

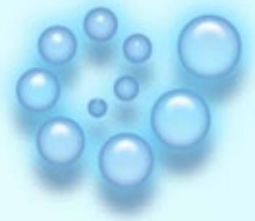
# Avatar



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TeenHelp.org's eZine  
Volume 2, Issue 10 | April 2009





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## Letter from the Editors

Hello everybody and welcome to the April issue of Avatar! This month we are welcoming four new editors to the Avatar team. Read their biographies to get to know them a bit better!

In this issue you will find a captivating review of a Model United Nations Conference, an informative piece on binaural brain beats, and a heartfelt article on abusive relationships. Additionally, keep your eyes open for some fun Easter crafts and in lieu of April, National Humor Month, read a brief history of April Fools Day. As always, check out the Self Expression section for poetry and artwork. Don't forget to read your April horoscopes for a preview of your month!

New this month we invite you to make submissions for our first ever monthly caption contest. Also, you can now submit quotes to be included in future issues of Avatar! We are now accepting letters to the editors, so feel free to send one in! Who knows, maybe yours will be published!

Have a great April,  
The Avatar Editors.

## Editors

**Editor-in-Chief**  
Mel (Mel)

**Content Editor**  
Katrina (Katrina)

**Graphics Editor**  
Jes (Jessie.)

**Sub-Editor of News and Debates**  
Mai (sushi\_error)

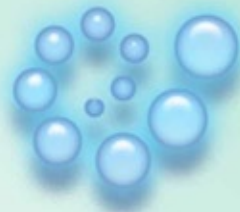
**Sub-Editor of Mind and Body**  
Maria (Gidig)

**Sub-Editor of Lifestyle**  
Nat (Strider)

## Contact

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!

Email us at  
[avatar@teenhelp.org](mailto:avatar@teenhelp.org)



## Farewell and Thank You, Rob

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This month we reluctantly say farewell to Rob as he steps down as Editor-in-Chief. Due to a hectic schedule Rob has made the difficult decision to resign from Avatar. Of course he will still be around, taking an active role in TeenHelp as an Administrator!

The Avatar Editors, past and present, would like to take this opportunity to thank Rob for all of the hard work he has put into Avatar. We appreciate everything you've done, including the many contributions you have made thus far. Your time and effort spent has not gone unnoticed and we will surely miss your presence—don't go too far!

Rob leaves us in the very capable hands of Mel, who has stepped into the role of Editor-in-Chief after being a member of the Avatar team for a year and a half. We look forward to working with our new Editorial Staff.

Wishing you the best, Rob,  
The Avatar Editors.





## Welcome, New Editors!

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**Katrina**  
Content Editor

Hi y'all, I'm Katrina! I'm honored to be welcomed to the Avatar Editor team. It's been nothing but hilarious kicks and awesome fun so far. My days consist of school, homework, TeenHelp, friends, and busting out in dance and song [particularly to "Meet Virginia" by Train] whenever I have more than two free square feet. I'm incredibly addicted to original flavored ChapStick and pita bread and hummus dip. I love summer, but I make very good use of winter by wearing knit dresses or thermal long sleeved shirts every day of the week. I'm physically in Alabama, but my mind is all over the place, and my heart is somewhere over the Mediterranean Sea. I'm a huge fan of the idea that rescue is possible, and the organization To Write Love on Her Arms. When I grow up, I want to be on So You Think You Can Dance [hey, dreaming big never hurts]! But if that fails, I will be a social worker. Peace out, and send me your submissions. Avatar is your monthly e-zine, and I want you to be a part of it.

**Maria (Gidig)**  
Sub-Editor of Mind and Body

Hey everyone! I'm Maria, and I've been on TeenHelp for about two and a half years. I really love being on TeenHelp in general and I also love working on Avatar where I basically write and find the advice articles. I have tons of knowledge of nearly every subject talked about on TeenHelp, so hopefully I can find and write the best articles for you. In addition to Avatar, I'm also the self harm forum mod, and a buddy. So don't be afraid to stop by and say hey, I love talking to people. And you can also send in your Avatar submissions to me. Apart from my life on TeenHelp, I also play cello, and some harp, mostly in our school orchestra. I'm working on becoming a big member in our school's GSA. Bowling is one of my favorite hobbies, and I'm crazy enough to be on a league, which is crazy fun. I'm always open to new things. I'm excited to hopefully see some new articles submitted, and to help all of you have an e-zine you love!

**Mai (sushi\_error)**  
Sub-Editor of News and Debates

• Hello everyone! My name is Mai (pronounced 'my' if you are wondering). First, it is an absolute privilege to be part of the Avatar team and have the opportunity to collaborate with everyone on TeenHelp. How exactly should I describe myself? Should I use nouns, adjectives, verbs or a mix of all three? I am a high school student, trying to trudge through the up's and down's of junior year. In my spare time, I enjoy practicing Karate (KIAI!), reading, writing about anything that moves me, and spending time with my close ones. One of my biggest dreams to travel the world and immerse myself in hundreds of different cultures without being jet-lagged along the way (it's not possible, I know). I am extremely proud of my Vietnamese heritage and love eating all kinds of Vietnamese food (I am a huge fan of all Southeast Asian cuisines for that matter). What else? Right now, I have a strange infatuation with Malaysia and gotta eat everything with nuoc mam or fish sauce (the ketchup/salt for all Vietnamese). I'll catch you all later and before I go: please feel free to send me any submissions!

**Nat (Strider)**  
Sub-Editor of Lifestyle

• My name is Nat, and I am looking forward to helping everyone get involved with Avatar. TeenHelp has been a big part of my life for over a year now and I'm sure it will be for many more years to come. I'm a very visual person and I like trying new things. Part of what I would like to try with Avatar is to make it easier for you to get involved, be it with cartoons, crafts, pictures, quotes—you name it! I love to draw, read, and write, listen to a variety of music, as well as hang out with my friends. I'd say I'm a fairly avid movie-watcher and an easy going person. I can't get enough of movies like WALL-E, Cars, and Howl's Moving Castle. It is a secret dream of mine to work for Pixar someday, but at the moment I'm seeing a brighter path in biochemistry (yes, I speak Nomenclature and like doing experiments). But what really brought me here was my love of writing and creativity. So, if you have any suggestions about what you think would be a fun addition to Avatar, let me know! I'm always open to new ideas.





## Model United Nations: impacting the world on a small scale

By Mai (sushi\_error)

Recently, I attended my first Model United Nations Conference at a local university in my town. Model United Nations is a simulation of the United Nations and draws over 400,000 middle school students, high school students, and college/university students worldwide. High school and college conferences are usually held at large universities/colleges. Each delegate is assigned to a committee (e.g. United Nations Security Council, World Health Organization) and takes on the role as an ambassador from a country. Conferences welcome students of all experience levels who are eager to learn about international relations and collaborate with other students to write resolutions. Usually, conferences last three to four days and are filled with hours of committee sessions. Some of the oldest high school conferences are held at prestigious American universities such as Harvard and the University of California – Berkeley.

My first conference was an eye-opener for me. I represented Vietnam, which was ironic considering I am Vietnamese. I was assigned to the Disarmament and International Security Committee. That night as entered the large conference room for my first committee session, I was quite nervous as there were over twenty people and I felt intimidated by a few delegates. Prior to the conference, I set goals for myself: I was going to speak on the first day, no matter what. During all committee sessions, you must follow the United Nations' body of rules, called 'Parliamentary Procedure'. Parliamentary Procedure is basically an effective way to debate, without getting off topic or going back and forth between topics. As debate opened in the first session, my heart was beating fast as if I just ran a marathon. First, we had to debate the order of topics and after some deliberation, the agenda was set: landmines, small arms, and private military companies. Immediately, delegates representing the United Kingdom and Saudi Arabia raised their placards, eager to voice their respective country's stance.

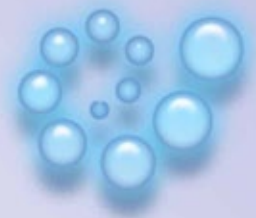
The debate was lively, going back and forth between various countries. I kept my eye on the clock, waiting to be called on to speak by the chairperson. As the seconds, minutes, and hours ticked by I wonder when I would speak. It was not until the last ten minutes of the session that I was finally able to voice my opinion. I took a few deep breaths and walked to the podium, thinking positive thoughts along the way. I faced the rows of delegates and proceeded to say my speech. I did not feel as nervous as I thought I would. Before I knew it, it was finally over and walked back to my seat feeling quite relieved, proud of myself. I received some nice comments from a few delegates, telling me that my speech was good and concise. I was finally able to overcome my biggest fear at the start of the conference.



Photo by sushi\_error

I had a wonderful experience at my first conference because it allowed me to step out of my comfort zone. I am not much of a public speaker, but am a fan of debating, especially on topics concerning American and international politics. I felt Model United Nations was the perfect scenario for me to hone my debating skills. My dream is to become a diplomat, so this was a perfect way for me to learn more about international politics. I thoroughly enjoyed my experience because I met and made friends with a few individuals which is probably the best thing Model United Nations offers. In addition, Model United Nations stimulates your mind and teaches you to work with others to make a difference in the world, even if it is on a smaller scale. I am excited about the possibility of attending another conference next year and hope that I will be able to reconnect with individuals I met at this past conference.





# Binaural Beats

By Maria (Gidig)

## What are binaural beats?

In rather broad terms, binaural beats are specifically made frequencies, formed to change your brainwaves--which control your state of mind--how your brain reacts, and more. Binaural beats have been acknowledged since 1893 by a German physicist, Heinrich Wilhelm Dove. Since then, they have been extensively researched with a significant amount of data collected.

## Brainwaves

Right now, your brain is producing brainwaves, regardless of what 'frequency' it is at. Though it is generally a low frequency between 1 and 40Hz average, though it can go higher, it's rather rare. These frequencies are associated with various states of mind such as alertness, concentration, awareness and more.

Following is a chart which shows and briefly describes each type of brainwave.



Photo by Gidig

Type	Frequency	Description
<b>Beta</b>	12-40 Hz.	Alertness, concentration, cognition. Your mind is sharp and focused.
<b>Alpha</b>	6-12 Hz.	Relaxation, creativity. Your awareness expands, but you're relaxed, not asleep.
<b>Theta</b>	4-7 Hz.	Meditation, relaxed--not asleep. memory, intuition. This is the state right before sleep, You are very relaxed, yet not unconscious.
<b>Delta</b>	1-4 Hz.	Sleeping, healing. This is when you're entirely asleep. It "detaches" your mind and allows your body fix itself.

## How to change your brainwaves

This is where the term binaural beats comes in. When you play one frequency in one ear, and a different frequency in another, your brain calculates the difference and makes a new frequency from that. For example, if in one ear you play 400Hz, and in another 410Hz, your brain will automatically take the difference (10Hz) and use that as it's brainwaves instead of creating it's own. This is necessary because your brain can not recognize tones that low, such as 1 - 40Hz.

## How should I go about this?

The easiest and most used common is to use a CD. For example, Hemi-Sync CD's have the tones already set up to various sounds of music, just for your needs. Some help with concentration, others with sleep, and still others with simply helping you relax. There are other CD's and files you can download that have the same effects.

Keep in mind that because you need one frequency in one ear, and another frequency in the other, you will need to use headphones.

## How is this beneficial to me?

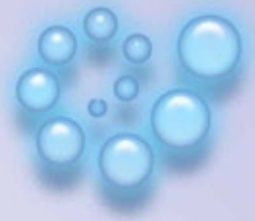
There are various ways binaural beats are helpful. They can help with pain management, sleep, concentration, meditation, and more. It can help with diagnosed conditions such as ADD and ADHD. It's a lot safer than taking a medication to "cure" some of these symptoms.

## What should I be aware of?

Binaural beats are changing your brainwaves! It is not safe to use while operating heavy machinery, so don't listen to this while driving. Don't use it in place of something your medical doctor has told you to do, without speaking to them first.

Otherwise, have fun with them! See if they work for you. The money for various CDs is worth it. These CDs in stores are well worth your money, but there are also variations of binaural beats that are available to download online. Do make sure you're getting them from a reliable source, so you're not buying something that is not going to work. Try them while you're working, before you go to bed, when you first wake up, or any time which suits you.





# Abusive Relationships

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## By Ashley (wonderbread)

Abusive relationships are something that can affect us whether we are sixteen or sixty. It is important to remember that while abuse can be physical, it can also be mental, emotional, or sexual.

Abuse affects both men and women, but no one has to remain in an abusive relationship. Being aware of the signs of an abusive relationship can help you to know when enough is enough, and to leave or ask for help.

### *Definitions of the different types of abuse:*

**Physical:** Hitting, kicking, biting, pinching, slapping, breaking bones, breaking skin, punching, slamming against walls, pushing to the ground. (Just because you and your partner get in a fight does not give them the right to physically hurt you. If they hurt you in any way physically it is abuse.)

**Emotional:** Manipulation, criticizing, humiliation, hurtful remarks, belittlement, insults, controlling. (Even in argument or disagreements it does not give your partner the right to humiliate, insult or belittle you. Additionally, if they do not allow you your personal space and freedom and they control you, it's emotional/mental abuse.)

**Sexual:** Forcing sexual acts when one does not want to engage in. ( Just because you are dating, engaged or married does not mean that you have to have sex. If you do not wish to have sex with your partner in any way and they force it upon you, it is sexual abuse.)

### *Signs of abusive relationships.*

There are certain types of questions to ask yourself if you feel like you might be in a unhealthy or abusive relationship, for example:

- Does your partner often make doubt your own judgment or wonder if you are crazy or make you feel inclined to express your opinions less and less freely?
- Are you often afraid of your partner or afraid of others?
- Do you need to ask your partner's permission to spend money, take classes, or socialize with friends and do you tend to see others less often?
- Do you spend a lot of time watching for your partner's bad and not-so-bad moods before bringing up a subject?

- Does your partner constantly keep track of what you are doing with your time when you are out or on the computer?
- Does your partner act jealous and possessive?
- Does your partner accuse you of being unfaithful and flirting with others and does your partner humiliate, belittle or criticize you in front of others?
- Does your partner discourage you from working or doing things you enjoy ?
- Does your partner destroy your possessions or take them way or hides them?
- Does your partner threaten to hurt you, your children, friend, or pets; possibly with a weapon?

If the answer to any of these questions are yes, then you are in a abusive relationship.

### *Think of these statements.*

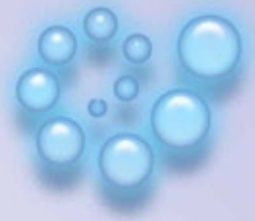
- I am frightened of my partner's temper or anger.
- I am often compliant because I am afraid to hurt my partner's feelings.
- I have the urge to rescue my partner because my partner is troubled.
- I have been hit, kicked, shoved, punched, bit, spit at or had things thrown at me by my partner when he/she was jealous or angry.
- I find myself apologizing to him/her or to others for his/her behavior when he/she has treated me badly.
- I make decisions about activities and friends based on what my partner wants or how my partner will react.
- I find he/she blames me for the abuse
- I find he/she insults me often
- He/she controls what I wear.
- He /she has a history of violent behavior, and discipline problems and threatens me to hurt me or others to get what they want.

If any apply to you, you are most in an abusive relationship and if you are not you are headed into one.

### *Common reasons why one does not get help, or get out.*

**Financial:** "S/He handles all the household finances...my name isn't even on the checking account." - "I haven't worked in years because I have stayed home with the children. Where could I find a job that would give us enough money to survive on?"





## Abusive Relationships (continued...)

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### By Ashley (wonderbread)

**Fear:** Abusers use threats to keep their victims in relationships. - "S/He told me over and over that if I leave terrible things will happen." - "He said no matter where I go he will find me and kill me."

**Normal:** "My father abused my mother and she never left him so I grew up believing it was a normal part of a relationship.

**Shame:** "What will people think if they knew I let a woman beat up on me or what will people think if they knew I let a man beat up on me?" - "I don't want to be laughed at." - "No one would believe me."

**Self worth:** I probably deserved it.

**Denial:** I can handle it, it's not that bad -All I have to do is leave the house until she cools down -It's PMS; the kids are giving her a hard time.[

**Reluctance to give up the good:** S/he is a really creative, or loving, or wonderful person most of the time - S/he didn't mean it.

**Inertia:** It's too hard to do anything about it - I'm not ready to change my life - I'll deal with it later.

### Getting help

- Find someone that you can trust
- Plan in advance to have a safe place to go
- Keep money and your cell phone or calling card with you at all times
- Establish code word or signs so that family, friends, teachers or co-workers know when to call for help.

### Statistics

- 1 in 3 teenagers report knowing a friend or peer who has been hit, punched, kicked, slapped, choked or physically hurt by their partner.
- 1 in 4 teenage girls who have been in relationships reveal they have been pressured to perform oral sex or engage in intercourse.
- More than 1 in 4 teenage girls in a relationship (26%) report enduring repeated verbal abuse.
- If trapped in an abusive relationship, 73% of teens said they would turn to a friend for help; but only 33% who have been in or known about an abusive relationship said they have told anyone about it.

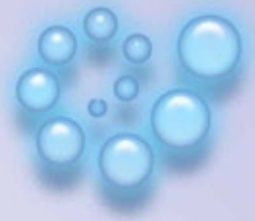
- Nearly 80% of girls who have been physically abused in their intimate relationships continue to date their abuser.
- Of the women between the ages 15-19 murdered each year, 30% are killed by their husband or boyfriend.
- Studies show that 1 in 4 women will be abused in their lifetime.
- Boys have reported that 27% of girls started the violence in their relationships.
- In 100 domestic violence situations, approximately 40 cases involve violence by women against men.
- Survey research suggest that women who are assaulted are 9 times more likely to report to police and 5 times more likely to tell a friend/relative than men who are assaulted by their wives.
- Nearly 5.3 million intimate partner victimizations occur each year among U.S. women ages 18 and older. This violence results in nearly 2 million injuries and nearly 1,300 deaths
- Nearly 2/3 of women who reported being raped, physically assaulted, and/or stalked since age 18 were victimized by a current or former husband, cohabiting partner, boyfriend or date.

### Healthy vs. Abusive relationships

**Healthy:** Non threatening behavior; acting in such a way your partner feels safe. Respect; valuing your partners opinion, listening to your partner in a non-judgemental way. Trust and support; support your partners goals in life and support your partners rights, friends and family. Honesty; accept responsibility for self, acknowledging past use of violence and / or emotionally abusive behavior, changing the behavior, acknowledge infidelity, changing the behavior, admit being wrong when it is appropriate, communicating openly and truthfully, acknowledging past abuse, seeking help for abusive relationship patterns. Share responsibilities; make decisions together and mutually agree on a fair distribution of work.

**Abusive:** Using intimidation; making your partner afraid of you by using looks, gestures, actions, destroying property and personal items, displaying weapons, over rage, silent, making physical threats. Using emotional abuse; putting your partner down, making them feel bad about themselves, calling them names, interrogating your partner, playing mind games, harassing your partner, attacking your





## Abusive Relationships (continued...)

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### By Ashley (wonderbread)

partner through words, "checking up" on your partners whereabouts and activities, shaming your partner, making them feel guilty. Using Isolation; controlling your partner, limiting your partners outside involvement, using jealousy to justify your actions, demanding your partner stay home when they are out, cutting

your partner off from friends, family, activities and work. Minimizing, shifting or denying; making light of the abuse and not taking your partners feelings in, saying it did not happen or it was not that bad, telling them they brought it upon themselves, shifting the abuse on them ( saying you did it because they did this or that).

## The Prank's On You

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### By Nat (Strider)

It is known as a day of merrymaking, pranks, and more than a few good laughs. Lies can go unpunished, and nearly any kind of troublemaking can be laughed off with a simple exclamation of "April Fool's!" But how did this day really come about?

'April Fool' was not a famous historical figure or politician. They were not a saint of hilarity, the leader of the laughter movement, or a long-lost relative. There is nothing an 'April Fool' has done that merits a holiday at all. In fact, 'April Fool' could come down to—and this is not a joke—fish.

The saying "Poisson d'Avril", or 'April Fish', is called out along with the prank of sticking a paper fish to a person's back. This is a common April 1st joke that dates back to 1564, when France changed its calendar so that the year ended on January 1st rather than the end of March. Some people continued to have their end of the year celebrations around April 1st, instead of reforming to the new calendar, perhaps because they were not aware of the change or were stubborn in their ways. Pranksters stuck paper fish to these peoples' backs and "Poisson d'Avril" was called out at them when the trick was found out.

There are many other theories as to how April Fool's day originated, most having to do with festivals and celebrations that already took place around the end of March, though none of them specify a date that it began. The old texts that some believe make references to April Fool's day are under speculation. One of these is Chaucer's *Canterbury Tales*, in which the first of April is alluded to in the Nun's Priest's Tale. This dates back to approximately 1392 but raises the question of why famous texts from a later period do not mention it at all. Shakespeare, who could be called a

great fan of fools, had not written about April Fool's day in any of his works.

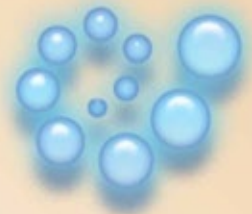
It is certain that April Fool's Day was celebrated dating back to the sixteenth century, but when it actually started is anyone's guess. What is certain is that its popularity spread quickly and that it is still celebrated to this day. Now merrymaking, tricks, jokes, and pranks are pulled every April 1st, but only until noon. Who knows for sure when it was created or who thought up the idea? For all we know it could have been a prank...

Although April 1st is the main day of the year that everyone can pull pranks and cause scenes, there is a group in New York that cause scenes on a regular basis. You may have heard of the 'No Pants Subway Ride' or the incident at Best Buy where everyone donned a blue golf shirt and beige pants, causing confusion between which people were employees and which were customers. These were done by a group called 'Improv Everywhere'. They put together pranks to play around, have fun, and make people smile. Improv Everywhere strives to pull people out of their everyday routines with their wacky endeavors, not by embarrassing people or tricking them, but just going out and doing something funny.



Photo by  
Strider





## Fun Easter Crafts: Fluff Ball Bunny

By Nat (Strider)

### Fluff Ball Bunny

#### Materials:

- 1 large fluff ball/pom pom
- 4 medium/small fluff balls of the same (or similar) colour to the large fluff ball
- 3 small fluff balls (preferably white)
- 1 piece of white felt approximately 4 cm by 7 cm
- 1 piece of pink felt approximately 3cm by 4 cm
- 2 googly eyes
- 1 medium sized round bead
- A fast drying glue, or hot glue gun.
- Optional: 3 small orange fluff balls and three small green fluff balls for a carrot

#### Step one

- Set aside the large fluff ball.
- Group the 4 medium/small fluff balls and glue them together in a square pattern. Take two of the three small fluff balls and glue them to one another.
- Set both pieces aside to dry.

#### Step two

- Fold the white felt over lengthwise and cut out a long oval shape. (You can draw out the oval on the felt first if you want to). Put these pieces aside and keep the scraps.
- Fold the pink felt over lengthwise and cut out an oval that is smaller than the white ovals you previously cut out.
- Glue the pink oval on top of a white oval, so that there is a border of white around each pink oval.
- Set these aside to dry.

#### Step three

- Cut out a small white square from the scrap felt.
- Make a small cut down one of the sides to the middle- make sure not to cut it in half!
- Take the dry group of four fluff balls and glue them to the bottom of the large fluff ball. These are the bunny's feet.
- Take the dry group of two fluff balls and glue them so that they are horizontal on the center of the front of the large fluff ball. These are the bunny's cheeks.



Photographs by Strider

- Glue the last small fluff ball to the center of the back of the large fluff ball for the bunny's tail.
- Set it aside to dry.

#### Step four

- Glue the two felt ovals pointing upwards on the back of the large fluff ball for the ears. Make sure that the pink part is facing forwards. Glue the small square of white felt under the bunny's cheeks so that the side that was cut is at the bottom.
- Once this is done, glue the bead on top of the bunny's cheeks in the center for the nose. Glue the googly eyes above the cheeks.

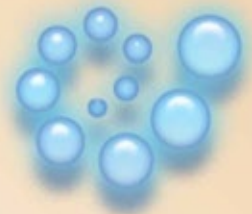
#### Step five

- Enjoy your bunny!

#### Bonus

- To make the bunny's carrot, glue three orange fluff balls together so that they make a long stick shape.
- Then glue the green fluff balls together in a triangular shape. Set these separate pieces aside to dry.
- Once they are dry, glue the bottom of the green triangle to the top of the orange stick.
- This can be kept separate from the bunny or glued to it.





## Fun Easter Crafts: Colouring Easter Eggs

By Nat (Strider)

### Colouring Easter Eggs

#### Materials:

- 1 (or more) hardboiled egg(s)
- Crayons of assorted colours
- Food colouring of assorted colours (green, blue, red, and yellow work well)
- Cup(s) of water (\*1 cup of water per colour of food colouring\*)
- Spoon
- Paper towel

#### Step one

- Have the eggs previously hard boiled and left to cool.
- Draw designs and patterns on the eggs with the crayons.
- Draw pictures, write your name— be creative! This is your egg, so you can have whatever you like on it.

#### Step two

- Put a few drops of the food colouring in the cup(s) of water.
- Do this until the water inside is fairly dark.
- Place the egg(s) in the cup(s) using the spoon. Leave them to sit for 5-10 minutes.

#### Step three

- Take the egg(s) out of the cup(s) using the spoon and place them on the paper towel to dry.

#### Enjoy your eggs!



Photo by Strider

\*If you want to make your egg two different colours, hold your egg so that only a section is in the coloured water. Take it out after 5-10 minutes and leave it to dry. Repeat this process with the other section of the egg and leave it to dry.\*





Artwork by molliegym

### The Path of Recovery By Casey

We all know the story  
of the two paths in the woods  
the clear well traveled path  
and the overgrown less traveled path

But there's another path  
that's not straight and narrow  
or completely cloaked in evil

This path is  
a bit wide in places  
with weeds growing among the flowers  
and many loose stones

This path doesn't go straight  
it twist and turns  
it even double backs

This is the path  
of many slip ups and relapses  
mistakes made and lessons learned  
happiness and depression  
tears and joy

This is the path  
of recovery.

**NEW! We want to quote you!** Now, in addition to submitting literature, artwork, and photography, we also want to hear your quotes! These quotes, as long as they follow the TeenHelp.org rules and guidelines, are basically a free for all. So, if you have any memorable, meaningful, "sigable," or just plain hilarious quotes, please send them in by PMing an Avatar Editor or emailing [avatar@teenhelp.org](mailto:avatar@teenhelp.org).

### Knowledge

By x.mysterious.x

I know I annoy you,  
But you say I don't.  
I know that you'll leave me,  
Though you say you won't.  
You know that I love you,  
But choose to ignore it.  
You know that I care for you.  
But you won't admit

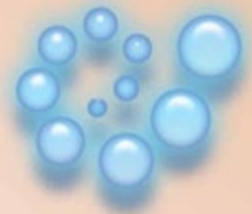
I know you hide from me,  
And then just apologise.  
I see that you're fake,  
A thing that I despise.  
You know how I feel,  
And try to trick me.  
You say that you'll help,  
Though how I can't see

Despite all else,  
I love you, even if it's naive.  
And despite what I say,  
I'm not sure I want you to leave



Artwork by xxUrs\_Trulyxx





## Caption This!

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*Photo courtesy of Gidig*

### **About "Caption This!":**

"Caption This!" is a photo caption contest where you, the readers, send us, the Editors, captions for the above photo. Your captions can be clever or cute, serious or not, but remember that they must follow TeenHelp.org's Terms of Service!

The top caption will be added directly below the photo in next month's issue, but most captions will be included! If you submit multiple captions, however, it is possible that only one will be chosen to be included.

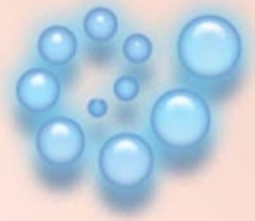
### **Rules for submission:**

- All captions or photos submitted for the contest must be PG-13 or lower.
- All captions or photos must be submitted by the 25th of each month.
- Everyone can submit up to 5 captions or photos per month.

### **How to submit your captions or photos:**

Please email us your captions or photos at [avatar@teenhelp.org](mailto:avatar@teenhelp.org) or PM an Avatar Editor.





## Here's your sign

### This month's sign: Aries (March 21 - April 19)

Dear Aries, your demands and needs in love continue to remain strong in April, but may not be answered as you'd like for the time being. Matters improve after mid-month, however, and by May, you're getting exactly what you want, when you want! Remember that a lover does have your best interests at heart, but you may be sending out confusing signals. A relationship from the past could capture your attention around the 21st. From mid-April, the focus is on money and possessions. You'll experience a surge in personal energy and confidence towards the end of the month.

**About the Aries:** Aries, the ram, is the first sign of the zodiac and symbolizes a new beginning. It is endlessly creative, but never completes a task. It is not very sympathetic, and hates weakness. It is the sign of the eternal warrior. Aries rules the head.

**Famous Arians include:** Thomas Jefferson, Al Gore, Joseph Haydn, Nikita Khrushchev, David Letterman, Gregory Peck, Colin Powell, Chuck Connors, Jerry Brown, Diana Ross and Clarence Darrow.

**Element:** fire

**Quality:** cardinal

**Ruling Planet:** Mars

**Key phrase:** "I am"

And for the rest of the signs...

### Taurus

(April 20 - May 20)

You continue to lay low this month, dear Taurus, but you begin to come out of your shell from the 10-19, when others show more interest in your needs and wants. Love is tricky until the 9th, and could require you to make some personal sacrifices, after which you more easily and naturally attract others' attention. Around the 21st, the lines between friendship and love could blur. It's a strong time for personal enjoyment and rewards through friends and contacts. Money may come your way from the 9-10, and a work project comes to completion.

### Gemini

(May 21 - June 20)

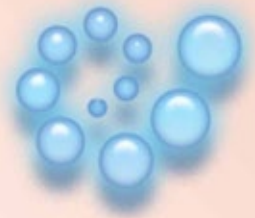
After a busy month of attention to career goals and professional matters, you're feeling more sociable, dear Gemini. It's a strong month for social affairs, group contacts, and friendships in general. It's not without its complications, however, but you take pleasure in ironing out problems, particularly when it involves others' issues! Love on the job, involving a superior, or through business could figure in April, especially around the 21st. Opportunities to expand your horizons, physically or mentally, arrive after the 24th. Love and intimacy are especially rewarding on the 4-6.

### Cancer

(June 21 - July 22)

Professional matters are especially important in your life in April, dear Cancer. While complicated, towards the end of the month, great satisfaction from business affairs is likely to lift your spirits. The fruits of your labor are rewarded. In general, you have more energy at your disposal to pursue your professional goals purposefully. Singles are likely to find love while embarking on non-routine adventures. Interesting surprises are in store, particularly through foreign connections. Matters surrounding shared finances and intimacy have a magical quality to them this year, and evidence of this is clear in April.





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

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### Leo

(July 23 - August 22)

Some truly magical moments are likely to occur in the areas of partnering and love this month, dear Leo. Some of you may be meeting creative or spiritual people with whom you find much in common. The 10-16 is great for fun, creativity, entertainment, good humor, and adventure. Surprises are certainly in store for you. The 21-23 is strong for intimacy, security, and affection. Towards the end of April, career matters come into strong focus, especially money-making ideas, although you still manage to balance your life with rewarding extracurricular activities.

### Virgo

(August 23 - September 22)

Dear Virgo, your connections with other people, and your dependence on them, are brought to your attention in April. Shared finances, power plays, and other "give and take" matters are in strong focus now. It's not a month in which your personal projects, needs, and desires are easily met, or even an issue on the table. You are focusing on your close personal relationships. The 4-7 brings intense interactions. Around the 21st, creative and exciting opportunities to attract or enhance a partnership occur. Money matters take precedence on the 9th.

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### Libra

(September 23 - October 22)

Relationships continue to feel complicated until the 20th, dear Libra, after which you are more able to enjoy your social life. Your goals are clearer and you are less likely to give off confusing or mixed signals to others. There is a strong connection between love and work this month, and if social opportunities through work present themselves (which is very possible), be sure to grab them. You could find yourself attracting (or attracted to) more creative or spiritual sorts of people these days. Money matters are complicated on the 1-4. The 20-22 brings stellar opportunities for love.

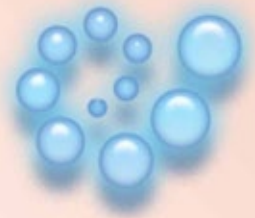
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### Scorpio

(September 23 - October 22)

Romantic and creative excitement are in store for you this month, dear Scorpio, particularly on the 14-15 and 20-22. Nevertheless, there is a lot of work that needs to be done, and you fortunately are in the right frame of mind to take care of business. The 23rd brings golden career opportunities. Money matters that have to do with domestic affairs, real estate, and creative projects are very strong. Your decorating sense is also high, and you are likely in the mood for a home "makeover". Watch for overextending yourself on the 25-27, when rest is more appropriate.





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

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### **Sagittarius**

(November 21 - December 21)

Plenty of opportunities for extra-curricular activities arise in April for you, dear Sagittarius. Playful activities, enjoying hobbies, getting out and about, and generally finding pleasure in life are themes this month. You are also absorbing information like a sponge, so all matters related to learning, teaching, speaking, and writing are expected to run particularly well this month. Fortunate events surrounding your home and family are likely. The 9-11 is strong for personal recognition, and you might come to a friend's rescue. Towards the end of April, work needs more of your attention.

### **Capricorn**

(December 22 - January 19)

Your intuition is powerful this month, dear Capricorn, particularly for financial and domestic matters. April is more a month for setting goals and visualizing instead of taking aggressive action. The 17th is strong for work, communications, and mental output. Spending time, and possibly money, on the home and family is likely this month. Until the 21st, your focus is strong on inner psychological growth, after which you are more able to let your hair down and enjoy some "play" time. Try not to overdo or overwork on the 4-6, when you are more susceptible to injury and illness.

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### **Aquarius**

(January 20 - February 19)

Friends and connections figure strongly in your month, dear Aquarius. Friends may even be of practical benefit in addition to spiritual. April is also notable for attracting money, rewards, or gifts. Your intuition for making money is top-notch. Enthusiasm for learning brings you rewards this month, and your mind is especially sharp. Communications are strong, and love may even come through them, or through learning environments. Intellectual ties in existing relationships assume more importance to you than usual. Your personal stores of energy are tremendous, but don't overestimate what you can do--know your limits.

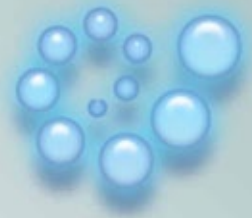
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### **Pisces**

(February 20 - March 19)

April brings financial matters to your attention, dear Pisces. You are busy thinking about, discussing, and organizing your personal finances. However, be sure to put off major financial outlays until after the 17th. Take this time to budget. The 14-16 brings personal recognition, particularly on the job, and a few surprises. You could find yourself acting on a whim, and certainly confidence is with you now. Career opportunities are strong this year, and begin to show themselves in April. You may be leaning towards more spiritual or creative work. The 20-22 is fabulous for personal magnetism and romantic opportunity.





## The wind down...

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### Acknowledgements

#### Image sources

Colored Pencils: [www.everystockphoto.com](http://www.everystockphoto.com)

Press hat: [www.usagold.com](http://www.usagold.com)

Star signs: [www.grafamania.net](http://www.grafamania.net)

#### Articles

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

Zodiac: [www.astrostarcharts.com](http://www.astrostarcharts.com)

### Thanks for reading!

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).