

Debate on  
universal health  
care.

Cause of the  
Month: TWLOHA.

Understanding  
and living with  
dyslexia.

Making it happen:  
Volunteering.

Oct 2009  
TeenHelp.org's eZine  
Volume 3,  
Issue 4

# Avatar

**Top Ten Homemade Costumes**  
Affordable and fun ideas for dressing up this Halloween!





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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!

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*Letter from the Editors and acknowledgments.*

## Letter from the Editors

What's up, sweet Avatar readers? Great to see you again!

October is a month of, you guessed it, Halloween and other spooky things! It's also a month of pumpkin pie, leaves falling, and really getting back into the swing of things at school or work. We hope that everyone is doing well this month!

We have some legitimately cool stuff for you this month. Firstly, we have the **TeenHelp Times**, which includes an article on health care around the world and an emotional piece on the Beltway serial sniper.

In **Mind & Body** we have information for you on learning disorders with a special focus on Dyslexia. In our **Lifestyle** section there's an article full of ways to get involved in your community as well as a very inspirational piece entitled "More Than a Name or Face."

Don't forget about TeenHelp's **Cause of the Month**! This month, we feature To Write Love on Her Arms, an organization very closely related to TeenHelp. In **Dear Avatar**, Avatar's very own advice column, we have three questions that we've replied to as a united editorial staff: one about leaving for college and missing family (something many of us can relate to!), one about nightmares, and one about an unfortunate situation with an abusive father figure.

Be sure to check out our **Fun & Games** section which includes a really sweet puzzle featuring many aspects of TeenHelp, as well as one of our most exciting top tens yet: homemade Halloween costumes! Finally, don't forget to read our wonderful **Self Expression** submissions from TeenHelp users and your October **Horoscopes**!

See ya 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.

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**Articles**  
Canuck

**Images**  
DontGiveUpHope  
Shaz

**Self Expression**  
Casey  
drownedintheflood  
Natsumi





## Universal Health Care

by Mai (sushi\_error)

Throughout the end of August and September, millions of Americans have packed local town halls across the United States to voice their opinions for and against President Barack Obama's health care reform. The ongoing health care debate has divided parties and created immense tension across the United States. In some ways, this issue has divided the United States as a whole.

According to the United States Census Bureau, approximately 46 million Americans are currently uninsured. This number is surprising, considering the U.S. is the world leader in biomedical research and spends more money on health care than any other nation in the world.

**According to the United States Census Bureau, approximately 46 million Americans are currently uninsured.**

Since his inauguration last January, the Obama administration has worked diligently to create a universal health care plan for all Americans. The administration is committed to create an affordable program where all Americans will be insured, reduce growing health care costs, and improve the quality care, for example. Opponents of this plan argue that this will lead to a 'government takeover of health care' or will allow illegal immigrants, for instance, to receive health care. However, the Obama administration has flagged down many of these myths, reassuring Americans that they will still have a choice to continue with their current plan and/or that illegal immigrants will not receive any benefits of this program. Nevertheless, the debate over health care reform has definitely heated up and the heat will not be turned down anytime soon.

That said, how can a nation like the United States not have a health care program where every one of it's citizens benefits fully from it?

Universal health care can be seen in many nations around the world. In England, health care is provided by the country's public health service, the National Health Service. It provides most health care



services for free for the majority of residents in the UK. Nevertheless, some UK residents have opted to private health care instead, but that is only a small minority. A couple of hours away, France's universal health care system is considered ideal amongst many nations.

One of the arguments against health care is that there will be long waiting lists, and this can be the case in a number of countries such as Canada. However, France's system boasts few waiting lists and has the highest health care satisfaction in Europe. Unfortunately, France has the third most expensive health care system in the world and in 2006 there was an €10.3 billion deficit (over 14 billion US dollars)

In the end, universal health care has its pros and cons. There is a good chance this will continue to be an ongoing and heated debate in the coming months in the United States. Hopefully, a resolution will be found to satisfy all Americans, but that might be pushing luck. Yet, it cannot be debated that every single human being deserves affordable and quality health care. No one should be turned down if they cannot afford to pay for a visit or operation, right? ■





## This month in history:

### Twenty-two days in October: The Beltway serial sniper

by Jessie

**October 2, 2002.** What would later be known as the largest manhunt in United States history began on a cool autumn day in Western Maryland. Barely one year after the September 11, 2001 terrorist attacks on the United States, fear still ruled many of our lives. I was an eighth grade student and although I walked just one block to reach my school, I would be driven the short distance for much of October.

The Montgomery County Police Department, Bureau of Alcohol and Tobacco, Firearms and Explosives (ATF), the Federal Bureau of Investigations (FBI), the Secret Service and police departments from nearby jurisdictions would all assist in the investigation.

**"Your children are not safe, anywhere, at any time."**

From October 2 until October 24 residents of Maryland, Virginia, and the District of Columbia were terrorized by an entity which would later be known as the Beltway sniper. Victims ranged in ages from 13 to 72. Some were shot dead, others survived. Men, women, and children of every race, religion and socioeconomic status were targets.

In total sixteen people were victimized; two in Alabama, ten in Maryland, five in Virginia, and one in the District of Columbia. Six women, nine men, and a thirteen year old boy.

**"Call me God."**

Written on the back of a Tarot card symbolizing death, found at one of the crime scenes, were these words. And the sniper was playing God. Murdering on what seemed a whim, there was no identifiable motive. Was it terrorism? Was it someone out for revenge?

The fear we felt was unknown to many of us; this was happening in our backyard. This didn't happen here, but in New York. This didn't happen this way, but with airplanes, with bombs and with buses. There was no visible enemy and no one was stepping forward to take blame. Was it one person or an army of angry people? Citizen or outsider? Man or woman?

#### **A white box truck.**

When you are looking for something it is all around you. We were on the lookout for a white box truck, and they were everywhere. Anyone in a parking lot was a target. Anyone, anywhere, was a target. Children of our quiet and safe rural communities played indoors, their schools on lock down, later to be closed. Gas stations hung tarps around pumping stations, and anxious patrons jogged circles around their cars in hopes of salvation.

#### **The aftermath.**

As quickly as it began it ended. Twenty-two days later, on October 24, 2002 one man, John Allen Muhammad and one minor, Lee Boyd Malvo, were arrested at a rest stop off of Interstate 70 in Maryland. They were not in a white box truck, but a blue 1990 Chevrolet Caprice. A Bushmaster .223-caliber weapon was found in the car and the shots had been fired from a hole in the car's trunk.

On September 16, 2009, a Virginia judge set Muhammad's execution date for November 10, 2009. Malvo has been sentenced to life in prison without parole in two jurisdictions in Virginia and six consecutive life sentences without the possibility of parole in Maryland. There are still multiple unsolved murders in the states of Alabama, Arizona, Florida, Louisiana, and Texas that may be connected to Muhammad and Malvo. ■

## Contact us!

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

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## Dyslexia

*by Maria (Gidig)*

**Learning disorders**, a term many of us have heard use every day. Dyslexia, a learning disorder. But what really is a learning disorder? How does this particular one affect people? So many questions revolve around this one word—dyslexia.

Dyslexia is a learning disorder predominately affecting letters. This includes reading, writing, and spelling. Therefore, it's mostly caught when a child starts trying to learn how to read and write in school. It does not come from lack of reading instruction, or bad teaching skills. Dyslexia is normally found in children, though some argue that adults have simply learned to live with it, and not let it affect their lives.

**Random fact: Estimations say dyslexia affects 5% - 17% of America's population!**

Signs of dyslexia include trouble learning the alphabet, trouble reading and writing, difficulty understanding the difference between up and down, over and under, difficulty spelling, and comprehension difficulties. There are many more signs that you or your child may suffer from dyslexia, and if you suspect that you or a family member has this or any other diagnosable condition, it is best to consult your doctor.

It is still argued that dyslexia may not actually be a specified 'disorder'. Though many professionals argue that none of the methods we have now adequately diagnose dyslexia, in order to get a proper diagnosis you must see a doctor specializing in learning disorders.

There is no one pill available that will 'cure' dyslexia. Instead, various learning tools are used to help a child distinguish the difference between letters, and to learn how to cope with dyslexia on their own throughout life. You really need to know about dyslexia to be able to work on coping with it, so do your research! There are so many books and articles out there waiting for you to use.

Institutions such as schools are legally bound to

assist your child with anything necessary. There are many methods being found that help dyslexic children learn. For example, having the child track where they're reading with a pencil or their finger may help to help them focus on one word at a time. Encouraging them not to read too quickly or to read out loud may help as well, as hearing the words they are reading may help them to determine if the words sound correct to them.

Something as simple as a positive attitude towards your child and how well they are learning may encourage them and help their progress. Help them with struggles, but point out all the good things they are doing. Bring up how far they've come from when they first started a book or grade, or year. ■

## More Mind & Body?

**Want more Mind & Body articles?**  
**Check out past issues of Avatar!**

**Lucid Dreaming** - July 2009 (Volume 3, Issue 1) release of Avatar.

**Surviving Suicide** - July 2009 (Volume 3, Issue 1) release of Avatar.

**Immunizations** - August 2009 (Volume 3, Issue 2) release of Avatar.

**The Stages of Pregnancy** - August 2009 (Volume 3, Issue 2) and September 2009 (Volume 2, Issue 3) release of Avatar.

**The Grey Bipolar Area** - September 2009 (Volume 3, Issue 3) release of Avatar.





## TeenHelp's Cause of the Month: To Write Love on Her Arms

by Katrina

**October's Cause of the Month** is To Write Love on Her Arms, another cause close to the hearts of the large majority of TeenHelp users. As a group of young people, many of whom have struggled with self harm and addiction ourselves, we are truly able to connect with such a modern, accepting movement of love:

*"You were created to love and be loved. You were meant to live life in relationship with other people, to know and be known. You need to know that your story is important and that you're part of a bigger story. You need to know that your life matters."*

This movement was created by Jamie Tworkowski and a group of his closest friends upon taking in Renee Yohe after she was rejected from a rehab center for being too great a risk. "She has known such great pain; haunted dreams as a child, the near-constant presence of evil ever since." After getting to know Renee for a few days and a few nights and metaphorically writing love on her arms, Jamie and his friends decided to start selling t-shirts to pay for Renee's treatment. They began a Myspace page with their story and began hearing from people all over the world struggling through similar things. Renee struggled through many hardships from self injury to addiction, but she is not a victim of these things; she is a survivor. For the full story, visit this page: [www.twloha.com/vision/story](http://www.twloha.com/vision/story). Today, Renee is doing much better and often travels with the TWLOHA gang to tell her story and encourage young people to reach out for help.

Since TWLOHA's start over two and a half years ago, the folks at "The Bungalow" (the physical home of To Write Love on Her Arms) have replied to 80,000 messages from people in over forty countries.

*The vision is that community and hope and help would replace secrets and silence.*

Proceeds from the sale of t-shirts as well as other TWLOHA gear goes to treatment for people in need all over the world. Though this article has barely brushed the surface of the incredible strides that To Write Love on Her Arms is taking to open the conversation about life, we hope that you will read more about this great organization here:

<http://www.twloha.org>.



Photograph by Margaret

### Contact us!

*Do you have any comments or feedback on TeenHelp's Cause of the Month? Do you have suggestions for a cause you would like to see featured in future editions of Avatar? If so, we'd love to hear from you.*

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*A unique way of seeking help.*

**I'm leaving for college at the end of the month. My Dad is taking me to school, but I'm leaving my Mom and my cats. I'm very excited, but the first day is always the hardest in these cases. What is the best way to say goodbye and let go?**

I actually recently left for college, myself! Now, given I'm only a very short distance from my house, I know it's not quite the same, but living on my own is definitely a whole new world even though I am in close proximity to my own home.

You're definitely right that it's going to be harder at first. You're going to be adjusting to something totally different and unlike anything you've ever experienced before, and it's really weird! However, I think you'll find that as you get in the habit of going to classes and you develop a schedule for yourself, things will become easier. I suggest joining some sort of organization on campus where you can make friends, just in case, you know? It's nice to have a second sort of "family" that you can rely on and be around at college.

In the time leading up to when you leave, make sure to spend a lot of time with your family. There's no easy way to say goodbye, but keep in mind (as well as remind your family!) that this isn't permanent and that it'll probably only be a matter of weeks before you're back at home spending the weekend with your family and friends. I hope that your move-in day and first semester of freshmen year goes absolutely fabulously. Take care!

**Recently, I have been getting dreams about a girl I fell in love with who had a boyfriend. Sometimes, I wonder if it may have been better if I hadn't even met her. I don't know what I am feeling?**

Dreams are definitely a confusing topic, and to be honest, one that I don't really know much about! However, I can reassure you, which I feel is, in part, what you may be looking for. When you wake up from dreams (bad ones or good ones, but mostly bad ones), just remember that they were only dreams. They were not real, and what happened in them is not real and didn't affect your real life. I know how terrifying it is to wake up from a nightmare, heart racing and everything else, but then to finally realize it was just a nightmare.

As for the girl, it's always been my mindset that it's better to have loved and lost than not to have loved

As for the girl, it's always been my mindset that it's better to have loved and lost than not to have loved at all, you know what I mean? So, I know you couldn't have this girl, but you gained an experience of what love felt like, and one day, someone's going to return your love - it's only a matter of time. In the mean time, hang in there and try not to get too discouraged. Take care of yourself.

**When I drink I tend to drink more than I should. This guy in his 50s that I've known for a while knew this and let me drink with him. I ended up drinking a lot and we went skinny dipping and he had sex with me. Someone said he took advantage of me because of my weakness with alcohol. I don't think so since I let it happen.**

I'm really sorry to hear about this experience; it doesn't sound like a fun one. I've never been quite in your shoes before, but I know how badly stuff like that weighs on the conscious.

Technically, you did let this man take advantage of you. But you'll see in that sentence that I did mention feeling as though he took advantage of you. To be honest with you, I'm not really sure of the legal implications of everything, but I feel like sex with a minor in itself is not okay.

I'm glad that you realize that you're having some problems drinking too much alcohol, and I hope that you'll take steps to make sure that something like this doesn't happen again - it's not fair to you and it's just not worth it, you know? I can't really believe that a man you consider your second father let this happen, and I hate that he did.

You may consider speaking with a professional of some sort, just to talk it out. I know that sounds cheesy, but I'm a big proponent of the idea that talking things out can really help more than we realize! Please be careful with everything and take good care of yourself.

### 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.*

## Making It Happen: How to volunteer in your community

by Nat (Strider)

**What do you do** with your night off? Sure there are video games, movies, and other things that incorporate you lazing around the house for a few hours, but that time could really be spent getting out, getting active, and helping someone in need. Maybe you've thought about volunteering, or maybe you've done it before. Either way, this is your chance to step up and learn how you can make things happen in your community.

There are tons of places that are always looking for an extra helping hand. These are a few commonly found in cities and, sometimes, even in rural communities:

- hospitals
- food banks
- homeless shelters
- community centres
- city culture and arts festivals
- sports events
- school events
- blood drives

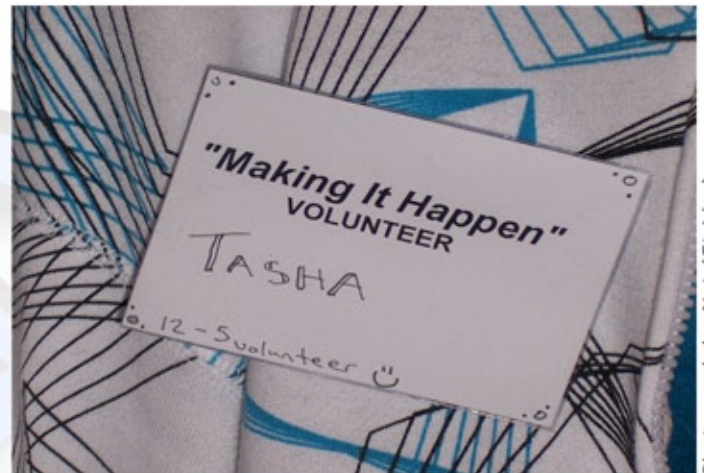
Sometimes scheduling can be a bit tight when you're a student—there are classes to go to, homework to complete, extracurricular activities that you participate in—but there is always a way to fit in some volunteering. Depending on your schedule, you could fit in an hour a night, or an hour a week, and you could be done in no time! Another way to complete your volunteering is during holidays. There are often activities that run for the whole day that need volunteers, so you could always complete your hours in a few days. What is important is that you commit yourself to the time you decide to take. If your holidays are really busy, then doing one hour every week or two is probably your best option.

***...this is your chance to step up and learn how you can make things happen in your community.***

Many of these places have flexible hours, so it is easy for students to fit some volunteering into their schedule. Some, such as the blood drive, food drive, and homeless shelters, need help all year round, whereas festivals and sports events may only happen during a certain season. Be sure to think about how you would like to help your com-

munity, while also thinking about what you enjoy doing. If you enjoy sports, then refereeing at a tournament can be a great, and fun, way to get hours.

Once you've chosen a place to volunteer, then the next step is to contact the people in charge. Most large organizations or events will have a website with contact information so you can get in touch with them. Use the given phone number or email address to speak with the person in charge of the volunteers and let them know when you are available to volunteer and how many hours you plan on volunteering for.



Photograph by Nat (Strider)

Looking up information is not the only way to apply. Try talking to your friends, neighbours, and teachers or counselors at school to find out if they know of somewhere you could volunteer and who you should contact. The phone book will also have the phone numbers of all the major non-profit organizations in your area. Make sure that you get your hours signed off by the person who was organizing the volunteering in order for it to count towards any prerequisites for graduation.

Volunteering may be mandatory to complete for graduation or for scholarships, but it is also a great way to meet new people. It gives you a chance to interact with others and make new friends. And as an added bonus, it looks very impressive on a resume or school application. There are so many organizations that would not be able to operate without the help from volunteers, and it doesn't take a lot of time out of the day to make a huge difference.

So what are you waiting for? ■





*Kicking off your month with pizzazz.*

## More than a Name or a Face in the Crowd

*by Sabrina (Canuck)*

**As young people** in today's society, we have a lot of opportunities available to us that we aren't necessarily always aware of. It's so important to realize that we have so much potential but we won't be able to live up to said potential if we don't try. You must understand that giving up, is not an option, no matter how difficult the task may seem. Perseverance and determination are both very difficult to acquire but once you do manage to obtain these two attributes, there is no stopping you.

You cannot fail unless you quit. What are your goals and dreams? Everybody has a dream, even though many may seem farfetched. Don't listen to anybody who puts you down. Instead, take their criticism and turn it into added motivation for you to achieve your dream. When I start a big project, there are always people telling me that I'm going to fail. Does that stop me? Absolutely not. It only gives me more motivation to succeed, even when everybody thinks I will fail.

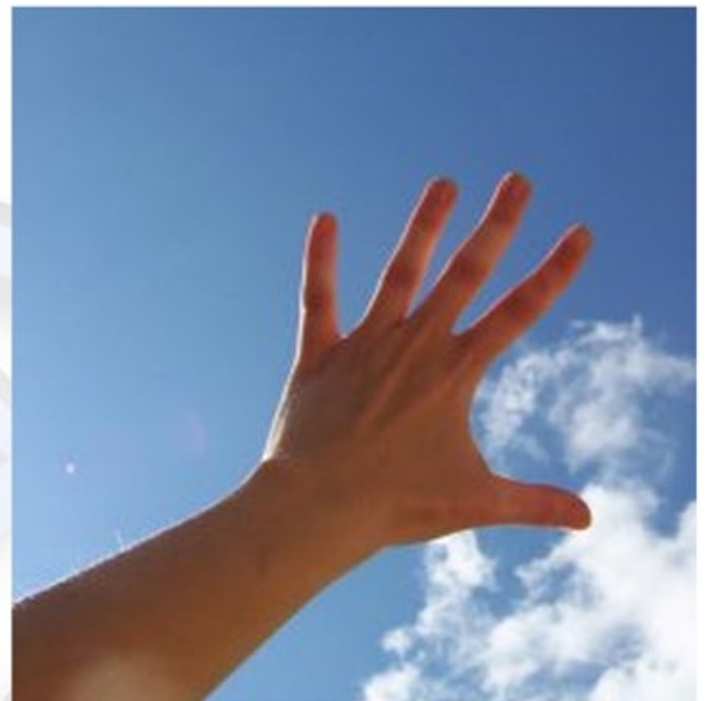
***You must believe in yourself and develop confidence within yourself and your abilities.***

You must believe in yourself and develop confidence within yourself and your abilities. You are a unique individual who has many hidden talents that should be shared with the world. Don't be afraid to be yourself and take risks in life. If you have a dream, go for it. Reach for the stars because you really never know what could possibly happen if you just give yourself a chance and just try. Never think a task is too big for you to accomplish. I am a firm believer that you could accomplish anything that you set your mind to.

Going against the grain isn't a bad thing and it's something that I certainly live by. I cannot even begin to tell you how many times I got into trouble for taking this route in life. Has that made me change my mind and force myself to conform to what society expects of me? No, it hasn't. I am my own person and even though many people don't approve of this philosophy, I know it's the right path for me to take. One of my favourite quotes is the title of this article: This is the time to be more than

a name or a face in the crowd.

The quote is right; this truly is a crucial part of our lives and will help determine what kind of adults we will become. I want to make a difference in the world and that dream is portrayed in the number of different projects I attempt to complete. What is your dream? As Brian Littrell would say, "Reach for the moon and even if you miss, you'll land among the stars." ■



### Contact us!

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*It's all fun and games until you run out of candy.*

## Top Ten Homemade Costumes!

by Jessie, Katrina, and Nat (Strider)

**Halloween** is just a month away and, let's face it, you're never too old to dress up! Whether you are going trick-or-treating or to a costume party, we have some fun and inexpensive costume ideas for you!

All of these costumes can be made with affordable or common household items like boxes, clothes, paint, and poster board! You don't have to spend a lot of money to look great this Halloween. In no particular order, here they are:

### Alice in Wonderland.

We all wanted to fall down the rabbit hole when we were kids. Maybe you'll meet the Mad Hatter or Cheshire Cat this Halloween!

**What you need:** A baby doll style dress, white stockings, a white apron, blonde wig or yellow yarn, ribbon to match your dress.

**How to:** Dress up! We know, we know, Alice wore blue. But it's the style that matters and dressed like that, who could mistake you for anyone else?

### Rubik's Cube.

Yeah, yeah, we can't solve them either! But no worries, we know just how to make a Rubik's Cube costume.

**What you need:** A box and paint (six colors and black).

**How to:** Paint your box to look like a Rubik's Cube! Whether it's scrambled or solved is up to you.

### Jack-in-the-box.

What better way to celebrate Halloween than in a costume that allows you to jump out at people all night?

**What you need:** A box, paint, a wire coat hanger, electrician's tape, costume make-up, yarn or a wig.

**How to:** Paint your box in whatever style you want. For ideas, use Google or your favorite search engine. Fashion the wire coat hanger into the hand crank, covering the end with electrical tape so no one gets hurt! Make yourself a wig with yarn and go wild with your makeup.

### LEGO®.

We miss the days of playing LEGO®, too! (Wait, who are we kidding? You never outgrow toys like these.) Who wouldn't want to dress up as this iconic toy at least once in their life?

**What you need:** A box, paint, a ski mask and red peanut butter tops (painted if desired).

**How to:** Take a cardboard box and paint it your color of choice. Attach the peanut butter jar tops to your box in a LEGO-like pattern. Cut a circle in the top (for your head) and put on your ski mask, and you'll be ready to go!

### A painting.

Got some shabby clothes? Instead of throwing them away dress up as a masterpiece this year!

**What you need:** Old clothes and paint.

**How to:** Are you a modern Picasso or more of a starry night as seen by Van Gogh? Paint your clothes however you want!

### Dancing iPod girl or guy.

Are you a big fan of music? Do you like to dance? Why not dress as the iconic dancing man in the Apple iPod commercials?

**What you need:** Clothes: Black shirt, black pants, black shoes, black gloves, black hat. One piece of brightly colored poster board and string.

**How to:** Dress in your outfit and, using the string, attach poster board to your back. Rock out!

### Ragdoll.

If it's last-minute and you have no idea what to be, a ragdoll, it is! Cute but comfortable, this easy costume shouldn't take long to make.

**What you need:** Old clothes, extra fabric, a sewing needle and thread OR a hot glue gun, and costume makeup or brown eyeliner.

**How to:** Sew or glue patches to your old clothes and give yourself freckles and messy hair! You're a ragdoll, no need to worry about appearances *now*.





*It's all fun and games until you run out of candy.*

## Robot.

Are you a fan of technology? Or maybe you just do a killer robot dance. Whatever the reason, you can always make a killer robot costume!

What you need: Aluminum foil, a box, silver paint, and paint pens.

How to: Get creative with your box! Make sure you leave a hole for your head and the top. You might even want to make yourself and aluminum foil headband!

## Spilt bowl of spaghetti.

Who doesn't dream of dressing up as an upturned bowl of pasta?

What you need: A red sweatshirt, a strainer, yellow or white string/yarn, small red pom-poms, a hot glue gun.

How to: Take an old red sweatshirt, and make slits through the center, going diagonally across. Throw your string and red pom-poms all over the sweatshirt, attaching them with hot glue. Next, take an old strainer and throw string and red pom-poms around and over it as well (so that it looks like it's a spilt bowl of spaghetti). Put the strainer over your head to become a spilt bowl of spaghetti.

## Where's Waldo?

Whether you want to hide in a crowd or just look awesome in stripes, this is one fun, and easy, costume idea.

What you need: A pair of blue jeans, a white shirt, red tape or strips of red fabric, a white toque, 2-3 black pipe cleaners, a red pom-pom, hot glue.

How to: Either tape strips of the red tape horizontally across the white shirt, or glue red strips of fabric in horizontal stripes across the white shirt. Glue the red pom-pom to the top of the toque. Bend black pipe cleaners into the shape of glasses.

Have fun and remember to stay safe this Halloween! ■

## Trivia and puzzles.

### Did you know?

Ripe bananas exhibit a blue florescence under ultraviolet light.

### Word of the Month

Defenestrate v. To throw something out of a window.

### How do you say that?

Hello [English]  
Salut [French]  
Aloha [Hawaiian]  
Namaste [Hindi]  
Ciao [Italian]  
Privet [Russian]  
Hola [Spanish]

### Name that tune!

"We're getting higher every time that we love  
A little closer to the things we fall back on  
If you come over, then together, willing  
We'll take over the world"

(Answer on page 13)

### TeenHelp Trivia

When was the new HelpLINK system opened?

(Answer on page 13)

### What's that?



(Answer on page 13)

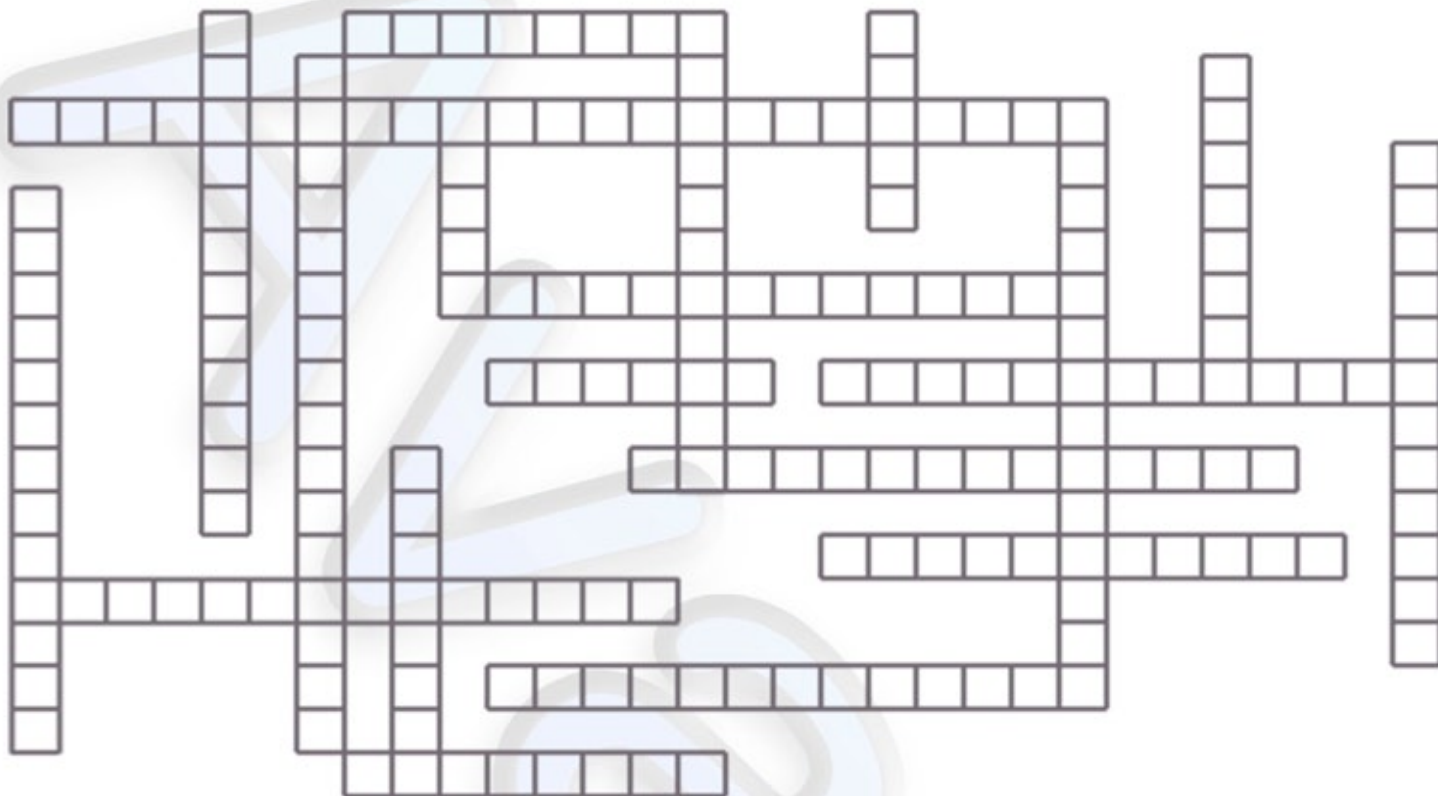




*When life gives you lemons, play games!*

## TeenHelp Fill-In

Using the clues below, complete this fill-in of people who use TeenHelp!



### Clues:

#### 5 Letters

Buddy  
Staff

#### 6 Letters

Talent

#### 8 Letters

Disputes  
Register  
TeenHelp  
Username

#### 11 Letters

Performance  
Regular User

#### 12 Letters

Avatar Editor  
Staff on Leave

#### 13 Letters

Administrator  
Chat Moderator  
TeenHelp Donor

#### 14 Letters

Forum Moderator  
HelpLINK Mentor  
Original Poster  
Super Moderator

#### 16 Letters

Live Help Operator

#### 23 Letters

Operations and Procedures

### Name that Tune!

These lyrics are from the song *No One Can Touch Us* by Sing It Loud.

### TeenHelp Trivia

HelpLINK was re-introduced on 5 April 2009.

### What's that?

The Gastown Steam Clock in Vancouver.







Expressing life through your fingertips.

## Untitled By Natsumi

The shouting and yelling never ceases  
Laying on her bed, she breaks down in  
pieces

The tears run down, she is breaking  
Feeling inside, her heart is aching

She wants to end it all and move on  
Who would notice if she were gone?  
She opens the cupboard to find what she  
needs  
To commit her unforgivable, lifesaving deed

But her hands fall on something new  
A leaflet she had, and never knew  
She stops and reads for a little while  
Reading the story, she has to smile

There and then she knows there is hope  
She will find another way to cope  
She cannot do herself any more harm  
Instead she sits and writes 'Love' on her  
arms

## Untitled By drownedintheflood

Who'd of thought a love with  
such decay

Could carry on and live this  
way

Something inside must be  
going right

Something must be keeping up  
this fight

Although its something that  
we can't see

Something must believe in you  
and me

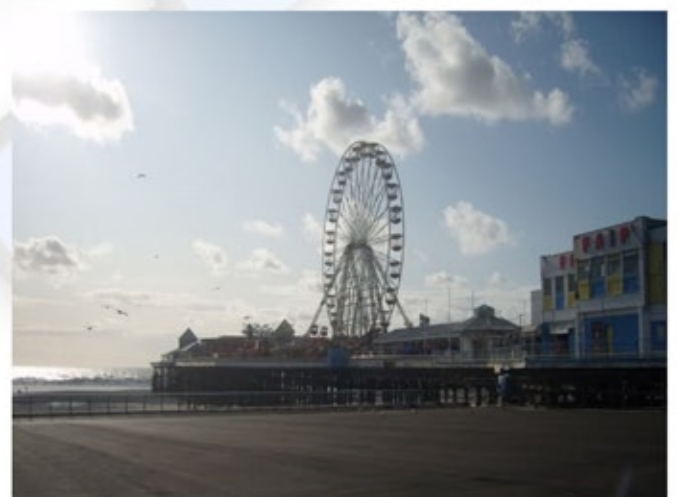
## Untitled

By Gina (DontGiveUpHope)



## Untitled

By Shaz



"If you fall, get back up. Don't let life get you down. Stand up and show it who's boss."

- Casey





*Don't lose your balance!*

by Katrina

**This month's sign:** Libra (September 23 - October 22)

Happy birthday, Libra!! Not to grace you with un-good news, but this month might be a bit on the difficult side (and I know, I know, birthday months are supposed to be good!). If it's not something going on in your life, it's something going on in someone's life close to you, and they'll be leaning on you to support them, which I'm sure you'll do with no problem. Keep your chin up!

**Strength:** You have a calm, caring way about you that really makes people comfortable around you.

**Possible Weakness:** Sometimes you help others so much that you forget to take care of yourself!

**Famous Virgos:** T. S. Elliot, Bridgette Bardot, Julie Andrews, Groucho Marx, Sting, John Mellencamp, Jesse Jackson, John Lennon.

## Scorpio

(October 23 - November 20)

Definitely a busy month for you, Scorpio. Are you ready for it? I hope so! Keep yourself in check by making sure to maintain relationships with all of those positive influences and friends in your life—they're definitely going to come in handy when you need a bit of advice on a situation near the end of the month, so keep your friends close!

## Capricorn

(December 22 - January 19)

This month, you're going to be offered something really great and you're going to have to think realistically about it. If you think you have the time and energy to manage this new path, go for it, but if you don't, try to take some time for yourself to really think about what you want to do.

## Sagittarius

(November 21 - December 21)

Hi there. Ah, your birthday is coming up in just a few months—I hope you're excited. Start thinking about what you want to do for it now, so that you'll have lots of time to plan a big birthday bash. Since there are so many people who see you as a friend, you want to be careful not to leave anyone out!

## Aquarius

(January 20 - February 19)

You will have so much energy this month, Aquarius, so be sure to focus in on positive aspects of your life, and don't forget to not spread yourself TOO thin—you don't want to get overly exhausted. Instead, just be relaxed while still studious about everything and you'll be sure to prosper.

## Pisces

(February 20 - March 19)

Roll with the punches, Pisces. Though this month won't throw you too many curve balls but it might throw you a few, and you don't want to get too stressed out about them. By the middle of the month things will make a complete U-turn, and you're going to start feeling great. In the meantime, hang in there!





*Don't lose your balance!*

by Katrina

## Aries

(March 20 - April 19)

This month, Aries, you're in the spotlight! You'll spend your time at the will of others, throwing great parties and being the host or hostess with the most! So get out that brownie mix and get ready to entertain a crowd. You're such a socialite this month; people absolutely adore it!

## Taurus

(April 20 - May 20)

To you, Taurus, this month is a fresh start! Things might have been a little bit rocky for the past few months, but know that the first day of this month is a new slate for you, so be cautious about how you take that. Hopefully, if things go the way you want them too, you'll be sailing easy breezy after the first few weeks of the month.

## Gemini

(May 21 - June 20)

This month, you're really going to be using your ability to stay calm, cool, and collected. Though it's going to be a really busy month with work, school, or just life in general, you're going to get through it just fine and come out of the month stronger than you were before.

## Cancer

(June 21 - July 22)

This month, Cancer, you'll really find who your true friends are, but not in a bad way! There won't be any huge fights or dramatic situation but slowly things will become more clear to you, and it's going to be a big relief by the end of the month.

## Leo

(July 23 - August 22)

It's time to stop putting things off, dear Leo! There are a few loose ends from last month that you still haven't tied up, and now is definitely the time to go ahead and get everything sorted out so that by mid-month, you won't have anything resting on your shoulders. You'll feel so much better by the time it's all over, I promise.

## Virgo

(August 23 - September 22)

It looks like you're going to have a good month, Virgo, and I know it couldn't be here soon enough. You might be able to rekindle an old flame (if you're not already with the person you love) or even an old friendship, which you might find to be even more gratifying that you thought at first.





## Acknowledgements

### Image sources

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

Universal Health Care: [www.freedigitalphotos.net](http://www.freedigitalphotos.net)

### Articles

Cause of the Month: To Write Love on Her Arms: [www.twloha.com](http://www.twloha.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).