

Avatar



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**INSPIRATION FROM
SARAH WESTBROOK**

**ACING THE
NEW YEAR**

**FEBRUARY 14TH:
JUST ANOTHER DAY**



ACTING EDITOR-IN-CHIEF
Rob

CONTENT EDITOR
Katrina (Katrina/AppleTini)

ACTING GRAPHICS EDITOR
Darwin (dystorsion)

DEPUTY CONTENT EDITOR
Chess (Sidhe./x.Psychic Crisis.x)

DEPUTY GRAPHICS EDITOR
Haley (Halcyon)

SUB-EDITORS

NEWS AND DEBATES
Casey (Casey.)

MIND AND BODY
Robin (PSY)

DEAR AVATAR
Amy (ShimmeringFaerie)

LIFESTYLE
Cheyenne (Come As You Are.)

FUN AND GAMES
Nat (Gymnophobia/Natsumi)

EDITORS' LETTER

HELLO AND WELCOME TO ANOTHER ISSUE OF AVATAR.

Love is in the air, the birds are singing... and the Avatar Editors have been hard at work to bring you yet another issue full of information, education, and fun.

In News and Debates, we examine the importance of clean water, and how you can 'be the change' in the fight for clean water.

Down in Mind and Body you'll find an article on making the most of the new year, reminding you that even though it's past New Year's Day now, it's not the time to give up on your resolutions. We also have an inspirational article on self-esteem, and how to feel good about yourself. As usual, we also have Dear Avatar.

In Lifestyle, we take a different approach to Valentine's Day, looking at why it's not the be-all and end-all day for relationships. We also have the Motivation Station, which is sure to get you inspired. In Fun and Games, we have recipes, trivia, and more, so be sure to check it out. We also have Horoscopes and Self Expression, so there's something for everyone.

We hope you have a wonderful month,
The Avatar Editors.

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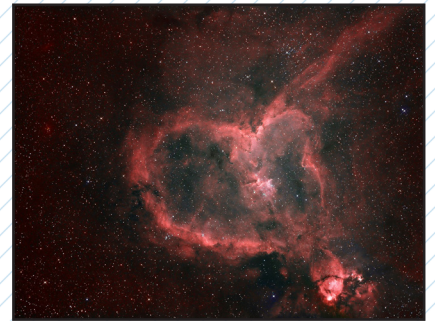
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CONTACT US!

Are you a writer? Photographer? Artist? We need your submissions! Valuable contributions from readers like you are what make Avatar so unique and successful! Please consider emailing your submission to avatar@teenhelp.org or submit content online by visiting www.teen-help.org/avatar/submit.



BE THE CHANGE

By Casey (Casey.)



Clean water. It's not something we often think about as we brush our teeth and take showers. Often, we don't even consider our luck as we drink a glass or bottle of it. We take these luxuries for granted, and many of us do not realize how blessed we really are. After all, we have food, shelter, and clean, safe drinking water. Unfortunately, many are not so lucky. Over a billion people go without these basics everyday. Even clean drinking water is a commodity many cannot afford, a commodity without which mil-

lions die every year. It's a sad epidemic, but it's real. Without water, nothing can survive, including us. With dirty water, there is life, but it is very dark and unsafe. Dirty water will keep people, and animals, alive, but it will also make them very sick. The majority of deaths in third world countries are from bad drinking water and malnutrition. Water covers 70% of the world, and yet many people do not have access to clean water. So, why is this the news? Well, many people do not realize that around the

world, even as you read this, someone is dying from not having clean water or food. You may think that this has nothing to do with you, but it does. One person, no matter how young, can make a difference in the life of another. We can start making the change right away. Many of us do not have jobs, so we do not have ways to give money, except for one: fundraising, whether that be in the form of selling cookies for childhood cancer or donating your birthday money to give a remote village clean water, every little bit counts.

This year, let's start something new. It does not even have to be far from home. If you can't help give someone the gift of water, maybe you can give someone the gift of friendship. Bullying is an epidemic in the world, but it is

something else that we can change. If someone is being teased, put down, or hurt, maybe it's time that we stand up for them. Speak up, stand up, and change someone's life. This year, I only ask one simple thing of us all: let's be the change that we wish to see in this world. We are the future; let's make it great. ■

MIND AND BODY



SELF-WORTH | ACING THE NEW YEAR | DEAR AVATAR

BELIEVE YOU ARE GOOD ENOUGH

By Sara Westbrook

Sara Westbrook, one of TeenHelp's partners, has graciously shared this article on the value and importance of self worth in improving one's quality of life. She is a motivational singer, song writer, and speaker, and youth advice columnist who hopes to empower youth around the world. For more information on her mission, visit www.sarawestbrook.com.

Q: I'm really going through a lot and there's no one I can talk to. I'm hating myself by the second. My self esteem, out of a 10, is like a 1. I just want someone to care about me. What should I do?

A: I want you to know that you ARE Important and that You Matter!!

Sometimes other people can't always provide the reassurance and encouragement that we so want from them. Please always remember that because you were born- because you are here- it means that you matter and the world needs You!

Let me share something with you.

I didn't always believe in ME. I didn't always have the Confidence that I have chosen to have now. I worried so much about what others thought of me that I would cry myself to sleep every night. Sure I had great friends, but I always worried that maybe they didn't really like me or that I wasn't good enough. After attending life courses at a young age, I realized that when my Dad left without saying good bye, I had taken it per-

sonally. I made it mean that there was something wrong with me. I had decided to believe that I was not good enough. So I was always trying to be accepted by others to prove that I was good enough.

I was trying to fill the hole I had from my Dad leaving, by having loads of friends. I soon realized that no friend could fill this hole - this was something that had to come from me.

First, I needed to forgive my Dad for leaving and not telling me what was happening. (Forgiveness isn't saying what happened is okay, it is saying that I am no longer willing to carry around the pain and hurt any longer.)

After forgiving him, I now had to re-choose my belief about myself and what I made his leaving mean. I started to see that it was not that there was something wrong with me. It was that my Dad brushed everything 'under the carpet' instead of dealing with things. It was too scary for him. I started to see that even though I didn't like how my Dad handled leaving, in his mind he was doing the 'Right' thing.

It wasn't easy to make the choice to change my outlook. Even though I didn't enjoy crying myself to sleep every night, I got used to it. I decided that I had enough of blaming my dad for how everything looked. I couldn't change the circumstance but I certainly could change how I saw it. So I decided to use my UPower and make new CHOICES by:

WRITING:

- in my Journal about my pain, frustration and upset. I wanted to get all the 'poor me' stuff out.
- how I wanted to feel about my Life, my Dad and myself.
- the choices I would have to make in order to obtain my new outlook.
- what I needed to FOCUS on in order to love me and my life.

Then

FOCUSING ON:

- the quality that I loved about my Dad - his humour (instead of focusing on the things that drove me crazy).
- the things that I loved about myself - my smile, my kind heart (even if you can only think of one or two things that is a good start).
- the things in my life that I was Grateful for (health, clothing, chocolate...)

Every time my mind would start FOCUSING on my old way of thinking, I would steer it back to the things in my life that I am grateful for. Since I had them written down I could always look at that piece of paper if I ever forgot. Keep a piece of paper in your pocket, your wallet, your binder etc. of what you are grateful for.

I am not saying it's easy. What I am saying is that you are worth it. Total self worth and self esteem happens by taking life 'One Good Choice at a Time!' This has been 'my Voice' but this is your life, this is 'your Choice'. ■

Sara Westbrook Presents ...



'MY VOICE YOUR CHOICE'

www.sarawestbrook.com



ACING THE NEW YEAR

By Robin (PSY)

It's February, which means we are one month into the new year! It also means that many of us have already given up on our New Year's resolutions. Why are some resolutions harder to keep than others? One reason may be that we lack the motivation to develop better habits. It's easy to eat healthier for a few days, but what about after a few weeks or months? Another reason may be that we simply don't know how to stick to our resolutions. You may want to become a better student, but not know where to start.

In this article, I will tackle two common New Year's resolutions that middle school, high school, and college students often struggle with throughout the year. Since a good student always does their research, I have found articles and studies published by professionals in a variety of fields. Hopefully, the following information will allow you to "ace" the new year by sticking to your resolutions, all year long!

New Year's Resolution: "I want to have more energy at school!"

Eating Habits: LIVESTRONG.COM, founded by the Lance Armstrong Foundation, has published several articles on what individuals of all ages and lifestyles can eat in order to have more energy throughout the day. Complex carbohydrates, protein, fiber, iron, and healthy fats have been listed as essential for maximizing energy, without taking in extra calories.

What This Means for You: Don't skip breakfast – it's your first chance to build up energy for the rest of the day! Some ideas include enriched wheat or bran cereals, oatmeal, low-fat yogurt, fruit, and toast. Be sure to pick meals that are low in sugar, as sugar will only give you a temporary boost of energy.

To avoid falling asleep during afternoon classes, try eating things like nuts and seeds (for protein), fruits and vegetables (for complex carbohydrates), and sandwiches with whole-grain bread. Again, be sure to pick meals that are low in sugar!

Exercise Routine: Four years ago, researchers from the University of Georgia suggested that regular exercise can actually give you more energy. According to a study published in *Psychology Bulletin*, individuals who lead sedentary (or physically inactive) lifestyles can benefit from a regular exercise routine in the long run.

What This Means for You: If you are required to take a physical education (or P.E.) class at school, make the most of your time! Jog around the football field, or start a game of basketball with your friends. Instead of watching TV during your study break, go for a short walk around the neighborhood.

New Year's Resolution: "I want to perform better on tests!"

Recalling Information: Two studies were conducted by psychologists in the 1970's, which examined the "context effect" and "spacing effect". It was discovered that the similarity between study and testing environments, as well as how individuals studied over a period of time, could lead to improved recall of information.

What This Means for You: The "context effect" suggests you'll do better on a test if your study environment is similar to your testing environment. Since tests generally take place in quiet, well-lit classrooms while sitting at a desk, you may want to turn off the TV and avoid studying in bed when preparing for a test!

The "spacing effect" suggests you'll do

MIND AND BODY

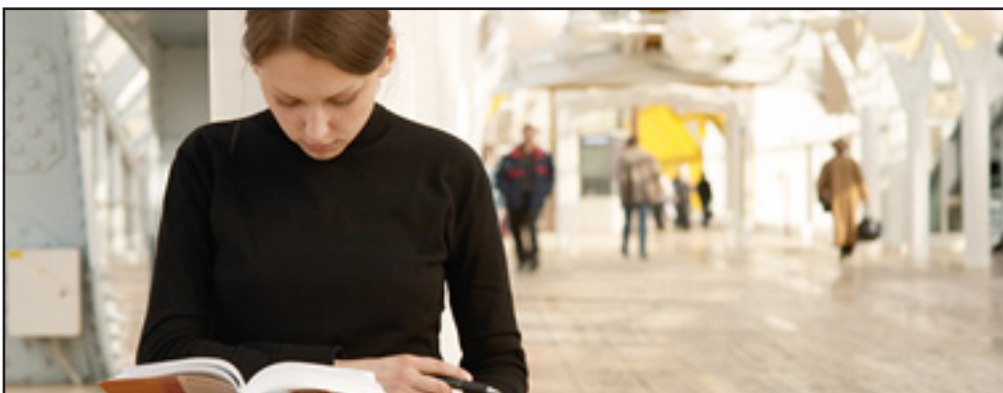


better if you study over the course of several days or weeks, versus cramming the night before. Let's use phone numbers as an example. Very few people can recall a phone number after looking at it just once. Most people have to look at a phone number several times while calling or texting before they can remember it. Your brain stores other information in the same way, so don't cheat yourself out of the opportunity to do well on your tests by waiting until the last minute!

Sleep Deprivation: A study published in the *British Medical Journal* ten years ago reported that being awake for 17-19 hours can lead to impaired performances on driving tasks. In fact, sleep deprived drivers performed worse than drivers with a blood alcohol level (BAC) of .05 percent, which is the legal limit for drunk driving in many countries!

What This Means for You: While you may not plan to drive a car when pulling an all-nighter, it is important to note that your ability to effectively study will suffer after staying awake for approximately 18 hours. If you want to ace a test, try studying throughout the week, not just the night before.

If you must pull an all-nighter, try taking naps before, during, and after the long evening of cramming, or sleep in the day before your test. For example, if wake up at 6:00 A.M., you will hit the 18-hour mark at midnight – right in the middle of your all-nighter! If you sleep in until 10:00 A.M., however, you will not hit the 18-hour mark until 4:00 A.M. on the following day. ■



DEAR AVATAR

By Amy (ShimmeringFaerie)



There is this boy at my school who I really like. He is nice, funny and really sweet. But I don't know if he likes me back. He talks to me a lot and seems to be flirting, but I'm not sure. What should I do?

Hi there,

This is a situation that many teenagers go through. I know that there were several times in high school when I wished there was a magic way to tell if someone liked you back. Unfortunately there isn't and sometimes we just have to take a chance instead.

The fact that he is really nice to you and seems to be flirting are pretty good signs that he might like you as more than a friend. But the only way to really find out how he feels is to ask him or at least give him some strong hints that you are interested.

With Valentine's Day coming up, there are some really great ways to let some-

one know how you feel about them. For example, a lot of schools organise for roses to be delivered to students. You just fill in a form and a rose will be delivered to him with your note attached. It's a really romantic way to tell him that you like him.

If that's a bit too outgoing for you, perhaps you could slip a note or card into his locker letting him know that you are interested. Or if your school hosts a Valentine's Day dance, asking him to dance while you are there could be another great way to share your feelings.

What I'm trying to say is that there are millions of ways to tell someone how you feel. The only thing I don't recommend is staying silent because you might be letting a really great guy pass you by. Even if he doesn't reciprocate your feelings, at least you were brave enough to try.

Good luck! ■



My girlfriend and I have been together for about 6 months. Everyone says we are perfect together, and I used to agree. But lately we've been fighting a lot. We aren't really fighting over anything serious, just little things that we disagree on. I love her and don't want to lose her, but I don't know what to do.

Hi there,

Your situation is more common than you might think. When we first start dating someone, we experience what is referred to as a "honeymoon period". We are infatuated with our partner, want to spend as much time with them as possible, and never seem to fight with them. Basically, during the honeymoon period, our partner is perfect. When that starts to wear off, we suddenly find ourselves seeing our partner's faults and things that never used to bother us about them start to seem like major problems.

From your description of what has happened, I would guess that you and your girlfriend are coming to the end of your honeymoon period. This isn't actually a bad thing. When you are in the honeymoon period of a relationship, the whole relationship is quite light and simple. After this period, you can start to really

have a serious and significant relationship, as long as you learn how to communicate and deal with disagreements that may occur.

Compromise is incredibly important to healthy relationships and it's a solution to many disagreements. For example, if you fight over which movie to see, simply say "how about you choose this time and I'll choose next time?" A quick, easy, reasonable solution and no one gets hurt. Try to use it next time you start to fight with your girlfriend.

Apart from that, I think it would be really great if you and your girlfriend could come up with your own "good" fighting habits. For example, some couples like to implement a 'pause button' for fights, where any partner can say 'pause' and the fight immediately stops to let both partners cool down until they are ready to 'unpause'. My boyfriend and I ensure that we don't raise our voices when we fight; it makes both of us feel safer and respected even if we are disagreeing. I suggest that you communicate with your girlfriend. Tell her that you feel like you've been fighting a lot lately and would like to come up with some better strategies for arguing, so that you don't start full-on fighting. ■



L I F E

VALENTINE'S DAY

FEBRUARY 14TH: JUST ANOTHER DAY

By Cheyenne (Come As You Are.)

Valentine's Day is the bane of many a single person's existence. The sudden influx of roses, chocolates and love songs is enough to do anyone's head in. Many, myself included, argue that Valentine's Day isn't even a real holiday. It's an excuse for Hershey's and Hallmark to charge unreasonable prices for their wares all in the name of romance. As you can probably see, this isn't an article about what to get your girlfriend for Valentine's Day, nor is it a textbook-esque story about how Valentine's Day came to be. This article is about those aspects not quite so "right" with Valentine's Day.

First off, let's discuss the sheer amount of money that goes into February 14th. You can make a case for Christmas, or even Halloween. The custom is to buy

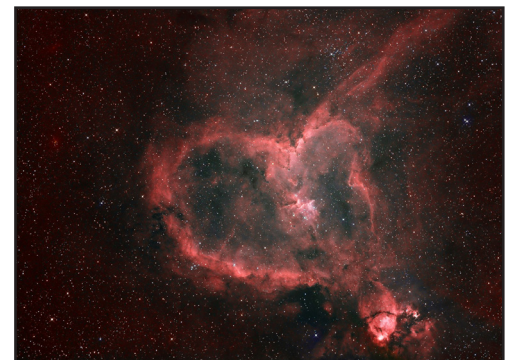
gifts for your loved ones. But with Valentine's Day, people seem to go into excessive debt trying to find the perfect gift to express their love. Whether it be a set of lingerie that seems to be made of nothing but lace held together with scraps of ribbon, or a box of stupidly expensive chocolates. It's insane. Not to mention all the worry and stress over what to buy in the first place. Who needs it?

And those are just some of the problems that people in a relationship face. Now let's examine the plight of the single person. There's one thing that everyone can agree on—being single on Valentine's Day sucks. You have to look around and see the hearts and flowers, not to mention the aforementioned expensive gifts your taken friends are receiving. It's

like having a big party that everyone's invited to, except for you. And even if that doesn't bother you, the incessant flow of terrible romantic comedies on TV will. How many times can we see "Love Actually" before we want to throw our TV out the window?

Then there's the people who aren't single, but kind of still are. You know the type—"Well, we kinda have a thing going on, but

I don't really know where it's going." Any other time of the year, you guys can feel it out and decide where it's going. But when Valentine's Day comes around, it makes things instantly awkward. Are you supposed to buy them something? Act like they don't exist? In a way, Valentine's Day is like that uptight friend who walks in just as you're making a somewhat inappropriate joke. And above all else...no one likes conversation hearts. No one thinks they're cute. And no one likes their chalk-like consistency. Conversation. Hearts. Are. Gross. End of story. With that, I leave you with why the general public despises Valentine's Day, and what you should do instead. Why not give your partner a gift or compliment on another Monday, just because you're in a relationship? Why not take them out to dinner on a random day, just because you care about them? Why wait until you're pressured into it by society - and its - expectations? Go on, be spontaneous and make their non-Valentine's Day special. ■





MOTIVATION STATION

By Katrina (Katrina/AppleTini)

"When the power of love overcomes the love of power, the world will know peace." - Jimi Hendrix



Reason for February's Season: February is the last month that is considered "winter" in most countries. For many people, it brings the last snow they will encounter in months. It is the month of love and sparks fly through the air. February is a month of breathing in new, fresh air.

Reveal the Real: This month, I am inspired by individuals who don't just go

all out to please their significant other on Valentine's day, but by those individuals who go all out to please their significant other on any random Tuesday or Friday just because they love the other person. From this, I gather that we don't have to wait until Christmas to give someone a gift; we don't have to wait until a person's birthday to tell them we're thankful that they were born; we

WORD OF THE MONTH

Sockdolager: (noun) A decisive reply, argument. (Dictionary.com)

don't have to have excuses for kindness! Send a Grin: This month, I'm taking a slightly different approach with our "Send a Grin" assignment. This February, I want you to focus on yourself. At least once each week this month (yes, that's four times), pay yourself extra compliments or treat yourself to something nice.

Dare to Share? Have you been inspired lately? Did you see something that just made you smile? Has a friend told you a piece of advice that really did change your life? Let us know, and get involved with the Motivation Station! ■

CUPID'S LEMONY LOVE POTION

With Valentine's day fast approaching, what better way to bring in the love than by making a special love potion for your Valentine's day love?

Ingredients

12-ounce can pink lemonade concentrate
1 cup raspberry sherbet
12-ounce can of lemon/lime soda (we used 7-Up)

Instructions

-In a pitcher, mix the lemonade concentrate with the recommended amount of water.
-In a separate pitcher, combine the sherbet with 1 cup of the lemonade mixture.
-Add the soda, stir, and serve. Makes 3 cups.

SWEET CRISPIE TREATS

Ingredients

Cooking spray
3 tablespoons margarine
6 cups mini (or 60 regular-size) marshmallows
Red food coloring
9 cups Rice Krispies cereal
Heart-shaped cookie cutter
Plastic bags, yarn

Instructions

-To begin, lightly coat a 10- by 15-inch baking sheet with cooking spray and set it aside.
-Melt the margarine in a large pot over low heat. Add the marshmallows, stirring them continuously until they melt. Remove the pan from the heat. Stir in drops of red food coloring until the color receives a thumbs-up from the chef.
-Add the Rice Krispies, stirring until they are evenly coated with marshmallow. Spoon the mixture onto the baking sheet.
-With waxed paper (or lightly buttered hands), smooth out the mixture, spreading it to an even thickness.
-Cut out hearts with the cookie cutter. Place each heart in a clear plastic bag, tie on a yarn bow, and they're ready for giving. Makes seven 5-inch hearts.



FUN AND GAMES

By Nat (Gymnophoria/Natsumi)

TEENHELP TRIVIA

What are the TeenHelp features listed along the top of the site?

Hint: There are five.

Challenge: Name them in order from left to right.

Answers:
-HelpLINK
-Live Help
-Avatar
-Articles
-Videos

NAME THAT TUNE!

What day is it? And in what month?
This clock never seemed so alive
I can't keep up and I can't back down
I've been losing so much time

Answer: You & Me - Lifehouse

JOKES

A convict escaped from prison by digging a tunnel. It came up outside the prison in a school playground. The convict was so happy when he emerged from the tunnel he exclaimed, "I'm free, I'm free!"
"So what," said a little girl. "I'm four."

Q. What do cars do at the disco?
A. Brake dance.

VALENTINE FACTS

-Valentine's Day is named after the Patron Saint - Saint Valentine.
-Around 15% of U.S. women are believed to send themselves flowers on Valentine's Day.
-It has been estimated that as many as one billion cards are sent worldwide each year, on Valentine's Day.
-It is believed that it was on February 14th, that St. Valentine was put to death. Before dying, he wrote a note for his love - the jailer's daughter, signed "From Your Valentine"
-In Victorian times, if you got a card on Valentine's Day, it meant bad luck

FEBRUARY MOVIES

-The Roommate
-Sanctum
-The Eagle
-Gnomeo and Juliet
-Just Go With It
-Big Momma's: Like Father, Like Son
-I am Number Four
-Unknown
-Drive Angry
-Hall Pass
(<http://www.the-numbers.com/movies/release.php>)

CAN YOU SAY.. BANANA?

English - Banana
Czech - Banán
French - Banane
Lithuanian - Bananas
Polish - Banan
Russian - Банан
Spanish - Banano
Turkish - Muz
Dutch - Banaan

SELF EXPRESSION

NOT A PERSON OR THING IN SIGHT

Car walls separate me from the world.
The sounds are drowned out by the music blasting in my ears.
Trees line both sides of the road.
I'm warm and safe, away from the worries of the world.
Not a person or a thing in sight.
I pass by an old gas station.
Rusted and falling apart.
The still says \$00.69.
It's been abandoned, destroyed and it's standing there alone.
I know how it feels.
Not a person or a thing in sight.
My life starts to come into place.
I know where I belong.
I need to be out there, all alone.
I need to explore.
No one can bother me there.
No one even has to care.
Not a person or a thing in sight.
My house is hours away.
So are my troubles.
I do not want this to disappear.
I have to grasp the world before it's gone.
I don't know what to feel.
A smile spreads across my face.
Not a person or a thing in sight.
I wish this was where I lived.

Alone in the wilderness.
Just me, myself and I.
I would be happy.
No drama to deal with.
No boys to break my heart.
Not a person or a thing in sight.
The highway is quickly approaching.
My back road adventure is about to end.
I need to take it all in.
The camera flashes and then it's gone.
All I have left is that picture.
And the memories.
People and things are in sight.

I snap back into reality.
My mind wonders to home.
To the drama.
To the texts I just received.
To the guy that broke my heart.
It doesn't want to be there.
But it is.
My mind can not shake it.
I need to be alone.
In the woods.
But it's gone and I'm on my way back home.
Back to life.
People and things are in sight.

By Devon (lovatoac)

READ THE STARS

by Chess (Sidhe./x.Psychic Crisis.x)



AQUARIUS

JANUARY 20 - FEBRUARY 18

Happy Birthday, Aquarius! During February, you may feel like you're stuck in quicksand. Every time you try to move, you feel like you're sinking further. It can be hard not to let yourself succumb to feelings of hopelessness, despite some good events in your life. If you just let things work themselves out, you may find that they begin to quicken as the month progresses, and before too long you'll be enjoying yourself again.

Aquarius in love: For those of you with partners, you'll find them supportive and helpful this month, and it would be good to return the feeling. For those without, an exciting stranger may enter your life, and it may be worth your while to get to know them better.

Aquarius on the job: Career developments may occur this month, with opportunities that seem almost too good to be true; trust in your abilities and instincts, and only accept offerings that seem sensible.

Aquarius, the spirited: Your enthusiasm could be infectious this month, and committing yourself to a group or cause could prove to be a satisfying experience.

PISCES

FEBRUARY 19 - MARCH 20

You may feel detached this month, like you're just playing a part in a movie. It's better for you if you ignore the feelings of unreality and focus on doing what you need to do. At times you may feel like you're just going through the motions, so to speak, which is why it's important to take some time out and do something you enjoy. People may try to influence you, but only allow yourself to be influenced if you want to; otherwise, follow your own ideas.

ARIES

MARCH 20 - APRIL 20

This month for you will be like a walk in the park, in the literal sense. You'll pass by many people, and find yourself connecting with some of them. Though you're all on different paths, in different worlds, you can come together and work to achieve your goals. The emphasis this month will be on group work and communication - if you can merge your ideas with those of others, you'll find that you can achieve a lot more than you would alone.

TAURUS

APRIL 20 - MAY 21

This month you may feel like a feather, floating in the wind. You may think that things are out of your control, or alternatively, that you're emotionally free. Either way, it may take some effort to bring your attention back to the pressing issues in your life - your career, your plans for the future, your education. February may be a time when you're tempted just to lie back and let other people do the work, but remember that you need to take some control and responsibility over your own life.

HOROSCOPES

GEMINI

MAY 21 - JUNE 21

February may be like a storm for you. Things will happen suddenly, there may be periods of conflict, and at times you may feel overwhelmed. The trick this month may be to let people in; reaching out to friends or family members can help keep you on top of things. It's also a good time for creativity; writing, photography, music, scrap booking - they're all ideal pursuits for this month.

CANCER

JUNE 21 - JULY 22

The events of this month are somewhat similar to snowfall. At first exciting, dwindling down to dull, but hiding plenty of opportunities for fun. While you'll find yourself caught up in matters such as money, school, and work, there are sure to be frequent chances for entertainment and relaxation, and the overall mood is one of frivolity. You may come across new ideas and new people this month, and it would be wise to pay attention to them.

LEO

JULY 22 - AUGUST 23

With all the connections you're making and networking you're doing this month, your life may seem like a spider's web. Building relationships is sure to be a big priority with you, but you should also be careful not to become too dependent on people. You'll be highly motivated this month, and it would be a good idea to turn that towards productive pursuits. This month is a good time for finishing outstanding tasks, as well as starting new ones.

VIRGO

AUGUST 23 - SEPTEMBER 21

February may have you feeling like you're in the ocean. The people in your life may be expecting different things from you, and you'll find yourself being pulled in opposite directions. The best thing you can do is try and strike a balance between your needs and theirs. By the end of the month, the atmosphere may be tense, and you'll feel a need to get away from it; it's at times like this that it may be best to just go with the flow.

LIBRA

SEPTEMBER 21 - OCTOBER 23

Things this month may remind you of rain. Sometimes fast, sometimes slow; sometimes heavy, and sometimes light. There'll be a few changes of pace in February, as well as changes of opinion. Long-standing beliefs may be a source of conflict in your life; it's a good time to perfect the art of compromise, learning how to reconcile your beliefs with those of others. It's a time for you to work on balancing your ideas with others.

SCORPIO

OCTOBER 23 - NOVEMBER 22

This month, you may feel like you're floating down a river. You'll encounter a few different obstacles, but with a little quick-thinking and decisive action, you can overcome them. At times you'll feel confused, and like you're lacking direction, but if you relax and let the metaphorical current take you, things should become simpler. This is not a time to isolate yourself, although you may be tempted to; keeping in contact with a good friend can help you stay afloat.

SAGITTARIUS

NOVEMBER 22 - DECEMBER 22

This month could be a bit like dealing with a volcano. A sudden disturbance can throw things out of sync, and it may take some time to recover from it. If you can, defusing the situation before it becomes a problem is definitely the safest option. There may be changes at home, which can distract you from the other aspects of your life. It would be a good idea to work on both short- and long-term plans, rather than focusing on one or the other.

CAPRICORN

DECEMBER 22 - JANUARY 20

Think of this month as being handed a project by a teacher, boss, or other authority figure. While at first things can seem overwhelming, or unfair, if you take the time to isolate elements of it and tackle them one at a time, it won't seem so bad. Towards the end of the month, you may meet some untrustworthy people, but if you trust your intuition and common sense, you should avoid any major incidents.

Thanks!

THE WIND DOWN

IMAGE SOURCES

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Devon (lovatoac)
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All comments, questions, suggestions or criticisms should be directed towards the editorial team. Email us at **avatar@teenhelp.org**. We look forward to hearing from you, and hope you enjoy the next edition of Avatar!