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**june**

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"WE REALIZE THE IMPORTANCE  
OF OUR VOICES ONLY WHEN THEY ARE SILENCED"  
-MALALA YOUSAFZAI

Woman of the Month

# **BELLA ABZUG**

## **Lawyer, Activist, Politician**

Congresswoman Bella Abzug was a Jewish-American born on July 24, 1920 in the Bronx. Nicknamed 'Battling Bella', Abzug had a long history of activism. In her adolescence she delivered speeches in subway stations for causes she championed and later went to Hunter college and Columbia Law school. Abzug was admitted to the New York Bar in 1945, at a time when very few women practiced law. She found a job at the firm Pressman, Witt and Cammer, where cases frequently involved labor laws. As a lawyer she specialized in labor rights, tenants rights and civil liberty cases. Early on in her career she even took on civil rights cases in the Southern United States where she represented those who were wrongfully convicted.

Over the years, Abzug was an outspoken advocate of civil causes including the Equal Rights Amendment. She openly opposed the Vietnam War and Military Draft. She worked for the American Civil Liberties Union and was an early participant in the Women Strike for Peace. Always outspoken, she was one of the few legal attorneys willing to speak openly to combat the House Un-American Activities Committee during the McCarthy era.

In 1970 Abzug shifted gears for public office and ran for Congress, beating out Leonard Farbstei who had held the position of representing Manhattan's Lower East Side for 18 years. While in office Abzug helped bring in millions of dollars to fund New York's public works and transportation. In 1971, Alongside Gloria Steinem and Shirley Chisholm, she co-founded the National Women's Political Caucus to help women get elected to public office. Over her three terms in Congress she helped pass and authored several landmark laws like the Title IX of the Education Amendments. A 1972 legislation that prohibited sex-based discrimination in any educational program or activity receiving federal funding, which meant an all girls school wouldn't receive less funding because they were girls. This led to the framework for college sports funding. In the same year she co-authored the Water Pollution Control Act (aka the Clean Water Act) to regulate pollutants in U.S. waters.



**"This woman's place is in the House – the House of Representatives."**

In 1974, Abzug wrote the Equal Credit Opportunity Act. This landmark law made it illegal for banks and credit companies to discriminate against applicants based on sex or marital status. It allowed women to open bank accounts and credit cards in their own names (women couldn't even apply for a credit card until 1970). Abzug made amendments to the FOIA (Freedom of Information Act) that strengthened public access to government records and protected against the abuses of federal power (she even chaired the subcommittee that produced sunshine laws, forcing government hearings to be done in public). Within the same year Abzug introduced the Equality Act which was the first federal bill to propose extending the Civil Rights Act to prohibit discrimination based on sexual orientation. It unfortunately did not pass at the time but it laid the groundwork for modern LGBTQ+ rights.

In 1976 Abzug became the first woman to run for U.S. Senate from New York, a race she sadly lost by less than 1%. She also became the first woman to run for Mayor of New York City in 1977. Abzug went to serve as Chairwoman of President Carter's National Women's Advisory Council and presided over the first National Conference on Women in Houston in 1977. Here 2,000 elected delegates from every state and 18,000 observers attended and developed a precedent-setting National Platform of Action for women. She later wrote two successful books, "Bella: Ms. Abzug Goes to Washington" and "The Gender Gap,". She also lectured widely throughout the United States and internationally, tirelessly campaigning for the rights of women.

In 1990 she cofounded the Women's Environment and Development Organization (WEDO), with Mim Kelber (who also co-authored 'The Gender Gap'). WEDO is an international non-governmental organization that advocates for women's equality in global politics. In 1997 Abzug received the highest civilian recognition and honor at the U.N., the Blue Beret Peacekeepers Award. At the age of 77, in 1998 Abzug died at the Columbia University Medical Center. Known for her intelligence, advocacy and wide brimmed hats, Bella Abzug changed not only NYC but women's rights world wide.

**“Women will run the 21st Century....  
This is going to be the women's century and young  
people are going to be its leaders.”**

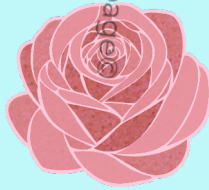


# JUNE

## FAST FACTS



Gemstone: Pearl



Flower: Rose



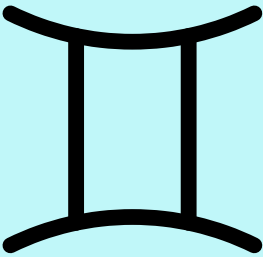
Full Moon: Strawberry

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Did you know that June gets its name from the Roman Goddess Juno, who was the wife of Jupiter and Queen of the Gods?

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## In the Stars:



Gemini

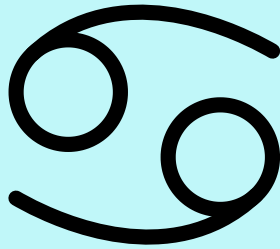
Dates: May 21 - June 20

Element: Air

Symbol: The Twins

Ruling Planet: Mercury

Personality: Curious, witty, adaptable, and highly sociable. Geminis are quick learners and natural communicators who thrive in dynamic, fast-paced environments.



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.

# CURRENT EVENTS

## 'Let's Go Knicks'

The New York Knicks (Knickerbockers) are on a winning streak right now and the city is going insane. So what is the big deal? Let's break it down. New York has two basketball teams, the Brooklyn Nets and the New York Knicks. The Knicks have been the only team from NY to win the NBA championship. Now, the Knicks have only won the NBA championship twice, in 1970 and 1973. That means our last win was 53 years ago!

Right now the Knicks are playing in the NBA Finals. The Finals is where where the Eastern Conference champion (Knicks) and the Western Conference champion (Spurs) play a best-of-seven series. This means the first team to win four games wins and receives the Larry O'Brien Championship Trophy.

The last time the Knicks were in the finals was 1999, where they played against, believe it or not the San Antonio Spurs (yes the same team!). So many Knicks fans see this as a rematch, making it a big deal.

At the moment, the Knicks are in the lead. They have won 2 Finals games, both of which took place in Texas. With a 2-0 lead fans are hoping they can win the whole thing and keep their 13 game winning streak!

## Scoring



Terms:

**'Knicks in 4'**- an expression that predicts the New York Knicks will win a playoff series in exactly 4 games. Like boasting/trash talking.

**50-50 ball**-A loose ball that either team has an equal chance to grab; often shows who wants it more.

**Personal Foul**-Most frequent foul that involves illegal physical contact: pushing, holding, tripping.

**Shooting Foul**-When a defender makes illegal contact while a player is shooting (this gives 2-3 free throws)

**Offensive Fouls**-An offensive player pushes or runs into a defender who is in stationary position. This results in a turnover (giving the ball to the other team).

**Technical Fouls**-Unsportsmanlike conduct: yelling, arguing with refs. Other team gets a free throw.

**Flagrant Fouls**-Unnecessary or excessive contact. Flagrant 1: opposing teams gets two free throws. Flagrant two: player is ejected from game.

**Free throw**-An unblocked shot from the free throw line.

**Trey**- Three pointer shot from behind the three point line (the arc)

**Travel**-Taking more than two steps without dribbling

**Double Dribble**-Stopping the dribble then starting again

# BACK IN TIME

## *June Celebrations*

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### What is Juneteenth?

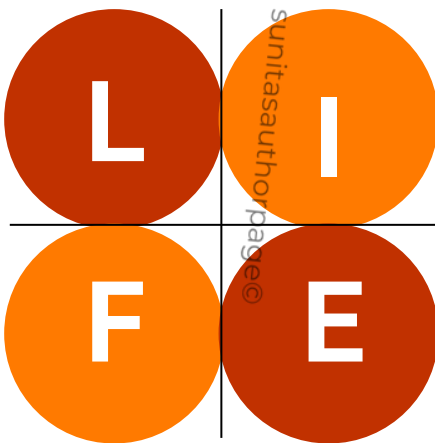
Celebrated on June 19th, Juneteenth marks the freedom of all enslaved people within the United States. In 1863, Abraham Lincoln signed the Emancipation Proclamation. This was a federal order that declared all enslaved people in the Confederate States were now and forever free. However, this was not implemented everywhere. Thus the enslaved people of Texas were not free until two later in 1865. On June 19th, 2,000 Union troops arrived in Galveston Bay and announced that the more than 250,000 enslaved people were free by executive decree. This day was named 'Juneteenth' and honors the end of slavery in the U.S. Juneteenth became a Federal Holiday in 2021.



### Why is it called Pride?

The term 'Pride' was adopted by the LGBTQ+ community to serve as the direct opposite of shame they faced. For many years homosexual activities were illegal. Places that catered to the LGBTQ+ community faced immense scrutiny and the State Liquor Authority refused to issue alcohol licenses to gay bars. As a result gay bars were run and operated by the Mafia who paid corrupt cops to look the other way. These bars were often subjected to raids, like the one at the Stonewall Inn on June 24, 1969. After arresting patrons and confiscating illegal alcohol, cops planned a second raid for June 28th that they hoped would shut down the bar for good. On the 28th things quickly got out of hand when police roughed up a transgender woman. Patrons began fighting back, throwing bottles, pennies and bricks, forcing cops to barricade themselves inside the Inn. Over the course of six days a series of riots took place, protesting police treatment and advocating for gay rights. This massive event made headlines and led to protests across the country. In 1970, a year later the first Gay Pride Parade took place, where demonstrators shouting, "say it loud, gay is proud," Throughout the decades the LGBTQ+ community has fought for their rights, challenging discrimination laws, family law, healthcare access and more.





*Skills*

## Laundry

For starters always check the tags on your clothes. They explain how to care for clothes. They may say things like 'wash with like colors' or 'use cold water only' at which case do as the manufacturer says. This guide by readers digest is a great reference:



### Step 1: Separation

Separate clothes by color. The big three are: darks, lights and whites. Some people also do brights, non bleachable whites and delicates. This is up to you but we will focus on the most common.



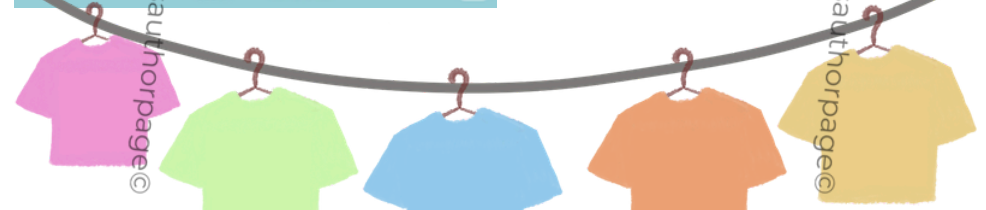
**Darks:** These are your deep colors and are considered 'bleeders'. Their rich color makes them bleed color onto lighter clothes. This group consists of colors like: Black, dark blue, red, dark grey, deep green, purple.



**Lights:** This is your middle ground. Clothes you don't want bleached but are light enough that darks can dull them. Colors include: orange, pink, yellow, light blue, light grey, light green, beige.



**Whites:** Are clothes that will be bleached. Completely white is the safest bet. Socks with color detailing can be bleached but you may fade the design. If you have iron-ons the bleach won't effect them. If you have colored embroidery specifically red wash separately in case the colors bleed.





## Step 2: Detergent

There are three main groups, detergent, fabric softener and bleach. Detergent has gotten specific and you can get ones for specific things like darks, bright colors etc. The most common are Tide and Gain which work in newer HE (High Efficiency) machines. Many powder detergents and pods don't work in these machine types so liquid is the safest choice. They even make environmentally friendly detergent in liquid form now!

### Meet the soaps:



**Ms. Detergent:** Breaks down dirt, grime and stains. This is always added to a wash. Either in the main compartment, directly poured in the top (top load washer) or the compartment marked 2 (in laundry mats). Most washers have a fill line. If there isn't one, about 2 tablespoons is good for a regular wash. If you have a large wash you can add  $\frac{1}{4}$  to  $\frac{1}{2}$  a cap full (use the detergent cap).



**Mx. Fabric Softener:** Fabric softener is added in addition to detergent. It is used to condition clothes fibers so that they don't lose shape. This can again be added on top, added in the compartment labeled fabric softener or the 3rd compartment (will say number 3)



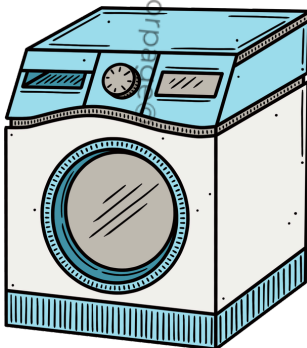
**Mr. Bleach:** Bleach is added to whites to remove stains. Bleach can stain color fabrics so it is important to handle it carefully as not to spill it. Bleach is added with fabric softener and detergent. You need very little bleach ( $\frac{1}{3}$  of cap max) or fill to the fill line. Most machines have a bleach labeled compartment. In laundromats it will go in compartment 3 at which point read the machine's directions to see where to put the softener.

**Note: compartment one at laundromats is considered the pre-wash. you can add a very little detergent here**

## Step 3: Water

Hot water:

- Can shrink clothes and make colors bleed
- Is best for things that need to be sanitized (i.e. scrubs)
- Good for items that are heavily soiled like bedsheets
- Good for whites



Cold water:

- Best for standard washes
- Doesn't shrink clothes or make colors bleed
- Best for colored fabrics
- Is more energy efficient, environmentally friendly and cost effective

**Always check the tags on your clothes to determine what water temp is best**

# Step 4: Drying

Drying has a few cycles. You can pick between high, medium or low heat. High heat is best for things that won't shrink, while low heat is best for iron on fabrics to preserve the design. In addition you can choose a drying duration usually 20 minutes-60 minutes. The longer you dry the more likely your clothes will shrink. Lastly, tumble dry. Most clothes can be tumble dried and allows for even drying. Some clothes can't at which point you should disable this feature. Delicates like lace, bras, intimates, silk, and jerseys should be hung to dry.

High Heat

Linen

Cotton

Hemp



Avoid High Heat

Synthetics

Polyester, nylon, acrylic

SPANDEX

wool

Rayon,

Silk

# Step 5: Fold

HOW TO EXPERTLY FOLD  
SHIRTS

PRO TIP: For fewer wrinkles, take tees, long-sleeves, and the like out of the LG STUDIO WashTower when they're just-dry.

1



Lay the shirt front-side down, and fold the arms neatly at its sides.

2



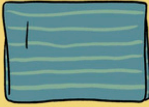
Fold one side toward the center, then the other (you'll have a long rectangle).

3



Fold the top and bottom to meet at the midpoint.

4



Fold in half again to form a neat packet.

cred: food52

All Done!

# BIG SIS

## A Hairy Situation

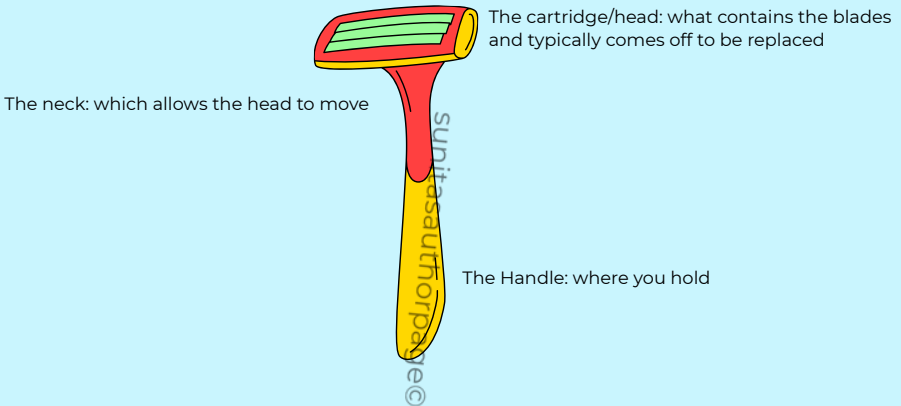
For starters, it is important to understand that body hair is a natural human feature. As mammals body hair is incredibly important for retaining body heat (staying warm). In addition body hair serves as a skin protector, keeping out debris, dirt and bacteria. Body hair is meant to protect you and it is simply doing its job. As we have moved indoors and started to develop clothes to keep us warm the need for body hair has shrunk but that doesn't mean it's gone and it also doesn't mean it is something to be ashamed of. If you wish to remove body hair you should do it because it is what YOU want, and if anyone has a problem with this natural human feature, then that is their problem, not yours. If you choose to remove body hair it is important to know where you are removing it and what you feel comfortable using,

### Types of Hair Removal:

|                                       | Location (typical):                         |
|---------------------------------------|---------------------------------------------|
| • Shaving-----                        | Face, head, legs, underarms, intimate areas |
| • Waxing-----                         | Legs, underarms, intimate areas             |
| • Threading/tweezing-----             | Face                                        |
| • Chemical hair removal products----- | Legs                                        |
| • Trimming-----                       | Face, head, Intimate areas                  |

### Shaving

Shaving is one of the most common hair removals. There are two types of shaving, dermaplaning and standard. Standard shaving involves a razorblade which can be bought at any health store, i.e. Target, CVS, Walgreens etc. Picking the right razor can be confusing, there are a lot of options so we will break them down. First lets understand parts of a razor:



Next is the type of razor. There are two types: Disposable blade/cartridge and 'single use' or safety razors.

#### Cartridge razors:

- Last a long time
- Only the cartridge has to get replaced
- Comes in many versions (different blade amounts)
- Has swivel necks for easier shave
- More expensive

#### Single use:

- Used once or twice
- No variety
- Easier to use but rougher shave
- No swivel neck
- Cheap

Cartridge razors are usually locked away and depending on the store and your age you may not be able to purchase them. Single use razors are better for beginners, they usually come in a bag and are more affordable. These are also sold in dollar stores where cartridge razors are not. If you want a very smooth shave I'd recommend a cartridge razor, although an investment you won't have to buy a new razor only new cartridges. However, cartridge razors have more blades than single use razors (explained later) and that makes them sharp and easier to get cut with. Safety razors have 1-3 blades typically so they are better for when you are learning to shave as you won't get cut as easily but the shave may not be as smooth.

Classification: Razors are classified by gender, sold as either a men's razor or a woman's razor. Honestly these are fairly similar and it mostly boils down to style but there are some differences.

#### Men's razors:

- Usually has more blades (Closer shave)
- Small lubrication strip
- Full swivel
- Cheaper

#### Women's razors:

- Fewer blades
- Two lubrication strips
- Multifaceted
- More expensive

Men's razors are specialized for facial shaving. As a result they typically have more blades (the standard is 5). This means they get a closer shave. In addition men's razors almost always have a full swivel neck, this allows the head to move across the face and get edges. However, men's razors have only one lubrication strip. The strip is a small green line that helps the blade slide better. It is small because men shave with shaving cream so the strip is not as important. A standard women's razor is 3 blades and has two lubrication strips that are thick lotion like products. This moisturizes the skin so shaving cream isn't needed but still should be used to avoid nicks. In addition, many women's razors have multiple uses, oftentimes doubling as a trimmer for intimate areas. This comes with removable heads and is battery operated or chargeable. If you are trying to get a smooth shave and are only shaving your legs and underarms I'd recommend a men's razor, they are cheaper than a standard woman's razor, and you can choose your blade amount (5-7). If you want to also trim a women's razor is best.

The fourth thing is blades. Razors come in several blade types. Typically the range is 3-5 blades. The more blades a razor has the closer the shave. That means you'll get very close to the base of the hair and the skin. Your skin will be smoother but it is also easier to get cut. Safety razors have one blade. Dermaplaning also uses one blade, and looks like an angled knife. Dermaplaning is the safest because it is difficult to nick the skin with the blade and doesn't create stubble because you can't get that close. You have to use quite a bit of pressure for that to happen. The tradeoff is that dermaplaning would take the longest because it is like slicing hair.

Once you decide on a razor it's time to prep the skin. You can do this in many ways. A lot of people start with a sugar scrub or a physical exfoliant. This helps remove dead skin and lets you get a cleaner shave. You do not need to buy fancy scrubs, they sell a wide array all over and you can even make your own with sugar and soap. If you have sensitive skin try to stay away from fragrance scrubs, as the sugar and shaving is abrasive and can irritate the skin. If you are shaving for the first time, skip the scrub, as not to overwhelm the skin. Remember scrubs are OPTIONAL. You do not need to get them; they are simply preferred by some people. After you use the scrub it is important to put something on the skin to shave with. This helps the blades glide so you don't get razor bumps and allows you to see if you missed a spot. Shaving cream is the most popular and again ANY brand works. Some people use shaving oil, which allows the razor to glide even smoother and hydrates the skin better than shaving cream but either works, especially if you are moisturizing after. If you don't have either, conditioner provides a similar glide texture. The last resort can be body soap.

### Shaving is as Easy as 1, 2, 3

1

Start at your ankles. You can sit in the tub or rest your leg on the toilet if it is easier. Shave 'against the grain'. This means shaving in the opposite direction of hair growth. On the shins and legs, hair generally grows downward, so shave upward towards you, rinsing of the blade in between strokes.

2

Shave in short strokes with light pressure working your way up. For areas that are boney like the ankles and knees pull the skin gently so it is stretched and shave slowly.

3

When done run your hands along the skin to find any spots you missed and shave them if needed.

If you are prone to ingrown hairs, shave in the direction of hair growth instead. For intimate areas, shave in the direction of the hair growth. The skin is delicate in these spaces and it is difficult to see so you have to be gentle. Do NOT apply fragrance shaving cream or the sugar scrub here. In addition shave AROUND the area (inner thighs, bikini line) and use a trimmer for other sections. For complete hair removal waxing is the safest and most precise and should be done by a professional. If you choose to trim/ shave intimate areas make sure you use an intimate specific razor as they have guards and special interchangeable heads.

When finished shaving you can apply an ingrown serum to prevent ingrown hairs. This can be expensive so using a face toner with salicylic or glycolic acid does the same thing, it cleans the skin. Note, it will sting and this is not an essential step. What is more important is moisturizing with body oil, body butter or lotion. Raw butters like almond, cocoa and mango work great.

## Health and Safety

- Change your blades every 3-5 shaves or when the green strip is gone. Shaving with a dull blade can get you sick and you won't get a clean shave.
- If a blade has rust on it, throw it out IMMEDIATELY. Do not shave with that blade. If you get nicked you can get sick.

## Waxing

Waxing can be daunting and a bit painful but the benefit is it removes hair at the root. This means your skin is smoother for a longer time. Always go to a professional, many nail salons offer this service. Note when you go hygiene is important:

- There should be fresh table linens. These are the paper or disposable medical grade sheets.
- Your technician should be wearing gloves the ENTIRE session
- The tools like tweezers should be sterilized and removed from a new bag, soaked in a disinfectant or removed from the autoclave.
- There is a general no double dipping rule. Every time they dip into the wax should be with a new wooden spatula

If any of these are broken you have the right to leave. Don't risk your health or comfort to be polite; you can end a session early. You may still be charged but they won't stop you from leaving. I'd recommend if you are considering wax get your legs waxed first. This allows you to see how painful it may be as intimate areas are more sensitive and lets you see the studios hygiene practices.

Lastly, if you get a male technician or someone you are uncomfortable with you can request a new tech. If the studio gives you a hard time simply leave and find a studio that puts their clients comfort first.

### Common waxing styles (intimate areas):

Regular Bikini Wax- hair removed up to panty line and inside of legs.

Full Bikini Wax- Hair taken in from the panty line and top (About 2 inches in)

Brazilian Wax- Hair completely removed front and back

## Chemical Products:

The most common chemical hair removal is Nair. Always read all the instructions for the products. Before you use it, do a patch test on a small area of skin and see if you have a reaction. Nair has been known to leave a tingling sensation so use with caution, don't stay in hot water and if possible sit. NEVER put any chemical removal products on intimate areas.

## Common Reactions

Razor bumps are the most common. These can come from friction or from ingrown hairs. They are small red bumps that make the skin sensitive. They go away on their own, just keep the area clean and apply unscented moisturizer like Vaseline or Aquaphor.

Razor burn is the immediate reddening of skin from shaving too fast or with a dull blade. Apply a cold compress and hydrate the skin with aloe vera. Avoid lotions and fragrance.

Razor bruising looks like small black and blues and are usually painless. They are caused from using a new blade too quickly or when you haven't shaved in a while and shave again, usually appearing on the soft skin of thighs. They go away on their own.

Cuts happen when shaving, they are typically small. Immediately rinse the area with cool water, apply firm, direct pressure with a clean tissue for 1 to 2 minutes, and then seal the wound using an astringent. If bleeding doesn't stop or the cut is deeper than a small nick seek medical attention.

**If any of these worsen, do not disappear in a few days or are more severe talk to a doctor.**

# June Word Search

R C J G E M I N I B O J A U B  
 A A L B G P O Q Z P Z S C R L  
 D N T V O O P C O O B O B A O  
 I C A W E O U O P Q J L S D O  
 A E M F G L F M N F R S U I M  
 N R E I O S Z M B I O T N A I  
 T S G R A I S E B F S I S N N  
 G V H E P D P N O B E C H T G  
 Z A Q F E E P C U K B E I A G  
 J C H L A B I E F I I I N U H  
 B A L I R Q C M O H Z M E H H  
 O T R E L H N E R H K X S D E  
 P I A S W C I N P L V T J D I  
 W O L J B K C T V C G O A R T  
 H N S C Z Z H V U W D O O L J

Commencement

Sunshine

Poolside

Gemini

Blooming

Fireflies

Cancer

Picnic

Solstice

Vacation

Radiant

Radiant

Pearl

Rose



# WOMEN



Carmen Amaya in  
'Follow the Boys', 1944  
Flamenco Dancer

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IN



'The Seine at Bougival' by Berthe  
Morisot, 1884  
Painter

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'Lenore' by Augusta Savage, 1937  
Sculptor

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THE



'Migrant Mother' by Dorothea Lange, 1936  
Photographer

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ARTS



## "WE AS *Women*"

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A poem by Charlotte Perkins  
Gilman written in 1891. It  
encourages women to step out  
and to not be told they can only  
do one thing.

There's a cry in the air about us—

We hear it, before, behind—

Of the way in which "We, as women,"

Are going to lift mankind!

With our white frocks starched and ruffled,

And our soft hair brushed and curled—

Hats off! for "We, as women,"

Are coming to save the world.

Fair sisters! listen one moment—

And perhaps you'll pause for ten:

The business of women as women

Is only with men as men!

What we do, "We, as women,"



We have done all through our life;

The work that is ours as women

Is the work of mother and wife.  
But to elevate public opinion,

And to lift up erring man,

Is the work of the Human Being;

Let us do it—if we can.  
But wait, warm-hearted sisters—

Not quite so fast, so far.

Tell me how we are going to lift a thing

Any higher than we are!  
We are going to “purify politics,”

And to “elevate the press.”

We enter the foul paths of the world

To sweeten and cleanse and bless.  
To hear the high things we are going to do,

And the horrors of man we tell,

One would think, “We, as women,” were angels,

And our brothers were fiends of hell.  
We, that were born of one mother,

And reared in the self-same place,

In the school and the church together,

We of one blood, one race!  
Now then, all forward together!

But remember, every one,

That ‘tis not by feminine innocence

The work of the world is done.  
The world needs strength and courage,

And wisdom to help and feed—

When, “We, as women” bring these to man,

We shall lift the world indeed.





# FARENHEIT 451 BY RAY BRADBURY

Genre: Dystopian Fiction,  
Science Fiction, Political Fiction

Blurb:

Guy Montag is a "fireman" whose job is to burn illegal books and the homes where they are hidden. Montag never questions his destructive lifestyle until an eccentric neighbor introduces him to free thought. This realization sparks a dangerous quest for knowledge and rebellion.

Where to Find:  
The NYPL has print, e-book  
and audio copies

## BANNED BOOK OF THE MONTH

Discussion Questions:

- What other people, events, political/cultural conditions do you see in our world that parallel those of the story world?
- How many of Bradbury's literary allusions can you identify? Does it matter? Do the allusions engage you? Make a list of them and then look them up.
- Should the government censor what the public consumes?
- Why are books important?



# THE END

I hope you enjoyed the first edition 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](mailto:sunitasinghwriting@gmail.com)

Until next time mes amies!

XOXO,  
Sunita