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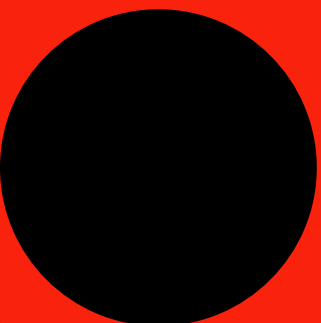
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july

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"IF THEY DONT GIVE YOU A SEAT AT THE TABLE,
BRING A FOLDING CHAIR"

SHIRLEY CHISHOLM

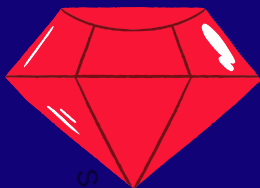
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JULY

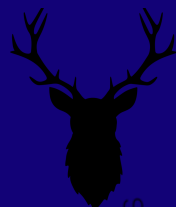
FAST FACTS



Gemstone: Ruby



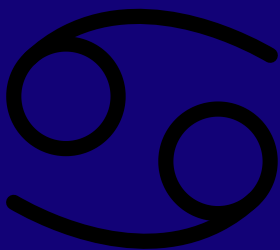
Flower: Delphinium



Full Moon: Buck

Did you know that July was named after the Roman general Julius Caesar, because it was his birth month?

In the Stars:



Cancer

Dates: June 21 - July 22

Element: Water

Symbol: The Crab

Ruling Planet: The Moon

Personality: Deeply emotional, intuitive, protective, and loyal. Nurturing people who value home and family. Sometimes, they retreat into their "shell" when they need emotional security.



Leo

Dates: July 23 - August 22

Element: Fire

Symbol: The Lion

Ruling Planet: The Sun

Personality: Bold and charismatic. Known for their radiant energy, natural leadership, and generous hearts, they thrive in the spotlight, champion their loved ones, and bring a flair of drama and warmth to everything they do.

Woman of the Month

DEBORAH SAMPSON

Solider, Revolutionary, Hero

Do you know the American Mulan?

Deborah Sampson was born on December 17th, 1760, in Plympton, Massachusetts. Sampson's family had historical ties; her great-great grandfathers (Henry Sampson and William Bradford) arrived on the Mayflower. Despite this Sampson's family lived in poverty. Her father moved from job to job, not finding much financial success. When Sampson was around 6 years old she was told her father had gone to sea to seek his fortune and that he died in a shipwreck. In reality her father abandoned his family, wife and seven children, and moved to Maine where he remarried and had two more children. It is unclear if Sampson ever learned the truth of her father.

With no way to support herself Sampson's mother was forced to send her children away to relatives and wealthy families. Sampson lived with an elderly spinster until she was 8 years old. When the spinster passed Sampson was shuffled around until she was bound into indentured servitude to Deacon Benjamin Thomas at age 10. While living in the Thomas house she was taught to read and write and took advantage of the expansive library and the discarded schoolbooks of the Thomas children. Sampson was self-sufficient and independent. She learned house chores as well as manual labor. She was able to: harness and ride a horse, rake hay, and milk cows. She was regarded as a 'tolerable mechanic' and could make various items if need be like baskets, stools or sleds.

In 1779, at age 18 her servitude was complete and Sampson was on her own. Sampson was drawn to jobs that provided room and board. Sampson worked as a weaver in the winter and a teacher in the summer. Both jobs were commonly regarded as 'male' jobs, but with the American Revolution happening, many men had gone off to fight.

The reason as to why she joined the war is highly debated. It is highly speculated that her motives for joining the war were financially driven, a leading reason for many enlistees, even today. At age 22, Sampson's future was uncertain. She was underpaid and had no suitors or marriage prospects. Without a dowry or proposal there was not much chance that things would get better. And then the opportunity came in 1782.



As the war was starting to wind down, towns in Massachusetts were having a hard time meeting their troop quotas. Many recruitment offices started offering significant cash sign-up bonuses for the promise of three years in the ranks.

Sampson never admitted to this but it is rumored that she stole clothes from the family she was staying with and signed up at the Middleborough recruitment office as a 'Timothy Thayer'. Apparently 'Thayer' was spotted drinking and then disappeared after which point Sampson was seen around town with a suspicious amount of money, buying gifts and treats. If true, this forced Sampson to leave to avoid criminal charges. She supposedly wove a suit of men's clothing from cloth as a way to travel safely and after several months eventually landed in Bellingham.

While there Sampson signed up with the recruitment officer, with a promise of a 60 dollar bonus. On May 20th 1782, 'Robert Shurtliff' was one of the 50 new members of the Light Infantry Company of the Fourth Massachusetts. Little is known about her time in the army. Sampson was able to keep her secret by wrapping her chest in cloth to hide her shape and utilizing her manual labor skill to avoid drawing attention. Sampson served for 17 months where she scouted, fought and captured prisoners. Sampson was stationed out of West Point and given the dangerous task of scouting neutral territory to assess the British troops and material in Manhattan.

On the outskirts of Tarrytown, NY she led a raid on a Tory home, a group of lawless British loyalists. After hand to hand combat she successfully captured 15 men. Weeks after her success, in June of 1782, Sampson and two other sergeants lead an infantry of 30 men on a scouting mission, where they were ambushed by Tories. Here she was slashed with a saber on the forehead and took a musket ball to her left thigh. Her boot filled with blood as she was bleeding heavily and a fellow soldier placed her on a horse and took her to a French army field hospital against her will. Sampson let the surgeon treat the severe slash on her head, but when asked if she had any other injuries, lied, terrified she'd be discovered if she removed her pants. Instead Sampson snuck off and crawled to a secluded area, where she operated on herself with a pocket penknife and sewing needle. Without any anesthesia she dug into her leg and managed to extract one of the bullets from her thigh. Afraid she'd bleed out or pass out from the pain, Sampson left the second lead fragment inside, washed her skin with alcohol and stitched herself up.

In the winter of 1782 Sampson was reassigned as an orderly for General John Peterson. The job came with several perks, status, better food and most importantly comfortable lodgings that kept her out of the barracks and made it easier to keep her secret. In June of 1783, Peterson was sent to Philadelphia where a mutiny among American soldiers was taking place. While there Debroah fell ill with an unknown fever and was sent to a hospital where she was discovered. After she was nursed back to health, she returned to West Point awaiting her fate, but Paterson, and his staff were more impressed than angered. Instead of punishing her, Patterson gave her an honorable discharge and allowed her to remain 'Private Shurtliff' until the unit disbanded in November of 1783.

Sampson returned to Massachusetts where she married widower Benjamin Gannet in 1785 and had her first child Earl, born in November the same year. Sampson had three more children, Polly born in December 1787, Patience born in November 1790 and Susanna, an orphaned baby they adopted after her mother died in childbirth. Still though, Sampson's work was not done. Sampson worked as a schoolteacher, supplementing income for her family but she had yet to receive her military payment. Like many common soldiers, Sampson did not receive her monthly military payment while in the army. In 1786 she began collecting documentation supporting her claim for back pay and in January of 1792 filed a suit in the Massachusetts General Court for restitution. They quickly voted to pay her 2 pounds for every month of her service for a total of 34 pounds.



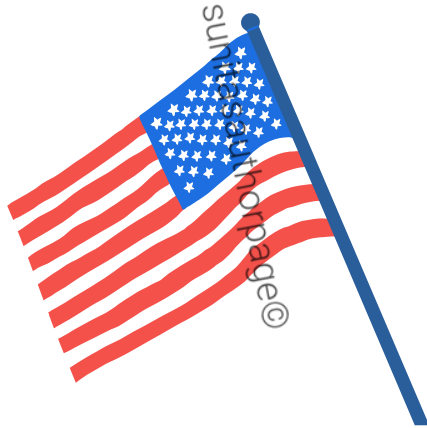
Deborah didn't stop there. By the late 1790s, she had decided to petition Congress for a military pension based on disability. It was a daunting task: she would have to collect affidavits from officers and surgeons from the 1780s and testimony from community leaders attesting to her continuing disability. To support her case, she worked with Herman Mann on the publication of her biography and traveled to New York to solicit political figures to plead her case to the Congress. Her request was denied.

In 1802, Sampson began a year-long lecture tour about her military experiences, sometimes dressing in full military regalia. She became the first woman in America to go on a lecture tour where she traveled over 1,100 miles and stopped in every major town in Massachusetts and ended in NYC. However, travel cost ended up eating most of her profit and she was left with only 110 dollars.

During her long fight with Congress, Deborah gained powerful allies, including Paterson, William Eustis, and even Paul Revere himself. Sampson continued to push her case with Congress. By March 1805, she was added to the rolls of invalid pensioners and awarded \$104 in back payments and \$48 a year going forward.

In 1809, she petitioned again for back payment going back to 1783. This would have been a windfall of almost \$1,000 for the family, but Congress declined. By 1818, Congress passed a general pension act for Revolutionary War soldiers that came to \$96 per month, so she relinquished her disability payments and took the general pension.

Sampson died on April 29, 1827, at 68. Few newspapers noted her passing, and there is no record of a funeral or memorial service. The Gannetts were too poor to pay for a headstone, so her gravesite in Sharon's Rock Ridge Cemetery was unmarked for more than 20 years. Even then, she was given only as "Deborah, Wife of Benjamin Gannett." Like so many Revolutionary soldiers, she was all but forgotten for decades, when historians began to re-examine the era. Her legend continued to grow, and by 1983 she became the first "Heroine of Massachusetts" in a proclamation by then-Governor Michael Dukakis. Commemorating the date of her enlistment, the state observes Deborah Sampson Day each May 29. Her gravestone was later amended to read: Deborah Sampson Gannett Robert Shurtliff.



CURRENT EVENTS

‘It’s a Small World’

NYC has been crazy between the Knicks winning and now with the FIFA World Cup, it seems like the city has been nonstop sports central. Likely you’ve been hearing about the World Cup and might have spotted a few viewing parties (they even closed down Rockefeller Center for one). The FIFA World Cup competes every four years and is broken into two main stages. The ‘groups stage’ where teams are divided into 12 groups each containing 4 teams. The top two teams in each group plus the 8 best third place teams move to the next stage. The ‘knockout stage’ is a single elimination tournament which has 5 rounds.

- Round one: ‘Round of 32’ - first stage of knockouts which bring the total number of teams down to 16
- Round two: ‘Round of 16’ - the winning teams face off until only 8 remain
- Round three: ‘Quarterfinals’ - Competition to the final 4
- Round four: ‘Semifinals’ - The final four compete for a spot in the ultimate match and the losers advance to a third place play-off
- Round five: ‘Third Place Match’ and ‘Final’ - The third place match allows the two semi-finalists to compete for bronze. The Final takes the last two teams and here is where the winner of the World Cup is crowned.

So why is it such a big deal? Besides the glory, increased tourism for their home countries and FIFA World Cup Trophy a lot of excitement comes from the additional slots. For the first time in 28 years the World Cup is featuring 48 teams instead of 32. The addition of these slots allowed for the first time qualification and playing of the following nations: Cape Verde (Cabo Verde), Curaçao, Jordan Uzbekistan. This also allowed Qatar to qualify for the first time, not just play because they were hosting. 11 more nations who missed previous games were now also allowed to play: Austria, Norway, Scotland, Türkiye, South Africa, Czechia, Iraq, Bosnia and Herzegovina, Haiti, DR Congo, Sweden. In terms of hosting, the World Cup is hosted in 16 cities across the US, Mexico and Canada and for the first time since 1994 NYC is a host city!

The reigning champions are Argentina who are trying to maintain their title. The game runs until July 19th with the final match being held in MetLife Stadium, New Jersey so assume NJ transit and Penn Station will be packed.

There are free watch parties across the city! Many are outside and in public locations

- Brookfield Place (Manhattan)
- Intrepid Museum's Pier 86 (Manhattan)
- Brooklyn Bridge Park (Brooklyn)
- American Museum of Natural History (Manhattan)
- Central Park's Great Lawn (Manhattan)

Although, these are free but you may still need tickets and space is limited.



BACK IN TIME

July Celebrations

America is 250?

Independence Day aka The 4th of July is a federal holiday that marks our nation's Independence. Before America was a country, it was a territory of Great Britain. At the time there were 13 colonies, all of whom operated under British Parliament rule. With the cavern of distance between them, Great Britain treated the colonists less like citizens of Great Britain and more like occupants of their territory. This created tensions within the colonies. After the French and Indian War, Britain was deeply in debt. The war took place between the British and French colonists after the British colonists encroached on French territory. Both the colonists and Great Britain blamed one another. The colonists felt they were acting on behalf of the crown and engaging in westward expansion. While Great Britain felt the colonists had disobeyed territory agreements and brought them into an unnecessary war that Britain had to pay for.



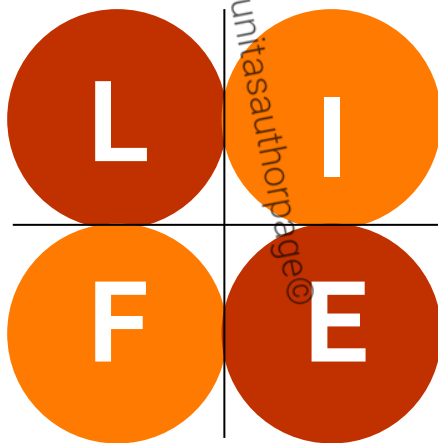
As a result Britain implemented taxes on the colonists for products like stamps, sugar, glass, lead, paper and most famously tea. The colonists felt this was unfair. They didn't think it was right that they were paying taxes when they didn't have any representation in the British Parliament. This is where the phrase, "No taxation without representation" comes from. With tensions high the colonists began protesting. The tipping point was in 1770, during the 'Boston Massacre'. Stories are unclear but the take away was that a group of colonists were taunting a group of British soldiers and began throwing snowballs and debris. As the mob grew bigger, soldiers fired into the crowd and killed five colonists. The soldiers were brought to trial and found to be 'acting in self defense'. This infuriated the colonists who felt they were not being treated like citizens.

In 1774, the first Continental Congress met and drafted the Declaration of Rights. No one wanted to go to war with Britain, as the colonists were a small group that lacked the funds and allies of Britain. In 1775, the colonists brought the 'Olive Branch Petition' to King George. King George refused to read even the petition and they realized they would never get the representation they wanted. In January of 1776, Thomas Paine wrote 'Common Sense' which insulted the monarchy and helped rally support for the Revolution. On July 4th the Continental Congress signed the 'Declaration of Independence' which officially severed the colonists' connection with Great Britain. This led to the American Revolution, a war that resulted in the formation of America as a country.

Three years later, Great Britain implemented the Tea Act. This gave the British East India Company a monopoly on tea. They were able to bypass the colonial merchants and the colonists still had to pay taxes on tea due to the Townshend tax. Furious, the colonists protested by dumping 342 chests of tea in the Boston Harbor, and this became known as the Boston Tea Party. Great Britain responded by making the Intolerable Acts. A series of acts meant to punish and control the colonists like closure of the Boston Harbor (the main commerce port) and the 'Quartering Act' which allowed British soldiers to stay in homes unannounced. These acts were meant to strip the colonists of their privacy and scare them into submission. It had the reverse effect.

Notes:

- The first and largest signature on the Declaration of Independence was John Hancock. The term 'Hancock' is now typically used to mean signature.
- The French and Indian war had a confusing name. It was the French and Native Americans who fought against Britain. This is a result of the British naming system that named the war after their opponents.



Skills

Cooking

Cooking as many forms, types and styles. In fact, it's so complex that people even go to school for it (culinary school). With that being said, we are going to focus on the stove. Specifically what it is, what it can do and how to operate it.

Know Your Stove

There are several types of stoves, but the two most common are: gas and electric (boogie woogie woogie).

Gas Stoves: Use an open flame powered by natural gas or propane.

Electric Stoves: Use electricity to heat elements under a smooth ceramic glass surface. They are sleek and easy to wipe down but heat up and cool down slower than gas.

Likely you will see a gas stove, they are the most common, especially in older homes. However, you should always proceed with caution as this is an OPEN flame. In addition, gas stoves can have a gas leak, especially if you do not shut it off completely. Gas is typically odorless so companies add Thiol to it to give gas that distinct smell. If you smell something rotten, strong, or like diesel that can be a gas leak, so check to make sure all the knobs are straight and not indented.



Terms

Preheat: This is when you turn on the oven, using the back dial to set a temperature. You wait until there is a ding or a light that lets you know the inside of the oven has reached the temperature you set. This allows for an even cook time so that your food isn't cooking as the oven is warming.

Pilot Light: is a small, continuously burning gas flame that acts as an ignition source for the main burners on a gas stove or oven

Sautéing: is a dry-heat cooking technique where food is cooked quickly over medium-high heat using a small amount of fat in a shallow pan:

Broiling- is a fast cooking method that uses direct, high radiant heat from your oven's top element, essentially acting like an upside-down grill.

Parts Of A Stove

Burners: Where food goes to be fried, boiled or sautéed. This is where you'd see an open flame.

Back dial: This is used to control the temperature of the oven. The dial is usually on the baseboard above the stovetop.

Stovetop

Knobs: These control the flames, turn up and down the heat. This is also where you check if you smell gas to make sure the knobs are straight

Oven: There are usually racks inside. This is used for baking, reheating and roasting

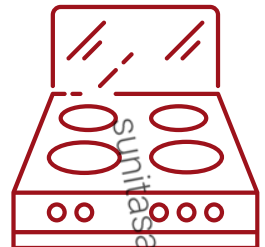
Drawer: Sometimes stoves have a drawer underneath the oven portion, which can be used for broiling

Cooking Styles

Burners/the stove top is where the majority of cooking takes place. But this is also where the most accidents happen because you are dealing with an open flame. It is important to be careful, make sure hair and loose garments are pinned back, no papers/ignitable objects are near the flames and that you watch the fire carefully. If you are using an electric stove the risk of flames is not as high, but you can still get burned because it takes a longer time for the surface to cool. If you want to test if a surface is hot, wave a hand over the surface and feel the heat radiating off. Do NOT touch the burners.

Boiling: The most common cooking style on stovetops is boiling. Boiling water is used to make tea, soup and cook food like pasta, eggs and potatoes. When boiling water, fill a pot with COLD water (not hot, this is a common misconception and it does not make the water boil faster) and wait until you see bubbles. The heat of the flame can affect the speed in which the water boils but keep in mind a high flame isn't going to magically break the bonds and make water boil. In fact, you are likely to damage your pot before the water even starts boiling.

Now you may have heard that adding salt to water makes food cook faster. This is true, but the reason as to why is commonly misunderstood. Adding salt does NOT make water boil faster. In fact it raises the boiling point which means it takes longer for the water to boil. Since it raises the boiling point, the water is 'hotter' and therefore cooks food faster.



Common Boiling Times:

Dried Pasta.....	8-12 min
Boiled Eggs.....	4-10 min
• 4 min- Soft boiled/runny	
• 6 min- Jammy	
• 10 min- Hard boiled	
Ramen.....	4 min
Hotdogs.....	1-3 min
Potatoes.....	10-30 min
• Depends on size of potato and if it is cut	
Rice.....	15-20 min
• Rule of thumb is 2 cups of water to 1 cup of rice.	
Oatmeal.....	5-30 min
• Rolled Oats: 5-10 minutes	
• Steel Cut Oats: 20-30 minutes	
• Instant Oats: 1-2 min	



Sautéing: Is done with a shallow pan and involves cooking food in a butter/oil on an open flame. The most common oil used is **Olive Oil**. Olive oil has a medium smoke point, which means you have to be careful not to get it too hot or you risk having a pan fire. Butter can be used for sautéing but it has a low smoke point, so if using butter you should keep the flame low or watch it closely. Vegetable oil isn't commonly used for sautéing because quality varies depending on the ingredients and with its high smoke point it's best for high heat cooking styles like frying.

Typically, sautéing is done to high flavor profile foods like onions, garlic etc. Chefs sauté these foods first because it helps soften them as they take a while to cook but also helps release the flavors. In releasing the flavors it lets them marinate longer and helps make food more flavorful.

Notes: When sautéing, use a wooden spoon or spatula, never metal. When you sauté movement is important, you are constantly moving the food around. Using a metal utensil can be dangerous because metal absorbs heat and that utensil will get hot and you can get burned.

In addition, never add water to a pan with oil or butter. Water is heavier than oil and when you add it to the pan it will instantly sink. Since water has a lower boiling point it will turn to steam and eject the oil making a pan fire.

NEVER ADD WATER TO A PAN FIRE. Although counter intuitive, water actually makes pan fires worse. If you have a pan fire the most important thing is to smother the flames to deprive them of oxygen. Immediately turn off the heat and cover the pan with a lid, baking sheet or another pan. Do not cover with a towel or anything flammable. Adding water, flour, baking powder, sugar ect will make the fire worse and cause it to explode.

Baking: Baking is done in the oven portion of the stove. You mostly commonly bake baked goods, like cupcakes, cookies, cakes and bread. There are instant cookie packages and box cake mixes that give you instructions. This is where we start preheating. Items that go in the stove need the oven to be preheated. Ovens have oven racks, which stay in the stove. Never put food directly on the rack, not only can you get sick but you can cause a fire if the food drips into the oven itself. Use baking pans, which are flat metal pans that come in various sizes.

You can cover baking pans in aluminum foil or baking sheets. Do not put wax paper on these, it will melt and can cause a fire.

You may hear the term- greased pan or ungreased pan. This means putting an oil/grease like butter, oil or PAM onto the pan. This allows the food to cook without sticking to the surface. Some recipes that are high in oil may say to leave the pan ungreased. This is personal preference and as you cook more you can determine when you want to grease a pan.

Broiling: Broiling: Older ovens have a broiler compartment, usually under the stove. Always check with your specific stove. Broiling is done most commonly for meats like steaks, pork chops ect. Though this is not the only way to cook these items. Most ovens don't have broilers anymore so the cooking style has become less common as most people just grill.

Remember food changes when cooked. Foods with high water content like spinach cook DOWN. The water evaporates and the food shrivels. Dry foods like rice cook UP. It absorbs water making the food swell. In essence you need a lot more spinach than you do rice. One cup of rice can feed four people. One cup of spinach can feed one person.

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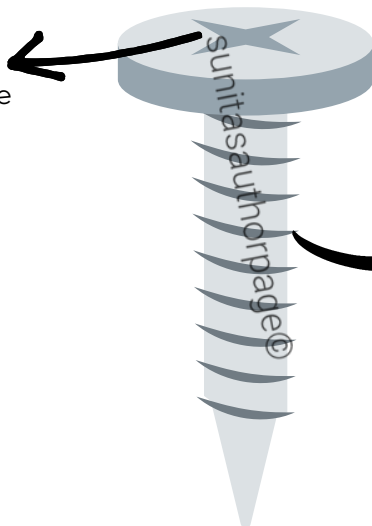


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'You got a screw loose?'

Anatomy of a screw:

Drive:
The divot where the
screwdriver goes



Head:
Top of the screw

Threads:
What holds the screw
in place

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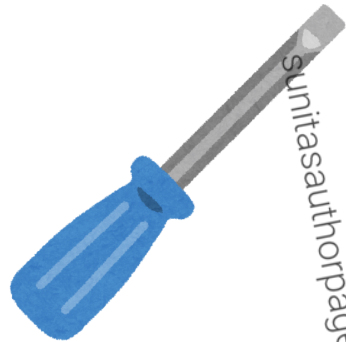
Screw Drivers:

There are two types Phillips Head and Flat Head



Phillips Head screwdrivers have a cross or star like shape and fit into screws that have a similar drive shape.

Flat Head screwdrivers have a flat/compressed shape, that matches screws with a single indent on the head.



Notes:

- You can not hammer in screws they have to be twisted
- There is a saying 'righty tighty, lefty loosey' which means if you turn the nail to the right it will tighten, if you turn it to the left it will loosen.
- When screwing something in you want to make sure the grooves line up and the screw is flushed with the surface
- Once you can't turn anymore STOP. do not keep turning you can 'strip the screw' which will make it difficult to remove.



FUN IN THE SUN

Activity Idea:



Sand bucket picnic:

- Go to your local drugstore, department or discount store and purchase a cheap sand bucket.
- Fill with your favorite foods, a drink, sandwich snack etc.
- Go with a friend to a park or nearby beach and enjoy a picnic!
- And a bonus you can build sandcastles or dig holes!

Safety:

Sunblock True or False:

1. SPF stands for Sun Protection Factor?
2. If you wear sunblock you won't burn.
3. All sunblock has white cast.
4. Everyone should wear sunscreen

1. True
2. False. Mineral sunscreens that have ingredients like zinc oxide or titanium dioxide create a white cast. There are several options like 'Coppertone Every Tone' that blends seamlessly.
3. False. It makes it HARDER to get sunburnt because it creates a protective barrier. The SPF number indicates how long it takes for your skin to redden with it. For example SPF 30 means it takes 30 times longer.
4. True! Sunscreen helps protect your skin from sun damage which can be invisible. Bodies naturally have something called melanin which is a pigment of the skin. However, melanin although it can shield some of the sun rays does have a limit and once it reaches that point your cells are no longer protected.



BIG SIS

Bra Shopping

Bra shopping can be daunting and confusing but it doesn't have to be. Bras are a common clothing item that every woman owns and once you understand the basics it becomes a lot easier.

Let's start with sizing. What even is it? I know B36, C32 they sound like codes and not sizes and that can be frustrating, but the reality is quite simple.

Bras have a letter and number component. The letter component is your cup size. In other words, it is the volume or size of the breast itself. The letters go as follows: AA, A, B, C, D, DD, DDD (F), G. Now, the number represents your band size, the thing that goes around your ribs. This is known as ribcage circumference and it is measured in inches.

Styles

Bras come in many styles and cuts and it can be overwhelming. So we are going to break down the main styles. First, bras can be lined or unlined

Lined bras have something called underwire. This is a metal wire under the cup that helps the bra hold its shape and make the cups more pronounced. Unlined bras do not have this metal wire. They are typically a softer fabric and this makes the shape less noticeable.

It is all just personal preference. Some people like underwire bras because they feel they offer more support, others find the wire uncomfortable. The best way to determine what you like is to try both. It is important to note that the first time you wear a bra it will feel a little odd. It is a type of fabric you are not familiar with but the feeling should fade and it should absolutely not hurt. If it does, the size or style is wrong.

Bra Types:

Sports Bra: These are specialized unlined bras for working out or high physical activity. They have a more snug fit to minimize movement, and have sweat-wicking fabric and thick straps. These typically come as racerbacks (the X shape) and are harder to hide if you are wearing a tank top or something that shows your back.

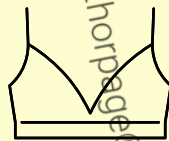
T-Shirt Bra: A T-shirt bra is an everyday lined bra. These are smooth and lack padding, meant to create an invisible or seamless look under clothing.

Push-up Bra: These are lined bras with padding. The amount of padding varies but they 'push up' your chest, essentially making your bust look larger. There are many different styles that change the extent of the push.

Strapless Bra: can be lined or unlined. These either have no straps and are adhesive based or they have removable straps. These are typically worn when you are wearing strapless clothing and you don't want bra straps.

When you are first starting out especially in adolescence, a t-shirt or sports bra is best. I recommend getting a sports bra first to get used to the feeling of a bra without the headache of underwire. Then when you are comfortable you can get a t-shirt bra. Push-up bras are not something you want to start with, as they can be a lot to manage and sometimes harder to fit into.

Bras come in a lot of colors and fabrics. I always recommend trying on bras because some fabrics like lace can be itchy. If you can't try them on, try to get bras in a satin fabric to avoid any discomfort. As for colors, get whatever makes you happy. When you are first getting bras I'd recommend the basic colors first: white, black, brown. These go with everything, and white and light brown are hard to see under light or thin clothes. If you get a bright color it may be visible or hard to style as the straps will stand out.



Shopping

You can buy bras anywhere. Target, Marshalls, Macys, Victoria's Secret. You don't necessarily need to go to the fanciest stores, as a bra is a bra no matter where you go. With that being said stores fall into two groups. Department and Lingerie. A department store is like Macys, Target ect. These are big named stores that sell many types of clothes and don't specialize in one thing. A lingerie store is like Pink or Victoria's Secret, these specialize in undergarments. Each store has their pros and cons.

Department Stores:

- Cheaper
- Less privacy in store
- Less worker assistance
- Fewer stylistic choices
- More post store privacy

Lingerie Stores:

- Pricier
- More privacy in store
- More worker assistance
- More stylistic choices
- Less post store privacy

Department stores are budget friendly. Bras are dramatically cheaper and they even come in value packs. The one downside is department stores lack privacy. The bra section is on an open floor plan visible from the aisles. When you enter a department store and go to the bra section you likely won't be asked, talked to or even regarded. This means no one will ask you any questions but if you need help you have to find an employee and may have to walk while holding the bras. Department stores also lack some variety. They don't have the space to carry every color, every style and if you are looking for something specific you may not be able to find it. However, because these stores are known for many things, walking out with one of their bags is inconspicuous. No one knows what you bought.

Lingerie stores are more expensive. A bra from Pink can run almost 50 dollars and they do not sell them in packs. If you shop the sales you may be able to get two for 30 dollars but you have to know when those are happening. Lingerie stores offer a bit more privacy. You can go deep into the store and you are blocked from the public eye, however men do shop at these stores too. Not as many as you'll find in a department store but if you go to a popular location like in Times Square you will see a lot of men. If you go to a lingerie store they tend to ask if you need help, offer you a basket etc. This can be overwhelming if you are a little socially anxious, you can tell them no thank you but you may get asked if you need help by a few different people. However, if you DO need help you don't have to travel far as someone is always around. Lingerie stores have a wide variety of styles and sizes that they can special order so if you need a specific color or fit they will have it. Lastly, lingerie stores lack the post store privacy. A bag from there is identifiable, the name is well known and the store is known for one thing. You can always carry a tote or another bag to place your purchase in.

A big part of shopping is measuring and trying on. Measuring can feel weird especially if you're not prepared. You typically have to request to get measured, sometimes the associate may offer but nowadays you have to ask. Which is a simple 'Hi I don't know my bra size, can I get measured?'

The associate will pull out a measuring tape and wrap it around your bust and band. Unless you request for privacy this will likely be done on the store floor. If you go to a lingerie store you can ask to go to the dressing room, for a department store it may be a little more difficult. So I'd recommend asking the department store dressing room associates to help rather than the ones on the sales floor. Also when you are getting measured you may be asked to remove a jacket or sweater. You will NOT be asked to remove your shirt or undergarments. If told that, leave and call a manager.

Men have started working in lingerie stores like Victoria's Secret. As of right now, they should NOT measure you, open your dressing rooms for you or help you when in the dressing room. If you talk to a male associate he should get a female associate to lead into the dressing rooms themselves because they are individually locked. If the male associate doesn't just guide you to area and instead leads and opens the dressing room door for you, you do not have to go and you can ALWAYS request a female associate.

The Fit

The first time you wear a bra can be a little uncomfortable. But discomfort and pain are not the same thing. Pinching, squeezing or indentations means the bra is too tight. Bras have two components that you can adjust, the band and the straps. The band has three rows of hooks. The further you go the more stretch you allow the band. For the straps, you can adjust these so the cups are higher or lower. Remember a good bra should be flush with your chest. If there's noticeable space you may need to go up or down a size.

When trying on in lingerie stores they have call buttons where an associate can help you, see how it fits and get new sizes. You do not have to do this but if you need a little extra help they are there.

Now if you want to avoid trying on at the store altogether you can measure yourself. You'll need a tape measure that can wrap around your ribs.

Band size: Stand straight and wrap the measuring tape around your ribcage, directly under your chest. This may be easier done in a mirror so you aren't bending. Remember it should be snug but you should still be able to breathe, meaning your ribcage should be able to expand. You measure in inches. Band sizes are always even numbers, so if you get an even number great you're done! if you get an odd number round up to the next even number.

(Note band sizes don't come in half sizes so round up here too using the the 5 or more rule)

Bust size: Wrap the measuring tape around the fullest part of your bust, typically across the nipples. It's important that you keep the tape straight and loose enough that it is not compressing your chest. Then record the number in inches.

After you have to do some calculating. You want to subtract your band size FROM your bust size. **Cup sizes are based on a scale system.**

Formula: bust - band = cup size

Cup Scale

1 inch difference = A
2 Inches difference = B
3 inches difference = C
4 inches difference = D
5 inches difference = DD / E
6 inches difference = DDD / F
7 inches difference = G

After combine your band number and cup letter to get your size. Like a 32A

Remember you can get bras online and have them delivered or even do a pick up in the store if you prefer. In addition they even do returns by mail but you will likely have to pay shipping.

Terms you may hear:

Sister size: There are alternative bra sizes that share the same cup volume but have different band sizes. If you go up a band size, you must go down a cup size. If you go down a band size, you must go up a cup size to keep the same volume. A sister size doesn't promise an exact fit, they can still feel too tight depending on your preference. For example if you really hate tight bands and the sister size has a smaller size, you might not want to purchase it.

Front clasp: Bras that clasp or hook in the front

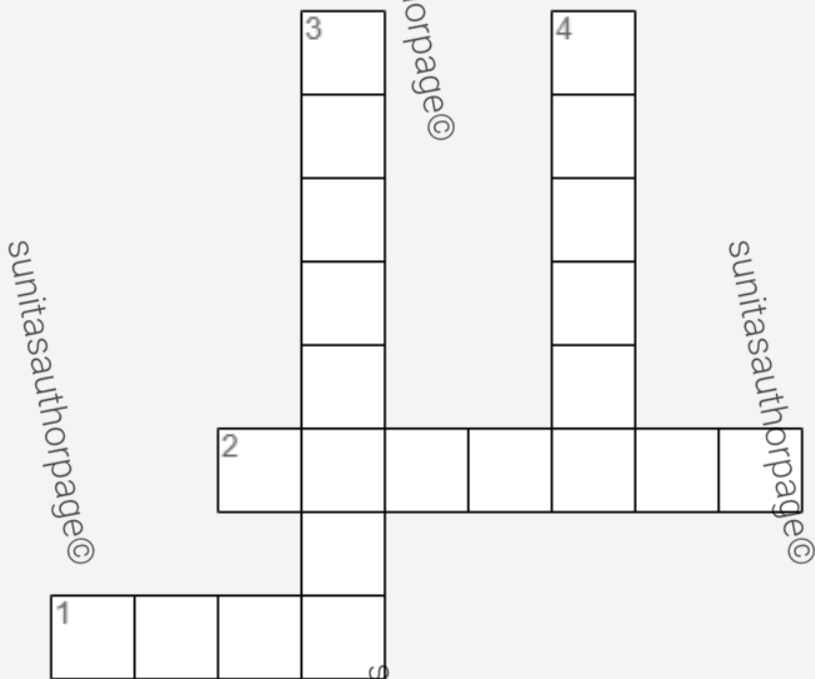
Picnic Word Search



Find these words:

- LEMONADE
- POTATOSALAD
- BURGER
- WATERMELON
- CORN
- PE
- CHIPS
- HOTDOG
- STRAWBERRY
- COLA

Crossword



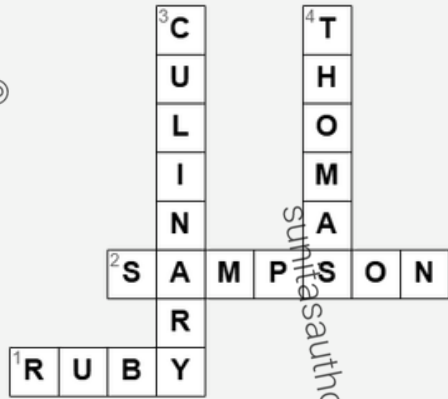
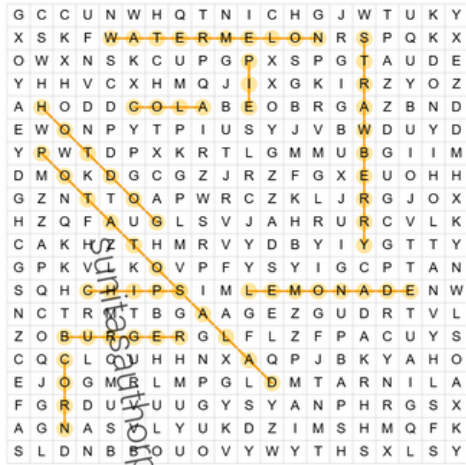
ACROSS

1. A red gemstone
2. Last name of the female soldier who disguised herself as a man

DOWN

3. _____ school is where chefs go to learn to cook
4. The first name of the author of 'Common Sense'

Answers



Arts and Crafts





"FEMALES"

A poem by Charlotte Perkins Gilman written in 1895. Gilman's poem argues that, unlike most female animals, human women have historically been expected to depend economically on men.

Translation

The female fox she is a fox;

A female fox is, above all, a fox.

The female whale a whale;

A female whale is simply a whale.

The female eagle holds her place

A female eagle has her own rightful place.

As representative of race

She represents her species.

As truly as the male.

Just as much as the male does.

The mother hen doth scratch for her chicks,

A mother hen scratches for food for her chicks.

And scratch for herself beside;

She also finds food for herself.

The mother cow doth nurse her calf,

A mother cow feeds her calf with milk.

Yet fares as well as her other half

But she does just as well as the bull .

In the pasture far and wide.

Out in the fields where they live.

The female bird doth soar in air;

Female birds fly through the sky.

The female fish doth swim;

Female fish swim just like males.

The fleet-foot mare upon the course

A fast female horse races on the track.

Doth hold her own with the flying horse—

She competes equally with the male horse.

**Yea and she beateth him!
One female in the world we find**

In fact, she sometimes beats him!
There is one exception among females.

Telling a different tale.

She has a very different story.

It is the female of our race,

It is the human female.

Who holds a parasitic place

Who is expected to live in dependence on others.

**Dependent on the male.
Not so, saith she, ye slander me!**

Specifically, dependent on men.
"That's not true," she says. "You're insulting me!"

No parasite am I.

"I'm not dependent like a parasite."

I earn my living as a wife;

"Being a wife is how I contribute and support myself."

My children take my very life;

"Raising my children takes all my energy."

Why should I share in human strife,

"Why should I also compete in work and public life?"

**To plant and build and buy?
The human race holds highest place**

Why should I farm, construct things, or earn and spend money?"
Humans are the most advanced species.

In all the world so wide,

In the whole world.

Yet these inferior females wive,

Yet even females of less advanced animal species become mates.

And raise their little ones alive,

They raise their young successfully.

**And feed themselves beside.
The race is higher than the sex,**

And they also provide for themselves.
Being human is more important than simply being male or female.

Though sex be fair and good;

Even though sex differences are natural and valuable.

A Human Creature is your state,

Your primary identity is that you are a human being.

And to be human is more great

Being fully human is more important.

**Than even womanhood!
The female fox she is a fox;**

Even more important than being a woman alone.
A female fox is still simply a fox.

The female whale a whale;

A female whale is still a whale.

The female eagle holds her place

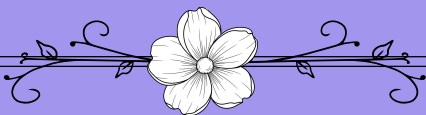
The female eagle has her rightful place.

As representative of race

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As truly as the male.

Just as much as the male does.



THE END

I hope you enjoyed this copy of 'The Period', a magazine for girls. When creating 'The Period' I wanted to help the young girls of NYC and answer questions one might feel embarrassed to ask. The magazine is multi-use with advice columns, games, news and events in the city! I wanted this to feel comforting, fun and have something for everyone. Above all it's discrete. Simple design, no labeling so it doesn't draw attention because the most important thing is comfort. As I work on the next edition I hope to expand my columns. If you have any questions or requests feel free to email me at: sunitasinghwriting@gmail.com

Until next time mes amies!

XOXO,
Sunita