



# THE METAMORPHOSIS

## YOUNG WOMEN'S PREPARATORY ACADEMY

CREDO FIO PRAEEO

### What Are Friends?

by Isabella Pousada and Anjanette Sarcos

Friendships can be both easy and difficult. They take time to build, but seconds to destroy. The simplest hello could turn into the most complicated goodbye. When someone loses a close friend, it is not easy to let go.

Depending on the weight of the fight, the decision must be made to either consider saying goodbye or holding on.

Are you willing to let all the times of good and happiness slip away? If the fight is one that can be resolved through discussing it, then take the time to clear everything out. If just forgetting and letting go is what works, then that is another way.

There are times where a fight in a friendship may seem like it could never be overcome, but if it really means that much to you then it will get resolved. Now, not all fights can be fixed. There are some fights that will just not be able to be saved. Even if you try and mend what has been done wrong, sometimes it's just not enough.

A real friendship is like a sisterhood. Once you surpass that level of best friends, you become as close as sisters. This person is a person that you could trust with anything, a person that will be there for you at any hour. This is a person that will know what you are thinking with just one simple look, and a person that understands you in every way. It's someone that you could call your soul mate.



## Dear Mari

Dear Mari has spoken!! Look for her words of wisdom on page 9. Also, DO NOT forget, her box can be found in the Media Center and she may respond in the next issue!



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## Save Your Sight

by Bernice Vernet



Instead of putting your focus on leprechauns and four leaf clovers, this month try thinking about your eyes. Yes, your eyes. March is Save Your Sight month and as a technological school this should be taken into consideration. According to [www.aoa.org](http://www.aoa.org), "People who sit in front of a computer for long periods of time often encounter a variety of uncomfortable symptoms." These symptoms include headaches, neck strain, backaches, and wrist pain; they are the most common symptoms, but the most preventable and, unfortunately, the most overlooked are eyestrain, blurred vision, and dry eye. Most of the reported eye problems are caused by excessive use of a computer.

These symptoms might be the cause of computer vision syndrome. The American Optometric Association defines this syndrome as "the complex of eye and vision problems related to near work that are experienced during or related to computer use." Here are some tips to help prevent computer vision syndrome:

- Modify your monitor to the highest resolution. (If the letters get too small, increase the font size)
- Modify the contrast on the letters and background of your computer's monitor so that the letters are easily read.
- Modify the brightness so that the monitor is comfortable for your eyes.
- Make sure the monitor does not flicker.
- Use window treatments, dimmer switches on lights, and glare reduction filters to reduce glare reflection.
- Work at a comfortable distance.
- Make sure that the glasses you are wearing are acceptable because some glasses are not sufficient.
- Take occasional breaks and let your eye rest.

For more information visit the American Optometric Association's website:  
[www.aoa.org](http://www.aoa.org).



# Probation, Prevent It

by Lanise Allen

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It has been another grading period filled with numerous homework assignments, quizzes, tests, and projects. We can all agree that some teachers give us an overload of assignments. The classes in Young Women's Preparatory Academy seem to be more challenging than ever, and, for this reason, we find some students on academic probation because of their low grades. If you are currently having issues with one, or all of your classes, here are some ways you can avoid making consecutive D's and F's on your report card.

The most important way to avoid getting low grades in your class isn't too hard but a lot of people dread doing it. The one word that most people do not want to think about is "study". You can work with your friends or fellow classmates and form a study group, where after school or on the weekends



everyone can discuss what they are going to be tested on in a specific class, or they can assist each other with homework assignments and projects.

It is also good to work with a private tutor or your teacher on whatever lessons you are having trouble with. Miami Dade County Public Schools has also called "Dial-a-Teacher", where you can call and request assistance with solving problems in math, reading, and science. But, whatever you do, do not be afraid to consult your teachers about your grades.

If you really care about your grades, especially your GPA in high school, then you have to be serious about your work. Our school does not accept grades lower than C's, so it is your responsibility to make sure you do not end up with a 50% percent chance of withdrawing from the school because of your constant low grades. Instead of reacting about what the teacher gave you on your report card, be proactive and find a solution to improve the way you perform in a class.

## More of the Same

by Lanise Allen

When it comes to eating breakfast and lunch at school, one would expect to be served something new and different almost every day, even every week. Who wants to have the same type of pizza three days in a row or enjoy fried chicken left over from the day before? There has to be more than just eggs and toast for breakfast every single day. For National Nutrition Month, now is the perfect time to question whether our school lunch is really "nutritious".

Whenever students enter the cafeteria, the first step they make is to see what is on the menu for lunch. As people stand in line, looks of disgust sometimes appear on their faces at the food they are about to purchase.

Despite the quality and redundancy of our school lunch, however, the cafeteria is making some progress by offering a few salads, sandwiches, and wraps as a healthier alternative. This food is such a refreshing change that more salads and sandwiches should be offered throughout all four lunches.

It may take a few weeks to improve the meals served in school, but, at least, some changes are being made to the menu.

### 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.

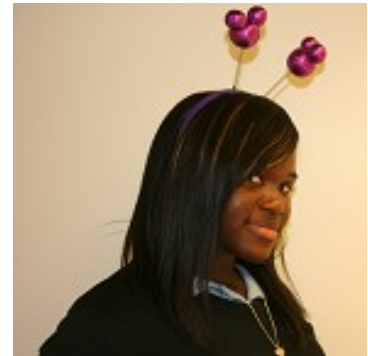
*The Metamorphosis* welcomes reader submissions on all topics, however, we can NOT print anonymous letters. Please keep all letters under 150 words; submit letters via email to [scannon@dadeschools.net](mailto:scannon@dadeschools.net) or bring on USB flash drive to room 307.

# Friends

Friendship is having that someone you can trust with your whole life.

Friendship is being able to trust one another..

Friendship is having people you can be yourself with and they accept you for who you are.



-----April 2010-----

Monday	Tuesday	Wednesday	Thursday	Friday
			1	2
5 Teacher's Work Day	6	7	8	9
12	18	14 Honor Roll Breakfast	15	16 *Big Sister/Little Sister Tea Party *High School Field Trip (17th)
19	20	21	22	23 *Health Fair *Grad Nite
26	27 Arts Exposé	28	29	30

## Cliques

by Kerleen Jean-Gilles

In every high school there are the typical jocks, preps, mean girls, gothic, nerds, losers, and the just plain unknown. Fortunately in our school, Young Women's Preparatory Academy, we don't have the typical high school cliques. However, being that every wall in our school has eyes and ears rumors get spread quickly. Oh and did I forget to mention that we love to talk, so one can imagine how many times the majority of the student body mouths moves as fast as the speed of light.

Many students are perceived erroneously based on these rumors rather than getting to know the student better. Instead of confronting the student, majority of the school community would rather listen to rumors. I'm not trying to single out our school because I'm pretty sure this occurs in almost every school.

I've decided to dial the schools number to announce that the judgment needs to stop. Now I'm not going to sit here and say that I don't judge. However, once I get to know that particular person I don't have to listen to rumors because I know them for myself. YWPA is over flowed with amazing students with phenomenal personalities. Grievously not many of you know that and the reason for this is because when we arrive to school we all tend to go in our safe zone without even noticing.

In every class the same people sit together every day and I'm not saying that's a bad thing. All at the same time though it wouldn't hurt to switch it up a bit. You never know what new great friends you might find.

## In My Opinion

By Prisca Alexis

At a young age, we all had someone we called a friend. It was either the girl who never has cooties or that boy who always shared his cookies with you. But as puberty hits, so does the quality of friends you once had. So how do you know if you have a true friend for life? According to Dictionary.com, the three definitions are 1. A person attached to another by feelings of affection or personal regard, 2. A person who gives assistance; patron; supporter, or 3. a person who is on good terms with another; a person who is not hostile.

Now, about true friends. True friends won't go behind your back. True friends wouldn't break off the whole friendship just because of some stupid argument. True friends wouldn't hurt you verbally, emotionally, mentally, or, of course, physically. So use this opportunity to check the people you call friends.





# The Morphites



## Dynamic Duo

By Sydney Hannibal

"A stranger is just a friend you haven't met yet". Friendship is everywhere and friends are everywhere. It is in the world, T.V, and in Movies. In most of the shows and movies there are usually the dynamic duos. Listed below are some infamous dynamic duos in TV and movies. The superhero and his sidekick **Batman and Robin**, the caped sidekick is always there to give Batman a hand. The Disney Creations **Mickey and Minnie** been together forever and will probably be together forever. Even as criminals they were definitely a dynamic duo **Bonnie and Clyde**, stuck together through it all. Although it's three people instead of two, they were still the best of friends, **Ron, Harry and Hermione**. Whether they're going to Neverland or fighting Captain Hook, **Peter Pan and Tinkerbell** may get into a fight but they're still friends. These dynamic duos/ one trio are great friends and are basically the definition you would see if you looked in the dictionary. So go out and make your own dynamic duo, trio or however many friends you have.



## Soul Sisters and Friendship

By Chanel Gonzalez

If you ever used the term BFF do you really know what it means? If you say that oh she's my BFF then she's your soul sister. The term BFF means soul sister. A soul sister is somebody you share your most deepest, darkest secrets. You share your good and bad times and you listen to each other no matter how annoying you are to each other. You two always stick together through thick and thin no matter what. Whenever people say that oh she's my BFF but they might be using the term wrong. They think that a BFF means a friend that's close to me. Wrong!!!! A person is not your BFF unless you always stick together through thick and thin as I said before. A soul sister to me at least is like a twin. The reason why I think they're like twins because they both would have so much in common basically like twins. The concept is BFF=Soul Sister Forever.

## The Trust of a Friend

By Gabriela Kort-Kamp

Take your trust,  
Give it to a friend,  
You may have five hundred,  
You may have just ten.

But since you're a friend,  
You must be so kind,  
Possibly this friendship,  
Would be hard to find.

All of the trust,  
That your friend has earned,  
Is very important,  
It must also be learned.

With all of this trust,  
Your friend must never fear,  
The friend might be lost,  
For so many years.

## True Friends

By Massiel Valdes

Friends are they real or true? Well there are different kinds of friends. There are funny friends, loyal friends, smart friends, and more. I had those types of friends that would make me feel better in my time of pain. Those were called true friends. Their names were Gaby and Jason.

We all had in a lot in common. When I left my old school I knew I was going to miss them and they were going to miss me. When I came to this school I got along with everybody and met some new friends, but they wouldn't take my old friends spots. My old friends are special, no one will take that.

## My Friends to Me

By Giuliana Colon

To me my friends are great  
They are and always will be  
Our adventures wait  
For the whole world to see

I will always come to there aid  
Our friendship will never fade  
But I don't mean to gloat

There are lots of friends out there  
I've still yet to find  
But I bet they can't even compare  
To the people on my mind

My friends are unique  
They look at life in a very special way  
The only thing I seek  
Is that this friendship will never decay

## Friends

By Maria V. Blanco

You can count on them,  
They are like lifelines  
on a game show,  
They are always there  
for you,  
Even through the bad times,  
They are there,  
They guide you when you  
are lost and hopeless,  
They give you faith,  
They stay up with you when  
Are in crisis mode,  
They care for you,  
They make you laugh  
when you are sad,  
They make you see the good  
things when the  
times are bad,  
Friends, They keep your  
life in balance,  
Friends, the only way  
to have them is  
to be one.



By Gofran Ittayem

## Friendship Interviews featuring the Newspaper Club

Maria Rodriguez: Do you feel like you're a good friend? Why?

Lida Aguilar: Yes because I'm honest and fun!

MR: What makes you the happiest? Why?

LA: Frozen yogurt because it's delicious.

MR: What are 3 words your friends would use to describe you?

LA: Crazy, fun, honest.

MR: Who makes you the happiest?

LA: My dog, Ruffy.

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Chaquira Moreno: Do you feel like you're a good friend? Why?

Cindy Hannibal: Yes, because I listen to what my friends have to say. And, I love making friends.

CM: What makes you the happiest? Why?

CH: Hanging out with my friends and having fun because good moments always come out of it.

CM: What are 3 words your friends would use to describe you?

CH: Funny, nice, and loony!

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Ailen Leguizamon: Do you feel like you're a good friend? Why?

Kimberly Paromo: Yes, because I'm supportive and I listen to my friends problems.



AL: What makes you the happiest? Why?

KP: Having my friends be there for me because they are people who really care about me.

AL: Where do you go to relax?

KP: My room because it's quiet.

AL: What are 3 words your friends would use to describe you?

KP: Loyal, helpful and friendly

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Bettina Mauri: Do you feel like you're a good friend? Why?

Alexandria Perez: Yes, because I'm trustworthy, loyal and would never let you down.

BM: What makes you the happiest? Why?

AP: Writing because I let my true feelings out.

BM: Where do you go to relax?

AP: I go to my room and listen to music because it makes me feel better.

BM: What are 3 words your friends would use to describe you?

AP: Wise, truthful and loyal.



# Dear Mari

Dear Mari,

I don't know whether to go on or just stay back. I left my old friends to come to this school and now I miss them. I don't know if I should keep in touch with them and try to be close with them or just keep going on in life with my new friends and forget about my first and now old friends—like my parents say I should do.

Sincerely,

Sour Skittles.

Dear Sour Skittles,

In my opinion, as long as you feel that your old friends will be true friends, why not keep the friendship? Friends are people who you should always have around, no matter what school you go to. Just because you switched schools, doesn't mean you can't just make more friends! Just remember something really important—don't ever mistreat any of your friends.

Your friend,

Mari\*



Dear Mari,

My entire class seems to be talking about me behind my back. I don't know really what I did wrong, and now I don't know if I can even trust my best friends. How do I make it stop?

-Lonesome Monarch



Dear Lonesome Monarch,

I think you need to talk to everyone. Ignoring a problem will only make it worse, and you might end up losing your good friends. Rumors will always just be rumors, so no need to worry what other people say. Not everyone is going to like you, maybe because they're jealous or upset. The only thing you have to worry about is how you handle the situation. Don't be rude, that will only add more gas to the fire. Calmly approach them and try to sort things out like the smart, mature people that you are.

Truly,

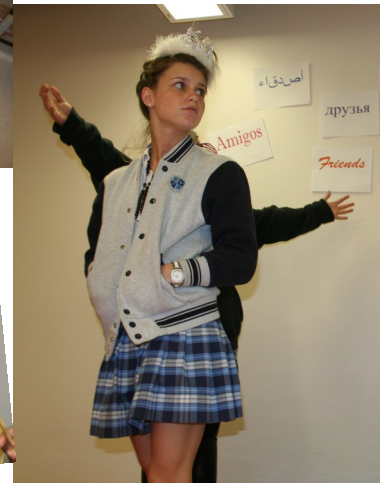
Mari\*

## Reminder!

Don't forget the Dear Mari box is located in the Media Center!



## Friends Matter at YWPA



## Young Women's Preparatory



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