

Lucid  
Dreaming.

NEW!  
Advice column:  
Dear Avatar.

Top Ten  
Summer  
Recipes!

Cover photo  
by **Jessie**

July 2009  
TeenHelp.org's eZine  
Volume 3,  
Issue 1

# Avatar

**Cause of the Month: She Dances**  
*Dedicated to ending human trafficking and exploitation.*





## Table of Contents

4

### TeenHelp Times

*Violence in Iran and remembering Ed McMahon, Michael Jackson, and Farrah Fawcett.*

6

### Lucid Dreaming

by Maria (Gidig)

*What is lucid dreaming and how is it beneficial to you?*

7

### Surviving Suicide

by Kathy (drowningangel)

*Taking a realistic and healing approach to surviving suicide.*

9

### Cause of the Month: She Dances by Katrina

*Dedicated to ending human trafficking and exploitation.*

10

### Dear Avatar

*The Editors respond to requests for advice from TeenHelp users.*

12

### Poem Writing

by Maria (Gidig)

*A short yet insightful guide to writing poetry.*

13

### Sweet Summer Showstoppers

by Katrina and Maria (Gidig)

*Music: six summer favorites.*

15

### Top Ten Summer Recipes

*TeenHelpers share their favorite summer recipes!*

18

### Self Expression

*Expressing life through your fingertips: poetry, quotes, and photography.*

19

### Horoscopes

by Katrina

*"Not as crabby as I look!" Here's your sign!*

### Also

- 3 **Editors' Letter**
- 3 **Contributors**
- 14 **Summer Flicks**
- 17 **TeenHelp Word Search**
- 21 **The Wind Down**

### Contact

Your valuable contributions are what make Avatar so unique. 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)



## Letter from the Editors

Hello everyone and welcome to the July 2009 Issue of Avatar!

This month we are very proud to unveil our new theme, in honor of Volume 3. We hope you enjoy the new layout as well as the exciting new content that comes with it, including a featured "Cause of the Month," an advice column, and an overhauled Fun & Games section.

The TeenHelp Times this month features four major news events: the Iranian Presidential election and protests and the deaths of three celebrities: Ed McMahon, Michael Jackson, and Farrah Fawcett.

In the Mind & Body section you will find an informative article on lucid dreaming as well as a supportive piece on surviving suicide. TeenHelp's Cause of the Month for July is She Dances, an organization dedicated to ending human trafficking and exploitation. Our very first "Dear Avatar" questions touch on the subjects of drug use, grief, and the birth control pill.

In the Lifestyle section we have included an insightful guide to poetry writing, a piece on some of 2009's top summer songs, and a guide to much awaited movies coming out this month on the big screen. Be sure to check out the "Top Ten" for July and, as always, don't forget to check out the Self Expression and Horoscopes sections!

See you next month,  
The Avatar Editors.

## Editors

**Editor-in-Chief**  
Mel

**Content Editor**  
Katrina

**Graphics Editor**  
Jessie

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

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

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

## Contributors

The Avatar Editors would like to thank the following TeenHelp users for their valuable contributions published in this month's magazine.

Contributions from readers like you are what make Avatar so unique and wonderful. Please consider submitting content, whether it be an article, poem, photograph, or anything else, to an Avatar Editor or by emailing us at [avatar@teenhelp.org](mailto:avatar@teenhelp.org).

### Articles

Casey  
Kathy (drowningangel)  
Mark (markasaurusREX)  
Sam (star\_crossd)

### Dear Avatar Participants

Cara (Boo Ghost)  
Kelsey (xxPinkie24)  
Lily (LilyLullaby)

### Images

Adam  
Jessi (Spazola)  
Kaylyn (rescueisnotamyth) [2]

### Self Expression

Casey  
Cym





## A Sea of Green: Violence in Iran

by Jessie

**A mix of democratic ideals** and Islamic theocracy, the structure of the Iranian government is a complex and atypical network of elected and unelected bodies. The most powerful of political offices in the Islamic Republic of Iran is that of the Supreme Leader of Iran. Second to the Supreme Leader, as defined by the Constitution, is the President of Iran. Before a candidate may run, however, he must be approved by the Council of Guardians. In the 2009 Iranian presidential election, four candidates were approved including conservative Mahmoud Ahmadinejad and reformist Mir-Hossein Mousavi.

**“Outrage over election results has not been confined to the streets of Iran, however, and at least fifteen governments across the globe have spoken out.”**

On Friday, 12 June, 2009 Iran went to the polls for its tenth presidential election. On Saturday it was announced that Mahmoud Ahmadinejad had been reelected as the President of Iran by voters of and over the age of eighteen. Later that day, opposition leader Mir-Hossein Mousavi demanded a recount.

What happened next was both unexpected and historical. On 14 June, 2009, nearly 200 people were arrested at post-election anti-Ahmadinejad protests, dubbed the “Sea of Green,” due to Mousavi’s campaign color, and the “Persian Awakening.” Other arrests have since been made, including the arrests of two Reformist politicians and numerous Britons, according to Iranian state television, as well as the reported arrests of any persons wearing green, in some instances.

Two days after the first reported arrests, on 16 June, 2009, all foreign media were officially banned from leaving their offices to report on the protests. Outrage over election results has not been confined to the streets of Iran, however, and at least fifteen governments across the globe have spoken out, condemning the harsh actions taken by government officials against citizens and expressing concern regarding allegations of electoral fraud. Also noteworthy is the continued use of social networking websites including Twitter, Facebook, YouTube, and blogs. These websites have not only allowed for

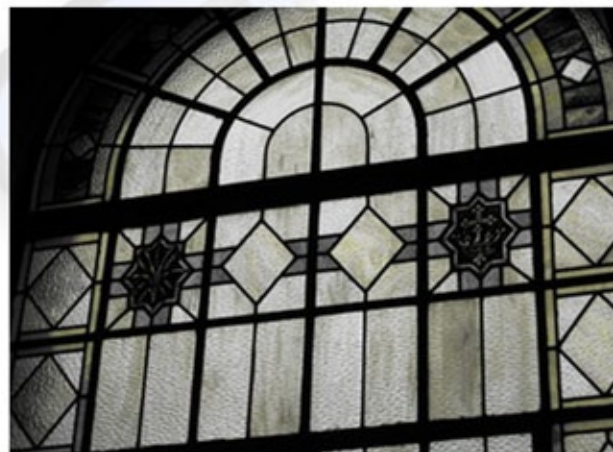
communication among protesters, including the organization of rallies and transmission of photographs, videos, and written accounts of what would otherwise be unconfirmed reports, but have also enabled major news sources, like CNN and BBC News, to report on these events.

Just seven days after the election results were announced CNN reported 150 unconfirmed deaths. To date, twenty-eight protest related deaths have been confirmed. The most memorable casualty thus far was, arguably, the death of Neda Agha-Soltan. The twenty-six year old woman’s death by gunfire was caught on video by bystanders and aired over the Internet; her last moments, broadcast internationally on television and online, became an instant media sensation and Agha-Soltan was quickly hailed a martyr.

Unfortunately, the unrest in Iran is not yet over. Despite calls by Supreme Leader Ayatollah Ali Khamenei to cease protest, supporters of Mousavi seem unwilling and unprepared to relinquish hope that the 24 June decision to uphold election results will be overturned. Only the coming months will tell. ■

## Remembering McMahon, Jackson, and Fawcett.

by Katrina and Maria (Gidig)



Photograph by Jessi (Spazola)

**Many people believe** that events—in this case sad events—happen in threes. This past week, the death of celebrities certainly did; Michael Jackson, Farrah Fawcett, and Ed McMahon, three of the most admired celebrities of our time, passed away.

(continued on page 5)





*Connecting the world to you.*

## *Ed McMahon*

March 6, 1923 – June 23, 2009

Ed McMahon, long time TV personality and game show host passed away on June 23, 2009 of natural causes.

For thirty years, McMahon performed alongside Johnny Carson on NBC's "Tonight Show." In addition to announcing Johnny with a huge "H-e-e-e-e-ere's Johnny!", he also sat with Carson through the remainder of the show, laughing at Carson's jokes and playing along with any quirky and fun comments.

In his final year, he and MC Hammer starred in a widely known commercial making fun of their own knacks of spending more than they earned. McMahon, who passed away in a Los Angeles hospital, will be missed by all of his costars and viewers around the world.

## *Michael Jackson*

August 29, 1958 – June 25, 2009

Michael Jackson, pop music legend, passed away on June 25, 2009 at the age of 50 due to cardiac arrest.

Jackson had an iconic career, arguably the most popular singer and stage personality of all time. With his first television appearance when he was 11, he moved up to be known for best-selling albums such as "Thriller" in 1982. He's also known greatly for dances such as the "Moonwalk", or "The Thriller".

Later in his career, his personal life got more of a spotlight than his music career. In 2005 he went on trial for child-molestation charges.

He was planning to perform 50 times around London in 2010, where 75,000 tickets were sold in four hours. The interest levels for Jackson have yet to fade completely.

## *Farrah Fawcett*

February 2, 1957 – June 25, 2009

Farrah Fawcett, American actress, passed away on June 25, 2009 at the age of sixty-two due to cancer.

Fawcett, an amazing actress, was mostly known for playing Jill Munroe in the original "Charlie's Angels"

television show. She's been in multiple other movies and television shows. Fawcett was also a model, making her a huge sex symbol for many years.

Fawcett battled anal cancer for three years and checked into a hospital in early April. She was on an IV (solely for nourishment rather than for treatment) at the time of her death. ■





## Lucid Dreaming

by Maria (Gidig)

**Certainly you can remember** a dream you've had at least once in all the years you've been sleeping. Perhaps it was something realistic, such as going swimming with a friend or doing your homework. Perhaps it was something crazy like buying a mansion in another dimension where Antarctica is the hottest place on Earth. Dreams are a natural part of sleeping and each night people over the age of ten have about four to six dreams per night.

Lucid dreams are something that many people experience while sleeping. Lucid dreaming, simply put, is when you are aware that you are dreaming.

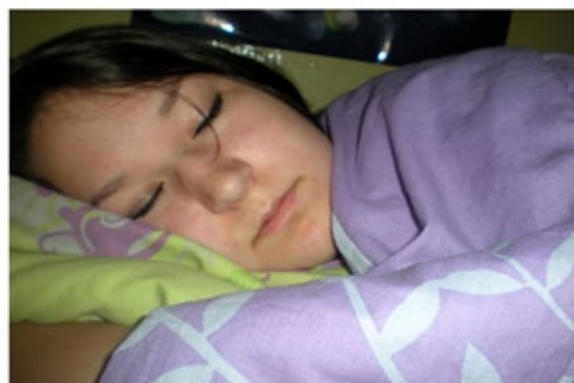
**“When you have a lucid dream, it reminds you that the world you live in is limited to the confines of your mind.”**

**Why have lucid dreams?** When you experience a lucid dream your only boundary is your mind. Physical obstacles are no longer an issue. In your mind, if you want to fly, you can. If you want to walk through walls you can.

**Adventure!** Who doesn't like a bit of adventure? Flying is a favorite in the world of lucid dreams. Along with a sense of adventure comes a feeling of freedom to do whatever your heart desires! This is an amazing time to fulfill your wildest fantasies and dreams. Most people experience a sort of energetic 'rush' when they first are aware that they're dreaming, which helps to jump start their adventure.

**Nightmares.** Lucid dreaming in a nightmare is almost like "nightmare therapy." When you suddenly realize that you're in a dream you also become aware that nothing can hurt you since, in reality, you're safe in bed. This gives you the power to fight those monsters chasing you or to do other things you would not normally do. All the power now lies in your hands.

**Rehearsing.** When you have a lucid dream, you may be practicing for a hard part of life that's soon to come. This could be a huge football game you need to get ready for or an important presentation you'll be putting on in front of hundreds of people. The way your brain works while you're rehearsing in



Photograph by Maria (Gidig)

sleep is the same as it will work when you're awake, so it helps your brain remember what to do, how it feels, and that you're going to be okay. Therefore, it can help conquer stage fright, or any other upcoming event you may be worried about.

**Puzzle solving.** In life you may face many puzzling situations. While having a lucid dream, you may find the solution to that algebra problem you couldn't do this morning. Your mind is extremely creative when you're dreaming, so you may also think of a new craft project to work on. While dreams can be absolutely crazy, this can give you ideas to use when awake!

**Healing.** Your mind is a huge part of your body. You can use lucid dreams to help your body physically heal, overcome a phobia, social anxiety, or grief. You can even boost self-confidence and body image! Some people have also had luck in using lucid dreaming to help alleviate physical pain.

**It's all imagination.** When you have a lucid dream, it reminds you that the world you live in is limited to the confines of your mind. It helps you look past everyday life and to decide what is real or not.

**How do I have a lucid dream?** Lucid dreaming is something that most people have to acquire. Though a lucky few can experience a lucid dream with ease, many people have sporadic lucid dreams here and there but are unable to choose to have one. A big part of having a lucid dream is being able to recall a dream.

You need to have motivation and be willing to put effort into having a lucid dream. After a while, though, lucid dreaming will be easier than you think.

First you must remember your dreams so that you will see patterns between the difference when you are dreaming and when you're awake. This will help  
(continued on page 7)





you recognize a dream more easily and may work better if you keep a dream journal by your bed, then write down the dream you were having immediately upon waking.

You will need to learn to pick out when something is odd or out of place, like suddenly being able to fly or seeing multiple visible dimensions. When your mind can figure out when something isn't realistic, you can then assess the situation and decide if it is real or if you are simply dreaming.

Your mind is a powerful tool and you may be able to decide when you go to sleep that you're going to have a lucid dream. Figure out what kind of dream it's going to be, when you're going to realize it's a dream, and what will happen in the dream.

Most of all, though, have fun with your lucid dreaming! Use this as an opportunity to try new things or do things that are simply impossible in the real world. Just remember there is a difference between sleeping and not, and make sure you're dreaming before you try anything that may harm you! ■

## Email us!



*Do you have any comments or feedback on any of our featured Mind and Body articles? Would you like to see one of your articles here or have any suggestions on what you'd like to see in future editions of Avatar? If so, we'd love to hear from you.*

Contact us at [Avatar@teenhelp.org](mailto:Avatar@teenhelp.org).

## Surviving Suicide

*by Kathy (drowningangel)*

**Regardless of the cause**, death is incredibly hard to cope with, and when someone close commits suicide, it may leave you feeling especially lost and alone. Suicide is the third highest cause of death for those between the ages of 15 and 24 in the world. When this tragedy strikes, family and friends go through many changes that can be overwhelming, and while no one can go through the grief process for them, understanding emotions may help.

*Saying the word.* It will take time, but eventually, the reality of suicide must be faced. Many people want to believe their loved one has passed due to natural causes; they never say the word "suicide" or admit what has happened.

Do you have to think about the details? No, but many people feel it is important to admit that suicide is the reason your loved one is gone.

*Facing Your Grief.* Let's face it: you can't run from grief. You may attempt to bury it and ignore the pain you're feeling, but that may only do you harm. Don't attempt to downplay or put away the emotions you're going through due to your loss. Face them head-on.

**“You don't have to do this alone. Chances are those around you who also knew the victim feel just as helpless and confused as you.”**

You don't have to do this alone. Chances are those around you who also knew the victim feel just as helpless and confused as you. Lean on your support system of friends and family, and share your feelings and thoughts with one another. If you feel that doing so may simply be too much to handle (even with the support of friends and family), contact a therapist for grief counseling to learn techniques and ways to handle your stress and emotional pain.

*Writing it out.* You may find that keeping a journal in the days after losing your loved one can be very helpful. Writing letters to the deceased, allowing yourself to speak freely about your thoughts, even writing poetry or creative pieces seems to help  
(continued on page 8)





*Something for the heart and soul.*

some with the grief process. Later on, they find looking back on the experience as a window into their growth.

*Doing too much and too little.* After a suicide, some people isolate themselves. Whether it be emotionally or socially, allowing yourself private time to grieve can be a good thing. It can, however, become a bad thing if taken too far. On the other hand, throwing yourself immediately into activities and staying busy, can prevent you from being able to properly grieve. Find a balance that is good for you. It is okay to feel your feelings, but try to remain aware of the world around you.

*Going crazy?* No, you are not "losing it". It is very normal to feel like you are disoriented, confused, angry, or anxious, especially in the initial days or weeks after loss. You are reacting to an enormous emotional shock and it will take some time to balance this out, to help you return to your "normal" state.

*Getting physical.* It is not uncommon for many who have had a death in their family, especially a suicide, to begin experiencing physical problems, including headaches, nausea, body pains, and even anxiety attacks. Don't ignore these problems. If it affects your day to day life, it is something that you should mention to your doctor. Stress can cause physical problems, and emotional difficulties can as well (including depression).

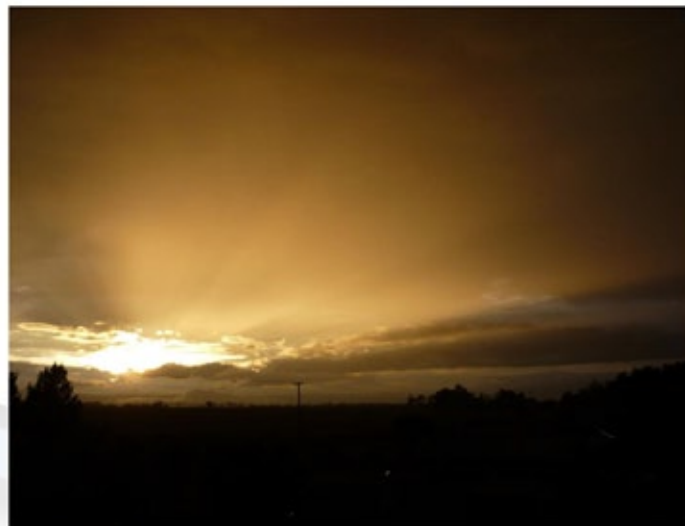
**“Simply talking to those who know what you’re going through can make a world of difference.”**

*Masking the pain.* Grieving friends and family often tend to turn to drugs and alcohol to ease the pain of loss. Turning to drugs and alcohol as a coping mechanism is not going to help how you're feeling, nor will it make the grief process move along any faster. Substance abuse can only lead to more problems in your life, including withdrawal and addiction.

*Suffering alone.* There is no need to go through your grief and pain alone. You are not the first to feel what you're feeling and think how you're thinking. Always remember that no two survivors grieve the same, but take comfort in the fact that others have been in your shoes and have made it to the other side of grief: acceptance.

Join a self help group or stay in contact with those who have experienced suicide in their lives. Simply talking to those who know what you're going through can make a world of difference.

*Feeling the guilt.* Most people like to think there is something we could have done to help a suicidal loved one--to prevent their death, which leads to feelings of guilt. This is not the truth at all.



Photograph by Kaylyn (rescueisnotamyth)

There comes a point when you must accept that nothing can or could be done. Guilt over the situation can do nothing but worsen your mental and physical health. Don't be afraid to talk to those around you about how you are feeling or to write it out, but if you feel this is not enough, contact a counselor for additional help.

*Being angry.* Don't be afraid to be angry. Anger, confusion, rage, disappointment, so many emotions go through our hearts during grief, and we must allow ourselves to express them. Punch a pillow. Find a quiet place where you can scream or cry it out. Listen to angry music. Take martial arts or hit the gym. Release these emotions in a healthy manner; keeping them inside will only harm you in the long run.

Surviving the suicide of a loved one is one of the hardest things anyone could do. It is going to be hard, but it is definitely possible.

Don't forget that you're never alone. There are endless websites and support groups that are filled with people who have been or are going through what you're experiencing. ■





## TeenHelp's Cause of the Month: She Dances

by Katrina

With the release of Volume Three, Avatar will now contain a monthly, noteworthy cause that the editors feel is sometimes unrecognized, unknown, but utterly unique. We hope "Cause of the Month" will raise awareness for these great causes, the purpose of these movements, and the visions that started them all.

*"Every girl deserves to dream. Every girl deserves hope. Every girl deserves to love and to be loved. Every girl deserves to dance. When she dances she is alive... when she dances she is free. She's free to live, to laugh, to love. She's free in her heart... she's free in her spirit. Hope moves within her... beauty finds her. **She Dances.**"*

Each year, 800,000 girls are trafficked across international borders for the sole purpose of sexual exploitation. Our first "Cause of the Month," She Dances, was born in Birmingham, Alabama with one woman's passion for putting an end to this sexual trafficking and international exploitation. Today, twenty-seven million people in this world are being held as slaves, and She Dances would like to start to put an end this cruel and unjust slavery.

***"Today, twenty-seven million people in this world are being held as slaves, and She Dances would like to start to put an end this cruel and unjust slavery."***

***"Our vision... To show love turned into action and then freedom."***

The movement behind She Dances truly focuses on finding a peaceful way to end slavery. The founders of this organization realize that fighting violence with violence is not the answer, so they instead have created She Dances to calmly, but firmly, respond to this call for justice and stop women and children from all over the world from being statistics and numbers.

The first organized project of the She Dances movement is called "Hope In Honduras" and is named to represent the "freedom and hope that girls in Honduras deserve." Unfortunately for the women and



Photograph by Katrina

children of Honduras, one of the epicenters of human trafficking, no one is safe on the streets day-to-day. She Dances is partnering with L.A.M.B. (Latin American Missionary and Bible orphanage) to create a safe home for twelve girls aged seventeen or under and victims of sexual exploitation living in fear back on the streets of Honduras. One of the ways to get involved with She Dances includes this project, so if you're interested, more information can be obtained by emailing [connect@shedances.org](mailto:connect@shedances.org).

***"This home will be more than a roof over their heads, but a place where they can be healed physically and emotionally, and have a new life filled with freedom and hope."***

Though She Dances is a new and small organization, the mission and hopes of it's founders speak volumes. For more information, ways to host events, plus a small store featuring merchandise designed to raise questions and spark conversation on "Hope In Honduras" or She Dances as a whole, please visit the website at [www.shedances.org](http://www.shedances.org). ■





*A unique way of seeking help.*

**A really close friend of my friend died a few days ago and my friend is really upset. I just don't know what to do. I don't know what I can say or do to make him feel better.**

**Does anyone have any advice on how to help a grieving friend?**

Having someone close to one of your friends die is really hard for both your friend and for you. Especially because you're put in a place where you want to help your friend, but as you said, are unsure of how to. Your wanting to help your friend is natural, and really shows what a good person you are for caring so much about your friend's wellbeing and emotional health. You will come across a lot of people who feel sorry for their friend, but don't even attempt to help.

While it's hard to say, there isn't anything you can do or say to fix this problem for your friend. It's a fact of life that many people have to deal with, though it's still hard to deal with. But you have to remember that he will come out of this on the other side okay. Your support, even just knowing you're there probably means a lot to him right now. So just make sure to let him know you're near by if he needs someone to talk to or even just someone to sit with him.

Also, have you tried talking to him? Telling him how much you're worried about him, how much you want to help him through this. Tell him it's of no inconvenience to you if he asks for help at any time. You can even explain that you're at a loss as to what to do at this point, and you just want to make him feel better.

If you've ever had someone close to you die, try to think about what helped you get through it. Perhaps taking him out to lunch and just having a fun time to get his mind off of it for a while would help, or something of that sort. Also do remember that people grieve differently. So he may not handle the situation exactly as you handled it. Some people become more social, some people ignore that it happened, and some people lock themselves in their rooms for a while.

It's awesome you're so set on helping your friend. It really shows what a good friend you are.

- Maria (Gidig)

Words cannot express, well enough, how sorry I am for your loss; although you weren't really close with the person who passed, it sounds like they were very nice and a great friend to a friend of your own.

The best thing you can do, I think, is to try to be there for your friend. Offer to listen if he needs to talk, or just to be a presence when he is feeling alone. Don't be afraid to let him know that you are available to talk, but after doing so you may want to give him time. It may take a while for him to feel ready to open up about things; he may just now feel ready, or it may take even more time. Be understanding of what he is going through and don't push too much, you know?

Wanting to help your friend shows what a good person (and friend!) you are. Don't forget to take care of yourself, though, during difficult times. Reach out to others if YOU need it; you don't always have to be the rock.

Good luck to you and your friend, and anyone else affected by this tragedy.

- Jessie

**When it's school holidays if I'm supposed to have a break from the pill I won't. I'm just wondering how much harm it'd actually do to me.**

**I stopped taking the pill on Friday for my week break from it and I was wondering even though it's not Friday could I start taking the pill again tomorrow?**

The pill, being medication and so forth, needs a doctor to really tell you what's safe. What's safe for one person, may not be safe for another. And since we're not medical professionals, you should call your doctors office, explain the situation, and see what they think.

- Maria (Gidig)

First of all, I think this could depend on a number of factors such as past experiences with going off the pill as well as the type/brand you're taking AND what your doctor has previously advised you to do. Now, I'm no medical professional, but I definitely do recommend that you follow the directions on the box and keep on the same schedule. I'm not sure what changing the schedule could do, exactly, but as they say, "better to be safe than sorry!"

For questions like these, it's always best to talk to the doctor who put you on the pill. Do you think you might be able to call down and check with him or her to see what they think might be best for you? I hope you get this figured out soon,

- Katrina





*A unique way of seeking help.*

**So, I've been thinking about trying drugs. Even with everyone saying "Don't do drugs!" "It's bad for you!" and "Just say no!" it just makes me want to try even more. I guess I'm just curious. But I also want to try it to get an escape from life.**

### **What should I do?**

Ah, curiosity is a lethal thing, isn't it? It causes the biggest temptation ever to do things we sometimes know that we shouldn't. On the other hand, though I don't really feel this is the case here, curiosity has caused great things to happen: many inventions, new relationships, and all kinds of things.

With all of that said, I really just have to discourage you from doing this. I know that it might make you want to try drugs more, but please consider this: drugs are addictive. Sometimes, you'll try something once, and think it's harmless, so you'll try it again. Before you know it, you're trying it more and more and you can't stop yourself - you're addicted. Personally, my family has a very addictive personality, so I have steered clear of all drugs and most alcoholic drinks in my lifetime. Not only that, but I also know that things are illegal for a reason. If they were safe and okay for me to try, I feel as though they'd be legal and sold in gas stations or something of the sort.

Why exactly do you want to escape from life? Doing drugs will not help you sort through your life and keep moving on. If you want to do this, you're going to have to face what you're going through and really push yourself to try and fix the problems. Drugs might give you a temporary facade of an escape, but I assure you, it truly is only temporary.

I don't want to preach here, but please, please be careful and safe and really think before you act. I can tell you for a fact that I'm definitely not the right person to tell you how to stay safe, but I do know that you need to keep someone there that you trust [someone who is not also planning on doing the same thing, so that their decision-making process is not impeded upon]. Take care of yourself,  
- Katrina

When you're a teenager, in my experience, drugs are a huge part of your life, regardless of whether you try them yourself or not. Drugs are all around school, on the street, and sometimes, even in your own house. Being curious about them is not a bad or unnatural thing. It's your decisions with that curiosity and how safe you are with them that matters.

What kind of drugs are you thinking about? And what kind of risks are you running with trying them? Think about the pros and cons. Addiction is a possibility with drugs, are you ready to handle that? To consider that happening in your life? People get hurt every day doing drugs, even if it's just a one time thing. Though, I don't want to be another person to tell you "Drugs are bad" or anything like that, I'm saying make the decision for yourself. Decide what's worth what, and if trying drugs are worth it. Does your curiosity outweigh the risks of trying drugs?

Also consider why you are doing drugs. Will you be doing them to escape life, or to see what they're like? Perhaps if you're doing them to escape life, you need to find the source of that problem and solve it in a more healthy way. Drugs won't make your problems leave you, as cool as that would be, and don't expect them to. You'll simply be disappointed.

Though, if you are going to try them, I want you to be safe. Keep a 'babysitter' there at all times. This means, keep one person sober all the time, so if something goes wrong, you have a logical sober person who can make decisions as to what to do. Like if you had a bad reaction to a drug, they could call 911. Your safety comes first, so make sure everyone around you agrees that if something goes wrong that it's okay to call 911 regardless of what kind of trouble you could get in. If the people around you can't agree to this, these people aren't safe enough to do drugs with. This also means, don't do drugs by yourself.

Another safety thing to consider, is make sure you're getting them from someone reliable. Drugs can be laced with multiple things, and that too compromises your safety.

Just stay safe whatever you do decide to do.  
- Maria (Gidig)

## **Ask us for advice!**

If you would like to submit a question for us to answer, you can email us at [avatar@teenhelp.org](mailto:avatar@teenhelp.org) or PM any of our Avatar Editors. We would love to hear from you!





*Kicking off your month with pizzazz.*

## Poem Writing

*by Maria (Gidig)*

**Writing anything**, especially a poem, can be a difficult but rewarding process. This process can take minutes, hours, months, and even years to complete. You may write a poem that you dislike and never look at again. On the other hand, you might write a poem you like so much, you edit and change until it you find it perfect in your eyes. Whatever the case may be, here are some suggestions about how to write your best!

**Get in the mood.** Getting in the mood to write is very important. If you don't want to write, it's more difficult to produce a powerful and meaningful poem. It's usually best to write when you're feeling a specific emotion such as anger, sadness, or happiness. Though you can write an excellent poem at any time, it usually is easier to get an emotion across when you're feeling it.

Sometimes if you just feel like writing, you can try to get yourself in the mindset of whatever genre of poem you'd like to write. You can do this by watching a movie of the genre of poem you're hoping to write, such as a comedy to get a light-hearted funny poem, or a sad movie to get a sad poem. You can also read a literary piece, and try to 'soak up' the feeling from it. When you feel the emotion, transfer that emotion on to paper. Many people write to get their emotions written down and out of their head. You can do the same if you wish. Many people write to "record" their emotions, while others write with what may appear to be no purpose.



Photograph by Jessie

**Before you write.** Before you write, decide on both the audience and the message you'd like to convey. With these things in mind, you can start to write a poem. Don't be discouraged if it doesn't become what you expected.

Poems can be as long or as short, as you'd like. Sometimes it can take a long time to write a short poem, but you can get a lot of feeling, emotion, and points across with just a few simple lines.

Try not to be discouraged when your poem isn't what you wanted, the first time, just try again!

**Where to write.** Some people can sit down and write anywhere while others would rather find somewhere with a specific mood. Find what's most comfortable for you. I personally like sitting anywhere on the floor. Sometimes, when you write in the same place all the time, you can sit down in said place and automatically be in the mood to write. This is beneficial when you need to write for a deadline.

**Overcoming writer's block.** Writer's block is a frustrating experience that every writer must face at some point in their life. Read other poems for inspiration and ideas. Pick an object that fascinates you and write about how it feels, looks, and smells. Perhaps try to describe an object without saying what it is, and see if you were descriptive enough that others easily guess what it is. Think of an event in your life you feel strongly about and write about that. There are many things in the world you can write about, so find something that catches your interest and run with it. You may like it or you may throw it away. You may also be surprised at what you're able to come up with.

**Should I edit?** Whenever you finish a piece, set it aside for a while. When you're ready, return to it and decide if you want to leave it at that, or really work on it, edit it, make it flow nicely and so forth. Give it to others and ask for their input--sometimes it sounds different in your head than it comes across to others. Read it aloud, see how it sounds and how it rolls off the tongue. Change it however you want! It may seem like a whole new poem when you're done, but what matters in the end is if you're happy with it.

To better your poems overall, read poems by other authors. Sylvia Plath is my personal favorite. Other great poets include Robert Frost and Shel Silverstein. There are so many authors out there! They can (but don't have to) be famous. Find what styles you like, what you like about your favorite poems, and what you would like to put into your own writing. You learn so much by reading others' work! Take advantage of our vast internet and libraries; so much material is at your fingertips on a daily basis.

Now, go gather some paper, a pencil, and a nice cup of coffee or hot chocolate and write! There are no limits to what you can accomplish. ■



*Kicking off your month with pizzazz.*

## Sweet Summer Showstoppers

*by Katrina and Maria (Gidig)*

The summer of '09 is one of quick romances, hot days and sunburns. It's a summer of digging our toes into the sand, of cruises, of huge clouds, and of relaxing in general. Even more, the summer of '09 is one of sweet summer showstoppers, and the meaning behind these magnificent melodies!

*"Second Chance" by Shinedown  
Even the man in the moon disappeared,  
somewhere in the stratosphere.*

At the beginning of the year 2007, the producer of this band asked the lead singer Brent Smith about his goals for Shinedown's upcoming album. Smith hoped that this album, *The Sound of Madness*, would be an album that far outlived even the members of the band. "Second Chance" in particular, which only became popular among radio lovers and young people in mid-April, has its own incredibly unique story. This song is actually written about Smith's journey of leaving his hometown, country music central Knoxville, Tennessee, to pursue a career in the rock 'n roll genre Shinedown is now known for.

*"The Climb" by Miley Cyrus  
[It] ain't about what's waiting on the other side,  
it's the climb.*

Miley Cyrus, forever known to our generation as teen pop sensation "Hannah Montana" was introduced to music at an early age from her father, Billy Ray Cyrus. Since then, as well as her debut to the celebrity world through the hit Disney Show "Hannah Montana," she has recorded a multitude of extremely popular and catchy songs. Her latest song, "The Climb," obviously refers to the trials and tribulations that life throws at all of us.

*"Don't Trust Me" by 30h!3  
Black dress with the tights underneath,  
I got the breath of the last cigarette on my teeth*

Though 30h!3 is not new to music, the band is definitely new to mainstream radio this summer! Its hit song "Don't Trust Me" is co-written by two of the members of the band, Sean Foreman and Nathaniel Motte. Motte says that this song is "one of two songs I co-produced with Benny Blanco, a phenom-

enal producer who our label hooked us up with. We sat down and started making that beat right when we [met up]. It came out sounding different than the other stuff but we were excited about it."

*"Gives You Hell" by All-American Rejects  
Truth be told I miss you,  
And truth be told I'm lying.*

Written during a road trip, "Gives You Hell" is not your average All-American Rejects song. This song was number four on the Billboard Hot 100 and number 2 on Pop 100 charts upon its debut. In the words of band member Tyson Ritter, "It's kind of this tongue-in-cheek way of looking at someone you hate, whether it's your mom, for some reason, or it's your teacher at school, or it's your boss at work. It's just someone who makes you struggle, and it's giving them the finger." It ended up getting released internationally and has been the major hit from AAR's album "When the World Comes Down".

*"Love Game" by Lady Gaga  
Let's play a love game,  
play a love game.*

Lady Gaga's career only recently began to take off in 2008. This song is from her debut album, "The Fame," which also includes songs such as "Poker Face" and "Boys Boys Boys". "LoveGame" was actually cowritten by the Moroccan and Swedish producer RedOne, who also produced "Just Dance" and "Poker Face." As far as the promo goes, Lady Gaga explains, "I wanted to really bring forth the girl that I was four years ago, and I wanted to put it in the setting of the underground subway. I worked with [video director] Joseph Kahn, and he did an amazing job. He didn't just capture the fashion; he captured the artist."

*"Halo" by Beyonce  
Everywhere I'm looking now  
I'm surrounded by your embrace*

"Halo" was written by Ryan Tedder (who previously wrote "Bleeding Love") about a love so intense that it actually becomes heavenly. This song was actually written for Leona Lewis, but when she turned it down because she didn't have time, the duty was passed on to Beyonce. This made Simon Cowell, Leona Lewis's mentor and musical advisor, extremely angry. In the music video for "Halo," Beyonce gets very personal with *2 Fast 2 Furious* and *Seven Pounds* actor Michael Ealy. ■





*Kicking off your month with pizzazz.*

## Summer Flicks

*by Nat (Strider)*

**Summer is finally here!** You've been outside all day biking, swimming, walking, and getting wicked sun burns, but what can you do when you just want to relax and chill out? This is a list of upcoming must sees, both at your cinema, and in the comfort of your living room.

*What's on the big screen?*

***Ice Age 3: Dawn of the Dinosaurs*** (Date: July 1st)  
You all remember that cute little animated squirrel who chased around an acorn everywhere, right? Well he's back, along with all of your favourite Ice Age friends, and a few new dinosaurs to boot. If you are looking to keep your little sibling quiet for an afternoon, this is the perfect opportunity.

***Public Enemies*** (Date: July 1st)  
Starring Johnny Depp and Christian Bale, this new gangster movie is sure to give you a thrill. Johnny Depp plays a depression-era bank robber being hunted down by the FBI. Loaded with action, this is a movie all of you Godfather fans will not want to miss.

***I Love You, Beth Cooper*** (Date: July 10th)  
Everyone knows the stereotypical geek in high school, but who would have guessed that he would express his love for a popular cheerleader in his valedictorian speech in front of the whole school? After doing so, he experiences what he never thought possible—and what he could only imagine in his worst nightmares.

***Soul Power*** (Date: July 10th)  
This is a documentary that will take you right back to 1974, when R&B and boxing went together better than PB and J.

***500 Days of Summer*** (Date: July 17th)  
This romance of 'boy meets girl' is definitely not a love story—or at least that's what they're advertising. After Tom's girlfriend dumps him, he goes through his memories of the 500 days he spent with her.

***Harry Potter and the Half-Blood Prince*** (Date: July 17th)  
It's the moment all of you Potter fans have been waiting for. After being postponed by months, the sixth movie will finally be out. Sure to be full of magic both good and evil, this new Harry Potter film will give you a peek inside Voldemort's world.

***All The Boys Love Mandy Lane*** (Date: July 17th)  
All the boys love beautiful, untouchable Mandy Lane, but what happens when things start going wrong, and the angelic Mandy seems to have demons following her? This horror looks pretty creepy. Will it live up to the previews?

***All Good Things*** (Date: July 24th)  
After the girlfriend of an important real estate figure goes missing in New York, this romance quickly turns into a suspense as the people associated with the case are found dead.

***G-Force*** (Date: July 24th)  
Of all the animals used as test subjects, there is only one you would send into a dangerous, life-threatening situation—the guinea pig. Disney has taken espionage to a whole new level by creating this group of guinea pigs and having them save the world. Voiced by an all-star cast, this movie is sure to be a laugh.

***Orphan*** (Date: July 24th)  
This is another horror story of a seemingly innocent girl gone bad. Esther, a 'different' but remarkable child, is adopted by a caring family when things start going terribly wrong.

***The Ugly Truth*** (Date: July 24th)  
What really makes a man tick? Abby thinks she wants to know—if it will cost the obnoxious TV personality teaching her his job. This comedy is sure to be a laugh, but do you really want to know the ugly truth behind love?

***Funny People*** (Date: July 31st)  
A comedian who has less than one year to live starts teaching an amateur the tricks of the trade in hopes of making both of their lives better. This heartwarming comedy is sure to open your eyes to life, death, and the closure in between.

***They Came From Upstairs*** (Date: July 31st)  
This seems like a mix between E.T. and Home Alone. When a family takes in an alien when on vacation, they did not know they were bringing in a war. This movie is full of knee-high aliens, and home-made contraptions that little kids are sure to love.

***DVDs and bluray:*** Knowing; Push; The Unborn; The Haunting in Connecticut; Coraline; Watchmen; Dragonball Evolution; Fast & Furious

So pull up a seat and grab an ice cold drink after a busy day out in the sun. Sit back, relax, and enjoy the many summer movies you can choose from. ■





*If life gives you lemons, cook!*

## TeenHelp's Top Ten Summer Recipes

by Casey, Jessie, Maria (Gidig), Nat (Strider), Sam (star\_crossd)

To welcome the first full month of summer the Avatar Editors have gathered ten of TeenHelp's favorite recipes to share with you!

The recipes are arranged by category, not by how delicious they are, so be sure to try them all!

### Drinks:

**Sunshine Punch:** A refreshing blend of orange juice, apple juice, and lemon-lime soda.

**Peace Fizz Smoothie:** A sweet and fruity frozen drink, perfect for hot summer afternoons.

### Main Dishes:

**Summer Salad:** A delicious Italian salad of tomato, cucumber, and feta cheese in balsamic vinaigrette.

**Sour Cream Cucumbers:** Cucumber and onion marinated in a sour cream sauce.

**Taco Salad:** A vegetarian adaptation of tacos made with vegetables, cheese, and Doritos.

### Fruits:

**Fruit Taco Crepes:** An easy-to-make but mouth-watering fruit crepe recipe.

**Fruit Kabobs:** A fun yet simple way to enjoy fresh fruit.

### Desserts:

**Chocolate Éclair Cake:** A yummy recipe for a no-bake cake.

**Wiggly-Jiggly Jell-O Pops:** Fun and frozen treats for sweltering summer days!

**Banana Bread:** A classic favorite made with fresh bananas.

### Sunshine Punch by Casey

Ingredients:	Quantity:
Apple juice	2 cups
Orange juice	2 cups
Frozen lemonade	1/3 cup, thawed
Lemon-lime soda	2 cups chilled

#### Preparation:

- Combine juices and lemonade, stir until well blended.
- Just before serving add soda and stir gently.
- Serve over ice.

### Peach Fizz Smoothie by Jessie

Ingredients:	Quantity:
Vanilla ice cream	1 cup
Frozen sliced peaches	1 cup
Ginger Ale	12 ounces
Sugar	1.5 tbsp.
Vanilla	1 tsp.

#### Supplies:

Blender

#### Preparation:

- Blend all ingredients until smooth.

### Summer Salad by Jessie

Ingredients:	Quantity:
Tomato	3 or 4, chopped
Cucumber	1 or 2, chopped
Feta cheese	1.5 cup
Balsamic dressing	To taste
Basil	To taste
Black pepper	To taste

#### Optional Ingredients

Onion	1/2, diced
Walnuts or other nut	1/4 cup

#### Preparation:

- Prepare the vegetables and mix them in a bowl with the feta and nuts.
- Sprinkle lightly with basil and black pepper.
- Add dressing to taste or until the vegetables are lightly coated.
- Refrigerate or place in a cooler until you're ready to eat.





*If life gives you lemons, cook!*

## Sour Cream Cucumbers by Maria (Gidig)

Ingredients:	Quantity:
Cucumber	3, sliced
Onion	1 small, sliced
Vinegar	1 ounce
Sour cream	10 ounces
Sugar	1/2 tsp
Salt	To taste
Pepper	To taste

### Preparation:

- Slice cucumbers.
- Slice onions into small strips.
- Mix together vinegar, sour cream, sugar, and a pinch of salt and pepper.
- Stir in cucumbers and onions.
- Let set for at least 2 hours in fridge.

## Taco Salad (Vegetarian) by Jessie

Ingredients:	Quantity:
Kidney beans	1 large can
Catalina dressing	1 large bottle
Red onion	1 medium, chopped
Tomato	3 or 4, chopped
Lettuce	1 medium head
Doritos	1 bag, regular
Cheddar Cheese	1 bag

### Preparation:

- Soak kidney beans in Catalina dressing.
- Add in cheese, red onion, tomatoes, and lettuce.
- Immediately before serving crumble Doritos on top.

## Fruit Taco Crepes by Casey

Ingredients:	Quantity:
Fruit pie filling	1 21 oz can
Flour tortilla shells	
Whipped cream	To taste
Powdered sugar	To taste

### Preparation:

- Spoon pie filling into the center of each shell.
- Roll up and place seam side down in a microwave safe dish.
- Microwave on high for 3 mins or until filling is bubbly. Cool slightly.
- Add a dollop of cool whip and sprinkle with sugar.

## Fruit Kabobs by Maria (Gidig)

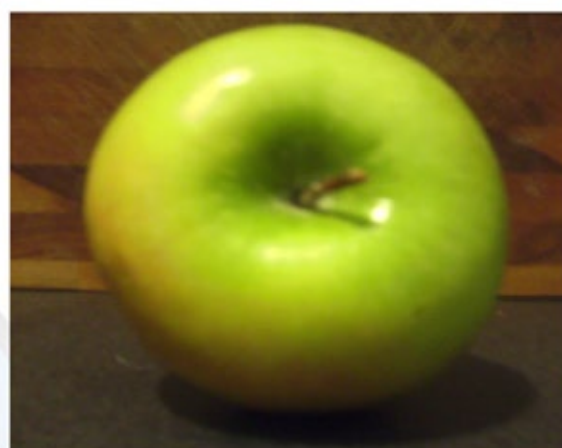
Ingredients:	Quantity:
Fruit of choice	To taste
Lemon juice	

### Supplies:

Skewers

### Preparation:

- Cut fruit into chunks.
- Slide the chunks onto skewers.
- Squirt with lemon juice to keep fresh.



Photograph by Jessie

## Chocolate Éclair Cake by Sam (star\_crossd)

Ingredients:	Quantity:
Graham crackers	1 box, instant mix
Vanilla pudding	1 package
Whipped Cream	1 container
Chocolate cake frosting	1 container

### Supplies:

13 x 9 inch baking pan

### Preparation:

- Make pudding as directed.
- Fold\* together whipped cream and pudding until well blended.
- Line bottom of pan with a single layer of graham crackers.
- Pour half of the pudding mixture on top of the crackers; spread evenly.
- Add another layer of graham crackers.
- Pour the rest of the pudding.
- Add one more layer of graham crackers and top with the chocolate frosting.
- Let sit in fridge for a few hours or overnight.

\*Folding is scooping the mixture from bottom to top, without stirring.





*It's all fun and games until someone loses an "i".*

## Wiggly-Jiggly Jell-O Pops by Nat (Strider)

**Ingredients:** Jello  
**Quantity:** One packet

**Supplies:**  
Popsicle molds  
Plastic, reuseable popsicle sticks

### Preparation:

- Make the Jell-O according to the directions on the package.
- Pour the liquid Jell-O into the popsicle molds. Fill so that there is a little bit of room at the top of the mold so it does not overflow when you put the sticks in.
- Put the popsicle sticks into the molds.
- Freeze until completely frozen.

Tip: If the popsicles are difficult to take out of the molds, run the mold under lukewarm water for a few seconds first.

## Banana Bread by Maria (Gidig)

**Ingredients:** Sugar 1 cup  
Oil 1/4 cup  
Egg 1  
Bananas 3, mashed  
Salt 1/4 tsp.  
Baking soda 1 tsp.  
Flour 2 cups

**Supplies:**  
Bread pan

### Preparation:

- Combine sugar and oil.
- Add egg and beat.
- Add mashed bananas.
- Mix flour, salt, and baking soda. Sift into mixture.
- Beat on low just until mixed.
- If stiff add a couple tbsp. of milk.
- Bake at 350 degrees for 50-60 minutes.

## TeenHelp Word Search

by Jessie

AARTEENHELPPBIUSMUAPANT  
DEGIRSMKNILPLEHEDVHOEP  
UAMNDOEOCHATMODERATORO  
DREA IHPLOOTLEAGGETFPSF  
BOLRNNSECRUOSERACAEUMC  
SUNIHRGRITITRTSIRPOUE  
AEDAVTEAOGTAIRASVERRRA  
RDS DTEASWIURHSAERDLGOR  
HLVMYEH S UNABACRMEIALFA  
GSRIVNMERATPBOORSTFATU  
FCANCHEMLLTOTD TOFOSIRT  
NFLIVEHELPOPERATORSCOA  
GAASALFTOOLRTVRISESOP  
OHITUPVASSAIATESMGUSPN  
LSARSDIVTTHTNGDIRIGOUR  
TUEANOEIOEARFKOVESGTSE  
ANNTSNPRLRSCOMMITTEESR  
APMOIOPPSOEDIVMERESPOF  
HMRRSRSENI LTOHUANRTTET  
MURSREGULARUSEREPTICAI  
UEULIVINFRACTIONREOETU  
TROPPUSLOMSELI FORPNROM

### Clues:

Administrator	Original Poster
Advice	Post
Articles	Private Message
Avatar	Profile
Avatar Editor	Regular User
Buddy	Social Group
Bug Report	Staff
Chat Moderator	Super Moderator
Chat Room	Support
Forum Moderator	Support Forums
Help	TeenHelp
HelpLINK	TeenHelp Donor
HelpLINK Mentor	Terms of Service
Hotlines	Thread
Live Help	Username
Live Help Operator	Visitor Message

### Unscramble these words:

Bogl  
Dntoea  
Ruserosec  
Wnriagn

### Fill in the vowels:

C—mm—tt—s  
R—g—st—r  
S—gg—st—n  
—nfr—ct—n  
V—d—s





Expressing life through your fingertips.

## She Walks Alone

By Casey

She walks alone  
down the stairs  
out the door  
into the wider world

She walks alone  
a bounce in her step  
a smile on her lips  
a glimmer in her eyes

She walks alone  
every day  
standing strong  
against others hate

She walks alone  
her head held high  
her spirits light

She walks alone.

## Solo

By Cym

Solo I stand  
Out on a limb  
And a glimpse of sunlight  
Brightens my world

I try to fly  
I work on my technique  
Eating the last of the grub  
I think of the danger

I think of the good times and forget the  
bad

Learning from my elders  
And making mistakes sky!

I try, try again the  
for

reach

and

my wings

I spread

## Untitled

by Kaylyn (rescueisnotamyth)



## Candles and Tinsel

By Adam



“If you have learned from your failures, have you really failed at all?”

- Carey (careyjonz95)





*Not as crabby as I look!*

by Katrina

**This month's sign:** Cancer (June 21 - July 22)

Happy birthday to you, Cancer! This month it seems as though people will look to you for advice and, if you can, try to be there for them. This could be a friend, but if you have a sibling, it will most likely be them. If you decide to apply for a job this month, be sure to truly be yourself; the true you is what potential employers want to see.

**Strength:** You have an amazing ability to take people under your wing and guide them to wherever they need to be. Keep up the great work!

**Possible Weakness:** You have fears that things long gone (that you feel should stay that way) will end up repeating in the future.

**Famous Cancers:** Meryl Streep, Cyndi Lauper, Pamela Anderson, Princess Diana, Lindsay Lohan, Ringo Starr, Tom Hanks, Jessica Simpson, Giorgio Armani, Bill Cosby, Harrison Ford.

**Aries**

(March 21 - April 19)

Well hello, dear Aries. Try to be cautious this month when it comes to situations that you feel may cause long term resentment or conflict. Now that school is officially out for most of us, spend some time with friends and family and catch up with those you may have unintentionally lost contact with.

**Taurus**

(April 20 - May 20)

Most of this month will run smoothly, fortunately, with little to no kinks in the road. This month, though, it's time to put those horns to the test! Mid-month you'll have a dispute with a "higher up," whether it be a teacher, boss, or parent. Remember to stick to your guns and always question authority!

**Gemini**

(May 21 - June 20)

Alright Gemini, kick it into gear this month! At the end of the month you're going to receive a well-deserved financial gain from somewhere. Of course you need to save some, but this also calls for some self-shopping. You've been so busy buying things for others the last few months that you haven't been able to treat yourself. So take the day off and have a small treat for yourself before depositing the rest of that money into the bank!

**Leo**

(July 23 - August 22)

Almost your birthday, oh feisty one! Have you thought about how you'll celebrate it? Will it be with family, friends, or maybe that old lover of yours? Speaking of which, this month is a time for love, you lucky duck. If you have the chance to rekindle an old flame, go all out and do it! You never know when an opportunity such as this one may arise again.

**Virgo**

(August 23 - September 22)

Yo Virgo! I urge you to start making an "ambition list" for yourself. The time to make serious future plans is now! Examples of these plans could be starting a new school, going out into the "real world" or even developing a new relationship.





*Not as crabby as I look!*

by Katrina

## Libra

(September 23 - October 22)

Libra, this month you must pay attention to minor details! If you do not, a really special opportunity is going to slip through your fingers! So, read between the lines, dear Libra, and if you happen to be asked to sign anything, you must look at the fine print. Do these things, and you will be very successful this month.

## Scorpio

(October 23 - November 20)

Let's not lie, you're just expected to have a brilliant month! If there's anything you've been struggling with over the past little while, let it go and really focus on setting yourself free. Remind yourself that it's okay and just keep moving with your life.

## Sagittarius

(November 21 - December 21)

Hiya. Much like Virgo, you need to make some goals for yourself this month. As summer will come to an end, you need to have at least a rough outline for yourself for the next year or so. People do say that others should live in the moment, which is true, but you also need to plan a little bit ahead.

## Capricorn

(December 22 - January 19)

Wow, Capricorn, of all the signs, this month is all yours! From every aspect of your life from work to relationships, from school to vacations, things are going to go uphill! So, chin up. There may be a few bumps in the road at the very beginning of the month, but you just wait until the middle of the month and you'll be sailin' easy!

## Aquarius

(January 20 - February 19)

"This is the dawning of the age of Aquarius!" Yes, it sure is. This month you're going to have time for some much needed home improvement as well as some self improvement for yourself! Don't hesitate to get organized. List making and goal setting is definitely not a bad thing, Aquarius!

## Pisces

(February 20 - March 19)

Hello there! This month may not be one of your brightest but Pisces, you are getting stronger by the day! Hang in there, okay? Things will seem tough, but try to reach out to others; your friends and family are there for a reason. Above all else, stay true to yourself and don't change for anyone, and you're destined to be just fine.





## Acknowledgements

### Image sources

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

### Articles

A Sea of Green: [news.bbc.co.uk](http://news.bbc.co.uk) ; [www.cnn.com](http://www.cnn.com)

Remembering McMahon, Jackson, and Fawcett: [www.cnn.com](http://www.cnn.com) ; [www.npr.org](http://www.npr.org)

Lucid Dreaming: [www.dreamresearch.net](http://www.dreamresearch.net) ; [www.lucidity.com](http://www.lucidity.com)

She Dances: [www.shedances.org](http://www.shedances.org)

## 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.avatar.teenhelp.org](http://www.avatar.teenhelp.org), or email us at [avatar@teenhelp.org](mailto:avatar@teenhelp.org).