

FOR GIRLS Like YOU

MAY/JUNE 2022

The Adventure Issue



Super Adventure Girl

ROONEY LIVES FOR EXCITEMENT as she hikes, fishes, kayaks, skateboards & more (*whew!*) in her Montana home's big outdoors!

DREAMER

PLUS:
YOU TELL US YOUR FAVORITE
Summer Vacation Stories!

You are not alone.



Even though your anxiety might be telling you that no one understands what you're going through, you're not alone.

When you have anxiety, life can feel like a roller coaster, and you're just along for the ride. Some days are easier than others – and the hard days can almost feel impossible to get through. That's where **100 Devotions for Kids with Anxiety**, by Justine Froelker, comes in... with devotions, Bible passages, and journaling prompts, you can learn to manage your anxiety, and make this practice a part of your healing journey. You don't have to do this alone.

P.O. Box 681322
Franklin, TN, 37068
888.906.9055
info@forgirlslikeyou.com

FOUNDER
Wynter Pitts

PUBLISHERS
Jonathan Pitts and Four Girls Like You
in association with Roberta Croteau

EDITOR IN CHIEF
Roberta Croteau
roberta@forgirlslikeyou.com

EXECUTIVE PRODUCERS
Alena Pitts Kaitlyn Pitts
Camryn Pitts Olivia Pitts

ART DIRECTOR
Mary Sergent

CONTRIBUTORS
Bethany Denton
Lydia Denton
Megan F.
Janel Rodriguez Ferrer
Dannah Gresh
Jackie Marushka
Mercy W.
Erin Weidemann
Rooney Weidemann

CIRCULATION DIRECTOR
Jamie Brooks

WEB DESIGNER AND DEVELOPER
Ted Barnett

SOCIAL MEDIA
Jillian Spencer

COVER PHOTOGRAPHY
Erin Weidemann

SUBSCRIPTIONS/CUSTOMER SERVICE
Call toll-free 888.906.9055 or email
subscriptions@forgirlslikeyou.com

THE PITTS CREW
(a group of incredible people who have lent their hearts and unique talents to keep Wynter's dream growing and thriving)

Courtney DeFeo
Dione Dewitte
Ken Ott
Peta Pitts
Taylor Watt

Annual subscription rates:
United States \$29.95/one year;
\$47.95/two years; Canada and International
(U.S. funds) \$29.95 + shipping and handling.

For Girls Like You is published bimonthly.
ISSN 2163-2308

ADVENTURE IS OUT THERE!

BE STRONG AND COURAGEOUS. DO NOT BE AFRAID OR DISCOURAGED FOR THE LORD YOUR GOD WILL BE WITH YOU WHEREVER YOU GO. Joshua 1:9

An adventure is defined as an exciting or very unusual experience—and for this almost-summer issue of **For Girls Like You**, we're finding out what adventurous Girls Like You have done, are doing, or dream about doing! And we discover a bazillion ideas for summer adventures you can go on—whether it's across the country or in your own backyard!

The Pitts girls love to have summer adventures—and fall, winter and spring ones too! So we thought we'd sneak a peek at some recent ones they've been on with these pictures from their travels!



We love to see new places, and this was our first time in Palm Desert.



Here we are hiking Signal Mountain in Chattanooga, Tennessee just a few hours from our home in Franklin, Tennessee!



Kaitly: I took a missions trip this past February to Hope Farm in North Carolina. We cleared trails and spread mulch and planted different plants. It was a lot of fun and I built deeper friendships with my classmates!



Camping high up in the mountains of palm desert with friends! And by "Camping" we mean spending a lot of fun times with our friends, the Camps!

We hope this summer brings you whatever adventures you seek and dreams you dream, and that you take the spirit of adventure with you wherever you go—remembering that He is with you always, guiding you along the perfect path He has prepared just for YOU!

HAPPY SUMMER ADVENTURING!

YOUR FRIENDS AT
FOR GIRLS LIKE YOU!



The ADVENTURE issue

12



Rooney's
READY FOR
Adventure

FOR GIRLS LIKE YOU

MAY/JUNE 2022

Sprinkles.....	5
God's Girl.....	7
A Girl Like You.....	8
Go Girl!.....	9
LOL!.....	10
True Girl.....	11

STEM Girls.....	30
Faith Service Fun with AMERICAN HERITAGE GIRLS.....	32
Getting Crafty.....	33
Before You Go.....	34

ROONEY WEIDEMANN stars in her mom's book series *The Adventures of Rooney Cruz*, and in real life, she's not afraid to try anything new and exciting. She's a true Super Adventure Girl!.....12

What I did on MY SUMMER VACATION

We loved reading all your stories about the amazing things you've done on your summer adventures!.....18

Adventurous Women YOU SHOULD KNOW!

Janel Rodriguez Ferrer introduces us to four women in history who braved (and overcame) serious challenges to become heroes to us all!.....26

DISCOVER YOUR
ADVENTURE
GIRL NAME
page 31

Follow us on    @forgirlslikeyou

SPRINKLES

Sprinkle Joy, Sprinkle Fun, Sprinkle Beauty

SPRINKLES



COLORS OF CREATION

I drew this picture (I call it "God's Sunset") because I wanted to draw something beautiful from God's creation that would give some inspiration to others. I hope you like it, and God loves you! — Alana (12)



SPACE GIRL

I drew this picture of the Saturn V rocket with my charcoal pencils and paint markers. I was inspired to create it because I LOVE space and art! I also LOVE soccer, science, books, and astronomy. And I really like getting your magazine! — Caitlyn (11)



CREATIVE SISTERS

I enjoy making art! I decided to make this scratch board koala because my dad loves koalas. I have always been creative and enjoy drawing, sewing, and painting! I am so thankful for **For Girls Like You!** I especially LOVE the joke section! — Ella (10)

I love making art. I often spend time crafting. This is a painting of sunflowers that I made in my art class. My mom has a beautiful garden, and we just planted some sunflowers for our bees! — Emmi (8)



COUNT ON ME!

This drawing depicts the verse Ecclesiastes 4:9. The verse talks about two being better than one and I drew this as a representation of friendship. — *Hadassah (14)*



A TAIL OF LOVE

There is a ministry called Families of Hope that has a bunch of clothes they give to kids who have to go into foster care. The awesome families who foster these children can come with the kids to pick out clothes for free. They also give each child a blanket, so I decided to make one for a girl who comes there. I cut out a mermaid tail from fabric and then sewed it together to make a mermaid tail blanket. I used my talent in sewing to help someone. Today, I am encouraging you to use your talent, whatever it is, to help someone. I'm excited to see what you do! Get crafty! — *Brooklyn (10)*



I'M SEW HUNGRY!

I love **For Girls Like You** so much, especially the jokes and Getting Crafty page. I enjoy crafts, baking, sewing, singing and writing songs, drawing, and being outside enjoying the fresh air! My grandmas introduced me to sewing and embroidery. Grandparents are so special because they share their stories and skills with us. I am thankful to God for my mine. I am still learning from them and from sewing books. I enjoy eating sweets and veggies, so I began sewing my favorites. My first "mini-treat" sewing creation was a donut. I plan to add more mini-treats to give away to others when they need a little happiness! — *Olivia (11)*

MY TREASURE

I just got my first **For Girls Like You** magazine and I love it! I recently started writing poems in a journal. The "greatest treasure" in this poem is Jesus. — *Abigail (9)*

*God's Love
Nothing can measure,
To my greatest treasure.
He helps me if I have a worry,
I sing and praise His glory.
He gives me shelter, food and water,
He is the Father.*



WE'D LOVE TO HEAR FROM YOU! We'd love to showcase your paintings, poems, songs, stories, drawings, photographs, anything! And we'd like to see you! Email your entries and photo to sprinkles@forgirlslikeyou.com!

WYNTER'S WORDS GOD'S girl

Devotionals & More to Grow Your Faith



I AM FEARLESS

**DON'T WORRY ABOUT ANYTHING; INSTEAD, PRAY ABOUT EVERYTHING.
TELL GOD WHAT YOU NEED, AND THANK HIM FOR ALL HE HAS DONE.**

PHILIPPIANS 4:6 NLT



I WANT TO TALK ABOUT SOMETHING I KNOW A LOT OF US GIRLS STRUGGLE WITH: FEAR. I'm not talking about a fear of creepy-crawly spiders or slithering snakes (although it's perfectly normal to struggle with that kind of fear!).

It's normal for us to have lots of fears and doubts. Our world isn't perfect, and things don't always go the right way. You can even feel fear when life is good! For example, whenever something amazing is about to happen or you can feel God doing something crazy awesome, you might start to doubt. You might also feel yourself becoming afraid of what God wants you to do. Fear can make us want to run away and hide, even if we are running away from something good that God has for us!

A few years ago, my daughter Alena was offered a trip to Israel. When she first heard about it, she was super excited and couldn't wait to go, but as the day of the trip neared, she became afraid and started to have some fears and doubts about her adventure. But God met Alena in the middle of all this and let her know it was going to be OK. He filled her with His peace, and she was able to go on the trip without fear and have an incredible time.

No matter what fear you're feeling, God has your back. He is for you and not against you! With His power and His love, you can feel fearless. He has plans for your life, and He will help you let go of the fear so you can enjoy everything He has for you. Think about it this way: When you let go of fear, you can use both hands to grab ahold of God. He will help you live your life fearlessly!

From *I Am Yours* by Wynter Pitts. Courtesy of Harvest House.

Dear God, It's easy to be scared of things in this world and to have fears and doubts. I know You don't want me to always be afraid of a lot of things though. And You don't want me to ever doubt Your power. Thank You that when I'm feeling fear and doubt, I can trade in those emotions for Your peace and power. With You, I can live fearlessly!

IN JESUS' NAME — **Amen.**



Meet



MEGAN



I am 11 years old and my dog Zoey is 3! I have a BIG family—this is with my mom, stepdad and stepsibs.



And this is with my daddy and heart-mom!



Getting ready for a ride—the most I have cycled at one time was 30 miles when I was 9!

A GIRL LIKE YOU

Do you know how your name was chosen? My daddy chose my name because every Megan he met was kind, sweet and friendly. Fun Fact: When I was 5 years old, I found out Megan actually means “pearl.”

Tell us about your family. I have two homes where I evenly split my time. In one home I have my daddy and my heart-mom Kristin. At my other home I have my mom, my stepdad (Blaine), my dog Zoey and my stepsiblings Sarah and Brice.

And tell us about your pets! My dog Zoey is 3 years old. She’s awesome, sweet and cute. She is my safe place and the best birthday gift I’ve ever gotten.

Describe yourself in three words. Corny. Artistic. Smart.

What are your favorite hobbies? Hiking, biking, snorkeling, swimming, making jewelry, skiing, roller skating, singing, dancing, laughing, telling jokes, etc.

What do you want to do or be when you grow up? A singer, clothing stylist or fashion designer

What is something you want all girls to know about God? Even in the darkest hours God will always be with you.

What is something that nobody would ever guess about you? I have dual citizenship, American and Brazilian. I’m also bilingual because I speak English and Portuguese.

Do you have an unusual talent or ability? I’m really good at imitating people in a funny way.

What are some things on your bucket list? Go to Redding, California to visit Bethel Church and meet some of my favorite Christian worship singers, like Jenn Johnson

What has God been showing or teaching you lately? To seek God more by asking Him to help me when I need Him

Tell us about one of the coolest adventures you’ve had! One of the coolest adventures I’ve experienced was snorkeling in several places in the Caribbean. At Cinnamon Bay last year with Daddy and Kristin, while we were alone in the deep water, we saw a large nurse shark a few feet below us. It was incredible and scary at the same time! I’ve also seen stingrays, sea turtles, enemanie, squid, coral, large jellyfish, flounder, huge tarpon, and all kinds of colorful and tropical fish! I’ve been snorkeling every year since I was 7. When I snorkel, I feel free and like a mermaid because I spend more time under the water than above. Last year I touched my first sea turtle and it felt like a dream.



Snorkeling in the Caribbean was a big adventure for me!

Favorite Things

COLOR: Province blue
SONG: “It’s Always Been You” by Phil Wickham
SINGER/BAND: Phil Wickham, Jenn Johnson, Lauren Daigle
BOOK: *Lies Girls Believe* by Dannah Gresh
FOOD: Corn
THING TO WEAR: Dresses
VACATION: Caribbean
CLASS IN SCHOOL: Math
BIBLE VERSE: Jeremiah 29:11
“For I know the plans I have for you,” says the LORD. “They are plans for good and not for disaster, to give you a future and a hope.”



GO girl
With Jackie Marushka

GO FISH!

WHAT DO SWIMMING POOLS, ICE CREAM, FAMILY VACATIONS, AND A BREAK FROM SCHOOL AND HOMEWORK HAVE IN COMMON? Summertime Adventures!

During the school year we are on very set schedules. We have certain times we get up, times we go to school, class times, lunch and recess times, a time school ends, then after school time that we fill with sports, music or club practice, time for homework and even times for after school part-time jobs or chores.

When summer comes, we may still keep to some schedules but there is flexibility to sleep a bit later, go on vacation with our families, and the days are longer, so we get to stay outside longer to play, hike, build forts, go fishing or swim.

As early as January I start dreaming about all the possible summertime adventures. I love sunshine, water, and especially, time with my friends and family, which includes my pups, Willie and Stella!

Do you have a spirit of adventure? Are you curious about new things and places? If you answered yes, I understand completely. There’s something in my heart that bursts with joy when I think of exploring a new hiking trail, trying a new craft, or visiting a new city with my family.

One of the most fun summer adventures I’ve had was attending a fishing tournament in Tulsa, Oklahoma. I had only fished once when I was a little girl with my dad on the banks of the Rio Grande River in New Mexico where I grew up. Dad and I spent most of the day pulling our fishing lines out of the weeds of the riverbank, and we didn’t catch a thing but it was the most fun I’d had with my dad because it was uninterrupted family time.

We ate bologna and mustard sandwiches on white bread, potato chips and drank iced tea. Dad showed me how to cast the line into the water and he encouraged me to be patient as we waited for a fish to tug at our lines. The sun was warm on my face and the sand on the riverbank was soft between my toes. It was one of the happiest times of my life.

The fishing tournament I attended recently was a little different. The fishermen and women participating in the tournament were professional, which means they fish for a living. I learned another word for fisherman is “angler.”

“Angler” was originally a last name that came to mean “fisherman” in the 1500s. Anglers usually fish with a line and a metal hook. Other types of fishing include flyfishing and trolling, which can be done in the ocean (saltwater) or lakes (freshwater). Anglers usually catch the fish, gently unhook it, weigh it on the boat, and carefully and gently release it back into the water.

I learned that anglers are very patient. They cast their lines from their boats, and they wait.

It reminded me about God and his lessons of patience.

And **Psalm 46:10** says: “**Be still and know that I am God.**” **Watching the anglers also reminded me of Jesus talking with his disciples. Matthew 4:19** says: “**And he said to them, ‘Follow me, and I will make you fishers of men.’**”

God creates our seasons, and He opens doors to our adventures. In each of these seasons and adventures, there are life lessons. **Matthew 7:7** says: “**Ask and it will be given to you; seek and you will find; knock and the door will be opened to you.**” As you spend your summer exploring, discovering, or spending time with your family and friends, be on the lookout for His lessons and His blessings—you’ll find them all around you.



Though I didn’t catch a fish on this particular morning, I got to hear the birds sing while watching the most beautiful sunrise. Isn’t God amazing?!

LOL!

Jokes, Funnies & More!

KNOCK, KNOCK.
Who's there?
ALPACA.
Alpaca who?
ALPACA THE SUITCASE,
YOU LOAD THE CAR!

IF YOU'VE
GOT FOUR TENTS,
EIGHT SLEEPING BAGS
AND SIX CAMPING CHAIRS
IN YOUR WHEELBARROW,
WHAT HAVE YOU GOT?
A REALLY BIG
WHEELBARROW!

WHY ARE
MOUNTAINS THE
FUNNIEST PLACE
TO TRAVEL?
BECAUSE THEY'RE
HILL AREAS!

WHAT DID THE
FROG ORDER AT
MCDONALD'S?
FRENCH FLIES AND
DIET CROAK

WHAT KIND OF
CANDY CAN YOU
GET AT THE
Airport?
PLANE CHOCOLATE!

WHY DO
Scuba Divers
FALL BACKWARD OUT
OF THE BOAT?
BECAUSE IF THEY FELL
FORWARD, THEY'D STILL BE
IN THE BOAT.

Vacations!
WHERE DO SHARKS GO?
FINLAND
WHERE DO SHEEP GO?
THE BAAAA-HAMAS
WHERE DO HAMSTERS GO?
HAMSTERDAM
WHERE DO COWS GO?
MOO YORK
WHERE DO BEES GO?
STINGAPORE

WHAT DO BEARS
CALL CAMPERS IN
SLEEPING BAGS?
SOFT TACOS!

WHAT HAPPENS
WHEN YOU THROW A
GREEN ROCK INTO
THE RED SEA?
IT GETS WET!

SEND US YOUR FAVORITE LOLS! What jokes make you laugh? Have a great riddle to stump us? Have you drawn a cartoon you'd like to share? Anything funny at all—we want to hear from you! Email LOL@forgirlslikeyou.com!



TRUE girl

With Dannah Gresh

A VIRTUAL ADVENTURE

You don't need an airplane to take the gospel around the world!

DID YOU EVER THINK THERE'D COME A DAY WHEN WE COULDN'T TRAVEL?! I sure didn't. I mean, I literally spend most of the year traveling all around the world to share the Good News about Jesus. So the past few years have been a little different, but I'm so excited to be able to travel again!

Guess what? God calls us ALL to be "travelers," making disciples as we go! Even if we can't hop on a plane or drive cross-country, God is still calling us to spread His Word. And let's be honest, sometimes the Christian responsibility to share the gospel is the "elephant in the room." We ignore it!

Inviting others to follow you as you follow God is never easy. But here's what God told Joshua when He was afraid: **"This is my command—be strong and courageous! Do not be afraid or discouraged. For the Lord your God is with you wherever you go."** Joshua 1:9 God told Joshua to be strong and courageous? Yup, as a matter of fact, He commanded it.

But God also reminded Joshua that He will be with him everywhere he goes. What a comfort!



So now, it's adventure time. Even if you can't jump on a plane right now, you can take a virtual vacation. Here's how:

- 1 **Get your mom or another adult to help you plan your trip!**
- 2 **Pull up a map of the world online. Pick one place that you would like to visit.**
- 3 **Find out a little bit about that country or city.** What are they known for? What do they eat? What are some famous landmarks there? Be sure to research their spiritual beliefs. Then, talk about how you might share the gospel in that city or country.
- 4 **Read Matthew 28:19-20 and Joshua 1:9 and then talk with your fellow "vacationer!"**
Here are some discussion questions: What does Matthew 28:19-20 command us to do? How would you introduce someone to Jesus? What does Matthew 28:20 and Joshua 1:9 promise when we feel afraid of inviting others to follow God? What are some things you can do or say to remember God is always with you?
- 5 **Think about real people you know who need Jesus.** Break out some letterhead and envelopes. Write a letter to the person God brings to your mind, telling them the good news about Jesus. A good place to start is with your testimony. Why does Jesus mean so much to you?

Bonus Adventure!

Ask an adult to scan this QR code. It will take you to a video from my team where you'll learn some creative ways to share the gospel.



TrueGirl

This article was adapted from The Adventure Box, part of The True Girl Subscription! To learn more, go to mytruegirl.com/subscription.



"I think Rooney feels most at home in nature, enjoying the beauty that God created."



WHEN 8-YEAR-OLD **ROONEY CRUZ** WAS JUST A TODDLER, her mom, **ERIN WEIDEMANN** (founder of Bible Belles and Truth Becomes Her, speaker and author) created a series of books for young girls starring **Rooney!** The books were part of her Bible Belles series that introduced readers to the fascinating and heroic women of the Bible. And it turns out that Rooney's mom was right! Her little girl has grown into a super adventure girl! She's smart, kind, brave, caring and fun!. But let's have her mom tell us more...

MOM SAYS

We knew when Rooney was little, she was going to be an adventurer. It was the way her eyes would light up looking down from the top of the slide at the park — long before she would be big enough to go down. She has always loved the outdoors and will spend time outside whenever she gets the chance. I think she feels most at home in nature, enjoying the beauty that God created. I think it helps her feel closer to Him.

Rooney is a unique blend of fierce and tempered. She loves to take risks and try new things, and she's always weighing outcomes and considering her actions from many angles. I love many things about my girl, but one of the best is that she doesn't let fear stop her or slow her down. As a family, we do hard things because life is filled with hard things. Overcoming is part of life, and Rooney has a knack for perseverance because she believes that difficult things can be achieved with effort and care.



She inspires me in so many ways. She is a bold encourager. She sees the needs of those around her and she isn't afraid to take action to meet those needs. She's enthusiastic about it, and she's never too busy to lend a helping hand. God has taken her on many adventures in this life, and I can't wait to see what other kinds of adventures are in store for my girl. It's an honor to love and lead her to follow God with her whole heart on the wild ride through life He created just for her.



*In Three Words I am...
Hilarious. Curious. Flexible.*

This is Me...



My NAME

In Gaelic, my name means “red-haired,” but I don’t have red hair. I did just find out that in Irish, my name means “hero” which I think is very cool. My middle name, Cruz, means “cross” in Spanish!

My FAMILY

My mom’s name is Erin. My dad’s name is Brent. I have a little sister named Roxy. My sister is almost 2 years old, and she is wild, funny and playful. We live in Whitefish, Montana.

My DOG

I have a dog named Rowdy. He is half Boston terrier and half beagle, and he just turned 12 years old. He likes to escape from our house. He’s basically like Houdini #2! He is brindle and very fun to play and snuggle with.



My HOBBIES

I like to play in the snow, go kayaking and swimming, and go to the rodeo. I also love snowboarding and skateboarding.

I CAN ALSO...

Sing! I like to be alone and sing when there is no one around. I can sing whatever I want. I mostly sing Lauren Daigle and Elevation worship songs. Sometimes, I like to sing Disney songs too.

When I GROW UP...

I like the idea of being a soccer player who gets to travel. I also want to be a ballerina and a gymnast.

I WANT ALL GIRLS TO KNOW...

God will never let you down and He is always by your side.

This MAKES ME LAUGH...

Seeing my sister Roxy getting in the bath. She gets so excited, and she squeals and it’s very funny. She keeps saying, “Ba ba ba” (bath) because she’s so excited.

This MAKES ME SAD...

When I see homeless people or hear stories about orphans and families of refugees; I want these people to have a home and belong to a family that loves them.

Unique FACT ABOUT ME

I’m very good at skateboarding, and there aren’t many girl skaters. When I go to skateboard, my motto is “*Don’t be afraid. Just do it.*” That really helps me get over the fear of doing things, especially when I’m skating on something high or really steep.

A Favorite MEMORY

One of my favorite memories is going to Atlanta last year and speaking at a fundraiser for a great organization called **She Is Safe**. They rescue girls and women all over the world from trafficking and slavery. I was interviewed on stage in front of hundreds of people to share about why I want to help them and to raise money for their work. I was so nervous, but I’m glad I did it because I learned I can be brave and do hard things even when I’m scared.

My HAPPY PLACE...

is in my cozy bed, reading a book. I like my own space because it is comfortable and relaxing. I am obsessed with books. I would much rather read a book than watch TV.

My BUCKET LIST

- ☀️ I want to go to Kenya, Africa to see how the people there live and see how they survive in the middle of the jungle.
- ☀️ I want to go to Disney World and SeaWorld to have some fun with my family.
- ☀️ I want to show as many people as possible who Jesus is.

Lately GOD HAS BEEN SHOWING ME...

I can trust in Him always. Recently, our family experienced a miscarriage which was extremely hard on me and all of us. He showed us that He is still good and that we can still trust Him, even when we face difficult challenges.

This WAS SO COOL...

I was on vacation with my family and grandparents in Riviera Maya, Mexico, and my grandparents took me to go see some dolphins. They were in an enclosure in the ocean and the water was up to my chest. The dolphins were very pretty.



My Adventures..

A FAVORITE

One of my favorite summer adventures is going to the lake in Montana. We dig and build sandcastles. We like to go kayaking, swimming, diving, cliff jumping, fishing, boating, and tube riding. We do it with family and good friends. I like being with these people. It is so fun to hang out with them, and we make some great memories together.

MOST LOVED

I loved going to Peru and getting to meet my sponsored sister, Evelyn. We ran around and played tag, and we would chase each other. While we were there, we tried some foods I have never eaten before, like guinea pig. It tastes like chicken. It was quite an adventure!

SILLIEST

I went to Hawaii and dressed up like a hula dancer. I danced around on the beach. A lot of people gave me silly looks, but it was still fun.

SCARIEST

When I went to preschool for the first time, I was terrified. We ended up playing a bunch of fun games. When my mom picked me up, I said I wanted to be there every day.

I love to snorkel in the lake and ocean so I can search for cool rocks, fish, and other animals!



When I'm on the mountain, I shred!



Archery helps me set challenging goals and hit them!



Montana Adventure

Moving to Montana was a very unusual adventure. It was kind of weird going from somewhere sunny and warm like California to a place that is very cold. It can get down to minus-18 degrees. It's freezing, so I had to learn to dress warmly and get used to doing a bunch of outdoor activities that required warm clothes (not bathing suits). Living here, I love seeing all the beautiful sights like Glacier National Park because where there are epic views. The coolest thing I've discovered is that when Whitefish Lake is completely frozen over, the ice is so thick you can ice skate on it!



I love BEING THE MAIN CHARACTER IN MY MOM'S BOOKS!

Girls need to know about the awesome women of the Bible, and the book series is a fun way to learn about them. I like that I'm the one going on the adventure because I'm learning about what God says about me and what He wants me to do in life.

My Favorite Things!

Color: Hot pink

Song: "Dance Monkey"

Singer/Band: Lauren Daigle and Brooke Ligertwood

Book: Nancy Drew series

Food: Waffles

Thing To Wear: Pajamas

Vacation: Maui

Class in School: Art

Bible Verse: 1 Timothy 4:12

Don't let anyone look down on you because you are young, but set an example for the believers in speech, in life, in love, in faith, and in purity.



I like to go extremely fast!

WHAT I DID ON MY

SUMMER Adventure

Girls Like You share exciting stories from their favorite summer vacations. Around the world, or right at home they all found ways to make their summers full of fun, friends and family, and of course ... **adventure!**



Paige - 10

Every year, many of my family members (about 30) take our jeeps and campers and head to the **Silver Lake sand dunes** in Mears, Michigan. We love to shop, get ice cream, swim in Lake Michigan and of course play on the dunes. What makes this so special is that we get to spend a whole week together. We look forward to this every year!

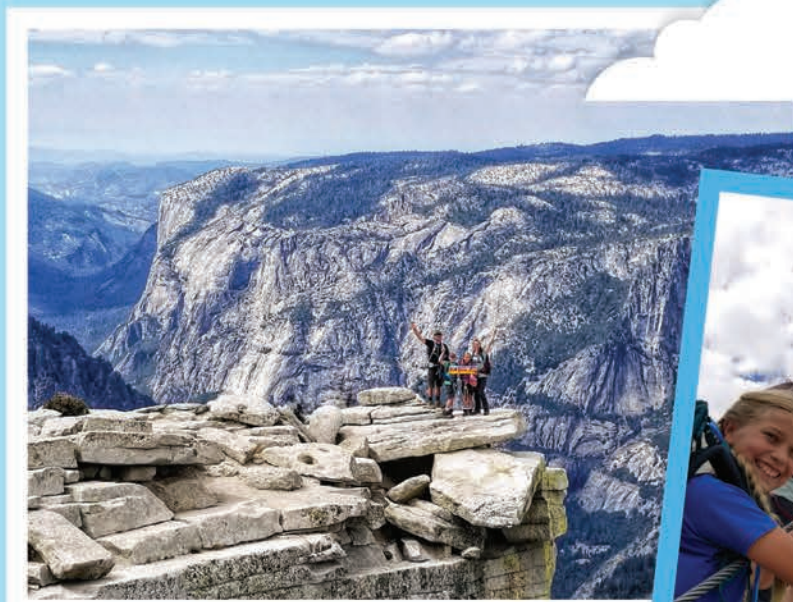
Rebekah - 13

My family lives and works overseas in South Asia. The best vacation I have ever been on was when my family and a few other families went to the **Maldives**. The Maldives is located below India. It is a group of islands with crystal clear water! One of the other families that came with us were my old friends I had not seen in a long time. We went to a private island resort nestled on one of the tiny islands. We were surrounded by clear water so we went swimming, snorkeling and paddle boarding. The snorkeling was the best experience because we saw all sorts of fish, undersea creatures and sharks! One night we went deep-sea fishing with only our hands and line! We got to choose how they would cook the fish we caught, and we would eat them for dinner! There were even some trained parrots on the island you could hold. It was one of the best vacations I have ever been on! I loved all the things we did as a family and the time with my friends exploring the island.



Makenzie - 13

Last summer we went to **Utah** and explored all kinds of places. One of my favorites was Goblin Valley! It was so cool because all of the rocks looked like goblins and we could climb them too. All my family was there including Gammy and Pop-pop! (That's what we call our grandparents), and our great grandparents were there too! What made it so special was that we were all together, and we got to sit on the goblins and learn some wise words from our great grandparents. We had an amazing time, and I will never forget our special summer!



Shannon - 11

Last summer my family and I were selected for the Half Dome Lottery. This means we were granted passes to climb a giant granite rock in **Yosemite, California**. We were all ecstatic because my dad had applied several years in a row and we had never been selected. We had to pack food and water to last us a week and we wore the same clothes every day (without taking showers!). Everything had to fit in our heavy backpacks. My bag weighed almost as much as me! During this 16-mile roundtrip hike we had an elevation gain of 4,800 feet. The terrain was rough, hot, and there were many straight-up switchbacks, rocky stairs, and hills along the trail. When we finally made it to Little Yosemite Valley Campground—you CANNOT drive there—we slept one night in our tents. During this night we experienced the most awesome thunder and lightning storm ever! I was terrified and clung to my dad as he prayed us through the night. The next day we hiked Half Dome! We had absolutely NO CLIMBING GEAR, so we held onto cables that were fastened to the rock. It was a 400-foot vertical climb to the summit, but it was worth it! The view from the top was gorgeous. We stood on the “Potato Chip” (a part of the rock that hangs out over the edge) and we took a picture. I am so grateful we had the chance to stand on top of the world, in awe of our Creator’s handiwork!

THE HEAVENS DECLARE THE GLORY OF GOD; AND THE FIRMAMENT SHOWS HIS HANDIWORK. Psalm 91:1

Giselle - 12

My summer adventure was in August of 2019, when my cousin Casey, his mom Rachel, my cousins Luke and Clover, their mom Allie, my brother Winston, my mom and I went to **Mahoney State Park** together. We all stayed in a cabin. When we got to the cabin at night, we played hide and seek, telestrations, and telephone. We didn’t go to bed until one in the morning! The next day, we went paddle boating (and fed the geese that were in the lake), fished, and rock climbed. It was really fun. The second night, we made s’mores in the microwave, and again stayed up late playing games. The next morning we left, but never forgot our time at Mahoney State Park.



Alora - 11

My most exciting summer story involves saving someone from the sea. My family travels to **Newport Beach** almost every summer and this year my best friend Arabella and her family came too! It was her first time at the beach and it was great being able to swim in the ocean with my water-loving bestie. Arabella thought it would be funny to swim out into the ocean neck deep. Unfortunately, when she did that a huge wave came and crashed over her head and almost swept her out to sea. Luckily, I’m a pretty good swimmer so I swam out through the waves to save her and drag her safely to shore. I will always remember this scary but exciting summer adventure saving my friend from being lost in the sea!



Lily - 11

One of my favorite summer adventures was when my mom, sister and I went to **Oregon**. We went there to visit my aunt and cousins. We did lots of fun things such as kayaking, hiking, sightseeing and visiting the lake. It was special to me because I got to spend time with my family.



Taylor - 11

My most memorable summer adventure is when I went to **Santa Barbara, California** for my cousin’s wedding. I visited grandparents, aunts, uncles and cousins. And I got to watch my cousin’s wedding and it was beautiful. I flew to California from New York (where we live) with my mom, dad and my brother Caleb. It was so much fun! What made the adventure so special is that I was able to see my mom’s whole side of the family that I don’t normally see. And it was the first wedding I ever attended!

Bryleigh - 8

Last summer I went to **Disney World** in Orlando, Florida with my whole family! My mom and dad, my two little brothers, my Mimi and Pappy, my aunt and uncle, and my two cousins all went together. This trip was special for so many reasons. First, we waited SO long to be able to go. My parents started planning it in 2018, and then they surprised us **at Christmas** in 2019 for a trip in 2020. Because of COVID, we had to postpone the trip a whole year, but it was worth the wait! Another reason it was special was because I got to go with my whole family, especially my cousin who is one of my very best friends. We got to experience it all together. I also faced my fears and rode fun rides, which was something I had never done before. It was definitely an adventure, and I’ll always remember it!





Iremi - 10

My FAVORITE summer moment was when I went on a **hot-air balloon in Lake George, New York**. It was on my summer vacation with my mom and li'l bro. It was really cool because I had never done it before, and it really is nice being above the farms and people and houses on the ground. It felt like I was flying!



Sylvia - 11

Last summer, my family did a slow drive to **Texas** (since my Mimi and Papa live there). A slow drive for my family means stopping at fun places along the way. Some of the things we did on the way were: visited the St. Louis Zoo, stayed at an old log cabin, went river rafting, visited a fish hatchery, played with tadpoles, tiny frogs and small lizards, swam in a lake with my cousins, and went fishing. I caught a four-pound bass! We also kayaked in the lake, and I hung out with my best friend I hadn't seen in two years! We went inside a cave called the Meremac Caverns, and that is most of my summer adventure! Oh yeah, I almost forgot! A couple of weeks after, my younger sister told my mom she wanted to become a Christian! When Mom asked her why, she said, "because I was scared when we went rafting! And God protected me!" It was sweet but funny at the same time!



Charity - 12

In summer of 2018, my family (Dad, Mom, brother, sister and me) went to **Colorado**, which is where my dad is from. It was my first time visiting Colorado, and definitely (I hope) not my last! We visited the Denver Broncos stadium (we're big Bronco fans!) and it was my first time seeing an NFL football stadium in person. We also went hiking in the mountains, visited Red Rocks and the Aquarium! Toward the end of our trip, we went to Glenwood Caverns Adventure Park which was on a mountain. We took a ski-lift to get up there and explored a few different caves (with a guide), which was really awesome and beautiful. (So thankful for all the different and beautiful things God has given us on this earth!) I got two souvenir rocks which I still have on a shelf in my room to remember our vacation. But that's not all that we did there! My dad talked me into riding the Giant Canyon Swing.) It's just like it sounds: A four-person giant swing over the side of the mountain. I'm usually not scared of rides or rollercoasters—but this one ... let's just say I'm not planning on doing it again. We swung higher, higher and higher. I remember I was so happy to get off of that cliff-hanging swing. We went on other rides that were much more fun and did laser tag for the first time as a family. I loved that trip. Even though it was a 14-hour drive, and even though the giant swing was a little scary, it was worth it. It was nice to get away from home, sleep in a hotel (hotel breakfasts are usually super yummy!) and spend time with my family. And I can't wait till we go to Colorado again. Or maybe we'll go somewhere new! Wherever it is, I'll be thankful to explore God's beautiful creations!



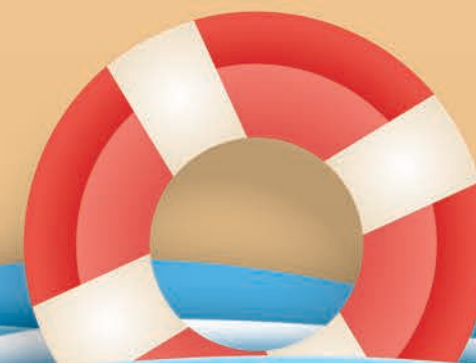
Sofia - 10

This summer I went to **Washington D.C.**, with my parents. It was so much fun! We saw: all the monuments, the White House, the National Archives (where the Declaration of Independence and the Constitution are), the National Air and Space Museum (that has Sally Ride and Neil Armstrong's spacesuits and a replica of the Wright brothers' plane), Ford's Theatre (where President Lincoln was assassinated), the Petersen House (where Lincoln died), the Capitol, the National Museum of American History (that has dresses from the First Ladies, Abraham Lincoln's top hat, and the ruby slippers from The Wizard Of Oz), the National Portrait Gallery (that has portraits of all the presidents), and the exact spot where Martin Luther King Jr. stood when he presented the "I Have a Dream" speech during the March on Washington. We also visited Mount Vernon, the home of our first president, George Washington! This trip was really special because I love history and learning about our country. Seeing all the sites and artifacts really made history come alive for me! I really hope to go back again.



Eden - 13

One summer day, my friend Raina and I were having a playdate. We were at the park near my house with my chicken Peanut. Usually when we have playdates in the summer we go get doughnuts at a coffee shop in our town. "We should go to **Northcoast** today," I said. Then, suddenly a grand idea popped into my head! I told Raina through giggles that we should bring Peanut into the coffee shop! Raina agreed. So, we went back to my house and put some food for Peanut and Peanut herself in a backpack with part of it unzipped so she could breathe and see out! Then, we told my mom where we were going, hopped onto our bikes, and off we went! When we got there, we were very excited, and a little nervous! But, knowing Peanut, I was pretty sure she would not bawk while we were inside. When we were inside Peanut (thankfully) did not bawk! We got our doughnuts and went to eat them outside. This is just one of the many adventures of me, Raina, and, of course, our chickens!





Valentina - 9

I am the oldest of soon-to-be seven kids. Five of us have a birthday each month from May to September so we decided to throw a joint birthday party food drive for all of us last summer. Instead of our friends bringing gifts, we asked them to bring nonperishables we were collecting for **Feeding Tampa Bay**. Boy, did they deliver! We dropped off 715 food items weighing over 400 pounds. We also raised \$530 which the company my dad works for matched to make it \$1,060 in funds raised. When one dollar equals 10 meals, to know we helped over 10,000 people have a meal filled us all with so much joy, we just had to make this a family tradition we will do each year. We hope this story encourages you to do the same!

Emma - 10 & Salome - 12

We love summer! And last year was especially special—on our trip to **Dominican Republic**! Going to our native country after being away for so many years was a blast! Our family went to many different places and lots of beaches, waterparks, and we even swam with dolphins! However, one of our favorite parts was going to a place called Scape Park, where we explored caves and even swam in an underwater one! There was a small zoo, and there were hikes to every location within the park. Something that we really enjoyed was called Hoyo Azul or “Blue Hole”—a cove with turquoise water where you could jump in from a deck above it. Not only was it super pretty, but also a lot of fun! Scape Park is known for its four awe-striking ziplines! One of the four is on land, passing the trees and mountains in the property. My favorite (Salome) was one where you would hang on for half of the time, then you would let go and fall into a pool! It was a big jump, but it wasn’t scary for me! On the other hand, my favorite (Emma) was the largest one—a zipline where you fly past all of Scape Park! It had beautiful scenery and at the end, you splash water with your feet as you ride down. Scape Park and Dominican Republic was the best family vacation we’ve had, and we definitely enjoyed getting to know our beautiful Caribbean island!

Elizabeth - 13

Every year for summer vacation my family takes the four-hour road trip to **Fall Creek Falls State Park** in eastern Tennessee. Their campsite has scheduled events, including the annual Independence Day water parade, which is when paraders in trailers with kiddie pools, water guns, and water balloons fire on the spectators, and the onlookers always have something up their sleeves. Last year my brothers wanted to plan a real ambush, so we got together some friends at the campsite, and then we filled up water balloons—about 125 of them altogether! Our fort was set up where we could ambush the parade route three times, so when the first fire engines full of kids went by, we launched our attack. We rained water balloons on them and fired our water guns. When the second wave came along, our group wasn’t wasting time — we fired over and over again. We were all EXTREMELY excited for the last wave, and we filled up our water guns, grabbed balloons, and hid behind tarps. We were prepped and ready and that parade was going DOWN. When the first fire engine came up, the first thing I got was a stream of water in my face! Kind of embarrassing for someone ready to take down a whole army. Our guns just reloaded and fired over and over. They were running out of water and balloons, so we had every advantage, and we knew it. We were kind of disappointed when the trailer began to drive away, but then the driver suddenly decided to stop and let those kids get hit. So, needless to say, we hit them HARD! By the time they pulled away, they were soaked and our energy was gone. We plan to have an even bigger ambush this year! I advise going to Fall Creek for your summer vacation and help us in our ambush!

SUMMER Bucket List

It's Time to Make your own Adventures

YOU DON'T HAVE TO GO ON A TRIP TO A FAR AWAY LAND TO HAVE A BLAST THIS SUMMER. Have an adventure in your own backyard and see how many of these you can check off this summer!

- ☐ Go Swimming
- ☐ Visit the Library
- ☐ Grow Something
- ☐ Feed the Ducks at a Park
- ☐ Ice Cream for Dinner
- ☐ Make and Decorate a Summer-Themed Cake
- ☐ Make Homemade Pizza
- ☐ Catch Fireflies
- ☐ Lemonade Stand
- ☐ Camp in your Backyard & Make S'mores
- ☐ Watch Fireworks
- ☐ Have a Sleepover
- ☐ Family Movie Night
- ☐ Have a Water Balloon Fight
- ☐ Visit a Museum
- ☐ Go Bowling
- ☐ Fly a Kite
- ☐ Make Homemade Ice Cream
- ☐ Go on a Picnic
- ☐ Family Game Night
- ☐ Make Popsicles
- ☐ Bake Cookies for a Neighbor
- ☐ Go Fruit Picking
- ☐ Read Five Books
- ☐ Make a Piece of Artwork



GREAT WOMEN Adventurers

The Earth is the Lord's
YOU SHOULD KNOW



★ **WHAT DOES IT MEAN TO BE AN ADVENTURER?**
It means to go out and explore the world around you. It means to discover the wonders that God has made beyond your hometown. God's kingdom on this Earth is a beautiful planet of His own design. When he first made it, He looked at all he'd done and said, "It is good." And that's what explorers do: they admire what God has made and see how good it is!



MARY SEACOLE (1805-1881)

Have I not commanded you? Be strong and courageous. Do not be afraid; do not be discouraged, for the LORD your God will be with you wherever you go." Joshua 1:9

Born of a Jamaican mother and a Scottish father in 1805, **MARY SEACOLE** was a mix not only of her parents' races, but of their strengths, too.

Her father was a lieutenant in the British Army. Her mother ran a business for wounded soldiers that was part hotel, part hospital. Later in her life, Mary would, like her soldier-father, find her place serving the British Army in a war zone. And like her "doctress" mother, Mary would set up a shelter for soldiers (that was part-store, part-restaurant) and medically treat their wounded.

But before she did all that, Mary traveled—a lot. As a teenager she sailed to England—twice! In her 20's she voyaged to the Bahamas, Haiti and Cuba before settling in Panama. It was when cholera (a disease caused by bacteria in water) sickened or killed many of the population, that Mary felt herself drawn to nursing.

Then the Crimean War began (a three-year battle where England joined other countries to fight Russia over what is now Ukraine). Mary knew she had to help. She traveled to the war-torn land and set up shop near the fighting. She sometimes entered fields where battles had just been fought and treated the wounded on the ground.

After the war Mary returned to London and wrote a book called *Wonderful Adventures of Mrs. Seacole in Many Lands*. It was published in 1857 and was one of the first travel memoirs ever published by a black woman. It sold very well, and Mary became famous for her bravery and for her services to Great Britain.



SACAJAWEA (1788-1812)

The Lord says, "I will guide you along the best pathway for your life. I will advise you and watch over you." Psalm 32:8

As a Native American, exploring and loving the world around her was a natural way of life for **SACAJAWEA**. (Spelled many ways and pronounced "Sah-Kah-Jah-Wee-Ah.")

Born in the 1780s, Sacajawea was the daughter a Shoshone chief. When she was only 12 years old, she was kidnapped by an enemy tribe and married off to a Canadian man.

When she was a teenage mother living in what we now call North Dakota, she (and her husband) met explorers Meriwether Lewis and William Clark. They then joined them on a year-long expedition to map out the land the United States just had bought from France: the Louisiana Purchase.

Sacajawea was very helpful to them. Able to speak several languages, she acted as their translator, food forager, nature guide, and ambassador for peace. All the while she looked after her new baby son, who she carried along with her the whole time!

WRITTEN AND ILLUSTRATED BY JANEL RODRIGUEZ FERRER



JUNKO ISHIBASHI (1939-2016)

“I lift up my eyes to the mountains—where does my help come from? My help comes from the LORD, the Maker of heaven and earth.” Psalm 121:1-2

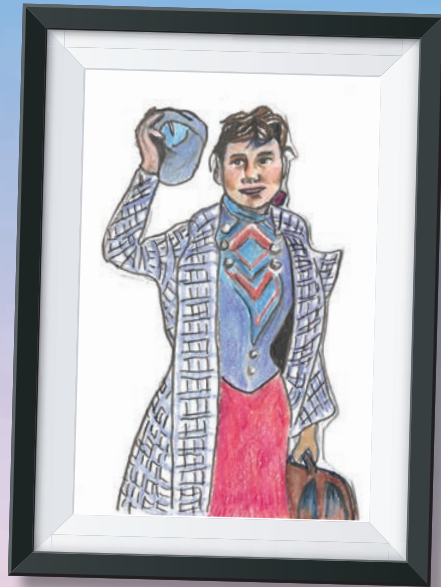
Born in 1939, **JUNKO ISHIBASHI (Tabei)** spent most of her childhood in Fukushima, Japan, as a small, frail, and sickly child. But when she was 10 years old, while on a class trip, she discovered a love and talent for mountain climbing. She never forgot it. After she graduated, Junko decided to try it again. She soon got good at it and made it her goal to reach the tops of all the tallest mountains in Japan.

And she did! But since there weren’t that many other women mountain climbers in the 1960s, she had to join men’s groups to accomplish that goal. Some men were nice to her, but many were mean and rude. They made fun of her or refused to climb with her.

Frustrated, Junko created a group for women mountain climbers only. Many different types of women joined, but they all had the same goal: to climb the highest peaks in the world—not just Japan.

The highest, most famous, and most dangerous of them all is Everest in Nepal. But Junko was determined to make it. It was a very difficult journey. At one point Junko was even buried underneath an avalanche of snow! After that, when the group realized there was only enough oxygen for one climber to reach the summit, they voted that Junko use it. She did, becoming the first woman to reach the top of Mount Everest.

With this accomplishment she became very famous and celebrated. Not only did she succeed in climbing highest peaks of each continent (completing the “seven summits” challenge), but she also went on expeditions for the sole purpose of cleaning up the garbage left behind by other climbers.



NELLIE BLY (1864-1922)

“Go and walk through the land and describe it, and return to me.” Joshua 18:8b

NELLIE BLY was born Elizabeth Cochran in 1864. When she was 15 and living in Pittsburgh, she dreamed of being a writer. But when she submitted articles to newspapers they were often rejected because she was a girl. So, in order to make ends meet, she and her mother ran a boarding house.

One day Nellie was infuriated by a newspaper article that condemned women for working outside the home. She wrote to the newspaper arguing that women had every right to work—especially orphans and widows with no other means of support.

Impressed with her letter, the newspaper hired her to become a regular columnist. And taking the pen name “Nellie Bly” she became the first female investigative journalist. She often went undercover to expose the bad business practices and terrible working conditions for women in the workforce.

But what Nellie is also known for is her trip around the world. Inspired by the Jules Verne book *Around the World in 80 Days*, Nellie decided to do just that: travel the world—only she hoped to do so in 75 days! Fully supported—and publicized—by her newspaper, Nellie packed a single suitcase and sailed across the Atlantic. News of her journey spread quickly, and she found herself welcomed at every stop she made, including England, France, Italy, Egypt, Hong Kong, and Japan. She returned home after 72 days, breaking the world record for a trip around the world at the time.

EACH OF THESE WOMEN USED THEIR LOVE OF THE LAND, OF EXPLORING, CLIMBING, TRAVELING AND DISCOVERING FOR THE GOOD OF OTHER PEOPLE OR FOR THE PLANET.

Sacajawea helped keep Lewis and Clark safe and helped them to create the first map of what is now the central United States, all while being a good mother to her newborn child. Mary Seacole heard the call to nurse others while on her many travels and traveled once again to obey that call. Nellie Bly defended women and united citizens of the world through her goodwill tour of it. And finally, the way Junko Ishibashi found her greatest love and peace was in the mountains. It reminds us of how Jesus was always going to the mountain to pray. Junko also championed women climbers, and the mountains themselves—taking on the huge task of keeping mountains clear of litter left behind by people.

What about you? Do you love exploring, hiking and discovering the great outdoors? Are there any other countries you are interested in visiting and experiencing for yourself? Remember God made the world, the Earth is His. Its beauty gives Him glory and your appreciation for it gives Him praise!

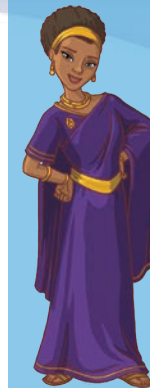


GOD’S

Adventurous

WOMEN

THE BIBLE ALSO CONTAINS STORIES OF ADVENTUROUS WOMEN. HERE ARE THREE OF THEM—AS FEATURED IN THE ADVENTURES OF ROONEY CRUZ BIBLE BELLES SERIES!



ABIGAIL

In Chapter 25 of the First Book of Samuel, Abigail shows a special kind of boldness that comes from trusting in God. She used her good judgment to listen to God and find a way to resolve a challenging situation peacefully.

RUTH

Ruth chose to stay with her mother-in-law Naomi. She put the needs of someone else ahead of her own. She was putting herself in danger of living a life of hardship, but she could not abandon Naomi to struggle with hunger and poverty on her own.



DEBORAH

Judge. Prophet. Warrior. Deborah was all of these things because God blessed her with the gifts she needed to be them. Thanks to her leadership and obedience to God, the Israelites won an important victory!

GIRLS LIKE YOU NEED TO STRENGTHEN YOUR FAITH, CHARACTER, AND CONFIDENCE. Learn about the awesome women of the Bible who can inspire you to be all God created you to be at biblebelles.com.

—Erin Weidemann



STEM girls

Science Fun with Bethany and Lydia - the Denton Duo!

MAY THE FORCES BE WITH YOU

NEWTON'S FIRST LAW OF MOTION ... WITH EGGS!

EVERY SUMMER, WE TAKE PART IN SCIENCE CAMPS AND ONE OF OUR FAVORITE ACTIVITIES IS CALLED EGG CAMP!

Why don't you join us right now? Grab a Sharpie and an egg and give your shelled friend some personality! Now we are ready to learn about **Newton's First Law of Motion**.

Isaac Newton was an amazing scientist who made lots of observations about the world. He came up with scientific **LAWS** that described what was happening in the world around him.

Now, an egg sitting still is not much fun, and an egg at rest will not start moving by itself. So, here are some fun ideas to get our egg moving and test out Newton's Law!



Challenge 1: BUNGEE JUMPING EGG

Make your own bungee cord out of anything "springy" and place your egg in or attach your egg to the cord. We are holding our egg on top of monkey bars. It is at rest because the forces are balanced—our hand is pushing up on the egg, gravity is pulling down on the egg. When we drop the egg, gravity pulls the egg, and it starts moving toward the ground. It bounces back up toward us when the pull of the rubber bands is stronger than the pull of gravity. Eventually, our egg comes to a rest and the forces are balanced again.

We used small rubber bands to make our bungee cord. We also thought about using our old ballet tights, elastic from our sewing kits and hair ties. What stretchy things could you come up with to use?

Challenge 2: PARACHUTE EGG

Use things you have around the house to make a parachute for your egg. Our egg starts out at rest with our hands holding it up, balancing with the gravity pulling it down. When we let go, gravity causes the egg to start moving. Hopefully, **AIR RESISTANCE** (the force of the air pushing up on the inside of your parachute) is enough to slow your egg before it hits the ground. When it reaches the ground, the forces are balanced again. Gravity pulls the egg down and the ground pushes up against the egg, causing it to come to rest. Did your egg survive?

We used a handkerchief and plastic bag to make our parachute. We also thought about using newspaper, an old plastic tablecloth, coffee filters, and fabric from our sewing kit. What can you think of that might help slow down your egg?



In physics, a push or pull is called a **FORCE**.



Challenge 3: EGG TOSS

Using things we could find in the woods (and leftover rubber bands from our bungee cord) we created a protective device to help our egg survive a throw and crash-landing. In this experiment, there are a few forces acting to cause our egg to move. We used our muscles to throw the egg up into the air and gravity pulled the egg back toward the ground. The egg came to rest once it landed on the ground. As you can see in the picture our egg **ESCAPED** the protective device and didn't survive!

Look at our egg toss device. What advice would you give us to make it better? Do you think you could make a device to protect your egg? What would you use to do it?



A big part of **STEM** is making something, testing it, making it better, then trying again. This is called the **ENGINEERING DESIGN PROCESS**. Often, the thing you create won't work on the first try. That is OK! You just need to look at what didn't work, make some changes, and try again!

WHAT IS YOUR ADVENTURE GIRL name?

Step 1

Pick Your FAVORITE COLOR

BLACK.....Fearless
BLUE.....Legendary
BROWN.....Brilliant
GREEN.....Fantastic
ORANGE.....Extraordinary

PINK.....Daring
PURPLE.....Magnificent
RED.....Remarkable
WHITE.....Incredible
YELLOW.....Mighty

Step 2

Find Your BIRTHDAY MONTH

JANUARY.....SuperHero
FEBRUARY.....Adventurer
MARCH.....Voyager
APRIL.....Conqueror
MAY.....Explorer
JUNE.....Inventor

JULY.....Flyer
AUGUST.....Spelunker
SEPTEMBER.....Seeker
OCTOBER.....Victor
NOVEMBER.....Wanderer
DECEMBER.....Champion

Step 3

Choose the LAST DIGIT of YOUR BIRTHDAY

0.....Fluffiness
1.....Giggles
2.....Narnia
3.....Squishedom
4.....Peanut Butter

5.....Lollipopland
6.....Shenanigans
7.....Arendelle
8.....Hullabaloo
9.....Jupiter



I AM THE (1) _____ (2) _____

OF (3) _____ !



faith. SERVICE. FUN.

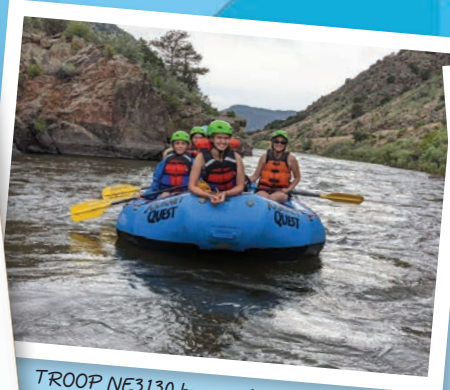
With American Heritage Girls

Meet



MERCY

A 14-year-old American Heritage Girl Patriot from Omaha, Nebraska who shares the story of her Troop's Summer Adventure in Colorado!



TROOP NE3130 braves the white waters in their raft, hikes to beautiful views, climbs to new heights and enjoys nature together!



Mercy's favorite Bible verse is 2 Timothy 4:7. I have fought the good fight. I have finished the race. I have kept the faith. (NIV)

SUPER-NATURAL ADVENTURES

OUR AMERICAN HERITAGE GIRL TROOP has started a bit of a tradition of traveling to Colorado for a summer adventure. Last summer, the Pioneers and Patriots went on our second "Summer Adventure to Colorado." It was lots of fun! I love the outdoors: camping, hiking, rock climbing and swimming. I was really excited to get to go backpacking for the first time! I got to go with a great group of girls and build friendships with them! We were all there to encourage each other and cheer each other on. One of my friends, Korina, is very kind, funny, and unpredictable. Constance, my younger sister, is a prankster—funny, energetic and very sweet. Aniston is competitive, straightforward, and fun to be around. Reagan is quiet, sweet, kind and fun. I had fun getting to know each of them better!

We were supposed to drink a lot of water on the way there so that no one got elevation sickness, and Aniston and I had fun competing to see who could drink the most water bottles on the car ride. I won with 11! As the Pioneer/Patriot leader my mom worked with us to plan this trip. She is a very supportive, helpful person with fun stories to tell, and it was great to get to do this trip with her! I think it was special that each of us girls got to have our moms on the trip with us. We also had two amazing guides from Journey Quest who led us on our adventure. They taught us a lot, and we had fun pranking each other too!

I loved getting to rock climb on the first day. Reaching the top of my favorite climb was super cool! The view was beautiful. I also liked to jump off the rocks while rappelling. The next day, we started backpacking in the Sangre De Cristo mountains. One of my favorite parts was when we reached an alpine lake and ate lunch with our feet in the water enjoying the beautiful view. We also learned some useful skills, such as how to collect and purify water, what kinds of meals to take backpacking (and how to cook them), and how to properly "bathroom in a forest floor." Whitewater rafting gave us a memorable experience along with some key teamwork skills. The timing of each move in the raft when responding to the guide's command helped us work together and come out of the experience alive!

God taught me to be more patient and supportive, to work as a team, and to trust Him and others. I also learned that I should never do a water-drinking contest while on a road trip again. That's a lot of stops! Even though this was our second year to do this summer trip, every chance to practice what we have learned makes us more self-sufficient in the future. And spending time with my mom and sister is always a great chance to bond, and grow closer in gratitude for my family.

ROCK CLIMBING BADGE:

The Rock Climbing Badge is my favorite American Heritage Girl badge!



Straw Weaving Bracelets

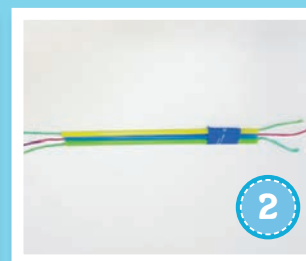
TUNE INTO YOUR SUMMER CAMP VIBES WITH THESE FUN WOVEN BRACELETS! They are so easy once you get the hang of the weaving pattern. You can make them into bracelets, headbands or even bookmarks. So grab some colorful yarn and a few straws and let's get weaving!



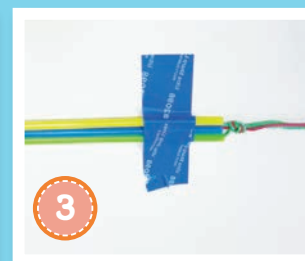
SUPPLIES: yarn (we used rainbow!), drinking straws, scissors, tape and a small piece of cardboard about 2x3 inches.



Wrap three straws together with tape.



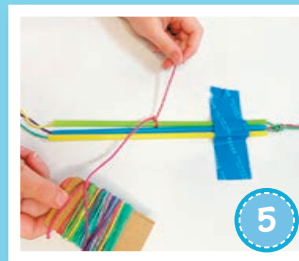
Cut three pieces of yarn about three times as long as your straws. Then thread one piece of yarn through each straw.



Tie the ends of the three pieces together in one knot and tape down the straws to a table.



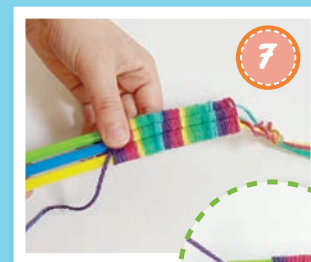
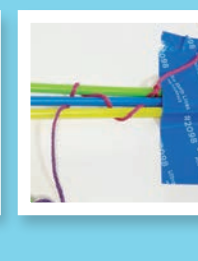
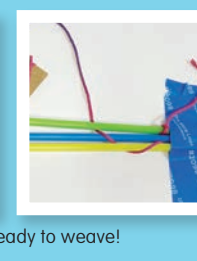
Cut a piece of yarn about 10 feet long and wrap it around a small piece of cardboard.



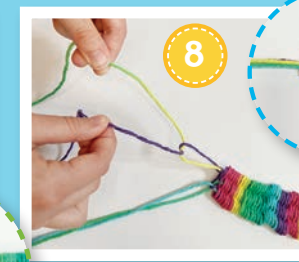
Tie the end of your yarn from the cardboard to the first straw.



Now you're ready to weave!



When you finish weaving, cut the end of your yarn, then tie a single knot around whichever straw you finished weaving on. Remove all the tape that was holding the straws. Then slowly push the woven part off the straws towards the knot at the top.

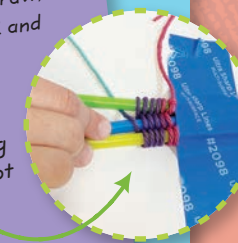


Find the end of the yarn where you finished weaving, and tie it in another knot around the yarn it was woven around. This time you can tighten the double knot to keep it in place. You will have four pieces of yarn at the end where you finished. Tie them into a knot, as close to the end as possible. Smooth out your bracelet if it got a bit messy when you pulled it off the straws.

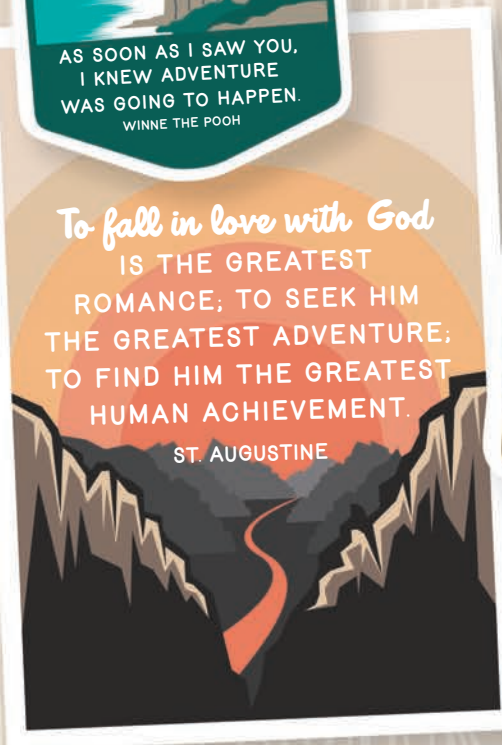
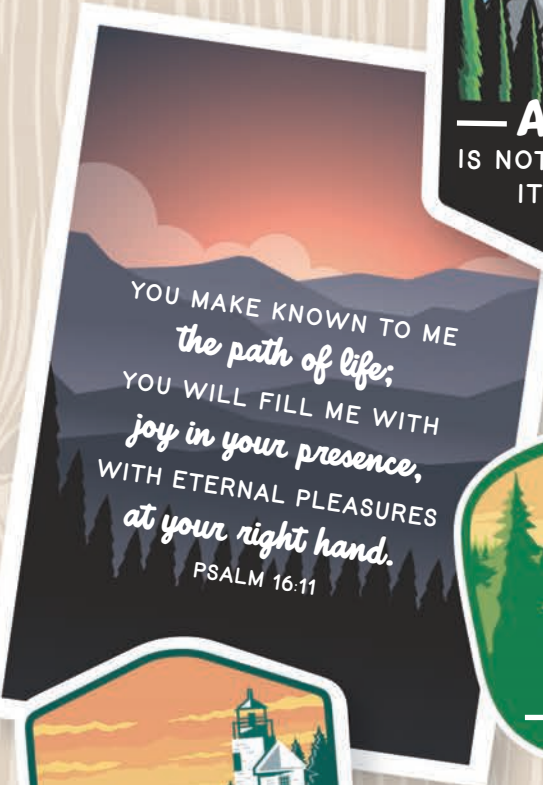
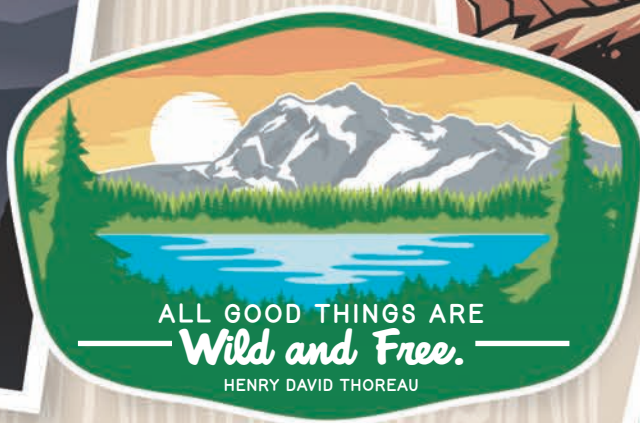
WEAVING PATTERN!

1. Take your yarn UNDER the middle straw, OVER and AROUND the bottom straw, OVER the middle straw, then UNDER the top straw.
2. OVER and AROUND the top straw, UNDER the middle straw, OVER and AROUND the bottom straw.
3. REPEAT the pattern.

*As you go, push the weaving pattern towards the top knot to tighten the bracelet.



Are you interested in being an American Heritage Girl and earning badges like Mercy? If so, you and your parents can learn more about the program at AMERICANHERITAGEGIRLS.ORG.

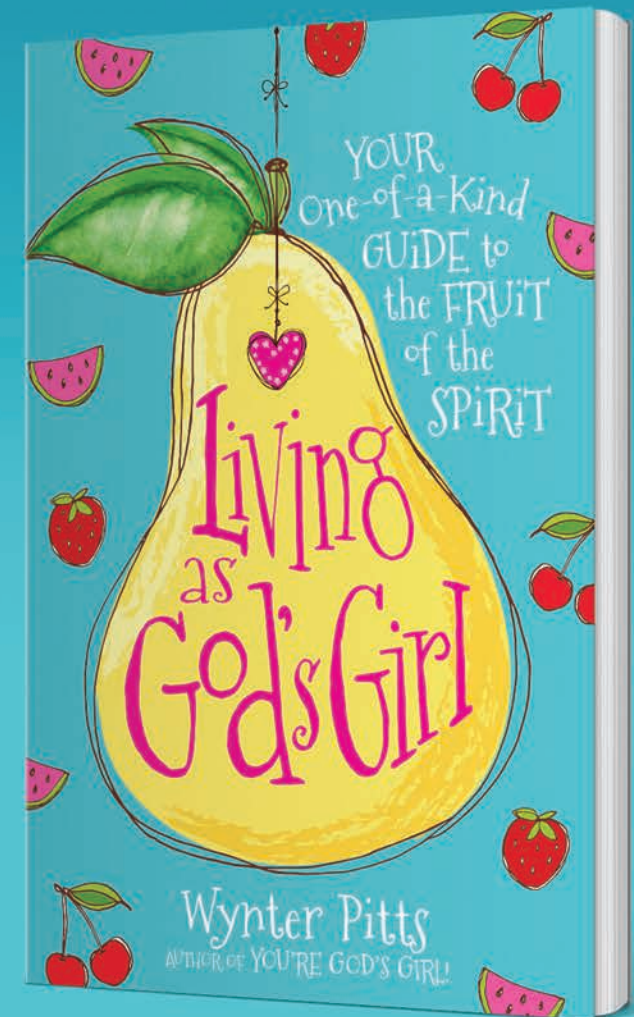


Fruitful Faith

You can have a life bursting with...



This book will show you how!



For more info and to download some fun coloring pages, go to forgirlslikeyou.com/livingasgodsgirl



LOOK WHO'S READING FOR GIRLS LIKE YOU MAGAZINE

PENELOPE

"I REALLY LOVE ALL MY
For Girls Like You MAGAZINES!
They inspire me to do things
I've never thought about
doing before!"



SUBSCRIBE NOW!

Go to

[FORGIRLSLIKEYOU.COM/SUBSCRIPTIONS](https://forgirlslikeyou.com/subscriptions)

or call 1.888.906.9055

DISCOUNT CODE: MJ22

ONLY
\$24.95
FOR ONE YEAR!