

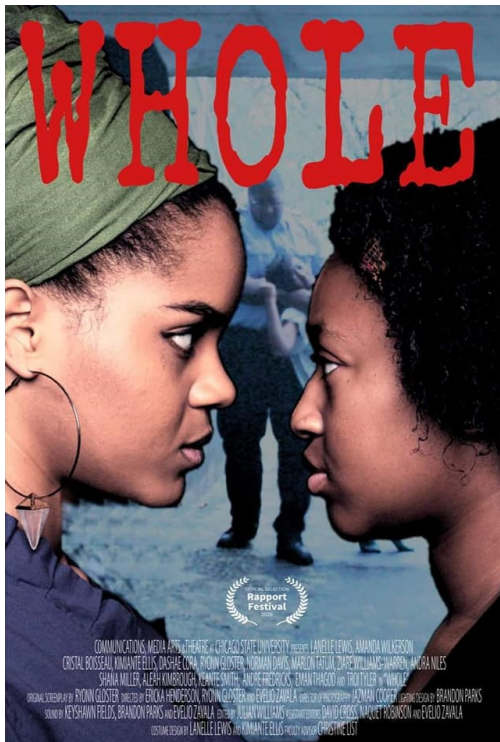
KitchenTable

Global Girls, Inc. Quarterly Newsletter

VOLUME 20 SEPTEMBER/OCTOBER 2020 ISSUE



Ryonn's CSU film in a London Festival!!



Check our website, globalgirlsinc.org, for updates on the Chicago screening of *Whole*. I'm hoping for a series right here at the Global Studio complete with a red carpet, reception and discussion!

If you've met Ryonn Gloster even once, you know she is one awesome sistah! Dancer, actress, writer, teacher, mentor, friend and now filmmaker, Ryonn is on her way.

Her debut film, which she wrote for one of her classes at Chicago State University, was accepted into this year's Rapport Film Festival in London, England.

Founded by Lara Samuels the Rapport Festival was created to redefine the artistic and cultural landscape of the United Kingdom.

Placing a spotlight on creative African Diaspora practitioners from multiple genres and art disciplines, the Rapport Festival offers a unique platform that celebrates and elevates international artistic expression

The annual festive is sponsored by the National Theatre of Great Britain and the Arts Council of England.

Read an interview with Ryonn on page seven.

Live Jazz in the Backyard

We had a ball!!!! Hopefully, my neighbors enjoyed the music as much as my guests. For three hours, over seven Sundays in August and September, live music from some of Chicago's most talented musicians flowed up and down 81st & Luella. I'm sure the sounds travelled at least a three block radius.

We featured:

- ◆ *Crosswind*
- ◆ *Margaret Murphy-Webb*
- ◆ *June Yvonne*
- ◆ *Charles Rick Heath*
- ◆ *Lynn Hilton*
- ◆ *Curtis Robinson*
- ◆ *Felena Bunn*

I especially want to thank the loyal jazz fans and Global Girls supporters some of whom attended every Sunday. Kudos also to Brian Gray, our awesome sound guy and DJ.

Don't worry if you missed the backyard fun. We're planning to keep the sounds and great vibes flowing at Global Girls' Music Café. Limited seating for social distancing.

Email us at info@globalgirlsinc.org to join our mailing list and start receiving programming updates.

Oh, what a relief it was being outside, listening to wonderful music and enjoying good company!



Yoga with Ms. Maggie over zoom!

Needless to say, hosting a summer camp was challenging in COVID times. But, we couldn't bare the thought of not working with the girls, the girls were ready to see one another in real time and parents were... ready.

So, we forged ahead and downsized our youth performance camp from 80 to 30 participants. Adhering to social distancing and face masks guidelines, we danced and acted a bit less, and supplemented activities with online presentations. One of which was two very engaging and enjoyable yoga classes with Maggie Umberger, co-founder of "aSweat Life."

We asked Maggie to comment on the experience. We also asked the girls to tell us what they thought. First, Ms. Maggie:

Honestly, I'm just grateful to have gotten to meet a lot of the members, both girls and boys, and leaders of Global Girls before all this stuff with the pandemic started! When I joined the aSweatLife team in a half-day meet-up with every-

one at Global Girls, and we got to both teach a choreography combination and learn one, I felt so full. I teach yoga and fitness, most to adults, but I got to experience the love that comes from within the Global Girls space, and that day, I felt so lucky to be the student - not the teacher.

The way in which the leaders and directors of Global Girls instill values like confidence, self love and respect into the students gives me so much hope for our future. If there is any way I can help continue to foster those values, I am so on board. I have to thank you for leading by example, and making it clear just how much potential we all have when we choose to walk in the path of love. I think, from what I saw from you Marvinetta, it's so clear that's how you lead. So to answer your question in short, I just want to be around you all



because I love the way you operate, what you stand for, and how you lead with love! Thank you for allowing me to be a part of it.

Today was so much fun - I'll try to have sound working for next time - and maybe we can do a little journaling session or something as well? I've been thinking about the power of writing things down, but I don't know if you guys already do a lot of that.

It was a blast for all! We look forward to seeing Maggie and the other "aSweat Life" team soon.

And now, a few words from the girls

Janessa: *It was relaxing and fun but sometimes it hurt. Maggie was very kind. I love the dance combo. It calmed me down. I loved how Maggie let us free-style.*

Mariama: *I liked how Maggie chatted with us about yoga and helped with my breathing and stretching. We caught onto the fun moves easily.*

Leah: *It was fun, but also tiring. I fell twice. I wanted to stretch again but it was almost over. At the end, we put our hands on our hearts and relaxed for a while. We were simply breathing for a long time and relaxing. I really started getting into it and when we finally stopped, we all didn't want it to end.*

Kaleah: *It was great because we did yoga. We danced learning new yoga moves like stretching and we also did splits. Maggie is a great dancer. She taught us how to pose and groove to the music. I would like to learn jazz, hip hop and more. I like how we posed and moved and calmed our bodies down by breathing in and out.*

My garden and me by Marvinetta Penn

I bolt from the bed shortly after daylight caresses curtains, throw on the closest coverings available, make coffee and cereal, then look out of the kitchen window and onto my backyard eagerly anticipating another day of digging, pruning, plotting, planting and pure ecstasy.

When I was about 11 or 12, my mom introduced, no drafted me into a world she adored. Silently, as I dared not show even a hint of disagreement, bemoaning every minute I sought tires to line her flower bed, rolled them home, turned the soil from last years beds all the while wondering why the gods would have poor little me under the thumb of such

an evil, tyrannical mother.

Many decades later I delight in turning the soil, gingerly working around the underworld of living things, and, yes praising my all-knowing mother for her tough-love, future-oriented parenting as I now understand on the deepest level of my being that she knew.

And while I don't roll tires for borders, I do spend hours on end in my yard planting and replanting, constantly battling the weed warriors and then sitting to



bask in the beauty, the stillness, the love and energy of my mother, my brothers and sister, my father, my aunt, my grandmother and all those who were once and remain a part of my many nows.

During this COVID thing, take time to dream, to make your own bling, to create some thing that speaks to you, that brings into the now all those who loved and challenged and nurtured you. Afterwards, sit together or alone and know your bliss.

Global Girls Board of Directors *by Dorothy Thompson*

I bring you cool greetings as we experience the end of summer. Global Girls will be a partner and participate in the 4th Annual Anti-bullying conference online, *Saturday, October 17th* starting at 9AM. There is no cost for youth 11 and up. The only requirement is that an adult must register them. One adult can register up to ten youth. Participants will complete an online survey to receive a participation certificate and gift card following the event.

The conference is being held at a time when we're seeing changes in our community, city and world. "Staying Safe" is a key phrase that we keep hearing. It is something that we might say to others or someone might say to us. I often wonder why I'm hearing these words so often.

During the summer break, we all experienced a new and confusing reality. We heard contradictory news, and were not sure whom to trust. Regular school ended early in June, and many of our youth couldn't return to school in the fall because of COVID-19 fears. Online, they can't see teachers and friends because everyone needs to stay safe and practice "social distancing".

There are ways that young people can

continue to learn and access information to help them safe. One way is attend our Anti-Bullying Conference.

For more information, register at www.bullyingprevention365.org. Bullying Prevention & Awareness 365 is an anti-bullying advocacy organization and promotes youth safety.

We hope to see you all on October 17th. There'll be information all can use.

Dr. Dorothy Thompson, Founder & Director of BPA & Vice Chair of Global Girls Board of Directors.



Global Girls YouTube Show: GLOBAL CHAT



Premiering late October on our YouTube channel, Global Girls talk show will feature south side girls talking about issues that impact girls.

Mariama, one of the hosts, commented, "The show is a great idea to give voice to girls' ideas and concerns. People might not want to listen to me in person, but on our own show, my peers will listen and share it, and more and more people will hear us.

"Girls can talk about important and pressing issues impacting girls like rape

and rape culture and victim blaming. We will also discuss different types of abuse like emotional, mental and verbal." said Mara, one of the show creators. Sarayah added, "We have a lot to say, but sometimes we can't get it out either because we're afraid of sounding wrong or afraid no one will listen. So it's a good idea to put it in a show so others can know what we go through being black and girls."

Other after school participants said girls like them need a space to talk and share. Mariama stated, "We need to voice what we feel. We see a lot but don't get venues to talk through what matters to us. We hold lots inside, but really need to get those things out. and get it out. We will also discuss what's in the news and how it impacts girls like us."

They all felt it's important that young girls learn to express themselves, be leaders, stand up for their community. and see that they are not alone

Global Girls Inc.

The Global Studio

8151 S. South Chicago Ave.
Chicago, Illinois 60617
773 902.2359 phone & fax
info@globalgirlsinc.org
www.globalgirlsinc.org

Board of Directors

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Gabriel Hawkins
Kiara Jones
Madison Mosley
Andrea Styles

Junior Facilitator

Mariama Pilcher
Destiny Haynes
Adaija Sheppard

Mission Statement

Our mission is to equip girls of color with skills that nurture their individual growth and inspire them to use their talents for positive change in their communities and throughout the world.

2020 Theme

Global Girls, we're FIRED UP!
Focused. Intentional. Ready. Engaged.
Deft. And, Universally Principled!

If you're interested in joining the Global Girls team as a volunteer or Board member, please email info@globalgirlsinc.org.

Summer camp fun painting bird houses! In the word's of the girls...



First the teachers explain what we were gonna do. Ms. Penn told everyone about her garden in her backyard and a squash plant that grew as a plant into a squash. I liked the plant story. Everyone got to paint their house different colors, and everyone had space to concentrate and music was playing. What I didn't like was we didn't have the color white and the little kids were messy.

Painting yesterday was fun. The bird-houses were really easy to paint and had a lot of space for me to be creative. The atmosphere in the room was also fun because we got to listen to music and talk to our friends. I love the way we got to pick what colors we wanted. The pic-



tures and videos we took were also cute. I picked red, light blue, and dark blue because they were the prettiest colors to me. But I also used some of my sister's pink, Alana's yellow and Mara's green because I wanted a variety, and when I was done, I mixed all the colors on my hand just for fun. The only thing I didn't like was how messy it got; there was paint all over the floor and on my clothes. I remember I pranked Des by shaking her hand with paint on mines. She in return smeared paint all over my arm, lol. It turned into an all-out war. I had a lot of fun!

Yesterday's painting day was fun because I got to paint a bird house, but I



wish we had more colors on the plate to use. I was fun because I got to paint with a lot of girls. They are my friends and I got to mix colors, make pretty designs with the colors. I wish we could have more painting days like this because I got to see other paint and that make me very happy. I think my bird house turned out good.

Studying the arts promotes academic self-efficacy and school engagement and enhances socioemotional skills valued in relationships, the workplace, and education settings. (Dropoutprevention.org)

Youth Performance Camp & Showcase prep



Lining up for the morning handwashing & bathroom break.



Eight year old Iminwt leads rehearsal with the "younger" girls in preparation for their solo in the "The Don't Really Care About Us" showcase dance.



SHOWTIME at the Global Studio. Well... in the yard, under the hot, hot sun!

From the stage to YouTube



The YouTube show, "Global Chat" production team is hard at work planning each aspect of the every segment.

Topics will include:

- * Periods
- * Self esteem
- * Society
- * Rape
- * Relationships/Sexuality
- * Sexism
- * Coping in today's world
- * Cell phone/game addictions
- * In today's news

The girls are ready to talk. I trust we're all ready to listen.

Global Girls & Chipotle



Make dinner a selfless act. Join Chipotle for a fundraiser to support Global Girls.

Come in to the Chipotle at 41 W. 87th Street in Chicago on Saturday, December 5th between 5:00pm and 9:00pm.

Download the flyer from our website, show it on your smartphone or tell the cashier you're supporting the cause to make sure that **33% of the proceeds will be donated to Global Girls.**

NEW! ORDER ONLINE FOR PICKUP

Use code **4AHTV76** before checkout in 'promo' field. Orders placed on Chipotle.com or through the Chipotle app for pickup using this unique code will be counted towards the fundraiser.



Global Girls very first logo. 20 years later, I still love her on top of the world! When our world regains it's balance, we'll travel to parts again.

Next stop, Paris and the south of France hopefully in 2021! Visit <https://www.globalgiving.org/projects/girls-speak-for-themselves-in-chicago-and-abroad-to-support>.

2nd generation "Globes"



Jessica Griffin (w/ Aaliyah above) joined the Global Girls program at her school, O'Keefe Elementary, when she was 10. Upon learning about the Saturday sessions at Coles school, way back in the day, she began acting and dancing with us there. She even introduced two other girls to the program along the way.

Now, her four year old daughter, Aaliyah, attends our after school program. "She wakes up on Saturday asking 'is it time to go to Global Girls?'" She loves it as much as I did." Aaliyah is blossoming into a talented actress and dancer just like mom.

Katrina Rice became a Global Girl in 2000 and now has two daughters, Amora and Aria (mom and daughters pictured below), in the In Person Virtual Hub program. All three young Globes participated in our summer camp. Sorry Katrina, but Amora and Aria might be better dancers than mommy.



COVID 19 check-in. "Temperature..., cough..., sore throat..., body aches..., loss of smell or taste..., got your mask..., hand sanitizer..., water bottle...? Great! You're all clear to join us for the day."

GLOBAL GIRLS, INC.

In Person Virtual Hubs

ONLINE LEARNING SUPPORT AND SO MUCH MORE IN OUR HOUSE, NOT YOURS.

Mon. thru Fri. starting Tues., September 8, 2020
 9am til 3pm
 \$10 per day or \$45 per week
 Ages 7 - 14, Limit 20 participants

- Virtual classwork assistance
- Breakfast & Lunch
- Movement
- Ventilated rooms
- COVID 19 protocols

- Tutoring
- Arts & Crafts
- Small groupings
- Girl and Boys
- Late pick available

YOUTH MUST BRING THEIR OWN COMPUTER OR TABLET.

MAKE SCHOOL ENGAGING AGAIN!

GLOBAL GIRLS, INC.
 WWW.GLOBALGIRLSINC.ORG
 8151 S. SOUTH CHICAGO AVE 773.902.2359



GG CALENDAR

Young Women on the Move After School

Monday thru Friday

Starting 9/

3pm until 6pm

sessions for girls 6 to 14
The Global Studio

In-Person Virtual Hubs

Mondays thru Fridays

9a til 3:30p

\$15 per day or \$75 per week

Ages 7 - 14

- Online assistance
 - Tutoring
- Breakfast & Lunch
 - Arts & Crafts
 - Movement
- Small groupings

Halloween Carve-a-long

Friday, October 30, 2020

5p til 6:30p

The Global Studio

And Instagram Live

In-person fun limited to 25 people

Games, prizes, snacks and candy

Costumes invited

\$5 admission

B.Y.O.P.

It's gonna be a "spooky" good time!

Chipotle Fundraiser

Saturday, December 5

5p until 9p

87th & Dan Ryan

Online orders use code 4AHTV76

Download flyer from our website

My Vagina. My Voice

eta Creative Arts Foundation

Four weeks starting

Sometime in 2021

Stay tuned for more details

Like us on Facebook and follow us on
Instagram & Twitter!



Get your own beautiful and warm Global Girls hoodie for cool Chicago nights. Only \$25. Proceeds help Global Girls programs.

Global Girl Spotlight - Mahogany Walls

With a nearly unanimous vote, nine year old Mahogany Walls became our September/October Global Girl in the spotlight.

Mahogany joined the after school program in September 2019. One of her mom's co-workers told Ms. Walls about us. After seeing a news clip about Global Girls, Mahagani told her mom, "I HAVE to go to Global Girls!" Mom agreed and the rest is history.

In 4th grade at Vanderpoel Elementary School, Mahogany also attends our Virtual Learning Hub Monday through Friday. "Online learning is confusing most of the time, because I can't get the help I need when I need it." She laments that seeing friends and classmates online helps a bit, but it would be so much better if she could see them in person.

Mahogany likes coming to the studio during the day because she's around other youth which makes it feel more like being in school. "It's like home here. I can see my sisters everyday. I feel comfortable here."



She dances, acts and sings at Global Girls and at home, creates her very own Tik Toks. Mahagani also helps her mom around the house. Her favorite chore is keeping her room clean.

"It feels really good to be chosen by my peers for this honor. I didn't expect it at all" The girls nominated Mahagani because, as they said, she is very helpful and never complains or argues with anyone. If she sees a problem, she will always try to help find a solution."

When she grows up, she wants to be a teacher and professional dancer. Inspiring young people and sharing what she's learned is very important.

Interview with Ryonn Gloster, filmmaker

Tell me about the project.

I took a video media class at Chicago State University. I took advantage of the opportunity to write "Whole" a story I'm really passionate about. I was introduced to FGM, Female Genital Mutilation when we first went to Kenya. I learned even more in my anthropology class and have been intrigued by it ever since. We did a cold read of the three scripts that were turned in. There were 15 people in the class. Everyone voted for the script they thought should be turned into the semester project, a film and mine won. Dr. Christine List, my professor in the CMAT department (communications, media arts and theatre), really guided me through this journey and believed in me when I sometimes doubted myself.

How long did it take you to complete it?

The final product is about 30 minutes, but it took an entire semester to complete it. Lots and lots of extra hours. There were 12 cast members and a few extras. I loved creating it. Being able to put your ideas out and have people excited about it was awesome. People

jumped in and handled all aspects from costumes to sound to camera work. There was an editing class that worked on the final product. It was a very intense project. I made lifetime friends and learned... wow, so much.

Was there a showing at the school?

COVID interrupted the plans. School shut down and plans for the film were put on hold. We're hoping to do something in perhaps spring semester. I saw a rough cut, but not the final. Dr. List believed in "Whole" and submitted it to several independent film festivals.

What did you learn from the experience?

I learned that the power of collaboration. You have to work through ideas to see which ideas work first. I'm a stage actor, but my classmates helped me see that less is more on camera. You have to do more with your internal dialogue in film. I learned the language of film: lighting, sound, camera angles, setting up a shot or a scene, continuity. Being hands on was huge cause I learned so much more than I could have just reading those things in a book.

Continued on page 7

The Girls' Pages

Black Lives Matter, Right? *by Mariama Pilcher*

Black Lives Matter, everyone knows they do

But you have to take the time to examine what those words mean to you

Because I'm a **TEENAGE, BLACK, GIRL**, you may feel hesitant to hear my voice

But this needs to be said, and it's coming from **MY** heart, so listen or not, it's your choice

Now, the police brutality, black on black violence, and unjustified killings need to stop

It's up to us to start speaking up, fighting back, and rising up to get back on top

If we don't fight for our own rights, **NOBODY ELSE** will

We have to take *our* lives into *our* hands and let everyone else know the deal

And since 2020 has begun, I feel like melanin people are beginning to understand their roles

The way we've been speaking out and taking our lives back, letting people know **WE'RE** in control

However, as much as I support the movement, and the fact that it's time for a change

I feel that we can accomplish our mission in a **very** different way

I mean, Martin Luther King Jr. used words and knowledge to fight injustice and inequality

So don't you think if he looked down

Ryonn interview continued *from page 6*

Any life lessons?

One of the biggest lessons was "keep the main thing, the main thing." We talk about that in Global Girls all the time. There were times when the actors or crew weren't feeling it or they would come in late or they just weren't on. That would throw off everything, you know that negative energy. We'd be performing a big scene and people would not know their lines. I had to overlook a lot and keep it pushing. We got a support team to help me navigate

he'd be ashamed to see

Black people rioting, stealing merchandise, destroying their **OWN** communities

Saying it's in the name of "Black Lives Matter" when it's really selfish, subjective, and maybe mutiny

Smashing windows and leaving trash everywhere and ruining the neighborhood for the rest of us

And the police watch us ruin our community doing nothing about it, looking on in disgust

In comparison to other riots in history, we must look pathetic

Knowing we should do something, yet not being able to organize it

For instance, the Boston Tea Party, almost 300 years in the past

They threw tea into the waters, refused to pay taxes, and fought for their rights to last

They knew that their actions would **DEEPLY** impact and hurt their oppressors

They fought fire with fire, acted wisely, and made a difference for themselves that lasted forever

We have to rise up and unite as a people, come together for a **GOOD** cause

Then, and **ONLY** then, will we have enough power to overthrow evil, and change the law

So stop fighting your people, leaving your communities, and start shining your brilliant, inner light

After all, Black **LIVES** Matter, right?

that. On the stage, you can call on an understudy or give someone else a person's line if there's a problem. Not so in film. You've already shot scenes with them and so they have to get it together unless you have a big budget and can reshoot.

What about initiative and follow through? Step outside of your humility and celebrate your accomplishment from start to finish.

Everyone in the class had the opportunity to submit a script. You did your

Dear fearless girl...

by Mara Mitchell

Dear fearless girl, don't you fret as I was once like you full of self hatred and doubt, not knowing the power of my voice.

Dear fearless girl, you need to know that you are phenomenal. You are a statue carved in the most high's image from your kinky hair to your bosoms, to your plump waist and thick thighs.

You are the universe, the stars, the planets. You are everywhere, because you are nature. You are the air, the water, the plants, the dirt from which life comes from. You are everything....

And you will not be shot down by the beauty standards of straight hair and bleached skin because your chocolatey complexion is too bright for them to dim you, your wild mane so big and beautiful that they can never tame you because you are unstoppable.

You are heaven on this sad earth you make the world Glisten with your beauty, not just from your body but from your open heart and purified soul. Your energy so sacred, admired by all, you are a goddess. Dear fearless girl, know your truth, be the light that is within you.



best and yours was selected and turned into a film.

Yes, I'm very proud of the work that I did all along the way. There are people everywhere who talk a good game, but don't produce. I know that I have to follow through, take initiative and say, I'll do it. I even played a roll in the film because I knew what I wanted to convey. I know I will give it 110%. It was very exasperating, but a wonderful experience.

The Girls' Pages

Global Girls “Fearless Girls Momentum” 2020 conference

In 2019, the Young Women’s Giving Council, a giving circle within the Chicago Foundation for Women family granted Global Girls funding to host a Fearless Girls Momentum conference in May 2020.

We planned it, gathered speakers for it, researched materials and resources for it, found a location and partners and then COVID interrupted it.

Undaunted, we hosted our first annual Fearless Girls Momentum conference Friday, July 24 on zoom.

Our panel of youth presenters were well prepared and ready, but not many of their peers joined us on the call. Perhaps they were zoomed out and wanted to go outside to enjoy the weather and their friends.

Participation might have been small but our girls presented their power-points and led discussions on topics including Power Self Talk, The Winning Mindset, The Track or Love and The Track of Fear.

Youth in our summer camp and teens in the After School Matters program wrote what being fearless meant to them. We’re sharing their thoughts here.

Fearlessness isn’t easy, and it doesn’t come overnight. But that doesn’t mean it isn’t simple. Fearlessness isn’t not having fears or not being scared, but it’s being assertive and not being afraid to fight for what you want. I like to think of myself as fearless, but I haven’t always been this way. I used to be introverted and terrified to speak up for myself. But then I learned that if I don’t speak for myself and what I want, people will make assumptions. The only way to get what you wish for or to manifest your reality is to work for it and ask for it.

Another part of being fearless is being confident in yourself and your abilities. You have to know that you are powerful and strong and smart and worthy of achieving your dreams. There will be people and situations that will try to bring you down, but you have to keep your head up and contin-

ue to shine. Never let anyone tell you what you can and can’t do, and NEVER box yourself in because of a stereotype or because it’s “the norm.” ALWAYS BELIEVE IN YOURSELF AND BE YOUR #1 FAN!

Lastly, to be fearless you have to live on the track of Love. You have to stay positive and be willing to uplift anyone around you who may need it. Fearlessness is not being afraid to stand up for yourself *as well as* for others. It is being compassionate and kind and willing to help your people. We are all a family regardless of race, sexuality, etc. We have to stand up for each other, and as a girl, WE are the glue that holds the world together. We also have to respect each other and be fair.

As a girl, our fearlessness is our greatest weapon. It’s our way of defying standards, accepting challenges, and proving our strength. It’s amazing being able to influence and uplift other girls and seeing them become happier and more confident. I doubt that I’m always fearless, but I know I do my best to help myself and everybody around me be as fearless as possible.

To me, a fearless girl is someone who never lets people bring them down no matter what. They wouldn’t let anyone bring them down because they know no matter what others say to them it is not true and that the person only wants to bring them down because the person doesn’t have what the other person has. So, to that person they think they could be the better person if they make others hate themselves and make them think they are useless.

Also even if the fearless girl has ups and downs they will get back up and prove to people that she is strong mentally.

A fearless girl follows her dreams and never gives up. Like **Beyonce** who never gave up even when she lost competitions when she was younger. She

got back on her feet every time she fell.

A fearless girl helps people who are in need of help and are calling out for a helping hand. Like **Harriet Tubman** helped the slaves that were in need and calling out for help from someone, anyone. She knew that if she got caught she might have gotten killed. **Harriet Tubman** then heard the calls of her people and how they needed saving. **Harriet** came back for the people in need, Her people. She went back 19 times and in total she saved over 300 people. She is a good example of a fearless woman/girl who knew she had to do what she had to do.

A fearless girl doesn't let what people say bring her down. She thinks outside the box and creates new ideas to share with others. She tries to help her community and other people the best she can. She listens to others and encourages other girls. She knows how to leave toxic friendships. She doesn't let stereotypes get to her.

Fear is just made in our imagination
It stops us from dreaming
Dreaming, believing, doing helps us
become fearless
So, bring on the nightmares.
I know they run away in the light.

Influential Role
Considerate Problem
Passionate
Fearless
Knowledgeable
Dedicated
Humble Skilled Empowering Model
Genuine Focused
Self-Aware Inspiring Respectful
Trustworthy Honest Bold
Valuable Inclusive
Caring Supportive
Motivating Confident

Homeschooling from a teen perspective by Mariama Pilcher

Homeschooling is very different from regular schooling. To be honest, I would rather be in a school. When I was in school I was able to be a teenager. I could work with my friends, I could interact with new people, I did fun activities, and it was actually fun to learn.

I loved being in a school environment and when I was little I would cry when I couldn't go. My mother said it was the competitiveness of wanting to finish first and be the best that kept me there, and my father said it was the opportunity to socialize. I say it's all of the above, and I really don't get any of that in homeschooling.

The only other person in the "classroom" is my eight year old sister and we're doing VERY different work. If it weren't

for Global Girls, ESPECIAL-
LY with COVID, I would never see anybody my age or be able to just relax.

At home academics rarely includes Reading, Writing, and Arithmetic, because my mother says I already have the basics. Normally a day of homeschooling is laundry, cooking, cleaning, and learning how to create a business plan, ALONG with being a big sister.

I know that all of those skills are practical, but I LOVE academic work, especially math. It's like a release to have my brain figuring out an equation



or solving for a variable, and in a school environment with posters and classmates and lessons all around me, it's easier and relaxing.

I really, really, REALLY want to go back to school, but my mother doesn't trust the sanitation during Covid and my father wants me to take my GED and enroll in college classes.

It's waaaaayyyy more pressure being homeschooled. I sincerely hope I can go back during my high school years.

Mindfulness as medicine during COVID 19

In every session and in every Global Girls program, youth learn about and practice mindfulness. Research has shown that mindfulness training significantly improves one's ability to deal with stress and anxiety as well as increase focus, positive self-talk and health outcomes.

During the Performance Camp this summer, we gave special attention to building our girls' mindfulness muscles so they could not only practice it during trying times but also teach it others.

The girls wrote about mindfulness. Their comments always inspire us and sometimes make us laugh.

Mindfulness is being aware in the now without judgement. It's about being able to realize where your mind is and what's happening around you. Mindfulness is a practice that takes time. You won't be an immediate pro at being mindful. However, thanks to Global

Girls, I'm better at it than I use to be. A time that I remember being really mindful was when I was at home with my little cousins. I was able to be aware of all that was going on with them & what I had to do for them to keep them calm.

Since I've been here, I've caught on to things especially costal breathing. When Ms. Ryonn does costal breathing, I listen to what she is saying, and I go home and remember and practice.

I use mindfulness at home by paying attention when somebody is speaking to me. For example, when I'm on my phone and my mom says pick up your clothes off the floor. I do it. Also, when someone is talking to another person you must be mindful of them talking. So I wait until they're done talking to say something.

Mindfulness is when you are present in

*Be Mindful
Today!*

the moment. Mindfulness is noticing what's going on

right now and mindfulness is aware that certain experiences are pleasant and are unpleasant. A time when I was mindful was when we were costal breathing, and I was mad, but when we were doing it, I wasn't worried about the past. I was focus on the now.

I think mindfulness is being aware and being kind and paying attention, keeping your eyes on who is talking. Being aware of your actions.

Mindfulness exercises are an extremely effective way to stop the anxiety symptoms that result (stomach aches, rapid breathing, fast heartbeat) and regulate blood pressure, breathing and heart rate.

As temperatures drop, daylight hours shorten, and we retreat inside, let's try being more mindfully focusing on our emotional wellness.

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Kitchen Table is a quarterly publication. Send all comments, questions and inquiries to info@globalgirlsinc.org.

Marvinetta Penn, editor

Feel free to contact or visit us:

The Global Studio
8151 S. South Chicago Ave.
Chicago, Illinois 60617
www.globalgirlsinc.org
info@globalgirlsinc.org
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