



THE OPRAH
MAGAZINE

**“I’m always
amazed by
how easy it
is to impact
another life”**

31 WAYS YOU
CAN MAKE
A SERIOUS
DIFFERENCE

**Can you eat your
way happy?**

NEW SCIENCE ON FOOD
THAT’LL CHANGE
YOUR MOOD

Makeup for Grown-ups!

EVERYTHING YOU NEED TO AGE GORGEOUSLY



Make/Believe

Bob the Builder? Emily Pilloton is thinking more like Bella or Brie.

EMILY PILLOTON grew up in California, building treehouses in the woods with her sisters. At 16, on a service trip to Belize, she hacked through weeds with a machete and poured concrete to construct a gazebo. "I realized I could do something creative and technical while contributing to the world," she says. After earning an MFA in architecture and design, she spent three years at various firms before ditching office life to become a high school shop teacher. A frustrating pattern emerged: "More often than not, the boys would talk louder and take up more space," says Pilloton. "I'd see the girls roll their eyes or look at each other, especially when something was being done incorrectly. Some tried to elbow their way in, but it's exhausting to always fight for airtime. Even

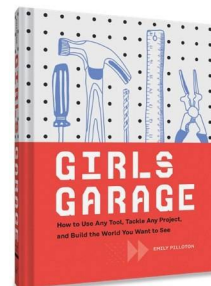
in *my* classroom, gendered ideas about the labor girls could or couldn't do persisted—and I got sick of it."

In 2010, Pilloton started mentoring girls-only groups. "I pulled them aside during class so we could focus on one thing: creating awesome architecture," she says. Three years later, she launched Girls Garage. The nonprofit's mission: to teach 9- to 17-year-olds how to use carpentry tools, fuse metal, draft blueprints—and reenter the outside world with more confidence. Its first summer camps in carpentry and welding sold out in a week. After-school and weekend programs followed, and in 2016, Girls Garage moved into a dedicated 3,600-square-foot work space in Berkeley. (A blue wall is stenciled with the motto FEAR LESS. BUILD MORE.) There, tweens and teens execute community-improving projects like a picnic table for a women's shelter and sandboxes for preschools.

But for these girls, shoptalk isn't all drill bits and screwdriver tips. Within the garage walls and among an all-female instructional staff, students share whatever's on their mind: college visits and immigration, crushes and running for office. Pilloton's mentees aren't shy about their issues and ambitions, because the space is theirs alone. "It was designed by and for and with girls," she says. "Here, they're never talked down to—and they always get to be their biggest selves." —**DANIELA BLEI**



From top: Eleven-year-old Soleil cuts lumber with a chop saw during a summer camp program in 2019; Pilloton at the Girls Garage shop.



Tool Time

The forthcoming *Girls Garage* is Pilloton's how-to-construct-anything guide for ages 14 and up. Here, she lists four top tools (beyond a solid hammer and Phillips head) any aspiring builder should have.

Slip-joint pliers.

"Think of them as a stronger version of your fingers that can help grab anything. I've even used mine to get something out of reach in the garbage disposal. Pair them with an adjustable wrench to install hardware that requires holding a bolt head and tightening a nut at the same time."

Rubber mallet.

"If you're trying to manipulate a surface, like a sink pipe or a jammed shelf, use a mallet so you won't ding the material or bend it out of shape. There are white and black mallets, but I opt for white because the black can rub off if you strike something the wrong way."

Drill and driver set.

"This is the one-two punch for all household repair. The drill drills holes, and the driver is best and safest for installing screws because it regulates its own torque and won't strip the screwhead. The drill can't do that; it only spins and doesn't know when to stop."

Box cutter.

"It's great for disassembling packages and for things like cutting a small edge off a piece of wood. I choose the style with replaceable trapezoidal blades—I'm too afraid the kind that snap off will fly into my eye!"