINE'S DAY

By Megan V. Williams 18, New York

*Photography by Paloma P. Costa 17, Maryland*

Valentines Day, with its hearts and flowers, is for loving your lover. Mother's and Father's Day, with pastel greeting cards and long-distance calls, is for loving your parents. In between are the birthdays and personal celebrations for loving your friends. We have a lot of nice, orderly ways to celebrate the feelings in our many different relationships, but we call all of it love. It's not really fair to ask one four-letter word to carry all of that complexity. Sometimes, there needs to be a little space just to sort out and celebrate the different worlds of feeling:

*Steve Ruckman & Jessie Huie*

*Jeremy Brooks & Cecil Cohen*

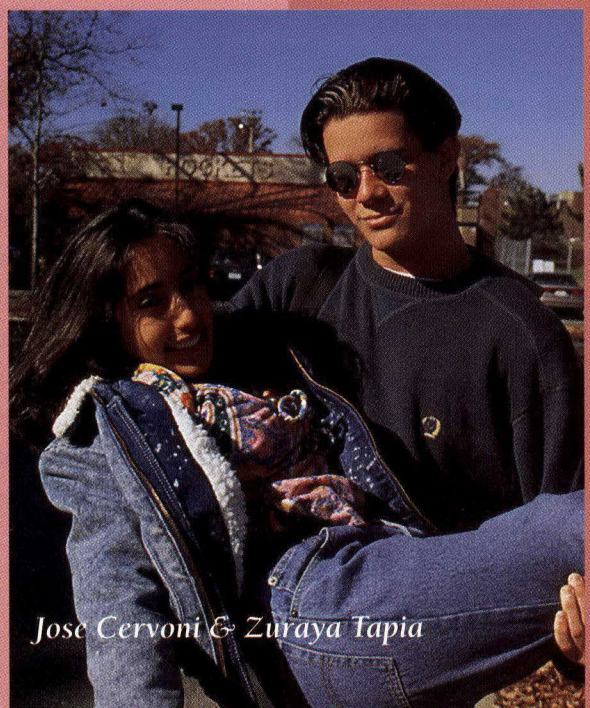
Fall in love. Really, fall, fall like Alice down the rabbit hole, through the shyness, the awkwardness. Feel all those strange emotions rushing past you like the air against your face: fear, vulnerability, joy, tenderness, confusion. Watch the butterflies in your stomach float away above you. Everything moves so quickly, inside of you and out, so that one day you're dying for him, and the next you grab onto a branch and wonder what you ever saw in him. Then you're falling, falling, falling, all over again. Where is love in all of this? When are you really in love? Are you "in love" when you first start to know the boy, when he asks you out? Does it wait until you've spent hours talking and sharing your souls? Or is love just this tunnel you fall through, all the way down, with everything else inside of it?

But you don't fall in love with your parents, or your brothers and sisters. You just "love them," always, inescapably, like air. Usually, wandering about in the world, you don't see the air, don't feel it surrounding you. But the support they give you, the structure they create around your life— built out of manners, meals, vacations, values —means that you are always within their atmosphere, breathing the air of their love. It is there and certain even when the ground itself has fallen out from under your feet. But air changes, family love is only pure in Hallmark cards. The demands family make— your parents' struggle to make you the person they want you to be —pushes against you like wind. Wind can create beautiful things; it sculpts great rock formations. But if it blows too hard, you can forget how you ever breathed peacefully in the first place. You fight with your parents, and the air becomes thick, poisonous. It strangles you, and you struggle against it. But it is still air; it still carries the promise of a calm, loving day behind it.

What are your friends then? Earth, maybe— that great changing garden where you explore all the wonderful things you bring together. Friendship has its sunny days of joy, its shared paths of inside jokes, familiar habits. It also has storms that batter against you, that beat down the flowers and make you think the sun will never shine. And there are different levels of friendship. There are the friends who are so close, together you seem to be building a home in the garden. And there are the friends who you know like public parks; they are fun to hang out in for a while, but there is nothing shared or secret there. There is a solidness to friends; you're not going to fall down through them. But they're not eternal, either; you can leave the garden, lose friends through fights or moving or just simply growing up, in a way that you can't stop breathing the air of your family.

But none of these three categories stay separate; they blur and blend and muck around and get terribly confusing. Haven't you ever fallen in love with a friend— the combined joy of tumbling into emotions out of your control, and, at the same time, building a wide, peaceful garden to land in, together? On the opposite end, romantic love is never just falling, falling, falling, not if you want it to last. Sometimes, it blossoms out of friendship, the most surprising rose in the garden. Or rather, that unexpected cliff at the end of the path. And if you just bumped into each other on the street and tumbled into the pit of first dates and awkward phone calls, there always needs to be some sort of garden to rest on, comfortable shared ground to catch your breath in, otherwise, you eventually become dizzy and tired. It's the same with the air of family; every close friendship and romantic rollercoaster promises to always be there for you, so that you walk around surrounded by the scent of your flower garden like air. And it is hard to grow up knowing your parents only as a cosmic force; there needs to be a place for you to talk together, to share what you have equally, sheltered from the wind.

The problem comes when society expects you to fit everything into a nice neat little box with a nice neat little label. It's not hard to fall in love with a friend, but it is hard not to be able to explain it to anyone, because to them, friendship is slow and unchanging. The need to have a label turns boy-girl friendships into boyfriends and girlfriends and means that a father who's a best friend isn't supposed to have any authority in your life. It makes life easier if you can sum everything up in a few words to a total stranger— "he's my boyfriend," "she's my best friend." But denying yourself hurts, no matter how much you think it doesn't matter. And living too simple a life takes the perfume out of the air, the wilderness out of the park, and too often adds a rocky landing to the fall of love.



*Jose Cervoni & Zuraya Tapia*

# "Sign"-up dn-"Sign"

## SCORPIO

Water signs are very emotional. When someone important to you is an incompatible sign, you may feel misunderstood and lost. Aries and leos don't respond well to aggressive behaviors, so be tactful and it may help. You feel a special bond with pisces and cancer. Virgos, taurus, and capricorn make you comfortable. You can truly be yourself with them. You wait for libras and sagitarians to make the first move and are wary of other scorpios...you either bond instantly or not at all. You should know that it takes time to open up. Take a second look sometimes.

## LIBRA

You are always fair and you like to think you can see the good and bad in everyone. Cancers and capricorns may just take a little longer to get to know. Taurus and pisces are good people, you just tend to have a little trouble communicating with them. You get along very well with aries. Scorpio, virgo, and other libras give you no spark either way, but they all have interesting ideas if you're willing to give them a chance. You naturally hit it off with leos and gemini, and sagitarius and aquarius also balance your scales.

## PISCES

First impressions mean a lot to a pisces. If you don't feel an instant connection to someone, you rarely pursue it any further. This discounts many wonderful geminis and leos. You can take refuge with signs that comfort your soul--cancers and scorpions understand those churning libra emotions. Taurus and capricorn provide a much needed calming affect. Virgos can be a much needed friend as long as they don't criticize you...You hate that even more than other signs do. Other pisces can sometimes be too much of a good thing. Relationships with aquarians and aries have a 50-50 chance of going one way or the other.

## CAPRICORN

Capricorns are very cautious by nature so no relationship starts overnight for you. Sometimes you are drawn to people and you have difficulty explaining or defining it. These signs that you are drawn to are usually pisces, taurus, scorpio, or virgo...at times even a cancer will create that pull. These signs make you feel special and they make you smile... two things you don't feel or do often enough. Aries and leos can butt heads with you and give you a headache, but only because you all think that your way is the best way. Geminis and libras make you uncomfortable because they are so flexible. Sagitarians and aquarians can seem a tad flighty to you, but interesting.

## CANCER

You adore taurus, virgos, scorpions, and pisces. They make you feel at home which is your favorite place to be. Capricorns, sagitarrians, and aquarians can drive you crazy in more than good ways. Libras and aries can bee too blunt and logical to suit your many moods. Geminis, leos, and other cancers just don't do much for you. Sometimes you may feel left out or out-classed by incompatible signs, but they rarely see you that way. Don't let your own insecurities keep you from meeting new people. Incompatibility just means you have to work a little longer...it's worth it.

## ARIES

You are passionate and pisces and taurians don't seem to have enough passion to interest you. If you had the patience (not your strong point) to get to know them on a different level, you would find that they had some wonderful passion to share. Put two aries together and it can be as bright as the sun or an atomic bomb. Cancers and capricorns just don't

click with you. Virgos and scorpions seem to be speaking a different language, but just because they do things differently, don't write them off completely. Who do you mesh with? Geminis are always interesting to you and aquarians fascinate you. Leos are the cat's meow and sagitarians don't need cupid's arrows to catch your affection. Libras can be either great friends or the enemy you love to hate, but aries are too smart to waste energy on hate.

## GEMINI

You are so naturally curious that you don't like to let any potential relationship pass you by. Taurus, cancers, and other geminis don't really peak your interest, but you still say hello just in case you might miss something...good policy. Scorpios and capricorns seem too self-contained and virgos and pisces can be too moody for you. Leos are hard for you to resist because they seem so regal. Aries are wonderful to talk with. Libras and aquarians are fun and quirky...two of your favorite things. Sagitarians can be either fabulous or a little freaky for you.

## TAURUS

You may appear very dependable and solid, but you also have an earthy appreciation of life. Capricorn is very compatible with Taurus, which isn't surprising... but you with the super emotional cancer and pisces? yes! You balance each other perfectly. Virgos also work well with your personality. Other taurians can also be compatible. You don't usually feel an immediate spark with aries or gemini, but that doesn't mean you should automatically count them out. Look deeper and you might find that something interesting develops. Leos and libras can bother you. Aquarians and sagitarians are signs that can conflict with your personality. Scorpions of the opposite sex intrigue you, but scorpions of the same sex can be very competitive with you.

## LEO

Leos don't like sharing the spotlight, so you are most compatible with signs that don't mind being behind the scenes. Geminis and libra are more than willing to let you shine in public, as long as your relationship is equal in private. Aries and sagitarius prefer to pull the strings behind the curtain. Just be sure to give them credit and praise when they deserve it. Aquarians are a good relationship match, but strangely, tend to make competitive friends. You may be indifferent to cancers, virgos, and other leos until they prove themselves one way or the other. You have a love hate relationship with capricorns and pisces. Taurus and scorpions tend to rub you the wrong way because they rarely play second fiddle to anyone.

## VIRGO

You are very verbal people and so you get distressed when you have trouble communicating with signs like aries and aquarius. Geminis and sagitarius also seem to be from another planet occasionally. Leo's roar can be a little loud for you. Libras and other virgos are nice, but they don't often generate enough chemistry for you. You do enjoy the company of taurus and capricorns and you respect their opinions. Cancer and Scorpios are delightfully intense. Pisces are wonderfully compatible with you.

## SAGITTARIUS

You are compatible with leos and aquarians. Aries and libras also typically hit the bullseye for you. These signs provide the challenge you need to stay interested. Some geminis may be compatible with extra TLC. Taurus and cancers can leave you cold. It may be simply that your perspectives on the world differ and you have trouble verbalizing your views to them. Virgos and pisces aren't spontaneous enough to suit you. Other sagittarius don't mesh as well with you as you would think.

## AQUARIUS

You bond with signs on an intellectual level first. Aries and libras offer the mental stimulation you crave. Geminis and sagitarians also provide thought provoking moments. Leos can be compatible with a little work. You have a love/hate relationship with cancers and virgos. You may not give taurus and scorpio a chance because they seem to inflexible, but they may surprise you. You are indifferent about pisces and capricorn, which is a pity because pisces are big dreamers like yourself. Aquarians times two can be an interesting combination...if you double the good aquarian qualities, not the bad.

# Valentine's Day

*Rachelle Jones (Age 17) VA*

Each year, Valentine's Day becomes more and more commercialized. Men and women alike flock through the mall like migrating birds in search of the perfect gift. Models flaunt their jewels and perfume sets, to be given by adoring boyfriends. The TV ads bombard us with Valentine's Day sales, and the radio gives "Top Ten Tips for How To Say I Love You".

Wasn't February 14th supposed to be a celebration of the unchanging love two people share for one another?

It seems that we don't understand what love really is. A Shakespearean sonnet says, "Love alters not with his brief hours and weeks, but bears it out! Even to the edge of the doom." In everyday terms, the line suggests that love has the power to stand strong, despite the tests of time. It sounds romantic - to have a love that can survive through misunderstandings, distance, and fights.

I see so many couples who are bound together through a physical attraction. After all, you can't see personality from across the room; right?

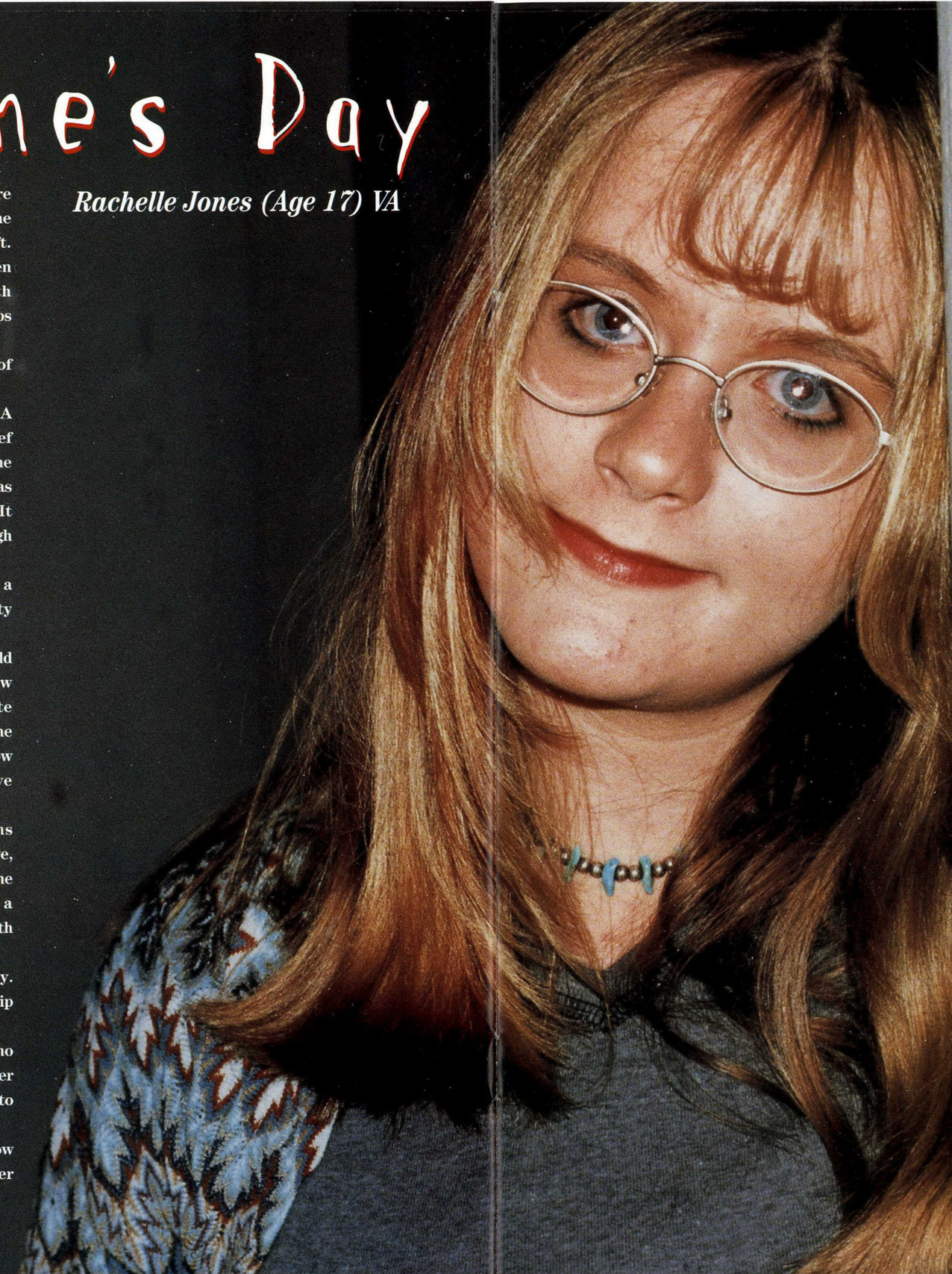
Remember Cupid? He's the angel who travels the world on Valentine's Day spreading love with his magical bow and arrows. He flutters around the world on delicate wings searching for lonely and unhappy people. When he sees a man and woman without love, he pulls back his bow string and sends off two tiny arrows filled with love potion...Yeah, if only it were that easy.

In this fast paced world we live in, Cupid seems unnecessary. No one wants to take the time to fall in love, to form a solid relationship. For Cupid to keep his job, he has to replace his arrows with bullets, his bow with a pistol, his wings with a Lexus, and his 'love potion' with 'lust potion'. Sounds like a pretty hip angel, right?

In another time, people took relationships slowly. Commitment developed gradually; first through friendship and then into love.

A girl once asked me if I ever got jealous of the girls who always seem to have a guy by their side. I had to tell her no; the girl walked off laughing saying I was just trying to make myself feel better for being alone.

These girls seem to have a new boyfriend every week. How can they possibly be happy? The temporary flings other people go for are not my thing.



For me, second best is not enough. I want a love who understands me as I understand him. I don't want to be the girl who said "I do" when the other girls said "I don't". As an intelligent young woman, I do not have to have a man to define my worth as a person. I want a man who wants to be my companion, my lover, and friend.

I watch my friends burst into smiles as they are presented with flowers, candy and gifts from their boyfriends. I see them being comforted when things aren't going as planned. And I see them talking about everything that happens to them. That's what love is about - - making a person happy, supporting them when they aren't and sharing the good and bad of every day.

So what is Valentine's Day? It's not the flowers and candy. . . it's not a financial burden or a last minute attempt to shop for gifts or cards. It's the chance to say "I love you" for the first time. . . it's the time to reaffirm vows of love and adoration. . . it's a day to really reflect on your appreciation for your partner.

Valentine's day is the symbolic day of broadcasting to the world the commitments you have made with someone. It's a celebration of two souls communing. And if nothing else, it's a day to reflect on how you are loved, how you love, and how love fits into your life.

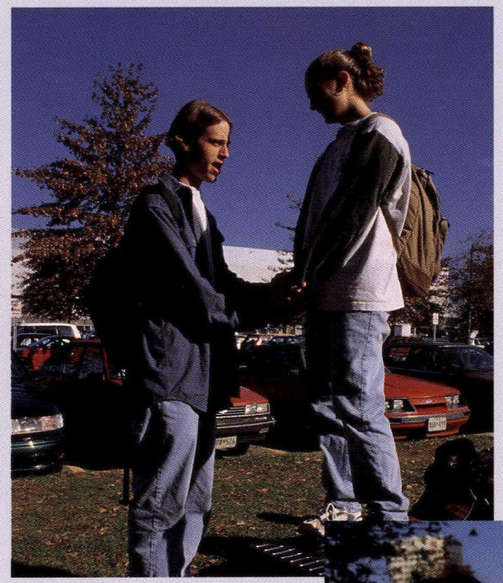
photography by christina smith

# THOUGHTS ON LOVE IN HIGH SCHOOL

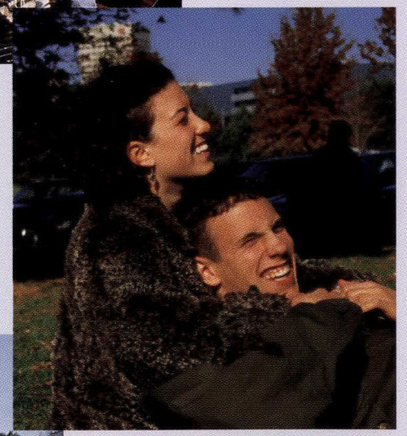
## HIM

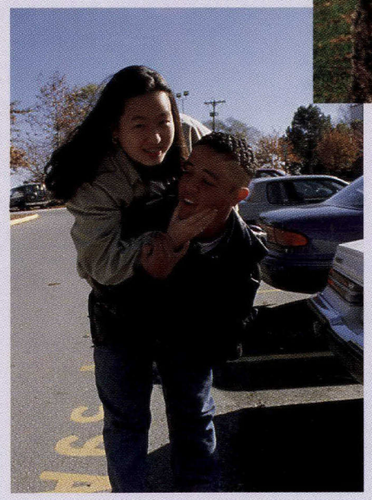
True love in high school is like finding a needle in a haystack to use the old cliché. Many high school students may love someone, but to truly be in love...that is a different story. Now I am not saying that we are too young or ignorant to know what love is, in fact I think that age has nothing to do with it. While yes, we may be young, and yes, we may at sometimes be very ignorant, we do have the exact same human emotions of sad, happy, hurt, and yes even love, as our older counterparts. There are certain animal instincts that all beings are born with. For a bird it is learning to fly, the lion, learning to hunt, but for humans it could very well be the instinct to love. A young lion must be trained to hunt at a very young age or else they will die of starvation. The same goes for humans. We may not know how to fully give or receive love at the early ages of 2-10 but we can be taught, just like the lion. We must, for I believe that loving is one thing no human can live entirely without. We know what it feels like to want to be with a person all the time. We know how to love. I am a firm believer that for every person, somewhere out there, there is a person who is destined for them. We know that not all people will find that person or there would be no one who would live and die alone. For a high school person to find that one true love? Maybe. I think that it is very seldom that a high school student finds true love in high school without experiencing the world. No matter how old, after you have been taught to love, you will see that person and life in a different light.

*Ryan Crum (17) Minnesota*



*Joel Pierson & Erin Moran*





*Jessica Perlmeter & Bernard Steinburger*

*Jesus Galvez & Mary Namgoong*

*photos by Paloma P. Costa (17) Maryland*



## HER

I am a senior in high school who, in my estimation, experienced love. Yes love, it did not hit me like a ton of bricks. It rather snuck up on me, while I was not looking. That is the difference between love and infatuation...

"Being with you is like walking on a very clear morning--definitely the sensation of belonging there," (quote by E.B. White) wrote my boyfriend. He believes he has found his one true companion in me. He loves me dearly and hopes to spend the rest of his life with me. What does this mean? Is that really possible? I am only in high school. Through many hours of interpretation and contemplation this is how I see it...

Love is not simply an emotion, it is a force and the most powerful being alive. It keeps us going. You are capable of receiving love from the day of birth. You are also capable of true emotions towards others, especially for mom and dad. But when you reach a certain age, you begin to love "outsiders". How did I know that I loved my boyfriend? Well, it definitely wasn't love at first sight. It developed over time. He was someone who I could trust, communicate with, have fun with, and he understood me. We felt comfortable around each other. I could be myself. I did not worry about saying something stupid or sounding funny. Because I know he accepted and loved me for who I was, even my quirks. That was how I knew that I was in love.

I know that I love him...But spending forever together, well, that is something that I'm not as sure is as easy when you're in high school. See as an adult, your life is more concrete. You know more who you are and where you are going. As a high school senior, I am not exactly sure who I am, or where I am going. My boyfriend went away to college. Next year I will be going away to a different college. It is really hard to keep a relationship flourishing when the time spent together is so limited. I believe love is unconditional. I will always love my boyfriend. Being "in love" with someone however, is not unconditional. To remain in love with someone the relationship needs to be continually cultivated. During high school, it is easier to cultivate a relationship and keep it exciting. However, when the two who are dating begin to grow, change and go their separate ways, they may fall out of love. In my case, so much of my future with my boyfriend depends on fate. Yes, I hope that we are meant to be, but I'm seventeen years old and do not know what tomorrow will bring...and you know what, I don't want to know. I love experiencing love. If you meet your true love in high school and you feel they are worth the ups and downs the relationship will need to endure...hold on and see what happens. If you do not meet your true love in high school, fantastic! The older you are when you form a relationship, the more you know yourself, are settled into yourself, and are capable of having a healthy lifetime relationship.

Teenagers are capable of giving and receiving love. Love is not dependent on age....But your definition of love may be.

*Anne Bardin (17) Minnesota*

*photo by Christina Smith*

# games we play

***Fill in the blanks***

HINT: Use what you read in this edition of EMPOWERED to help you! Good luck! Go girl!!

1. Preconceived notion of what someone is like__ __ __ __ __ __ __◯__ __ .
2. Not all __◯__ __ __ __ __ __ __ wear wranglers.
3. "Surfing" can lead you to this techno-source of information __ __ __ ◯__ __ __.
4. This emotion is the opposite of happiness __ __ __◯__ __ __ __ __ __.
5. Beauty should be based on what we are like __ __ __ __ __◯
6. The future is so bright, you've gotta wear __ __◯__ __ __.
7. Hum-drum existence...yawn... __ __◯__ __ __◯
8. Dark colored hair __ __◯__ __ __ __ __ __.
9. It's like skateboarding on powder __ __ __ __ __ __◯__ __ __ __ __.
10. This sometimes happens when a relationship ends, but don't let this stop you from giving relationships a chance! __ __ __ __ __ __ __ __ __ __◯

***Unscramble the circled letters above*** __ __ __ __ __ __ __ __ __ __ __

Answers:1. stereotype 2. money management 3.web site 4. depression
5. voice over 6. shades 7. boredom 8. brunette 9. snowboarding
10. broken heart

***Try to unscramble these key words. Again, use clues from this edition of EMPOWERED.***

vloe __ __ __ __

hcrsu __ __ __ __ __

irhf hifec __ __ __ __ __ __ __ __ __

lmdoe __ __ __ __ __

uscdiei __ __ __ __ __ __ __

**by Sonya Hemmen**

# WEB SITE REVIEW

By Becky Payne, age 17 & Haleigh Weeks, age 17, Evergreen Internet

## SITE OF THE MONTH:

### College and Scholarship Searches

**http://www.collegeboard.org/csearch/html/ch00.html**

This month's featured site is the home of the ExPAN College Search, an on-line search for the college that is right for you. You are asked to enter specific criteria, such as preferred geographic location, intended major, and enrollment size, and the computer searches a database of college institutions in order to find your "perfect college." Once it finds the possible matches, you can view more specific facts and statistics about the colleges.

This site contains a link to the ExPan Scholarship Search, which is a very valuable tool in searching for scholarships, loans, internships, and other financial aid programs. You are asked to enter information about yourself on a profile form, and the computer searches a database of opportunities in order to match you with the scholarships for which you might be qualified.

Curls: This is one site that you definitely don't want to miss!!! I've gone through the process of selecting a college, and I really wish that I would have known about this site before - it could have saved me some time!! I was amazed at the amount of information that was available on just this one site. It will definitely help you cut down the time that you spend searching for the "perfect college."

I was blown away by the scholarship search. It found me 9 scholarship possibilities, and I'm planning on applying for at least two of them. I really liked that the profile asked for more than just the normal academic information - it includes sections that deal with other aspects of a student's life, such as religious affiliation, employment, and (my personal favorite) willingness to study abroad.

**Haleigh rates it 3 halos**
**Becky rates it 4 curls**

Overall, I give this site 3 1/2 curls. It contains an abundance of useful information in a very user-friendly format. The only thing it lacks is interesting images.

Halo: All of you out there planning to go to college, should visit this site. One section gives you information about the many scholarships offered. It offers a quiz to minimize the list of scholarships, to the ones that suit you personally! This section taught me that you don't have to be in the top 10% of your class to receive a scholarship. For those of you who are on the web, looking for sites with graphics and a lot of technology, this probably isn't the best site to visit. This site was simple, yet informative. The graphics are lacking, but I personally prefer this, because it makes it easier to navigate through the site without losing your vision from all of the wild images. I would give this site a 1 if it was just based on graphics, if it was based on content, it would get a 4 so, to average it, I give Expan College Search a 3!

# Western Pacific is the airline of the future.

## See you there.

**RESERVATIONS**
**800.930.3030**

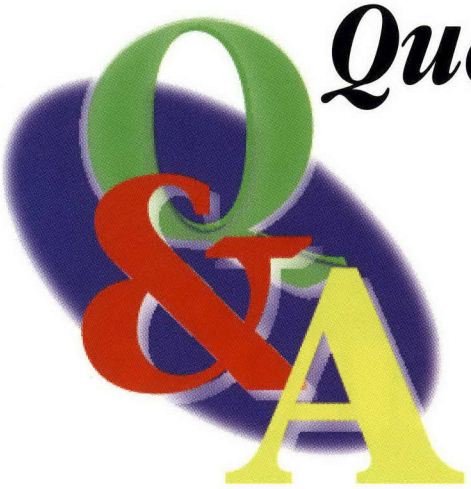
**job line**
**719.527.7160**

**WestPac Vacations 800.722.5775**

**WestPac On-line•http://www.westpac.com/**

Western Pacific℠
AIRLINES

# Questions & Answers




## Question

RECENTLY A FRIEND WAS DIAGNOSED WITH MANIC DEPRESSION. SHE WAS IN A HOSPITAL FOR ALMOST A MONTH. I'VE SEEN HER A LOT SINCE THEN, AND SHE'S MADE IT QUITE CLEAR SHE DOESN'T WANT TO TALK ABOUT IT. I HAVE A HARD TIME UNDERSTANDING HER PROBLEMS, AND I'VE NOTICED SOME DRASTIC CHANGES IN HER PERSONALITY (SHE USED TO BE LOUD AND HYPER AND NOW SHE ALWAYS SEEMS BORED AND TIRED.) CAN YOU TELL ME A LITTLE ABOUT THIS DISORDER (AND MAYBE WHY SHE'S ACTING THIS WAY) SO I CAN UNDERSTAND AND TRY TO HELP HER COPE WITH THIS PROBLEM.

## COREY SMITH (15), TEXAS

### Answer from Sarah Ellis (17), Mesa, Az

A) Having a friend with a mental illness such as depression can be tough to deal with, however, having a mental illness is an even harder trauma.

Mental illnesses are caused by chemical imbalances in the brain, brain injury, or traumatic experiences... Now, we aren't talking, "I just broke up with my boyfriend", or "I broke a nail" depressed, this is serious.

Depression can cause one to lose their appetite, gain or lose weight, seclude themselves, cry uncontrollably, sleep too much or too little, and act weird around others.

The way that your friend is acting is not atypical considering her circumstances. She might not want to talk to you because she feels embarrassed or alienated. However, you can't let your friendship slip away because she needs you now more than ever. You must try to put yourself in her shoes. If she doesn't want to talk about it, don't force it upon her. She will come around. Try to cheer her up by dropping in on occasion and bringing flowers or a treat. If she is secluding herself, make time on a Saturday night to have a movie marathon. Also, encourage her to exercise because this is a great stress reliever and anti-depressant.

Whatever you do, realize that treating her differently or treating her as a child will only separate you from her.

### Answer from Georgia Merz, Counselor

Being diagnosed with depression can make a person feel different from peers. The fact that your friend acts bored and tired is probably due to anti-depressant medication, so learning even a little about medications will help you to understand your friend. After you learn a little about depression, approach your friend and explain that you are interested in what she is going through and have been learning about depression...this will help her to feel that you are trustworthy and can understand.

## Question

MY MOM REMARRIED ABOUT A YEAR AGO. I DON'T GET ALONG VERY WELL WITH MY STEP DAD. HE ACTS WEIRD WHEN HE'S AROUND ME, BUT SEEMS TO ACT NORMAL AROUND EVERYONE ELSE. WE HAVE ABSOLUTELY NOTHING IN COMMON. MY MOM KEEPS TELLING ME THAT I SHOULD TRY TALKING WITH HIM, BUT I FEEL REALLY UNCOMFORTABLE. SHE THINKS WE SHOULD FIND SOME HOBBIES THAT WE COULD DO TOGETHER, BUT I CAN'T THINK OF ANYTHING. I WANT TO BE A FAMILY. WHAT CAN I DO?

## SARAH COHEN (13), NEW YORK

### Answer by Georgia Merz, counselor

You are at an age when fathers begin to get uncomfortable around daughters because you are no longer their "little girls", you are looking and acting like women. If biological fathers feel uncomfortable around daughters that they have spent years with, think how weird it is for step-fathers. Sometimes it relieves the tension if you talk about the tension. You and your step-father may feel more comfortable around each other if you talk about how you both feel uncomfortable...perhaps you can do this with a counselor. It may also help if you two get together and brainstorm things that you could do together, rather than you having to come up with all the ideas. Feel free to keep your step-dad as just a friend. In the beginning, you may ask a friend and her dad to do things with you and you step-dad, in order to make it more comfortable. Good warm-up questions for dads are: "What did you do when you were a teen?", and "What were your mom and dad like?".

**Send Your Questions To:**
**Empowered**
**P.O. Box 1236**
**Colorado Springs, CO 80901**

# REAL COWGIRLS BUCK STEREOTYPES

If you think it's easy being a cowgirl, you're wrong.

Not only do the girls on these pages wake up with the chickens, they spend countless hours in the corral, practicing to compete with the National Little Britches Rodeo Association, the nation's oldest and largest youth rodeo association. Many city kids might think that rodeo is about Wranglers and country music, but these teens have a wide range of outside interests.

Many of these girls even compete in tough events that aren't open to adult rodeo women. Once these girls hit the adult rodeo circuit, they usually only compete in barrel racing and sometimes pole bending. They have to leave behind some of the more stringent sports they loved in high school, such as goat tying and breakaway calf roping.

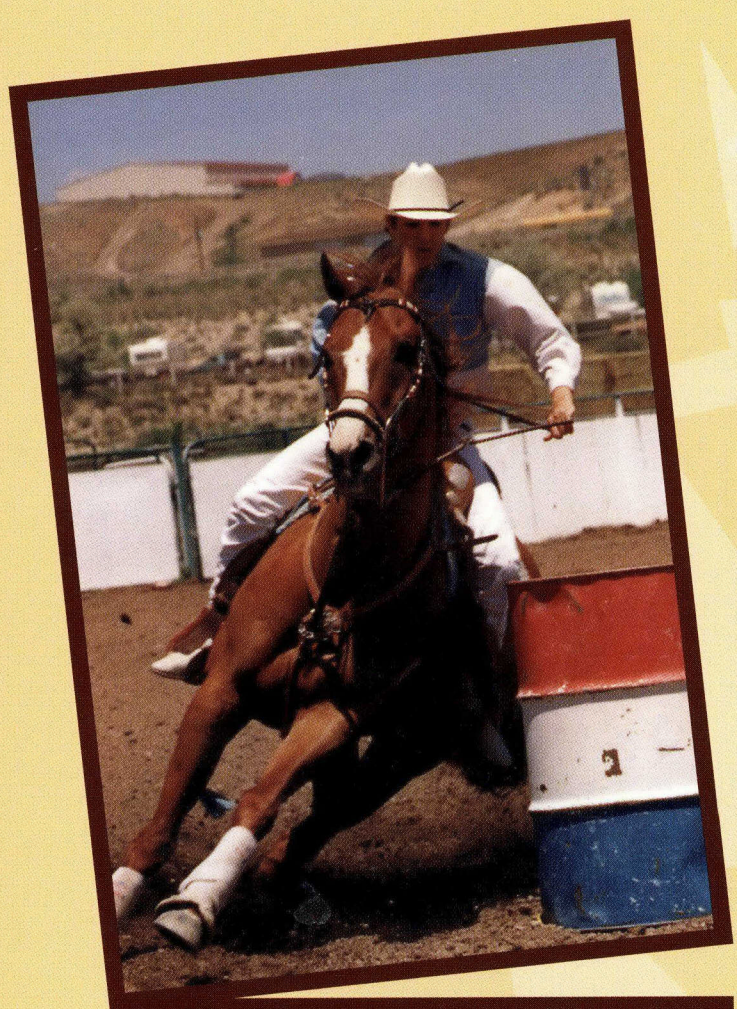
No matter. These girls have grown up with rodeo – it's in their blood, and they can't imagine leaving it behind.

What about high school, friends, boys? somehow, these super-teens manage to do it all.

Juggling academics with socializing and rodeo, many high school cowgirls are already being scouted for college or professional rodeo. Some are even earning money as professionals while still in high school.

You might have more in common with them than you think. So hitch on those boots and meet some of the strongest girls in town.

*– Rebecca Ciletti and Donna Ladd*

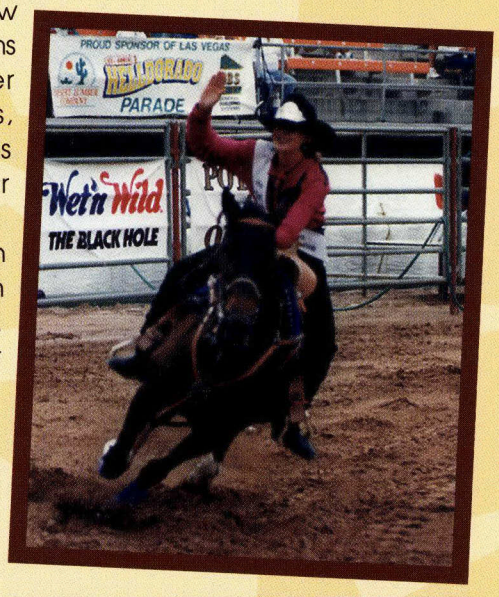


*Karly Rieger barrel races in the Nevada high school state finals.*
*Credit: Courtesy of Karly Rieger*

## Karly Rieger, 17
## Cheyenne High School
## Las Vegas, Nevada

Currently the National Little Britches Rodeo Association Queen, Karly is also the Helldorado Queen and Las Vegas Little Britches Queen. She's already earning money as a professional — she's already earned up to $2,500 in one rodeo. Karly competes in a variety of events including several that are more male-dominated, such as goat tying and breakaway roping. She, however, balks at the sport of bull-riding. "I don't know if I quite want to get on a bull," she says.

Although she says she was a tomboy until about age 13, Karly now combines her strength with lots of femininity. "I just decided I wanted to dress like a girl," she says. She loves clothes, especially shoes. "I must have 30 pairs." She's now into skirts, platforms and jeans other than Wrangler's, although she pulls them out for rodeo.




"I keep up with all the fashion trends," she says. "But I don't wear bell bottoms."

Karly plans to be a veterinarian and stay on the rodeo circuit. She has her sights set on Colorado State University in Fort Collins — a school already sending scouts to check her out.

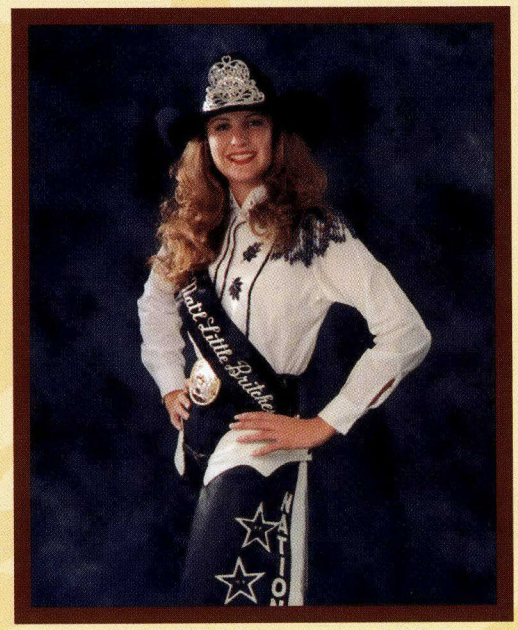
"It's really competitive. It's not a laid-back, hobby-type thing," she says.

*Karly Rieger runs her "queen run" at the Helldorado Queen competition.*
*Credit: Courtesy of Karly Rieger*

Karly Rieger got a surprise present when she was 4 – a horse. About a year later, she competed in her first rodeo. Then, at age 8, she became one of the youngest members of the Women's Professional Rodeo Association. She now competes in about 125 rodeos a year.

The Las Vegas native was preordained to be a rodeo star. Several family members were world champions in saddle bronc riding. "Mom says it's in our blood," Karly says.

Now, Karly is racking up championship belts and rodeo queen titles.



*Karly Rieger is the reigning National Little Britches Rodeo Association Queen.*
*Credit: Courtesy of Karly Rieger*

Even cowgirls get the blues, and chances are nobody knows this better than Shali Nichols.

Two years ago at the end of a competition, her horse Whitfield "leapt to the ground, then just laid there and died," she says.

He was diagnosed with a heart attack and left Shali heartbroken.

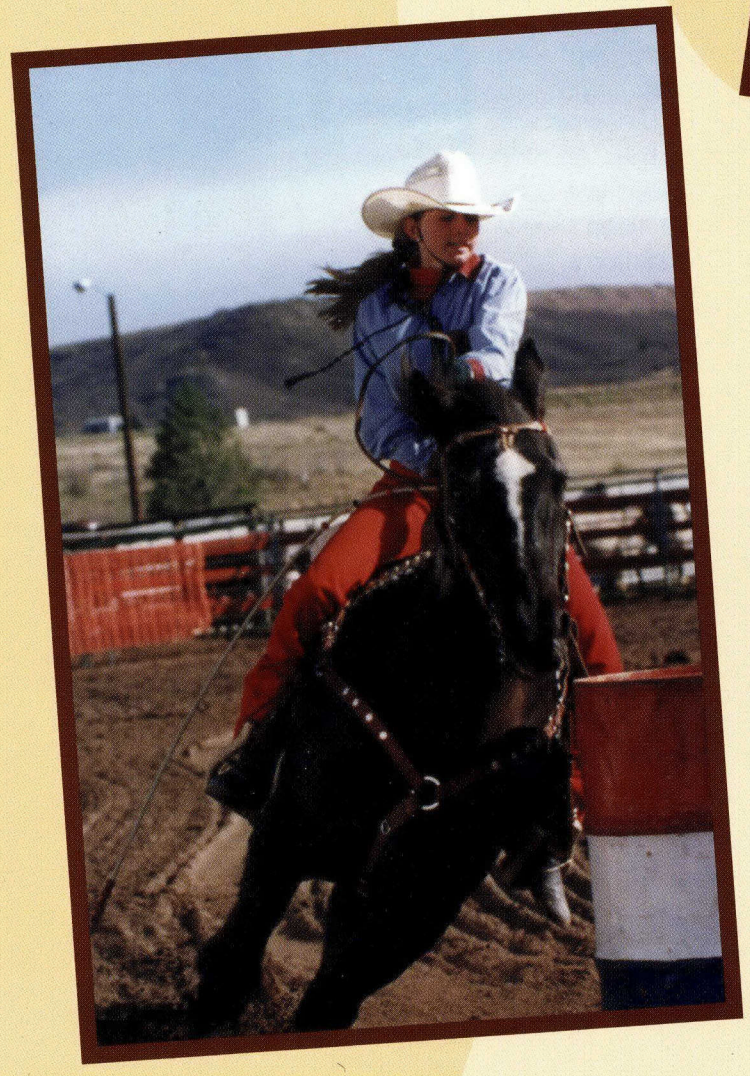
Sixteen horses later, she finally bonded with a new horse and named him Bit. Along with her other horse, Jack, she competes in barrel racing (her favorite), pole bending, goat tying and breakaway roping.

"The hardest thing is learning a new thing like breakaway. You need to practice a lot," she says. She has been competing since age 9.

In the off-season, you might find Shali, 16, shooting hoops on her high school junior varsity basketball team or hanging out with friends.

She might be hard to spot though.

*Shali Nichols relaxes with her horse Bit.*
*Credit: Courtesy of Shali Nichols.*



"I don't wear cowgirl clothes to school, no way," she says.

Shali, a sophomore, likes science and social studies and plans to rodeo in college.

For now though she's aiming to reach the national high school finals this summer. Who knows, maybe she's got a guardian angel named Whitfield pulling for her.

*Shali Nichols barrel races on a beautiful Colorado day.*
*Credit: Courtesy of Shali Nichols*

Jessica Melvin poses in her cowgirl outfit.
Credit: Courtesy of Jessica Melvin

Sports and fashion go hand in hand, at least for Jessica Melvin.

The South Dakota cowgirl is a fitness fanatic. Although she's been riding rodeo since she was 4, she's also into skiing, ballet, jazz and tap dancing.

And, she wears bell bottoms and fitted shirts and other cute, trendy clothes. When she rides, she's usually outfitted in a blue cowgirl costume or plaid shirts and jeans.

The high school junior rides in at least 25 rodeos a year, usually from May until the end of September. During the school year, she has more time to concentrate on her studies. She plans to study sports medicine and chiropractic.

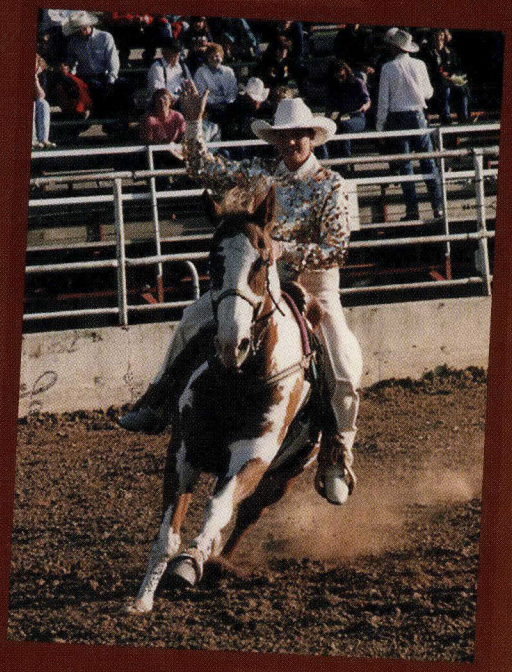
Jessica has six horses, but Five-O is the one she rides the most. He's named for the brand on his cheek. She competes in barrel-racing, roping and goat-tying.

In addition to her love of horses, Jessica likes the social aspect of rodeo. "I get to meet a lot of different people from around the country," she says.

She also enjoys the competitors' attitudes. "I like it because everyone is supportive of each other," she says.

Like many teens her age, Jessica is into a lot of types of music, particularly Alanis Morrisette. "But, I like country, too," she says.

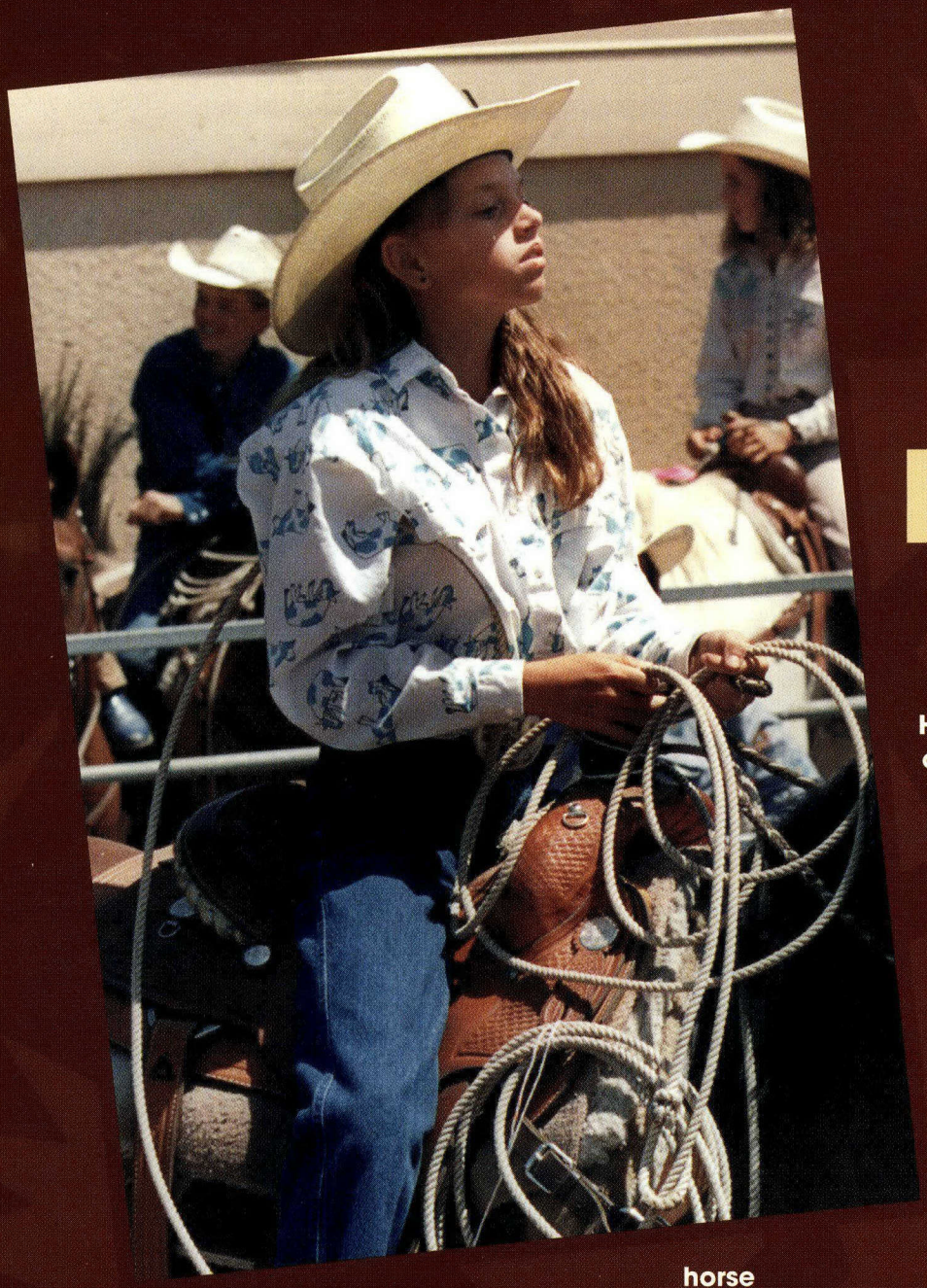
Jessica Melvin rides in a South Dakota rodeo.
Credit: Johnny Skogberg



There's danger in being a cowgirl and Katie Spencer, 17, is living proof of it.

In a competition when Katie was 11, her

Jessica Melvin competes in the Little Britches queen competition.
Credit: Johnny Skogberg



## Katie Spencer, 17
## Penrose High School
## Penrose, Colorado

*Katie Spencer prepares to breakaway calf rope in the 1992 National Little Britches finals.*
*Credit: JJJ Photo*

horse fell over backward on top of her and Katie was rushed to the hospital. The doctors, not knowing what was wrong with her, gave her muscle relaxers, causing her aorta to explode. She lost so much blood that her heart stopped twice!

While the doctors only gave her a 40-percent chance of survival and said she'd never walk again, Katie amazingly pulled through and has her sights set on turning professional.

She's been rodeoing since age 8 and also wants to rodeo in college.

She competes year-round on her three horses – Hank, Blue and Hombre – and practices about three hours every evening.

This girl likes to go fast — barrel racing and pole bending are her favorite events along with competing on the trail course.

Back at the ranch though, you can find Katie listening to alternative music or hanging out with her seven siblings, all of whom ride horses or rodeo.

"I've been around horses all my life," says the high school senior. "My horses love what they do."

She obviously does too.

*Katie Spencer and her horse Hombre calf ropes in Las Vegas last year.*
*Credit: Courtesy of Katie Spencer*

## It's All About Speed: Rodeo Events Defined

**Barrel racing - The contestant races her horse through a cloverleaf barrel pattern in the quickest time possible.**

**Breakaway calf roping - The contestant must rope a calf from the back of a horse and have the rope, which is tied to the saddle horn with a piece of string, break away from the saddle horn in the fastest time possible.**

**Goat tying - The contestant rides horseback across the start line, rides to where a goat is tethered, dismounts, catches the goat and ties any three legs in the shortest amount of time possible.**

**Pole bending - The contestant must run her horse through a six-pole slalom course in the shortest time possible.**

**Trail course - The contestant maneuvers through a series of obstacles while mounted on horseback, successfully negotiating each obstacle in the shortest amount of time possible.**

**- From official rulebook of the National Little Britches Rodeo Association**

**- Research by Leslie Hager**

# *Ring of Hope*

As I awaken before the sun,
I question myself time and again
as to why I do it
I feel my stomach churning
like a jug of orange juice
as the pulp mixes with water.
The bumpy car ride is silent,
except for the hum of music,
as I repeat the hatred
over again in my mind.
I keep questioning and wondering and hating
what is to come.
When we arrive at our destination,
the sun pokes up,
like a kitten awakening.
I see the muddy horse legs
getting a final brush down
before entering the ring of hope.
The riders realize that this ride
can change their life.
My stomach quiets
as the adrenaline
begins to pulse through my veins,
at first shaking my hands,
then forcing a smile onto my stone face.
As Chewy greets me,
I know that I am here
to resolve the differences of last time
and obtain victory in the ring of hope.

Johanna Elfenbein 15,
Florida

# Do Not Go Gentle, Chris

by Polly Whitney

Looking for a surefire way to wreck your life? Do what I did! I left a career in teaching high school English so that I could write novels.

Yeah, that sounds like a dopey decision, doesn't it? Just picture the graying schoolmarm, churning out those grammatically correct manuscripts that nobody wants, year after year, until her linen closet is full of paper as faded as her towels, her flesh and her memories.

I knew when I was a teenager that all I wanted to do was write. But everyone advised against it, and I myself knew it was a stupid idea. The chorus of that song goes like this: "Writing won't pay the rent."

And it's simply true. Very few people who attempt it actually get a book published. So, what gave me the courage to dump a regular salary, a rewarding career and all that advice?

My students. That's the answer: my students.

Students often mention some teacher who has made a difference, some teacher whose belief and support led them to success. Students are the first to spot good teachers and the first to identify lousy teachers, and students are very rarely wrong about those judgments. Students KNOW about teachers.

But teachers rarely acknowledge how their lives are changed by students.

My students believed in me—so much so that I quit teaching in 1992 and became a writer.

My first novel was nominated for the prestigious Agatha Award as one of the five best "first mysteries" published in 1994. I'm writing my fourth novel now, while my third is in production at St. Martin's Press and due out in hardcover in April.

As custom goes, this ought to be the place where I stand up and thank some teacher for giving me the skills and the grit to pursue a dream. But I'm not going to do that. I'm standing up now to thank a young man on the other side of the lectern, a student who gave his teacher the encouragement she needed to take a giant risk.

I met Chris when he was a junior in high school. He came to my advanced placement class in British Literature, rather unsure of himself, deeply intrigued by the poetry we were to study, and searching timidly for his own "voice" as a poet. It would be several months before he admitted to me that he wrote poetry. Writing poetry is one of those things that many teenagers do either in secret or in the face of teasing. It's nerdy, you know?

I think my excitement about teaching great poems somehow let Chris know that I was a safe person to show his work to. One afternoon, when the school day had ended

and I was cleaning up my classroom, Chris stopped by to show me a few poems he had written. He was hesitant, and, I think, very certain that I would patronize him, telling him that his work was "pretty good" and would add to his appreciation of the real poets we were studying and, "as long as you're here, Chris, don't forget to read pages 190-224 in the NORTON ANTHOLOGY for homework."

That's not what happened. When I saw his first poems, I knew that Chris was, indeed, a master. I was shocked. I had goosebumps from reading his stuff. After I recovered from my astonishment, I told Chris just how good I thought he was. I didn't give him any nonsense about "writing won't pay the rent." I told him that his talent OBLIGATED him to write.

Over the course of the two years I was his teacher, Chris and I came to share our work after school. Interesting role reversal. I, you see, had learned to trust HIM as a reader. And, eventually, a careful student remembering his teacher's words, Chris told me that my talent OBLIGATED me to write.

My fourth book is going to be dedicated to Chris. I knew I'd get around to mentioning his impact on me some day, but I thought I had all the time in the world. My first three books are dedicated to my husband, to teachers, to my astute editor at St. Martin's Press.

I wish I had dedicated my first novel to Chris. Neither of us knew then that he was running out of time. He went off to Vanderbilt University, where he graduated magna cum laude in 1995. During a year abroad as an exchange student, Chris attended Leeds University in England. As a first-rate writer and poet, Chris was provided the unusual opportunity of private study with two English masters. The university's Board of Regents recognized Chris's gifts and selected him as representative of the Leeds student body for an exclusive luncheon with the Royal family.

He had come into his own as a poet, while I was coming into my own as a novelist. But just as Chris was attaining the height of his powers as a writer, he was dying of cancer.

One of the poems we had studied together was Dylan Thomas's "Do Not Go Gentle into That Good Night," the poet's reaction to his own father's last days:

Curse, bless, me now with your fierce tears, I pray.

Do not go gentle into that good night.

Rage, rage against the dying of the light.

I rage that Chris's light was put out before his full talent could be transmitted to future generations. And I miss him as a friend.

It is a profound truth—though one that goes mostly unsaid—that a student can affect a teacher powerfully. The choice lies with the student, and with a teacher who will open her heart and her time to him. Good teaching depends so much on good students.

I'm sitting here as I write this, looking at a photograph Chris's father sent to me. In the picture, Chris is seated on his motorcycle,

smiling, looking like a cool dude without a thought beyond his Harley. You can't tell by looking that this was a major talent, courageously fighting his two-year battle with cancer.

He died in September, at the age of 23.

His father sent me a letter dedicated to his son's memory, with a handwritten note: "It is not always realized what a profound effect a teacher can have on a young life. Chris always credited your encouragement as the most significant contribution to his exceptional creative writing skills."

I hope that Chris knew that he touched my life similarly, and that the student taught the teacher.

When Chris graduated from high school, I gave him a key chain engraved with Hamlet's dying words: "The rest is silence." We had studied the play closely and Chris loved it.

Chris understood something that more students and many more teachers need to learn: education is a mutual activity, and for it to work well, respect must be flowing both ways. Teenagers are often discriminated against, as if they were some bothersome species that will mutate into tolerable creatures once they outgrow their tendency to be teenagers.

Chris's life, and his effect on my life—I hope—will serve as reminders that the student is the most important person in the classroom.

The rest is NOT silence, Chris. Your legacy lives in your teacher.

for DAVID CHRISTOPHER NEARY,

9/72 to 9/96

Polly Whitney writes the "Until" series of murder mysteries, featuring the rollerblading television honchos Ike and Abby. The novels are UNTIL DEATH,UNTIL THE END OF TIME, UNTIL IT HURTS and UNTIL THE TWELFTH OF NEVER, which will bear Chris's name on the dedicatory page.

# face of race

## A Letter to the Sisters on MTV: Quit Disturbing My Sleep!

I hate watching the music channels. I feel uncomfortable watching my sisters portray themselves as freaks on MTV and BET. I used to just complain about it to myself or among friends, until my brother Minister Christopher Muhammad suggested that we women should write the music industry and ask the sisters to stop the obscenity on music videos. So here it is, my letter to the sisters who like to grind their way across my TV screen: I guess it's exciting being in a music video. It's about getting yours, or being seen, and forget everyone else, right? But do you know how you are affecting the minds and lives of your sisters? Do you think about the younger sisters, who learn fast and emulate you? Have you noticed the 12- and 13-year-olds dolled up to look like 20-year-olds? Or are times so hard that you don't care who you hurt?

I used to argue with my ex-boyfriend about watching BET and MTV, because the majority of the videos consisted of half-naked girls wiggling and jiggling like a bowl of jello, and it hurt me to see my ex-boyfriend in a daze with his eyes moving up and down.

Then he turned the tables and started complaining about how I wanted to watch the brothers and the R & B singers take off their shirts and start grinding. He would peek out of the corner of his eye to watch my expression, and I would peek at him to see if he was smiling at sisters who acted like they were in the bedroom.

My neighbor used to tell me that when she would watch music videos with her boyfriend, he would say to her, "That's how your body should look." Another friend, who is 16, says boys ask her "Why can't you dance like that?" Sometimes at school, when girls begin copying what they've seen on the music videos, the boys form circles

around them and root them on.
These days I hear sisters calling themselves bitches, hoes, hoochie mamas and more. Where do they get these ideas about themselves? You are projecting to the whole world that we (Black women) are nasty, freaky, and ready whenever and wherever. You may say it's your individual business, but we are more than individuals. Individual women don't call each other sisters. If you were to hurt, I would hurt. If you are happy, then I'm happy.

Who told you that what you are doing is just your thing? You are a representative of all Black women. We came on a boat named Jesus together. We were put into bondage together. We were raped and slaughtered together. Why are you on TV in tight, short clothing, moving your bodies around like you are freaks? You're not freaks! They used to call the strange people in the circus freaks. How did you become freaks, sisters? You are not female dogs or hoochie mamas. You are female goddesses.

I don't want to hear that you "wear what you want to wear." Do you design your clothes? And if you don't, who does? You sisters are very, very beautiful. You don't have to undress for success, nor to get some attention. You want brothers to respect you? Show them why they should through your elegant, conservative dress—then back up your reasoning with your words. The way you dress tells people what is on your mind.

Don't get me wrong—there are men out there who are so frustrated with their own lives that they will take their anger out on women no matter what. But when you upgrade your appearance and your mind set, a lot of brothers will upgrade their treatment of you.

So stop competing to see who is freakier than the next, and get your mind out of the bedroom, because you are disturbing my sleep.

**By Ladie, Teen Writer for Youth Outlook Magazine**

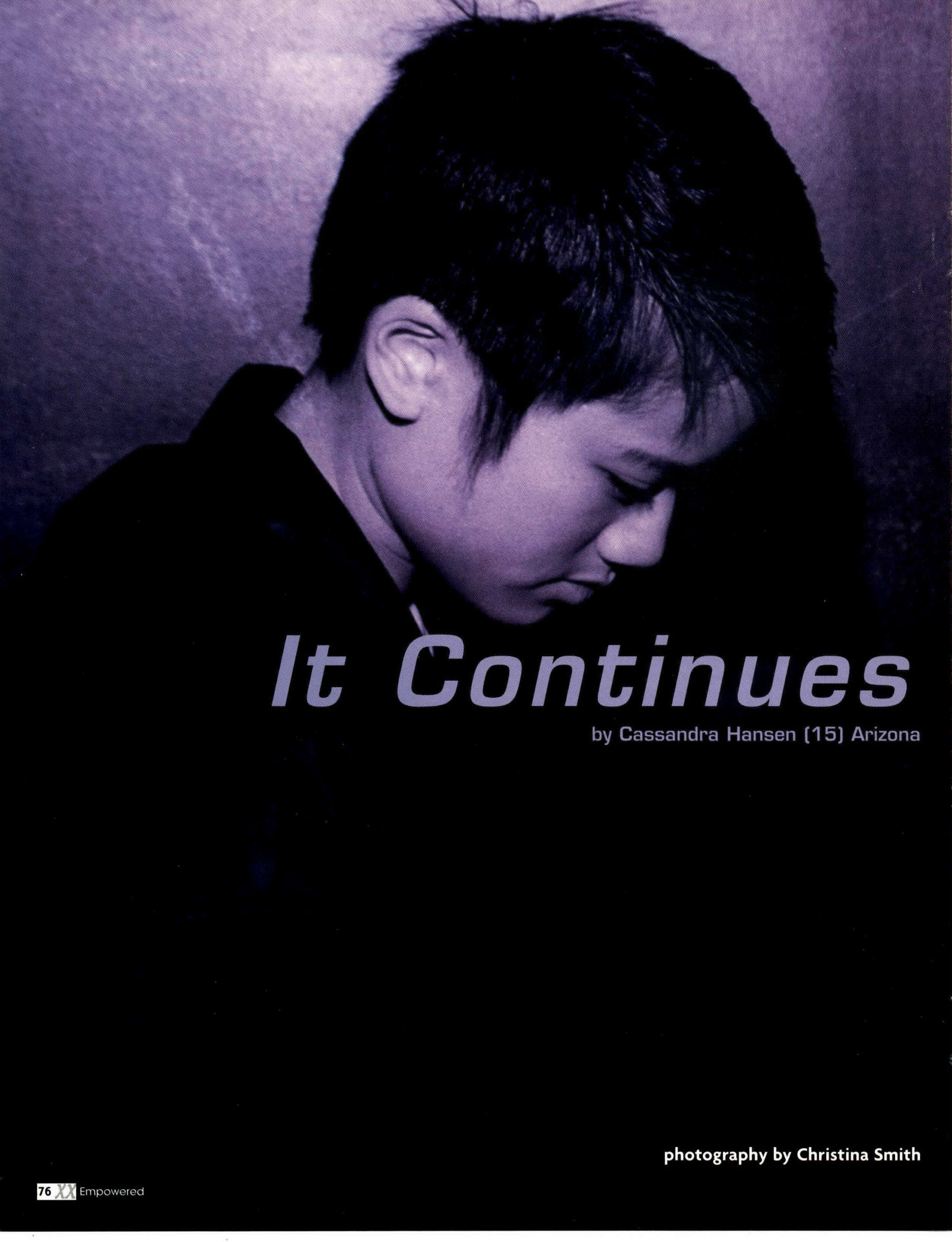
## Asian and American

Recently I was doing a collage for my history class. We were told to cut pictures that represented who we were out of magazines and paste them on construction paper. 'So I browsed through teen magazines, but I couldn't find anyone who looked like me.
I am Asian. I have a place in this society. But to read most youth magazines such as Teen, Sassy and Seventeen, you wouldn't think my beautiful people were part of America. And even when you do see images of Asians in any media, a lot of times, they're stereotypical and inaccurate. Most often Asians are portrayed as mafia members, straight A students, nerds or recent immigrants who can't speak English.
In reality, Asian teenagers are dropping out of school, getting pregnant, and increasing the violence among themselves.

Many people also think we're all Chinese or Japanese. But we're not. I'm Laotian and speak Laos. But everyone assumes I can speak Chinese and that I'm acing my math and science classes, because I'm Asian and I'm supposed to be good at it. That kind of thinking makes me mad and makes me feel stupid because I'm flunking math.
America is not just about Black and White. It's also about Asians, Latinos and Native Americans. We're part of America. I'm just like any other American teen. It's time for people to learn that Asians are just like anyone else.

**Bounthanom Noy Soukphaly is a senior at Berkeley High School and a graduate of Youth Radio.**

**Send Your Racial stories To:**
**Empowered**
**P.O. Box 1236**
**Colorado Springs, CO 80901**



# It Continues

by Cassandra Hansen (15) Arizona

photography by Christina Smith

Day after day, hour after hour, every minute was just like the last-lonely. With an empty heart, she picked at her gray sweater. She did not care enough to want to care. This is because nobody had ever taken the time to care about her. Cheerleaders giggled excitedly about what the prom held in store for them. If you looked to your right, you would see sweaty football players practicing for the big game. It was a sunny and breezy day, the kind everyone looks forward to. The air might as well have been damp and clouds could have been looming over a dull gray sky, but she would have paid it no attention. Nobody ever paid any attention to her. She was not ugly, nor was she pretty. She was just plain and usual. She walked with her head lowered, deep in thought. No one ever cared to find out what was on her mind.

She was no one special to anyone but her parents, who were rarely home because they worked so much to pay rent. They lived on the same corner house for 11 years. Everyone knew her face and where she lived, but not one person had paid her a visit. When she was younger she always looked up to the popular girls, wishing she could be one of them. However, as the years passed by her, so did her hopes of ever having many friends. Pretty soon, she didn't even hope to have any friends. It just seemed that nobody could like her; nobody cared. So one normal, gray, lonely day, she walked sullenly to her father's room, found what she was looking for, and killed herself.

It was another great day for pretty Teresa Parker. She casually walked down the halls, waving a cheerful "hello" to the people she associated with. Not that she didn't want to be friendly to people outside of her clique, she just never felt the need to. After all, they had their own friends, they didn't need her. She finished her work and talked to her friends until class was over.

Quickly, she changed into her cheerleading clothes and went to practice. That day, the teacher handed out new gray uniforms. As she tried it on, she suddenly had a flashback of a girl she had seen that always wore gray. What ever happened to her anyway?

Whenever she wore her new uniform she remembered that quiet girl. After a week she decided to ask what happened to her. Denise and Rashanda didn't know. Heather, Ashley and Jeremy didn't even know who she was.

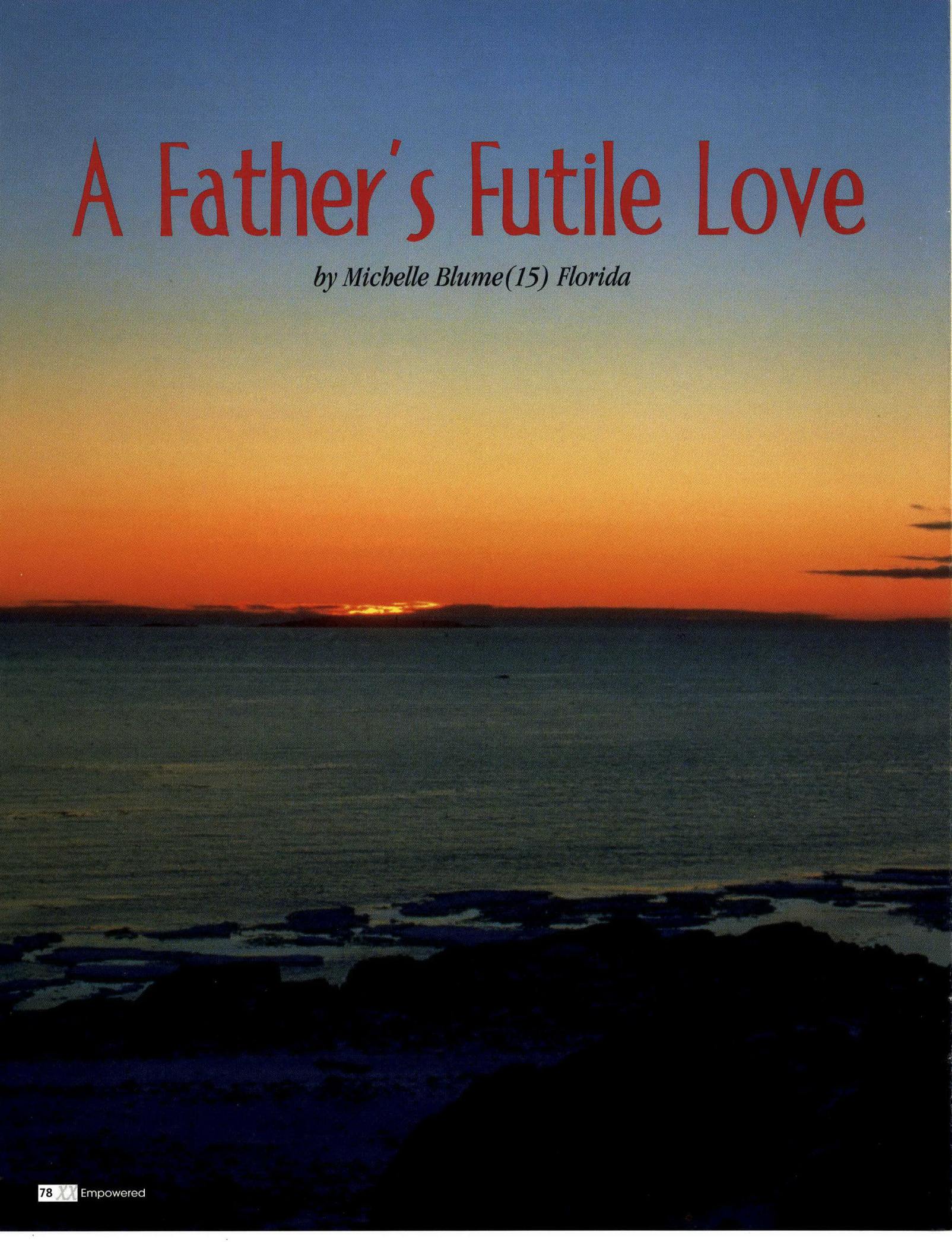
Curiosity overwhelmed her, and she decided to visit that little house on the corner. A wholesome middle-aged couple answered with a puzzled look. Teresa explained why she was there. The couple said their daughter had given up and committed suicide two years ago. When they were asked why, they honestly didn't know. Teresa asked if they could give her the name of one of her friends, and the parents' eyes filled up with pain. Tears ran down their loving cheeks as they recalled that she had no friends. Few in grade school, one in junior high, and none in high school. She had no one. No one but her parents had ever needed her, so she gave up.

Teresa drove home that night, wondering if she could've changed that tragedy, if there was a way she would have been able to stop it. There was no way for her to know, but she wondered if she should've taken the time to find out. The next day when she went to school, she saw a plain, depressed looking girl in her class. She seemed not to care about anything or to notice anything around her. She waited, but no one talked to the girl. Instead of talking to her usual clique, Teresa walked over to this stranger and introduced herself. The dull face lit up brilliantly, and the two started a friendship. She had a reason to care, and someone who cared for her.

But, in the classroom across the hall, a boy glanced in their direction and saw how happy they were. Remembering that he had nothing to be happy about, he turned away and lowered his head. And it continues.....

# A Father's Futile Love

*by Michelle Blume(15) Florida*



To me, family is the most important aspect of life. Who would believe that I have lost so much of it? I grew up in a small town. When I was twenty, I eloped with Alexa Jamison, a wild, fun-loving "druggie." I was raised with strong Christian values, but this type of life intrigued me. This type of life stopped being fun when our first daughter, Lori, was born high. Alexa was hooked on drugs. She loved them more than me. After Lori got better, Alexa promised to stop drinking and doing drugs. Only, like all of Alexa's promises, she broke it. Our second child, Chrissie was born drunk. Unlike Lori, she never got better. In the early years of my marriage, Alexa was the light of my life. In the end, she took the light away from me.

When we found out we were expecting Chrissie, we were so overjoyed. About one week after we found out about our soon-to-be bundle of joy, Alexa got high. She created a total bedlam. She came home from her dealer's house at around 9:00 P.M. She started her fury by slapping Lori, who was only four, for not cleaning her room. She then wreaked havoc in my library. This was my sanctuary, the one place I could get

solitude. She tore the pages out of my priceless books and she yelled. Oh how she yelled. Her voice was scathing, and cut into me like a knife. She threatened to force a miscarriage. I knew she was serious, and I feared her. She had to be in total control all the time. She took and took, but it was never enough. It was killing me inside. I felt sick knowing I worked so hard to keep her happiness in the days, and at night, while I worked, she slept around and did drugs. As the time grew nearer to Chrissie's birth, Alexa became more and more dependent on drugs. On the few nights she didn't get high she went psycho. She yelled, screamed, and made life a living nightmare. I knew Chrissie would never be normal, but I wondered what extent Alexa's drugs would have on her.

On October 10, 1977, Chrissie was born. She was scrawny. Her face was a pale blue and gray, and her eyes glazed over. Her tiny fingers were curled into a tight ball. When she first came out no sound was made. The silence was deafening. "Doctor, doctor, what's wrong with her? She's not crying..Help her." I cried out.
"Mr. Graham, you'll have to leave the room." The doctor begged of me.

So I left to see how Lori was and to try to regain my sanity. "Would my daughter live? What was the matter? Why didn't she cry? Why was her face purple?" A million questions ran through my head. I sat down still shaking, when Lori ran up to me with a big grin on her face, and pounced on my lap.

"Daddy, daddy can I see baby Chrissie now?" She looked around the room. When she didn't see Chrissie, she asked "Daddy where is she? What's the matter, why are you crying?" By this point she was panicking. "DADDY, WHERE IS SHE?" Lori cried.

Even at four years old Lori was very perceptive, she knew something was wrong. I told her the gist of what I knew, which wasn't much. She cried a little but was generally confused, so she drifted off to sleep. Once she was totally asleep, I put her on the green chair next to me. I then stared at the room, and reflected on what had happened. I started to think about whether this was Alexa's fault. I realized she had more alcohol and drugs than her body could take. She probably hurt Chrissie like she did when Lori was first born. Lori was lucky, I didn't know if Chrissie would be. This is when the doctor came back into the waiting room.

The doctor said, "I was able to save your daughter."

"Oh thank God," I sighed with the utmost relief.

"Well." the doctor continued, "I have looked at your wife's records. It shows a high drug intake. Chrissie was born high on crack. Although I saved Chrissie, problems in later life will most likely occur."

I stared at the doctor trying to maintain some type of equanimity. When I caught my breath, I said, almost in a whisper,

"What types of problems? Will she be normal?" The doctor said with empathy in his voice, "Sir, I can't tell you for sure, many babies with fetal alcohol syndrome are blind, deaf and have heart and/or liver problems. I am so sorry, please call me if you need anything."

I felt sick, the world felt like it was flashing before me. Here, one of the two joys of my life might be seriously ill, and it was my wife, her mother's fault. I knew then I had to leave Alexa. I had to end that set of problems. I made up my mind then, and three days later Lori, Chrissie and I walked out of that hospital alone without Alexa for good.
Chrissie's first birthday was spent in a doctor's clinic, getting yet one more test. At one year old we already knew Chrissie was blind, but on this birthday we got the largest shock. We found that Chrissie had Hepatitis, or liver disease. I'll never forget the moment the doctor said that. Dr. Green said, and I quote, "Your daughter has the liver of a thirty-year-old druggie." Who would believe Alexa was still haunting us. As the doctor went on to say how this was common in "Crack babies." I grew more and more upset. Was it not enough Chrissie was alone in her world, but now her own body was turning against her. I suddenly grew chilled, and told the doctor we had to leave. As I left that office, I wondered how this disease would affect Chrissie. I had no idea what was in store for us.

When Chrissie turned five years old, her liver disease took a turn for the worse. Her once beautiful skin turned yellow. Brown spots appeared on her legs and arms. I just stared. I couldn't help it. What was happening? On her sixth birthday we found she needed a new liver. I had read stories of people who waited their entire lives for a transplant, but died two days too soon. I didn't want Chrissie to become another story, so I spent all my savings to buy her a new liver. The day of the transplant was frightful, Chrissie was scared and peevish.

"Why do I have to do this daddy?" She asked, with her eyes full of tears

"Chris, we've been through this. It'll make you healthy. Don't cry baby."

I went upstairs to watch the surgery, quietly praying that everything would be all right. I wondered how many families had stood here before me wondering if a relative would live or die. I can honestly say those were some of the worst hours of my life. Three hours and twenty-two minutes later the surgery was done. The doctor came out with a huge grin, and his sparkling blue eyes showed that he had saved my baby for now.

Our lives had somewhat gone back to normal. Money was once again a worry. I had never had much, but Chrissie's medical expenses left us barely enough to put food on the table. We never complained though, because we all knew that as long as we were healthy, life was good. This fairytale life ended when Chrissie was thirteen and Lori seventeen. Chrissie started to reject her liver. She had been fine, but as she went through puberty something happened to cause her to reject. She needed a transplant again, only now I had no money or insurance. The doctor told me the most devastating news, "Mr. Graham, as you know it is very rare to be able to get a new liver, especially since you have no insurance. Also, your daughter has had a liver transplant before, and seven years later rejected it. What I am trying to say is that your daughter has been refused the donor liver. I'm so sorry. If it were up to me I wouldn't let this happen, but I'm only an employee. Sir, there is nothing more we can do for your daughter. Take her home and let her live her last month or two in your own home."

The weight of the world just crashed onto me. I was just told my baby was going to die, and I could do nothing. I just ran. I ran out into the rainy street and screamed. I yelled. I yelled to the world over and over "Why. Why did Alexa get high? Why wasn't Chrissie healthy? Why didn't the liver work? Why did God do this to me?" I kept running and screaming, and crying. I ran. I ran to an alley cold and dark, with a flashing red light, and the sound of police cars in the distance. I saw a world of hate and fear, a ghetto. I ran more. I had to get away. The doctor's voice came into my had saying "No hope, no hope"

"NOOOO" I screamed, "this isn't happening. Oh Lord wake me up from this nightmare." As I ran and screamed a young black girl looked at me and said, "Please mister, don't cry you'll wake my daddy, and he'll hurt me."

The look on her face was as frightened as mine. I turned to her and I ran the other direction, back to the hospital wondering "Why did the Lord give a healthy, normal baby to a man cruel enough to hurt an eight-year-old because he awoke?" I never could answer that question.

On August, 10, 1991, Chrissie Graham died. She was thirteen years old, and just becoming a woman. She was beautiful. A white dress lay on her thin body like a prom gown. Her hair laid in curls like she would want it. I held a funeral service so all our closest friends could say good bye. At the end as everyone was piling out to go to the cemetery to see her buried, I said my goodbyes. I wept. I turned to Lori, who asked if she could be the last one to see Chrissie before they closed the casket. I consented and left her alone. As I walked out of the room slowly, I kept glancing back at Chrissie trying to get one more glimpse of my baby.

Lori only said one word. Why? She looked at Chrissie. I felt her eyes burning into Chrissie's soul. Lori was angry, not at Chrissie, but at Alexa. I knew this feeling all too well. Lori caressed Chrissie's cheek, and straightened her hair. All the while tears running through her blush and mascara. Lori stood. She took one last long glance and hurried out of the room.

I know I'll never forget that day, and I don't want to, but sometimes I wish it had never happened. I wonder what it would be like to have seen Chrissie grow up, go to college, and have a family. I try not to be bitter, but what Alexa did to me, Lori, and Chrissie, deserves more pain then all three of us have put together. I loved Alexa once, but not half as mush as I ever loved Chrissie.

# Groove Is In The Heart

When I was asked to model for Empowered, I laughed. I was very skeptical. I definitely did not fit the normal 5'9", 110-pound cliché. In fact, I had always rebelled against that sort of thing. I'm highly critical of anything that has to do with the beauty-leave-out-the-brains attitude.

Then I was shown the first issue of Empowered and understood better the purpose of the fashion shoot. It was incredible to see teens of all shapes and sizes portrayed so well. It was beyond my realm of reality to think that they would take anybody from any background and nationality. They clearly wanted to get away from anything that had to do with the weak women/teen girl syndrome. We can do anything, because we're empowered young women. I realized it was an opportunity of a lifetime, so I agreed.

On a blizzard-like Colorado Saturday, I found myself posing, smiling and overall having a blast, despite the cold weather. Just for the record, it doesn't always snow in Colorado like some of you may think. In fact, it hardly ever does, not that anybody will believe me after seeing these photos. (I'm the redhead.)

My work didn't start the day of the shoot though. I helped set up the shoot from scratch. Becky, Donna (the fashion editors) and I set out for a Goodwill and a great little store in downtown Colorado Springs called Rev2. Its owner, Brenda, was almost more excited about the shoot than we were. She gave us some jammin' outfits and ideas. Since we wanted our photo shoot to be about budget fashion, we put some great outfits together that didn't cost more than $50 each, including cool accessories. Now that is what I call budget fashion!

Brenda couldn't stay away from the shoot. She came over Saturday and put the outfits together like clockwork. Our team — Ronnie our makeup/hair man, Raven the photographer, Becky, Donna and Brenda — gave us the spirit, encouraging words and the looks that pulled off the entire shoot.

None of the models knew each other before the shoot, but we did shots together and got to know each other better. The best part was, there weren't really the stuck-up attitudes you might expect to see at a fashion shoot. It's hard to be too snobbish when you're dancing in the snow to Salt 'n' Pepa, Deee-Lite and Madonna. Everyone was just cool with the atmosphere, and we all had a great experience. I hope we get to do it all over again.

**– Leslie Hager, 16**

## Funky Rikk Longstocking

On Rikki: Turtleneck $3, skirt $2.95, shoes $3, lunchbox $2 by Goodwill. Shirt $8.50 by Rev2.
Credit: Donna Ladd

## On The Catwalk

On Leslie: Dress $21, glasses $9.50, scarf $4, belt $6.50, purse $8.50 by Rev2. Boots $4 by Goodwill.
Credit: Raven Capps-Crowl

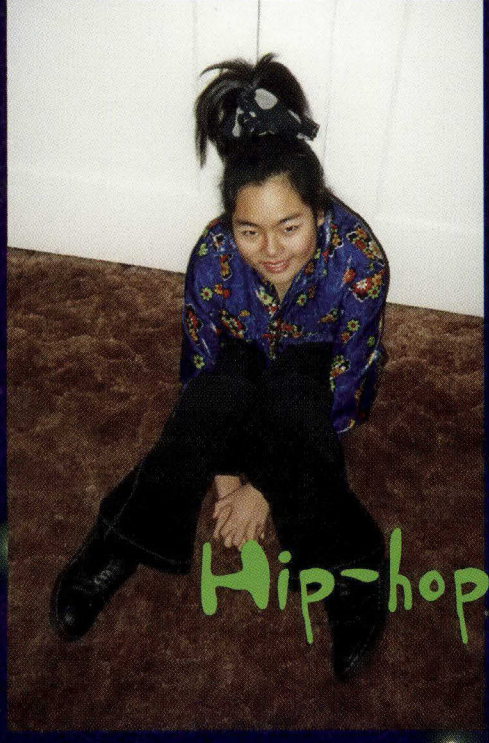
## These Boots Were Made For Walkin'

On Leslie : Top and skirt set $16, mock tee $7, jewelry $8 by Rev2. Boots $4 by Goodwill.
Credit: Raven Capps-Crowl

# Layering is The Key

**On Rikki: hat $4, glasses $9.50, shirt $8.50 by Rev2. Scarf .50, pumpkin purse .25 by Goodwill.**
**Credit: Raven Capps-Crowl**

You Go Go Girl
On Melissa: Scarf $4, shirt $8.50, glasses $9.50 by Rev2. Jeans $3 by Goodwill.
Credit: Raven Capps-Crowl
Etch Kvetch
On Melissa: Shirt $8.50, pants $9, vest $7, bag $6.50, scarf $4 by Rev2. Toy $2 by Goodwill.
Credit: Donna Ladd
Nice Glasses, Babe!
On Leslie: Dress $21, glasses $9.50, scarf $4 by Rev2. Coat $3.95 by Goodwill Industries.
Credit: Raven Capps-Crowl

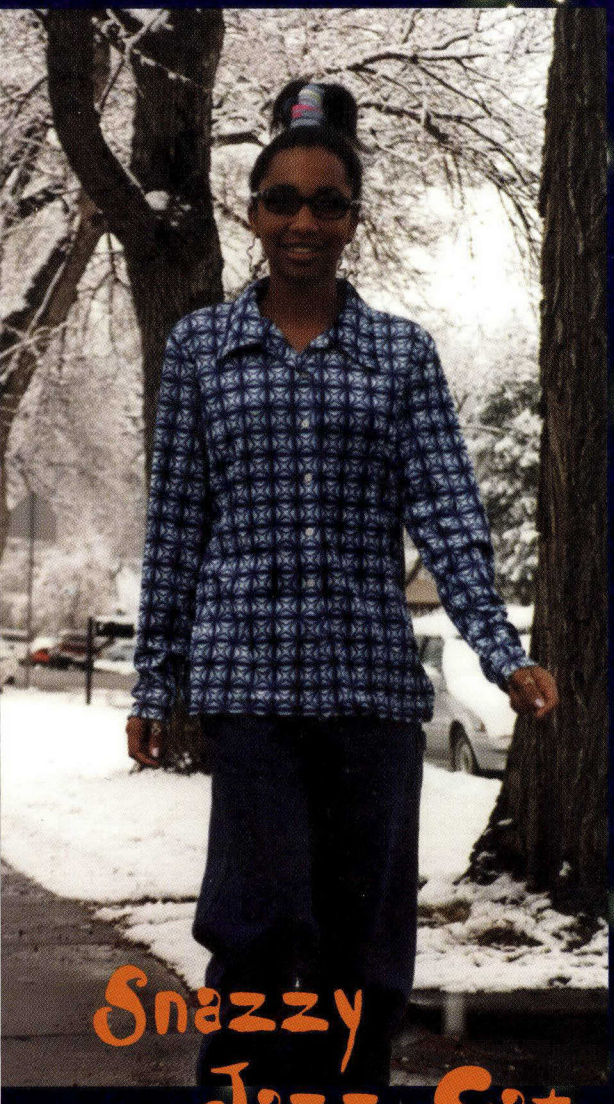


On Melissa: Scarf $4, shirt $8.50 by Rev2.
Shoes $5, jeans $3 by Goodwill.
Credit: Raven Capps-Crowl

## Hip-hoppin'

## Shine On Shine On

On Raven: Hat $6.50, shirt $9.50, ring $5 by Rev2.
Credit: Raven Capps-Crowl



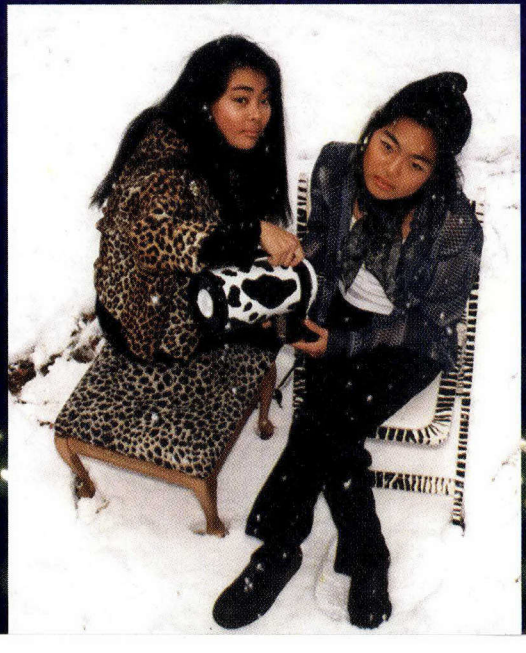
## Snazzy Jazz Cat

On Raven: glasses $9.50, scarf $4 by Rev2. Shirt $4, jeans $3 by Goodwill.
Credit: Raven Capps-Crowl

## Tea for Two

On Michelle (left): Cheetah jacket $4 by Goodwill.

On Melissa: Scarf $4, jewelry $7, velvet pants $9 by Rev2. Shirt $4, shoes $3 by Goodwill.
Credit: Raven Capps-Crowl



# Groovalistic Gals

**On Rikki (left): Dress $16.50 by Rev2. Coat $6, belt $2, tights $1, shoes $4 by Goodwill.**
**On Raven: Blue pantsuit $24, hat $6.50, purse $8.50, ring $5, purse $8.50 by Rev2.**
**Credit: Donna Ladd**

Clothes courtesy of Rev2 and Goodwill Industries, Colorado Springs
Styled by Brenda Houck
Assisted by Rebecca Ciletti and Leslie Hager
Looks by Ronnie
Makeup provided by Mary Kay, Director Denise Butts
Photography by Raven Capps-Crowl and Donna Ladd
Models: Leslie, Melissa, Michelle, Raven & Rikki

# empowered

***the*** magazine for young females

## empowered savings!

**Save 45%** Off cover price on 12 issues (2 years) of Empowered Magazine for just $25.95.

**yes!** I want to subscribe now and save. Enter my subscription to Empowered Magazine for only $25.95, saving me 45% off the cover price.

From: Name _____

Address (Billing Address) _____

City/State/Zip _____

To: Name _____

Address _____

City/State/Zip _____

☐ Payment Enclosed (please enclose card in envelope)

☐ To Order by Credit Card—

Credit Card No. _____ Exp____

or call 1-888-TEENMAG

MAIL TO: Empowered
P.O. Box 1236
Colorado Springs, CO 80901

empowered
*the* magazine for young females

## an empowering gift!*

**Save 45%** off cover price on 12 issues (2 years) of Empowered Magazine for just $25.95.

**yes!** Send my friend a holiday gift subscription to Empowered Magazine. I save 45% off the cover price when I order 12 issues at only $25.95!

From: Name _____

Address _____

City/State/Zip _____

To: Name _____

Address _____

City/State/Zip _____

☐ Payment Enclosed (please enclose card in envelope)

_____

*please sign my card as indicated above

☐ To Order by Credit Card—

Credit Card No. _____ Exp____

or call 1-888-TEENMAG please allow 4 to 6 weeks for receipt of first issue.

MAIL TO: Empowered
P.O. Box 1236
Colorado Springs, CO 80901

empowered
*the* magazine for young females

PLACE
STAMP
HERE

Empowered
P.O. Box 40998
Mesa, AZ 85274

# empowered savings!

Save 37% Off cover price on 12 issues (2 years) of empowered Magazine for just $18.95.

yes! Save 27% Off cover price on 6 issues (1 year) of empowered Magazine for just $10.95.

I want to subscribe now and save. Start my subscription with _____(month).

From: Name _____

Address (Billing Address) _____

City/State/Zip _____

To: Name _____

Address _____

City/State/Zip _____

E-Mail Address _____

☐ Payment Enclosed (please enclose card in envelope)

☐ To Order by Credit Card—

Credit Card No._____ Exp_____

or call 1-888-TEENMAG

empowered

*the* magazine for young females

## Study in NYC & Tour in a Show This Summer!

*Summer Centerstage is 4 weeks of intense professional musical theatre training,*
*PLUS 11 days 'on the road' performing and seeing the sights in the USA and Canada!*
*Includes 5 full days in New York City–studying, learning the City, and seeing Broadway shows.*
*Open to all performers ages 15–19 throughout the US.*

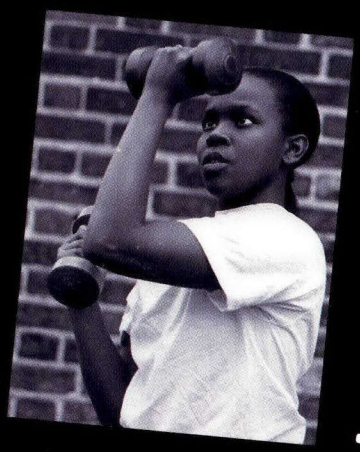
*OUR 28th SUMMER!*

**AUDITIONS ARE REQUIRED. CALL OR WRITE FOR MORE INFORMATION & A COMPLETE BROCHURE.**

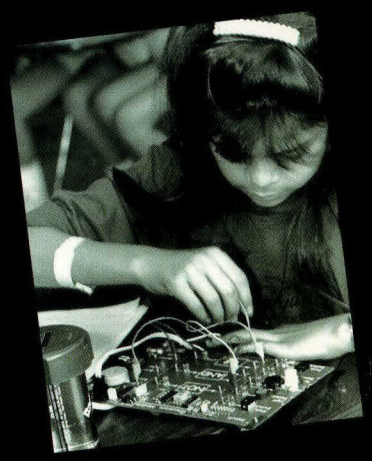
Summer Centerstage • P.O. BOX 36688 • Phoenix, AZ 85067 • (602) 242-1123 • http://www.cstage.com

# Girls Incorporated℠

Helping girls become



## Strong, SMART & BOLD℠



girls inc.®

**Girls Incorporated**

30 East 33rd Street
New York, NY 10016
http:\\www.girlsinc.org