



# THE METAMORPHOSIS

## YOUNG WOMEN'S PREPARATORY ACADEMY

CREDO FIO PRAEEO

### Siblings, The End of Life As You Know It by Anya Montgomery

Most people will tell you that the process you undergo when a parent announces she's pregnant is absolutely normal. They will try to convince you that picking out baby names, shopping online for onesies, and going out for late night munchies are ideal ways to live. But I can assure you all those rumors are total lies. Having younger siblings isn't what most people call fun. You have to bathe them, feed them, and, for crying out loud, you have to cater to their every whim. Oh, and that hot new soccer player you were planning to invite over for dinner, you can forget about that too. As a matter of fact, you can forget about having an average social teenage life period because, the way I see it, your life ended when your parents first sat you down and told you they were pregnant.

Making this new life sentence bearable isn't going to be a walk in the park; if you plan on surviving the rest of your life you should follow these simple rules.

Phase one of parent pregnancy is knowing how to cope with the bad news. Answer this short quiz:

Your parent drops the huge baby bomb on you. Do you:

- A) throw a tantrum
- B) make a scene
- C) burn your house down

I know many of you were tempted by choice C but the correct answer is D) stay calm and panic later.



Get Ready!

YWPA'S advice  
column,

Dear *Mari\**

is coming soon!

Deliver your letters to the Dear  
Mari box in the library and look for  
your answer in our next issue!

### Inside this issue:

What's your Valentine's Day style? 2

Monthly Calendar 4

Students speak Out

Uniforms 5

Announcements 5

HIV & AIDS 5

Baby Boom !!!! 10



## What's your Valentine's Style

By Barbara Perez

It's hard not to notice that about half of our middle school girls try to avoid boys altogether, while the other half seems like a swarm of flies at the mere scent of a guy. Take this little quiz and find out if you've managed the perfect balance between shying away from every guy and acting way too eager.

### He asks you on a date, how do you respond?

- A. Viciously reject him and chase him off the face of the earth with a pitchfork.
- B. Think about it and make a reasonable decision.
- C. Say yes instantly!

### What would you wear on a date to the movies?

- A. Pajamas
- B. Cute jeans and a nice top.
- C. Bandage mini dress and stilettos

### On which date would you kiss?

- A. When we get married!!
- B. 3<sup>rd</sup>
- C. 1<sup>st</sup>

### Who drives on the second date?

- A. I pick him up and I choose where we go.
- B. We meet up just in case he's a creeper.
- C. He does keep the place a surprise

### What type of gift do you expect?

- A. Jewelry
- B. Flowers and candy
- C. Scented lotions

**If you chose mostly A's:** Are you feeling a little lonely? Maybe you shouldn't be oh so harsh to every single guy. Even if he doesn't always make sense, he's still only human.

**If you chose mostly B's:** You've definitely got the smarts! You know what you want and deserve, and you won't settle for anything less, but you're careful not to jump into anything too quickly.

**If you chose mostly C's:** Hello Elvira! You might want to tone it down a few notches. After all, you wouldn't want to be perceived as something you're not.

### Faculty:

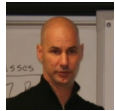
#### Best Valentine Day

"When I went outside my boyfriend was standing awaiting me with roses and chocolates and balloons."



—Ms. Santiago

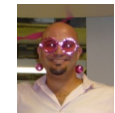
"Being in the 8<sup>th</sup> grade and getting Valentine's day cards from a pretty girl—single and living life... those were the years..."



**sigh.**"

—Mr. Galvin

"In the middle of class, the assistant principal came in with a bouquet and said 'No, Ms. Universe, these are for you'. The bouquet was from Arnold."



— Mr. Cabrera

"My first Valentine was with my current husband at age 20 and he made me dinner."



—Mrs. Syed

# Siblings, The End of Life as You Know It

by Anya Montgomery



(Front Page)

Parents like to know that you are mature enough to handle the big news. So give them that million-dollar smile, laugh with them, and, hey, you even have permission to give them a high five every now and then. Do whatever it takes to persuade your parents that you're happier than a kid on Christmas Day. I advise you to continue this façade until you are in the comfort of your own room—that beautiful room which will later be known to you as the temple of peace where you can let it all out. Cry, listen to your favorite jam, start a fan club on Facebook but, most importantly, create a bucket list because from hear on out your life is taking a turn for the worst.

Once you have a pretty good concept of phase one you can move on to phase two known as the early midlife crisis. I am not saying you should mope around the house doing nothing in your Bob the Builder pj's. I am saying get out of your bed and do something you've al-

ways wanted to do. Go to IHOP at one o'clock in the morning, dance in the rain, get a job as a skydiving instructor. You know there is a famous quote that says, "live a little", well, screw that, and live it all. Of course, you don't want your parents to think you've gone mental so plan wisely. While they're at Lamaze class, start learning Japanese like you were planning to do; invite a couple of friends over for that Phineas and Ferb marathon you wanted to catch up on; follow the words of Chris Allen, "Live like you're dying" because, in reality, you only have nine months.

So phase two is complete and you're feeling real proud. That's when phase three comes into play, better known as Mission Get Pregnant. Whoa, whoa, whoa I didn't mean literally. I meant put yourself in a pregnant woman's shoes. What would you want to eat, how much help would you want around the house, when is the best time to take those hormonal pills? By thinking that way you can efficiently help your mother through this dreadful pregnancy. You may be feeling like your parents hurt you or even betrayed you by getting pregnant, but you must also realize that this is a hard decision for them too and that they could be feeling pain at this moment as well. Not only will you develop a closer relationship with you parents but you will also prove to them how dependable you can be.

Towards the end of the pregnancy you may have mixed feelings, develop anxiety attacks, or begin practicing breathing techniques. Whatever you decided to

do, remember that comforting your mother towards the beginning of the end is your top priority. All the playing pretend and living out your bucket list has led you to that specific point in time—the baby's arrival. When it's all said and done, if you come out alive I mean, you can proudly say "what doesn't kill you makes you stronger." No, seriously, all that new baby luggage is going to be a heavy load to carry.



## EDITORIAL POLICY

*The Metamorphosis* is the student newspaper of Young Women's Preparatory Academy (YWPA). The opinions expressed are solely that of the students and do not reflect those of the administration, the faculty, staff, or the School Board of Miami-Dade County Public Schools.

*The Metamorphosis* welcomes reader submissions on all topics, however, we can NOT print anonymous letters. Please keep all letters under 150 words; submit letters via email to [scannon@dadeschools.net](mailto:scannon@dadeschools.net) or bring on USB flash drive to room 307.

# THE METAMORPHOSIS

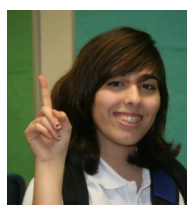
Page 4



Speak  
Up!!








"I wish we were allowed to accessorize the uniforms more."- Daysi Encarnación, 11th.



The uniforms are unfashionable."- Gofran Ittayem, 8th



"Although not very flattering, the uniforms definitely simplify the day to day process of getting ready." - Viviana Mauri, 12th.

Monday	Tuesday	Wednesday	Thursday	Friday
1. Teacher Planning Day <b>**No School**</b> Share a Smile Day	2. <b>Dr. Seuss'</b> B-Day! 	3. National Anthem Day 	4. Boston Massacre, 1770	5. * <b>ACT App. Deadline*</b>
8. Working Women's and Common Wealth Day	9. Reading FCAT	10. Math FCAT	11. <b>Ms. Daub's</b> B-day is on Sat.	12. <b>Tomorrow-Daylight Saving</b> begins on Sunday
15.	16. Science FCAT	17. <b>St. Patrick's Day</b> 	18. First Walk in Space	19.
22. National Goof-off and Sing-out Day 	23. Toast Day 	24.	25. Pancakes first made	26. <b>**End of Grading Period**</b>
29. <b>SPRING</b>	30. Full Moon <b>BREAK</b>	31. —> SAT Deadline for May 1, 2010	April 1 —>	April 2 —>



# End of Individuality

by Michelle Daniels and Anjanette Sarcos

Stylish? Unique? I don't think so. All the students look like clones of each other with tacky blazers, plaid skirts, and knee-high socks.



Accessorizing your uniform is a hard task when you have administration prohibiting you from wearing anything other than the uniform. Bangles: too loud. Headbands: not the right color. Sweaters/jackets: must be a solid color and boring.

A few students came into this school with high hopes of dressing up their uniforms with the latest accessories because they came from strict private schools. They ended up coming back to what they were running away from.

It seems as if someone forgot this was a school not a prison or insane asylum. From a very young age, people are taught to be themselves and express their opinions; especially during the adolescent years, when teens find who they are, discover new things, and grow up.

The student handbook states, "a student who wears items of clothing which distracts the attention of students from the lesson being presented will be required to change

the clothing to remove the distraction."

This policy is understandable because you come to school to learn and not be in a fashion show. However, some situations have gone too far. For instance, if a student wears a different colored headband, a pin with a saying, a hair-clip or a necklace with many colors, this is

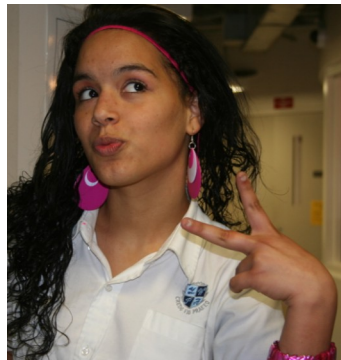
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not distracting. students simply pressing selves.

The school is not a utopia and, though, we all wear the same uniform, we shouldn't be little robots without emotions or feelings.

The quote "live a little" should really be reconsidered in Young Women's Preparatory Academy because, how are we supposed to live without any color? How are we supposed to be the "leaders" without expressing who we really are?



# Announcements!

by Antanya Lemaire

"Good afternoon, ladies, it's now time for some afternoon announcements" is heard throughout the school everyday. In our heads what we are really hearing is "Good afternoon ladies, it's now time for your daily interruptions." And the announcements are not only once or twice a day, they're continuous. If they're not being broadcast on the speaker, they're being said through a telephone. I, personally, observe my teachers and they all seem pretty annoyed. I mean, who wouldn't? They are trying to teach, if what is being said is not that important, it can wait until later. If administrators have forgotten, FCAT is around the corner and every class and every second count. I believe this problem is affecting everybody, but nothing is being done. I recently recorded the phone ringing four times during my Language Arts class. For what? Who knows. I overheard something about food in the refrigerator. Come on, food can be discussed at lunch time. Meetings and other personal problems can be held before school or at an arranged time. We hear you throughout the whole day; can you please hear me this one time and be more thoughtful of our education time?



### HIV & AIDS– A Global Epidemic

by Kimberly Padron

Today, there are about 33.4 million people living around the world with HIV and about 2 million people die every year from an AIDS related sickness or disease. Over two-thirds of these deaths have been in Africa. HIV stands for Human Immuno-deficiency Virus and this is the virus the causes AIDS (Acquired Immune Deficiency virus). The HIV virus attacks the cells of your immune system and over time your body is unable to fight off infection. HIV becomes AIDS when the patient has lost a certain number of their T cells, these are the cells in your immune system. Once a patient is diagnosed with AIDS they are pretty much as bad as they can get. Many people think that there is some kind of cure for AIDS but really there is not. The only way you can protect yourself from getting HIV/AIDS by knowing how the virus is transmitted and what precautions you should take to protect yourself.

Nevertheless, there are vaccines you can take when you have HIV to delay the development of AIDS. In many countries particularly poor and third world countries services for treatment are very limited, virtually unattainable. Many other countries that have the proper services and treatment centers still cant get the vaccines since they are unable to afford them. AIDS is a global outbreak. In countries struggling with AIDS the life expectancy rate has dropped by as much as twenty years. Since HIV/AIDS has been escalating around the world, now is the most crucial time to educate and inform people on what this virus really does, it affects a lot of people, and how to protect yourself from it. You cant stop HIV/AIDS from happening but you can notify people on what it is doing around the world, and how much one mistake can spoil your future.



### Senioritis Alert!

by Damaris Francis

The usual symptoms of Senioritis include: chronic procrastination, lack of motivation, and a drop of grades. Senioritis has been plaguing the seniors of the US since the first graduating class of America.

But really, can you blame them? It's your last year of high school and by now you've filled out your college applications, finished your SAT, and have some idea of the school you're going to. You are positively exhausted! "Now that I've gotten into college I just don't see the need to put my all into it anymore," said Camila Leighton.

When you're a high school senior you're in a really awkward position. You're still a part of your school, but you're sort of done already. Aside from popular belief, feeling misplaced is the real cause of Senioritis. But I have good news. Senioritis can be cured! All it takes is a shot of school spirit! Reward systems are usually frowned upon, but in a situation like this, it could be extremely useful. Seniors want some say in what goes on in their school. "We want to leave a legacy, we're unmotivated because we don't really feel like a part of the school," says Damaris Francis. Allowing a senior to leave her footprints behind is the perfect cure for senioritis!

## Karol Oms Talks School Sports

Page 7



All everyone talks about is having sports at our school. That's all! Everyone just talks about it. Have you actually seen someone do something about it? Sure we have the dance team but is that enough? Not everyone has

the talent or love for dancing. Maybe someone has that the talent for cheerleading or the talent for volleyball but, of course, we don't have those sports—although, we *do* have the volleyball court and the basketball court.

"I wish there was a volleyball team so I can try out and have something else to look forward too," replied Isabella

Pousada when asked what kind of sport she would like to have at school.

Sports actually help students work harder academically. Let's say a student on the basketball team is failing her math class. Suddenly, her coach tells her she will be expelled from the team because of her academic failure. That student will immediately work harder

in math to be able to remain in the team because, in the end, that's what she looks forward to everyday. Also, many people do not have money to go to college so they look towards sports and the possibility of receiving scholarships because of their athletic successes. Sports give students more opportunities, it opens new doors.



## What happened to the dance team?

by Kimberly Padron



The Sapphire Dance Ensemble began at the school during the summer of 2008. The coach, Ms. Eleni Diaz, thought that the school needed to have, at least, a dance team. The girls on the new team worked very hard and competed in a few competitions including the Superintendent Dance Showcase.

Throughout 2009, the dancers were ready for another great year, but everything came to a halt.

Ms. Eleni was let go from the school and the S.D.E. had to find a new coach.



Ms. Fox, the school's dance teacher, chose the previous year's assistant coach, Stephanie.

Now, with the new coach the dancers were ready—until, the Dade County Public School rules

changed; no choreographer or coach can be hired until they fill out many papers and get approved. These changes are holding up the dance team and more than half of the year has passed and still no Stephanie. The team is trying to stay strong but these unacceptable occurrences caused many girls to leave the team.

Currently the dedicated dancers are attending practices on weekdays. "The dance

team went really slow at the beginning, but now with practice we are probably going to perform once or twice before the year ends; Elizabeth and I are going to choreograph a dance to teach the team", said S.D.E. member Isabella Pousada. Even though the coach has not arrived, Ms. Fox and Ms. Roundtree are helping the dancers out, and the team will be prepared for the new S.D.E tryouts at the end of this school year.



## *A Call with Hope*

by Sydney Hannibal

The Hope for Haiti telethon took place on January 22<sup>nd</sup>, 2010 and was hosted by both George Clooney in Los Angeles and Wyclef Jean in New York. The event consisted of musical performances by Rhianna, Justin Timberlake, Mary J. Blige, Coldplay and Bono while Drew Barrymore, Jennifer Aniston, Zac Efron and Robert Pattinson collected donations over the phone.

More than 100 actors, musicians and other celebrities participated in the telethon. Hope for

Haiti was broadcast on television networks such as MTV, PBS and Bravo. By the end of the day, the telethon had raised over 57 million dollars, setting a new record for disaster relief telethons.



## *We are the world*

by Erin Moore

Written by Michael Jackson and Lionel Richie in 1984, the hit song and charitable single "We Are the World" was recorded by top artists such as Bob Dylan, Ray Charles, Billy Joel, Diana Ross, Cindy Lauper, Bruce Springsteen and Smokey Robinson. The song was recorded with the intent of having the proceeds donated to a new organization called United Support of Artists for Africa (USA for Africa). The non-profit foundation would then feed and relieve starving people in Africa, specifically Ethiopia, where around one million people died during the country's 1984–1985 famine.

After the 7.0 magnitude earthquake in Haiti on January 12<sup>th</sup>, a different crowd of stars joined the relief effort to re-record "We Are the World" with the proceeds going to the relief effort in Haiti.



The artists included Pink, Jonas Brothers, Justin Bieber, Josh Groban, Usher, Akon, Lil' Wayne, Celine Dion and dozens more. In comparison to the 1984 version of the song, the 2010 version incorporated a lot more hip-hop artists rather than rock 'n' roll. "Hip-hop is rock 'n' roll to a lot of people around the world, right now," said Quincy Jones-executive producer of the song. The original "We Are the World" raised more than \$63 million for famine relief in Africa. So far, the relief effort for Haiti sponsored by We Are the World 25 for Haiti has been estimated at \$1.9 million.



## When the Saints Marched In

by Isabella Pousada

After a week's worth of parties, celebrities, and constant media coverage, Super Bowl XLIV finally arrived. At Sun Life Stadium in Miami, Florida, the bright lights, fans, celebrities and players came to life. The anticipated game between the Indianapolis Colts and the New Orleans Saints was on.



Queen Latifah belted out a beautiful version of America the Beautiful, which was applauded by the fans. Following her performance, country singer, Carrie Underwood, sang the national

anthem, leaving the audience cheering as four military F-16s rocketed across the sky above the stadium..

Former NFL player, Emmitt Smith, was given the honor of tossing the coin, and with that, the saints took the ball first. In the first quarter, the Colts had the upper hand with scoring field goal by Matt Stover and a succeeding touchdown between legendary quarterback Peyton Manning and by Pierre Garcon.

In the second quarter, the saints put some points on the scoreboard with two field goals by Garret Hartley, going into halftime Colts leading 10-6.

The halftime show brought a little past into the present with British rock and roll group, The Who. The stage was set up at midfield with a spectacular show of lights. The Who rocked out to a few of their most famous songs, finishing the set with bright shining fireworks.

In the second half the Saints were going to kick to the Colts, but they surprised everyone with a risky onside kick. The saints successfully recovered the ball, which led to their first touchdown and had the players' adrenaline

line rushing through their bodies, as they were jumping for joy.



[southfloridasuperbowl.com](http://southfloridasuperbowl.com)

Both teams kept up the momentum by scoring again, and kept an intense game going. However, with a lead the saints wittingly and skillfully intercepted the ball, which led to the final touchdown and score of Saints 31 and Colts 17. For the Saints and MVP, Drew Brees, this was an amazing victory.

	Q1	Q2	Q3	Q4	Final Score
<b>Saints</b> (16-3)	0	6	10	15	31
<b>Colts</b> (16-3)	10	0	7	0	17

## YWPA Baby Boom: Who am I?

by Lauren Rodriguez and Christie Vidaillet



Three of YWPA's faculty members deserve some credit for being extraordinary mommies, still managing to take care of the student body as their own kids. Counselors Mrs. Paillere and Mrs. Gottlieb are not new to the "baby game" but Spanish teacher, Mrs. Camejo, is, making her the rookie mom.

GAME: Try and guess who the mothers are.

Being pregnant has its ups and downs but for Mother A it was not a fun nine months at all. "I hate being pregnant, it was physically limiting; I hated how I looked." But when it comes to being a mother it's, "absolutely fabulous." Although Mother A's pregnancy was planned, Mother C's pregnancy was an unexpected gift. After having a c-section, the baby is "very active, wanting attention 24 hours a day," Mother C says with a smile.

"I had a great pregnancy with no symptoms whatsoever, but towards the end, I could not run anymore," Mother B tells us. Having a baby is all about sacrifices, but you would think that most pregnant mommies-to-be would sacrifice walking— not *running*. Aside from making sacrifices, most women also have to give up luxuries, like sleep. "I would wake up every 1 to 2 hours for the first 2 months" says Mother A. However, not all babies keep their mothers up all night. "Yes, [baby] sleeps, for the most part" explains Mother B. "[Baby] is also very mellow and strong."

Flaws and all pregnancy is a wonderful blessing and these three mothers have new additions to their families that will bring them happiness for the rest of their lives. Congratulations to the new moms! YWPA wishes you the best! Now it's up to you to guess which of the new mommies are Mother A, Mother B, and Mother C.

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