

Welcome 2013!

# Doll MAG

January/February 2013

tips for you and  
your doll on  
*getting healthy*

Meet *Saige  
Copeland*, the  
2013 Girl of  
the Year!

A Preview on  
SPRING  
TRENDS

PLUS!  
Printable  
valentines for  
your dolls!





Say hi to Saige Copeland, the 2013 Girl of the Year, on page 7! This portrait of her is done by Sarah Davis.

- Letter From the Editors page 3
- Bits and Pieces page 4
- Fruit Recipe page 5
- Printable Valentines page 6
- Setting the Stage for Saige page 7 to 8
- Pajama Day! pages 9 to 13
- Quiz page 14
- Color in Poster page 15
- Let's Get Healthy pages 16 and 17
- 2013 Trends Preview page 18 to 19
- Next Issue page 20

# Contents

November/December 2012

## Meet a Reader: Julie

*Each month, we ask our readers to answer a set of questions for the chance to be featured in the upcoming issue. This month's winner was Julie, Sophie's doll!*

DM: What is your New Year's Resolution?

J: I need to clean my room more often.

DM: What do you like better, hot cocoa or cookies?

J: Cookies!

DM: What is your favorite movie?

J: The *Samantha* movie

DM: What is your favorite board game?

J: Clue

DM: What do you do for exercise in the winter?

J: Umm, can I get back to you on that? :)

Letter From the

# Editors

Dear Readers,

Let's give a warm welcome to 2013! We are so excited to start fresh anew this year, and we hope that our goals can come across as we work on the issues of *Doll Mag*. This time, we interviewed the newest doll in the AG collection, Saige Copeland. What we love about our cover girl is her passion for things she believes in. For Saige, it is art, but for you, it could be a sport, a charity, a hobby, even your family and friends! We also talk about staying healthy on pages 16 and 17 and we look forward at some of the trends we think will be big come spring. Have a lovely winter, friends!

Bella and Lulu ☺



To be supercalifragilisticexpialidocious!  
-Lulu, Co-Editor-in-Chief

My resolution is to live in the moment, instead of planning to far into the future.

-Bella, Co-Editor-in-Chief

**NEXT MONTH'S QUESTION:** Are you a fan of rainy days? To respond, leave your answer on one of our blogs!

# BITS & PIECES

Tidbits of news in the AG world!

## Soar with Saige!

Art is a big part of Saige's life, so her contest asks you to design a hot air balloon! Download the template on the American Girl website, and create an awesome hot air balloon to send in. The winners will be picked randomly, and the prize is a Saige doll, her books, and her HUGE hot air balloon. Good Luck!



## American Girl Magazine's 20th Birthday

American Girl Magazine is celebrating their 20<sup>th</sup> birthday! Their latest issue was chock-full of birthday-related articles, like how to frost a cake, decorations for a party, and even a celebration of AG magazine in the past 20 years! They are also hosting a contest to be on their cover. Go to the official website for the rules and more information.

## JANUARY 2013 RELEASES

Along with the Saige releases, the MyAG dolls got new outfits and accessories, as well as the bitty Twins and Bitty Babies! One of our favorites is the "I Love Pet Pajamas" shown at the left. What do you like of the January 2013 items?

# FRUIT

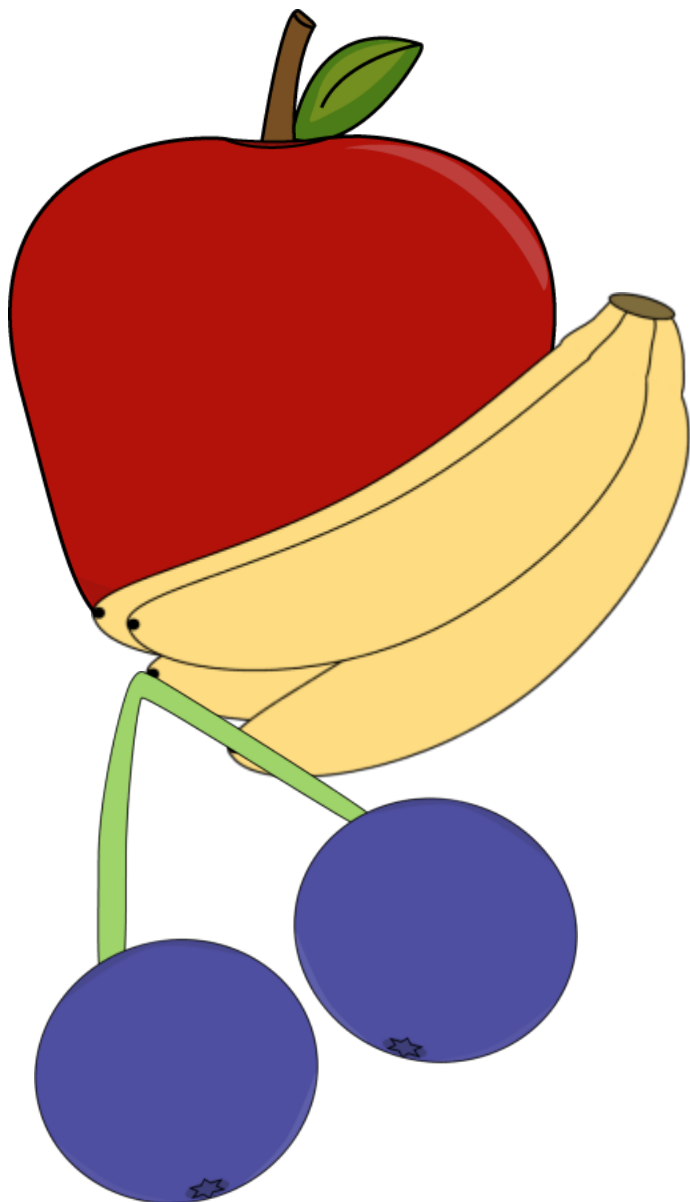
## Salad

Fruit provides so many important vitamins and minerals for your body. Get your daily recommended amount through this tasty fruit salad.

- 1 medium pineapple, cut into 1-inch chunks
- 1 pint (2 cups) fresh strawberries, sliced
- 1 pint (2 cups) blueberries
- 1 small bunch (2 cups) seedless green grapes
- 1 bunch leaf lettuce
- ½ cup dressing of your choice {we like raspberry vinaigrette the best!}
- 3 to 4 ounces crumbled feta or goat cheese

Now mix it all up and enjoy this tasty, healthy snack!

*Adapted from Betty Crocker's Easy Fresh Fruit Salad*



Printable

# Valentines



To \_\_\_\_\_

You're as Cute as a



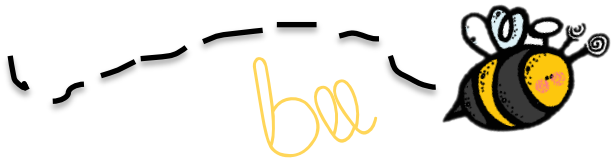
Button!

From \_\_\_\_\_

greetings  
valentine!

From \_\_\_\_\_ To \_\_\_\_\_

Will You



Mine?

Happy Valentine's Day!

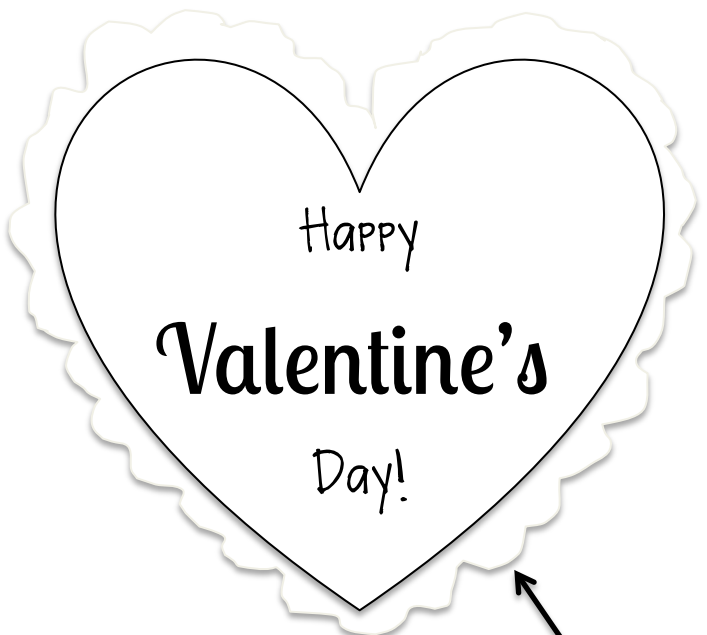
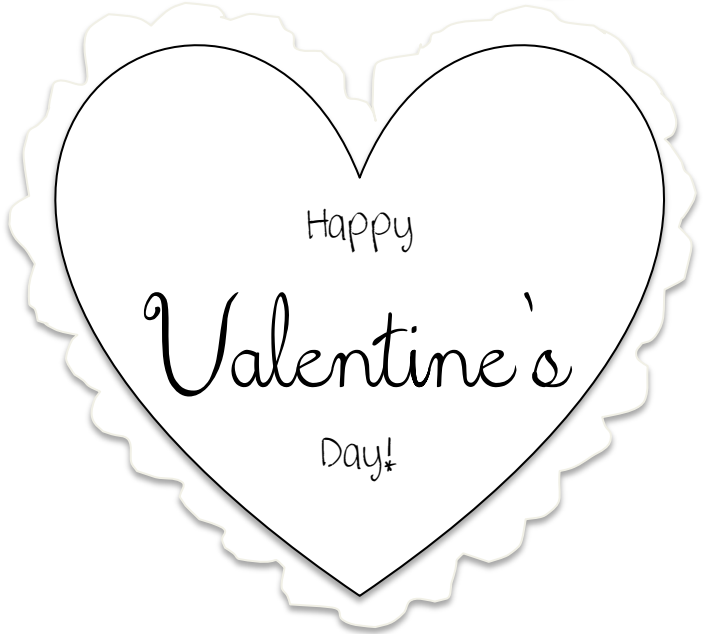
From \_\_\_\_\_

You're such a

QT Pie

Happy Valentine's Day!

From \_\_\_\_\_ To \_\_\_\_\_



color these ones in!

# Setting the Stage for

# S A I G E

Nine year-old Saige Copeland is in for quite the year! This artsy girl has been chosen by American Girl to be their eleventh “Girl of the Year” for 2013. We caught up with her to see what she thinks of her new role.

**S**aige Copeland walks in to meet us in jeans and a lacy tank with a bright, patterned sweater. She has an air of confidence around her, as she should have, as Saige is the newest Girl of the Year in American Girl’s collection. Chosen for her passion in the arts and her willingness to never give up, Saige is exactly what AG represents.



DM: What do you think of your new popularity?

SC: It’s kind of scary, but I’m also having a blast! I still try to go out on hot air balloon trips with dad and I see my grandmother a lot. I’m just trying to keep it normal! :)

DM: Okay, then. Tell us about your pets.

SC: Ooh, I have a horse named Picasso (after the artist!), and a border collie named Sam. My grandmother’s dog Rembrandt is Sam’s brother!

DM: That’s great! Now, what was it like during your first time in a hot air balloon with your dad?

SC: When it was my first time I was really excited and nervous all at once! I thought What happens if the hot air balloon crashes? Or if it gets a rip or hole? All my worries disappeared though when I first got into the balloon and saw the beautiful sights!

DM: How does it feel to have your grandmother share the same interest in art as you do?

SC: It’s so great! She always comments and compliments my work and I can talk to her about all my new ideas! She was so helpful helping me come up with ideas on how to save the arts at my school!

# SAIGE 'S FAVORITES

Saige shared some of her favorite pieces of clothing with us. Her whole wardrobe revolves around warm colors, which go perfectly with her New Mexico background.



This is one of my favorite dresses! I wore it for my birthday, and I received so many compliments on it. The gold sequins make it stand out.



Don't you just love the medallion pattern on this shirt? It holds special memories for me, because I wore it at my "Save the Arts" parade.

I love this sweater! It's so comfy to wear this winter, but the bright colors make it stand out during the gray, cold days.



Every girl needs a pair of gold boots, don't you think?! :)

Jeggings are my pants of choice. They are so comfy!



These sandals are the perfect warm brown to go with all my outfits. I love the little fringe detail, which adds that special touch





This cutie is wearing Pink Polka Dot PJ's from the Etsy shop, Hole in my Bucket.

# PAJAMA DAY

Good old-fashioned pajama days are the best! We've rounded up some of the best PJ's available for all of your dolls.

## PRINTED FLEECE

Wearing fleece pajama pants will not only keep you warm this winter, it will also add pops of color! Pair with a basic tank so the pattern can shine.

Caroline is wearing Perfectly Pink PJ's from Kate Lauren Designs.



## MATCHED SET

Matched pajama sets are cute and comfy! We like this one for it's fun patterned shorts, as well as the star tee.

This doll is wearing a Pajama T-shirt and Shorts from AM PM Creation Too.





## GIRLY MEETS TOUGH

Like you, your doll probably has many different tastes. Try combining them in her pajamas, like in this one, with the tougher skulls and crossbones but the more girly color scheme.

Nellie is wearing Girly skull and Crossbones Flannel PJ's from the Etsy shop, Sew Fun Doll Clothes

## BATHROBES

Don't forget a bathrobe for your doll! To keep warm on chilly nights, look for cozy robes with fun stripes or polka dots. Bonus points if you can find matching slippers!

This girl is wearing a Striped Velour Wrap Bathrobe from A Doll's Necessities.



# What Winter activity Should You Do?

After school you...

- A) Have to go to some type of sports practice
- B) Always have something planned to do with your friends
- C) Curl up with a good book or play with your siblings

You can't wait for the new book release! You love...

- A) Adventure and Action stories
- B) Funny and cute stories
- C) Fun realistic fiction stories

Your school project about someone who inspires you is about...

- A) Your favorite athlete
- B) Your favorite actress
- C) Your favorite author or artist

You just bought an animal poster at the book fair! Yours is a picture of...

- A) A horse running in the wind
- B) A silly looking dog
- C) An adorable kitten

You're going to your friend's sleepover birthday party! You can't wait too...

- A) Try out her new dance video game!
- B) Perform a hilarious skit that makes your friends laugh
- C) Grab some yummy popcorn and watch that new movie you've been dying to see

mostly 2s:

Snowboarding or Skiing, you're daring and athletic!

mostly 1s:

Sledding, you're funny and bold

mostly 3s:

Building a snowman, you're sweet and fun



# Let's Get Healthy!

It's time for New Years Resolutions! Here are some ways to stay healthy this winter for you and your dolls.

## Keep YOUR DOLL Clean!

**1** Don't leave her near hot surfaces, like radiators, because this can cause her hair to get static or burnt!

**2** Don't use any chemicals, soaps or shampoos in her hair; just use water. If her hair gets tangled, gently wet it and brush it out. Make sure you don't get her eyes wet.

**3** Don't leave dark clothing on her for a long period of time because this can stain her body. If she is wearing dark clothing check her body every two weeks to make sure it hasn't stained.

**4** Make sure you use a brush made by American Girl. If you use a wire or human brush the doll's hair can be damaged. Don't use an American Girl brush on you either because the oils in your hair can also damage the doll's.

**5** As much fun as it can be to play with your doll, don't bring her outside in the snow or rain! Getting water in her eyes can cause them to get stuck. Water and snow can also stain her body.



## Keep YOURSELF Healthy!

- Drink lots of water! The cold weather sucks out all of the moisture in your skin, causing chapped lips, itchiness, and dry skin problems. Don't forget to moisturize too!
- Make sure you wash your hands, as this will help kill germs and bacteria.
- It may be cold out, but it is important to wear sunscreen because the sun reflects off of the snow. Reapply every hour or so when you are playing outside.
- Don't forget about your fruit and veggies! It is nice to treat yourself at the holidays {we here love some gingerbread :)} but you should continue to eat the healthier foods too, like apples, celery, oranges, etc.
- Even if it's cold out make sure you get your exercise! You can still get moving because it's time for winter activities like sledding, ice-skating, and skiing. You could also move your workout inside by doing your favorite things like dancing, playing basketball at the gym, or jump roping {just make sure you're in an open space} You could also use one of our workouts on the next page!





## YOGA WORKOUT:

Hold each of these poses for five seconds.

### 1. DOWNWARD DOG

Bend forward and have your hands touch the ground, move your feet back so that your bottom is facing up.

### 2. GO INTO PLANK

Move your feet back more so that your back is a flat, slanted line.

### 3. GO INTO UP DOG

From the plank position, lift the upper part of your body and move your arms closer to your side. Lift your toes of the ground so that the only part of your body touching the floor is your hands.

### 4. GO INTO COBRA

From up dog lower the upper part of your body slightly and drop your feet. Have your arms hug your body.

5. **GO BACK** into upward dog.

6. From upward dog go into downward dog

7. **WALK YOUR HANDS AND FEET TOGETHER** and roll yourself up so you are standing.

Take a thirty second break and repeat.

## THE TEN WORKOUT:

Ten Exercises, and ten reps of each!

1. Go into **PLANK** position.
2. Do ten **PUSH UPS**.
3. Sit back and do ten **SIT UPS**.
4. Do another **10 PUSH UPS**.
5. Do 10 more **SIT UPS**.
6. Stand up and do **10 SQUATS**.
7. **10 LEG KICKS** Stand up, now squat and pull one leg up, repeat on same leg. Do ten leg kicks on each leg.
8. Do ten **FORWARD LUNGES**, making sure you switch legs each time.
9. Do ten **HIGH KNEES**. {pulling one knee up high to your chest and then switching.}
10. Do ten **JUMPING JACKS**.
11. End with **TEN SQUATS**.





The girls at Doll Mag present...

# **SLEEPOVER FUN!**

A New Movie



# Doll Mag's First Ever

# 2013

## Trends Preview

Trends change so fast in the real world, let alone the doll world! We've collected ideas that we hope to see this year, as well as some tips for people who need to know what to sell. Are you ready? Let's get started!

### #1 Dots and Lines



Dots and Lines  
Purple & Black Zig-Zag Shirt,  
Cutie Pie and Me

Pink & Red Striped Shirt,  
AM PM Creations Too

Polka Dot Dress, Button and  
Bow Boutique



### #2 Jackets



Jackets  
Polished Blazer, Kate Lauren Designs

Pink Motorcycle Jacket, Song of Hope

# #3 Foreign Influences

## Foreign Influences

Tokyo Street Fashion, Fox and Family

Versailles Dress, Sylvie and Bruno



# Sheer and Lace #4



## Sheer and Lace

Lace Heart Shirt, Cutie Pie and Me

Sheer Skirt, Liberty Jane

Fingerless Lace Gloves, I Dream of Jeanne Marie

# Black and White #5



## Black and White

White "Cutting Edge" Dress, Melody Valerie

Baseball Tee, Helen's Handmades

In the January/February issue of

# Doll Mag...



## WEARING A RAINBOW

Add a burst of color in your spring closet with our bright and bold choices.

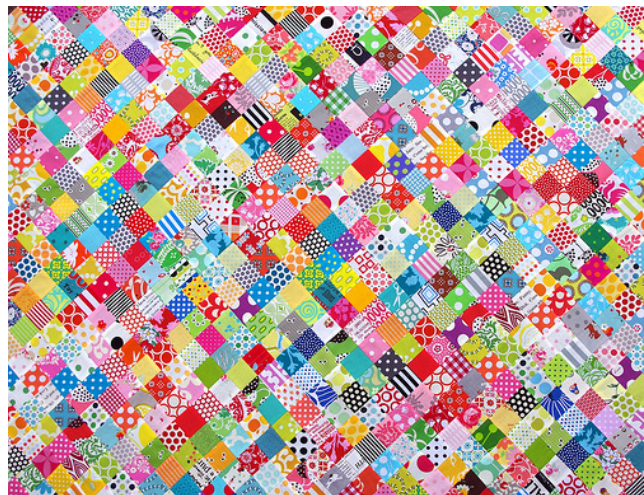
What spring critter are you?

Are you a bunny, butterfly, or deer?



## SCRAPS OF FABRIC

Make some crafts for your doll with leftover pieces of fabric!



## The Month of Montoya

March is a big month for Joesfina Montoya! Check in to see what is up for this birthday girl.