

# Avatar



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[www.teenhelp.org](http://www.teenhelp.org)

**STREET  
SMARTS**

**STARLIGHT  
CHILDREN'S  
FOUNDATION**

**COPING WITH  
HYPERHIDROSIS**

**HALLOWEEN  
HISTORY**

**SOCIAL  
ANXIETY  
DISORDER**

*Cover art: Crystal T.*

## EDITORS' LETTER

Hello everyone, welcome to the October 2010 issue of Avatar. We hope you're all well!

Autumn has arrived to the Northern Hemisphere and we're all getting ready for the busy holiday season! In honor of Halloween we have some holiday-themed articles for you. Are you prepared for All Hallow's Eve?

In **News and Debates** this month we're going to start things off with a piece on terrorism, in which terrorism is defined and several incidents are briefly discussed. Additionally, we also have a review of the events that took place in September 2010 concerning a variety of topics that matter to you, along with our **Cause of the Month**, Starlight Children's Foundation.

Over in **Mind and Body** we start things off with an article on coping with hyperhidrosis. We also have a great piece on social anxiety, along with some tips to you on street smarts and traveling safely at night. And, as always, don't forget to check out our advice to you in **Dear Avatar** and the Halloween history in **Lifestyle**!

While you're at it, don't forget to check out all of the fun in **Fun and Games**! There we have a great piece on Bananagrams, which is a competitive and enjoyable game that you can play with all of your friends. We also have some great Halloween costumes and costume ideas for you, along with our motivation station and so much more! And last, but not least, don't forget to check out October's **Horoscopes**!

We hope you have a safe and happy Halloween,  
The Avatar Editors.

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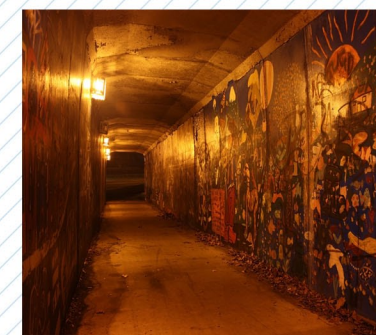
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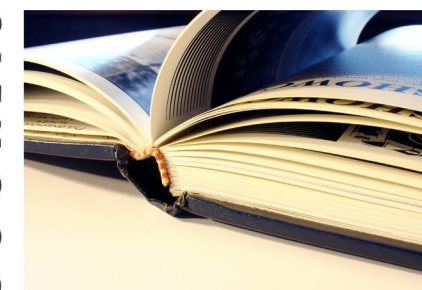


Standing alone on a dark stret corner can be both frightening and dangerous. Learn how to protect yourself while traveling at night.

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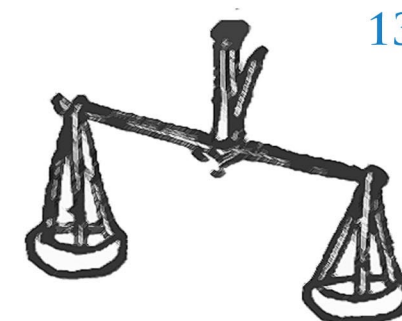
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## CONTACT US!

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](mailto:avatar@teenhelp.org) or submit content online by visiting [www.teenhelp.org/avatar/submit](http://www.teenhelp.org/avatar/submit).

# NEWS

SEPTEMBER 2010 REVIEW | TERRORISM | CAUSE: STARLIGHT

## 09/2010

By Jessie

### Health

**Sleep well, eat well.** A new study suggests late night cram sessions and partying may lead to poor eating habits in teens. The study, published in the journal *Sleep*, proposes that teens averaging less than eight hours a night are prone to eating fattier, higher calorie foods.

**Sleep well, live well.** Anyone else notice a trend? New research, also published in *Sleep*, suggests getting less than five hours per night triples the chance of youth developing mental illness compared to those sleeping eight to nine.

### International Relations

**Rising food prices.** The United Nations Food and Agricultural Organization called a special meeting on September 3rd 2010 to discuss the crisis of the rising cost of food.

**Tensions rise.** Pastor Terry Jones of Florida-based Dove World Outreach Center sparked outrage in September upon announcing plans to burn the Qu'ran, the Islamic holy book, on September 11th 2010. After condemnation by religious and political world leaders, Jones backed down. ■

## TERRORISM

By Casey



**Terrorism.** It's a term we hear often, and many of us associate it with a specific event, such as the London train bombings or the collapse of the Twin Towers. Some associate terrorism with a certain group of people or religion, but terrorism isn't really a religious thing. Recently, it made the news world-wide, when a pastor in Florida declared that he was going to burn the Qur'an, because, besides the fact that he found Islam to be evil and full of lies, to him it would have been justice to destroy the 'evil book' on a day when thousands from all over the world died. This naturally caused outrage and incited protests and violence in predominantly Islamic nations all over the world. But was this threat an act of terrorism? After all, no one got hurt, did they? Actually, people did and possibly will get

hurt. Because he incited hatred and fear in people, he was trying to create a reaction, a violent reaction to prove that the Islamic community is evil. Burning the Qu'ran could have been viewed as an act of terrorism, the threat itself was not terrorism, even if it did cause quite the bit of conflict all over the world.

Trying to incite violence, to cause outbreaks, to create a reaction, that is part of what terrorism is. "Terrorism" is not a group of people. Although we do lump people who commit terrorism into a group and call them terrorists, that doesn't make a single nationality, religious or otherwise, a group of terrorists. I once heard someone say, "Not all Muslims are terrorists, but all terrorists are Muslim." Actually, 99.6 % of all acts of terrorism in Europe have been by non-Muslim groups, usually separatist groups. 94% of all acts of terrorism in the United States have also been carried out by separatist or extremists groups, not Muslim groups. My point is, a group of people of a certain faith are not terrorists. Anyone could be a terrorist. It has nothing to do with race or religion, and everything to do with personal beliefs.

I'll leave you with a few incidents of terrorism to think about. In the United States (1865), 3000 Freedmen and Republican allies were killed in the streets by members of the Ku Klux Klan as the police stood back and watched. In Vietnam (1965), a floating restaurant on the Saigon River was bombed, killing 23 people. In Canada (1982), a factory was bombed. In India (2006), a series of explosions on commuter trains killed 209 people. In Greece (2010), a bomb damaged the parliament building. Fortunately, no one was injured. In Northern Ireland (July 10th, 2010), three children were injured in a bomb explosion. Terrorism happens all over the world every day, and it has been happening for centuries. It is not a new occurrence or trend. It is an old way of making a statement, of mindlessly hurting others, or creating tension. Terrorism is the poor man's war, and it always will be. ■

# NEWS & DEBATES

## STARLIGHT CHILDREN'S FOUNDATION

By Katrina

**If there's one thing I've noticed** about people in general, it's that so many of us seem to have a heart for helping children. No matter what gender, color, religion, orientation, or anything else we may be, a common goal seems to be to empower the leaders of tomorrow to reach their dreams. For some children, like those living with serious illnesses, reaching goals and catching dreams may be more difficult than it is for others. And so for more than twenty-five years, the Starlight Children's Foundation has been helping children diagnosed with serious illnesses to achieve their goals and enjoy their childhood, despite their diagnosis.

*"Our programs have been proven to distract children from their pain, help them better understand and manage their illnesses, and connect families with others facing similar challenges so that no one feels alone."*

Starlight offers several programs that help children to focus their energy on the positive aspects in

life and the joys of childhood. Starlight offers families and children a way to get out of the hospital for awhile and go on peaceful and relaxing outings. It offers educational technology to older children so they can stay up-to-date with their schooling while in the hospital, and fun computer-based learning games for younger children to prepare them for school if they are able to go back. This organization also sets up online communities, so that teenagers are able to safely connect with others going through the same thing. Finally, Starlight offers simple methods to help children and adolescents learn about their conditions without feeling overwhelmed.

Starlight offers a number of volunteering opportunities, so if you'd like to get involved and you have a heart for helping children, check them out! For more information on how to get involved with the wonders that Starlight Children's Foundation is doing, please visit [www.starlight.org](http://www.starlight.org) ■



# MIND AND BODY



COPE WITH HYPERHIDROSIS | SOCIAL ANXIETY | STREET SMARTS | DEAR AVATAR

## YOU'RE NOT ALONE: COPE WITH HYPERHIDROSIS

By Katrina

**Going through puberty signifies** a multitude of changes in our bodies: some appreciated, some not so much. Whether we're okay with the changes or not though, they're happening, and they're things we should be aware of as we stay in tune with the signs our bodies are showing. Our voice may change, our bodies develop physically, and we may begin to feel different emotions. One such change that many of us are acutely aware of, however, is sweating. During puberty, we have about three million sweat glands that become more active to suit the demands of our growing bodies. Sweating is a normal part of life; it cools down our body temperatures when we began to overheat and can also be a natural reaction to certain emotions, such as nervousness. However, sweating too much can make us feel embarrassed and have other negative social, mental, and physical consequences.

Hyperhidrosis is a medical condition in which our bodies produce more than enough sweat to actually cool the body to the point in which it disrupts daily activities. Most often, this condition presents itself in the form of sweaty palms, sweaty soles of the feet, or sweaty armpits but can affect

any area of the body. Hyperhidrosis usually begins in puberty, and those with the condition will usually begin to sweat whether or not their body needs cooling or they're feeling nervous. Common triggers to sweating in those with hyperhidrosis includes drugs and alcohol, stressful situations, certain types of food (especially spicy food), or physical diseases such as diabetes.

So, what's the best way to deal with this? First, relax. One of the most common causes of hyperhidrosis, as mentioned, is stressful situations. Remove yourself from these situations by being prepared for tests at school or assessments in the workplace. Surround yourself with positive people who don't crave drama or constantly seek attention. Keep yourself busy, but don't over commit yourself, and be sure to keep yourself organized so you always know when or where you need to be. Second, make sure you're staying on top of your hygiene. Take a bath or a shower daily to cleanse your skin and get rid of any odors that may be clinging to your body. Third, pick your outfit wisely. Wearing lightweight clothing made of cotton or linen can help. If you're concerned about

sweating under your armpits, many stores carry underarm pads that act as a buffer between your skin and your clothing to whisk away the sweat and prevent sweat stains under your arms. If you need to, bring an extra shirt to work or school; you shouldn't have to feel uncomfortable in your own clothing! Finally, if you're concerned about smelling, wear deodorant! Deodorants aren't too expensive, so it shouldn't be too difficult to try out a few until you find one that you think suits your own unique needs. If you try out one brand and it doesn't work, don't fret, there are plenty of brands currently on the market competing to be the best, most effective product for consumers like you!

If you feel as though you may have hyperhidrosis, there are a number of very important things to keep in mind. Firstly, you are not alone. Many people, especially those going through puberty, have dealt with hyperhidrosis and come out kickin'! It's not always fun, but it is manageable. Secondly, there are medical treatments available. Doctors can prescribe stronger deodorant to help prevent odors and medicine to help reduce sweat. There are also injections, electrical therapy, and surgeries available that doctors may recommend, but they may be more costly in both money and time. For more information, consult with your own medical professional to see what's right for you. ■

## SOCIAL ANXIETY

By Holly Marie

**We all get jittery at times** and occasionally we all get nervous around people we don't know. Can you imagine that feeling intensified and multiplied so many times that it's almost unbearable to throw oneself into a social situation? Sometimes anxiety can disrupt your life, and if it severely impairs or limits your ability to function, you may be diagnosed with an anxiety disorder.

There are many types of anxiety disorders. To begin with, there is generalised anxiety disorder, a long lasting anxiety which is not focused on one object or situation. There are also panic disorders which cause sufferers to experience brief attacks of terror, also known as panic attacks, that are commonly triggered by stress, fear or even exercise. Phobias make up the largest category of anxiety disorders and account for any case in which anxiety is caused by a single trigger. Agoraphobia, another anxiety disorder, is strongly linked with panic disorders. With agoraphobia, a sufferer is preoccupied with when a panic attack may occur and in severe cases one may even be confined to their own homes. Obsessive compulsive disorder is also an anxiety disorder, however it is characterised by repetition and compulsions. Another common anxiety disorder is post-traumatic stress syndrome, which results from a traumatic event such as rape, child abuse, natural disasters, and other serious accidents or stressful situations. Another anxiety disorder is separation anxiety, an extreme fear of being away from a specific place or person. There are also several other unclassified childhood anxiety disorders. Out of all anxiety disorders, however, social anxiety disorder is the most common.

Worldwide, it is estimated that around 13.3% of the population may suffer with social anxiety disorder (SAD) at some point in their lives, making it one of the most common mental illnesses. SAD is more common in

## MIND AND BODY

women than men, with the average onset being fourteen years of age. Social anxiety disorder, also known as 'social phobia', is an extreme and intense fear of being in social situations. A person with social anxiety may fear judgement, people watching and criticism, causing self consciousness that leads to anxiety. Generally, a person with social anxiety disorder is constantly afraid of making mistakes and being humiliated or embarrassed in front of others. Other situations such as eating or drinking in front of others, using a public toilet, being the centre of attention, working around others, interacting with people, group activities, meeting people with authority, interpersonal relationships and telephone calls may also raise anxiety levels. Lack of social skills or experience in social situations may intensify the fear, building up to a panic attack. There are links between social anxiety disorder and other mental illnesses; like depression, obsessive-compulsive disorder, eating disorders, and panic disorder to name a few.

There are a number of symptoms of social anxiety disorder, ranging from thought patterns to actions. Sometimes sufferers may feel that there is "something wrong", but feel unable to verbalise what it is. Physical symptoms can include a fast heartbeat, confusion, anxiety, sweating, shaking, blushing, muscle tension and upset stomachs. Other symptoms include avoidance of social situations and intense anxiety during social gatherings. During public situations, the sufferer may criticise their words and actions, causing them great distress. Symptoms in children are often different to those of adults, and children may express their anxiety by acting up, clinging to their parents or crying.

Currently there is no exact known cause for social anxiety disorder, however there are several theories.

General disposition is one theory. This means that just like your eye colour and your skin colour, social anxiety disorder could be passed on as a family trait. Social anxiety disorder can emerge during development. As the child goes through various stages of development, their desire to be alone changes. Improper chemical balances in the brain can also be a cause. Serotonin, norepinephrine and gamma-aminobutyric acid directly affect the way we feel about a given thought or situation.

Treatments for social anxiety disorder can include a number of things. Regular exercise, a healthy sleep pattern, and reducing caffeine intake are often the first recommendations. Cognitive behavioural therapy can also be highly effective for anxiety and panic disorders. The cognitive function works through how one can be sure others are judging one so harshly and watching one continuously. The behavioural component encourages sufferers to change how they react to social situations. The aim is for sufferers to be shown real world proof that their thoughts are unrealistic, to learn from acting differently and from observing reactions. Cognitive behavioural therapy may also take place in groups, rather than individually, allowing sufferers to share experiences and coping methods. Medications may also be used; for example benzodiazepines to calm the anxiety, but should only be used for a short period of time. Anti-depressants, particularly SSRI's, are generally recommended before moving onto benzodiazepines if the anti-depressants are not beneficial to the sufferer. Medication is generally only used in more severe cases, and used alongside therapy.

Everybody gets anxious, it's a fact of life. Stand up, reach out and support those with social anxiety disorder. ■

# MIND AND BODY

## STREET SMARTS

By Robin

**This Halloween**, millions of boys and girls around the world will dress up in their favorite superhero and princess costumes, hoping to receive pillowcases full of candy from friendly neighbors. Teenagers may accompany young children around the block, or celebrate with friends by watching scary movies at home. Halloween can be an exciting holiday for everyone, but it is important to remember that not all neighbors are friendly, and some adults cannot be trusted.

Individuals are more likely to be attacked during the evening, so it is essential to be "street smart" on every night of the year. Many of TeenHelp's members will be enjoying later curfews as they start the new school year. Some members will also be living on college campuses or working late-night shifts for the first time. So how can you be safe when traveling at night?

**Be aware of your body language.** Studies have shown that predators will generally target people who look "weak" or "easy", so be aware of your body language. Stand up straight and walk at a steady pace. A person who appears calm and confident is less of a target than a person who appears nervous and unaware of their surroundings.

**Walk with others.** When leaving a late-night party or study session, walk with someone headed in the same direction and plan to call or text one another when you have arrived at your destination. When leaving work, ask a co-worker or manager to accompany you to your



car or the bus stop. If you are walking across campus or through a parking lot, call security and ask for an escort.

**Carry your cell phone.** Make sure the battery for your cell phone is fully charged before heading out. If you suspect you are being followed, call the police and describe the person in question. If the person following you is in a vehicle, provide the police with a license plate number and description of the car, such as its color, make, and model.

**Plan your route ahead of time.** If you are not familiar with the area, take a few minutes to plan your route on Google Maps, Mapquest, or even on your phone! Plan to walk along main roads and well-lit streets. If you become lost, find a busy intersection or store that is still open and call for directions from there.

**Do not draw attention to yourself.** Avoid carrying your laptop and other expensive items in the open. If you must deposit checks or withdraw cash from an ATM, have your bank card and deposit slip in hand, and quickly put everything away when you are done. Men may want to carry a backpack instead of a briefcase, and women may want to carry a

smaller purse. Women in particular may want to avoid wearing expensive jewelry and should wear shoes that are easy to run in.

**Stay alert.** Many people like to listen to their iPods while taking long walks; unfortunately, those people will not be able to hear another person or car approaching them from the side or behind. Keep your eyes and ears open while traveling, especially at night.

**Keep an open line of sight.** Predators may wait in-between buildings, behind bushes, inside cars, and around other objects, so stay away from objects that obstruct your vision. Briefly step off the sidewalk and into the street if you have to, but be sure to look both ways first!

**Do not approach strangers.** If someone asks for directions, answer them from a safe distance. If someone appears to be following you, cross the street or walk in the opposite direction. Should the person change course, quickly walk toward an area where there are people and call a family member or friend to pick you up. NEVER confront a stranger in order to scare them away—they could be in possession of a weapon. It is always better to keep your distance. ■

# DEAR AVATAR



**My ex and I broke up over a year ago and I'm not sure if I still like him. When I saw him I got nervous and my heart started beating faster. We're going to different schools next year. I still think about him a lot, less than I used to, but the thought of him hanging out with other girls somethings bugs me.**

It's not unusual to have leftover feelings for an ex. I still had some minor feelings for one of my exes about three years after our breakup. When you are that close to someone or when they are your first love, it's hard to just let that go. But there is a difference between having feelings for someone and wanting to be with them. You need to ask yourself: "If he wanted me back, would I be his girlfriend again?" You broke up for a reason, so even if you still have some lingering feelings, they don't necessarily have to mean anything.

Overall, it doesn't sound like you still like him romantically, but perhaps you miss the idea of him as a boyfriend. You don't mention that you are currently in a relationship, so it's very possible that you just miss being in one. And when we miss something, we often revert back to things that feel safe and comfortable. In this case, that would be your ex-boyfriend. What you should realize though, is that you don't need a relationship or a boyfriend to be happy.

Being single can be just as much, if not more, fun as being with someone else. When you are single, you make all your own decisions and can hang out with your friends without feeling guilty. So make the most of being single, and I'm sure your lingering feelings will disappear. Spend lots of time with your friends and have fun on your break.



**I got a letter from adult family therapy asking me if I want to go on the wait list. My mum and I tried it before and things got worse. I couldn't talk freely and the therapist always sided with her. The same therapist will be doing it this time. I don't know if it is worth it.**

Family therapy is supposed to benefit all members of the family by helping them resolve issues and/or improve their communication skills with one another. When done properly, it can be very helpful and bring families closer together. But if one member of the family feels like they are being ignored or treated unfairly in therapy, the experience is not going to help anyone. It sounds like that is what happened with you, and that the problems lay more with the therapist than with family therapy as a whole.

It's possible that this therapist might have changed since you last saw her and might not treat you unfairly this time around, but I believe it's more likely that she will be exactly the same as last time. You already know that that was not beneficial for you, so I would recommend not going to family therapy at the same institution again.

What I would recommend, instead, is looking into some different practices that offer family therapy. If you and your mum still have some problems that you've been unable to solve by yourselves, having an impartial therapist who can help you would be probably be really good for you both. But first, you need to find a therapist who you are both comfortable with. And secondly, you need to be willing to open up in therapy. You said that you didn't feel comfortable talking freely last time, but holding back can make it hard for a therapist to fully understand the problems and help you.



**I started cutting myself over a girl. I told her last Saturday and she was understanding . She asked me to stop so I did, she's even texting me to remind me to stay strong. Even though I no longer want to harm over her, I still want to feel that sensation, but I also want to remain loyal. Help me?**

Congratulations on not self harming! Even though that probably doesn't seem like a huge achievement, resisting your addiction for any amount of time deserves congratulations.

If it's the sensation that you are addicted to, I think that it would be good for you to try some healthier alternatives to SH. You can find a number of alternatives listed here. My suggestions would be to try something like snapping a rubber band against your wrist or holding holding an ice cube in your hand. Both of these are painful, but do not cause any lasting damage. Another alternative is to draw on yourself with red pen, body paint or food colouring were you want to cut. This alternative gives the appearance of blood, but doesn't actually hurt you.

Another option for you might be to start writing in a diary. People start self-harming because they are using it as a coping mechanism for the stress and pain in their lives. SH creates a physical manifestation for emotional pain. By writing in a diary instead, you can let all of those feelings out on paper rather than hurting yourself to let them out. If writing isn't your thing, talking to someone (like the girl who is supporting you) works just as well. Hopefully one or more of these suggestions work for you. If not, try others!

# L I F E



## HALLOWEEN HISTORY

By Brittany

Every year on October 31st, Halloween is celebrated around the world. Children and adults alike dress up, go to parties, and chow down on treats like caramel apples and candy! Millions of people enjoy the festivities, but few know the rich history of All Hallows Eve.

Celebrations of Halloween, also known as All Hallows Eve and All Saints' Day, can be traced back to the nineteenth century in Ireland and Scotland and is believed to have originated from the ancient Celtic festival Samhain (sow-win).

Samhain, celebrated at the end of the harvest season in Gaelic culture, helped ancient pagans to know when to stock up for winter. On October 31st, the Gaels believed that the boundaries between the living and the dead, overlapped and deceased, good and bad, would return to the world of the living and wreak havoc. This festival frequently involves bonfires, believed to attract insects, which in turn attracted bats, and may explain why bats are associated with Halloween today. Eventually Irish and Scottish immigrants brought this tradition to North America, and by the late twentieth century, other western countries had embraced the holiday.

Trick-or-treating is a common Halloween activity for children. This is when they go door to door, usually in costumes, asking 'trick or treat?' 'trick or treat?' Normally they may get some kind of candy, but sometimes they get pop, chips, or popcorn. The "Halloween Capital of the World", A.K.A Anoka, Minnesota, was the first city in America to hold a Halloween Celebration. It was an effort to divert kids from playing pranks (known as the trick) on others. It's not always about the candy; some schools encourage their students to help out a good cause by collecting money for various charitable organisations, like UNICEF.

With all the excitement of Halloween, safety isn't always at the forefront of everyone's mind, but there are things you can do to keep your family and friends safe. If they're young, make sure they are accompanied by a parent or other adult. If your neighbourhood is unsafe, try to drive kids to a close-by but safer neighbourhood. Also, don't allow anyone to eat unpackaged foods like apples, unless you are friends with the person who handed them out, and don't let children eat their candies until you have a chance to make sure none of it has been tampered with.

You're never too old to have fun, right? If you plan on taking part in the fun this year, you may be wondering what the top ten Halloween costumes for 2010 are. They are;: the Mad Hatter, a vampire, Avatar characters, Iron Man, Alice in Wonderland, Harry Potter, Jack Skellington, Buzz Lightyear, Pinhead from Hellraiser, and, not surprisingly, the ever-popular witch.

Enjoy your Halloween this year, and make sure to stay safe!



## COSTUMES!

By Amy

Happy Halloween, TeenHelp! I hope everyone is excited for trick-or-treating and parties! This year, I've decided to highlight some original costumes that you could try to make yourself. While the standard outfits still remain as a witch, ghost, or princess, having a unique costume is a great way to release your inner creativity, as well as initiate a conversation at a huge party. Besides the costumes you see below, some other ideas include: A vegetable garden where each person dresses as a different vegetable (or fruit if you want to make a fruit basket), a box of Crayola crayons, a washing machine or dryer or a take out chinese food box! Have a fun (and safe) Halloween!



# JUST FOR FUN

HALLOWEEN COSTUMES | MOTIVATION STATION | MORE

## MOTIVATION STATION

By Katrina

Reason for October's season: October is the month of Halloween. Trick-or-treaters swarm your house on October 31st in search of candy, it is the month of candy corn and leaves crunching under your feet, it's not too hot and it's not too cold, so you can wear whatever you fancy! October is a month for carving jack-o-lanterns with your family and preparing for winter.



**A Quote to Note:** "The future belongs to those who believe in the beauty of their dreams."  
-Eleanor Roosevelt

**Send a Grin:** Recently, I've seen a whole new generation of online bloggers, blogging about different restaurants and cool coffee shops about their own cities. Haven't noticed yet? Try Googling "restaurant blogs" plus the name of your city and you're sure to find something. In lieu of this new trend, find a great restaurant and treat someone you care about to a meal for no reason at all!



# FUN AND GAMES

## GAME: BANANAGRAMS!

By Amy (Ronald Weasley)



**Ready for the best night of your life?** With just one special banana, you and your friends can have a competitive, yet highly amusing game night! First, you'll need to buy the game. Luckily, it comes in a soft banana shaped package that can be found in bookstores, along with regular toy stores. It'll cost about \$15, but it's worth the money. Now that I've promised all this fun, let me explain how the game actually works.

To play you need at least two people to play this game, but can have over eleven players in all. I find that about six players is a great number. Now, decide if you want to play in pairs, or individually. It doesn't matter if you are playing in pairs, or in groups of two as long as each group gets the same amount of starting pieces. The number of pieces will range from 11-16 depending on how many groups (or individuals) are playing.

After the pieces have been taken from the upside-down pile, the game has begun. Each player must try to make a 'board' of words using the letters they received. Essentially, each group (or individual) will be making a 'Scrabble' board. Once each piece is fit onto the board, the player must say "peel," which indicates that everyone must take another piece. If a player wants to exchange a piece, he or she must place the piece back face down, and choose another three pieces from the pile. The player must say, "dump" before the exchange. When a piece is added, the entire board can be changed- nothing is permanent and the words can be mixed around to help accommodate more pieces. Once all the pieces are used, the first player to finish using all of his or her pieces in the board shouts "Bananas!"

# TEENHELP BOOKLIST

**Amazing Grace** by Jonathan Kozol

Recently, I had the opportunity to read Amazing Grace for a course I'm taking. The novel was written in an entirely new perspective from what I've normally read, which really moved me. Jonathan Kozol takes the reader on a journey through the Bronx, New York, exposing poverty, drugs, depression and starvation. He develops small relationships with the desensitized children in the area, yet sadly, no solution is provided for the families. Kozol writes the stories of those who society silences and ignores. While the content is easy to understand, the topics discussed are thought-provoking and inspiring. I would highly recommend this novel to anyone who is interested in the realities of the world, or volunteering for underprivileged children.

# NAME THAT TUNE

*Here I am, here I stand, I took a picture of my hand  
Bet you can tell its not manicured  
Here I am, half a man, I'm not a doctor, I'm not tan  
And I never helped the score  
I drive too fast  
The team picked me last  
I break the rules and like it  
My body curves  
I forget the words  
I missed the serve and lost it*

*All my flawz to see.  
But you still love,  
Love me.*

*Flawz by Caitlin Crosby*

# WITCH ICE CREAM SUNDAE

Place a scoop of green mint chocolate chip ice cream on a plate. If you only have the white colored kind, try adding food dye. Next, pour some hot fudge along the top to create the base for the hair. Next, add thinly cut black licorice on top of the hot fudge. Place a chocolate covered cone on top of the ice cream. This will create the witch hat. Next, add two M&M's for the eyes and nose, and a red licorice piece for a smile.

French: Citrouille  
Italian: Zucca  
German: Kürbis  
Polish: Dynia  
Dutch: Pompoen  
Spanish: Calabaza  
Swedish: Pumpa  
Turkish: Kabak

# CAN YOU SAY "PUMPKIN"?



# FUN AND GAMES

## LAUGHS WITH LYDIA

(SquidPid)

**A shrimp walks into a bar and the barman says, "Sorry, we do not serve food here."**

**How do you tell if an elephant has been in your fridge?**  
Footprints in the butter.

**How do you tell if a giraffe has been in your fridge?**  
The elephant will be gone.

**Why did the lobster blush?**  
Because of the seaweed.

**What do you call a donkey with three legs?**  
A wonky donkey.

**What do you call a crocodile with cotton wool in its ears?**

**What do you call an elephant with cotton wool in its ears?**

**What do you call a dog with cotton wool in its ears?** ■  
Anything you like; it can't hear you!

**What did the police officer say to his tummy?**  
"You're under a vest".

**What did the biscuit say when it got run over?**  
"Oh crumbs".

# READ THE STARS



by Chess (x.Psychic Crisis.x)

# HOROSCOPES

## LIBRA

SEPTEMBER 21  
- OCTOBER 22

**Libra in Love:** A relationship may become too much for you, and if that's the case, don't be afraid to take things slowly.

**Libra on the Job:** This is a time where you may be unsure about things, especially in the workplace - be aware, though, that it's perfectly fine to ask for help if you need it!

**Happy birthday, Libra!** Honesty is the best policy for you this month, and thankfully it's a trait that you possess in abundance. Just try to make sure that you're careful about who you confide in.

**Libra, the Passionate:** This month, you may be feeling some very strong emotions. Remember that sometimes it's okay to be spontaneous, or be completely in the moment.

## TAURUS

APRIL 20 - MAY 21

Your shining trait this month will be strength, Taurus, and you just might need it! It may take a while for you to find your inner voice and strength, but once you do, you'll feel a lot better about your life - particularly when it comes to a partnership with someone special. Keep chugging!

## GEMINI

MAY 21 - JUNE 21

Believe it or not, Gemini, responsibility will become one of your most useful traits this month. You'll find yourself handling disagreements in a calm and mature way; if you continue to exhibit this responsibility - especially around children - you'll soon be rewarded handsomely.

## CANCER

JUNE 21 - JULY 22

Your strength this month lies in forward planning. While that may not exactly sound fun, it can create pathways for more exciting endeavors in the future. It can be good to take some time and plan, to make the future better for you, so take it slowly this month, Cancer, and don't act rashly!

## LEO

JULY 22 - AUGUST 23

Co-operation will be a useful trait for you this month. It may involve making some compromises for the sake of harmony, but when things get a little intense you may have to be strong about your own wants and needs, to avoid being pushed around.

## VIRGO

AUGUST 23 - SEPTEMBER 21

This month, understanding is a good trait to have. You may have a different opinion to someone else, but instead of focusing on who's right and who's wrong, try to take a look at the bigger picture - maybe you're both right. In that way, you should be able to avoid any serious confrontations.

## AQUARIUS

JANUARY 20 - FEBRUARY 18

Clarity is a good thing to have this month. If you're clear about your plans and ideas, you may find enjoyable or profitable developments soon occur. Sometimes clarity isn't easy to find, however, so remember that you may need to take some time to sort things out.

## PISCES

FEBRUARY 18 - MARCH 20

Learning is an important process for you this month, Pisces. It may be a time of uncertainty and conflicting ideas, but it's also a great time to discover more about yourself. You might like to spend a while just meditating and thinking, who knows what you will discover about yourself!

## ARIES

MARCH 20 - APRIL 20

Your strength this October, Aries, will be determination, a fine quality. If you want to find answers or explanations, persistence is the key, and it will definitely pay off in the end. Remember, don't beat around the bush if you want to get things done or get to the bottom of things - just jump on in and do it!

## SCORPIO

OCTOBER 23 - NOVEMBER 22

This month, your strength will be confidence. If you find your source of inner confidence, your natural charisma will draw people to you, and make this month quite enjoyable. If you're a social person, make the most of it; if you're not, maybe now's a good time to become one!

## SAGITTARIUS

NOVEMBER 22 - DECEMBER 22

You may need to rely on your instincts this month. Things will be a little wild and unpredictable, and the best way to navigate through these times might not be logic, but instinct. Others may not agree with you, but if you hold true to your own beliefs, they'll respect you regardless.

## CAPRICORN

DECEMBER 22 - JANUARY 20

This month, your judgment will be your strength. Be on the lookout for leadership positions at work or volunteer opportunities, since those around you will appreciate your objectivity. You may not realise it now, but you'll be a role model for others this month, so do your best to show your strength.



Thanks!

# THE WIND DOWN

## ARTICLE SOURCES

Page 3: September 2010 in Review: [ap.org](http://ap.org); [bbc.co.uk](http://bbc.co.uk); [cnn.com](http://cnn.com)  
Page 4: Cause of the Month: Starlight Children's Foundation: [starlight.org](http://starlight.org)  
Page 5: Cope with Hyperhidrosis: [health.google.com](http://health.google.com); [kidshealth.org](http://kidshealth.org); [mayoclinic.com](http://mayoclinic.com)

## IMAGE SOURCES

Cover: Crystal T.  
Page 2: Underpass: [sxc.hu/profile/timobalk](http://sxc.hu/profile/timobalk)  
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Page 7: Night pavement: [sxc.hu/profile/fliku](http://sxc.hu/profile/fliku)  
Page 9: Pumpkins: [sxc.hu/profile/spali](http://sxc.hu/profile/spali)  
Page 9: Zombie: Stephanie  
Page 10: Autumn tree: Mel  
Page 10: Halloween costumes: Amy (Ronald Weasley)  
Page 11: Bananagrams: Amy (Ronald Weasley)  
Page 12: Pumpkins: Amy (Ronald Weasley)  
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THANK YOU to the following TeenHelp users for contributing to this issue of Avatar:

Lydia (SquidPid)  
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## THANKS FOR READING

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](http://www.teenhelp.org/avatar).

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

