



TeenHelp.org presents

# Avatar

TeenHelp.org's eZine  
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## Letter from the Editors

Hello everyone, and welcome to this edition of Avatar!

This issue will be the 12th and final issue in volume 1 of Avatar, concluding what has been a great first year for Avatar, hopefully the first of many. The past year's success with Avatar wouldn't have been possible without the contributions of our members, so we'd like to thank each and every one of you who took the time to write something for us. We'd also like to thank everyone who's read Avatar over the past year, as well, as without our readers making Avatar would be pointless!

Bearing that all in mind, we have a great issue lined up for all of you for this month. To start off this edition we have two tributes to a former TeenHelp staff member; Kiota. Following the tributes we have a news recap from this past month. This will give you some general ideas on the events that took place, so check it out in case you missed any! In addition to the news recap we have an article on seeking support, and one on long distance relationships; both which give tips and ideas on how to handle situations. Following those articles we also have a wonderful piece which suggests some ideas on how to select a proper candidate for the U.S. elections and elections in general. And to finish off this edition we have a quiz on general knowledge, some jokes, self expression, and finally zodiac information and a horoscope.

We hope that you enjoy this issue of Avatar, and we hope that you have a wonderful May Day!

The Avatar Editorial Team;

<b>Editor-in-Chief:</b>	Rob (Rob)
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<b>Graphics Editor [Acting]:</b>	Rob (Rob)
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<b>Sub-Editor of Mind and Body:</b>	Maria (Gidig)
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# Tributes to Kiota

by drowningangel and Jessie.

## Tribute from drowningangel

She was Ki to me. Not Anna. Ki. I didn't know her given name until recently, but it made no difference to me. She was my Ki, and "a rose by any other name smells just as sweet." And sweet she was. A butterfly, fluttering through the thistles and thorns of life, she persevered despite any damage to her wings. She was fragile, but she exuded a gentle strength that was beyond description.

*"And when the world is on its knees with me it's fine.  
And when I come to the rescue, I do it for you time after time.  
Everybody seems to be getting what they need; where's mine?  
Cause you're what I need so very but I'm anything but ordinary.  
I think I'm trying to save the world for you.  
You've been saving me too.  
We could just stay in and save each other.  
I'm anything but ordinary."  
- "Ordinary" Train, Spiderman 2 Soundtrack*

A loyal friend. A fierce competitor. A kind soul. Nothing could adequately say who exactly Ki was in words, for she was more than words could capture. I knew her for two years; her friendship and encouragement kept me going at times I thought nothing or no one could. That mixture of compassion and strength combined to make a personality that could get through to even the most remote minds and hearts.

*"Mary's alive in the bright New York Sky;  
The city lights shine for her  
Above them I cry for her  
Everything's small on the ground below  
Down below  
What if I fall?  
Then where would I go?  
Would she know?"*

*I see your face with every punch I take  
And every bone I break  
It's all for you.  
My worst pains are words I cannot say  
Still I will always fight on for you.*

- "Gifts and Curses" Yellowcard,  
Spiderman 2 Soundtrack

Nothing about Ki was ordinary. Each and every day I knew her was a gift for which I'm thankful, even now. Her spirit lives on, in the threads she made, the advice she gave, and the friendships she cultivated during her time here on TeenHelp and in this world. Around the world, we grieve for Ki and mourn the loss of such an amazing and incredible individual. Nobody will ever match her, despite their best efforts. She was one of a kind, who can never be replicated or replaced.

Ki, I will miss you. Every day I wake up, seeing a beautiful sky and a bright sun, I wish for the day to go dark, for nature to grieve as I do. You made each day special and savored every moment; I can only hope to pass on your legacy to those I meet in a fashion worthy of you, my friend. I will always miss you. I will never forget you.

Te amo, mi cara.

# Tributes to Kiota

by drowningangel and Jessie.

## Tribute from Jessie.

*She's laughing, spinning in her bedroom. Twirling like a dancer with her arms out to her side. Her skirt lifts and floats around her as she smiles with her eyes.*

*"It's just a skirt," I tease her. But it sparkles and she shines. It's made of silk and she brags about the cost. I laugh because it is too big on her and so she lifts it above her chest. It slips, she grins. "I'll have to fix it to fit me," she mentions, "I don't want to ruin it." I don't want to ruin this moment—seeing her carefree is a time I want to treasure. So I laugh again as she twirls some more. A smile on her face, a look of peace surrounds her.*

*"You are pulled from the wreckage of your silent reverie. You're in the arms of an angel. May you find some comfort there."  
- Angel, Sarah McLachlan*

This is how I will remember her. I want to remember her for the joy she brought my life. I'll never forget her, for the happiness and the pain. No need to be forgiven. I smile as I think of her, dancing in her favorite skirt. Selfish of me, maybe, I want every piece of her I can find. I've got few things that are tangible; nothing very concrete. Or, are memories concrete? So real to me is her beauty. So troubling was the depth of her eyes. So peaceful is her memory.

*I haven't felt like this in years. I'm crying. I tell her why. No surprise in her response, she always is straight forward. "You're not invincible," she reminds me. Her wide eyes stare me down and suddenly I laugh. She's angry at that, but doesn't seem to mind long. "Just wait, maybe life can change. You are loved," she tells me. Don't give up. Don't give in. I sing loudly. Obnoxiously. "You are precious," she teases. I shake my head and she laughs. "Remember when we met?" I ask. "I was so pissed at you," she grins. And she was. I smile and she reminds me how it didn't last long. "I have a way," I wink. "Shut up... you do."*

A life is a constant series of cause and effect. We all affect one another. She had such a wonderful effect. A constant presence in my life for years, her life helped to bring meaning to mine. In 18 years she changed the world. She changed my world. Insistent on challenging me, and others, to find the will to live, she taught me more than she knew. Anna forced me to believe, to honestly believe, that there was more to life than what we could see. That there were, would always be, reasons to live. She showed me that I have the strength to live and the courage to face tomorrow. Anna taught me that through the pain, through the tears and even after years of suffering, that life can still be beautiful.

*I step outside. The sun is shining and I hate the day. I'm angry at the grass being mowed. The birds are singing, I hate the smiles on strangers passing by. I want darkness. I want a storm. I want the world to hurt as I do. I want them to cry. Why don't they know? Why aren't they sad? I slide into the cab and close my eyes to the world. Everything is too bright. As I start to cry something happens. Peace settles over me. She's at rest now. She is at peace. She will never again hurt as I do, now. And she wouldn't want for me to hurt this way. I open my eyes and glance out the window. The cry of the city turns to silence. The sun shines for her.*

She lived a good life. She had the opportunity to do wonderful things. She met wonderful people, whose lives she affected and who affected her. Words cannot do her justice. She was an artist, a writer, a photographer and more. She was a wandering soul. A beautiful life. A helper who loved. A dreamer who fought. One of few people I loved having never touched. Such wisdom in such a young body. Such strength. She was a wild one.

*"She went gentle into the good night..."  
- Do Not Go Gentle, Kiota*

# News for April

by Vessol

## April 2

- Irish Prime Minister Bertie Ahern announces he will resign after 11 years of rule on May 6th.

## April 3

- After 44 years of separation, Ledra Street on the island of Cypress in the Mediterranean is opened to both Greek and Turkish crossings.  
- During it's summit in Bucharest, NATO invites Albania and Croatia to join the alliance.

## April 4

- American airline Airbus announces it will but shutting down and cancels all flights.

## April 5

- A compound of Fundamentalist Later Day Saints in Texas is raided and 183 women and children are taken into protective custody by police. The compound was linked to polygamist Warren Jeffs.

## April 8

- The first Korean astronaut, Yi So-yeon and two Russian cosmonauts are launched towards the International Space Station.

## April 9

- Protests in San Fransisco over the Olympic Torch relay. In previous days there were protests in London and Paris. Protesters cite China's human right record. Many encourage government officials to boycott the 2008 Summer Olympics being held in Beijing, China.  
- The Channel island of Sark ends it's Feudal government, being the last state in existence to practice Feudalism.

## April 12

- The Prime Minister of Haiti, Jacques-Edouard Alexis, is removed from office following a week of Food Riots which leave six deaths.

## April 14

- Delta Airlines and Northwest Airlines merge to create the world's largest airline corperation.  
- Silvio Berlusconi is reelected for his third term as Prime Minister of Italy.  
- The World Bank announces numerous emergency measures to combat the rising costs of basic foods prices which have caused civil unrest across developing countries.

## April 20

- Fernando Lugo is elected as President of Paraguay.  
- Danica Patrick becomes the first women to win a race in any top-flight American racing series in the Indy Japan 300.

## April 25

- Students across the United States participate in the 13th annual Day of Silence, an event protesting the persecution and prejudice of those in the LGBT community.

## April 28

- Two trains collide in China killing dozens and injuring hundreds.  
- Tornadoes rip across southeastern Virginia causing massive damage and many injuries.

# Seeking support

by St@rG@zer

I have been with TeenHelp under various user names since 2005, and I have been a member of TeenHelp's wonderful staff in the past. While being around I have noticed something about rape victims that I'd like to share. I would also like to raise awareness, raise confidence and offer support information for rape victims who use or are guests TeenHelp.

I have an older sister who was brutally and repeatedly raped by a street gang several years ago. Today, nearly four years after the event, she is still suffering the effects of this horrifying event of her past. It is globally estimated that 1 in 3 women have been raped, assaulted or sexually abused in some form. The National Center for Victims of Crime estimates that 84% of occurring sex crimes, such as rape, are never reported to law enforcement.

## **So what is it that drives rape victims to keep the horrifying truth a secret?**

The first reason some rape victims keep the truth a secret is fear. Many rape victims are fearful of reporting the crime to the authorities because a rapist will often tell his victim never to tell, or that he will return. Victims of sexual crimes are often traumatized and may suffer Post Traumatic Stress Disorder (PTSD), which in turn forces the victim to remember the attacker as intimidating, powerful and demanding. As a result, it is not uncommon for a rape crime to remain unreported by the terrified and traumatized victim.

The second main reason a rape victim may not report the crime is out of shame. Many rape victims try to blame themselves for the attack, instead of blaming the rapist. Rape is never the fault of the victim! PLEASE, if you are a rape victim, DO NOT fall into this trap - it is not your fault!

## **What are some other aftermath thoughts or feelings a victim may experience?**

While there are several different thoughts or feelings one may experience, here are some of the main things a victim may feel in addition to the above mentioned.

- \* Anxiety
- \* Additional fear
- \* Anger
- \* Depression
- \* Flashbacks
- \* Shock or disbelief
- \* Social withdrawal
- \* Nightmares or disturbed sleeping patters.

Please note that the severity or range of symptoms or feelings experienced may vary from person-to-person.

# Seeking support

by St@rG@zer

## What should be done if you are a victim of any sexual crime?

Taking the right steps after such a horrifying event may be the furthest thing from simplicity as anything can get. While doing something may be extremely difficult, do know that it is equally important.

So, which steps should you take? The first most important step to take would be to report to the police about what has happened. Doing this would insure that the person who did this to you will not be able to harm you again, it would also insure that they never do this to any other person.

The second step to take would be to make a trip to the hospital. Doing that would allow doctors to examine you, to make sure that you're physically okay and collect any evidence if you wish to press charges against your offender.

The last step, but certainly not least important step, would be to reach out for help on this. You are not alone! Whether you talk to a close family member about this, a teacher, doctor or counselor, asking for help is very important for recovery. If you would rather not talk to someone in person, calling a crisis line is always an available option. Online support forums are also fine, but please do note that members on most boards are NOT professionals.

## Sexual Assault Crisis Lines

For the United States...

National Sexual Assault Hotline (RAINN): 1-800-656-4673) 24 hr.

For England and Wales...

[www.rapecrisis.org.uk](http://www.rapecrisis.org.uk) (Click on "Centres", then locate the one nearest to you.)

For Canada...

Kid's Help Phone: 1-800-668-6868.

Please, do NOT stay silent. Talk to someone.

## Resources:

[1] Violence against women in the developing world:

<http://www.medscape.com/viewarticle/464255>

[2] National Center for Victims of Crime:

<http://www.ncvc.org/ncvc/main.aspx?documentID=32306>

# Long distance relationships

by AppleTini

Long distance relationships are becoming quite common these days. As the relationships are becoming more common, so are the questions about them and how to keep them going good and strong. A lot of people say that they are difficult to maintain, and those who say so are indeed correct. Though long distance relationships can be hard to keep strong, one must keep in mind that anything is possible when effort is present. With some tips, tricks and effort, making it work can be a breeze.

To start, let's throw out there the two MOST important keys in long-distance relationships besides commitment. Of course commitment is important for any relationship, but we're going to mainly discuss the two other keys that are very important.

## What are the important "keys"?

### 1.) Trust.

In a long distance relationship there has to be a bit more trust put in your boyfriend or girlfriend than in a regular relationship. Since you don't actually see each other everyday, there is no real way of knowing what goes on when you're not looking, which is often in a long distance relationship. However, if you have TRUST in your partner, there will be a lot less need for worry on your part. In turn, you have to stay loyal and dedicated to the relationship. Out of sight definitely doesn't equal out of mind in this case.

### 2.) Communication.

Obviously, communication is a HUGE part of ANY relationship. Since it's usually recommended that you communicate face-to-face, which is not entirely possible all the time in long distance relationships, try talking online or on the phone. If there's something that's not working out, you need to try to fix it so that you can strengthen the relationship out. You MUST communicate and relay any thoughts or feelings before it's too late to mend.

## What are some things couples can do in this type of a relationship?

As physical contact is not always possible in long distance relationships, let's think of some activities that you and your partner can do from where you each are at. These things are either things that I've seen mentioned on the forums, or things which I have come up with on my own. Please keep in mind that these aren't the only possible things you can do with your partner, they are only suggestions and ideas.

You could:

- Watch the same movies or TV shows at the same time, read the same books or magazines or listen to the same music. Not only will this give you something to talk about next time you're online or on the phone, it will also make you feel as if you're connected emotionally and mentally, even though you cannot be connected physically. Talk on the phone as you watch the movies or listen to the same music if you wish (make your own mixes, too); it'll be as though you're almost watching or listening together!

- Don't only be a boyfriend or girlfriend, but also be a pen-pal! You've heard of it, even in high school there are tons of people who write their boyfriends or girlfriends notes during class. Since you can't exactly give your boyfriend or girlfriend notes every day, write them letters on cute stationary. This shows that you care about and want to help strengthen the relationship.

- Send pictures. Pictures are a great way to show your boyfriend or girlfriend what's going on in your life. Take pictures of you and your surroundings, with or of your friends, and you if you go anywhere special (and yes, I use the term "special" very loosely—theme parks, moves, ice skating, etc). Also, find pictures off of the internet that in some way either signify something about your relationship or are just plain hilarious to boot.

- Go on "dates". Just because you can't go an actual dates, that doesn't mean anything! Set aside a specific time (an hour or two) for JUST you two. Stay talking on the phone or online, keeping in mind to not get distracted with other things going on in your life. Just figure something out so that it's as close to a "real" date as it can be.

- Send gifts! In many long distance relationships, each person will send the other a small gift. Though it may not be much, gifts from the heart speak volumes, and it's the thought that counts. Make a personalized sign. Who doesn't just love signs? Alternately, give them something of yours. Include a note as to why it's important to you or something.

So, even though you might have to put a small bit more effort into a long distance relationship, I'm pretty sure there are MANY people here and elsewhere that can attest to the fact that long-distance relationships are worth it. With time, effort and understanding, any long distance relationship can work.



# Choosing a candidate

by Vessol

It's hard to write a news article for a monthly issue. Why, you may ask? It's hard mainly because the news changes faster than the weather. What's up-to-date one day is old news the next, and lets not even get into months.

When I was thinking of writing an article, I turned on the TV to get a brief idea. As many of you know, the dominating thing in the media lately is the 2008 Elections. As America is a very important nation in world affairs (for good or bad), I believe that the 2008 Elections are an important event for the world. However, instead of focusing on the various candidates and taking a side, I wish to provide some more ideas to aid you on learning more about various candidates.

## What are some things to consider when choosing a candidate?

You could close your eyes and vote for any candidate, but is that a smart vote? Some may say your vote doesn't count, but I think that is for another time or a debate. Whether or not, if you do vote you should try and be as informed as possible. Here are some ideas to help you through choosing a candidate:

- 1.) Check out the candidate's website and see where they stand on issues. A simple Google search could help with this.
- 2.) If you are the skeptic sort, look into non-biased sources on the candidate you're interested in. See their political and personal past, also see if they have a record for being a honest politician.
- 3.) Don't limit yourself. Don't just look at the candidates that are mainstream. As much as they don't get media attention, many third party and independent candidates have a lot of great ideas. If you really do want to change the two-party system, then you have to start somewhere!
- 4.) Don't believe libel and slander. This basically means don't believe everything you are told. Rumors spread fast and are almost always false. An example of what not to do is seeing some random headline on a tabloid in a supermarket line and taking it as true. A lot of times these things are often spouted by supporters of another candidate and are founded on little if any truth.
- 5.) Don't go crazy over your candidate. It is great to really support a candidate, but when you do it to much in advance and for too long you start getting tired of it and may stop really caring. Being involved in politics is great, but you can't let it take over your life.

Remember that participating in politics, even on a minor level, can be fun and interesting. You can learn a lot and get involved in something that really matters. So when choosing a candidate, be educated and make sure to check up on the facts! Small things can make a huge difference.

# Trivia - General knowledge quiz

by Chazzz

- 1.) What US Football/Soccer team does David Beckham now play for?  
A. Houston Dynamo  
B. Toronto FC  
C. LA Galaxy
- 2.) The 2008 Olympics are due to be held in which City?  
A. London  
B. Beijing  
C. Tokyo
- 3.) Which of these actors have NOT played the part as Doctor Who?  
A. Tom Baker  
B. Sean Penn  
C. David Tennant
- 4.) Who was the 5th President of the United States?  
A. James Monroe  
B. James Garfield  
C. Arnold Schwarzenegger
- 5.) Paul McCartney's daughter, Stella McCartney has made her own fame for designing what?  
A. Buildings  
B. Clothing  
C. Stationary
- 6.) How many different Elements are there on the Periodic table?  
A. 152  
B. 99  
C. 117
- 7.) The Devil Wears Prada has now been made into a hit US film, but who wrote the book?  
A. Ben Elton  
B. Lauren Weisberger  
C. Patricia Cornwell
- 8.) Which of these leaders did/does NOT run a dictatorship?  
A. King Abdullah  
B. Vladimir Putin  
C. Nicolas Sarkozy
- 9.) Which country dominates the Eastern side of South America?  
A. Peru  
B. Argentina  
C. Brazil
- 10.) What US Medical drama did George Clooney once star in?  
A. Greys Anatomy  
B. ER  
C. House

Answers:

1.C, 2.B, 3.B, 4.A, 5.B, 6.C, 7.B, 8.C, 9.C, 10.B.

# Funnies

by Chazz

Two snowmen are standing in a field. One says to the other, "Funny, I smell carrots, too."

**Q.** Did you hear about the new French tank?

**A.** Yeah, it has 14 gears. 13 go in reverse, and one goes forward in case the enemy attacks from behind.

**Q.** Why was the Energizer Bunny arrested?

**A.** He was charged with battery.

**Q.** Why don't oysters give to charity?

**A.** Because they're shellfish!

A mushroom walks into the bar and says to the bartender "Hey, could I get a beer please?" The bartender looks at him, shakes his head and says "No, we don't serve food here." The mushroom says "Why not? I'm a Fungi!"

### How come we never noticed?

*by avioletmoonrise*

How come I never told you,  
how come you never knew?  
How bright you made the night shine,  
how much you helped me through?

You never really noticed,  
how come you were so blind?  
The simple fact we loved you,  
escaped your crowded mind.

Why is it you were lonely  
when we were always there?  
Your burdens never needed  
to be only yours to bear.

How come we never noticed?  
where was the red alarm?  
We didn't know until too late--  
until you were long gone.

### True Beauty

*by TeeJers*

As I touch the back of my skull I can feel every inch of your face.  
You are there like an unwanted tattoo.

Every inch.  
From your coffee colored hair,  
To your deep amber eyes.  
That awkward bumpy nose,  
And that smile that makes me shiver.

I try to force you so far out of my mind,  
You have no space left.  
There you sit and wait,  
In the back of my skull.

You're hidden under layers of thick flesh,  
Hidden so well that no one else can detect you.

As you sit there and wonder,  
"When",  
"When will you discover me,  
For my true beauty?"

### I wish I could tell you, Mom.

*by mattsbabigurl8606*

There's something I want to tell you,  
but I wouldn't dare.  
Something I need to say,  
but you wouldn't care.

I'm different, Mom,  
not what you wanted me to be.  
I'm not the perfect little girl,  
that you dreamed everyone would see.

It's so hard to disappoint you,  
because I know you try your best.  
But I have to be honest with you,  
I'm not like all the rest.

Sure, people can relate,  
there are other people like me.  
But deep down inside,  
I'm not who you want me to be.

I'm sorry I've let you down,  
my feelings have made me a disgrace.  
I'll completely understand,  
if you never want to see my face.

So this is the end,  
I'll ask again.  
Do you still love me,  
are you still my best friend?

# Horoscopes for May

## Taurus - April 20-May20

May is a power month for you, dear Taurus. It's time to turn on the charm, ask for what you want, and pursue your personal goals and desires. A romance or creative project moves forward after a lull. Job offers are likely to knock on your door. Opportunities to enhance your home also occur, and you are identifying strongly with your family. Clear up money matters in the first 3 weeks of the month, after which financial judgment is somewhat impaired. You make a distinct impression on others this month--put your best foot forward.

### Zodiac information

Taurus, the sign of the bull, is the sign of purposeful determination and productivity. Very resourceful, perceptive and alert for good business opportunities, it maximizes profit through reliance on its own talents. It can generate great wealth. Can be very materialistic, and can be quite cruel to those who stand in its way. Taurus rules the neck.

Famous Taureans include: Judy Collins, Bing Crosby, Leonardo da Vinci, Salvador Dali, Ella Fitzgerald, Ulysses S. Grant, Saddam Hussein, George McGovern, Barbra Streisand, Jack Nicholson and Harry Truman.

- \* **Element:** earth
- \* **Quality:** fixed
- \* **Ruling Planet:** Venus
- \* **Key phrase:** "I have"

### More information...

#### Horoscope

[www.cafeastrology.com](http://www.cafeastrology.com)

#### Zodiac

[www.astrostarcharts.com](http://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 editorial team. You can also send us any submissions you have for Avatar, 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!

The Avatar Editors.

Please visit us at the Avatar page, [www.teenhelp.org/avatar](http://www.teenhelp.org/avatar), or email us at [avatar@teenhelp.org](mailto:avatar@teenhelp.org).

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