

Arizona Girls State Independent



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Female leadership in this world

By Brielle Zeiler
Ironwood City Reporter

The past few days of the election process has reminded me of a major highlight within Girls State: Female leadership. In the outside world, leadership roles for women have varied vastly across the timeline of our nation.

From Republican Motherhood in the 1800s, to the Seneca Falls Convention in 1848, to the first Arizona Girls State

conference just decades ago, the roles for women in leadership have evolved immensely.

Whether we use that freedom for nationwide impact such as running for president, or simply to buy our own home, the roles women fill in our society push us forward in ways we don't even notice. We don't often realize how seemingly small roles can inspire those around us.

Throughout Girls State this has heavily

impacted how I view women's leadership. In the past, I've always felt like a small fish in a big sea, feeling as if my experiences and fears were limited to myself. However, I soon realized how wrong I was.

As women, and even just as individuals, we all go through similar struggles, especially within the once male dominated world of leadership. Therefore, you should not let these fears hold you back, as no of us are in this alone.

What now?

By Brylee Garland and
Gwendolyn Bickerton
Sycamore City Reporters

After the elections the stress can finally subside. Now that everyone has voted to the best of their ability, and campaigned to the moon and back. We can all just take one big breath.

Together take one moment to inhale for 4 seconds, hold for 7 seconds, and finally with your heavy load exhale for 8 seconds. With this important breathing exercise you can build healthy destressing habits and release the tension within your shoulders.

To release your stress, disappoint, or maybe just relax here are some tips below!

Chew gum or eat a mint as it reduces cortisol that causes stress. The continuous motion of chewing alters brainwaves to promote calmness.

Prioritizing and managing your work to be done well before the deadline.

Take time to stretch. Specifically your neck, back and shoulders where most of your stress lies.

So... now what? After the elections, positions will be set, and uncertainty will subside.

Our citizens will be filled with a mix of emotions; disappointment, joy, and maybe even just relief to no longer have to campaign. I encourage you, no matter your disposition, to embrace the rest of Girls State

with optimism.

No matter how elections turned out, your value and talent does not change. You are supposed to be here, and you are treasured citizens of the esteemed Girls State.

So, let us make the absolute most of this wonderful week we have been given! Continue to meet new people, try new things, and remember to stay hydrated!

A plus to elections being over is that we have been able to learn from our talented peers; and can now exercise what we have learned in the real world.

Remember, this week has so much more in store, and you are a key player in our game of Girls State. Go froth and prosper!

Arizona
Girls State
Picture Show

Be a part of the Arizona Girls State Slide Show
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DIRECTOR
Penny Maklary

EDITOR/LAYOUT ARTIST
Shannon Mead

2026 Girls State Reporters
Autymn Fair - Yucca City
Miriam Hozan - Yucca City

Ella Diaz - Palo Verde City
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A club full of talent and new friends

By Diana Euceda
Mimosa City Reporter

Are you passionate about music, do you play an instrument, do you want to make new friends? Then Glee Club is for you. In AZ Girls State, this club is a mix of all of those.

This is for those who love music

and want to make new friends. Glee Club is a way to express yourself through music. It is a good way to learn new songs and new people. It also helps you find our passion and our taste in music. This club is highly recommended for all girls. AND, no one cares if you can sing or not. So get out there and be part of the fun.



Girls Nation and State

By Jocelyn Kame
Cholla City Reporter

Wednesday was a day of change. A day of advocacy and engaging in civil action. We started actively campaigning and there was so many fun posters.

I think my favorite posters were mean girls and napoleon dynamite. The ladies that had ran for Girls State and Girls Nation big kudos to them. It takes so much strength and confidence to speak in front of so many young strong women.

We then had the privilege of meeting Arizona State

Treasurer Kimberly Yee, who also happened to be an Arizona Girls State attendee. She went into description of being an american-asian woman in a world that was dominated by a lack of diversity.

We then had whistle stops for the young ladies who were running as governor and secretary of state. It seemed that all the young ladies who ran were more than credible and have the leadership to uphold these positions. Good luck to everyone that ended up running.

But always remember a win for women anywhere is a win for women everywhere.

