

Avatar



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www.teenhelp.org

**COPIAPÓ
MINING
ACCIDENT**

**THE POWER OF
SPEECH**

**KEEP A
CHILD
ALIVE**

**FROM SCRAPS
TO TREASURE**

**NATIONAL
NOVEL
WRITING
MONTH**

EDITORS' LETTER

Happy autumn, Avatar readers!

November is a month of harvest and giving thanks, of brilliant colors dotting the landscape and cool weather. Soak up the beauty of the season and don't let the changing weather bring you down! The skies may be grey and the forecast chilly, but the holiday season, fast approaching, is warm in heart. As you prepare to shake the dust from your cold-weather clothes and winter coats, take advantage of the last of autumn's sunny rays. What are you waiting for? Grab a warm cup of coffee, tea, or apple cider, and enjoy this month's issue of Avatar!

In **News and Debates** this month you'll find a recap of the 2010 Copiapó mining accident and other major news stories from October, as well as November's **Cause of the Month**, Keep a Child Alive. Learn about the power of speech in **Mind and Body** in an article on stuttering, a speech disorder that affects sixty million people. Here you will also find tips on living with depression, as well as an informative piece on overcoming the paralyzing clutch of nightmares through rescripting. As always, be sure to check out our Editor's advice to users like you in **Dear Avatar**!

Looking for more lighthearted content? Check out **Lifestyle** where you'll find an awesome piece on how to turn "scraps" into treasure with scrapbooking, plus an article on National Novel Writing month, a worldwide annual novel-writing contest. In **Fun and Games** this November we have some treats for you! Read about the super snack peanut butter, try your hand at the popular Thanksgiving craft of paper hand turkeys, check out what films will be released in November 2010, and more! Don't forget to check out **Self Expression**, where we feature two poems, one short story and artwork, all from users like you! And last, but certainly not least, be sure to read your November **Horoscope** for a preview of your month!

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

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CONTACT US!

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

ON 5

THE POWER OF SPEECH BY HOLLY MARIE



Stuttering is a speech disorder that affects sixty million people worldwide. How can you help develop positive attitudes towards communication?

ALSO IN THIS ISSUE

NANOWRIMO

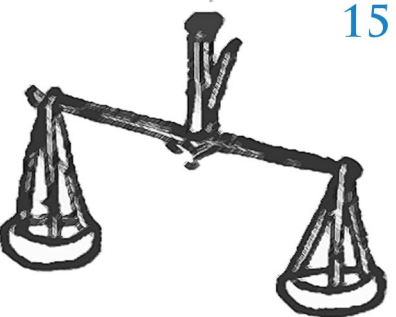
by Brittany

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NEWS

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COPIAPÓ MINING ACCIDENT

By Casey

You're trapped underground with little food or water. The world believes that you are dead. It sounds like a nightmare, but for thirty-three miners in Chile, it was reality when the San José copper-gold mine collapsed on August 5th 2010 near Copiapó in northern Chile.

Chile worked for weeks to reach the trapped men below, not knowing for two weeks if they were dead or alive. But on August 22nd the drill,

which had reached the men in their emergency shelter, surfaced with a note attached that read, 'We are okay in the shelter, the 33 [of us].' Efforts then began to rescue the trapped men.

For two weeks the men had survived on a few bites of tuna and sip of milk every two days, stretching their emergency food supply, a supply which was only meant to last forty-either hours. When it was discovered that the

miners were alive, food, clean clothes, and other necessities were sent down to their shelter via a small pipe.

The rescue of the trapped San José miners would be the deepest successful mine rescue on record, and some attempts to reach the men would lead to minor cave-ins. It would be over two months before a shaft was drilled and reinforced that could safely bring the miners to the surface. A tent city nicknamed Campamento Esperanza, or Camp Hope, would be home to family, friends, press, rescue workers, and more for the coming months.

On the night of October 12th 2010, the first miner was brought to the surface among chants of "CHI CHI CHI, LE LE LE, LOS MINEROS DE CHILE". Throughout the night and into the following day, the rest of the thirty-three men were rescued.

The miners were trapped for sixty-nine days, the longest anyone has survived underground. It is said their faith and discipline kept them alive. Currently, ten of the miners have been released from the hospital; the others should be released in the coming weeks. Although the physical health of the men is not terrible, their mental health is being evaluated. Whether or not these men will be able to return to life as normal still remains to be seen, but hopefully they will be. ■



OCTOBER 2010 IN REVIEW

By Jessie

Health

A cure for depression? A US study published in the journal Science Translational Medicine reports that gene therapy in mice may reverse low levels of the gene p11, a defect strongly linked to depression in humans.

Economy

2010 strikes in France. Millions demonstrate in France in late September and October 2010 after President Nicolas Sarkozy announces plans to raise the age of retirement from age 60 to 62. Transportation services, including flights, are badly affected and a fuel crisis ensues. On October 23rd the Senate of France passed the pension reform bills.

Spending axe hits UK. The biggest UK public spending cuts in decades, £81 billion over four years, will affect welfare, rail fares, police budget and the pension age, among other measures.



The bottom dollar. The United States dollar dropped to a fifteen-year low against the Japanese yen and depreciated against several other currencies in October, as 95,000 more jobs were lost in September than expected. The US housing market is expected to be impacted.

NEWS & DEBATES

Education

Fancy font. Princeton University researches, in a study to be published in the journal Cognition, found that fonts which are difficult to read may lead to better recall and learning.

Politics & International Relations

Family reunion. On October 1st 2010, North Korea and South Korea agree to reinstate a family reuniting program for those separated by the Korean War.

Disasters

Toxic sludge. A state of emergency is declared in western Hungary after seven are killed and more than one hundred injured by spills of toxic chemical sludge from an alumina plant. The accident is expected to cost tens of millions of US dollars to clean up. ■

KEEP A CHILD ALIVE

By Katrina

With HIV/AIDS so prominent around the globe, particularly in India and Africa, a successful cure has yet to be recorded. There are many organizations fighting for the cure through educating and raising awareness about the causes of HIV/AIDS, donating money and time, and doing what they can to ensure that our future is without the battle with HIV/AIDS.

One such organization, Keep a Child Alive, is currently focusing on three main areas: treatment, care, and orphans. Keep a Child Alive is trying to provide children with access to anti-retroviral treatment. Currently, nine-and-a-half million people need treatment, but only forty-two percent have access to it, and this organization is trying to increase this number to 100%. This organization has found that not only is the basic treatment needed, but there are also specific types of care needed to ensure successful treatment, such as nutrition, testing, and transportation. Through monetary donations to

the organization, KCA helps those needing treatment find the care necessary for successful treatment. Finally, true to its name, this organization helps children who've lost one or both parents to HIV/AIDS and would otherwise not be able to survive on their own. Rather than being forced to turn to sexual exploitation or dangerous conditions on the streets, these children can turn to Keep a Child Alive for help and support in their time of need.

This organization has focused itself in Africa, since two-thirds of people worldwide with HIV are in Sub-Saharan Africa, and India, which has the second highest prevalence of HIV/AIDS in the world. Help reduce these numbers and get involved with Keep a Child Alive by starting or joining a campaign, hosting a fundraiser, or even simply joining the KCA online community to give your support. To learn more about how to help, please visit

www.keepachildalive.org

MIND AND BODY



THE POWER OF SPEECH | JUST A BAD DREAM | COPING WITH DEPRESSION | DEAR AVATAR

THE POWER OF SPEECH

By Holly Marie

Those who stutter may face discrimination, bullying, prejudice and even be led to social isolation. Around 60 million people struggle with stuttering, yet most people know very little about this speech disorder.

Stuttering may also be referred to as 'stammering', or as a broader term, 'disfluent speech'. Stuttering is a speech disorder in which the sounds and syllables spoken may be prolonged or repeated, disrupting the regular flow of speech. These speech disruptions may also be linked with other behaviours, such as rapid blinking or tremors of the lip. Stuttering can make communication difficult, which often highly affects a person's quality of life. In general, someone who stutters may find that talking on the telephone worsens their stuttering, whereas talking in unison may temporarily improve and reduce the stutter.



Two common types of stuttering include developmental stuttering and neurological stuttering. At one time, there was believed to be a third type of stuttering, called 'psychogenic stuttering'; however, it has now been realised how rare this type of stuttering is. Developmental stuttering, the most common type of stuttering, tends to develop in young children who are still learning speech and language skills. Developmental

stuttering often runs in the family; earlier this year, researchers isolated three genes that cause stuttering. Some scientists believe that developmental stuttering occurs when children cannot meet their verbal demands. The second most common type of stuttering is neurological stuttering, and may occur after head trauma, following a stroke, or another type of brain injury. Trauma causes the brain to have difficulty coordinating the different components involved to allow speech, because of signaling problems between the brain and nerves or muscles. The least common type of stuttering is psychogenic stuttering, which is said to be caused by emotional trauma, or similar issues with thought or reasoning.

Stuttering is usually diagnosed by a speech-language pathologist, who is a health professional that specializes in testing and giving treatment to those struggling with a voice, speech, or language disorder. The speech-language pathologist must consider a variety of factors before making a diagnosis, including the patient's history, an analysis of the patient's stuttering behaviours, and an evaluation of the patient's speech and language abilities and the impact of stuttering upon their lives. When evaluating a young child, the pathologist will try to predict whether the child is likely to outgrow it. *(Continued page 6)*

This usually depends on the family history of stuttering, the length of time the child has stuttered for, and whether the child has any other speech and language problems.

There is currently no cure for stuttering, although there are a variety of treatments available to increase the quality of life for those living with stutters. The treatment will vary depending on the age of the patient and the individual communication goals. It is always best to work cooperatively with medical professionals in finding the best treatments for the individual.

Many types of therapy are available to adults and teens to focus on learning ways to minimise stuttering as they speak. For example, speaking slowly, using breathing exercises, progressing from single syllable words to more complex sentences, and other activities help address the anxiety of a person who stutters in order to make them feel more comfortable in social situations. Some drugs that are used to treat other conditions have also shown that they can be beneficial in treating stutters, and there are currently clinical trials taking place to test possible drug treatments. Sometimes a small device that fits into the ear canal, much like a hearing aid, that replays an altered version of the wearer's voice to give the impression that they are speaking in unison may be used. Researchers are now studying the long-term impact of using electronic devices in real-world situations. Many people find that using therapy and other self-help groups leads to large improvements in their lives.

Stuttering can be a horrendous experience that robs you of your confidence and silences you. Stuttering occurs across all backgrounds and cultures, and is more than just a tangled tongue. Will you speak out to stop the stutter? ■

MIND AND BODY

LIVING WITH DEPRESSION

By Zach

I've had depression for about a year now, but it seems like it has been at least five. Within this last year, I have been on four different depression-related medications, gone to a psychiatric hospital (for teens), and have had weekly therapy sessions with a psychiatrist. In the process, I've gained a lot of experience regarding how to cope with depression.

The most important rule I set for myself is: no searching symptoms and conditions on the Internet! I used to spend so much time looking up different mental illnesses, taking online tests to see if I had them, and then looking up all of their symptoms. It literally drove me crazy. Do not use the Internet for anything more than help with what you already know you have.

There are a few different things you can do to help yourself cope with depression, aside from seeing doctors and taking medicine. Four of these are: having routines, having goals, exercising, and socializing.

Routines are most helpful in the morning. Sometimes it can be very hard to get up, but it's important to, and routines help make this easier. You don't have to think as much in the morning if you already know what you're going to do. You can also help yourself by picking out what you're going to wear the night before. Getting up is important and the more depressed you feel, the more important it becomes. Some people choose to put their alarm clock on the other side of their room, so that they have to get up in order to turn it off.

Goals are important because they

give you something to work towards and help you stay motivated. Just don't choose a goal that's too hard to reach because setting yourself up for failure won't help you. I've found that saving up your money for something specific works well because once you reach your goal, you'll have physical proof of your efforts. Try to save up for something that'll take some time, like a laptop.

Exercise can be extremely helpful because it releases natural anti-depressants. It also can improve your self esteem and make your body healthier, which is always good. Exercise also helps you sleep better, can serve as an outlet for anger or aggression, and increases your energy. Try to exercise regularly, at least a few times a week.

And finally, socializing. A lot of people start to isolate themselves when they are depressed, but it's very important to fight that urge. Even if you just sit on your couch with your sibling or parent and watch a movie, it's better than sitting in your room alone. Being with happy people can make you feel better because their mood can affect yours.

Also, you shouldn't harm yourself in any way or use any substances or alcohol. If you really feel the need to hurt yourself in some way, try alternatives to self-harm and remember that while drugs and alcohol could make you feel better for a couple hours, once the high wears off, you'll be in an even worse place than when you started.

If you're ever in a really tough spot, reach out to others, on sites like TeenHelp or in person. You're never alone! ■

MIND AND BODY

JUST A BAD DREAM

By Robin

You are clinging to the edge of a cliff. Your grip is slipping and suddenly you begin to fall. Before you can hit the ground, you wake up. Your heart is racing, your palms are sweaty, but you sigh with relief as you realize that it was all just a horrible nightmare. After giving yourself a moment to calm down, you roll over and go back to sleep. It's over.

Unfortunately, some individuals suffer from recurring nightmares. These nightmares may emerge for the first time in early childhood following a traumatic event, such as the separation or divorce of parents. Later on in life, during times of extreme stress or turmoil, the nightmares may emerge once again. Scientists cannot say with absolute certainty why we dream the things we do, nor can they offer fool-proof methods for controlling nightmares as they occur; however, some psychologists have developed techniques for coping with, and eventually overcoming, recurring nightmares.

Recurring nightmares can cause an individual to feel anxious and helpless, so you may wish to seek reassurance from your family members and friends. Discussing the nightmare with others may help relieve that anxiety. Oftentimes, when we examine nightmares in greater detail, we begin to see gaps in the nightmare's timeline, or we find elements in the nightmare that do not make sense. Finding these flaws can help you realize that the nightmare is simply that: a nightmare. You may discover that it would be impossible, or at least highly unlikely, for the events portrayed in the nightmare to take place in the "real world".

Once you have taken steps to relieve your anxiety, begin rescripting your nightmare. Create several new outcomes for the events in your nightmare. For example, if the nightmare always ends with someone getting hit by a car, imagine the car veering to the side, the person jumping out of the way, the car stopping at a red light or stop sign, etc. If you were able to find flaws in the nightmare's logic during the reassurance phase, take advantage of them and incorporate elements into your nightmare that will result in a more positive outcome.

After rescripting your nightmare, use rehearsal to "work through" the nightmare and its various outcomes with your family members and friends. If your nightmare focuses on someone else, discuss how that person could avoid or overcome the negative situation. If your

nightmare focuses on yourself, find solutions that you could utilize, should you ever find yourself in a situation similar to the one portrayed in the nightmare.

Finally, take control of your fears and find a resolution. Continue to review the new outcomes you created during the rescripting process, and review the solutions you discovered during the rehearsal stage. Examine any past or current events that might have triggered the recurring nightmares, and work toward resolving those as well. Resolving the nightmare may take time, so be patient and continue to seek help from those around you.

If the recurring nightmares continue to interfere with your daily life, or if the nightmares' intensity increases, you may want to consider seeking additional help for resolving them. As stated earlier, these nightmares may emerge following a traumatic event, so speaking with a therapist or psychologist may help you gain closure in regards to that traumatic event. Nightmares may also be influenced by physical ailments or drug use, so you may want to consider visiting your family doctor for a comprehensive exam. ■



DEAR AVATAR



I just want all of this to go away. I'm so sick of feeling low, but I have no idea how to reach out. I don't even know if I need help, because it's just not working. It hurts. I don't want to feel this way forever but I feel like I'm going too. I just feel so unloved and like the depression is overtaking me. What can I do?

I am sorry you are feeling so low at the moment but things can get better with time. I know when all these feelings are building up it can be hard to believe that things will get better but life has a way of turning around when you least expect it.

I know that you are not 100% sure if you need help but the best way to figure all that out is by reaching out for help. I know that can be a really hard thing to do. I also know that it can be hard to know where to look for help but there are a lot of options out there. Have you tried talking to your parents about the way you are feeling? I know that confiding to your parents might be the last thing you want to do but a lot of the time parents can be really understanding about this and they can help you get the help that you need.

Another place to reach out for help would be your regular family doctor. If you go in and see your regular doctor and explain to him how you have been feeling he can refer you to a counselor. The first person who ever referred me to a counselor was my family doctor and I am very thankful that he did.

You could also look into talking to the psychologist at your school. This is a great person to go to because it will give you someone to confide in and the school psychologist could help you figure out what would be best for you. The school psychologist might refer to a counselor outside of school, they might just continue seeing you at the school, they can help you figure out what to do in regards to



My period is about a month late. I know it's normal to miss a few days, but I've been regular since I started at age 13. I'm 100% not pregnant, I'm a virgin.

It's fairly normal to be concerned when your period decides to go missing for a month, but don't fret, there are many simple reasons for why this might have happened.

A lot of the time stress becomes a huge factor as to why your period might be late. Stress can suppress the hormones in your body, which allow you to ovulate regularly. Have you been feeling overwhelmed with homework or your job? Has there been a fight at home? Anything stressful on your mind? Maybe starting school again not only proved to be stressful, but also change your sleeping patterns that can affect your period as well. Changing your overall schedule can have a huge impact on your period, especially if the change happened very quickly. Your body might still be adjusting to this new way of life.

Another common reason your period could be late is having an illness. Being sick can change your body's ability to ovulate regularly, but this is usually a temporary problem. Changing medications could also play a role in menstruating. Lastly, being overweight or underweight can affect the regularity of your periods. If you've recently lost or gained a substantial amount of weight, it's common for your period to become irregular until your body adjusts. If you've lost too much weight, your body might not have enough nutrients to menstruate either. In this situation, it's necessary that you see a doctor. In general, if you are still concerned about your late period, it never hurts to seek medical attention. I wish you the best of luck!

LIFE

FROM SCRAPS TO TREASURE

NANOWRIMO



FROM SCRAPS TO TREASURE

By Brittany



Scrapbooking can be a lot of fun and a great alternative or distraction! The process is fun, fairly easy, and a great way to keep memories from vacations, friends, high school, college, camp, family get togethers, and so much more! There are even scrapbooking courses that you can take if you decide that this is something that you really enjoy.

Most scrapbooking kits will have

everything that you need like stickers and decorations. They may not come with glue or some of the tools, though, like scissors. You might also want to buy post-it notes, fine tip markers, crayons, glitter, glue, tape, a ruler, erasers, and construction paper. Once you have these supplies, just follow these steps and in no time you will have your very own scrapbook!

Organize your items that you

plan to use. The scrapbook is yours, so you can put in anything you want from pictures to movie tickets and programs, invitations, business cards, and any other object that is flat or thin. You can do your scrapbook any way you want. One of the most popular ways to organize is in chronological order, by event or age. Another way is to set it up by theme, with a section for birthdays, one for concerts, then another for vacations.

Figure out which pictures and items you want to use on what page. Before you just start gluing, the best idea is to put things into piles, and use one pile on each page. By this method you can make your scrapbook look perfect! You can also use post-it notes to help organize your pictures and to write dates on the back if needed.

Decide on a theme for your scrapbook. The theme can be whatever you want! If you're scrapbooking about your birthday, find stickers and decorations that say "Happy Birthday!" If you're putting together memories about your family, you can find decorations with phrases such as "Family is Forever".

Determine what size you want. Scrapbooking albums come in many colours, sizes, shapes, and designs. You can find one that is round, square, rectangular, or many other shapes. Some are three ring notebook-style, while others are spiral-bound or strap hinged. You might want to get one that comes with a case or buy a protective cover so that, when it's not in use, it doesn't get covered in dust.

Carefully measure and plan your page. Before gluing it down make sure that everything you want to use on your page will fit and that you're happy with the look. Once you glue it, it's there to stay!

(Continued page 10)

To fill up space, use quotes, stickers, or pictures. Under each picture make notes about the people, place, and events the picture represents.

Implement your plan. Now it's time to get gluing! Glue everything down and make it look awesome! Add labels, colours, comments, stories and poems, to give it a personal touch.

Tips:

- Use acid free glue, it will help prevent your pictures from yellowing.
- Don't crowd the page.
- Add writing.
- Cover your pages with lamination to protect them.
- Try not to use your only copy of pictures. Instead, get them reprinted if necessary.
- Be careful with scissors and glue.
- Try not to use too much glue and wait for it to dry before you turn the page.

Now that you know how to make your own scrapbook, what are you waiting for? Happy scrapbooking! ■



LIFESTYLE

NANOWRIMO

By Brittany



November 1st marks the beginning of the annual National Novel Writing Month around the world. Have you been putting off that book you've always wanted to write? If so, this month-long event can help get you started! Participants begin to write November 1st and finish the novel November 30th, averaging 175 pages of brilliant writing. That's approximately 1667 words a day!

NNWM is coordinated by The Office of Letters and Light, a non-profit organization designed to inspire people across the world to express themselves through literature. This is why your book can be any type of genre, any theme and in any language you please!

Chris Baty, the original founder of NNWM, began this tradition in July of 1999. Unfortunately, only twenty-one people chose to participate that year. In 2000, they decided to move the month to November, when the weather is cooler and people were back from

their summer vacations. This increased the participants to 140 people in various countries around the world. The basic rules at this time were that the novel must be new, cannot be co-authored, and must be submitted in time to be verified. Of the 140 participants, only twenty-one completed the challenge.

In 2001, only expecting around 140 people, Baty was shocked when 5,000 participants registered. The site continues to grow each year, and in 2008 over 119,000 people registered and 21,720 completed the challenge! This year, 2010, marks the tenth anniversary of this event.

Perhaps you find this task somewhat daunting. Maybe you are worried about how you will stay motivated throughout the month. Set goals and rewards, and develop a support system! Allot time each and every day to write, brainstorm, or simply think. Writing 1,667 words a day can definitely pose as a challenge, but if you set your mind to it, it's possible. ■



JUST FOR FUN

GET MOTIVATED! | SUPER SNACK | HAND TURKEY | MORE

MOTIVATION STATION

"Happy are those who dream dreams and are ready to pay the price to make them come true."

- Leon J. Suenes

Reason for November's Season: November is full of beautiful colors, golds, reds, and yellows, floating from trees and blanketing the ground! Take advantage of the beautiful scenery and cool weather, grab a scarf and play in the leaves!

Send a Grin: As Thanksgiving is celebrated in North America, give thanks to those you love. Be creative. Write notes. Give thanks and give hugs! The more creative

you are, the more appreciated those around you will feel.

Reveal the Real: Recently, I noticed a group of people accept some new friends into their hearts and group, giving those they accepted a place to feel safe and accepted for their beliefs. They gave their new friends a place to belong. These people are so different from each other, all of them, but when they get together every week they do so with joy. Many of them are from different worlds on the social spectrum, and some of them are very awkward, but this group has made it clear: all are welcome here.



GOODBYE!

Can you say it in...

- Turkish.....Elveda
- French.....Au revoir
- Danish.....Farvel
- Italian.....Addio
- Polish.....Pożegnanie
- German.....Auf Wiedersehen
- Spanish.....Adiós
- Swahili.....Kwaheri

SUPER SNACK

By Amy



Recently, I have developed a new found love of peanut butter! Why? Because it can literally be combined with any other food in your kitchen. Not only is peanut butter tasty, it's nutritionally beneficial! Peanut butter helps reduce 'bad' cholesterol and helps produce more 'good' cholesterol in your body. Peanut butter helps regulate blood sugar, too. Vitamins, including Vitamin E and B3, are abundant in peanut butter as is a high amount of protein. Peanut butter also contains healthy minerals such as potassium, iron, magnesium and calcium. Basically, peanut butter rocks! Now, you might be wondering... what should I have my peanut butter with today? Try some graham crackers with peanut butter, peanut butter on apples, or Oreos dipped in peanut butter!

TOP TENS...

By Amy (Amy.)

Ten things to do before it gets cold!

- Go for an outdoor walk/run.
- Star gaze
- Wear your favorite sundress (or shorts)
- Eat a popsicle
- Go to a farm/zoo
- Have a bonfire
- Walk into town center
- Open all the windows while driving
- Lay out in the sun
- Play at the park

PAPER TURKEY



Supplies:

- Colored Paper
- Markers
- Pipe Cleaners
- Scissors

Take a piece of colored paper and trace your open hand with a marker. Decorate the hand as a creative turkey using your traced thumb as the head. Cut along the lines, and place two pipe cleaners into the bottom of the cutout to make the legs. Pin it up to your wall and let the festivities begin!

FUN AND GAMES

NEW NOVEMBER FLICKS!

By Amy (Amy.)

Feature Film: *Harry Potter and the Deathly Hallows: Part One*

After writing a short summary of this movie, I decided Harry Potter is way too cool to be confined into a seven-sentence synopsis. How could you possibly capture the thrill and complexity in a paragraph! It's simply not possible. As I realized this, I found the connection between my inability to represent Harry Potter in a short review and the director's inability to create one film for the seventh, and final, Harry Potter novel: there is simply too much to condense whether it's in a few sentences or a two hour long movie. If you want to watch some magic, this November is your month. Grab some friends, and your wands, and head down to your nearest cinema November 19th!

November 5th 2010

Due Date.....wide
For Colored Girls.....limited
Megamind.....wide

November 10th 2010

Morning Glory.....wide

November 12th 2010

Skyline.....limited
Tangled.....limited
Unstoppable.....wide

November 19th 2010

The Next Three Days.....wide

November 24th 2010

Faster.....wide
Love and Other Drugs.....wide

NAME THESE TUNES!

"I can remember
The day that you told me
I won't be there,
I'm not that strong
Holding these memories
I feel unfolding
This is the last time
Now I'm gone"

"The Last Time" All That Remains

You know what they say
Life ain't always easy
And everyday were survivors
So forget the day
It's all about tonight
At the school
And start a riot a-riot
Be a rebel

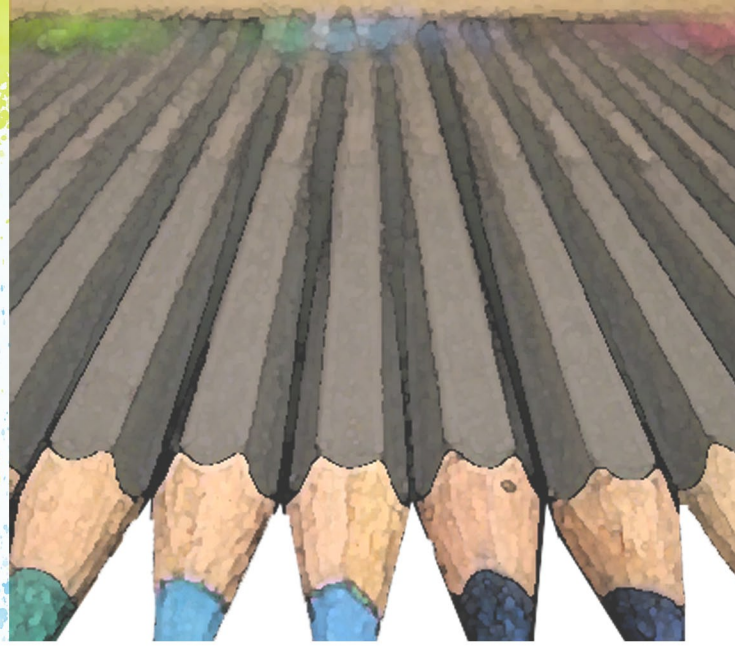
"2010" Jay Sean

LEARN SOMETHING NEW

Fact: 13 people die each year when a vending machine falls on them.

Word of the Month: Quaggy (adj.)
Marshy or boggy. Soft or flabby.

LIVE OUT LOUD



A STORY ABOUT US

By Daniel

As much as he wants her, he know's she'll never be his.

They can spend hours talking to each other, and have. They've planned their meeting, they've even spoke about how much they'd be happy together. But then she turns around and mentions her real man, and everything he says suddenly disappears.

He knows that its wrong... he shouldn't feel hurt about that. She's not his... probably never will be, so why is he so jealous? Why does it hurt him so much?

He questions it... why does he like a girl in a far away land who already has a lover to hang onto? Why does she taunt him with desires and fantasies when she already has a man?

He feels so stupid, knowing it's never going to happen. But he likes her so much... he enjoys the fantasies, enjoys the desires. Hates the fights... he hates being such an arsehole to her when he feels left out. It's just too much for him... but in so many ways, it's not enough.

That man is obsessed, he is jealous of a man he's never met, over a

woman he'll never meet. He goes to sleep at night wishing she was there next to him, and wakes up every morning and smiles at the thought of her. It's an unhealthy obsession, but it gets him through the day.

But then...

When another man's name is mentioned, he goes into a rage. He suddenly feels betrayed. He knows he has no right, he knows that it's pointless. The truth is, she's happy with this man, and he can't change that. Maybe he could make her happy if he was closer to her... but there are so many miles between them that it's just impossible. But... how can he do this when he isn't even sure of who she is?

She says she's nobody special... Nobody worth pining over, nobody worth caring about. She already knows that this man on the other side of the world likes her, he misses her, and she doesn't even know him. How can she be sure of this man? She wants to be sure... she wants to know him. She likes what he has to say, likes that he wants to be her friend. She likes the way he talks to her, and likes the fact that she makes this man happy just by talking to him. She

knows he has his problems, but she swears that it doesn't matter. She will accept him, she says, for everything he is... and what he isn't. But does she mean it? Does she question herself about this?

Maybe she wants him as much as he wants her. There's no way to describe this feeling between them, but they both know its getting harder to hang on. He doesn't want to lose her, he wants to hang on to the hope... and he hates that word. She wants him to believe her when she says that it will happen, but he doubts her. He wants to believe her, but so many lies have been thrown at him in the past... he doesn't want to be made a fool anymore. She may already know this, which is why she accepts that he doesn't believe. The truth is, he hopes everyday that she will one day knock on his door and make his day... But at the same time... he knows its just a fairytale.

This man is me, this woman is you... Now you know why I'm so angry with myself.

SELF EXPRESSION

Her Beauty

Her beauty shines like the sun, inside and out. Although they tell her it every day, she feels in doubt.

Her world is different to her than the one that everyone else can see. Although she isn't bad, she isn't who she wants to be.

She strives for perfection, she wants to be that girl. She wants her own approval, she doesn't want it from the world.

Her beauty shines like the sun, inside and out. Listen to her and be there for her when she feels in doubt.

Goddess of Life by Cym

a mentor from the gods inspiring and phenomenal in every other way she keeps captive passion and secrets that must be uncovered by myself words of wisdom from tragic times advances me on my journey credence in our relationship brightens our smiles b-balling and bartending, cooking and teaching living everyday like there is no tomorrow I wish to be just like her someday, soon... she knows all in my world



"The Eye" by Charlie

READ THE STARS



by Chess (x.Psychic Crisis.x)

HOROSCOPES

TAURUS

APRIL 20 - MAY 21

Your focus this month will be on your emotions. Some may be easier to deal with than others, but it's important to sort through them regardless. While the tendency may be to keep your feelings to yourself, remember that opening up is sometimes the best choice.

GEMINI

MAY 21 - JUNE 21

This month a major focus of yours may be arguments and how to avoid them. November will be a busy month for you, and that might make you feel impatient at times. Keep in mind that it may be in your best interests to stay away from conflict.

CANCER

JUNE 21 - JULY 22

Planning will be a big focus of yours in November, Cancer. While you may be tempted to get caught up in the excitement of making plans, remember that sticking to them is the most important part. Don't let your life go to shambles over broken appointments!

SCORPIO

OCTOBER 23 - NOVEMBER 22

Happy birthday, Scorpio! This month you'll need to focus on safety. It may be tempting to rush into things or take risks, but make sure you assess the pros and cons of actions before doing them. This is a good time to be flexible, and just see where things take you.

Scorpio the energetic: With everything going on this month, it's a good thing you're so full of beans - you'll need it just to keep up!

Scorpio in love: A new and exciting relationship may begin this month, bringing you a sense of confidence and freedom.

Scorpio on the job: Something that's been troubling you will be resolved this month, leaving you feeling more relaxed and at ease.

LEO

JULY 22 - AUGUST 23

You will probably focus on your home environment this month. There's a lot going on there in November, and it may take up a lot of your time; however, things will settle down towards the end of the month, leaving you free to turn your attention to other things.

VIRGO

AUGUST 23 - SEPTEMBER 21

Communication is something for you to focus on this month. A combination of failing to listen to others and feeling like they're not listening to you can cause difficulties in relationships this November. If you work on better communication, things will be a lot smoother.

AQUARIUS

JANUARY 20 - FEBRUARY 18

The focus this month for you will be on your career, Aquarius. Whether it's thinking about a career you'd like to have, or working at the one you do have, work will definitely be on your mind in November. Just be sure to balance work with fun!

PISCES

FEBRUARY 18 - MARCH 20

You'll be focussing on the future this month, Pisces. You may spend a lot of time thinking about what's in store for you, and planning how to make it the best you can; that's good, but just remember not to let that get in the way of where you are now.

ARIES

MARCH 20 - APRIL 20

This month, the focus will probably be on your finances. It's best to be cautious, whether that means saving up a little or even talking to an accountant, which can help ease some of the confusion you may be feeling this month.

LIBRA

SEPTEMBER 21 - OCTOBER 23

This month you'll be focussing a lot on your creativity. Now's a good time to start new creative projects or work on existing ones. Whether you prefer writing, drawing, photographing, scrapbooking, or something else, try nurturing your creative side.

SAGITTARIUS

NOVEMBER 22 - DECEMBER 22

Your focus this month will be on personal growth. November is a good time for reflection, meditation, and exploration of your own thoughts and feelings. By doing this, you'll be able to make decisions that you've been hesitant about, which will help you move forward.

CAPRICORN

DECEMBER 22 - JANUARY 20

This month you'll be focussing on your social life. While things may seem fine on the surface, hidden tensions are present, and it can be hard for you to feel comfortable with the people in your life. The best thing to do is keep to yourself and let them sort it out.

Thanks!

THE WIND DOWN

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

