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Section 4

Best Original Poem: "Constant Change"

"Constant Change," inspired both by a general prompt about variation in society and by the quote, "Change is the only constancy of life," by a Greek philosopher named Heraclitus, depicts the reality, characterized by never ending modification and alteration, that humans inhabit. Change essentially dominates every feature that comprises human existence, whether it be physical, spiritual, or mental, and so it is tangibly and even abstractly impossible for a person to avoid or elude any form of change indefinitely during his lifetime. This sort of inestimable presence of change not only makes the material alterations that change induces so prominent and forever constant, but it also ultimately causes people's reactions to these generated modifications to determine how their lives will eventuate. Moreover, on a more personal level, this poem thoroughly connects to an insightful saying my mom always vocalizes, which claims that people's lives are determined not by what happens to them but by how they react to what happens in their lives. Unfortunately, many people fear change, especially when conditions are seemingly at their best, which can lead to undesirable confrontations with the universe and its natural inclinations. This poem, however, poetically directs people towards acquiring a more optimistic and hopeful outlook and perception on change, encouraging them to accept its unavoidability and to respond to it in appropriate ways. By releasing their worries about change and the outcomes of future events, thus avoiding unnecessary discomfort and unhappiness, people become better able to embrace change and to open themselves up to all of the opportunities and possibilities that change begets. It is not only immensely poetic when people

comply with the reality of a situation, no matter how undesirable, but it also even more poetic when people use the acceptance of their surroundings, such as the acceptance of change itself, as an impetus for personal improvement and development.