

## ¿Out With the New, And In With the Old?



Out with the old and in with the new, is how progress is made. What exactly does this phrase mean? Change! However, one never thinks of returning to the way things were. There is always an exception to the rules in which it is inevitable not returning to the way things started off. In that case, the phrase changes to, "Out with the new and in with the old".

How should one react with constant change and return? A good example, a girl who just moved into a different state starts to settle in. She makes good friends, does well in school and then out of nowhere, she chooses to go out of the country for the year. I, Cynthia Vargas, am that girl.

All of my life I have lived in New Jersey, here is where all of my friends and family are. Then all of a sudden, my family and I decided to move to Pennsylvania. This was a very big step in my life. It was one of the biggest changes that I have ever made. It opened my eyes to new things and new opportunities.

I made new friends, did well in school, joined many clubs, played sports, etc. But something was missing. I stayed in Pennsylvania for 6 months until I made my decision to become an exchange student for PEACE and go to Mexico.

I have been in Merida, Yucatan, Mexico for 10 months, and I have had many new experiences. I have made many friends, traveled to places that I did not even know existed, and best of all had the opportunity to live with a wonderful family that accepted me into their house.

In the beginning of the year, the feeling of emptiness would not escape me. I felt as though I was missing something, my family and friends. As time went by, I started missing them less and less, and started making new friends and gaining confidence with my new family. Of course, my past was not shut out completely; I just pushed it over to the side while I enjoyed my year away from normality, away from reality.

Adaptation is the key to life. If one cannot adapt to change, one can not live in the real world. This is one of the reasons that I made it through the year. I came to Mexico with an open mind, ready for anything and everything. Not worrying myself about loved ones distant from me, and concentrating in my purpose: learning Spanish and integrating with others, helped me to move on and learn to love my new surroundings. Doing this, I managed to enjoy my year, and learned many new things about different cultures, languages, and Overall, I bettered my interacting skills.

Getting closer to my departure date is when I start getting mixed thoughts. This is when the big change happens again, where everything goes back to the way it was; "In with the old". How should one feel, Happy, to see his or her family and friends, or sad, to be leaving new friends and a family that has offered everything throughout the year? It can get very confusing.

All in all, I will return to the United States, to my family, to my school, and start my life again, leaving my experiences of this year as a memory. Nevertheless, I will never forget all the good times and all the new friends that I made and hope that they will do the same. To be honest, I can't help but think that someday in the future I will find myself here again, on vacation or maybe even studying again. So to conclude my thought, I'll just say, "It's not over yet, I'll be back!"

Written By: Cynthia Vargas

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