

"Hey, it's Hallowe'en!"



Avatar: TeenHelp.org's eZine Sixth issue - November 2007











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Editorial

Hello everyone, and welcome to the sixth edition of Avatar! We hope you all had a great Hallowe'en!

In this edition we've added a few articles that we hope will be helpful to you. Some of this edition will explain a little about bullying, forgiveness and studying tips, all the way down to bubble baths and the new iPod Touch!

Please keep in mind that we are always looking for article submissions. Even if you have already submitted something before, we will never deny a piece. Whether you are thinking about or have already written something - send it in! We love receiving contributions from you. Your contributions matter!

We hope that you will enjoy this edition!

Thanks for reading.

- Mel (.Infinity.)



Mv struaale

by Amore

The restless nights are getting to me, and it all seems to end in me crying myself to sleep. I continue to think, ponder, and question my decisions made through the endless struggle I've been through to find peace within myself. The only mistakes are those that you do not learn from, and I believe that this is truly a mistake. Everything that I've been through has only led me to crave for more tragedy.

During the school hours, the only thoughts in my head are about my appearance. I fear that the guilt I held the night before will show through my skin, oozing through my pores, screaming for someone to notice. Nobody notices, though because they treat me all the same. They do not even notice me.

I make pacts with myself, to go farther than I've ever been before. Even if I reach my desired weight, I want more. I need more. It's never enough, and the only thing I can do is criticize myself for setting my goals too low. It seems impossibe to be my perfect, but others have reached their goals. They were the hest anorexies

My story progresses, continuing in a cycle that only goes in circles. The future seems to look so bright at times, but the heaviness in every muscle in my body seems to change everything. I secretly wish for it to kill me, as to escape the vicious cycle that I'm trapped in I don't know how to escape.



Bullying (a mini manual)

by Gitler

What is a Bully?

Based on a wide range of reasons, a bully is a person who attacks others either verbally or physically. A bully usually has little or no regard for the feelings of his - or her - victims; thus saying or doing extreme things at times. A simple act of messing with someone does not make one a bully, a person who toments others on a failly hasis does.

Why do hullies torment others?

Bullies may have various reasons as to why they torment others. Mostly it is believed that bullies are either having or have had troubles in their personal lives. Whether they are currently being abused at home or have been abused at home at an earlier time, have been treated roughly by friends or even have grown up in a very rough neighborhood; things such as these reasons may encouraced someone to become a bully.

Sometimes, because of a lack of self esteem, bullies tend to try to manipulate their victims. It is believed that bullies do this for a self boost; just for something to make them feel better about some imperfect aspects in their own lives, while other times it is believed that they do it for the quick "rush" that they do then having power over their victim.

While there are many families that rule against bullying, there are many that encourage such acts. Some parents teach their children about being "strong", about not letting others get away with things, and sometimes they even teach their children that they should make others fear them; which does indeed teach children to he much and sometimes violent with others.

Why me?

Bullies have many different reasons to pick on a particular individual. Although sometimes reasons aren't too clear to you when they begin, some of the reasons candwill include:

- Something you've done in the past.
- Sometimes something that you did recently or further back might have provoked the bully into taking action against you now.
- Something a family member, friend or someone you know, might have done.
 Sometimes bullies can't get at the ones they truly hate, so they resort to the closest thing to them.
- Lashing out.
- Sometimes a bully is just lashing out and you happen to get caught in the crossfire.
- Randomness.

A bully sometimes will pick on the first person that he thinks he can take down.



Bullying (a mini manual) continued...

by Gitler

While there are many reasons why a bully may pick on someone, there are also many different types of bullies. The two main bully categories are:

The mental bully

The mental bully doesn't hurt people physically, instead he picks on your mind and emotions. He uses his mind to harm yours, with painful thoughts, ideas, and memories. Some consider this bully to be one of the worst, because even though he isn't being physical, what he says can leave marks emotionally. This bully tends to leave you with horrble memories of what he has said or done.

But how can he hurt me emotionally or mentally?

There are many ways that a bully can hurt you emotionally or mentally, but some of the most popular ways are:

- Talking negatively behind your back to others
- Using had memories against you
- Playing tricks on you that to some may seem harmless, but that are truly very hurtful. For example, (s)he may pretend to be your friend, then delete a Myspace or instant messenger account or even use them to make snide comments to your friends as your.
- Using your insecurities against you constantly.
- Focus in on one target to bully that they consider "easy".

While the effect of a mental bully may be instant, sometimes they wear you down a lot over time. The other main type of bully there is would be:

The physical bully

This bully is one who likes to hurt others; (s)he takes pleasure out of hurting his/her victims in a physical manner. A physical bully can be cruel and calculating, and most of the time, tends to be tougher to deal with than a mental bully. It is said that this type of a bully is looking for an outlet for his or her anger. Much like the mental bully, the physical bully takes his/her frustrations out on whoever (s)he finds an easy target. Whether (s)he thinks that the victim is smaller or weaker than him/her, (s)he will try whatever it takes to intimidate and hurt his/her victim. While sometimes this kind of a bully only has one victim, a lot of the times (s)he has quite a few.

The physical bully tends to:

- Come out of nowhere, with no clear reason other than to hurt you.
- Keep words to a minimum with you.
- Try his/her hardest to inflict some sort of physical pain on you.
- Unlike a mental bully, who will talk to your friends behind your back, this bully tends to also target your friends to hurt as well.
- Have a motive. (S)He might unjustly hate something about you, it can be anything from having a new CD-player, all the way to the color of your skin.
 Want something done by you. Sometimes a physical bully may try to force
- you to do something; threatening that you will get beaten up if you do not do what (s)he asks.

Physical bullies cause instant pain and effects, and while they can be very difficult to deal with, there definitely are ways



Bullying (a mini manual) continued...

by Gitler

So, how do I deal with either bully?

For the most part, you should try to ignore or avoid bullies. The only reason why a bully picks on someone is because they want to get a reaction; they want to know that they are hurting you. When the bully no longer gets the reaction that he or she is looking for - they become bored of it. When the bully becomes brored of it they acceptably move on to their part victim.

Another thing that you can try to do is to confront the bully. Just ask them why it is that they are doing it. Sometimes the bully may not even have a reason for any of it. Perhaps when asked about it, the bully will realize that he or she doesn't even have a proper reason behind their own actions and may possibly stop.

While doing either of these things may help, sometimes they may not. When a bully is completely persistent or is physical, and when he or she is going too far; you must realize that you need to tell somebody that it is happening. Whether you tell a teacher, school counselor, the principal or your parents, someone will need to know. Telling someone about it will not make you "the weak one". so do not let that thought stop you from stopping this bully.

But what if I am afraid to tell someone?

It is understandable that it will not be one of the easiest things for you to talk about. Your bully may have said "Tell anyone and I will beat you up!", but really, the only reason why he doesn't want you to tell someone is because (s)he knows that what (s)he is doing is wrong, and (s)he knows that (s)he will get in trouble for it. Do not let the fear of your bullies reaction stop you from telling. Just think about this right now: if you tell someone, you're one step closer to being free from this bully.

Is it really worth telling?

Yes, it is worth telling someone. It is very likely that he will stop tormenting you, and really, by doing yourself this favor you are also doing others a favor. When you put a stop to this bully's destructive path - you're not only stopping him from hurting you, but you may even be stopping him from hurting others.

But what if he retaliates?

Tell someone again. If this bully simply will not leave you alone, regardless of what (s)he says, you need to step up and speak out.

Ok, but what are some things I should not do?

Just like there are many things that you should do, there are many things that you shouldn't. The main things that you should not do is to seek revenge out of malice. Taking your anger out on others because of what is going on will only make you like your own attacker.

You should also never give them the reaction that they're looking for, Remem-





Bullving (a mini manual) continued...

by Gitler

Another thing that you should not do is provoke them. Making a bully mad will only make him/her pick on you even more. If you see a bully, avoid him/her. If you see him/her picking on someone else, tell someone. Do not try to fight them. Getting into fights will only end up in someone getting hurt, and sometimes even worse.

What if I'm a hully?

If you are currently bullying someone, try to think about how they're feeling right now. Take your own actions and words, then try to see how you would fel if someone else applied them on you. Ask yourself why you are doing this. If the reason isn't clear, perhaps you should look it over again. If there is a reason, try to see if you can resolve it instead of hurting this person in any way.

Remember violence never solves anything; neither does bullving









Friendship and forgiving

by .Infinity.

In your lifetime you will meet many people. Within these people you meet, you will often befriend someone. Sometimes during a friendship you may have a few disagreements, which at some point may cause arguments. Sometimes these arguments can be small, at other times they can be fairly large. While sometimes the argument may end quickly, at other times it may never end. Never-ending arguments aren't very good, and they can often cause a lot of unneeded stress. Avoiding these kind of arguments is always a good liet.

Forgiveness

Forgiveness is a great thing; it often gives you inner peace. Forgiving somebody is much better than holding grudges. Maybe you had a heated argument about something small, maybe it was something big, but forgiveness is possible for most things. When you forgive somebody you basically "burry the hatchet". This means that you no longer dwell on what has happened, and you try to take a step forward. Usually when you forgive somebody, depending on the case, either one person or both say sorry. Saying sorry doesn't mean that you're weak, it actually takes, a lot of strength and coursent a nonlonize.

Forgiveness don'ts

When going about forgiving somebody, you need to work out the problem. Here are a list of things that you should not do while trying to work it out

Don't

- Start where you left off.
- Try to push all of the blame on the other person.
- Get angry again.
- Say anything that may cause the argument to flare up again.

Basically, it's best that you do anything possible to avoid another argument from happening. Remember, you're trying to settle this, not make it happen all over again

Dos

When you're ready to forgive somebody, there are things that you should do. Here are a list of things that are useful for settling an argument.

Do:

- Apologize.
- Talk it out calmly.
- Listen to what the other person has to say.
- Try your best to let it go.

You should generally try to have an open mind while trying to work it out. Always talk calmly to the person, and listen to what the other person has to say as well. Remember to apologize if you did anything wrong. Apologies go much further than denial. You need to try to let go of whatever started the argument so that you can move on and continue with the friendship again.



Study tips for students taking tests

by Derek Yung

You're in the thick of the school year. It seems like there are so many things going on, like assignments, projects, and extracurricular activities. Now a test is coming up and you've got to do well on it. How should you study so you do better on that test?

First of all, when you study for a test, you shouldn't be learning something completely new. It is faster and easier to recall something you have already learned than to learn something completely new. After each day of classes, it is a good idea to review everything you have learned. It doesn't have to be a long review either. Simply jog through the day's topics. That way, you give your brain another chance to soak up the information. Hopefully, this review will make future studying less time consuming and less of a learning process.

Where you study is important. Find a place that's readily available with minimal distractions. A popular place to study is home. However, for some, home can be too distracting as it is easy to get sidetracked. What may help is if you study in a place that's similar to the place where you're going to take the test. When you study, you might associate certain topics with the environment. So if you take the test in a similar environment, you can more easily retrieve these associations. For example, if you're going to write a test in a cymnasium, if may help to study in a gymnasium?

Some people study well in a group since they can get help from others in areas in which they are lacking. They may also gain insight from others on what they have overlooked and which areas to focus on for the test. On the other hand, some people study well alone. They know what they have to study. Also, a group can be distracting as they engage in off-topic conversation or try to do everything but study. You're the one who knows vourself the best so determine what works hest for you.

There are a variety of methods you can use when studying. For example, when studying for a test, you can do different things, like reading through your textbook, reading through course notes, answering textbook questions, redoing past assignments, reviewing previous tests, researching online, talking with others, and more. You can also use memory-improving techniques like mnemonics, visualization, and association. The a combination of different studying methods and track your results.

A method that works well for most people is studying in small pieces instead of large blocks of time. Studying in large blocks of time increases the chance that you will overwhelm your brain with information and start forgetting things. If you study in small pieces of time, you aren't absorbing all of this information at once and get chances to rest. Furthermore, you should rehearse what you study and do it in expanding time intervals. For example, if you study ten digits of PI, you could attempt to rehearse the end did to no eminute. Hen two minutes, then four minutes, and so on

In addition, state of being is important for studying. It has been shown that if you study while intoxicated, you will do better if you take the test while intoxicated. If you study while sobber, you will do better if you take the test while sober. The sober case showed better results than the intoxicated case. Thus it's better to stay away from the drinks while studying and while taking the test.

Finally, make sure you eat healthy and get a good night's sleep before the test. If you think there is not enough time to sleep, take a look at some time management tips so you can help use and manage your time more efficiently.

Source: www.articlesbase.com

About the author: Derick Yung is the webmaster for Derick's Magic: The Gathering at http://www.dericksmagic.com/



The art of a hubble bath

by Soapy Bubbles

Extensive research was compiled on this subject, including many long hours soaking in a tub with only a few bubbles remaining, frittering away an evening testing fizzy balls and loofahs, and careful experimentation involving soap versus shampon.

[This topic is intended mostly for girls, the author being a girl, but that's not to say guys shouldn't think about taking a bubble bath, tool!

Introduction, or why you should consider It

When was the last time you took a bubble bath? You probably took some as a kid, but have you actually done it lately? I just got done taking a bubble bath. They are extremely relaxing and fun. Whether you're stressing about an exam, upset with your significant other, having issues with friends, or just bored, a bubble bath can help, if only momentarily making you feel better. It could be a tub for two for a romantic night with someone, or just some much deserved "me" time. And they can be low to no-budget things, or blow-your-birthday-money extravaganzas. It's not like a shower, and it's not like the nool. The point is, bubble baths are sexy and awesome. =D

A note on tubs for two

Bathtubs can be completely romantic if you want them to be. Candles placed around a steaming tub full of bubbles, dimmed lights, you get the idea. They can be a surprise for your girlfriend on your anniversary, complete with rose petals, or a sexy together time after your boyfriend's had a long day at work. Whatever floats your boat, no pun intended. While bigger bathtubs work better for two people, a regular sized tub can be quite cozy. It's a great opportunity to cuddle and talk about non-stressful things.

Tube for one

In my opinion, tub for one is a extremely good idea, maybe even better than tub for two. It's the perfect way to pamper yourself and forget about your woes

When to have a hubble bath

I like taking baths just before I go to bed. It's nice to take a bath when no-one else is home so you can spend as long as you want in the tub with no-one to bother you. If that's not possible, try and pick a time when everyone is asleep or busy. If it's not happening, ask a friend to borrow their bathroom for an hour or so. Let your family know that you're not to be disturbed. This is serious tub-time!



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The art of a bubble bath continued...

by Soapy Bubbles

Bathtub supplies

Not all of these are necessary, but they are pretty fun and all of them work on a low budget.

- Bubbles: But, of coursel You don't have to use them, but they really make
 the bath much more fun. You can buy bubble bath from the drugstore for
 cheap in fun smells and even colors! You can also use lvory Dish soap.
 (Please DO NOT use any other dish soap than Ivory. Ivory is regular soap,
 the others are chemical clicks.)
- Music: Aah, essential for music lovers. I'd recommend plugging in a boom box simply because they're simple. Turn the music on in another room if you have to, and as a last resort, use an mp3 player. However, make sure you've got a waterproof case. I don't recommend them because the earphones are fussy and might come out or get damaged in water. NEVER EVER EVER EVER ADJUST ANY ELECTRONIC DEVICE WHEN WET! WATER + ELEC-TRICITY = NOT GOOD.
- Rubber ducks! Or any other bathtub toy, really. You used them as a little kid, you've probably got one or two laying around. And if not, you can get them for 99 cents at the store. It's unbelievably fun to zoom around a plastic swimmer in the water and pretend vou're four years old again.
- Bath balls and salts: These are little fizzy balls that you drop in the bath and, well, they fizz. Salts fizz a little and smell nice. They're better off used without bubbles, but hey, if you want to experiment go ahead.
- Back scrubber; foot scrubber: Useful tools, and they tickle. I have a
 green plastic one that's very good for getting the small of your back. Also
 good for when you have an itch.
- Washcloth: Well, duh. Loofahs are awesome, too, and very cheap. Moms
- Shampoo or conditioner: If you want to wash your hair in the tub, feel free. If you have bubbles, it won't work to rinse by submerging your hair (the bubbles are like soap). If your tub has one of those hand held shower heads, that works perfectly. If it doesn't, don't worry, a plastic cup filled from the tap and dumped over your head works great too. I'd do it at the end, as shampoo makes the water a little cloudy.
- Bathrobe + slippers: My mom has a white fluffy bathrobe with matching slippers that I'm not allowed to touch. I use a fleece robe that I've had for ages. It's not necessary, just nice to have something to slip into while the tub fills up or after a bath. Fuzzy socks and a long shirt work well if you don't have one.
- Bath pillow/tray: An inflatable pillow that suctions to the side of your tub is pretty cool, and a tray is fun if you'd like to read in the tub. Wal-Mart or similar places should have them.
- Shaving stuff: It's nice to shave in the tub because you can reach places you don't usually see in the shower. Bubbles don't work really well as shaving cream because they slide right off you, but a fresh razor has the same effect.
- Foot pumice: Yay for soft feet. If you're going to do this, do it last because your icky dead skin will get all over the tub. Better yet, get out but don't let all the water out and THEN do your feet. Foot scrubs are at your drugstore as well.



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The art of a bubble bath continued...

by Soapy Bubbles

Before you get in

Before you even turn on the water, clean out the tub. It is nasty to have things floating in the water that did not come off of you. After the tub is clean, you can start the water. If it's a hot day, start off with hot water and switch to cold when the tub is half full, and vice versa. Make sure you test the water BEFORE the tub is all full with your foot. Baths that are too hot or too cold are not fun. Once the tub has an inch or two of water, add your bubbles! Use however much you want, the whole bottle or just a cupful; it's your bath. Turn on your music now and get out your ducks, boats, sharing stuff, loofah, bath balls, whatever you have. Finally, make sure you have your clothes or robe and towel for after. Stiting in an empty hathith, wellion for someone to bring you a towel is NOT fin.

Yay tub time!

Please note that tubs are rather slippy when full of bubbles, it's very easy to slide into the tap, which hurts a lot. First, take a moment to admire the bubbles. Bubbles are so pretly and shiny. Give yourself a bubble beard, it's wicked fun. Try to make shapes with the bubbles, and add more bubble solution if required. Hoard them. Hug them. Kiss them if you so desire but heware of soan in the mouth!

You know how in movies there's so often a bathtub scene? Like in Elizabethtown, Claire takes a bath while she's on the phone and the bubbles are arranged just so that you can't see her girly parts. This is harder than it looks, I spent ten minutes trying to achieve it. Bubbles are not cooperative when you want them to stay in one place, and if you do not them right you can't move.

Make a note of how beautiful you are. Being underwater makes any kind of body look beautiful, but if for some reason you can't see that, cover the offensive areas with bubbles! If you are absolutely blind (repeat after me, "I am gorgeous." I am gorgeous") and cannot stand the sight of yourself naked, wear a swimming suit, but you're beautiful without if

Play with the toys. Chug a chug chug the tugboat across the water, make a line of rubber ducks, pretend that the plastic swimming man is your ex and sink him. There's a reason little kids love 'em. Shave, shampoo, loofah, whatever. Use 'em. Submerge your-self completely, It's very fun. Yes honey, your hair folo. It's the greatest feeling, just as your face drop undermeath the water, and your hair feels so different. It also looks pretty damn sexy floating around your face in the water. When you're mostly underwater (or as far under as you can get, in my small-bathtub case) it feels nice and warm and you could just go to sleep. But please don't, I don't want you to inhale water. BEWARE OF BUBBLES IN THE EARS. THEY ARE VERY LOUD WHEN THEY POP! Stay in as long as you like. Don't take any phone calls, and don't get out to go do chores or something. Just ... don't. Stay in until all the bubbles are gone, and if you still aren't done, hex add some more If's okav this is your relaxation time.

When you do get out

I love staying in until all the water is gone SHOOSH down the drain, but do as you like. It's a good idea to splash some clear-lish water on your skin to get rid of the bubbles. Some people like to take a shower after, but I'm not partial to that myself Wrap yourself in a towel or robe and put on your silippers. Comb your hair, brush your teeth, put on your face-cream or whatever. Please don't go to extremes to make your hair perfect, just put it in a pony tail and be done with it. It's too much of a hassle, especially if you're just going to be lazing around afterwards. Dr off, put on your clothes if you have them with you, moisturize, anything you like. Make sure you collect all your stuff from the bathroom when you're done, and rinse out the tub out of courtesy to your family, too.

Rinse and repeat as necessary.



A multimedia revolution in your pocket

by fred2028

With every iPod generation, Apple introduced a new innovation for pocket media players. Examples include the scroll wheel, pictures in colour, video playback, and now, exactly 6 years after the release of the first iPod, a multi-louch user interface featured on the iPod Touch.

Almost identical to the best-selling iPhone, the iPod Touch is slightly thinner and shorter than its older counterpart. The Touch borrows most of its features from the iPhone, making it essentially an iPhone without the phone, Bluetooth, camera, notes, mail, and Google Maps. Preloaded applications include a calendar, contacts, clock, and a simple calculator. Like all other iPods, the Touch can play music, videos, and photos, but what sets this one agnat from the others is list fur yet effective multi-louch interface.

When a user is within range of a wireless router (Wi-Fi), the computer-level in, not watered down) Safari browser allows users to view webpages the way they were meant to be seen. A mobile iTunes store allows users to preview and download full songs or albums on the go, and a YouTube application lets you watch any YouTube video.

Using up to 2 human fingers, the user can manipulate the Touch easier and faster than any other iPod. Weighing a mere 120 grams and roughly the size of an iPod Classic, portability is certainly not a concern.

Now some details for tech-savvy users. The iPod Touch comes in 2 varieties; 8 GB and 16 GB. the storage medium is non-volatile flash memory that reduces wear and lag often found in hard drive MP3 players (such as the Classic). While it is roughly the dimensions of an iPod Classic, the Touch features a 3.5" widescreen display that is almost twice the size and resolution of the Classic. Battery life is surprising; 22 hours of music or 5 hours of video, enough to keep you going through the entire day. The Touch has only 2 physical buttons; Hold and Home. All other controls appear as needed on its scratch-resistant, multi-touch screen. Data transfer is over the same white USB cord from the older iPods that plugs nicely into your computer.

How is the Touch, and is it worth the money you ask? The browser works surprisingly well, displaying pages just like a normal browser would. One downside is that Quick Time Player is used for playback of media files on the Internet, restricting your media types from any Windows Media Player formats (wmv, mpg, wma, etc.). However, pages can be zoomed in and out by spreading out and closing in (pinching) 2 fingers (respectively), and an on-screen adaptive keyboard pops up as necessary.

Browsing music is easier than ever; at the flick of a finger (up or down) you can scroll through your songs, and a sharp flick allows songs to be scrolled faster. Tilting the Touch into landscape view enables Cover Flow, Apple's innovative way to browse music by album art. The music keeps playing even when you access other applications and can be quickly accessed by double-tapping the Home button.



A multimedia revolution in your pocket cont...

Videos look gorgeous on the Touch. The 3.5" widescreen 480x320 screen allows videos and movies to be clearly and comfortably viewed, with onscreen controls anpaging at the tan of a finger.

Photos are even easier to view and manage. At the flick of a finger (left or right), one can browse through the photos in an album, and by spreading with two fingers/pinching one can zoom in/out respectively. Photos can now be used as wallnaper for the lock screen.

The iPod Touch itself is beautiful, but how vulnerable is it to damage? A You-Tube video demonstrates some scratch tests on the screen. Neither keys, a paperclip, not an X-Acto knife could make a mark on the screen, however, the shinv back can get dirty and scratched very easily.

Is it worth the price though? The 8 GB model sells for \$329 and 16 GB for \$449 CAD (\$299 and \$339 USD respectively). Compared to other similarly-featured music players, the IPod Touch is over-priced. For 8 GB of music, video, and photos, one can get a Nano for \$100 less. However, if you like having the latest technology, the ability to go on the Internet, watching videos in widescreen, and download music on the go but don't want to commit to a pricy AT&T contract. the Touch is the way to go.

Oh, and one last tip: if you were looking to buy one, purchase one from Apple's online store and get free laser engraving. Waiting time is, unfortunately, about 2 weeks

Poems

November 2007

You deserve better, by wishin~i~was~someone~else

Take the chance to let someone in, let someone take your hand, on your own, this battle, you cannot win, just let someone understand.

To let someone know, how life has got you down, that you wanted to let go, and you were left with a permanent frown.

Asking for help is for the best, they could help in ways you couldn't see, that special feeling, getting things off your chest, that feeling of finally being free.

All it took was one word, to ask for help when you couldn't hold on tight, just to get yourself heard, because you deserve to find the strength to fight.

To an angel, by Eternal Flames

Beauty like yours, is a blessing in this world, the radiant glow that surrounds you shines brighter than a pearl.

Eyes like yours, are the artwork of a higher being, magic in effect, emanating peace, tinted in hazel, but made simply for seeing.

> Hair like yours, so lush and so long, perfect in every style, never does it look wrong.

Sweet is your nature, amazing are your looks, what you are to me, is what a diamond is to crooks.

How do I describe angel?
This is an attempt,
but words are hard to find
when it comes to angel - Heaven sent.

Perfection: Defined.

Notes: You truly are an angel. Missing you more!



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We, the editors, would like to thank the following people for taking the time to thoughtfully contribute to Avatar:

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