

Tradition and Change

A magazine
based off of the
inevitable aspects
of our lives,
tradition, and
change. How
they are both
important and
the memories
they provide.



Includes:

Four short stories

Four poems

One persuasive essay



About The Editor

My name is Abby Healy, I am 17 years old and a senior at Oneida High School. I love to read, paint, and enjoy time with my friends. For my magazine I tried to find a topic that I feel everybody could relate to and this came to mind. Through these writings I hope to show that tradition and change is in and around all of us.

Seas

(change)

The strong currents of the sea,
Always come back to me.
The ebb and flow of the tide,
welcome the change in our lives.

The blue and green hues,
make an easy muse.
The destruction you cause,
has us all in awe.

And as I live my life,
I will always remember you.
A strong force,
Making us stay on course .

Friendships

(change)

As we grow older and evolve throughout our lives we also grow out of and into friendships. Our childhood best friend that we used to want to live with has now completely moved on, made a different life with different friends, and barely thinks of us at all anymore. At first, this realization is saddening, and all you wish for is a way to go back and relive those joyful moments, but eventually, you have to know that this was bound to happen, that this is an opportunity to make new friends and to start a new chapter of your life. You can always hold those fond memories and bring the lessons you learned with you wherever you go.

Life will always change and will get harder and easier as you live, always think positively and focus on the good. This change can lead you to greater opportunities, better friends, and even better memories.

Seasons

(change)

As we go throughout our life we are always evolving, sometimes for better and sometimes for worse. We are like the seasons, constantly changing, and going through several emotions and experiences throughout the years. Some days can make us bitter and cold like the unforgiving harsh winter, our mind a blizzard of thoughts. On other days we can be warm and bright, laughing with our friends and hoping the day would never end, wanting to put a smile on people's faces, always full of joy. But of course, disasters can come out of nowhere hitting us like a hurricane, it can put us in a whirlwind making us fall back into old habits. Causing us to fall like the leaves hitting the hard dry ground, only left to crumble under people's feet, but once we hit the bottom we can only grow. We can bloom and thrive like a flower on a warm spring day, turning something harsh into something beautiful as we evolve. We are like the seasons as we change and experience our seasons of life.

Thanksgiving

(tradition)

Apple pie that's golden brown,
An Uncle that never frowns.
The strong aroma that fills the room,
The scent of herbs in full bloom.

The laughing that fills my ears,
Will be a fond memory for many years.
We get together to fill our plate,
Our thankfulness we celebrate.

As we eat the meal of this day,
We look back and have no dismay.
Our hearts are full of pure delight,
We will always come back to this night.

Apple Picking

(tradition)

As I see the leaves start to change from their usual shades of green to the warm hues of autumn, I know that soon I will be able to enjoy my favorite part of the fall season. When I walk into the orchard the scents of fresh apples and warm spices will fill the air. The memories of hayrides and fresh cider will come flowing in and my mood will lift as I remember my fond experiences. As I walk into the forest of apple trees I look up and see ripe fruit ready to be picked, filling up my basket as much as possible. When I get home there will be assortments of apples everywhere I look, waiting to be baked into a pie or diced and jarred for a jam. I will eat many apples in the autumn months and will enjoy every moment of it. This tradition I hold dear and its memories will last me a lifetime.

The Fair

(tradition)

In summer's, gleaming, golden light,
The warm sun shines with delight.
People's laughs filled with joy,
As the rides toss them like a toy.

Delicious aromas are always near,
The taste of bliss we're holding dear.
Cotton candy on our lips,
Ice cream cones ready to drip.

The sun sets and night takes over,
We gaze at the moon like we know her.
Fireworks crackle and pop,
Ensuring that our fun will never stop.

Our History

(tradition)

Our History is a big part of us all, it can be the history of our family or the history of the world, but we always need to look back and reflect on it. If we do not have Our History we are bound to make the same mistakes in the future. If it's something as complicated as not starting another World War or something as simple as keeping your grandpa's wise words. These events can help us move forward in our life. Our History connects us in many ways. Through our family traditions and heirlooms passed down from generations we always have a reminder of our past. Through the gleaming shores surrounding Ellis Island we are always aware of the people before us. These are things we hold close to our hearts so we can never forget the past. We are inspired to keep these traditions alive so that we and future generations can always remember how important Our History is.

Winter Lights

(tradition)

As days get dark and cold,
Ice appears, bitter, and bold.
Snowflakes fall from the clouds,
Covering our yard in a shroud.

We wrap ourselves in warming coats,
The icy burn we secretly dote.
To try and bring some holiday cheer,
The lights are hung; hot cocoa near.

They twinkle like stars in the night,
The sight of them makes everything feel alright.
As it falls from dusk to dawn,
The lights stay up, their presence never gone.

Why you need to embrace change

Change is something that everyone goes through in their life, from changing your shoes to moving away from home; it will always affect our lives. We tend to see change as bad because we are comfortable with where we are and don't want any chaos or confusion, but we need change to help us grow and learn throughout our lives.

One of the main reasons why you should accept change in your life is to promote growth. Most of the time personal growth requires you to be uncomfortable which is something as humans we naturally avoid, but being uncomfortable is the only way we can learn and overcome challenges. A lot of the time change comes unexpectedly and is something that we have little to no control over which can be hard at the moment but can correspondingly reveal capabilities hidden within us now being brought to light. It can bring new opportunities into your life that you would not have gotten without going through this difficult change.

Sometimes transformations can result from failure which arguably is one of the hardest things to bounce back from. You can think your life is going one way but then a significant failure comes along and destroys everything you thought you had. If you do not work hard to overcome situations like these you can become stuck in a gray area and stunt your growth. The best way to overcome this is to think positively and look ahead, realizing that even though this seems devastating now it is helping you build up your resilience and prepare yourself for future success.

On the other hand, people can easily see change as something they do not need in their lives, they are happy and that is all that matters. Some people want to keep their lives the same and simple, after all, it is important to stay rooted in your values and traditions and to always remember the history we have. Remembering our past gives us personal responsibility and accountability but eventually, it comes to a point where you need to move on from the past and look towards the future. Unfortunately living a life of merely comfort is not as satisfying as it seems, as it causes us to limit our learning and potential for significant success.

Overall, change is something we all have to go through and something we should all accept with open arms. Through tough times, we need to keep moving forward and always remember our potential. As much as you can try to avoid it, the reality is that the only true constant in our life is change itself.