

Avatar



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FINDING PSYCHIATRIC SERVICES

CAUSE OF THE MONTH:

**DIZZY FEET
FOUNDATION**

WORLD C U P FEVER

SOME SOBERING THOUGHTS

LOVED ONES OF THOSE WHO SELF HARM

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EDITORS' LETTER

Hello everyone, and welcome to the August 2010 issue of Avatar!

It is hot, hot, hot across much of the globe this summer, and no relief is expected in August! It's great to enjoy the sun, but remember to keep cool and hydrated to prevent summer illnesses and sunburn. For many, this is your last full month of vacation, so be sure to take advantage of your free time; it's back to school before you know it!

In **News and Debates** we're going to start off this month by discussing the U.S. Bill of Rights. This informational article outlines the first ten amendments and what it is that they're really about. Additionally, check out our August **Cause Of the Month**, Dizzy Feet Foundation.

Over in **Mind and Body** we kick things off with a piece on staying safe at summer parties. There you'll also find a very interesting article on finding psychiatric services, which explains and outlines different therapy methods, the professionals who can help you, and how it is that you can get in touch with them. While you're at it, don't forget to check out our piece on how to help a loved one that self harms and our advice to you in **Dear Avatar**!

Down in **Lifestyle** we begin by discussing the importance of maintaining professionalism at your work place and how you do so. Also in Lifestyle is a great review on the FIFA World Cup and a testimony on cartilage piercings. Last, but certainly not least, be sure to check out all of the fun down around **Fun and Games**! We have a great piece on "Catch Phrase", which is an enjoyable game that you can play virtually anywhere, as well as some trivia and the Motivation Station! While you're at it, don't forget to check out **Self Expression** and your August **Horoscope**!

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

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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.teenhelp.org/avatar/submit.

ON 5

SOBERING THOUGHTS
BY HOLLY MARIE (RIE)



Sex, drugs, alcohol, parties. Sounds fun! It is important to be aware of what you are doing and to stay safe at all times, though. For more on staying safe at parties, read "Some Sobering Thoughts".

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U.S. BILL OF RIGHTS

By Casey (Casey.)

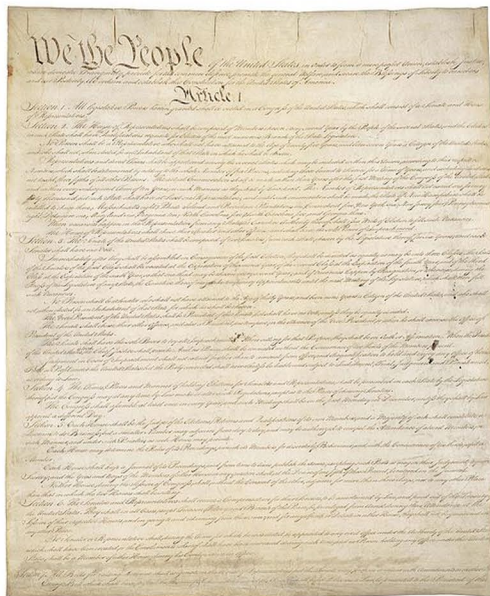
In the United States, we have the Constitution, and in the body of the Constitution is the U.S. Bill of Rights, which is comprised of the first ten amendments. Many democratic countries have a Bill of Rights, which are the rights that the people of that nation are entitled to.

There are ten amendments that make up the Bill of Rights. The first is the most commonly known amendment, but is often used incorrectly. The First Amendment is freedom of speech, press, assembly, and religion, as long as it does not affect the well-being of the public. There are restrictions of course. If you are not causing a disturbance or harm to the general public, you have those rights. However, if you are not obeying the laws, the first amendment is null and void.

The Second Amendment is also well known, but often misinterpreted. The Second Amendment is the right of the state to have a well armed militia, and for the militia men to be able to keep and bear arms. Often, it was taken as the right of the people to bear arms, but that is quite a stretch of the amendment. Gun use will not be infringed upon if it is necessary to the security of a

free state, with the militia being like the National Guard.

The Third Amendment is also related to the military, but not gun use. It's actually not very well-known, as it hasn't been implemented in decades. This right is for the protection from the quartering of troops during peace time, which basically means that unless you consent to soldiers staying on your property, by law, during a time of peace, they cannot be housed on private property.



Next, is the protection from unreasonable search and seizures, which basically means that your home, documents, and property are secure from being searched without cause and without a warrant.

Maybe you've heard someone say that they pleaded the fifth, and you didn't know what they meant. The Fifth Amendment is basically against self-incrimination, the right to have a lawyer and the right to remain silent until you speak to your lawyer.

The Sixth and Seventh Amendments go together, as both are about a fair trial. The Sixth Amendment is for the right to a fair, speedy trial by an impartial jury. The Seventh Amendment is civil trial by jury.

The Eighth Amendment is against cruel and unusual punishment, and excessive bail. This means that the punishment, or jail time, can't exceed the maximum norm for the crime. It also protects from cruel punishments, like torture.

The Ninth Amendment is the protection of rights not specifically mentioned in the constitution.

The Tenth Amendment is about the power of the state and the people. It basically says that the powers not mentioned in the constitution that are not prohibited by the state are reserved to the state, or to the people, respectively. ■

NEWS & DEBATES

CAUSE: DIZZY FEET FOUNDATION

By Katrina (AppleTini)



program for dance schools in all of the major styles of dance; and (3) to develop, provide, and/or support dance education programs for disadvantaged children through and with local community organizations."

DFF hopes to set a base line for dance education around America in terms of becoming an "accredited" academy or school of dance. Likewise, they hope to ensure that children everywhere are getting quality, accredited dance instruction from thousands of teachers across the nation. DFF is a non-profit organization, truly hoping to touch real people, real children, and not just reach statistics and set new records.

In order to run an organization so focused on dance, the founders set up a Steering Committee and an

Honorary Steering Committee, both made up of some of the most well-known individuals in the dance industry, all of whom have a heart for dancing and for the mission behind Dizzy Feet.

In addition to hosting galas, scholarship auditions, and many other events in support of DFF, Nigel Lythgoe has announced National Dance Day, which just happened on July 31st. For this day, Napoleon and Tabitha D'Uma, two amazing hip hop dancers, choreographed a "national dance" for all to do on this day in celebration of the world of dance. ■

For more information about National Dance Day and Dizzy Feet Foundation and upcoming events, please visit:

www.dizzyfeetfoundation.org.

Less than a year ago, So You Think You Can Dance producer Nigel Lythgoe shocked viewers around the world with an exciting piece of news: an organization co-founded by Lythgoe, producer Adam Shankman, judge of *Dancing With the Stars*, Carrie Ann Inaba, and actress Katie Holmes. This organization, of course, was not just randomly announced on *So You Think You Can Dance* for no reason. Dizzy Feet Foundation (DFF) was founded to promote quality dance education and awareness around the United States, but will hopefully soon expand to do the same across the world. In a few more words, the organization has a mission with three main points:

"(1) to provide scholarships to talented students studying at accredited dance schools, studios, or institutions; (2) to establish national standards for dance education and an accreditation



MIND AND BODY

SOBERING THOUGHTS | PSYCH SERVICES | LOVED ONES OF SELF HARM | DEAR AVATAR



SOME SOBERING THOUGHTS

By Holly Marie (Rie)

Sex, drugs, and alcohol.

They sound like fun, right? But do you know the dangers? While I'm not going to tell you not to have sex, drink alcohol, or take drugs, I won't encourage you either. What I'm going to say is that if you choose to do so, be sure to keep yourself and those around you safe. When you go to a party you never expect bad things to happen, but sometimes they do. The thing is, drugs and alcohol go hand in hand

at socializing events, or so it would seem. Drugs and alcohol can give you more confidence, fewer inhibitions, and allow you to relax more; however, drugs, sex, and alcohol can be a potentially dangerous mixture. Let's face it, I'm sure you will have heard of friends drinking, doing drugs, or losing their virginity, but they may not always be telling the truth.

There's a chance that you might find yourself at a party where people are drinking or taking drugs. If you don't join in, you may feel as though people will think you're a 'loser'. You might even feel like you're not cool because you're still a virgin, so you may feel pressured to have sex with someone simply because you don't want to be the 'only' person who hasn't. A lot of teens feel pressured by friends to try alcohol, drugs, or have sex. Peer pressure pushes teenagers into doing things that will cause them to feel as though they fit in. Did you know that the average age

worldwide for losing your virginity is around 19? Did you know that most teens don't drink, and a high percentage of adults choose not to? The point is that if you don't want to take drugs, drink, or have sex, you are certainly not alone.

Before you go to a party, there are a number of things that you should be aware of. Always check out the kind of party it will be before you go, especially if you don't know the host. Find out who else is going, and make sure there will a friend you can trust with you if you won't know anybody else there. Negotiate a time to be picked up, and ensure that they know where you will be and at what time. Never accept a lift from anybody that you don't know. Make sure you keep your personal belongings with you at all times. When it comes to drugs and alcohol, there are a few things you should remember. Eat before you go to the party, as the effects of alcohol are increased if you have an empty stomach. Always keep your drink in your hand, and mix your own drinks so you have control over what you're drinking and how much alcohol you are consuming. Do not feel pressured to drink at the same rate as those around you, as we all handle alcohol differently. Try to have a non-alcoholic drink between



every alcoholic drink. Be aware that there may be people who will attempt to spike your drink.

The number one rule when having sex: always use a condom. They protect you from both STIs and pregnancy. If you are planning or know that there is the possibility of you having sex, take condoms with you when you go out. Make sure that you know how to use them properly and remember that condoms should be kept in cool and dry places. Do not store them in your car, wallet, or pocket for extended periods of time because the heat can make them brittle and likely to break during intercourse. The risk of unprotected sex is far greater when you are intoxicated.

Another risk of having sex at parties is the possibility of sexual assault. To avoid this, always tell a friend if you are leaving with someone, who you are going with and where you are going. Promise to call your friend at a certain time and ask them to look for you if you don't ring by the designated time. Most importantly, trust your instincts. If a situation doesn't feel safe, it probably isn't.

Some people believe that getting drunk or high before having sex will make you more relaxed or will make the sex better. However, this is almost never the case. Being under the influence of substances means that you are unlikely to make intelligent, safe decisions about sex. If you are drunk, you might forget to use protection or later regret your decision to have sex. If your sexual partner is drunk, they cannot legally consent to sex, and you might find yourself facing sexual assault charges.

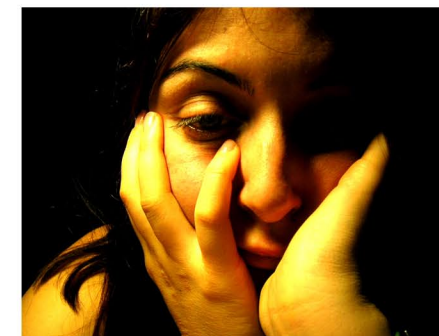
At the end of the day, you can be in control. Whatever you do, be sure that it is done for your own reasons and not because of peer pressure. It's not easy to say 'no', but if your friends are true friends they will respect your decisions. Stand your ground and do what you believe is right for you. ■

MIND AND BODY

PSYCHIATRIC SERVICES

By Robin (PSY)

Have you ever wanted to get help for your mental disorder or substance abuse, but have been discouraged by the incredibly high prices of medications and rehabilitation programs? How about wanting to talk to someone regarding your depression or self-harm, when you've been told that private sessions with a psychologist are out of your price range?



This issue is not new to me, both on TeenHelp and in my field of study. While it is true that many psych-related services are expensive (especially for teenagers who cannot find work, or young adults who are barely able to make ends meet), there ARE ways to seek help for yourself and for your friends who may be suffering from any number of problems! This article explores two aspects of the mental health industry: how to find the psychological professional that is best suited for your needs, and where you can receive low-cost (or even FREE) mental health services.

There are many different types of psychological professionals; however, I will focus on four of the most commonly found professions in hospitals, private practices, and other clinical settings (such as low-cost and non-profit organizations).

Marriage and family therapists typically earn a specialized masters degree (M.A. or M.F.T.), and must become licensed in their state before they can practice. Therapists may focus on all aspects of relationships with family members and romantic partners. For example, if two people are planning to get married, but have some concerns, they may turn to a marriage and family therapist for support, advice, and resources. A parent who is worried about their

child's well-being may address their concerns with a therapist, either one-on-one or in group sessions with other family members (where the child or teenager may or may not be present).

Social workers can be found in a variety of settings, depending on whether they have earned a bachelors or masters degree. In order to provide mental health services to patients, a social worker must receive a specialized masters degree (M.S.W.) and become licensed in their state. Licensed clinical social workers may work in hospitals, private practices, and other clinical settings, as well as in schools as guidance counselors.

Psychologists are individuals who have earned a doctorate degree (Ph.D. or Psy.D.) in psychology. Generally, when seeking treatment for an emotional or mental disorder, patients would see a clinical or counseling psychologist. There are different types of psychologists (developmental, forensic, sports, etc.); however, clinical and counseling psychologists are usually found in hospitals, private practices, and other clinical settings, rather than in academic or research settings.

(Continued page 7.)

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(Continued.) Psychiatrists also possess doctorate degrees (M.D.); however, unlike therapists and psychologists, these psychological professionals can write prescriptions for medication. Some psychiatrists will offer both medical and therapy services, whereas other psychiatrists will only focus on the medical aspect and refer patients to therapists or psychologists for additional treatment.

Psychological professionals may utilize any number of therapy methods in order to assess, diagnose, and treat their patients. These are just a few of the many different techniques that may be used in counseling or therapy sessions.

Psychodynamic approaches focus on helping patients to become more aware of their unconscious conflicts, perhaps stemming from their childhood or adolescent years. Cognitive treatments strive to change a patient's way of reasoning and perceiving every-day situations. Behavioral therapy attempts to change not only a patient's response to situations, but also seeks to change the patient's environment by working with family members, friends, co-workers, etc. Psychological professionals may use a combination of therapy methods, with cognitive-behavioral therapy being a popular option for a variety of emotional and mental disorders.

Finding free or low-cost mental health care isn't always easy; however, with a bit of searching (and luck, given the current economy), you CAN receive the psychological help needed in order to begin working toward coping with emotional, mental, or substance abuse disorders. Contrary to popular belief, you do NOT always need insurance in order to obtain medical and



therapy services. There are many "community" clinics across the United States that are federally-funded and will only charge what you can afford. This includes physical check-ups, as well as psychological services and any medications you may need for your illness. Search engines and telephone books can give you a list of free or low-cost clinics in your area.

If your individual or family's income is too high to qualify for free or low-cost mental health services, there are other ways to find local psychological professionals. Ask your family doctor or general practitioner for a referral. Talk to family members and friends who have sought help in the past (or are currently seeking help now). Search engines and telephone books can give you a list of psychological professionals; however, it's important to ask a

variety of questions before deciding whether or not you'd like to work with that particular therapist, psychologist, or psychiatrist. Ask them where they went to school, what kind(s) of degree(s) they earned, how long they've been working as a licensed professional, what disorder(s) they specialize in, how often they work with people who are your age, and any other questions that you may have. Most importantly, ask yourself if you like this particular therapist, psychologist, or psychiatrist. If you do not feel comfortable around him or her after attending several sessions, then you may not be able to benefit from the services they offer. Many patients switch from one psychological professional to another over the course of several years before finding someone that they truly feel comfortable with, so don't give up if things don't "click" after the first session with the first person you meet! ■

LOVED ONES OF THOSE WHO HARM

By Casey (Casey.)

Self harm is a very difficult thing to understand. It is scary to find out that your best friend or sibling is harming themselves. It is even scarier to learn that your child is cutting or otherwise hurting themselves as a way to cope. Most people don't understand exactly what self harm is; those who do may not know how to help.

Self harm is just what it sounds like. When someone is upset or angry and is unable to cope in other ways, they may hurt themselves. Reasons vary from person to person, and are unique as the individual themselves. "To feel something", "to cope", "to make it go away"; all reasons a person who harms may give when asked "why?" The problem lies in the fact that the pain they are trying to rid themselves of never really goes away; the person just keeps hurting themselves for release, whether it lasts a few hours, less, or more. Sometimes a person may become addicted to that feeling, resulting in prolonged and worsening cutting, burning, hair pulling, hitting, biting, or any combination of self-inflicted harmful behaviors.

You may be feeling lost upon discovering a loved one is harming themselves, but friends and family members can help tremendously in recovery. Sometimes it can seem like there's nothing you can do, like this is a problem much bigger than you, and while it is true that your loved one may need the help of a professional to recover, nothing can replace the aid of those who love us. Here are some tips on helping someone you love that harms:

- **Do listen** to them if they want to talk about it.
- **Don't yell or punish** them for harming.

MIND AND BODY

- **Do ask** them if they would like to try counseling.
- **Don't force** them to go to therapy.
- **Do remain supportive** of recovery at all times.
- **Don't harm yourself** in order to "show them what it feels like."
- **Do remember** that they don't do this to hurt you.
- **Don't take your anger** or sadness out on them.
- **Do tell** someone if you fear their life or safety may be in danger.
- **Don't tell others without** your friend's knowledge, when possible.

Try talking to your loved one; being there when they need a shoulder or ear is invaluable. Treat them the same way you always do and respect their wishes to not talk about it, if they choose. Remember that they are the same person you knew before finding out they harm. Although they self harm, they are not a "self harmer"; they have a

name and countless traits and identities that are more important than self harm. Maybe they are an athlete, a poet; they are a friend, son or daughter, and are probably both funny and smart. Just as you have been, love them for who they are.

Although it is important to be there for those you love, remember that you also need to take care of yourself. It's not your fault that your loved one harms themselves; there is something going on in their lives that causes them to seek relief, and you are not to blame for that.

Self Harm is a tricky and touchy subject, but it's one that needs to be addressed. It might make you or other people uncomfortable, but sometimes we have to work through what makes us uncomfortable to help those that we love and care about. No one is perfect, and that is okay; love is one of the world's most natural medicines. ■



DEAR AVATAR



I have a problem with being too dependent on other people.

Without others, I'd probably never be happy. If someone is angry or treating me unfairly, I feel completely depressed. I want to be less dependent on other people when it comes to achieving happiness. How do you not count on other people for everything, and take your life into your own hands? It's so unbelievably hard for me.

I definitely understand what you're saying! I consider myself an independent person, but I still rely heavily on others! I think to some extent, we all do. I doubt there's one person on this Earth who lives their life in complete solitude and is perfectly happy about it. Isn't that why we were made? To live, laugh, and get to know others? To love and be loved? I've always thought of it that way, at least.

Over the past year, as I've graduated high school and completed my first year of college, I've realized how important it is to love yourself, and I truly think that's what the problem comes down to. Of course, I don't mean be completely arrogant and self-absorbed when I say "love yourself," but I think I'm probably talking more about making peace with yourself. When we are not happy with ourselves, we typically try not to think about it. Clearly, we end up obsessing about it even more, and I think that perpetuates the problem. If you're happier with yourself, though, you won't NEED other people to make you happy. As far as how to love yourself? Pick out your good qualities and focus on those for a little while, instead of always focusing on the negatives you see. I've heard that we tend to

magnify our negatives and turn away from our positives when we're feeling down, so I think it's important to be conscious and mindful of this so we can try to fix it. I hope you are able to accomplish something and make some sort of peace with yourself; I think it will help you to redirect some of your dependence on others back on yourself, but still allow you to maintain healthy relationships with others. Good luck!



I am depressed. I was getting better, but today my school broke

up and I'm moving schools. I feel so alone and empty. I'm trying to stay away from the scissors, but I know that it will be really really hard. I can't bear this empty hollowness. Please help me, I feel so horrible and sick. I want to die.

I'm so sorry to hear about your school's disbanding. That's no fun! I guess that means that everyone at your school is about in the same boat as you are though, right? Hopefully you'll end up at a new school with a couple of people you know from the old one so it won't be completely new surroundings and ALL new people. As much as I know you probably don't want to think about it, I'm a fan of the belief that everything really does happen for a reason. So, who knows? You might end up absolutely loving your new school much more than you liked the old one!

As far as the self harming goes, have you looked into alternatives? Basically, instead of injuring yourself, you do something else. I think one of my personal favorite alternatives, though I don't self harm, is throwing ice at trees outside. I think it's a creative and effective way to get your anger out! If you'd like to check out some ideas for alternatives, please don't hesitate the list we've made here at TeenHelp, which can be found here: teenhelp.org/alternatives.

I just want to encourage you to hang in there. When the going gets rough, try to take a step back from the situation, a deep breath, and roll with the punches. I hope everything shapes up for you soon!



Last year was my first year in high school, and a guy that I'd had a run

in with in eighth grade was bullying me. I had to deal with him on the bus AND in eighth period. He called me names and said all things that I'd pretended didn't hurt, but they did. My question is: I found him online and friend requested and he accepted. I just did this to see what he would do. Did I make a mistake? Will I regret this once school starts?

I hope your first year of high school went pretty well despite having the run in with the guy who bullied you! That's no fun, and no one deserves

to be bullied, so I'm glad you're living things up in summer right now and not having to deal with him.

Generally speaking, bullies are looking to get reactions out of those that they bully. When they get these reactions, it fuels their fire in a way, and makes them more inclined to come back and bully the person again. When they don't get the reaction they're looking for, though, they usually end up getting bored and eventually (hopefully!) walk away from the situation altogether. And this is the ultimate goal here, right? Basically, though, as far as adding him on Facebook, I honestly can't tell you how I think it made him feel; I have no idea! I'm not sure if it's reminded him of you or encouraged him to try to bug you again next year or what. I would just be mindful of the situation. If he starts harassing you over the internet, you should definitely tell someone immediately before the situation perpetuates and gets worse. That would also be a good time to tell them about the times he bullied you in eighth grade. I know it seems scary to tell someone, but talking can really help us out with things. I hope everything works out for you, and that he's matured enough over the summer to where he will not bother you any longer. Good luck!

CONTACT

Do you need advice? Would you like your question to be featured in Dear Avatar? If so, contact us! Email us your question to avatar@teenhelp.org or submit content to the Editors at:

www.teenhelp.org/avatar/submit

DEAR AVATAR



I self injure a lot. My mom and I were having a fight. I was

apparently "yelling" and she threw stuff at me. She saw the dent in my wall after that, and grabbed something from my closet and started hitting me with it. It made me incredibly upset and I hurt my leg really bad on purpose. I need someone there; all I can do right now is laugh to keep from crying.

My goodness, I'm so sorry to hear about the argument that you and your mother got into. It sounds as though that was no fun at all and incredibly frustrating for the both of you, and I think I'd actually like to address that first. I feel as though I can relate to you because my mom and I have had several arguments in the past. When I was younger, I didn't know how to handle them at all. I ended up getting mad at her and saying things I didn't mean. This resulted in the argument snowballing and me probably ending up getting grounded and otherwise punished a lot more than I would've been had I known how to deal with her!

Basically, I've learned that in my own case, it really does help to turn around, take a deep breath, and try to approach the situation in a

logical manner. Try not to get too upset with your mom when you're talking to her, and if you do need a break to cool off for a second, ask for it! Try saying, "Mom, I realize we need to talk about this, but could I have a minute? I need to collect myself." Hopefully she'll understand and even realize that she probably needs to take a break too. After your break, try to go back to the situation with a healthier attitude and use "I-statements" (example: "I really feel like I'm not being given enough time to go out tonight" instead of "you NEVER let me go ANYWHERE.") This will remove the blame from the situation and will make for a much easier conversation.

As far as the self harming goes, I have a question for you. Have you ever tried out any alternatives? By that, I basically mean that when you're tempted to self harm, have you tried to take a metaphorical step back from the situation and tried to think of something else you could do that would help relieve your sadness or anger without hurting yourself? We actually have a pretty lengthy list of ideas some of our users have thought of if you'd like to check it out at teenhelp.org/alternatives. I encourage you to look through this list and try to find something that works for you. You don't deserve to be hurting like this. Take good care of yourself.

VACANCY

Do you enjoy Dear Avatar? Think you have what it takes to be a vital and vibrant member of the Avatar team? If you have 25 posts and have been registered for at least one month, submit your application for Sub-Editor of Dear Avatar now at www.teenhelp.org/apply!

L I F E



FIFA WORLD CUP | CARTILAGE PIERCING | PROFESSIONALISM

WORLD CUP FEVER

By Brittany (.Brittany.)



The 19th FIFA World Cup took place from June 11th to July 11th. Even though it was hosted in South Africa, you probably heard many screaming fans cheering their teams on as well as the heart break and devastation when their favourite team lost. There were many heated moments, especially as the clock was running out of time, or when there was a penalty kick; whether or not they missed it is a

totally different story.

Below, you will learn more about the top eight teams, that managed to reach the quarter finals. The teams that did not reach the quarter finals are: South Africa, France, Greece, Nigeria, Slovenia, Algeria, Australia, Serbia, Denmark, Cameroon, New Zealand, Italy, Cote d'Ivoire, Korea DPR, Switzerland, and Honduras.

The teams that didn't make it out of the round of sixteen, but did make it out of the group stages are: Korea, USA, Slovakia, Chile, Mexico, England, Japan, and Portugal.

Quarter Finals

Ghana is a country that is located in West Africa. They have a population of twenty three million. They did reasonably well within their group matches, winning one, losing one, and tied one. They faced Uruguay in the quarter finals, and lost in penalty kicks. They played five games, scoring five goals, and having four scored against them. Asamoah Gyan was their top scorer.

Argentina is a country located in South America. They have a population of forty million. They did really well in their group, winning all three games. Eventually, they had to face Germany, who knocked them out in the quarter finals. They played five games, scoring ten goals, and having six goals scored against them. Gonzalo Higuain is their top scorer.

With a population of one hundred and ninety two million people, Brazil is the largest country in South America. They did well in their group stages, by winning two games, and tied one. Netherlands knocked them out of the quarter finals. They played a total of five games, and scoring nine goals, but having four goals scored against them. Luis Fabiano was listed as their top goal scorer.

Paraguay is a tiny country in South America. They have a tiny population of only six million. Spain knocked them out in the quarter finals. However, they are small, but mighty, as they won one of their group matches, and tied the other two. They played a total of five games, scoring only three goals, and having two scored against them. Antolin Alcaraz, who also happens to be a defender, is their top scorer.

Semi Finals

Uruguay is a country located on the

southeastern part of South America. This country has a population of just over three million, yet has an impressive amount of Olympic and continental titles. They did well in their group, winning two games, and one tied. They were knocked out of the semi-finals by the Netherlands. They played a total of six games, scoring nine goals, and having five scored on them. Overall, Diego Forlan was their top scorer.

Germany is a country located in Central Europe. They have a population of eighty-one million. They also did well within their group stages, winning two, and losing one. They were knocked out of the semi finals by Spain, but in the game for third place, they beat Uruguay, which meant Germany claimed third place. They had played seven games, scoring sixteen goals, and having five scored against them. Their top scorer was Thomas Muller.

Finals

Netherlands, also known as Holland, is a country located in North-West Europe. They have a population of sixteen million people. They did very well in their group stage, winning all three of their games. They played seven games, scoring twelve goals, and having six scored against them. Wesley Sneijder was their top scorer.

Spain is a country located in South-western Europe. They have a population of forty-six million. They did well in their group stages, winning two games, and losing one. They also managed to win the world cup in a gruelling game against Netherlands. Saved breakaways, free kicks missed, yellow cards left right and centre what a game it was to watch! All in all, Spain played seven games, scoring eight goals, and having two scored on them. Their top scorer was David Villa.

Now that the World Cup is over, what's everyone going to do? They have to wait another four years for the next world cup: the next one will be in 2014, held in Brazil! It is also the 20th world cup! ■

L I F E S T Y L E

CARTILAGE

By Mandy (Life.Is.What.It.Is)

PIERCING



without the stud. The top one I still have and it is fully healed.

A few weeks ago I got four more cartilage piercings, two on each ear. This makes it hard to sleep because it is painful to sleep on either side. This time I got them done with a gun, but it was not spring loaded. I found out that spray cleaner is a more effective cleaner because it gets in and around the piercings better.

Cartilage piercings, piercings on the top part of the ear, are some of the most sought out piercings in today's society. Unfortunately, because of the type of skin and location of the piercing, they can also get easily infected if they're not taken care of.

Most medical professionals suggest getting this type of piercing done by a professional rather than attempting to do it at home, but it's possible to go either way. Mandy shares her own experiences with cartilage piercings below:

"My first piercings were my ear lobes when I was younger. I got my ear lobes pierced nine times in the same place due to infection or healing without my studs in. The last time, I did it myself using studs and ice. It wasn't too difficult, but it was tremendously painful.

My first set of cartilage piercings was on my left ear. I got these two in November 2009. I got them done at a local accessory shop with a spring loaded gun. Later I learned that using that type of piercing gun can cause your cartilage to shatter or get bubbling in the back. I ended up with some bubbling and one of the piercings got embedded. My sister helped me clean it up but it had an infection so I let it heal up

When you are getting a piercing done with the gun, it is best to pick a spot in the room and focus on it when they are piercing. This will help with the pain and keep you from getting too worked up. Contrary to popular belief, getting something pierced hurts little more than a pinch, so if you're planning on going through with it, don't be scared!

The first day of getting any ear piercing, it may throb. Take a light pain killer and get some sleep. After that first day it only hurts when you get it caught on something (clothing, blanket, etc.) If it is still swollen after the second day they recommend you go to the clinic. Do NOT touch it without washing your hands! This will lead to infection!"

According to "Tattoo and Piercing Care," cartilage piercings especially can take a bit of time to heal: "most piercings take six to eight weeks to heal, but some types may take several months or a year to heal. During this time, you must leave the jewelry in place to prevent the hole from closing. Once scar tissue has created a "tunnel," you can change the jewelry or remove the jewelry for a short time."

Regardless of where and when your cartilage was pierced, always be smart about preventing infection and keeping it clean! ■

LIFESTYLE

MAINTAINING PROFESSIONALISM

By Katrina (AppleTini)

As we hit our later teenage years, many of us begin to hold job positions at local movie theatres, aquatics centers, restaurants, or stores. Whether you are currently working at your first place of employment for the summer, or have started working full time at your forth or fifth place of employment, it's important to maintain an air of professionalism regarding work at all times.

Having stayed at the same place of employment for four years and been promoted to different positions over those years, I have learned a few things about being successful in the workplace as a young adult.

Firstly, set boundaries for yourself. When I first became employed, I knew I had decisions to make. All of my coworkers were my age, which meant that there were definitely ample opportunities to further relationships with certain coworkers. It is important that you set your own limitations and check on your job's official rules and records about "fraternizing" with coworkers before trying anything.

Personally, I made the choice to avoid work-dating related drama altogether and not date or "do" anything with coworkers, and it has worked well for me thus far. Unfortunately, friends of mine have not been so lucky. Taking the chance of getting "close" to coworkers can not only jeopardize your professional position, but can also make things awkward and dramatic, which is something we should all be mindful of when taking that chance.

If you do decide to cross the line of

acquaintance with a coworker, be sure that you present as neutral a front to this person as you do to the rest of your coworkers at the workplace, regardless of how you act away from the workplace.

Secondly, leave work at work and keep personal lives personal. Only recently have I begun to take work home with me, but never once have I brought home to work with me. Regardless of what position you're in, do strive to keep these lives separate. On the note of leaving work at work, try to complete all duties before you leave the building so that you don't feel pressured to put in hours off the clock when you could be enjoying your personal life. Be productive at work and always try to make the most out of your clocked in time. On the other hand, though it may be tempting to gossip to coworkers, or supervisors, about what happened at the party last weekend, it's always best to try to keep your personal life personal. Unfortunately, stories get twisted and skewed, and this typically will not work out in your favor. You have your friends and family to tell stories to!

Thirdly, do not post work related statuses on the Internet. I was talking to a friend of mine about this just a few weeks ago, who had a coworker get fired for posting Facebook statuses about her job. No, she was not Facebook friends with her supervisor, and was only Facebook friends with a few of her coworkers. She had not posted many work related statuses before, but word somehow got back to her boss about this, who was able to read the status and asked her to leave. This may seem uncommon, but unfortunately, it happens much

more often than we would like to imagine.

When posting any content on the internet, never post the name of your place of employment - positive or negative. Most places of employment do not allow this, and drama may arise as a result of you breaking this sometimes unwritten rule. It is also wise to avoid posting negative statuses about work altogether, even if you do just refer to it as "work." You are being paid by said workplace, and it is important that you do not jeopardize your position by spreading negativity about it.

Lastly, keep a positive and healthy relationship with your superiors, coworkers, and inferiors. Though you may not always feel chipper and happy about going to work, it is usually best to try to maintain a positive attitude at the work place. As many of us has realized, misery loves company and certainly rubs off on others very easily. This does not mean to be fake, but rather to keep any negative comments to yourself. If you are in the presence of superiors, you will naturally be more inclined to work hard to keep up a healthy and professional relationship. However, try also to remain friendly to your coworkers. It's going to be much more enjoyable to go into work everyday if you have a good relationship with coworkers.

Furthermore, if you are in a supervisor position, you must keep in mind that you ARE setting an example for those you are supervising. You should always strive to work hard and set a good example in order to be a successful supervisor. Finally, know that not everyone at work has to like you, and in a supervisor position especially, it is likely that there will be people who don't like you; it's nearly impossible to please everyone. Don't take it personally, and remember that this is why you have friends to love you - so coworkers don't have to! ■



FEATURED BOARD GAME | MOTIVATION STATION | TRIVIA | NEW RELEASES | MORE

GUAC SNACK

By Amy (Ronald Weasley)

A simple, but tasty, guacamole with veggies!

Ingredients:

- Any type of vegetable (carrots, peppers, zucchini, yellow squahs, cucumbers, celery, and more!)
- 1-2 avocados
- 2 teaspoon cilantro
- 1 tablespoon lemon juice
- Pinch of black pepper and salt
- 1/2 a cup of tomato
- 1/2 cup of red onion

Preparation:

First, skin the avocados and mash them in a bowl. Add the cilantro, lemon juice, pepper and salt to the bowl, and mix with a spoon.

Then, chop the red onion and put into a food processor, process until chopped finely. Remove the seeds and 'guts' of the tomato, and add it into the food processor. Process the onion and tomato together for a few seconds. Add this mixture into the bowl.

Finally, mix all of the ingredients together and you've got yourself some guacamole! Dip some of the cup up vegetables into the guacamole and munch away!

CATCH PHRASE

By Amy (Ronald Weasley)

Catch Phrase is a simple game that can be played anywhere, anytime, with almost anyone (ages 12 and up)! If you're headed to the beach, at a slumber party, or waiting in the airport, this is a game for you! The small disc is electronic and easily portable with no loose parts that can get lost.

I think it's time for a small explanation of how this game actually works. First, you'll need to find at least one other person. You can play individually or in teams, and there is no real limit on how many players you can have. I suggest keeping things to around ten people in total. If the game is being played with individuals (not in teams), one person will start with the disc and select a category, such as Food, Sports, Everything or Transportation. After hitting the start button, a timer will begin to tick and a word will pop up on the screen. The player must then find a way for the other people to guess the word on the screen WITHOUT saying any part of the word. If you think the word is too hard, you can hit the next button to change words. Once guessed, the player passes the disc on to the next person. If the timer runs out, the person who is holding the disc is out. The last person standing wins!

Here are some examples:

Word: Peanut Butter

Clue: "Something and jelly sandwich!"

Word: Abraham Lincoln

Clue: "He was a president that wore a top hat." "He was assassinated in a theater." "Four score and seven years ago..."

Word: The Lion King

Clue: "Simba and Nala starred in..."

If you play in teams, the goal is for your teammates to guess what the word is rather than everyone playing. When the timer buzzes, the opposing team then has a turn to guess words. After each team has one round, whichever team gets the most words correct, wins!

Here are some words you can think about describing!

Eiffel Tower, Socks, California, The Beatles, David Ortiz, Gum, The Sugar Plum Fairy and Fish Sticks!

FUN AND GAMES

MOTIVATION STATION

By Katrina (AppleTini)

A Quote to Note: "Learn from yesterday, live for today, hope for tomorrow." - Albert Einstein

Reason for August's season: Leaves beginning to change colors, the air getting slightly cooler, the one month where long sleeves OR short sleeves can be worn back to back days, getting to see school friends back at school, getting to start a fresh new year at school, recapping summer and remembering it at its best.

Reveal the Real: While I am employed at several places with several different jobs, one job that I particularly enjoy is teaching swim lessons. One of the best feelings in the world is seeing a child go from terrified of the water to jumping in on their own and swimming to the other side of the pool. I remember one particular child who, at the beginning of the summer, literally cried every morning at swim

lessons. This past week, he sought me out and asked me to watch him swim. He successfully jumped in the pool and swam to the other side. What impressed me most was not his swimming ability, but the pride radiating from his smiling face, and his words said to me once he finished: "Miss Katrina, you taught me to swim, which is cool I guess, but thanks more for showing me that I'm not too young or weak to do something I don't think I can do." Coming from a seven year old, this meant the world to me.

Send a Grin: This month, there are ample opportunities to make a positive impression on someone younger than yourself. This isn't to say that you can't make a positive impression on a person older, but sometimes, we forget just how much kids that we know look up to us. This month, empower someone in your life to do something they don't think they can.



CATCH THE LAST FILMS OF SUMMER!

By Amy (Ronald Weasley)

Middle Men (Rated R) Out August 6th 2010. Jack Harris is said to have the quintessential perfect life. He's got a lovely family and a successful career, what more could he want? After meeting Wayne Veering and Buck Dolby, inventors of adult entertainment over the internet, Jack finds himself in a heap of trouble between the FBI and a porn star.



The Other Guys (Rated PG-13) Out August 6th 2010. This is a story of how two police department cubicle workers, Allen Gmbler and Terry Hoitz, take on a dangerous mission to help save the two most beloved cops of the New York Police Department. They have never taken on such a challenge... could two office workers fight crime?

Eat Pray Love (Rated PG-13) Out August 13th 2010. Liz Gilbert has

found herself conflicted and confused in her current life of family, friends, and career. After her divorce, she finds herself in need of self-reflection and a new life and takes time to travel to Italy, India and Bali to discover her inner self. As the viewer, you are taken on a wonderful journey through the beauties of these different cultures. Based off of Elizabeth Gilbert's memoir: Eat, Pray, Love.

Also to be released in August:

The Expendables
Vampires Suck
Nanny McPhee Returns
Piranha 3D
The Lottery Ticket
The Switch
Going the Distance
Takers.

HAVE YOU READ IT?

By Amy (Ronald Weasley)

If you love to read or enjoy sharing your thoughts on a book, or are interested at all at becoming more of a reader, this new section is perfect for you! Each month, there will be a new book(s) featured in Avatar. Hopefully, a lot of you will get involved and submit synopses to Avatar so there will be some variety in the list!

To start it off, I thought I'd share with the community one of my favorite books, *The Undomestic Goddess*. Robin (PSY) also wanted to share one of her favorites as well!

The Undomestic Goddess by Sophie Kinsella

Anyone looking for a cute summer romance novel? *The Undomestic Goddess* begins with a high-preserved lawyer attempting to become a partner in her firm, when suddenly a huge mistake has been made, causing chaos. Not knowing what to do, Samantha Sweeding

FUN AND GAMES



decides to run away to the countryside where she falls into the role of a housekeeper. In unfamiliar territory, she quickly has to figure out how to do basic household chores. While keeping things in order, she meets the gardener who seems to have simply swept her off her feet. Will she ever return to her old life? Read to find out!

Pirate Latitudes by Michael Crichton

The author of numerous best-selling novels (such as "The Andromeda Strain" and "Jurassic Park") has created another thrilling adventure for his readers to enjoy! Follow the journey of Captain Charles Hunter and his crew as they prepare for an ambitious raid against a heavily-fortified settlement. The odds are against them, but the promise of treasure proves to be irresistible! Will Hunter return to Jamaica with a ship full of gold, or will he fall victim to the numerous dangers that await him?

TRIVIA

Name that Tune!

"We can live like Jack and Sally if we want
Where you can always find me
And we'll have Halloween on Christmas
And in the night we'll wish this never ends
We'll wish this never ends"

Word of the Month:

rococo (adj): Ornate or florid in speech, writing, or general style.

Can you say it?

English: House
Spanish: Casa
French: Maison
German: Haus
Italian: Casa

"I Miss You" by Blink 182



UNTITLED

By Liq

It's strange how feelings can get you so overwhelmed that they can spread right through your skin. Probably this is why touching someone can tell them all you feel. The feeling that gets to you, really touches you; strips you naked, crawls all over your skin and goes right through your bones, so we shiver. We shiver with warmth.

There was this time when I used to do all I could do to avoid touching people. My best friend thought it was because I feared intimacy, but there is something I remember clearly about this phase, I never cried. Although my life was really messy, I just never did. It wasn't the fear of intimacy that kept me away. I just didn't feel deep enough to have my feelings on my skin, so I never cried. So subconsciously, I knew that touching people will not tell them how I felt, it wouldn't help

me communicate, so I didn't touch anybody.

It is amazing what the 'power of touching' can do. It is not just a hand on a shoulder, or two people sitting close, next to each other, it is communication. It says what the tongue can't. It is never too late to try 'the language of touching' as it is a lot easier than that of the tongue. We just did not learn how to think and feel at the same time.



NYC: Mr. Brainwash's Icons Remix by wallyg

I Need Someone
by Charli (RainbowSkies)

I need someone to love
and to hold
Someone to keep me
warm when I'm cold
A person to tell me it will
all be fine
That certain someone
that I can call mine

I want a boy who will
make me smile
A boy who puts me at
the top of the pile
A lad who will walk me
home when it's dark
Someone that will trea-
sure my precious heart

I'm fed up of waiting
here in this line
Will someone please just
give me a sign?
I'm stood at the back of
this very long queue
I wonder how much
longer I'll be waiting for
you

Getting Over It
by Erin (LastRedAppleStanding)

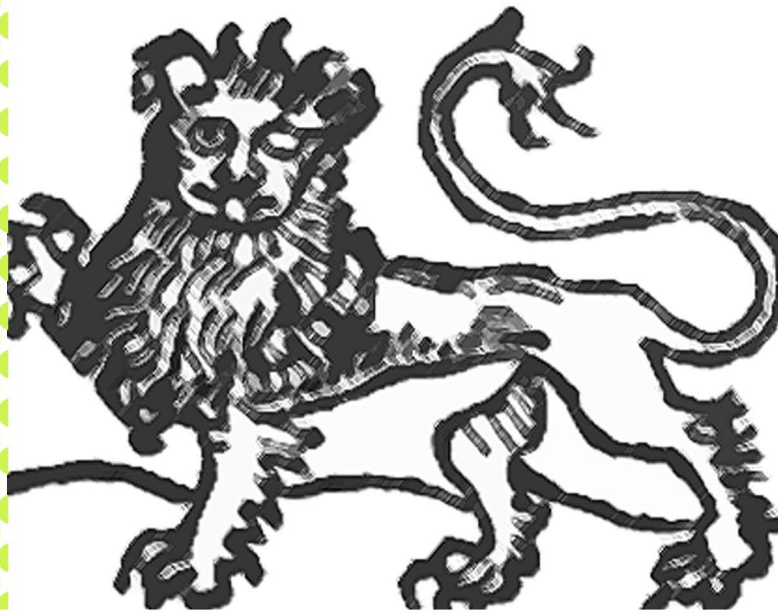
Slowly Slipping
Into exhaustion
While mind thinks freely,
Among its own permission.
Head concedes to bang
Eyes continue to sting
While selfish thoughts subside
For now...

Distant memories
Cringing reflex
Backs from the mind completely,
With unhelpful circumstances.
Cuts begin to heal
Scars begin to fade
And reality is one
For Now...

Professional facts
Constant reactions
Distracting important reviews'
Preventing future resource.
Bodies begin to flee
Mind decides to weep
As prohibited facts show truth
For now...

READ THE STARS

by Chess (x.Psychic Crisis.x) and Katrina (AppleTini)



LEO

JULY 22 - AUGUST 23

Happy birthday, Leo!

This month for you is all about new horizons, and arising opportunities. Like The Foo Fighter's 'Learn to Fly', it's a good time to look to the skies, spread your wings, and start enjoying yourself. Opportunities may come up, both in your personal and professional life, and you might hesitate, but remember - it's your time to shine.

Leo the Brave: It's true, you are brave! And you're going to need to stay that way this month with changes in store. They say the biggest risk is not taking one at all, so go ahead and take that next step in your life.

Leo in Love: Isn't love confusing? I've been told that if you let something go and it comes back to you, you truly know it's yours. Take calculated risks with love.

Leo on the Job: To find your work identity, you're really going to have to figure some things out this month. Something is going to happen in August and you're going to have to be flexible about it. Roll with the punches!

AQUARIUS

JANUARY 20 - FEBRUARY 18

Your song this month is Mariah Carey's 'Hero'. Before you groan, think about it. This month will see a change in your life, and give you a chance to take control. You'll find that if you relax a bit, accept some help from your friends if you need it, and follow your instincts, a whole new world of possibilities will be open to you.

PISCES

FEBRUARY 18 - MARCH 20

This month for you is about learning to leave the past where it belongs, and knowing when to let go, like Relient K's 'I So Hate Consequences'. If you do that, you'll find this month very productive, and you're able to accomplish a lot. Just set your mind to it, work hard, and you might be surprised where you end up.

ARIES

MARCH 20 - APRIL 20

Thinking of taking a chance? Been wanting to do something bold and daring, something exciting? Now is the perfect time for you to take hold of life and do just that. Like Kelly Clarkson's 'Breakaway', this month is the perfect time for you to chase that dream you've been dreaming; get out there and go for it!

TAURUS

APRIL 20 - MAY 21

Sometimes life can seem a little hectic. Things you want to do can get pushed aside while those things you feel you need to do take charge, so it can be good to stop and think about what really matters to you. Your song this month is Skillet's 'One Day Too Late', which, like this month, is all about making the most of what you've got.

GEMINI

MAY 21 - JUNE 21

Most people have heard Queen's 'Somebody to Love'. That's your song of the month; yes, for you, August is about romance! Your social life will take a turn for the better, and your romantic life will start to bloom - but remember that all relationships take time and effort, so don't shy away if things get hard.

CANCER

JULY 21 - JULY 22

This month is a battle of the past and the future in your life, Cancer. Your song, Adema's 'Brand New Thing', is about memories and moving on, and might remind you that even if you've seen better days, you can make your future even better. So why not make today a fresh start, and a brand new thing?

VIRGO

AUGUST 23 - SEPTEMBER 21

It's been said that life's all about change, and it's true. Some is good, some not, but you just have to go with it. Your song is 'Changes' by David Bowie. This month should be about learning to take things as they come; you may be confused at first, but if you settle down you'll find yourself a lot happier.

LIBRA

SEPTEMBER 21 - OCTOBER 23

In August, you'll feel yourself pulled in two opposite directions: freedom and closeness. You'll be drawn to friends, but will also want time away from them. Your song this month, 'Paradox' by Kansas, reflects this situation. The key is to find a balance between caring for yourself and nurturing your social life.

SCORPIO

OCTOBER 23 - NOVEMBER 22

This month is a great time to focus on yourself and your creativity. Your imagination is in full swing, and it's time to let it go and see what you can do. The Glee cast and their song 'Defying Gravity' highlight the feelings of this month: that you're ready to give things a shot. You may be feeling more confident, but avoid recklessness!

SAGITTARIUS

NOVEMBER 22 - DECEMBER 22

Things are moving along at high speed for you this month, and you may be feeling pressured. The trick is to stay calm, take time out if you need it, and remember that things are rarely as bad as they seem. Like The All-American Rejects' song 'Move Along', you just need to keep going and know things will settle down soon!

CAPRICORN

DECEMBER 22 - JANUARY 20

You may face some challenges this month, but it's nothing you can't handle. In fact, like the classic 'Eye of the Tiger' by Survivor, you're feeling quite confident at the moment. You may find, however, that there are some things worth fighting for, and some not, so this month you should try and pick your battles carefully.

Thanks!

THE WIND DOWN

ARTICLE SOURCES

World Cup Fever: www.fifa.com

IMAGE SOURCES

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Thank you for taking the time to read this issue of Avatar! To read past issues, or for more information, visit the Avatar homepage at www.teenhelp.org/avatar.

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!

PHOTOGRAPH BY KITTY (KITTY.)