



TeenHelp.org presents...

Avatar

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Editorial

Yeni Yiliniz Kutlu Olsun!
Kul 'aam u antum salimoun!

Hello everyone, and welcome to this edition of Avatar! We hope that you've all had safe and happy holidays.

In this edition of Avatar we have a great selection of articles picked out to kick off the New Year. With articles ranging from news to self help, all the way down to self expression, horoscopes and more, you're all sure to find something that you'll like.

In future editions of Avatar you will now be seeing our newest feature, opinion polls! We will be holding these each month on Avatar contributors and TeenHelp donors to get the opinions on a variety of topics! Check in the Contributor and Donor forums regularly to give your opinions, and if you can't see these forums ... then you know what to do about it. ;)

As all of your opinions count, please remember to send in your contributions! Even if you have contributed before, remember that we're always looking for submissions, whether they be articles, poems, pictures or anything else!

We hope that you all enjoy this edition of Avatar,

Have a happy and safe New Year!

Mel & Rob,
The Avatar Editors.

A poll on the views of TeenHelp members.

When I think of Christmas, I mostly think of...



by Rob

2007 has come to a close, and what a year! A lot of things have happened in 2007, and what better way to see out the old year than by reminiscing over some of the past year's happenings. You might remember some of the events listed below, while other events may be entirely new to you.



2007: Year of the Fire Boar.

Politics and current events

- o Tony Blair resigned as Prime Minister of the United Kingdom and Northern Ireland, and was succeeded by Gordon Brown.
- o Smoking was banned in all indoor places in the UK, Hong Kong, Slovenia and some parts of Australia.
- o The Scottish Nationalist Party became the largest political party in Scotland for the first time in their history.
- o 2007 was the European Year of Equal Opportunities for All.
- o The European Union extended its reach, with more countries joining (Bulgaria, Romania), and further countries adopting the Euro (Slovenia).
- o Burmese monks protested against their corrupt government.
- o Abortion was legalised in Portugal and Mexico City.
- o Nancy Pelosi became the first female Speaker of the House of Representatives of the United States of America.
- o 32 people were killed in the massacre at Virginia Polytechnic Institute and State University.
- o The war in Somalia continued, as did the conflicts in Iraq and other parts of the Middle East.

Sport

- o The new Wembley Stadium was completed in London.
- o Venus Williams won the Women's Singles for a fourth time, and Roger Federer won the Men's Singles for a fifth time in a row at Wimbledon.
- o The Texas Rangers scored thirty runs in one game, setting the modern record for home runs in a single game.
- o The Colts defeated the Bears in the Super Bowl.

Architecture

- o Burj Dubai surpassed Taipei 101 as the tallest building in the World, and later surpassed the CN Tower as the World's tallest freestanding structure. Upon its completion in 2008, it is predicted to be the tallest structure ever build, by any measure, surpassing the height of the ill-fated Warsaw radio mast.

Literature

- o The last Harry Potter book, Harry Potter and the Deathly Hallows, was released, selling over eleven million copies in the first twenty-four hours, breaking the previous record of nine million, which was set by its predecessor, Harry Potter and the Half-Blood Prince.

Entertainment

- o Halo 3 was released. In the first twenty-four hours after its release it made \$170 million US, which broke all previous records in entertainment history.

Technology

- o Windows Vista and Mac OS X Leopard were released, as was the Apple iPhone.

Astronomy

- o McNaught, the brightest comet in forty years, became visible in the Southern Hemisphere as it made perihelion. [Its closest approach to the sun.]

Economy

- o Pound Sterling reached £1 = \$2 US, the strongest it had been in fifteen years.
- o Sheikh Mohammed bin Rashid al-Maktoum made a donation of €7.41 billion to an educational foundation in the Middle East. This was the largest charitable donation in history.

Deaths

- o Anna Nicole Smith and Jerry Falwell died, among many others.

A poll on the views of TeenHelp members.

Was 2007 a good year?



Surefire way to stop procrastinating

L'Shannah Tovah Tikatevu!
Niya Saa Moobaarak!

by Robin Chandler

We're all guilty of procrastination at some point, when we just can't get the motivation to start the report, tackle the paper work, clear out the shed, make the phone calls, organise the filing cabinet, repaint the bedroom.

Not only that, ever notice how easy it is to get distracted when there's a pile of work waiting for our attention: suddenly housework seems incredibly inviting; surfing the net, playing computer games, texting friends and of course eating take on a far greater priority than what really needs to get done.

Then of course there's the guilt that you haven't started yet; the task(s) to be done weighs very heavily and is ever present, reminding you just how hopeless you are. Not very nice.

One thing that makes it so hard to begin and so easy to drag your feet is that it's common to feel overwhelmed by everything that needs to be done. The mountain of paperwork looks too huge to undertake so you put it off, the pile gets higher, you put it off some more...you get the picture. Looking at the whole of it and trying to figure out where to begin can make you feel exhausted, defeated and inadequate.

In January 2007 Boots the Chemist launched a new campaign called Change One Thing to help people keep their New Year's Resolutions, but also in recognition that when you try to change everything all in one go, you are bound to fail. By changing one small thing there is a greater chance of success.

That's how to break the grip of procrastination. Do one small thing. Rather than convincing yourself that you don't have time to tackle the mountain of papers, set aside just a half hour to do one thing. Make one phone call, deal with one piece of paper, file one centimetre from the pile, write one page of the report.

Then stop.

Do something else. Then return and do the next one thing.

We can hear you already, "All well and good, but how do I get the motivation to even do that one small thing?"

There are a few things you can do. The first is to try to set aside your need to get it perfect (another reason it's easy to procrastinate). Aim for 'good enough' at first.

You can set a 'soft' deadline ("I'll give myself till lunchtime to make that phone call."), give yourself a reward ("I'll make a nice cup of tea after I clear out two boxes of junk"), tell a friend and ask them to help. Sometimes - even at work - a seemingly impossible task will go much faster if you enlist someone else's support.

What also seems to work is to talk through your ideas before starting a new task and there are a few reasons for this: first, it helps people clarify their thoughts, second, they don't feel so alone, third, new ideas will inevitably emerge if more than one brain is focused on the problem at hand.

That's true whether you're painting your bedroom, clearing a closet or tackling that mountain of paperwork.

Finally, you can give yourself permission to procrastinate!

We don't mean 'forever', but occasionally, you just might need to say it's OK to put off till tomorrow what your guilty mind says you should be doing today.

Source: www.articlesbase.com

About the author:

Jo Ellen and Robin run Impact Factory (www.impactfactory.com) who provide Professional Personal Development and Management Training, Presentation Skills, Communications Training, Leadership Development and Executive Coaching for Individuals.

by Rob

New Year is a time of new beginnings; an opportunity to put the past behind you and start fresh. For many people this can be the perfect opportunity for self-improvement, and to this end a lot of us devise a New Year's resolution or two to help us out. But is a New Year's resolution just something from your to do list, or is there more to it than that? And why do so many people set resolutions they never complete? I hope to help answer these questions.

What is a New Year's resolution?

The origins of New Year's resolutions date back to Roman times. Under the Julian calendar (later the Gregorian calendar, the calendar we currently observe) January 1st, the New Year, was a day of celebration of the god Janus, the god of beginnings, endings, gateways and doors. Janus, depicted with two opposing faces, was said to look back to the past and forward to the future at the same time. At New Year, the Romans exchanged gifts, and used the time to reflect on the previous year, and hoped for forgiveness from their enemies. This was the very beginnings of the tradition of New Year's resolutions.^[1]

A New Year's resolution is usually a goal a person sets themselves at New Year, which if completed - they hope - will benefit their lives somehow. New Year's resolutions can be small or large, and commonly involve changes to a person's lifestyle. For example, common resolutions might include reducing smoking or drinking, or to start eating more healthily.

How do I make a New Year's resolution?

First, start out with a large, blank piece of paper and a pen. On this piece of paper write down anything you'd like to achieve in the future (for example, with a spider diagram). These could be things you want to achieve in the next month, or things you want to achieve in the next ten years, it doesn't really matter. Just get any ideas that come to mind down.

State each of these ideas as positive intentions of achievement, not as past mistakes to avoid; reminiscing over the problems of the past can demotivate you from the start, so be sure to start off with the right mindset.

As the ideas come out, you may find it appropriate to clump several similar goals together into larger goals. This is fine, and will help give yourself a more general direction of where you want to go.

Take your time with this brainstorming. After you think you've finished, you may like to leave it a day or two and come back to it with any other ideas you've come up with.

Once you're satisfied with your ideas, start selecting the more important ones, and deselecting (crossing off) the less important ones, and the ones that you don't feel you're able to achieve at the moment for whatever reason. Keeping a list of those goals you 'cross off' will be useful, as you never know when you might be up to the challenge of completing these other goals; it doesn't have to be New Year for you to make big changes!

As you narrow it down from your list, you should eventually end up with just one, or a small number of really important goals that you you'd like to try and achieve. Once you have this goal or goals, consider each in terms of the following, which you might have seen before:

Specific - Is the goal too general? Or is it well-defined and precise? Do you know what achieving the goal will involve? What are the facts and figures and requirements for the goal? When? What? Who? How? Why?

Measurable - Will you know how your progress towards the goal is going? Will you know when the goal has been achieved?

Achievable - Is the goal something you're likely to be able to achieve? Or is it something you will probably fail at? What are your resources? And how can these be used to achieve your goal?

Realistic - Are you willing to achieve the goal? The goal shouldn't be something that you think would be great to achieve if you're not actually going to achieve it. Is it small enough, or is it just a wild fantasy?

Time-bound - Do you know when you want to achieve the goal by? Will it take too long to complete? Is there still enough time left for you to achieve that goal?

(Adapted from Doran, 1981.^[2])

by Rob

By answering the questions above, you should hopefully be able to refine your goal into a decent ('smart') goal to head towards. This goal should be the 'big picture' of where you want to go. But now you've got a goal, how the heck do you actually achieve it?

How do I achieve a New Year's resolution?

Plan, plan, plan! If you don't plan, you can't hope to achieve. The plan is the single most important part of achieving your goal(s). A plan should be a clear, directed outline of how you're going to achieve your goal, and should include every step you think must be taken in order to achieve your goal.

Before you start your plan for this year's resolutions, look back at last year first. Get out a list of your 2007 resolutions if you have a copy of any you made. Look at what your goals were. Did you achieve them or not? Why? Or why not? What was a good thing about your goals and methods of achieving them last year? What was something you could improve on? From these resolutions, what could you do this year to make sure your resolutions are achieved (more) effectively? Reflecting on what you've done in the past can be an incredibly important aspect of making sure you're more successful in the future.

Now that you've got some tips for your plan, it's time to get going. Right now! There's no time like the present, and the longer you leave it the less likely you'll succeed. If you leave it you'll probably end up getting bored of it, or forgetting what your aims were. Starting as soon as possible with a clear outcome in mind will help you to stay motivated and positive towards your goal. If you start out apathetically, this will be reflected in your results. So start as you mean to go on, and get a move on!

Write your plan down, don't keep it all in your head, because you'll probably forget it. Get even the smallest of details down so that they're there for you when you need them. The worst feeling ever is knowing there was something you had to do, but not being able to remember it. So avoid this by keeping everything on paper. Furthermore, new ideas might come to you at anytime, so keep a pad of paper handy, so you can write down any and every thought about your goal down as soon as you think of it.

So now you've started your plan itself, what should you put into it? Well firstly, at the top of the plan highlight your key focus point: the goal that you would like to achieve. This should be large and clear, and should be used continually to reflect on whether or not the rest of your plan is doing what you want it to be doing. There's no point putting anything in the plan that doesn't relate to your goal.

Below this, your plan should contain all the smaller goals you need to achieve before your big goal is achieved. Think about all the things you'll need to do along the way. How important are each of these steps? Are they necessary or just useful? What do you need to achieve each one? And how precisely will you go about achieving each one? How long will each one take? By looking at the importance of each sub-goal, you can decide how much time to dedicate on it, and which order you should do each of these sub-goals. Sequence these subgoals logically; these are the steps towards your goal.

Make sure each of these goals is small enough. If one's too big it'll seem too challenging and might put you off, so break it down more and more until every step is achievable. By having smaller steps, it means you'll also be able to see the rewards sooner and more often. Again, make sure each of the sub-goals is a SMART goal to be heading towards.

Below each step in your plan, identify the distractions or challenges you might face at each stage. Why will these problems arise? Is there anyway to avoid them? If not, how will you deal with them when they do arise?

Once you've got to here, you should have a pretty decent plan in front of you, but it's easy to put it on paper, but not so easy to make it work. So how do you get the plan from paper into action?

Acting on the plan

Keep to the plan! If you've said you'll do it in your plan, make sure you do it. Don't just discard it or decide to do it later.

by Rob

When you start it may seem easy to get demotivated at your apparent lack of progress. But don't be put off if you don't achieve your goal straight away. Your goal should have been set for the future; something you're going to achieve over time, not something that's going to come straight away. You're not going to get results a week after New Year, and if this is what you're expecting then it might seem like a good idea to give up straight away. Keep in mind that your plan helps you to get results a little bit at a time over a period of time, and that the end point won't come straight away. This is why your goals were time-bound, and these deadlines should be stated clearly on your plan. Keep looking at these dates to keep you feeling optimistic towards your goals.

As each minor success comes, don't be afraid to pat yourself on the back. Following the completion of each step in your plan, you deserve a reward, so congratulate yourself on a job well done! These self-rewards, while a little pretentious, will keep you in the mood to keep at it. (See Skinner, 1938.^[1])

Some people argue it's best to keep your resolutions to yourself, and others argue it's best to tell everyone you know. What you do in this case is up to you. On one hand, the motivation of other people can keep you on track, for example if your friends and family constantly remind you of your goal and what you should be doing towards it. On the other hand, you should be careful, since if you get behind, the constant hassling from other people might prove to be demotivating to you. Only you know what works best for you.

Don't procrastinate: this won't get you anywhere. See the following article for ways to avoid procrastinating.

Once your goal is well into swing and you're managing to keep yourself on track, come back to it periodically, for example once a week or once a month. Look at your plan, and look at what you've done. Have you done what you should have in the time or not? Why or why not? Was there a problem in your plan itself or in your attitude towards achieving the plan? What can you do to help correct these problems and help your performance in the future?

Once each goal, or your resolution itself, has been completed, return to them and review them. How was the goal completed? How could you have completed it more effectively? What did you do well that got the goal finished? What do you need to improve next time you head for a goal? Was it too easy or too difficult?

Keep a set of your notes in preparation for future goals you set yourself, they could be helpful. Learning from your mistakes, if any, can be invaluable. Over time, as you go through every major goal in your life, you'll gradually become more adept at succeeding at what you want to succeed at, and won't need to rely on your plans as much.

Happy New Year, and I expect that this time next year you'd have ticked at least one major goal off of your to do list!

References

- ^[1]http://www.goalsguy.com/Events/n_facts.html
- ^[2]Doran, G. T. (1981). There's a S. M. A. R. T. way to write management goals and objectives. *Management Review*, 35-36.
- ^[3]Skinner, B. F. (1938). *The behaviour of organisms*. New York: Appleton Century Crofts, Inc.

So, you think you could be anorexic?

Anorexia affects many people across a range of ages, from young teenagers to middle-aged parents. Most commonly, anorexics will be female, but males can be affected as well. Causes of anorexia are widely varying and individual, but might range from doubts raised in the sub-conscious by the media, to traumatic life experiences (such as sexual abuse, which up to 50% of treated anorexics may have experienced⁽¹⁾), to wanting to look and be 'perfect', but there are many other possible causes of anorexia.

But, what is anorexia?

By definition, "anorexia nervosa" is a psychological disorder characterized by a refusal to maintain a healthy body weight, which results from an obsessive fear of becoming fat, and a distorted perception of one's own body image. Anorexia exists as a complex compulsion of eating patterns that disturbs physical, mental and psychological health. Anorexia is a serious and often life-threatening condition, which is usually diagnosed using the criteria presented in DSM-IV⁽²⁾.

Anorexics typically fall within one of three sub-types of anorexia, though there is considerable overlap between the types of anorexia. These are:

Restrictive-type anorexia: Restrictive-type anorexics achieve weight loss by refusing to eat or by excessively exercising, but do not regularly engage in any bingeing or purging behaviours.

Purge-type anorexia: Purge-type anorexics achieve weight loss by engaging in purging behaviours, for example self-induced vomiting, or abuse of laxatives, but do not regularly engage in bingeing behaviours (the presence of both bingeing and purging behaviours would tend to suggest a bulimia nervosa diagnosis). Purge-type anorexics may also restrict their consumption of food as well.

Binge-eating type anorexia: Binge-eating type anorexics engage in binge-eating habits, which are followed by periods of fasting (restricting) and possibly by excessive exercise, but they do not regularly engage in purging behaviours (see bulimia nervosa).

Initially, anorexia-associated behaviours are aimed at weight loss, but over time the weight loss becomes a sign of self-control. The drive to become thinner may become secondary to concerns about control and/or fears relating to one's body. The behaviour may be maintained to a point of starvation in order to feel a sense of self-control. Lack of this self-control (for example, by weight gain) can cause the anorexic to feel like a failure, which is distressing to the person involved. The cycle of behaviours becomes an obsession, and is comparable to any other form of addiction.

by kangphil, Rob and *anonymous*

Below is a case study as reported from the eyes of a parent:

"It was 6 months ago when I realized my daughter, Jen, had an eating disorder. Jen has always been a picky eater. But I started to see that she moved food around her plate. And she never ate very much. She exercised all the time—even when she was sick. And she was sick a lot. She became very skinny and pale. Her hair was thinning. Jen was moody and seemed sad—I thought that's what teens act like. But once I put the signs together, I talked to Jen about anorexia. She denied she had a problem, but I knew she needed help."

It seems that the drive to maintain the "fear" aspect of anorexia comes from other people's nasty or negative comments about appearance, the media, reports on celebrities and idols dieting habits for their careers, pressure from peer groups or just that someone feels as though they're under pressure to be a certain size and shape, but for no obvious reason.

The mental illness aspect lies deeper and could be because of things such as bullying at a younger age. For example by being teased about being overweight, the person might be motivated to lose weight to avoid the bullying. But this can go too far, and a disorder can develop. But other psychological assessments may play a role other than those directly influenced by others, for example anorexia can be associated with a sense of self-hatred and a desire/need to punish oneself.

There are many ways anorexics can be described. You may hear obsessed, addicted, hooked or infatuated. These descriptions come from the anorexics' "obsession" with food, calories, weight, BMIs and measurements. For example, one sufferer is quoted as saying: "I have often said that it is numbers that control my life, nothing more, nothing less," says Rosie, "when you first begin to cut down on your food, you never imagine that food will in a matter of months control your life, your thoughts and your mind. You become obsessed with calories and the scale. Your life exists somewhere between the two, and that it is. It's a very sad life."

Anorexia may further be perpetuated in the form of depression or self harming behaviours, which can often come hand-in-hand with anorexia. Depression can be either a cause or consequence of anorexia, but a lot of anorexics suffer from it in varying degrees. These additional disorders may prevent the sufferer from thinking as rationally as they usually would. Since thinking affects your decisions, which directly affects your actions, your type of thinking can determine how you treat yourself, talk, express yourself and do day-to-day things. Mental disorders can affect the rationality of thought. From this, it is fair to assume that anorexics may not be thinking rationally during their experiences, as anorexia nervosa is a psychological disorder/mental illness. Certainly, even an anorexic will struggle to explain logically the reasons why they are behaving how they are, and many may not even recognise that the problem exists.

Anorexia has the highest mortality rate of all mental illnesses, with around 10% of anorexia cases being fatal. The consequences of anorexia on the body are substantial and dramatic, which as shown can lead to death or serious illness. Many long-suffering anorexics are able to share their physical ailments caused by years of starvation. Therefore it is obvious why it is heavily advised that should you suspect that you or someone you know suffer from anorexia that medical attention be sought as soon as is possible.

Treatment

Recovery from anorexia to a healthy body and state of mind is a long but entirely possible process. It is a given that the sooner a sufferer seeks help for their anorexia, the easier the process of recovery will be, as the longer anorexia remains in one's life, the greater a hold it will grasp.

The first step for an anorexic deciding to recover is to see their family doctor. They will be able to refer the sufferer to a psychiatric team for assessment and evaluation. In the current day and age, sadly, eating disorders are becoming much more common, and any doctor should be able to answer any questions in a professional manner.

Dependent on the severity of one's anorexia, your psychiatrist may decide residential treatment may be necessary. This is where the sufferer will sleep at the hospital until they are ready to finish their treatment at home. However, most commonly treatment for anorexia will take place within the community, meaning the sufferer will stay at home and see a therapist, or psychiatrist, once a week (sometimes more). One's doctor should also ensure that the sufferer have regular physical check ups, making sure they are healthy.

Getting treatment for the first time is scary, everyone who has ever done it will know that. One has to ask one's self this: Which is scarier, seeing a doctor, or dying? Because, ultimately, without treatment anorexia will lead to death.

References

^[1]Carter, J. C., Bewell, C., Blackmore, E. & Woodside, D. B. (2006). The impact of childhood sexual abuse in anorexia nervosa. *Child Abuse & Neglect*, 30(3), 257-269.

^[2]<http://www.behavenet.com/capsules/disorders/anorexia.htm>.

Before we get on to some of our member's wonderful poetry, it seems appropriate to start out with a New Year classic:

Auld Lang Syne

by Robert Burns

Should auld acquaintance be forgot,
and never brought to mind?
Should auld acquaintance be forgot,
and days of auld lang syne?

For auld lang syne, my dear,
For auld lang syne,
We'll take a cup o' kindness yet,
For auld lang syne.

We twa hae run about the braes,
And pou'd the gowans fine;
We've wander'd mony a weary foot,
Sin' auld lang syne.

We two hae paidled i' the burn,
Frae mornin' sun till dine;
But seas between us braid hae
 roar'd,
Sin' auld lang syne.

And here's a hand, my trusty friend,
And gie's a hand o' thine;
We'll take a cup o' kindness yet,
For auld lang syne.

Should auld acquaintance be forgot,
and never brought to mind?
Should auld acquaintance be forgot,
and days of auld lang syne?

For auld lang syne, my dear,
For auld lang syne,
We'll take a cup o' kindness yet,
For auld lang syne.

To Sara

by XG277

As I lay restless away from your touch,
I reflect on those words that mean so
 much.

Those three little said and returned.
Spoken with hope I would not be spurned,
But oft I reflect on those very same words.
Is it truth that I speak or has lust obscured
my true sight and feelings. Have I been so
 blind?

Hath your beauty led to deception so
 unkind?

But then I recall your smile so true.
A beautiful smile coming only from you.
A smile so soft and filled with love,
I feel as if given a gift from above.
My very own angel smiling just for me.
Why I would climb the highest peaks just
 to see

And taste your lips my darling one;
A dessert so sweet I could never be done.

Just as good as your smile is that feeling I
 get,
A feeling I can only describe as completely
content.

Completely comfortable in those moments
so charmed,
Those times in which I can hold you in my
arms.

Those moments in which I can feel a love
so true,

A feeling only found when I look at you.
When I am separated from you I can only
wait and pine,
For another of those moments which feel
so divine.

When I look into your eyes, which pierce
my soul,
I know that it is you who makes me whole.
And it is in these moments I can easily see,
I love you Sara Marie.

Untitled

by EpS3742

It slowly crumbled before your eyes,
you fought it day by day.
And though you held on so tight,
you've slowly slipped away.

Your family simply never cared,
they fought yelled and screamed.
And as you hid within your room,
you lost sight of your dream.

It started to take shape and form,
as you started to learn and grow.
The feeling of hurt and emptiness,
that no one else could know.

You cried, screamed and reached for
help,
but no-one wanted to hear.
They turned away, joked and
laughed,
and no one shed a tear.

Nothing hurts more than this,
it rips apart your soul.
Not being wanted or needed in life,
not ever feeling whole.

People still wont look at you,
maybe they don't want to under-
stand.

The thing you want so very bad,
the touch of a loving hand.

January - December 22-January 20

This month is a strong one to start the year off just right for Capricorns! January is excellent for personal popularity and influence, as well as getting personal initiatives off the ground. It's also strong for resolving sticky problems from the past. Love is especially private for you. Some work matters could be stuck or you may need to backtrack over projects you previously thought were complete. The most productive and rewarding week of January is the third week, when you are the recipient of positive feedback and even accolades.

Zodiac information

Capricorn is a negative, cardinal, earth sign ruled by the Planet Saturn, and symbolized by the goat. Capricorn is hard working, cautious, and responsible. They are the work horses of the zodiac.

Those with this horoscope are not visionaries. Their methods employ what has been done and proven in the past. Their motto would seem to be safe and sure, steady as you go. Capricorn is comfortable with predictable patterns and routine. They will give time and effort but not money and personal resources.

Capricorn has a difficult time relaxing and enjoying life. Not being particularly warm themselves, they tend to underestimate the importance of feelings in others. They are fair but not generous. At times, the capricorn personality displays a sense of humor. They can laugh at themselves but would be terribly upset if laughed at by others.

If you are looking for a person with unusual ideas and bubbly personality, you will have to look further than someone with a Capricorn horoscope.

More information...

Horoscope

www.cafeastrology.com

Zodiac

www.astrostarcharts.com

Thanks and Legal

Thanks for reading!

Thank you for taking the time to read this issue of Avatar! Any comments, suggestions or criticisms can be directed towards the editors, Mel and Rob. You can also send any submissions you have for Avatar to us, which are a really important part of keeping Avatar alive. We appreciate any submissions that are made to us. We look forward to hearing from you, and hope you enjoy the next edition of Avatar!

Mel & Rob,
The Avatar Editors.

Please visit us at the Avatar page, www.teenhelp.org/avatar, or email us at avatar@teenhelp.org.

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