

September 2021



Teen



Zine

"My Happy Place" Edition



Happy Valley LIBRARY

COLOR YOUR OWN ZINE!

I hear her before I see her

I hear her before I see her  
She's scurrying around  
Feet falling fast on the carpeted floor  
Tears racing down  
Breath coming shakily  
Until I hear the door shut  
Another one gone

I hear her before I see her  
She's looking again  
No one has come back  
But she's looking again  
Feet falling  
Tears racing  
Shaky breathing  
Door shutting

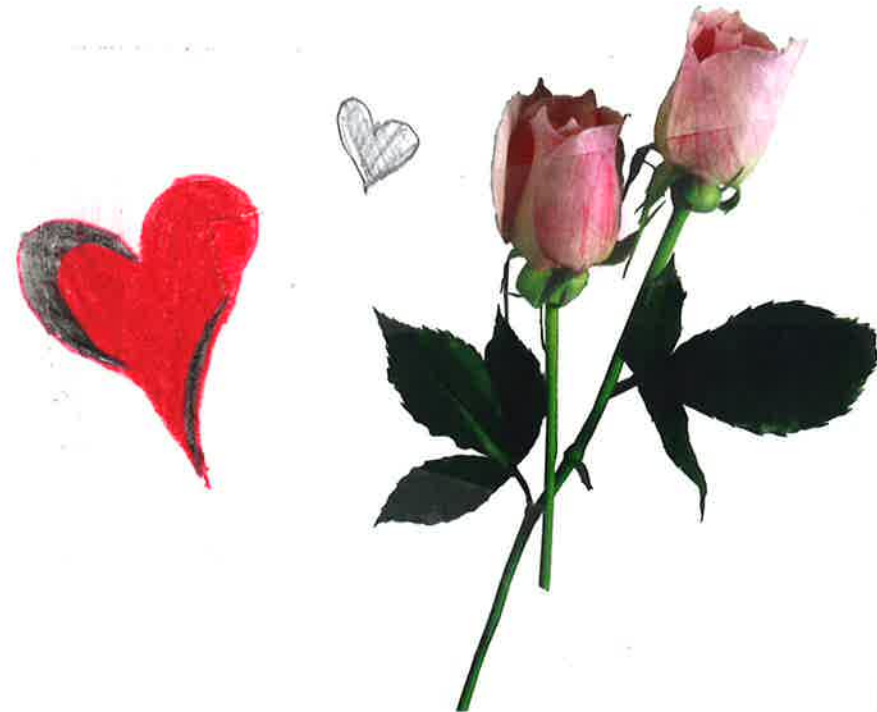
I hear her before I see her  
She's crying out  
"Help please I just want a good book"  
Feet fall  
Tears race  
Breath shakes  
Door shuts



I hear her before I see her  
She's walking slowly  
She grabs my arm  
Rips the blindfold off  
"Please"

I see her before I hear her  
Honey gold hair spilling out of a bandana  
Bronze eyes glistening with tears  
Pink cherry lip gloss shining  
"Will you help me find a book?"  
"As you wish"

I get up from my happy place in the library  
I never see her again  
Though sometimes I think I hear her just like before I saw her



↓ ↓  
 YOUR  
 ARTWORK  
 HERE!

send the library your artwork for our next zine!

BOOK RECOMMENDATIONS (specific)

LOOKING FOR:

a book slump cure:  
 The Selection series  
 Kiera Cass

very reliable sibling story:  
 Smile + Sisters,  
 Raina Telgemeier

an oddly witty  
 J-fic obsession  
 A series of unfortunate events series  
 Lemong Snicket

hard-hitters on  
 RACISM:

graphic novels:  
 Displacement Kikuhiko  
 This Place - various authors  
 NIMONA  
 Pumpkin Heads - Rainbow Rowell  
 Strange Planet comics  
 black Like Me - John Howard Griffin  
 Hate U Give - Angie Thomas  
 On the Come Up - Jordan Peele  
 Almost American Girl - Robin Ha

something to make you SOB:

the Book Thief - Markus Zusak  
 All the Bright Places (took weeks to get over it)  
 the Bell Jar - Sylvia Plath

a spicily supernatural adventure  
 the Uncoming of Miranda Dyer series  
 - Michelle Hodkin lot

a perspective into  
 North Korea:  
 In Order to Live - Geunmi Park

a feel-good romance:  
 To All the Boys series - Jenny Han  
 Emergency Contact - Mary H.K. Choi  
 the betwixt - Kiera Cass  
 anything by Kiera Cass  
 the voting booth - B. Leth

a talking tiger:  
 Sign of the Cat - Lynn Jonell  
 spit out your tea twists  
 anything by Karen McManus  
 choker - Elizabeth Wood  
 to be seriously horrified  
 Awake  
 Natasha Peet


Sci-Fi!

The Fifth Wave  
 Rick Yancey  
 Under their Skin - Maddix  
 The Hunger Games  
 Legend Series - Marie Lu  
 Girls with Sharp Sticks - Saanvi Young  
 When you reach me - R. Stead

Allegory Drove, but present day  
 Dare you to be,  
 Don't Say a Word  
 Amberlynn  
 Natusch

there's someone inside  
 your house  
 Stephanie Perkins

ick with  
 1935  
 A STUPID IN  
 CHARLOTTE series



## Skyhunter Book Review

By: Lamar Jouni



Marie Lu's *Skyhunter* is an amazing book full of surprises. The cover is very eye-catching, and the title matches the plot perfectly. The book has three parts, which makes it easier to stop, and think about what happened. The idea is extraordinary, creative, and unique. It is about a girl named Talin, who is a striker for Mara, the last free nation. She fights to keep the Karensa Federation away from where she lives. The Federation takes humans and turns them into Ghosts, and changes the way they look and act. When a prisoner of war, Red, is captured, Talin rescues him and they become strikers and shields. The author writes it like you're in the setting of the book, which is very difficult to achieve, many authors don't succeed in this goal. The vocabulary is elegant and the phrases are cleverly formed, so it may take some rereading to understand a few of the paragraphs. The size of the words is a bit small, which may take time to read, but I recommend this book to any middle schooler. There is a sequel coming out on September 28th, 2021, which the first book gives a hint about at the suspenseful ending.

This coming school year, mental health is more important than ever before. So, in an effort to make sure all you humans take care of yourselves this year, here's some stuff that actually helps with mental health (for me, at least).

- firstly and most importantly, I validate my emotions. What you are feeling is 100% valid and you have a right to feel it. Acknowledging what you're feeling is the first step in moving forward.
- I stop interacting with toxic people. This is a huge part of healing. It's like I'm putting gasoline on a flame in an effort to put it out; I gotta take a break from these people—no matter who they are. Or, if I can't do that, I let them know how they make me feel when they do certain things. If they care, they will stop.
- Journal! I use the app Day One to securely lock my journal so I can find what I need and vent all my feelings safely. You can also go old school and use a notebook; sometimes just writing it out helps me process what's happening and what you're feeling.
- If I'm dealing with irrational thoughts or anxiety, I find asking myself questions helps. For instance, "what am I feeling?" "Why do I feel like this/what made me feel like this?" "What steps can I take to make this better?". Thus, I can rationalize my thoughts and find a way to feel better.
- Take a mental health day, if it's school that's triggering me. It's now legal to take one, and if you need it then you absolutely should.
- Feel the feelings! Sometimes instead of trying to make things better, I have to just wallow in it for a while, and that is completely fine! Listen to some sad songs, rant in a journal, go outside and scream, cry. I do what I need to do to feel everything and then I will be able to move on. (As long as what I feel I need to do is not illegal or harming anyone or yourself)
- Find a support system. Whether it's a parent, a sibling, a friend or even a teacher, find someone you can talk to openly. My @ is below, if you would feel more comfy talking to me. The important part is just being able to have an open dialogue. Personally, I find reading my Bible to be most helpful; after all, God's always there to talk to.

Hopefully this helps any of you that are like me out there. And for anyone who needs it: you can keep going. I know it can get really hard sometimes, but trust me, it gets better. I believe in you for real.

(DM me if you need someone to talk to. I'm @comebackmcr on Pinterest)



Need help?

**let's talk.**

4-10pm daily

TALK  
877.968.8491

TEXT  
"teen2teen" to 839863

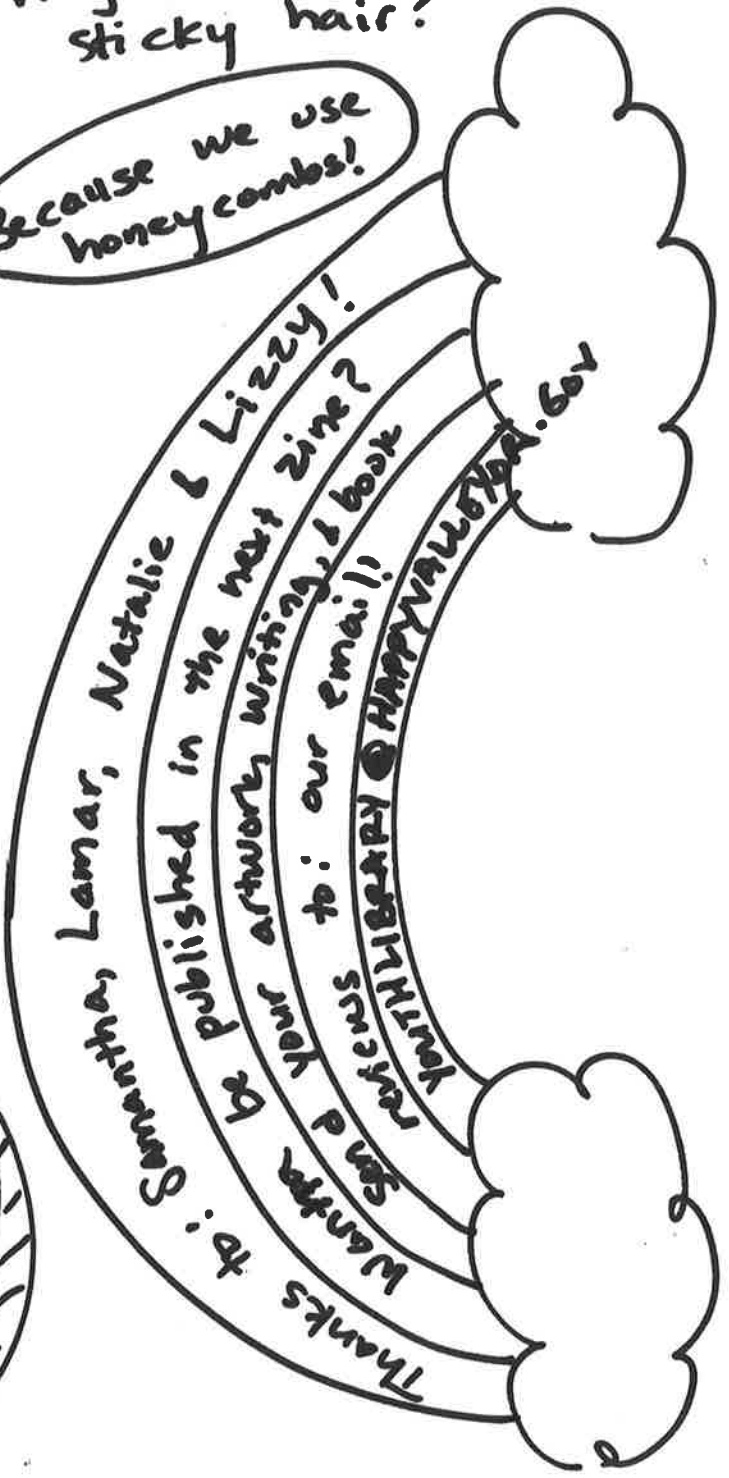
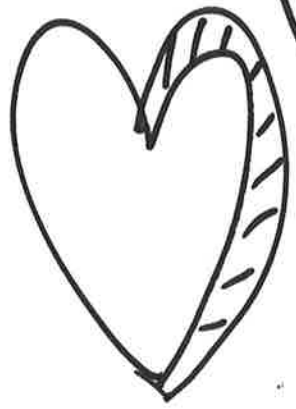
CHAT  
OregonYouthLine.org



Why do bees have sticky hair?

Because we use honeycombs!

Next time send us your artwork so Anna doesn't draw the cover!  
Anna



Thanks to: Samantha, Lamar, Natalie & Lizzy!  
Want your artwork published in the next zine?  
Send your artwork, writing & book reviews to: our email!  
YOUTHLIBRARY@HAPPYVALLEYPA.601