

# GirlFormation

VOLUME 1

ISSUE 1

MARCH 2006

## WELCOME!

Welcome to the first edition of GirlFormation, a statewide newsletter for and about Maine's girls!

For the last several months, Carrie Charpentier and Kathleen Hastings of the Morton Foundation, Lucy Eaton Hawkins, CEO of the Abnaki Girl Scout Council, and Mary Orear, Executive Director of Mainely Girls, have been busy creating a publication that will allow for greater communication and collaboration among Maine girls, and the programs, organizations, and people who support them.

Thanks to the vision, leadership and hard work of many women in our state, an impressive number of fine organizations and opportunities have been created to help girls resist the damaging influence of the dominant culture and grow into strong, confident, healthy women - to survive and thrive.

Thanks to the financial support of many individual donors, companies, and Maine foundations, many of these organizations have stayed alive and flourished, for the benefit of girls all around the state.

The goal of this collaborative publication is to effectively create a girls' network to:

- give Maine girls an opportunity to express themselves to other girls,
- provide a way of promoting girls' events and opportunities,
- inform educators, parents, and others about ways to support girls,

- aid in the cross-fertilization of successful programs.

- create a network of women working with and supporting each other's efforts.

The newsletter will:

- be published quarterly during the school year,
- focus on art or written submissions by girls ages 5 through 18
- include calendar items from all organizations and programs who submit them,
- feature different programs and groups in each issue,
- share current research and examine issues of concern to girls,
- list and review books and movies, recommend resources.

The publication is being sent girls' organizations and programs throughout the state, and to a liaison at each elementary, middle and high school in Maine, and the liaison has agreed to read the publication

Newsletters will be sent at the beginning of on March, June, September, and January. All submissions, including calendar items, must be received by the first day of the previous month, so please plan ahead to make certain that your events get in on time.

If someone you know would like to receive GirlFormation, please e-mail Mary Orear at [megirls@midcoast.com](mailto:megirls@midcoast.com).

To submit a piece of girls' writing or artwork for possible publication, please contact Carrie Charpentier at [ccharpen@maine.rr.com](mailto:ccharpen@maine.rr.com).

To submit a calendar item for our newsletter e-mail the information to Mary Orear at [megirls@midcoast.com](mailto:megirls@midcoast.com).

To discuss submitting a report, review, theme or issue to include in the newsletter, please contact Mary Orear at [megirls@midcoast.com](mailto:megirls@midcoast.com).

We're excited about all the possibilities this inclusive newsletter can offer and look forward to collaborating with you in future issues!

Carrie, Kathy, Lucy and Mary



KATHY



MARY



CARRIE



LUCY

in a timely fashion and pass along pertinent information to those in her school and community who might benefit from it. (The newsletter content is also online, making the transmission of information to others very easy.)

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## MISSION

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## HEALTHY LIVING: MIND AND BODY

The Girl Scouts Research Institute released a recent study on girls' health, called "The New Normal? What Girls Say About Healthy Living." This January 2006 study used two ways to gather data from girls, ages 8-17. Researchers used focus groups to talk to girls directly about their views on health. Researchers also accumulated data from 2,000 online surveys. These two methods rely on girls to share their views on healthy living, and these approaches have resulted in new information in the field of girls' health.

Researchers found the definition of health has changed for many girls. Girls responded that health is no longer limited to diet and exercise. Girls stated that being healthy included emotional well-being and a positive self image. Girls described the importance of having supportive relationships with family members and friends as a key part of being healthy. Girls shared a new definition of health that involved both the body and the mind.

The study had four major findings. Finding #1, "For most girls, being healthy has more to do with appearing 'normal' and feeling accepted than maintaining good diet and exercise habits." Girls felt they appeared normal when they gained acceptance from their families and/or friends. "Normal" looked different based on the age, race, self-concept and socio-economic background of the girls.

Finding #2, "Emotional health, self-esteem and body image play a critical role in girls' attitudes about diet and exercise." This study detailed many statistical figures to demonstrate how girls see the relationship between mind and body as a key part of being healthy. Eighty three percent (83%) of very active girls report that physical activity results in them feeling good about themselves. Many girls, ages 11-17, reported they don't play sports because they don't feel good at it or they don't think their bodies look good. More than one third of girls, ages 11-17, reported eating more when they are "stressed out." Eighty

eight (88%) of girls ages 11-17 believed that feeling good about yourself was more important than physical appearance. These findings showed the relationship between mind and body resulting in both positive and negative ramifications for girls' health.

Finding #3, "Although girls demonstrate basic knowledge about healthy foods and eating behaviors, they often do not put this knowledge into practice, and it is "normal" for many girls to make poor choices with respect to diet and exercise." Girls were able to describe a healthy diet, but they didn't always describe making healthy food choices in their lives. In both home-life and school-life, trends were found that contributed to poor health choices by girls. As girls get older, many girls skip meals, especially breakfast and lunch. More than sixty percent (60%) of girls reported skipping breakfast at least once a week and almost twenty percent (20%) of girls reported skipping breakfast every day. The occurrence of family meals has declined over the years, and many girls are increasingly sedentary as TV and computer use is high. These two trends make it easier for girls to make poor decisions about what to eat. At school, many girls use the vending machines to purchase unhealthy snacks or drinks. Many school systems have food service programs laden with poor health choices. Some schools allow physical education to be an optional class for students. Cuts in education result in fewer intramural activities being offered for girls. At both home and school, many girls need guidance to help them apply their nutritional knowledge to their individual diets.

Finding #4: "Mothers were the most frequently cited source of information on healthy living, and they clearly function as role models for their daughters." Girls responded overwhelmingly that their mothers are their greatest resource for nutritional information and "emotional reinforcement". Mothers strongly influence their daughters

*continued on page 3*

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ters regarding healthy living, and this influence can be both positive and negative. Mothers who were physically active were more likely to have daughters who were physically active. Mothers who were overweight were more likely to have daughters who were overweight. Mothers dissatisfied with their weight were more likely to have daughters dissatisfied with their weight, regardless of how much they actually weighed. Mothers' attitudes towards their own body images and health habits were strong indicators of how the girls viewed themselves and what kind of healthy choices they exhibited in their lives.

The study included six recommendations to assist girls in forming positive attitudes and actions to support a healthy lifestyle. These six recommendations are to "encourage all girls to adopt healthier habits."

*Embrace a holistic definition of health.* Girls are recognizing that being healthy involves both mind and body. The messages sent to girls need to recognize this definition of healthy, and help girls address issues they are

experiencing like, "stress, peer pressure, feeling good about themselves and feeling safe."

*Give 'health' social relevance.* As girls strive to look and feel "normal", awareness can be raised that living a healthy lifestyle can be a way to achieve looking and feeling "normal".

*Emphasize physical activity.* Research has shown the strong correlation between physical activity and physical and emotional health. Girls need frequent opportunities to be involved in non-competitive physical activity. A range of activities should be offered to meet a range of interests. These activities should take place in safe environments where girls will feel positive about their skill level and how they look while being active.

*Demonstrate positive outcomes that result from healthy behaviors.* The connection between making healthy

choices and positive outcomes, like "higher self-esteem, reduced stress, and increased energy for school and extra-curricular activities" need to be illustrated for girls on a regular basis.

*Make good health an attainable goal.* The messages girls receive from home, friends, school and media conflict on many levels. Efforts to encourage girls in making healthy choices need to recognize the individuality among girls as well as how the varying socio-economic and cultural backgrounds of the girls impacts their self-images.

*Target adult role models-especially mothers.* Mothers have a huge impact on their daughters. As girls are encouraged to make healthy choices, it's imperative for parents, especially mothers, to support their daughters and behave as a role model by making healthy choices too.

If you would like to review the study, "The New Normal? What Girls Say About Healthy Living", please visit the following website:

[www.girlscouts.org/research/publications/original/healthy\\_living.asp](http://www.girlscouts.org/research/publications/original/healthy_living.asp)

## **AN IMPORTANT WINDOW OF OPPORTUNITY TO ACT LOCALLY ADDRESSING GIRLS' HEALTH NEEDS IN YOUR LOCAL SCHOOL SYSTEM**

By the first day of the upcoming 2006-2007 school year, as mandated by a new federal law, all school districts that receive federal school meal funds must have established a local School Wellness Policy that addresses nutrition and physical activity goals and other school-based activities that serve to promote and reinforce overall health and wellness.

The law also mandates that the general public be among those developing these Policies.

Here's a great opportunity for you to include your voice and the voices of some girls in your school in the development and implementation of your local school policy, to make certain it meets the health needs and issues that are relevant to girls.

- 1) Contact your school district to join an already established Team, or ask to be included on the one that will soon be organized.
- 2) Find girls who share your interest in girls' health,
  - A) Share the Girl Scout report "The New Normal? What Girls Say About Healthy Living," paying special attention to the six Recommendations For Moving Forward. Discuss with the girls their thoughts about what is now available to them, and their vision for what they would like to have included in terms of nutrition options, physical activity goals, and other school-based activities for girls in their school,
  - B) Involve the girls in the process by including them as members of the Wellness Team,
  - C) Teach the girls how to advocate for what they need and want in order to get their health needs met.

Many websites that will help you with this project are included in the Girl Scout report. A good one to start with is:

[http://teammnutrition.usda.gov/Healthy/wellnesspolicy\\_steps.html](http://teammnutrition.usda.gov/Healthy/wellnesspolicy_steps.html)

# CALENDAR OF EVENTS

## MARCH

**LIBBY RODERICK IN CONCERT**, March 2nd at the Waterville Opera House. As part of "Women Making ChangeS Making History," For a complete list of six weeks of events and activities organized by Colby College, Hearty Girls Healthy Women, and the Maine International Film Festival celebrating Women's History Month, or for information about obtaining tickets to specific events, please visit the following website: [www.hardygirlshealthywomen.org/womenmakingchange.php#womenmakingchange](http://www.hardygirlshealthywomen.org/womenmakingchange.php#womenmakingchange)

**THE SECOND ANNUAL MAINE FILM ACADEMY AWARD GALA** where the Maine International Film Festival will present the first ever GAL (Groundbreaking Activist Leader) Award to a woman in the film industry who has used her voice to effect social change. March 4th at the Colby Art Museum. As part of "Women Making ChangeS Making History," See above for contact information.

**THE KENNEBEC GIRL SCOUT COUNCIL SUMMER CAMPS:** for girls entering grades 2 and up at four beautiful Maine locations: Camp Pondicherry, Bridgton; Camp Kirkwold, Readfield; Camp Scelkit, Kittery Point; Ballard's Farm, Sidney. Each camp has its own personality, and all offer the traditional resident camp experience, which includes nature, campcraft skills, arts & crafts, sports, and waterfront activities. Most sessions are one to two weeks in length. Camp Pondicherry offers multi-week specialty programs for teens - Counselor-in-Training, Junior Maine Woodsman, Maine Woodsman and Junior Maine Guides. All of our camps are also open to non-Girl Scout members. Registration for camp sessions begins March 6. Our brochure and registration materials are available online at [www.gskc.org](http://www.gskc.org). For more information contact Anne Johnson, 207-772-1177 or [annej@gskc.org](mailto:annej@gskc.org).

**CELEBRATE WOMEN IN HISTORY MONTH SPECIAL PROGRAM** Monday March 6, 2006 @ 5:30 PM, Mt. Abram High School **GIRLS TALK & TEEN VOICES** are community based mentoring programs where student leaders from the University of Maine at Farmington and local professional women from Kingfield, Phillips and Strong mentor girls in grades 5 through 8 to raise aspirations, build self esteem, emphasize personal responsibility and decision making, and create an environment that fosters strong commitment to community. The monthly programs use literature which focuses on themes such as multiculturalism, self esteem, self identity, health, courage, family, and gender stereotypical roles as starting points for monthly meetings and discussions between and among mentors and mentees. For additional information contact Kirsten Swan - Associate Director Center for Student Involvement University of Maine at Farmington and Program Co-founder at: [kswan@maine.edu](mailto:kswan@maine.edu).

**A COMPANY OF GIRLS PRESENTS:** Anne & the Raja Tiger By David F. Eliet March 10, Friday at 7:30 March 11, 12, 18,,& 19, Sat. & Sun. at 1:30 Reservations & Information 874-2107

**A COMPANY OF GIRLS PRESENTS:** Amy Crockett, MVP - A Musical By Frumi Cohen March 17th, Friday at 7:30 March 11, 12,18, & 19, Sat. & Sun. at 3:30 10 Mayo St. (Off Cumberland Ave) Tickets \$5.00 Reservations & Information 874-2107

**MAINE WOMEN'S POLICY CENTER HOSTS GIRLS' DAY AT THE STATE HOUSE** March 23rd For ten years, the Maine Women's Policy Center has brought 100 girls to the State House for a day of hands-on involvement with Maine government. Eighth grade students from towns and cities across the state have had the chance to meet the Governor, engage in mock public hearings, job shadow their legislators, and meet other girls interested in government. A special effort to recruit at-risk girls is a key difference between this event and Girls' State programs. For more information, please visit the following website: [www.mainewomen.org/homeMWPC.htm](http://www.mainewomen.org/homeMWPC.htm)

**A COMPANY OF GIRLS PRESENTS:** The Princess Plays Directed By Jen Roe March 25th & 26th April 1st & 2nd Saturday and Sunday at 2:00pm 10 Mayo St. (off Cumberland Ave) Reservations and Information 874-2107 Tickets \$5.00

**A COMPANY OF GIRLS PRESENTS:** Maine Women & Girls Film Festival "School Day Screening" A special screening, exclusively for schools and other programs serving youth. Date: Friday, March 31 Time: 10:00AM - 1:30PM Place: SPACE Gallery, 538 Congress Street, Portland Cost: \$5.00/ per attendee (Scholarships may be available.) For the cost of admission you will see both films and have access to the respective filmmakers. Lunch and snacks will be provided. To reserve call 207. 874. 2107 or e-mail [ocb@propeople.org](mailto:ocb@propeople.org) Space is limited. Please reserve immediately!

Rachel Grady, the director and producer of the Boys of Baraka and Juli Gustafson, along with the New Orleans teens who created Desire, will be present to discuss their work.

**DESIRE (84 Minutes): In the wake of Hurricane Katrina**, DESIRE offers a poignant perspective on the complicated issues of race and class in New Orleans. Mentored by Juli Gustafson, two girls from the Ninth Ward's Desire housing projects, one working class single mother, and two teenagers from a prestigious private high school, record the intimate dramas of their lives on film. Masterfully weaving these short pieces into a larger narrative, Gustafson creates a landmark portrait of young women who are vibrant survivors of personal circumstances and family battles.

**BOYS OF BARAKA (89 Minutes):** On September 12, 2002 twenty "at risk" 12-year-old boys from the tough

streets of inner city Baltimore left home to attend the 7th and 8th grade at Baraka, an experimental boarding school located in Kenya, East Africa. Here, faced with a strict academic and disciplinary program as well as the freedom to be normal teenage boys, these brave kids began the daunting journey towards putting their lives on a fresh path.

## APRIL

**A COMPANY OF GIRLS PRESENTS** The 2nd Annual Maine Women & Girls Film Festival The Body Politic Saturday, April 1 and Sunday, April 2 SPACE Gallery 538 Congress Street, and at the Portland Museum of Art Ticket Information: Space Showing - \$7.00 Festival Celebration - \$20.00 For additional information and to reserve tickets call 874-2107

The festival includes four categories of film - documentary, narrative fiction, animation, and experimental - made by women ranging in age from 16 to 65, including three Maine filmmakers: Patricia Stuzman, Dana Rae Warren, and Nancy Andrews.

On Saturday April 1, Deborah Fort, Director of Girls Film School in Santa Fe New Mexico, a program dedicated to "changing the future of film, one girl at a time". This pioneering program, supported in part by the NEA and the Academy of Motion Picture Arts and Sciences, sets a precedent for educating girls in film. Joining Deborah will be several young women, who have both attended and mentored at GFS, as they screen work created in conjunction with the program and share what they are working on now.

Other films include "Desire," "The Boys of Baraka," "The Education of Shelby Knox," the final installment of the "Ima Plume Trilogy" and Eve & The Firehorse, currently making it's U.S. debut at the 2006 Sundance Film Festival. Many of the films' directors and producers will be discussing their work with the audiences.

**BELLY DANCE HAFLA - CELEBRATING OUR DIFFERENCES** Saturday April 8th 10 a.m.-3p.m. in Bethel Always wanted to try Belly Dance, but not quite sure? This day will be a safe, playful, environment to take the mystic and fear out of Belly Dance and discover how to be more comfortable in your body. Mini movement workshops for the beginner and beyond, making of hip scarfs with coins, beads, and old jewelry, delicious traditional foods, etc. Cost is \$25 per person or \$30 for mother/daughter of any ages. Activity best suited for middle school to senior citizen. Proceeds support the Western Maine Girls Association whose mission is to promote programs that enhance self-worth, nature connectedness, foster community and respond to the needs of growing girls of all ages. For more information, including the location, please e-mail janetwillie@yahoo.com

**A SPECIAL COMPLIMENTARY PERFORMANCE BY HOLLY NEAR**, singer, political activist, and founder of Redwood Records; April 14th at 7:30 PM at Colby College. Part of "Women Making ChangeS Making History."

**TECHKNOW! GIRLS TO YOUR HEALTH CONFERENCE AND WORKSHOPS** For Girls grades 5-8th and Workshops for Women Kennebec Valley Community College in Fairfield, Maine April 18, 2006 9:00- 4:00 Register by April 3 - Student: \$20 Adult \$30 for one workshop/\$45 for both with lunch included At the Door - Student: \$25 Adult \$35/\$50 Group Rates are available call for more information 861-8131 Scholarships are available to cover the registration fee. Presented by Girls Unlimited! and Zoey's Room Register by downloading the brochure from hardygirlshealthywomen.org or call Jackie at 861-8131 Lunch is included for girls

**THE CAMDEN GIRLS' FESTIVAL MORPHS INTO: LET'S DO LUNCH!** (Grades 6-8 and adults) or **LET'S DO BRUNCH!** (GRADES 8-12 and adults) Girls and their moms or other adult friends are invited to attend a scrumptious Saturday lunch or Sunday brunch followed by guest speaker, Catherine Steiner-Adair's talk: "Survive and Thrive!" At the Penobscot Bay YMCA in Rockport. Saturday Lunch, April 29th, Lunch at 12 Speaker at 1 Optional discussion at 2 Sunday Brunch, April 30th, Brunch at 11 Speaker at 12 Optional discussion at 1 During her talk, Catherine will give girls an entirely different lens through which to see, know and value themselves. She will suggest ways to not only survive the popular culture but to go on and thrive! To be able to say: I know who I am. I know that I matter. I know what matters to me. The luncheon is \$10 for girls and \$15 for adults accompanied by a girl. Some partial scholarships are available. The fee is \$25 for adults attending without a girl. To register, please send a check to Mainely Girls at PO Box 793 Rockport, ME 04856. For more information call 207-230-0170. (The Y will be available for attendees to workout or swim free of charge on the day they attend the luncheon!)

## MAY

**A COMPANY OF GIRLS PRESENTS:** Haroun and the Sea of Stories By Salman Rushdie Adapted By: Damon Kiely & Michele Wigdon Directed by Jen Roe May 12th,13th, 14,19, 20 &21ST Reservations and Information 874-2107 Tickets Adults \$7 and Children \$5

**TAPESTRY PROJECT ART SHOW** May 21st 4p.m.-7p.m. in Bethel The Tapestry Project is a program of the Western Maine Girls Association for middle school girls that combines physical adventure with art and discussion. The Art Show will display art the girls created during the 10 months we have been together. There is no charge for the art show, so come out and celebrate with the girls. For more information and location please e-mail goldberg@megalink.net

If you have something to submit for the next newsletter please e-mail:

megirls@midcoast.com

Mainely Girls • PO Box 793 • Rockport, ME 04856

tel/fax 207-230-0170

## HEALTHY READING

### Be Healthy! It's a Girl Thing: Food, Fitness, and Feeling Great

by Mavis Jukes and Lilian Cheung, D.Sc., R.D. 2003 \$12.95 Crown Publishers.

This little book was listed among six pages of recommended resources in the appendix of the Girl Scout report, "The New Normal? What Girls Say About Healthy Living." I'm a fan of Mavis Jukes' previous book, "It's a Girl Thing: How to Stay Healthy, Safe and in Charge," written for the 11-14 year old group so was interested in how she used her very girl-friendly approach to address health for this same group. My used copy from Amazon, \$2.95, arrived within a week, and I began reading.

In short, it's definitely upbeat, fact-filled, positive, and appealing to girls. The book focuses on nutrition and talks about food in terms of fuel or energy, (no "bad foods," just some foods that should be occasional treats), stresses what is important to eat, how much of it, and why, how to read food labels, how to shop for food, and even



safe food storage and handling. After twelve chapters of food and nutrition, the book has a chapter on exercise, one on beauty, ("Beauty is defined in so many ways, and it definitely doesn't refer exclusively to physical characteristics."), and the last is, "The Amazing You." The book goes into considerable depth about nutrition, but does so in a way that makes a fairly complex subject quite understandable. Its tone is positive, encouraging, and even fun! It's as valuable for the very active athlete as for the girl who needs to increase her exercise as both need to know their food needs and how to make wise food choices. I wouldn't mind having a copy in my house, just to help with reading all those confusing labels, and I'll definitely send

my niece one for her upcoming 11th birthday. In addition, the multitude of girls' health websites listed in the book provide excellent sources for additional information that can be used to delve more broadly or more deeply into topics, or for school reports. Many of the sites provide information

that girls will want to know about as they mature, making this a book girls can grow with. It's a good one to have in your house, and on your daughter's shelf.

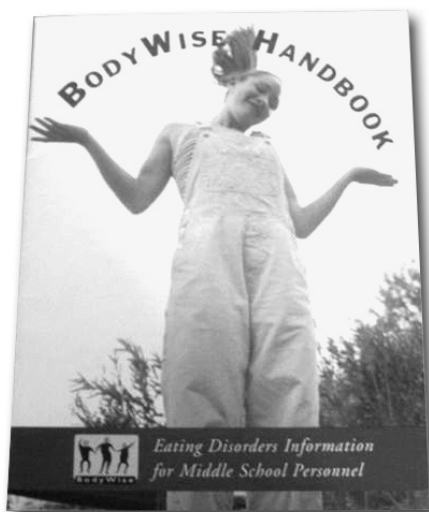
## COASTAL STUDIES

Coastal Studies for Girls is a Maine Semester School with a focus on science and technology. CSG serves girls in their tenth grade year, and intends to open doors to students in the 2007/2008 school year. In addition to the core curriculum, highlights include marine coastal ecosystems, environmental seminar, leadership adventure, a week aboard a schooner, a mentor program, guest lecture series and scholars in residence. CSG is an academic, experiential and inspirational journey! To learn more about CSG, visit our website [www.coastalstudiesforgirls.org](http://www.coastalstudiesforgirls.org)

CSG will be holding a fundraising event on Monday, May 8th from 4-8 pm at O'Natural's Restaurant, 83 Exchange Street, Portland. O'Natural's will share a percentage of the evening's sales with Coastal Studies for Girls. Please join us!



## BODYWISE EATING DISORDERS INFORMATION PACKETS



Maine has been fortunate to have 400 of these excellent packets donated for distribution to schools with students in the 5th, 6th and 7th grades. Packets provide eating disorders information for middle school personnel, an explanation of how eating disorders and obesity are related, and a number of pamphlets specifically written for school nurses and counselors, principals and administrators, physical education teachers, coaches, dance instructors, classroom teachers, food service and nutrition personnel, and parents. A list of important resources is also included.

School nurses who would like to receive a packet should e-mail their request and a mailing address to [megirls@midcoast.com](mailto:megirls@midcoast.com) and include BodyWise in the subject line. A check of \$4 to cover the cost of mailing should be sent to Mainely Girls PO Box 793 Rockport, ME 04856. Please reply by Friday, April 7th.

### My Ice Garden

*The magical snowflake wand  
That Jack waves across my window  
Creates a silver flowery pattern.  
My crystal ice garden  
Stays frozen and glimmers  
Like stained glass  
For just a few hours  
Till the bright morning sun  
Turns it slushy.  
Then slush turns to water.  
My garden is gone till tomorrow.*

---Madison  
Wells, ME



### A Diamond Poem

The Following is a Diamond poem:

Mask  
young powerful  
writing reading fighting  
freedom love life forever  
believing being uniting  
strong warrior  
brave

---Kendra, Bethel

*Eccentric, but ordinary  
Outspoken, but introverted  
Stable, but shaken;  
a living contradiction.  
Bold but modest  
Daring but fearful  
good, better, but never best;  
a weeping willow, but a blooming  
apple blossom.*

*A blending misfit?  
Twister of emotion  
another barnacle in the tide pool?  
A piece of gum under shoe?  
The ugly duckling?  
Or a diamond in the rough?  
Confusion, frustration  
someone turn the light on.*

*These voices, they're shouting  
they're screaming;  
Teasing, taunting  
like a criminal, come out with your  
hands up;  
a witch on trail...  
For what?  
No sympathy needed  
it shall be overcome, maybe.  
Fallen once, on that pavement, hard,  
black pavement  
crawling...  
But one day will be erect.*

---Sarah, Eliot

what is a diamond poem?

title  
adjective adjective  
verb verb verb  
noun noun noun noun  
verb verb verb  
adjective adjective  
feeling word

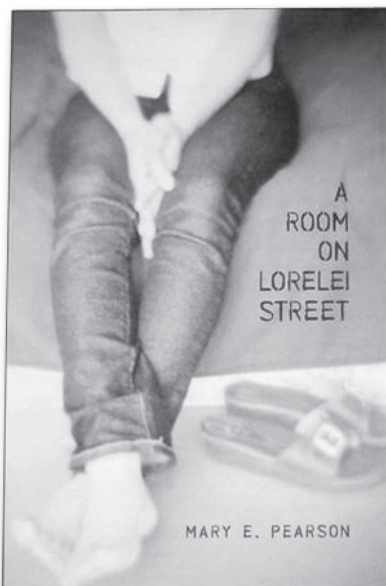
## BOOK REVIEW

### A ROOM ON LORELI STREET

by Mary E. Pearsons

I read *A Room on Loreli Street* by Mary E. Pearsons, and enjoyed it very much. The way that the main character, Jess, describes the room that she moves into on Loreli Street makes it viewable in your mind. I think that this is an appropriate book for high school girls to read. It's a quick read, and the story has a good meaning behind it. I like how Jess is very independent and hardworking. I also liked the end of the book; I thought it was fitting. A majority of the girls in the Vinalhaven High School girls book club, *A Girl's Point of View*, were very fond of it too.

---Amber, Vinalhaven



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## **FROM THE EDITOR**

“Far away there in the sunshine are my highest aspirations. I may not reach them, but I can look up and see their beauty, believe in them, and try to follow where they lead.”

—Louisa May Alcott

Dear Readers,

Welcome to the first edition of GirlFormation! In many ways the publication of this newsletter for Maine girls is one of my highest aspirations. Creating a vehicle to increase the communication and collaboration among Maine girls and the programs that support them is a lofty goal that can only be accomplished with the support of GirlFormation readers. Please share the newsletter with girls in your life, and encourage girls to submit artwork or poetry. If you are an organization that offers programming for girls, please submit calendar events to GirlFormation. We have the opportunity to enhance the experience of Maine’s girls. Please join us in this worthy endeavor!

Carrie Charpentier  
Editor in Chief, GirlFormation

“Never doubt that a small group of thoughtful committed citizens can change the world. Indeed, it is the only thing that ever has.” —Margaret Mead