

# Avatar

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TeenHelp.org's eZine  
Volume 2, Issue 3 | September 2008





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## Letter from the Editors

Hello everyone, and welcome to the September edition of Avatar. We hope that you're ready and excited for the new school year!

In this edition of Avatar we have a great selection of articles, ones which we're sure will be of help to all of you. To kick it off, we start this edition with news from August. This August timeline will consist of normal events that occurred all over the globe, plus we will have a piece on the Summer Olympics and the Georgian-South Ossetian war. If you've missed anything, this will be a great read for you. Following all of the news we have an article which will be sharing tips on how to ease into a new school. We will also have a great informative article on counselors and other professionals. It will include how to choose the right professional, what to expect, plus much more. You'll have to read on to see what else is there! Also in this edition is the second part of a three part article about natural disasters. As normal, we also have your self-expression and horoscopes.

Thanks for taking the time to read, we hope that you enjoy this edition of Avatar!

The Avatar Editors

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Your valuable contributions are what make Avatar what it is. Please submit us your content, whether it be an article, poem, joke, game, photo, drawing or anything else you have to share!

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## By Ryan (Vessol)

This Timeline will contain little about the Olympics and about the South Ossetian War. There will be a short timeline after this one detailing events of the war for you to hopefully better understand.

### August 1

- King Tupou V is crowned as the 23rd Monarch of Tonga.
- A total solar eclipse is visible from northern Canada (Nunavut), Greenland, central Russia, eastern Kazakhstan, western Mongolia and China.
- Unemployment in the United States rises to 5.7 per cent, its highest rate in more than four years.

### August 3

- 162 people die in a stampede at a Hindu temple in Naina Devi in the northern Indian state of Himachal Pradesh.
- The third launch of privately developed SpaceX launcher Falcon 1 fails to reach orbit.

### August 4

- Eleven climbers from an international expedition are reported dead after ice fall took out the fixed ropes on part of the route on K2 mountain in the Himalayas.
- A police post near Kashgar in the Xinjiang Uyghur Autonomous Region of China is attacked, leaving 16 officers dead and 16 others injured.

### August 6

- An explosion on the Baku-Tbilisi-Ceyhan pipeline halts oil supplies through one of the biggest pipelines in the world.
- A military coup d'état occurs in Mauritania with the Army, led by Mohamed Ould Abdel Aziz, seizing the President Sidi Ould Cheikh Abdallahi, the Prime Minister Yahya Ould Ahmed El Waghef and the Interior Minister.
- The United States FBI claims scientist Bruce Ivins was responsible for the anthrax scares of 2001 that killed five people and made 17 others ill.

### August 7

- Salim Hamdan, Osama Bin Laden's former driver, is sentenced to 66 months in prison for war crimes.

### August 8

- The 2008 Summer Olympics starts with the 2008 Summer Olympics Opening Ceremony at the Beijing National Stadium
- A car bomb in the town of Tal Afar in northern Iraq kills at least 21 people and injures about 70.
- A terrorist group seeking an independent Muslim state in Xinjiang, China releases a video threatening an attack on the 2008 Olympic Games.
- The President of the United States George W. Bush dedicates a new American embassy in Beijing.
- Former U.S. Senator and Democratic ex-presidential candidate John Edwards admits to an affair with Rielle Hunter after having earlier denied it.

### August 9

- An uprising in the Burmese town of Taunggyok, about 200 km northwest of Yangon, results in arrests.

### August 10

- Massive explosions at a propane facility just before 4 a.m. erupt in the Toronto, Canada community of Downsview, resulting in the evacuation of thousands of people. At least 18 people are reported injured, one missing, and one firefighter has died in connection with the incident.
- Pádraig Harrington wins the 2008 PGA Championship, becoming the first European to do so in 78 years.

### August 12

- Mark David Chapman is denied parole for a fifth time for the murder of ex-Beatle John Lennon in 1980.
- Floods and landslides associated with Tropical Storm Kammuri kill 28 people in southwest China and force 11,000 people from their homes.

### August 14

- Donald Tusk, the Prime Minister of Poland, announces that the United States and Poland have reached an agreement on basing missile defense in Poland.
- The Consumer Price Index in the United States rises by .8 per cent in July 2008 giving an annual inflation rate of 5.6 per cent, the highest in 17 years.

# The TeenHelp Times

August 2008 (continued...)



## By Ryan (Vessol)

### August 15

- The Nepalese Constituent Assembly elects former Maoist rebel Prachanda as the first Prime Minister of Nepal as a republic.
- Leftist former Catholic bishop Fernando Lugo is sworn in as the President of Paraguay, ending 60 years of one-party rule.
- Former President Hissene Habre is sentenced to death in absentia by a Chadian court for a military assault on the capital.
- Russia threatens Poland with military consequences for allowing the United States of America to place defense missiles within its borders.

### August 17

- Iran announces it has launched a satellite launch-capable Safir rocket.
- American swimmer Michael Phelps breaks the record for most Olympic gold medals won by an individual athlete at an individual Olympic game.

### August 18

- Pakistani President Pervez Musharraf, who was facing impeachment, announces his resignation as President.
- A US-Poland agreement to deploy a missile defense shield prompts unnamed Russian officials to declare

### August 19

- French forces engage in heavy fighting with Taliban insurgents 50 kilometres east of Kabul, Afghanistan with 10 French soldiers dead.

### August 20

- The United States and Poland sign an agreement to place an American missile defense base on Polish territory with Russia warning that its response will go beyond diplomacy.

### August 21

- Somali pirates captured a total of three vessels in two days.
- Two suicide bombings occur in the cantonment city of Wah Cantt in Pakistan killing at least 76 people and injuring 110.
- At least 74 people die in northern India as a result of heavy monsoon rains.

### August 22

- Hundreds of thousands of Muslim Kashmiris demonstrate in the Indian state of Jammu and Kashmir demanding independence from India.
- More than 60 people are reported to have been killed and 150 wounded during clashes in the Somali port of Kismayo.
- At least 76 civilians are killed following a coalition air strike near the village of Azizabad in the western province of Herat.

### August 23

- The death toll from Tropical Storm Fay in Florida rises to 11.
- U.S. presidential candidate Senator Barack Obama picks Senator Joe Biden as his vice-presidential running mate.

### August 24

- A suicide bomber attacks a feast in Baghdad's Abu Ghraib district resulting in at least 21 deaths.
- Iran Aseman Airlines Flight 6895, a Boeing 737, crashes in Bishkek, Kyrgyzstan shortly after takeoff, killing 71 people.

The Summer Olympics come only once every four years. For those who missed this event here is a list of the top ten medal winning nations. The order is: Gold, Silver, Bronze, Total.

1	China(CHN)	51	21	28	100
2	United States(USA)	36	38	36	110
3	Russia(RUS)	23	21	28	72
4	Great Britain(GBR)	19	13	15	47
5	Germany(GER)	16	10	15	41
6	Australia(AUS)	14	15	17	46
7	South Korea(KOR)	13	10	8	31
8	Japan(JPN)	9	6	10	25
9	Italy(ITA)	8	10	10	28
10	France(FRA)	7	16	17	40

### August 25

- The 2008 National Convention of the U.S. Democratic Party begins in Denver, Colorado.
- Israel releases 199 Palestinian prisoners as a goodwill gesture to the President of the Palestinian National Authority Mahmoud Abbas as the United States Secretary of State Condoleezza Rice visits the area.
- Russia is considering arming its Baltic Fleet with nuclear warheads for the first time since the Cold War.

# The TeenHelp Times

August 2008 (continued...)



## By Ryan (Vessol)

### August 26

- Tropical Storm Gustav becomes Hurricane Gustav as it approaches Haiti.

### August 27

- As many as 71 illegal immigrants are feared drowned after their boat sinks in the Mediterranean Sea off the coast of Malta.
- Thousands of protesters storm the Thai Prime Minister's office and other government buildings, demanding the resignation of Prime Minister Samak Sundaravej.

### August 28

- Afghan and international troops claimed to have killed over 100 Taliban militants in fighting in the Helmand province over the past few days.
- Hurricane Gustav makes landfall on the island of Jamaica. The storm is responsible for at least 51 deaths in Haiti and 8 more in the Dominican Republic.

### August 29

- John McCain picks Alaska Governor Sarah Palin as his vice-presidential running mate for the Republican nomination for the U.S. presidential election.
- Georgia cuts diplomatic ties with Russia following Russian recognition of South Ossetia and Abkhazia.
- Former Bosnian Serb leader Radovan Karadžić refuses to enter pleas to charges including genocide and crimes against humanity at the International Criminal Tribunal for the former Yugoslavia at the Hague.

### August 30

- Mass marches are held in more than 70 cities across Mexico, demanding stronger action against violent crime.
- The head of the Mahdi Army in Karbala, Iraq, is sentenced to death over the Battle of Karbala.

### August 31

- New Orleans mayor Ray Nagin orders the mandatory evacuation of the city ahead of Hurricane Gustav.
- Heavy rains in central Japan cause flood situation in Okazaki city forcing evacuation of thousands of people.

### Georgian-South Ossetian War Timeline

Please keep in mind that this is still an ongoing conflict. News is prompt to change at any moment, but I have tried to keep absolute neutrality within this section. Here is a timeline of the events that have took place up until recently.

### August 7

- Georgian and separatist South Ossetian forces have exchanged fire again near the town of Tskhinvali, wounding up to 20 people, officials say.
- Mikheil Saakashvili, Georgia's president, offers an immediate ceasefire to South Ossetian authorities.

### August 8

- Around 0:30 AM (local time), Georgia begins a full-scale attack on the breakaway republic of South Ossetia, using tanks, military aircraft, artillery, and infantry.
- After a night of heavy fighting, Georgian forces close in on the capital of South Ossetia, Tskhinvali. Russian commanders reported that Georgian military forces attack a Russian peacekeepers' base in Tskhinvali with heavy artillery and missiles. Several peacekeepers reported dead and wounded.
- The Prime Minister of Russia Vladimir Putin warns Georgia against "acts of aggression" against South Ossetia and later declares that a "war has begun."
- Mikheil Saakashvili accuses Russian aircraft of attacking Tbilisi and outlying airfields. He calls for mobilization of Georgia's army, claiming Russia started an aggression on Georgia.
- NATO and the European Union urge an immediate end to the violence in South Ossetia.
- Both Russian state television and Georgian sources report Russian troops and tanks moving into South Ossetia and approaching Tskhinvali.

# The TeenHelp Times

August 2008 (continued...)



## By Ryan (Vessol)

### August 8 (continued...)

- With most of the city of Tskhinvali in ruins, 1400 civilians reported dead during the first day of Georgian offensive.
- The United States Secretary of State Condoleezza Rice calls on Russia to withdraw its troops from Georgia.

### August 9

- Russia and Georgia continue to fight in South Ossetia and Georgia.
- Russian jets attack military targets in the Georgian city of Gori, outside South Ossetia.
- Georgia's parliament approves a state of war across the country for the next 15 days.

### August 10

- Georgia withdraws forces that entered South Ossetia after suffering heavy casualties.
- President of Russia Dmitry Medvedev calls Georgian actions in South Ossetia 'a genocide' and asks Russian prosecutors to investigate and document all cases of murder of civilians in the region.
- According to Pentagon spokesman Bryan Whitman, some 130 US military advisors that 'teach combat skills' to Georgian troops now stay in Georgia with no plans of pulling them off.
- Authorities in the breakaway Georgian republic of Abkhazia declare full mobilisation.

### August 11

- According to Ossetian and Russian sources, Georgian attacks leave 2000 dead in South Ossetia, most of which civilian population of Tskhinvali.
- Breakaway republic of Abkhazia launched an attack on Georgian forces in the Kodori Valley.
- Georgia claims that their websites are under heavy attack by Russian hackers.

### August 12

- The Georgian security council files a lawsuit against Russia in the International Court of Justice for alleged ethnic cleansing.
- The President of Georgia Mikheil Saakashvili and the President of Russia Dmitry Medvedev agree to a six point ceasefire plan.

### August 13

- President George W Bush has said the United States will use military aircraft and naval forces to deliver aid to Georgia.

### August 15

- Russian soldiers continue to occupy Georgian towns.
- Russia asks for the adequate covering of the conflict from the Western media. High Russian official names the way the anchor treats his guest in a breaking news on Fox a 'total shamelessness'. The journalist interrupts the story of an Ossetian-American girl and her aunt accusing Micheil Saakashvili of the war, and announces commercial break before the two refugees have chance to continue.
- The U.S. Secretary of State has flown to Tbilisi for urgent talks to try to bring the Georgia's conflict with South Ossetia and Russia to an end.

### August 16

- Georgian officials claim Abkhazian army, backed by the Armed Forces of the Russian Federation, takes control of 13 Georgian villages.
- The President of Russia Dmitry Medvedev signs the six-point peace plan for a ceasefire in the 2008 South Ossetia War.

### August 17

- Russian troops continue to withdraw from the Georgian city of Gori, where the major Georgian army base was dismantled by Russian troops soon after the conflict ended.
- According to general staff in Moscow, Russia has begun troop withdrawals from Georgia, following a pledge by President Dmitry Medvedev. However, 'Moscow saying it has the right to keep some troops as peacekeepers in a buffer zone around South Ossetia'.
- NATO convenes an emergency foreign ministers meeting on the crisis.

### August 19

- Russian and Georgian forces exchange prisoners of war.

# The TeenHelp Times

August 2008 (continued...)



## By Ryan (Vessol)

### August 20

- Human Rights Watch claims both Georgia and Russia violated rights of the civilian population during the conflict.

### August 23

- Russia announces that its military has pulled out of Georgia, although reports indicate that it has not complied with the cease-fire agreement.
- The United States Navy's destroyer, the USS McFaul, arrives at the Black Sea port of Batumi to deliver aid for Georgia.

### August 26

- Russia recognises the independence of Abkhazia and South Ossetia.

### August 27

- French Foreign Minister Bernard Kouchner is expressing concern that Russia, riding high after its victories in Georgia, may target other neighbors, such as Moldova and Ukraine.
- Russia will be looking for unambiguous support from Asian nations, including China, in its standoff with the West over South Ossetia and Abkhazia when the Shanghai Cooperation Organization meets Thursday in Dushanbe.

### August 28

- Russia's Prime Minister Vladimir Putin accuses unnamed individuals in the U.S. of orchestrating Georgia's military actions preceding the conflict with Russia.
- Georgian president, Mikhail Saakashvili announces he will propose a Georgian 'Patriot Act' to Georgian Parliament. Nika Gvaramia, the Justice Minister, stated before that Georgia needs 'a legislature similar to the one which is in the United States, I mean the Patriot Act [...] which will be directed against treacherous statements against the motherland'.
- The EU consider sanctions for Russia over the Georgian crisis.
- The Shanghai Co-operation Organization refuses to back Russia in Russia-Georgia crisis.
- 12 Georgian soldiers are exchanged for Georgian General Roman Dumbadze, claimed to be a traitor by Georgians and a political prisoner by Russia.
- Eka Tkeshelashvili, the foreign minister of Georgia, claims that ethnic cleansing is underway in South Ossetia and will be completed shortly.

### August 30

- Russia announces that it intends to annex South Ossetia.



## 9 Tips on How To Ease Into a New School

**By Charlotte (Chazzz)**

Starting at a new school at any time can be extremely difficult at any age if you're not sure on what to do to make everything run smoothly. Sometimes you may run into unexpected problems later on through the year, sometimes you won't. Either way, here are a few suggestions on what you could do to avoid a lot of unneeded stress and problems through each school year at any point.

**1. Be prepared.** Make sure you have all your stationery, books, uniforms, or any appropriate clothing ready before the school year starts. This will not only give a good impression to your new teachers, but will also make you feel more at ease. If you're tense because you're not properly equipped, that's unneeded added stress.

**2. Stay calm.** Going into a new school is a daunting experience, no doubt. But try to keep your cool. If you get flustered and panicky it's not going to get you anywhere. If you feel things are getting a bit heavy or you're feeling a bit lost, take a minute or two to yourself. Take a few deep breaths and just remember everyone is in the same position as you. You can get through it; all in all it's just like any other school.

**3. Ask questions.** Don't be afraid to ask other students or teachers any questions. You can ask questions about the homework, material in class, or even where your next class is. If you're struggling to find a class or a meeting point - most people are going to be willing to guide you. Don't feel that you're there alone.

**4. Try to be social.** There will be lots of new people to meet, so try and make as many friends as possible. Everyone will be looking to meet new people, just the same as you. Of course you may have some friends from a previous school going to the same school as you, but don't let that hold you back from meeting new people. One of the best experiences about changing to a new school is meeting all people and developing new relationships. If you find you're quite shy, look into the school's clubs and find something you're interested in. There will be a selection of people there, all interested in the same thing you are; an instant common ground, which is good to find people you'll get along with.



**5. Listen.** I know I for one did not listen to all the information that was given during the first few days at a new school, but you really should because it is actually important information that you'll probably find yourself needing in your future at that school.

**6. Collect information.** You may need to collect certain pieces of information that will come in handy throughout your time at school. Information on the school counselor, illness line, term dates, canteen prices, etc.

**7. Allocate your time.** Going into a higher school you will probably find that the work you're doing is more intensive. This does come as a shock to the system but it can be easily managed. Draw up a timetable (you can find a template with March 08s Avatar) in which you plan out your homework, personal time, work, and extra curricular activities. This way everything is manageable and nothing is left until the last minute.

**8. Speak up.** If you're having problems, don't keep them to yourself. The teachers are there to help you and will be willing to listen to any problems you're having within school and they'll do everything they can to help you. If you keep it all closed in you will find you'll just continue to

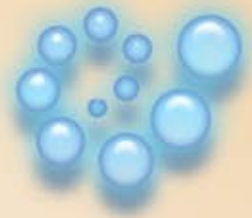
struggle and school will just become a chore (or more so).

**9. Keep a good attendance.** This is a key factor of being successful at school. If you miss days, you will get behind in your work. Sometimes it's unavoidable, but something needs to be done. In such case, ensure that a friend collects all of your work for you. If you're unable to do so, ask your teacher once you return for a copy. If you're having long term problems at home that are resulting in you not being able to attend school, explain to a teacher what is happening. They may be able to come up with a system which means you're not missing out.

Those are just a few of the many key factors which you could do to not only maintain good grades, but to also keep yourself organized. It's important that you try your best. Remember that your effort, time, and what you do with both is very important.

Good luck, and have a great school year!





# How to Choose a Therapist

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**By Maria (Gidig)**

Many people throughout their lifetime ask themselves if they should seek professional help for a mental issue. On the other hand, sometimes someone may suggest it. Either way, this is a hard concept for some people to consider. Hopefully in this article you'll get some insight as to choosing, if you should seek help from a professional.

Please do note that throughout this article a "professional" refers to a mental health professional such as a psychologist, counselor, psychiatrist, ECT.

## **Why would I consider seeing a professional?**

Sometimes throughout life we need extra help to make it through, to keep on the right track, and be successful in life. While not everyone needs this, in my opinion everyone could use the extra help at least once or twice throughout their life.

There are different kinds of professionals, some that prescribe medication such as anti-depressants or mood stabilizers, some that just talk and work things out through words. Some do both. You should consider seeing a professional if you have any symptoms of depression, bipolar disorder, obsessive compulsive disorder, anxiety disorder, or anything of the like that which affects your daily life.

If you are suicidal or are considering it, you need to stop reading now and call emergency services for help. They can assist you in getting help from a professional.

## **What will other people think if I tell them?**

Who you tell that you're getting extra help from a professional is completely up to you. You don't have to tell anyone, or you could tell everyone if that's what you choose. They're of course entitled to their opinions, but that doesn't mean you have made the wrong choice in seeking extra help. Not everyone understands the strength and courage it takes to step forward and ask for help. Some may mock it, and some may be supportive. It's hard to tell who will be which, so just use your best judgment.

"If you are suicidal or are considering it, you need to stop reading now and call emergency services for help. They can assist you in getting help from a professional."

## **What should I expect?**

What to expect from professional to professional is different. From someone such as a psychologist, who is there to talk things out, normally you should expect the first few sessions simply to be about getting used to each other. You most likely would be telling them the basic things about you, like what school you go to, what you like to do, sometimes even things as simple as your favorite color.

With a psychiatrist it may be the same way, but usually they're going to try and diagnose you and see if you do have a mental illness. They'll normally ask questions about things such as eating habits, when things started changing for you if they did; they're not there to judge, just to help.

If you do feel any professional is judging you, that's not okay for them to be doing as a professional. It's not your fault in such a case, and you should probably try and find a different one you feel more comfortable with.

## **Are they going to tell anyone? My parents?**

Professionals have a confidentiality agreement they have to stick to. Ask them about it when you first go to see them. Usually they'll have you sign something stating the agreement. By law, if you're 15, they're not allowed to tell anyone unless you said it was okay, or they feel you may harm yourself or others. This includes your parents. They can not tell your parents unless you're suicidal, homicidal, or something similar to that. But always be sure to ask!!



## When Nature Strikes Back, Part II

**By Ryan (Vessol)**

From the tsunami in Burma to the earthquake in China, plus all of the tornadoes in between, our world has cluttered our news lately of extreme weather. Not to mention that Summertime in the Northern hemisphere is when the majority of extreme weather occurs.

This is the second part of a three part article about natural disasters, the first part talked about what causes natural disasters. This part will give you advice on what to prepare for a natural disaster. Next month will be the final part of the article, and it will be giving numbers and the most devastating natural disasters of all time. I hope it is both informative and enjoyable to read.

### Building an Emergency Supply Kit

During an emergency there will often be no electricity. Emergency services will be stressed to their limit, among many other issues. It might be a few days before electricity is back on and things start returning to normal, or it may even be a few weeks. When such a thing occurs, it's always best to be prepared. Below will be a few tips on what you should think about when building an emergency supply kit.

First of all, you need food to survive. While many times the Red Cross or many other organizations will provide food vans with hot meals and other items, it is possible they may not arrive for a few days. Therefore, it is wise to make sure that if you live in an area that is prone to a natural disaster then to have a food kit or a pantry section devoted to non-perishable items. To keep up to date, make sure you mark each item when you buy it and put its date and replace it every 6 months.

In most cases you will not have power, not even flowing water. Water is necessary for the human body, and that means your body too. Make sure at all times you have a gallon of water per person tucked away (again refill every 6 months). If during the storm you lose running water make sure to use it sparingly. After the natural disaster you will want to make sure that any source of water you use is clean and safe to drink, oftentimes if it is standing water it is not safe to drink.

On to food. Good items to include in a kit are:

- Canned foods, especially fruits and vegetables. Soups you can eat cold work good as well.
- Dry cereal, crackers, trail mix, granola bars.
- Do not buy milk, it will spoil fast. Instead buy some powdered milk to mix with water if it is needed.
- Instant coffees or teas.
- Sugar, Salt, and Honey are not perishable and will be safe to use indefinitely as long as they are properly stored. Make sure to have extra salt! Sodium is necessary for your body.
- You will also probably need a can opener to put with it all.

It is not unlikely that you or someone else may be injured, therefore packing a basic first-aid kit is another smart idea.

Some things to include in it are:

- First aid manual, scissors, sterile bandages, gauze pads, cotton balls, safety pins, latex gloves, needles, tweezers, scissors, thermometer.
- Antibiotic ointment, cleansing agents such as isopropyl alcohol and hydrogen peroxide, germicidal soaps, moistened towelettes.
- Aspirin, anti-diarrhea medication, antacids, syrup of ipecac (to induce vomiting), vitamins.
- If you have any prescription medicines make sure to bring them with you and keep them close.





## When Nature Strikes Back, Part II (continued...)

**By Ryan (Vessol)**

Beyond that, there are other items you may want to keep with you to put in a natural disaster kit.

Items should include, but are not limited to:

- A battery-powered radio or television, make sure you have plenty of extra batteries.
- Waterproof matches.
- Toilet paper and soap.
- Eating utensils. Such as cups, plates, forks, knives.
- Paper and plastic work well and store better.
- Blankets and extra clothes.
- Also make sure that you make copies of any important documents and put them in a waterproof container.

**“You can never be too prepared, so always be sure to stay alert.”**

These are just a few of the many things you should do to prepare yourself in case of a natural disaster. You can never be too prepared, so always be sure to stay alert. For more information on natural disasters, please be sure to check the next edition of Avatar. Stay safe!



## Self expression



### His Winter Wonderland By kangphil

Sleepily looking out the window  
He stretches and walks forward  
Scans left to right, taking in this sight.  
Turning he walked toward the stairs.

Wondering how he came to be  
In this beautiful place  
One which everyone should see  
Wondering at such a relaxing pace.

Again he looks at the scene  
The towering mountains so majestic  
Many things to the natives they mean  
Here isn't the average domestic  
Here is the rare wilderness

The silver tops of the forest  
Glinting in the sunlight  
The mountains covered lightly in white  
Standing high around him, their power modest  
Clear blue skies above make for a cold night  
Here he stands outside, he realizing, this is Home.

### I'm sorry... By YourMyCrimsonLily47

He was her love,  
she was his best friend.  
He was her other half,  
she was there through every end.

What happened to us?  
What happened to them?  
What happened to the past?  
What happened to then?

I messed it up.  
I lost you, I know.  
I just wish that somehow  
I wish I didn't let go.

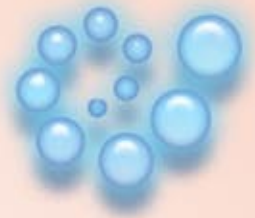
That night you said it.  
That night was another end.  
That night I said 'I love you'.  
That night you said goodbye to then.

I tried to tell you how I felt.  
And I tried to hold it in.  
I tried but failed to say it.  
And now I'm afraid you're there again.

You've been through so much.  
I just didn't understand.  
You, I fear is gone.  
But I don't want this to be the end.

I'm sorry for last night.  
I'm sorry, and I'll say it again.  
I didn't want to make you mad.  
Can this not be an end?

As always, to contribute to the Self expression section of Avatar, or Avatar in general, email us at [avatar@teenhelp.org](mailto:avatar@teenhelp.org)



## Here's your sign

### This month's sign: Virgo (August 23 - September 22)

Finances are in focus and strong in September, dear Virgo. You might find that expressing yourself creatively really helps to define yourself and to understand yourself better, and it could lead to some profits as well! You have a stronger ability to hold the attention of an audience in September. Children and romance thrive this month. Love, love affairs, and other social activities help to enhance a healthy self image. You are feeling less private and more open about your opinions and experiences now. The 15th brings surprises from a partner.

**About the Virgo** - Virgo, the virgin, is the sign of work and duty. It takes care of all the details. Its desire for perfection and order makes it prudish, and obsessed with efficiency. Since it is uncomfortable with the unknown, Virgo is the sign of technology and scientific research. It has a strong need to help the poor and the sick. Virgo rules the intestines.

**Famous Virgos include:** Michael Jackson, Shirley Booth, Lyndon Johnson, Gene Kelly, Sam Nunn, William H. Taft, Greta Garbo, Sean Connery, Stokely Carmichael, Elizabeth I, and Peter Falk.

**Element:** Earth

**Quality:** Mutable

**Ruling Planet:** Mercury

**Key phrase:** "I analyze"

### Aries

(March 21 - April 19)

Relationships are a strong focus for you in September, dear Aries. Tending to a partner's needs is important now, and it would be wise to put some of your own personal projects on the back burner in order to focus on a significant partnership. The 8-14 brings romantic excitement, important news, and money opportunities. Past efforts on the job pay off this month. Some of you may find that your career is moving towards a more service-oriented direction. Increased public recognition and professional success can be had now

### Taurus

(April 20 - May 20)

In September, there is a flurry of activity surrounding work and health matters, dear Taurus. Nevertheless, romantic matters are strong, and might be found on the job. Income from foreign sources could also figure this month. The 10-14 is a strong period for work, health, romance, and money. Take advantage! While your work demands a lot of attention in September, you are also more able to get away from the daily routine—more transportation options open, for example, or you have (or create) more free time to do so.

### Gemini

(May 21 - June 20)

Romantic and creative energy runs very high this month, dear Gemini. Financial gains may come through a partnership or there may be an increase in a partner's income in September. A partnership benefits from more expansive, warm, and intimate energy. A friend comes to you in the first week of the month, whether this is a new friend or one from your past. The 12-14 represents an opportunity period for you, particularly in the areas of romance, children, and friendship. Important decision making and presentations should be scheduled before the 24th.



## Here's your sign (continued...)

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### Cancer

(June 21 – July 22)

A busy home life figures strongly this month, dear Cancer. Entertaining in your home is especially successful now. Relationships and partnerships benefit from expansive, warm energy, or successful new ones are entered in September. The lines of communication open up between you and a special someone. Sharing daily events and goings-on with one another gives you much pleasure. Income from work activities is strong and could increase. Pleasant and surprising news arrives around the Full Moon on the 15th, and has to do with travel, legal, or educational matters.

### Leo

(July 23 – August 22)

Practical matters and communications are a big focus for you in September, dear Leo. More security in your job is likely to boost your confidence. Your natural talents are more likely to be appreciated by others, particularly on the job. You have a stronger desire than usual to communicate your ideas, and siblings, relatives, and neighbors tend to play a stronger role in your life this month. The 4-5 brings romantic and creative opportunities; while the 12-13 can be tricky when it comes to relating with a significant other.

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### Libra

(September 22 - October 22)

A very busy month is in store for you, dear Libra. Opportunities seem to fall into your lap this month, particularly involving education, travel, and relationships. Material profits come from communications projects. Home improvements, such as real estate or renovation purchases, are favored, as is moving to a new dwelling if applicable. The 10-14 presents stellar opportunities for partnerships, negotiations, and positive reinforcement in general. The 15-16 brings surprises surrounding work and health matters. The 22-23 is strong for personal finances, gifts, and acquiring new possessions.

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### Scorpio

(October 22 – November 20)

Although you may find yourself in demand socially from time to time in September, dear Scorpio, most of your activities are behind the scenes. Relationships with a partner and with friends are low-key and private. A flurry of activity surrounding romance or children occurs around the 15th. Chances are excellent that you will find a lovely confidante this month—someone to share your daily activities and thoughts with. Gifts or opportunities may come through visits, short trips, messages, emails, or they could come through contacts with siblings, classmates, and neighbors.



## Here's your sign (continued...)

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### **Sagittarius**

(November 21 – December 21)

Stimulating friendships and group activities, as well as increased energy, figure strongly for you in September, dear Sagittarius. Personal projects bear fruit, and practical matters are especially favorable. It's an excellent period in which to ask for a raise, before the 24th. You may have more resources to invest into your career or business. Being in a position of responsibility or authority is something you place a high value on this month. Partnerships are friendly, and singles are more likely to find romance in group settings or through friends.

### **Capricorn**

(December 22 – January 19)

Others are likely to turn to you for advice this month, dear Capricorn, as all eyes turn to you. If you feel that others are judging you for what you have and haven't done this month, you're probably correct! Trips could be especially rewarding for you right now--they can provide a pleasant breather from pressures in your life. You are feeling especially proud and even buoyant in September, and this confidence enhances all areas of life. Romance may be found through your career and business activities. A private project can pay off now.

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### **Aquarius**

(January 20 – February 19)

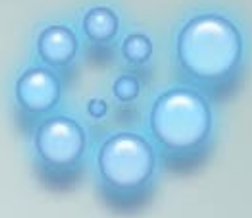
A spirit for adventure and intrigue takes hold in September, dear Aquarius, when the humdrum simply doesn't satisfy! Friendships move forward, and you may be repaid if you're waiting on a friend. A partner is craving more intimacy this month. Singles will find romance when they are out and about, away from home and typical activities. Help seems to be magically there when you need it, and your own awesome strength and faith is always there to draw upon. An epiphany regarding money or possessions occurs around the 15th.

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### **Pisces**

(February 20 – March 19)

Dear Pisces, career matters moves forward this month, and the focus is on increasing business income. Success is indicated. Money from other sources than personal income, such as through a partner or bank loan, is also strong. A partnership is especially intimate in September. An awakening of emotional consciousness occurs around the Full Moon in your sign on the 15th. Stellar days on the 17-22 offer opportunities in the areas of relationships, negotiations, personal income, and family. Partnering with a friend in some tangible way can be part of the picture this month.



## The wind down...

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### Acknowledgements

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Thank you for taking the time to read this issue of Avatar! Any comments, questions, 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).