

flame



MANDOULIDES

EDUCATORS SINCE 1978

2012

Editorial

Dear readers,

This year we celebrated the 20th anniversary of our High School with a graduates' reunion just before the turn of the New Year.

It was with great pleasure that we met young men and women who had come to us years before like fledging birds, now mature, self-confident adults, winging their way to success.

With the flame of youth burning in their hearts, they brought an air of optimism to these dark days and a bright smile to our faces.

This is why I would like to dedicate this issue of our magazine to all those who refuse to let this FLAME be quenched, no matter how old they are.

Fight since those who live are those who fight (V. Hugo). Don't forget to

Learn from yesterday, live for today and hope for tomorrow (A. Einstein).
Take a moment to wonder what life would be if we had no courage to

Attempt anything (V. van Gogh).

Marvel the world and be sure to

Enjoy your life today because yesterday had gone and tomorrow may never come (A. Coren).

Thank you

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EVENTS

- 14TH DSAMUN-THE DEUTSCHE SCHULE MODEL UNITED NATIONS, ATHENS
- 1ST EUROPEAN YOUTH CONFERENCE, BELGIUM
- 42ND DEBATE ACADEMY, ATHENS
- 1ST YMGE-YALE MODEL GOVERNMENT EUROPE, PRAGUE
- 24TH NATIONAL CONFERENCE OF THE EUROPEAN YOUTH PARLIAMENT, THESSALONIKI
- 3RD ENGLISH DEBATE TOURNAMENT, ATHENS
- PHYSICS CONFERENCE, ATHENS
- 44TH THIMUN-THE HAGUE INTERNATIONAL MODEL UNITED NATIONS CONFERENCE, THE HAGUE
- 59TH HMUN-HARVARD MODEL UNITED NATIONS CONFERENCE, BOSTON
- 17TH NATIONAL ASTRONOMY AND SPACE COMPETITION, THESSALONIKI
- EDUCATIONAL VISIT TO CERN, SWITZERLAND
- NATIONAL DEBATE AND PUBLIC SPEAKING COMPETITION, ATHENS
- 13TH NATIONAL ENVIRONMENTAL CONFERENCE, ATHENS
- 4TH COMPUTING STUDENTS CONFERENCE, THESSALONIKI
- 29TH MATHEMATICAL OLYMPIAD, THESSALONIKI
- 24TH NATIONAL COMPUTER SCIENCE CONTEST
- DEBATE / PUBLIC SPEAKING & DRAMATIC PRESENTATION OF LITERATURE IN ENGLISH- FORENSICS, ATHENS
- STUDENTS CONFERENCE -100+1 YEARS ALEXANDROS PAPADIAMANTIS, CONSTANTINOPLE
- THEATRICAL PERFORMANCE: FONISSA, CONSTANTINOPLE-THESSALONIKI
- 69TH INTERNATIONAL EUROPEAN YOUTH PARLIAMENT, CONSTANTINOPLE
- 6TH RCIMUN - ROBERT COLLEGE INTERNATIONAL MODEL UNITED NATIONS CONFERENCE, CONSTANTINOPLE
- 32ND NATIONAL SESSION OF EUROPEAN YOUTH PARLIAMENT OF FRANCE, SEVRES
- 1ST POP MUSIC CHOIR FESTIVAL, BERLIN
- 1ST INTERSCHOOL PUBLIC SPEAKING COMPETITION IN THE GREEK LANGUAGE, THESSALONIKI
- PANHELLENIC BIOLOGY COMPETITION, ATHENS
- 22ND PANHELLENIC PHYSICS COMPETITION, ATHENS
- SCIENCE DAYS
 - YOUNG SCIENTISTS IN LABORATORIES
 - MANDOULIDES OPEN COMPUTER EPATHLON
 - MATHEMATICS PROGRAM - THOUGHT AND LOGIC
 - COMPUTER PROGRAMMING DAYS
- DEBATE AND PUBLIC SPEAKING PROGRAM
- SOCCER CAMP
- ALL STAR BASKETBALL CAMP
- VOLLEY BALL CAMP
- ENGLISH AND ADVENTURE CAMP
- SUMMER EDUCATIONAL PROGRAMS IN UK & USA
- SUMMER CREATIVE ACTIVITIES FOR KINDERGARTEN AND PRIMARY SCHOOL PUPILS



Adults Forget....

Listen to the desperate voice of a teenager

Alexios Panagiotidis, C Gymnasio

**Let us breathe
and then you
will see what great
accomplishments
we will bring**

Can you remember what it is like to be a kid? To see the world through their eyes? To feel their anxiety and happiness? Well, it's not so difficult since we have all been kids. But adults tend to forget.

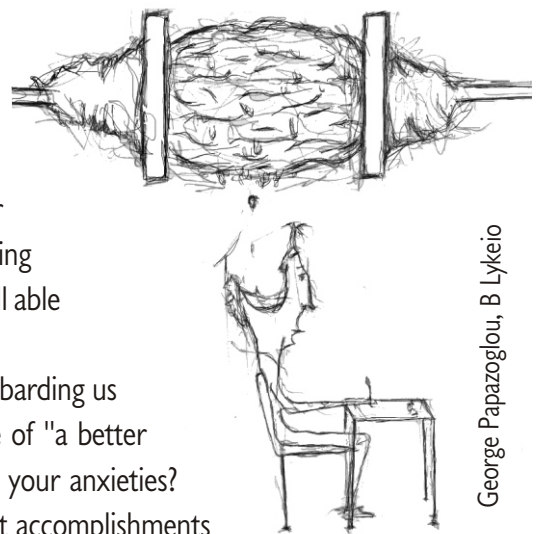
Teachers and parents expect many things from the younger generation. At times impossible things. High expectations, which sometimes create great disappointment in today's youth. In their

attempt to meet such expectations the younger generation seems to have lost its identity. They live a life which is not cut out for them. Maybe for an adult but not for them. The word "must" is on their daily agenda. "You must get good grades, you must excel at your sports, you must learn at least two foreign languages" and the list goes on.. Their future is planned and their life is planned at the expense of their personal freedom.

Adults have forgotten what it was like when they were kids. Most importantly, they have forgotten that they could enjoy stress-free moments, hours of play and not a word about their future. They enjoyed the simple things in life whereas now today's youth does not have this luxury. I sometimes imagine a world where adults see life through a young person's eyes. Maybe then they would be able to truly communicate and understand their feelings and their dreams. Life is not all about achievement, life is also about spending time without a care in the world.

When was the last time that "you"and yes, I am talking to **"you"**, mum, dad, teacher, friend's dad, had a moment of freedom? True freedom where all your thoughts were positive, where love and happiness were the only feelings in your heart? Can you even remember what that was like? Are you even capable of feeling like that again? Well, **"we"**, today's youth are still able to have such a moment.

Why do you deprive us of having it by bombarding us with all sorts of duties and tasks in the name of "a better future for us". Why are you poisoning us with your anxieties? Let us breathe and then you will see what great accomplishments we will bring. Let us speak and then you will see what great things you will hear.
Let us live.....



George Papazoglou, B Lykeio

ARE YOU A GOOD PARENT?

When one decides to have a child, one should know that it is not only the food that will help the child grow.

Panagiotis Zavitsanos, C Gymnasio

Being a parent is, without a doubt, the greatest responsibility one can never take on in life and, for a very simple reason: one is responsible for another person's life. And after one has entered fatherhood or motherhood, it is one's own responsibility to prove oneself that one is the best parent a child could ever have. But what is it that makes a good parent?

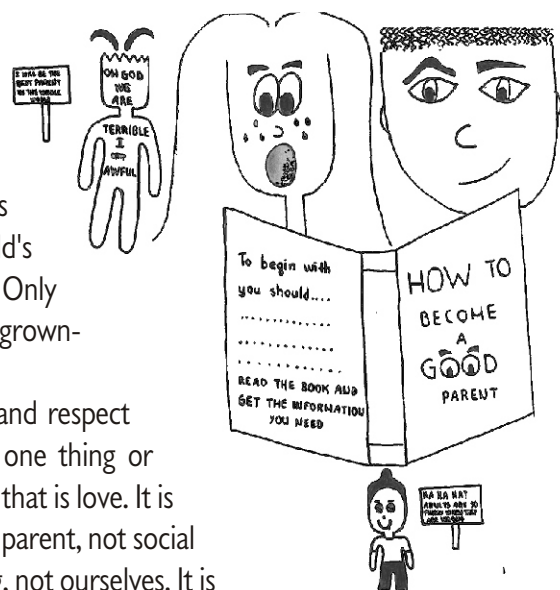
To begin with, selflessness is absolutely necessary. Parents, at least in the early years of their child's life, must forget about their own personal needs. One cannot become a parent if one feels that one has not yet satisfied all personal desires or ambitions. Their offspring is another human being who is absolutely dependent on them and it is only natural to expect that they will take up all of their free time. In other words, if one is not willing to give up the notion of "I" for a number of years and sacrifice one's life for that of another human being, one will not make a good parent.

Furthermore, a person will never be cut out to be a parent if he is not caring and considerate. When one decides to have a child, one should know that it is not only the food that will help the child grow. Deep care and sincere consideration will also nurture the child. As a human being, a child is in need of emotional support, spiritual guidance, encouragement, tenderness, affection, to name but a few of these totally essential elements, which show just how deeply a parent cares for his child and how sincerely considerate he is of his child.

Another really important quality that a good parent must possess is what we call respect. A lot of parents, and this unfortunately happens though no fault of their own, are under the false impression that their child is actually their possession. And they falsely believe that they have every right to impose any ideas on them, to always tell them what they can or cannot do and have high expectations of them, without the child ever being asked about all this.

This, however, is far from showing any respect for the child, who is a completely different and individual human being, with his own shortcomings. So, it is a parent's obligation to tolerate and respect their child's differences and actually help them develop. Only in this way will a child be a well-rounded grown-up, with his own, independent personality.

All in all, selflessness, care, consideration and respect are actually four different aspects of the one thing or quality that makes one a good parent - and that is love. It is love that should motivate one to become a parent, not social expectations, love for another human being, not ourselves. It is only then that our world is full of people who have been loved and they are ready to become parents themselves and pass their love on their own children, one day.



Katerina Valavani, A Lykeio

School elections

Vote for tomorrow

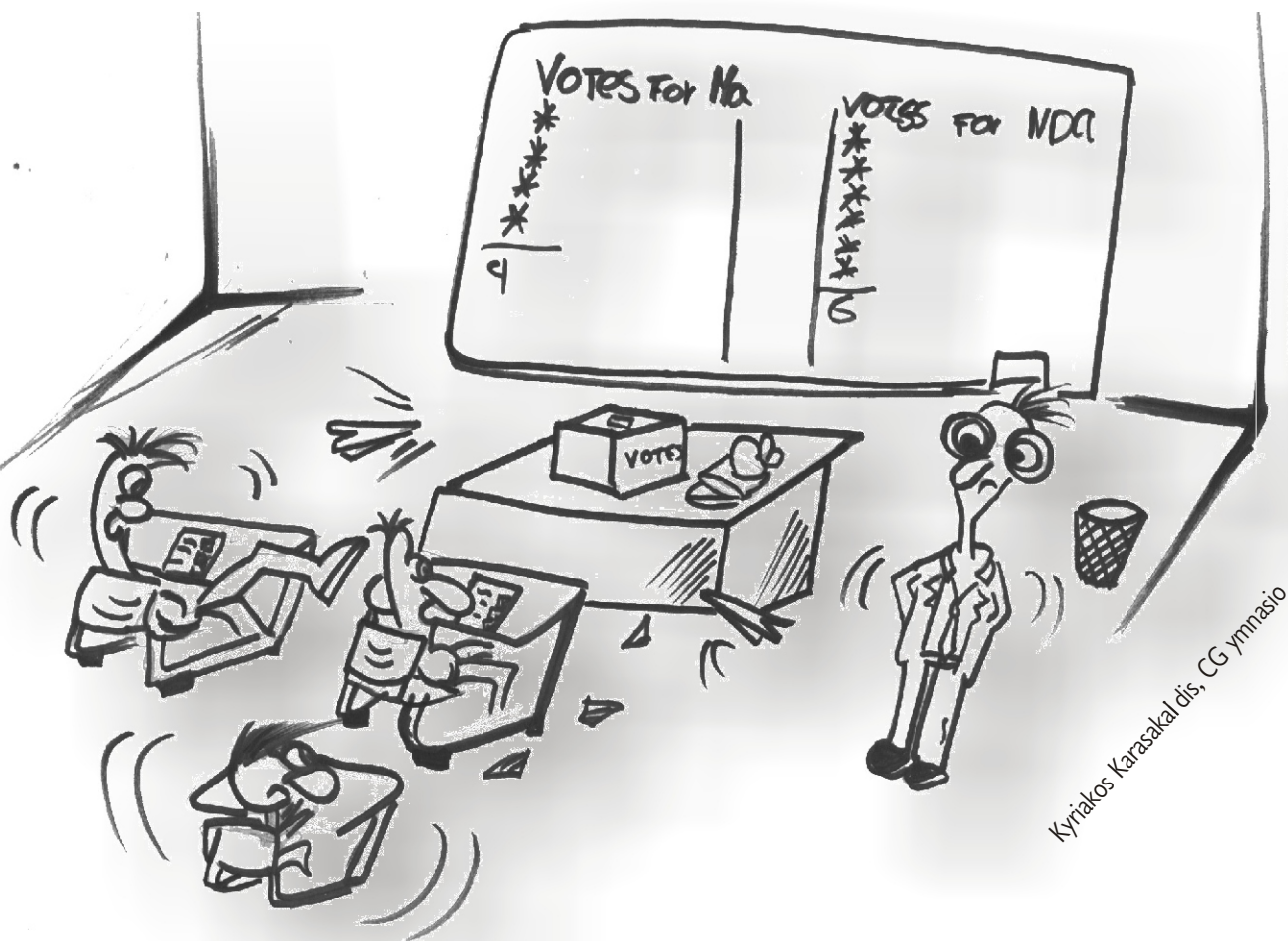
Maria Theohari, A Lykeio

It hadn't been long since I moved to my new school that I was asked to choose my representatives. I was a new student. Barely did I know my classmates when voting for the pupil council was in progress. The thought of voting not even passed through my mind, but I was determined to express my opinion. I marked 4 people on my ballot for the 5-member- council. Three votes were for the students with whom I was getting on well. One was random. Then, I had to choose among the candidates from all grades of High School. Previously I had seen the participants giving a speech on why they deserved our votes. I was not very convinced but I knew who to choose. I put a cross next to my classmate's name and I put my ballot into the ballot-box. I was so curious to see what the results would be...

All students had more or less gotten involved in the election procedure. Some were candidates, some others returning board and all of us electors. What I will try to do is to describe the function of school elections and what they truly represent. How far or close enough are they to the national ones?

First and foremost, a school election is a vitally important institution of parliamentarism in schools. Students have the chance to get involved in the proceedings of democracy. They become familiarized with the way representation works and they have the opportunity to express their personal beliefs. This can be achieved through political meetings which also promote interaction between the elected and the electors. Also, students learn how to vote and participate and thus, they learn to respect the majority of votes. Consequently, students become free and responsible citizens. However, school elections do not always serve their main purpose in the right way. School elections are gradually underestimated mainly due to the corruption and malfunction of the institution. To put it another way, elections work more typically rather than essentially in most cases. Students see it as a good opportunity to get away from lessons and homework and usually they are not aware of the importance of their votes. Their voting criteria are frivolous. The majority of students vote their friends despite their suitability for being a member of the presidium or not. On the other hand, councils do not have particular responsibilities and as a result their role is limited in organizing school trips or dances.

The question is why this phenomenon is worth discussing. To begin with, it is widely accepted that, in a sense, school reflects passions from the extended society. Politics are passing through a severe crisis, as political parties face difficulties in internal organization as well as communication and rates of abstention are increasing dramatically. Such an unsteady situation can be also observed in councils, which is expressed as a weakness to approach other students and make a constructive discussion. It is not uncommon, however, for some students to abstain from their political rights on the whole.



Additionally, children sometimes do take their rights for granted; therefore, they tend to deign them. This is because they may not be mature enough to respond to their responsibilities and hence, adopt an irresponsible behavior towards school elections and the proceedings related to parliamentary institution. Their attitude may originate from the fact that they did not fight in order to obtain them while education is also to be blamed for this. The current educational system is oriented in information not knowledge and exams become the actual purpose while it fails to make students aware of their rights as citizens. Representative democracy or freedom of speech was not always secured and many people sacrificed their lives to gain it. For this reason, students should learn to respect and simultaneously, protect it. Only by showing the appropriate stance to school elections, will students be active members of school society and in their later life, they will know how to stand up for their rights.

... Few hours later the results were announced. I wasn't surprised by them but I had a feeling that the decision was unanimous. Dwight D. Eisenhower said: "The future of this republic is in the hands of the American voter". I say that the future of all democratic societies is in the hands of their voters. Then I've heard a classmate saying "I suggest that we have our first class meeting during Physics class. I'm so bored of having a lesson!"

CRASH COURSES

Panagiotis Zavitsanos, C Gymnasio

Attending crash courses is like eating in a fast food restaurant .You want to get all the nutrients you can from the food which is, however, artificially made and you want your food served as fast as possible because you do not seem to have enough time to eat it. But one can understand that, when something is not done in the natural way, there are bound to be side-effects.

First of all, a crash course is expected to provide a student with all the amount of knowledge necessary to get into university in the smallest amount of time. However, learning is such a long-term process. And this combined with the ever-accumulating amount of knowledge that one has to gain to succeed in the university entrance exams makes things even harder for someone to make it. So, it is a common phenomenon to have students who are not thoroughly prepared within the tight time span until the day of the exams and this leads to their failing.

Secondly, the quality of both teaching and learning is low. On the one hand, teachers are not given enough time to explain or answer any questions their students may have, but they have to blindly adhere to a tight timetable and do their job as fast as possible. On the other hand, students are not given enough time to understand and, thus, better assimilate any new information they are presented with. All this leads teachers to feeling insecure as to whether they have done their job properly or not and students to be feeling insecure as to whether they have prepared well enough for the exams.

Finally, not all students are cut out to attend such courses. Crash courses are only for those whose brain works really quickly. It is not a matter of discrimination between the bright and the stupid, but it is a matter of ability to memorize which some students unquestionably, possess. In other words, students' learning ability which is faster than another's can live up to the expectations of such courses whereas in the opposite case, a student may end up feeling really inadequate and this, in turn may lead him to giving up his efforts.

All in all, teaching and learning are two processes which are closely linked and we cannot have the one without the other. So it is really important to take into account the special needs each student has when it comes to learning and then decide whether they can live up to the expectations of a crash course. After all, a future scientist is first prepared at school and not at university.

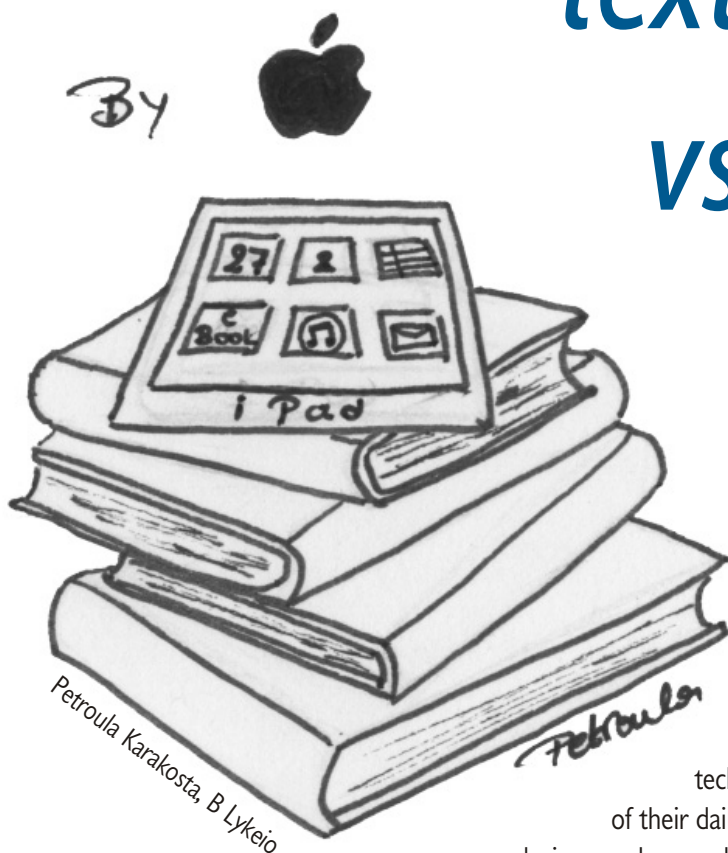


Kyriakos Karasakalidis, C Gymnasio

textbooks

VS

notebooks



Christos Vrogistinos, A Lykeio

Nowadays, more and more children are learning how to use technology. Sometimes, it becomes a part of their daily routine as they use many electronic devices such as cell phones and computers. Especially, many high school students, some of whom own a notebook computer, tend to spend much more time using it, than doing homework. As a result, many times people argue about replacing books and textbooks with notebook computers.

Notebook computers offer students the ability to save many files with exercises without wasting space, paper and pens. So, it is an environmentally friendly way of studying. Moreover, with access to the internet, teachers could easily use a variety of ways to help teenagers, like playing games, showing pictures, or even listening to music. This way they will understand the lesson better and they won't get bored. Every pupil can also find information, on the Internet, which may not be included in books. Writing on computers can also help everyone to learn and practise their skills in typing and foreign languages in order to be helped in the future when everything will be associated with technology.

On the other hand, these electronic devices probably harm the user's health as every computer can tire someone or strain his eyes when used too much. Furthermore, something written in textbooks can't be lost while, when a student writes on a notebook computer, a technical problem could erase everything. In addition, the chances are that children will get carried away if they don't like a lesson as there is a variety of websites they can visit. But, using a textbook doesn't allow anyone to do something such as this.

In my opinion, textbooks shouldn't be replaced by notebook computers. However, I believe that any kind of electronic device should be used during the lesson if it is helpful. If both of these are used together correctly, both pupils and teachers will benefit dramatically.

Should schools start later in the morning?

Nina Maria Fanaropoulou, C Gymnasio

Nowadays, as everyday demands are increasing and the pace of life is getting more and more intense, while our health and well-being are deteriorating alarmingly, an issue that keeps troubling the experts is whether or not schools should start later in the morning. In my view, this suggestion should definitely be put into practice, and there are a number of reasons for this. Firstly, various studies have shown that the human especially children's and adolescents' biological clock is naturally programmed to work at its best potential between 10 in the morning to one in the afternoon and from three till seven in the evening. Before 10 o'clock in the morning, our cortisone levels (a hormone which is responsible for alertness) in our blood are low. This results in poor performance, not only at school but also in whichever task or activity we undertake. Consequently, if schools started a couple of hours later in the morning, students' alertness and performance would improve, as well as their concentration levels, which would spectacularly increase as they wouldn't be sleepy and would have more time to prepare themselves for the day. In addition, especially adolescents' bodies, which in the distant past were considered adults and had to care for their family and plan their actions meticulously, are therefore biologically predisposed to later sleeping times. However, if wake-up hours were set to later in the morning, they would not be able to get enough hours of sleep, during which our growth hormone is produced. According to the above, it is obvious that more sleep is required for teenagers in order that they grow normally, be

healthy and consequently perform to the maximum of their abilities. Another reason why later school-starting hours would improve children's health is that, if they didn't have to jump out of bed at the crack of dawn, they would have more time for breakfast, while now few students have enough time to eat before school. As is widely known, breakfast is necessary for kids so as to avoid health problems like obesity, weakness and a lack of concentration. So, by starting schools later, we give children more time to have a

healthy breakfast and in this way, we

can take one more step forward towards reducing children's

contemporary health problems. Apart from the

health matter, later school-starting hours are useful and

practical: Supposing kids don't wake up just before the bell

rings, this free time in the morning could be used to finish homework or other tasks children have to do.

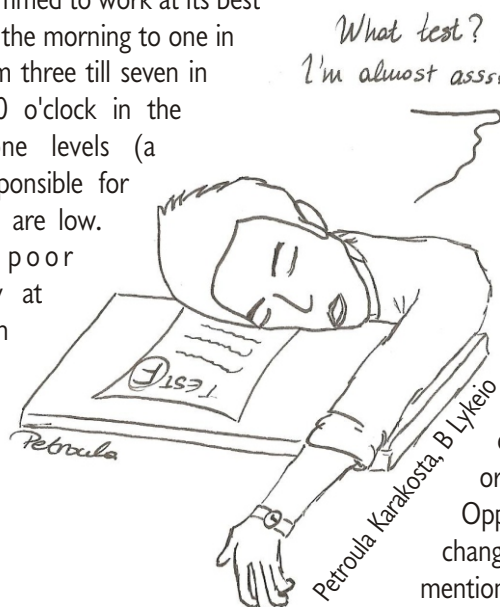
Opposing the arguments as to why this change should be applied, some might

mention that this would result in improper

students' preparing for later working

conditions, under which they will have to wake up early. However, the advantages far outweigh the disadvantages, as on the one hand adults do not have the same needs concerning sleep as children and, on the other hand there is no point in having unhealthy, sleepy and gloomy professionals, who are though used to early timetables.

In conclusion, there is no reason to drag kids out of bed at the crack of dawn, when the health cost is so high. A slight modification in our habits would be well worth the reorganization, as the whole purpose is to make students, and therefore schools, more successful.



HAVE STUDENTS BECOME LAZY WHINERS?



*Yes, they have;
but there is a good reason for it.*

Sero Abrahamian, C Gymnasio

What? An essay for Xmas vacation! Is my teacher serious? We're on vacation! Holiday equals...no work...Hallo! That's a vacation! Our teachers just don't think about us. They always give us too much work. I study

one hour every day. Can you believe that? One whole hour! And the topic of my essay: "Have students become lazy whiners?" Why, of course they have!

Firstly, teachers demand too much, lots of homework! Even on vacation! Is this clear? V-A-C-A-T-I-O-N! Even the word itself means STOP! But teachers only think of how they can give students more homework, every one of them. They say it's to pass our time more creatively. I've always wondered: "Do they listen to themselves or do they come from another planet?" I mean...don't we have so many other things waiting for us to finish with "creativity"? Then you ask me if students have become lazy whiners! Could it be any other way?

Secondly, it's the age. In my opinion it's the most difficult age in one's life. The whole system works differently. A teenager thinks and acts differently from other age groups. That's why many- in fact the most psychological problems appear at this time. This is where new interests become "the cherry on the top". And besides interests, new responsibilities, new dangers and a lot of new things make their appearance. It's like you are transferred to a whole new world, from the kids' world to the adults' world. Well, as you can understand, it's not so easy to think about schoolwork the way teachers want with all this in your head!

Finally, like it or not, sports and games are more interesting than books and studies. And with the continuing development of technology and the way TV approaches the viewers, students have become passive and addicted to the power of image. This makes it difficult for them to concentrate on their schoolwork. Furthermore, if you add the fact that they want to be with their friends all the time, having fun either out, watching a movie or talking either in a place with music or even communicating via the internet, it makes it impossible. The result is mentioned in the topic. Well, after all these reasons above, what did you expect? Of course they have become lazy whiners! All right...I've spent half an hour of my vacation writing this essay, it's more than enough! Now my PS3 and my armchair are calling me, so I guess I'll just have to go!

Forever friends

Aspasia Pampori, A Gymnasio

The word friendship has a different meaning for each human being. But for sure, everybody knows that without friends life has no meaning. Friendship is neither an object, nor a feeling. It is something that exists between people and makes them happy. It is important to have a friend because if you do not, you have no one to share your sadness and happiness with. Neither do you have anyone to tell you what is right and what is wrong, so that he will help you become a better person.

However, this doesn't mean that a friend is always a real friend. A real friend is someone who knows everything about you and loves you anyway. He is someone who will not be jealous when you become successful and he will be sad when you are sad. He must also tell you when you make mistakes and not flatter you all the time. These are some qualities that a real friend must have because that way he shows that he loves you, no matter what your flaws are.

We must always try to make new friends but not forget the old ones. Besides, friends are the most important ingredient in the recipe of life!!

Yolanda Zevgaridou, B Gymnasio

Many songs and many poems
Are written because of love,
But no one has ever talked about friends
And how a friendship really ends.

Cause when you choose people like them
Your requirements have to be fair.

When it begins, you have to be shy,
To protect yourself for not to cry.

Then you'll see their real face
And maybe this won't have grace.
Maybe they will be fake
And you will not be safe.

But if they stand by you,
Even in difficulties, even at hard times.
Even when you are in need
A friend will be indeed!



Are students immune to economic problems?

Of course Not!

Konstantinos Dolkeras, A Lykeio

Nowadays, it is evident that the economic crisis constitutes the most important issue all over the world.

This crisis affects almost every family and every family is made up of both parents and children. So, it is obvious that the economic crisis influences not only parents but also children as students, in a direct or in an indirect way.

First of all, the majority of students if not all of them- depend on their parents in order to be able to go to school. Their parents pay their tuition fees and anything else that is needed, such as books, for their children to have the best education possible. However, when parents don't have the necessary money and can't get by financially they are obliged not to go to any more expenses and so their child may not even be able to go to school.

One might say that if the school is a public one, parents don't have to pay for their child's education. However, it is highly acclaimed that public schools don't provide the best quality of education so students are usually led to tutorial schools and here we have the issue of money again. Should there be lack of money, the student can't attend extra courses and so they can't keep up with the rest of the class.

On the other hand, we shouldn't forget that

when financial problems exist in the family, children are more often than not obliged to work, in order to earn some money, thus helping their family out a bit. In this way children may be forced to drop out of school and so their education comes to a halt. Another perspective of the issue is that the family's tranquility and welfare is usually reflected on the student's image in class and on his marks. If the family faces problems and, as a result, conflicts between the members are triggered, the children find it very difficult to concentrate on their studies and so it is logical for them to neglect school. Furthermore, children may feel pressure

that they must do well at school as this may be their only way to get a job and help not only themselves, but also their family. Consequently, this pressure may lead to health problems and to a long-term complete failure. So it is obvious

Most of the students meet a great challenge with the economic crisis. Although the problem may initially concern parents, children are also directly affected

that the well being of the family affects every child regarding their academic career.

To sum up, nowadays, most of the students meet a great challenge with the economic crisis. Although the problem may initially concern parents, children are also directly affected. Therefore, it is essential that every effort is made in order to counteract the crisis, provide a better future for every child and eliminate social issues such as poverty and unemployment which are now escalating all over the world.

This is our time

Penelope Skondra, A Lykeio

Difficult years are coming
Wherever you go, people are dying.
It's our generation which will save the world.
Happiness is for those who know how to live
Sadness for those who have no belief.

Little friend, why aren't you smiling?
I'm here to take care of you
I don't want to see you crying
I know it's because your dreams didn't come
true.

A star is falling , make a wish
To have in our hearts love and peace.
If you are thinking positive the day is sunny
Forget your problems and be a little funny.

Difficult years are coming
But everything can change if you are trying.
Hold my hand and give me yours
This is our time, mine and yours.

Competition versus Cooperation

Maria Theochari, A Lykeio

Nowadays, as people seek for perfection, they tend to be more competitive in order to achieve their goals. A widespread idea, though, is that cooperation is a means of progress and development in modern society. So, what is “the royal road to success?” Is it competition or cooperation?

It is widely accepted that competition characterizes various aspects of people's life.

To begin with, the economy is mainly based on competition. In terms of the free market, competition requires firms or businessmen to strive for a greater share of a market to buy or sell goods at the minimum price. Banks, national currencies as well as investors participate in the global economy, thus making competition greater. Moreover, rival political parties compete with each other mainly for economic incentives. A typical example of competition in history is the period of the Cold War, during which America and Russia were in technological collision. Competition is, also, frequent in school life and professional careers, when the best students get the highest marks or the skilled and more experienced professionals the job. Moreover, athletes are likely to become so obsessed to “bring home the bacon” as a result of competition. All students are more or less familiarized with competition, since the majority of them have at least once in their life participated in sports tournaments,

debate, forensics, math, physics, and chemistry competitions that are often held during the academic year.

Consequently, as shown above, competition can be said to be inevitable. Besides, this is how nature works. The survivor of the human kind requires the development of adaptable mechanisms that conform to human's needs.

Not only do those mechanisms include the

while people
compete, not only
do they secure
their existence but
they also evolve

Darwin

interaction between humans and their environment but they also refer to the ability to fight against their enemies and thus, be competitive. When our ancestors, for instance, managed to control fire, they were protected from wild animals and thus ensured their survival. So,

while people compete, not only do they secure their existence but they also evolve, as Darwin claimed. In a dog-eat-dog world the strongest and the most competitive have more chances of succeeding and simultaneously, turn out better. Additionally, competition provides people with many benefits. To begin with, competition can be a chance to be introspective and have some deeper insights into self-knowledge. During this procedure, people find out their limits, their capabilities or incapacabilities, their special talents and their inner power. Students, athletes, professionals, scientists and artists thus gain ethos and form their character.

Cooperation on the other hand, is another important characteristic in modern societies. In

many aspects of peoples' life cooperation is present. In the field of economy it is obvious that great companies are made up of people who cooperate in order to achieve the best possible. Colleagues cooperate closely in order to achieve the successful function of banks, firms or businesses. The same happens in trade, where traders, cooperate and sell goods altogether. In politics, the government and the political parties are also made up of people who need to cooperate so as to achieve a particular objective. What is more, groups among professionals do exist such as teams of scientists that carry out experiments, a band of musicians during performance, members or the cast in a theatrical act or film and in sport teams to beat the opponent.

It is widely accepted, that cooperation is also a part of human nature. From the very basic level, the so-called "cell level", it is observed that cells combine and form organs. The organs constitute a particular system and all systems work together so as to conduce to a smooth functioning of the body. As Aristotle said "'To live alone one must be a beast or a god". As perceived, humans are sociable beings. Therefore, cooperation is vital in order to maintain companionship.

Cooperation encourages group discussion.

Through discussion, different opinions are heard and the whole process activates critical thinking, the ability to compare and contrast various aspects and broadens peoples' horizons since they gain valuable information through personal interaction. This may also lead to a better understanding of individuals' personalities. To put it another way, it is when each one learns about themselves from the others. So, cooperation cultivates proper circumstances for communication.

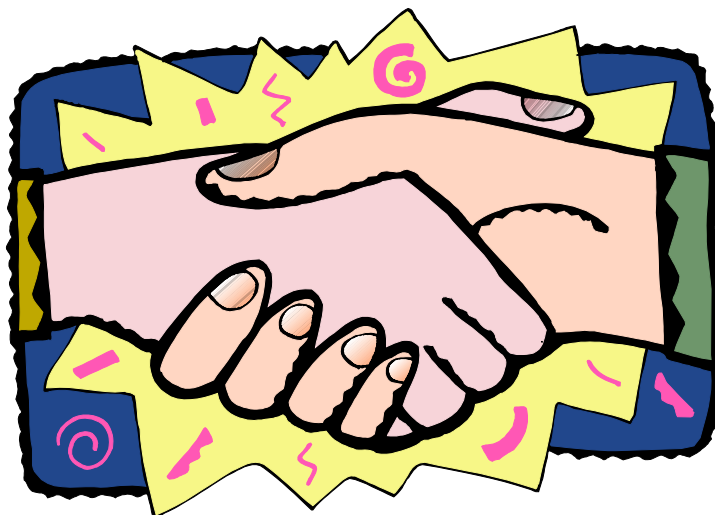
Cooperation is also needed for a balance between health and mind. Research has proved that cooperation develops feelings of security, happiness, self-fulfillment and creativity. Furthermore, it forms social and democratic ethos since it makes citizens aware of

their responsibilities towards social norms. Love, humanity and solidarity are promoted through cooperation. As a result, it reinforces the feeling of only we, WE together we can create a better world, a better future.

In conclusion, cooperation and competition are actually interrelated. To compete is to cooperate and to cooperate is to compete, in a sense. The key to success is the combination of both with a little more focus on cooperation. Besides, competition, as it is derived from Latin, means "to seek together", and so cooperation is a prerequisite to competition.

To live alone
one must be
a beast or a god

Aristotle



family values

Undoubtedly, family values have undergone a severe change through the last decades. From the relationship of parents with their children to the interaction between a couple, modern society is marked by a wide variety of moral adjustments. The family is not anymore what it used to be. Years ago, a family was defined as a closely related group of people affiliated by co-residence. Nowadays, the family has obtained a much looser definition as far as the relation between its members is concerned.

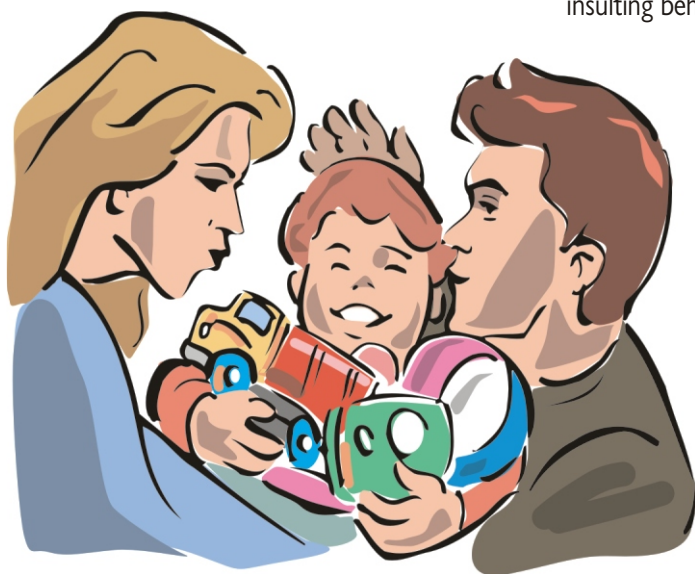
In older societies, children were indeed obliged to help their parents in menial work and thus, to neglect their studies. As a consequence, they recognized the value of education, since their family didn't provided them with the chance to enjoy the benefits of learning. Teenagers were supervised so strictly in their everyday lives that they were not allowed either to go out or study as soon as they finished school. Last but not least, moral values were rigorously defined by parents, who demanded respect, devotion to the family and obedience to the standards that they posed.

On the other hand, in our society, teenagers can go out with people that they do not know, or have met online, risking their own safety. Moreover, many parents choose not to intervene, by ignoring the activities of their child online and not spending enough time talking with him. In contrast with older societies, children are being offered the opportunity to improve their future, but they choose instead to spend their time trying to improve their exterior image. In addition, honesty and communication cannot be restored among family members, since children were given too much freedom to take decisions, which, later on, are proven to be disastrous for their development. Finally, most children do not appreciate the sacrifices made by their parents and take the well being of their family for granted.

It seems that we have a long way to go, until we realize that, what made older societies more productive were the hardships that they went through. The fact that children have become more independent is not necessarily worrying, but parents should seriously take charge of their children's choices. Besides, the role of a parent is to be a caretaker who nurtures his offspring. Unfortunately, this is not always the case these days. Many parents usually neglect the seriousness of their children's decisions. As a result, more and more teenagers become engaged in activities that could be proven harmful, even for their own health. Society tends to blame peer pressure for bad choices, but is it really recklessness of young people, or does this behavior originate from extremely slack family morals?

Consequently, it is apparent that, everyday unpleasant situations, from disrespectful and insulting behavior to more severe misdemeanors, are almost solely

caused by the ignorance and the indifference of the family. Otherwise, parents would have been able to pass down an appropriate moral code, according to which their children would have been taught how to adjust to basic society standards. Finally, it may be concluded that modern society has undertaken the responsibility of finding the golden ratio between the excessively strict older ways of edifying its newest members and the overly relaxed methods of making them independent. No matter how long it takes, all that remains is to wait and see the change from the new generation both of parents and children.



Do people need to learn to be assertive?



Kyriakos Karasakalidis, C Gymnasio

Nikolaos Kalosidis, B Gymnasio

There are times when people are unable to satisfactorily deal with certain situations such as being served with under-cooked food in a restaurant, being unable to get a faulty item replaced by stropky shop assistants or even worse not being able to get through to your own children concerning their inappropriate behaviour. Very sophisticated and self-assured people may struggle to cope with the aforementioned situations, let alone people with less self-confidence when it comes to asserting themselves or their rights.

To begin with, many people encountering such problems tend to get caught up in losing their tempers or even worse throwing tantrums or being wimpish and ineffectual. The reason of such maladroit behaviour is the inability to express yourself clearly and straightforwardly. As usual we tend to beat around the bush endlessly, and even never reach the nub of the argument. Without doubt, we cannot safeguard against all unpleasant events. Therefore, we might end up being unable to communicate clearly and wisely due to the fact that we may get anxious about the way our demands will be met with respect. In addition to this, we may get aggressive or manipulative or even passive allowing ourselves to be trampled upon. Therefore, a lack of assertiveness might result in abject failure when attempting to walk away from every difficult situation.

As you will have realised, people should learn to be assertive as in this way they will be able to communicate their wishes, needs or feelings effectively while at the same time respect the needs, wishes and feelings of others. Being assertive is not about winning all the time but rather more about negotiating life without anxiety or lack of self-assurance. Needless to say, that it would be to your advantage if you were born with assertiveness rather than learn to be so.

Is your glass half empty or half full?

Pessim
Optim
Real



ism

Kyveli Mavromati, A Lykeio

Let's take a personality test. It's simple. You just have to answer the following question: Is your glass half empty or half full? Even though the two parts of the question have almost the same meaning, they show two opposite ways of thinking. These are optimism and pessimism. Realism is somewhere in the middle...

But what is the derivation of these words? The word optimism comes from the Latin word optimum which means "best" and is probably related to the ops- (meaning power resources or the most esteemed), or to the Latin op- (meaning in front of). Optimism was originally used in biology to indicate the conditions that are most favorable for growth and such like. The word pessimism derives from the Latin pessimus which means the worst. It was first used in 1974 and meant worst condition possible. Finally, the word realism obviously comes from the word real and meant close resemblance to the scene (in art, literature, etc.) often with unpleasant details and it is referred to since 1856. Nowadays, the meaning of these words has changed a lot but they have kept their original roots. More specifically, they define the way we perceive the world and how we deal with or think about situations.



Kyriakos Karasakalidis, C Gymnasio

Pessimists usually see the dark side of things. They always expect the worst to happen. This doesn't necessarily mean that they are not trying to improve the situation or that they do not dedicate their time to what they have to do, but that they believe that they will fail. The outcome can be either negative or positive. In the first case, they usually don't feel disappointed since what they expected actually happened. In the case of success, they may feel happier since the result is something

unexpected. As Thomas Hardy once said “Pessimism...is, in brief, playing the sure game. You cannot lose at it; you may gain. It is the only view of life in which you can never be disappointed. Having reckoned what to do in the worst possible circumstances, when the better arise, as it may, life becomes child's play.” It is a win-win situation. According to studies, pessimists can cope more easily with difficulties and help other people reduce natural anxiety. Thus, they are able to perform better and they respond better to negative feedback.

Optimists, on the other hand, prefer to see the bright side of life. There are two kinds of optimists: those who wait for the best while working hard to achieve it and those who expect for the best because they believe that Mother Luck will help them. As for the first category, this bright side motivates optimists to set higher goals and try to pursue them. They work hard in order to make this bright side their reality. A promising future is necessary for them since it is proven that they are more effective when having positive thoughts.

As for the second category, we can simply call them the lazy ones. It is the extreme case of optimism. Of course they choose the happy side of life, but it's not just that. They believe it is their fate to succeed and simply don't do anything. While the other category sets high goals and work hard to achieve them, this category also has high objectives but doesn't try to realize them. They respond better to positive comments (but maybe they respond too good to positive comments). This kind of people could also be described as utopic; they live in a world where nothing bad is going to happen and they will have everything they want. So we see that although this type of person thinks in a positive way all the time, it isn't always that good, either for them or for society.

The “in betweeners”, those who are between the optimists and the pessimists, are the realists. They are in the middle; they are sometimes identified as the objective ones. They do not expect the worst or the best case scenario to happen. They see things as they are and try to accomplish their goals. Realism is the perception of the world in neither a positive nor negative way.

Now, returning to the initial question “Is your glass half-empty or half-full?” The correct answer shouldn't be “it's half-full” or “it's half-empty”. The correct answer should be “it depends on the glass”... In other words, it depends on how willing we are to change the glass and thus make it full. For this reason, regardless of whether we are optimistic or realistic, we have to be eager to change our goals, to set lower targets each time, smaller glasses each time to be able to fill increasingly bigger glasses.



Stardust

Is there a logical explanation for man's craving to explore his outer surroundings?



Kyriakos Karasakalidis, C Gymnasio



For most of us, the view of the night sky is considered fascinating and triggers our imagination. Indeed, astronomy is regarded as one of the most extraordinary branches of science, as it deals with the stars, the origins of the human race. During the last centuries, many views have arisen as far as the origin of humanity is concerned. The predominant view on this subject, see man as being made from stardust, or simply, dust.

When nucleosynthesis occurred (the process of creating new atomic nuclei from pre-existing protons and neutrons), within 3 minutes after the Big Bang, atoms of light elements formed. Thus Hydrogen and Helium abound in our universe. Stars consist from 70% Hydrogen and 30% Helium, which in the process of thermonuclear fusion form Helium and Carbon, respectively. Right after a massive star reaches the end of its life, it explodes into a supernova, which enriches the interstellar space with such heavier elements.

At some points, this amount of matter becomes gravitationally bound and forms new stars and planets. It can be easily concluded that the new planets will also be formed by the matter that formerly existed in the “dead” star. As a result, the fabric that now constitutes the planetary material actually originates from stellar remnants. Taking into consideration the fact that life is supposed to have been created either in the universe, or on Earth, we are, in any case, formed by (star)dust.

Ignoring the major religious and biological approaches on this subject, which do not come under the purpose of this article, we may safely point out this indirect relation between humanity and the outer universe. During the study of several articles, published by Carl Sagan, a well-known astrophysicist and author,

I was deeply motivated to seek further for a logical explanation on the man's craving to explore its outer surroundings.

Is there any case of yearning for returning “back home” by intuition? How long will it take us to reach the stars? Will we ever be capable of understanding where we came from or is this just a craving which brings back the human vanity on the foreground? For the time being, my one and only explanation is that we are somehow connected to nature, because we belong to it. Particularly, a scientific confirmation of this hypothesis comes from a phenomenon called “quantum entanglement”. Quantum entanglement occurs when particles such as photons or protons interact physically and then become separated; after this interaction, it is proven that they obtain the same information and properties. As a consequence, the nucleons created during the Big Bang and which still exist, can provide us with information on the creation of our universe.

If our body actually consists from the same matter, this means that we hide inside us, the answer that applies to the most important question of all: Where do we come from, where are we going to and what is the fabric that we are made of. Stars? Maybe. But we shall never stop exploring what is beyond our knowledge, our mind, or even our abilities. Human curiosity has proven to be a way of surviving. It is our duty to preserve the results of this trait and develop them, in order to enhance our possibilities to expand into the outer space. And as Stephen Hawking said: “I don't think the human race will survive the next thousand years, unless we spread into space. There are too many accidents that can befall life on a single planet. But I'm an optimist. We will reach out to the stars”.



Even a simple Saturday night out...
What would it be without a whole lot of options
regarding the movie you're about to watch?

Athina Firtinidou, A Lykeio

Options

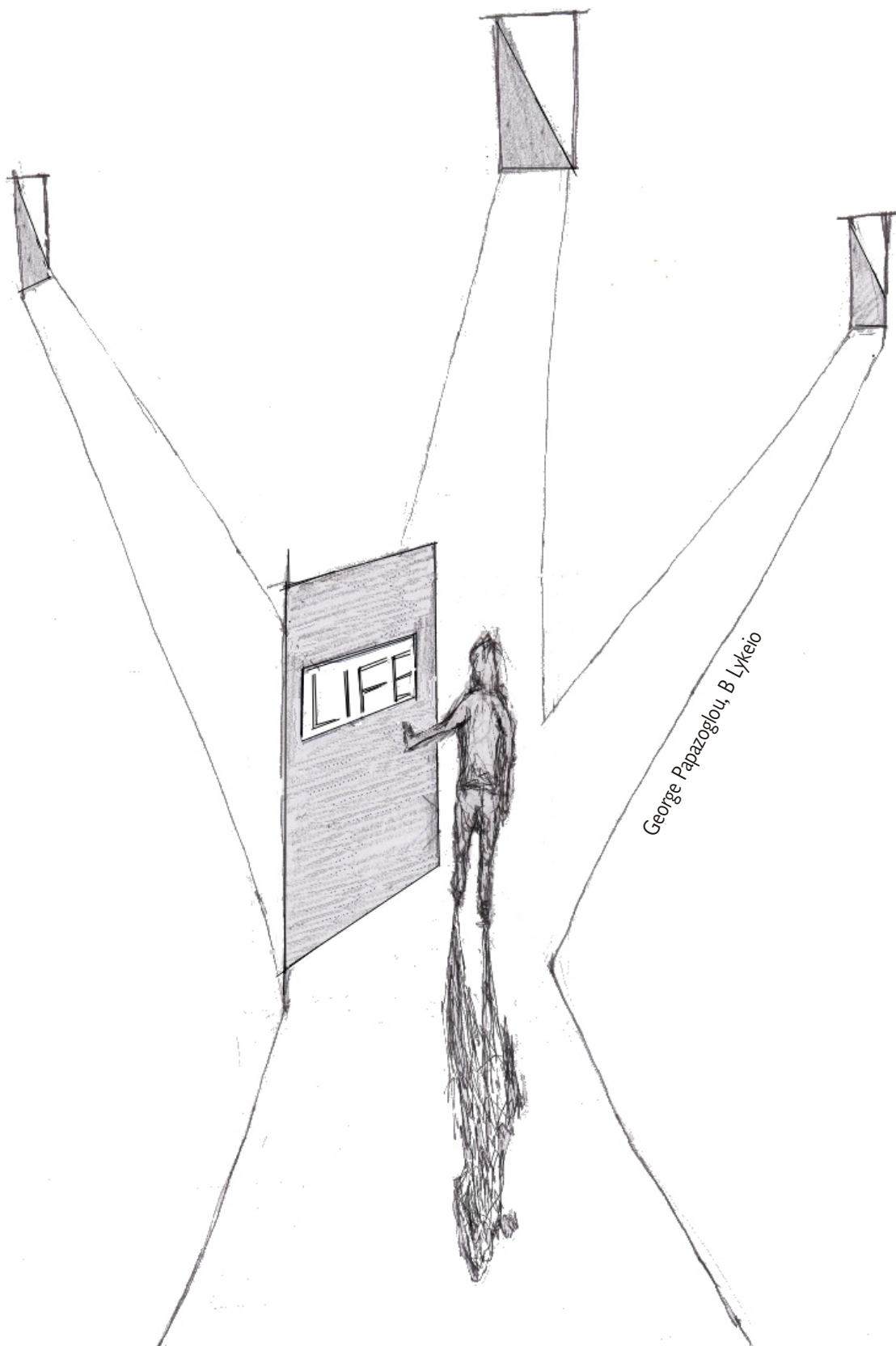
You are placed in front of a huge buffet of candy. All the candy you can imagine! Let it be chocolate, lollipops, marshmallows, nougats, ice cream, fudge, cakes, toffee, jelly beans or caramels, it is all there... And just when you're about to try a little bit of everything someone stops you and tells you that of all the options you have right there, in front of you, you can only choose one... Would you prefer this scenario or another one where you would be offered only two kinds of candy, from which, again, you would have to choose only one?

Options today are an unavoidable, everyday part of our lives, existing in all the small, trivial aspects of our daily routine. From what to put on at school to choices regarding our future, options are everywhere... Since they are no longer inescapable, options have an immediate impact on each and every one of us. The question however is whether they make us more or less happy...

Undeniably, options benefit us in various aspects of our lives. As a completely random example (and I want you to believe me here) look at chocolate! Can you imagine a world with only a single kind of chocolate? No strawberry, no almonds, no mousse! No, because then we wouldn't be able to find the one we truly liked! And that's the point of options; trying different things until you find the one that suits you. Moreover, having a large number of options means having a large number of choices, ergo a large number of opportunities. As far as important decisions are concerned a variety of options can help us select the most suitable one, which will, indeed, make us happier. We live in a society based on information and technology. Being able to receive knowledge from an abundance of sources can help us get a full perspective of what's going on in the world. And even a simple Saturday night out... What would it be without a whole lot of options regarding the movie you're about to watch?

It is however only logical to assume that an over-abundance of options might cause a great deal of "unsatisfied feeling" to someone. Even if we find what we are looking for, we are never completely certain that we have explored all the options. Imagine you are at the store buying a new cell-phone. BANG! You see the one that will possibly cover all your needs, but when you get home, you start thinking that maybe another one might have been a little better, or that the silver one had a higher resolution camera or, or, or... An important parameter on whether options make us happy or not, is time. When having a lot to choose from and a very narrow margin of time to choose in, you will notice that you are anything but happy...

At the end of the day, options do not solely make us happy or not. It's not always about the choices but most of the times, it's about the person, about the character and one's perspective of things... Because, all things considered, whether you want all the candy or just two pieces, it's up to you. The important thing is, that you are actually getting candy at all!



George Papazoglou, B Lykeio

Thankful

Panagiotis Siozos Drosos, C Lykeio

I was in the eighth grade, just thirteen years old; I was mature enough to understand the meaning of loss, but not enough to be able to bear it. Even though standing close to my mother, I felt so isolated and alone.

There she was, lying before me in her favourite dark-blue suit. Now, surrounded by her beloved husband, children and grand-children, instead of the wires and machines that kept her alive all these weeks - if one could call that state "alive" - she seemed almost happy that her torture, and ours, had finally ended. No one had expected this outcome, not even the doctors who'd said it was "a routine procedure".

I will never forget that very hot August morning when they told me my grandmother had just passed away. All of a sudden, every moment that we had spent together was so vividly projected in my mind, that I was shocked by my overwhelming emotions of mourning and despair. She was gone. I kept repeating this in my head but still could not grasp it. She was gone....why? I was devastated. It felt as if part of my heart had been extracted and this emptiness could never be filled. It was unbearable to think that I would never see her kind face again or listen to her magnificent singing while she was washing the dishes or tasting the delicious cookies she made only for me. Yes, I loved her so much and she loved me, too.

She taught me that life is a perpetual course of effort and sacrifice and I should never give up on difficulties that seem insurmountable

I can recall many invaluable personal moments. She used to tell me a story about a girl who did not have a chance to go to school but managed to raise three children and run a local business. This story was a lesson on the courage and efforts needed to surmount difficulties. Although she never admitted it, I knew it was her own story, her own life experiences. She had been an example of courage, affection, and self-sacrifice. She spent most of her life working long hours to cater for her family's needs. I loved her with all my heart and soul; her presence was everything for me. She visited us almost every day, coming for coffee, bringing news from the church or the neighborhood. I think her most appealing character-trait was her chattiness, in addition to her kind face.

Now time has passed and I have come to process things in more depth, I can say it was for the better this way. She had been suffering for three months in the Emergency Room at the hospital, sedated, motionless. This experience taught me many things that have affected my perception of life and thus my everyday behavior. I exploit every day to the full, appreciating and being thankful for what I have. I strive for things and fight to keep

what I have. I have realized that I need to adapt to changes, even the unpleasant ones.

Certainly, the loss of my grandmother had a catalytic effect on me, making me stronger and determined to achieve my every life-goal. She taught me that life is a perpetual course of effort and sacrifice and I should never give up when difficulties seem insurmountable. I also learned that it is important to focus on the positive, but also wise not to disregard the negative and often the disturbing. This incident also taught me to appreciate the value of life, which nowadays, is taken too much for granted. Since then I have tried to become better and make my best efforts to accomplish two invaluable goals: success and spiritual salvation. In any case, I realize that the future ahead of me is mine to utilize wisely and to grasp any opportunity offered to me.

In my relations with my friends, my attitude has utterly changed: I have now learned to appreciate the good in people. I am more tolerant and appreciative, applauding them for their achievements and advising them on their problems. After all, they're friends of mine and, also, no one is and will ever be perfect. Except for my grandmother.



One day...

Eva Kanonidou, A Lykeio

I miss you,
I miss your smile,
I miss your laugh,
I miss the moments that we had.

I shed a tear
Every time I think of you.

I want to see your face,
I want to see your eyes,
I want a hug from you,
I want a kiss,
I want to hear you
Calling me your prince.

But now that you are gone,
Everything has changed,
But ... somehow you're here.

I can feel your touch,
I can hear you laugh,
I hope you can see me,
I hope you can hear me.

Every time it rains
I feel your presence.
And I can hear you saying
"Don't worry,
Don't cry,
Don't be sorry
I will be next to you like an angel
to protect you".

And then
I look at the stars and I say:
"I'll come to you one day"

LIVE WHILE YOU ARE ALIVE!

*Life and Death; two words inseparably linked,
the one giving value and meaning to the other.
We think so much about “the after” that we forget to live “the now”.*

Rallou Taratori, C Lykeio

This made me passionate about wanting to study the mystery of the physical and mental, life and death. Kazantzakis' book, *Zorba the Greek*, influenced me and helped me view life from a more promising perspective and made me understand that the circle of life is a natural phenomenon to be approached, not with fear but with respect and understanding.

Kazantzakis pragmatism is admirable, as he doesn't try to embellish reality, but tries to give answers to the simplest questions. Through the unexpected deaths and cruel murders of people close to his main hero, Zorba, he underlines that men are beings, subject to biological imperatives. Death itself is an unavoidable human condition and negating a meaningful telos or conclusion of life questions the meaning of life itself. ***With death looming in the future, life may seem absurd and meaningless, but also the opportunity to shape our destiny.*** The vulnerability of man made me passionate about achieving my potential, following what I truly love. Zorbas dares to take risks, and even though he doesn't particularly care about what he will leave behind, through his whole life-journey we see that he who dares to act can achieve his highest goals. Zorbas helped me take my focus away from the “end” and see that what really matters is the journey! Therefore I dare to dream, to act, to live!

From Zorba's conversations I realized man never dies as a spiritual entity. Our thoughts and actions establish our spirituality. Zorba's basic characteristics are pride and existential freedom, and a belief that man should constantly try to improve the world. He should listen to his heart, his conscience. He should eliminate prejudice and injustice. He finally needs to keep pushing boundaries and observe an ethical code. So, I am determined to achieve my goals only if they are compatible with my moral obligations.

Nothing is to be taken for granted, as our life is a constant struggle between the good and bad, the greatest obstacle we have to overcome is ourselves. Finally we have three options: to become better, to become worse, or to passively stay the same
My aspiration is to become better, reach my goals and deal calmly and philosophically with the challenges ahead.

TO REMEMBER Me

Athina Firtinidou, Maria Theohari, A Lykeio

- - Mom? Mommy?
- - Who is it? You... you remind me of someone...
- - It's me mom, me... Your daughter...

DON'T FORGET

My mother suffered from Alzheimer's. For six years I'd watched her fade away gradually, to the point where she didn't remember anything or anyone; not even me...

It was when I entered medical school that I realized the true nature of her disease. It was not just memory loss or getting lost on the way to the park, it was much more. It messed with her brain, it messed with everything.

So I decided to participate in a class regarding brain disorders and forms of dementia. As the book clearly stated, "Alzheimer's disease is the most common form of dementia. In the early stage, the most common symptom is difficulty in remembering recent events. As the disease advances, symptoms can include confusion, irritability and aggression, mood swings, trouble with language and long-term memory loss. As the sufferer declines, they often withdraw from family and society. Gradually, bodily functions are lost, ultimately leading to death."

Suddenly, my heart started beating harder and faster as I noticed the similarity to my mother's condition. In an instant, I could see how the next eight to ten years of our lives would be in detail. However, I picked the book up again and continued reading.

"As of 2012, more than 1000 clinical trials have been or are being conducted to find ways to treat the disease, but it is unknown if any of the tested treatments will work. Mental stimulation, exercise, and a balanced diet have been suggested as possible ways to delay symptoms in healthy older individuals, but they have not been proven as effective".

So, there didn't seem to be a solution at least not for the next ten years. Now, all we can do is to hope for a miracle.

As do most Alzheimer's patients in the beginning, my mother started forgetting things that you and I take for granted, like the time, the date and the people around her. She kept getting lost on the way to the post office or she would try to call up friends she never had or people to whom she hadn't talked in years. Of course, someone had to be with her at all times and naturally, that someone was me. And she got worse and worse and worse... Eventually, the wonderful person that had raised me so caringly for all those years now turned into someone I didn't recognize-a stranger in her own body. I was tired, exhausted and at the same time terrified to watch her suffering day after day, month after month, year after year...

Science taught me that my mother would not be cured. Science didn't teach me that miracles do happen. Deep in my mind, I knew that was the cold, simple truth. I knew that. But she, she didn't.

- Honey, is that you?
- Yes mom it's me... How did you...
- I'm sick, aren't I? How bad are things? How bad am I?
- Everything will be okay mom, don't worry. Everything will be okay...

"Lele mou" "my child"

*In that phrase was my heritage,
my community and my early childhood.*

Zafiro Hiliada, C Lykeio

Words are not only vehicles of communication but they hold a sweet memory of everything ever said or done. Where I come from, AsiaMinor, there was a mixture of peoples and languages, Greeks and Slavs primarily. My fondest childhood memories are filled with that mixture of language with its weird idioms that Greeks of my grandparents' age threw in among their Greek.

I had forgotten all about this. As all people my age I was too caught up in studying and meeting friends to think of such remnants of the past. The future was all that mattered.

My grandfather had a stroke which left him disoriented and apparently with very little recollection of who he was or who we were. I remember the last time I visited him in hospital. Before I went in, my grandmother warned me that he wouldn't recognize me; maybe, if I was lucky, he would acknowledge my presence. So I went in with my heart in my mouth and sat next to my dear grandfather, holding his hand in mine. After about 15 minutes of incoherent babble he turned to me and looked me in the eye. That's when my little miracle happened : he said two words: 'Lele mou'! That is an idiom in my homeland meaning 'my child'. It was what he always used to call me when I was younger.

These two words that escaped from the foggiest in his mind were a complete miracle for me. 'Lele mou.' 'My child.' In that phrase was my heritage, my community and my early childhood. In that phrase was my miraculous grandfather. Intact. Forever.

One word can mean the world



Erato Fessatidou, C Gymnasio

In general terms, volunteering is the practice of people working on behalf of others for a particular cause without payment for their time and services. Volunteering is generally considered an altruistic activity, intended to promote good or improve man's quality of life, but people also volunteer to develop their own skills, to meet others, to make contacts for possible employment, to have fun, and for a variety of other reasons that could be considered self-serving. Volunteering takes many forms and it's performed by a wide range of people. The idea of starting any kind of volunteering action makes you think of the pleasure you would feel as soon as you knew that you did something good, or you helped someone, or you gave something that would be considered precious for someone's life. But volunteering would lose all of its sense if someone did it only for fame or to improve his CV. Luckily in Greece, there

are many causes supported by volunteers. First of all, all the big international organizations are represented in Greece such as:

W.W.F, Action Aid, Medecins sans Frontieres (MSF), Red Cross, YMCA, Scouts etc.

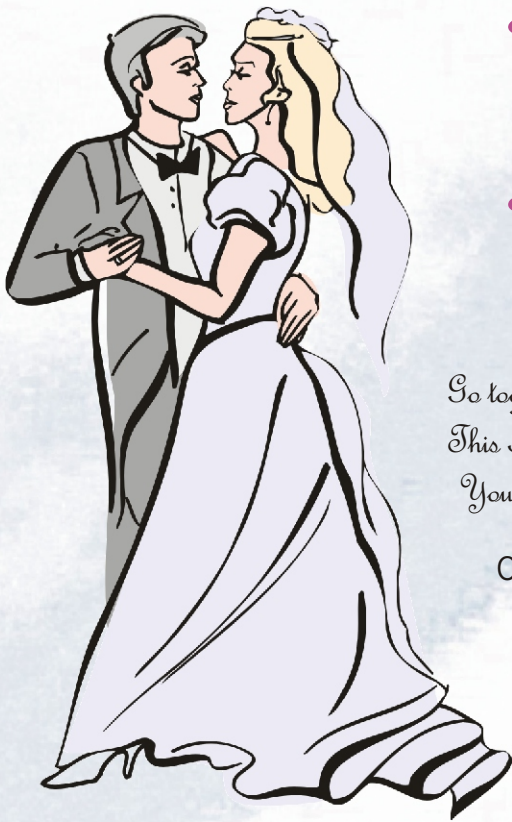


It is my third year in the volunteering club of our school. I belong to a choir that visits children that have special needs. It was suggested that the members of our family join and my sisters were the first ones that tried and of course, they enjoyed it very much and they started attending the group frequently. I was sure that

there would come the time when they would ask me to take part too, and so it came! At first I wasn't sure, I was afraid of not knowing what to do and how to talk to and treat those children. But one day, after seeing my sisters having so much fun and the choir being made up of so many other volunteers, I decided that I had to try it too. So I did, and even though the first rehearsal was a traumatic experience for me because I was very anxious the whole time, at the end I enjoyed it a lot. I soon knew that I was doing something I like, which was singing in my case, while I was helping special children to do it as well. I felt great and proud of myself! As I said before, just the thought of making one person happy by helping him and also enjoying it yourself too, is what makes you want to be a volunteer!

The only problem is though, that many people misjudge the word "help" and treat people with special needs much differently than they would treat other people without them. That's the point of volunteerism - what we do not want is to treat people like that, because of the fact that they face some problems. If you do that you're basically not doing anything because first of all you show them that they're not normal and MUST be treated differently from others, which is definitely not true, and secondly you won't get the right feeling of success and as a result you won't enjoy it at all.

To sum up, volunteering gives you an opportunity to change lives, including your own. If you're feeling frustrated or overwhelmed by the news of a disaster, volunteering to help can be a great way to act. However, if you'd like to support a cause but can't afford to donate money, you can donate your time instead. I would advise willing people to get involved with at least one volunteer action. Not only to help people in need, which is the main point, but also to improve themselves, have fun and make new friends. SO, DON'T WASTE ANY MORE TIME, TRY IT YOURSELF!



Love and marriage Love and marriage

Aliki Karkala, C Gymnasio

*Go together like horse and carriage
This I tell ya, brother
You can't have one without the other!*

Once upon a time, a long long time ago, there was a beautiful girl and a handsome young boy, who fell in love with each other. Time flew marvelously and they were incredibly happy,
When one day... they got married.
"Love and marriage, do they really go together?"

Commitment is an integral but also a terribly stupid part of world history and for some completely unexplained and obscure reason it has been preserved through the ages of mankind. Essential for the perpetuation of the species, commitment between male and female rightly exists. But, I'm not talking about absolute commitment. During mating season, every animal chooses the appropriate companion to reproduce. And I refer to EVERY mating season, which means a different partner every time. This allows for diversity in births. But, one fine morning, the human race (or rather the female of the human species) decided for some obviously ridiculous reason to take "the next step" in social relationships (which means they did not want to share their partner). That's how humans invented the stupid, horrible institution called marriage.

Marriage is not necessarily related with love and love doesn't necessarily lead to marriage. The two of them often do not coexist. Many times, criteria for a good marriage are economic or social interests, a fact that occurred very often in the past, when marriage was a result of a good agreement between families with common interests. However, some weddings made with the sole motivation of love (and usually against the parents' expectations) led even to bloody conflicts, suicide of the newlyweds, and so on. Famous couples of human history and literature that broke the rules and opposed to their families are living examples of the fact.

Firstly and most importantly, maybe the most famous and talked about couple that resisted the establishment and almost managed to be with each other, is Romeo and Juliet. The homonymous play is one of the most famous works by William Shakespeare. The lovers are caught between two worlds, as their families feud to death.

*"O Romeo, Romeo! wherefore art thou Romeo?
Deny thy father and refuse thy name.
Or if thou wilt not, be but sworn my love
And I'll no longer be a Capulet."*



Well, this particular passage from the play in conjunction with the tragic deaths of the two young, triumphantly proves the devastating consequences of an illogical marriage.

Another famous and unforgettable couple of human history is King Henry VIII of England and his lover and later wife Anne Boleyn. His desire for Anne increased his efforts to secure an annulment from his marriage to Catherine of Aragon, his first wife. Furthermore, Henry, initially had an affair with Anne's sister, Mary, with whom he fathered a child. Although before their marriage life was quite wonderful as writings prove, later, she was imprisoned by him in the tower of London and after that beheaded.

Also, Elizabeth Taylor and Richard Burton's love affair was one of the most famous and scandalous- of the twentieth century. "Fallen stars" Richard and Elizabeth both relied on alcohol to cope with pressures during their marriage. Eventually they were divorced, twice. Furthermore, the moving but tragic love story of Heidi Klum and Seal Samuel. Their union was believed to be one of the strongest in show business reinforced by regular public declarations of love and an annual lavish ceremony to renew their wedding vows.

Well, stories are all finished with the wedding of the couple and the classic phrase "...and they lived happily ever after." But how happy is that "happily" exactly? Why don't stories describe the life of the couple after getting married? According to modern data, this is absolutely understandable and acceptable.

Usually, after getting married, couples complacently rely on a state of taking the other one for granted and all sorts of dark sides of themselves start to emerge, and the best example: the nightmare of "the smelly socks". Oh! And another one: "Look at the neighbour's garden, such a nice lawn, magnificent, not like ours...". Some other things that wouldn't have occurred before marriage like the feet mysteriously start appearing on the sitting room coffee table or the "finally a dinner like my mothers!". But, maybe the worst of them all, is "woman and The Phantom of the opera" two inherent concepts. (I mean the beauty mask and the homonymous play). Last but not least, the changes between famous phrases containing "no" before and after marriage: "no, you hung up first" / "no, it's your turn to take the garbage"!

All the above statements prove that:

Love and marriage

Love and marriage

Is an institute you must disparage

This I tell ya, brother

You can have one without the other!

My Big Female Family



Erato Fesatidou, C Gymnasio

As George Bernard Shaw once said... "A happy family is but an earlier heaven"... well, in our heaven we're a little bit crowded! Don't get me wrong, I love growing up in a big family but now and again things do not always run so smoothly. It's not only that you can't find a spare place to hang up your coat if you arrive home late and it's not only that you have to wait your turn for almost everything in the house or even for unfortunate incidents like last week, when after finishing my piano lesson, I had to get a taxi home after waiting for two hours, because my ever-busy mother forgot I was there!!!! But -I must admit-it was a one-off.

Still, I do not really blame her, who could? With five children, work and a household to run, I think she does a great job for someone without super powers! Excuse me for not introducing myself, I am Erato Fesatidou and I also forgot to mention that my four other siblings, are also girls, with my eldest sister being eighteen and my youngest only one and a half year(s) old. There is of course my father who is the one and only man of the household, but life is not always easy for a man in a house full of women, is it? The most funny and weird things indicating how a family like this operates are revealed everyday even by the simplest facts. What I mean, is that my dad has to deal with the most girly stuff you could possibly

imagine. First of all, when we go to the super market certain things **MUST BE** and always **ARE** purchased. As for our bathroom, it carries a better selection of toiletries than Hondos Center with six different kinds of shampoos (for long hair, short hair, blonde hair, curly hair, and no tears formula) plus the six conditioners, endless masks and a whole range of bath foams, add to this 6 different sponges each one a different color so we don't get mixed up!

Furthermore, I believe that the most annoying thing is when one has to go on a diet, and when I say one I'm mean one of my sisters of course. When you grow up in a big family you learn that you have to follow your siblings in whatever they do, no matter if you like it or not, so in this case when one has to go on a diet everyone has to follow. Basically, our cupboard and fridge are filled with diet crackers, diet cereal, low-fat milk, low-fat yoghurts, diet sodas and loads of fruit and vegetables, but most importantly chocolates, biscuits, croissants, and anything else that is tasty are strictly forbidden. I must say it is quite annoying for my father, when he returns home after a long day and fancies for something tasty to snack on but ends up having to do with yoghurt or cereals!!!!

Another everyday problem has to do with the TV. It goes like this. Only cartoons, children's programmes, music, fashion and gossip shows are allowed. Anything

like documentaries, the news, National Geographic and so on are only ever seen on our TV after eleven p.m when it is finally free for my father to watch, since we have all gone to bed. Also, since my sisters and I do not really read newspapers, the only printed media in our house consists of stacks of magazines. Magazines on babies, music, decoration, furniture, 'cuisine' and of course fashion! So, if my dad wants to spend his leisure time reading something interesting, I'm not so sure if he would find anything suitable!

In my opinion, I think that the best and the funniest moments in this family are on trips. It's a logistical nightmare! We end up taking 5 different suitcases. Two are needed for me and my three sisters, one more for my mother's and the baby's stuff one for the shoes and the tiny one for my dad who always lets my mother pack it for him, which is something not so difficult to do since he only takes one pair of jeans and a couple of sweaters. While WE have almost half of our wardrobes with us and the excuse for this is always "just in case"! The best part of all this adventure is that our family always sticks together, and by that I mean that if for example my older sister has to study or the baby is sick, no matter what the trip's purpose was we don't go, because as I said before we always stick together!

Speaking of being together, the period when our family feels closest and strongest is at Christmas and Easter. I just love the festive family gatherings because our numbers swell to 11 women and still, just one man, my one and only father! When I say 11 I'm referring to me and my sisters, my mother, my two grandmothers and my aunt (my father's sister) who also happens to have 2 girls, my cousins. The dining room table is always beautifully set with my dad always sitting at the head and always having the time of his life!!!! Most of the time when I talk about these celebrations to someone, I hear the same old comment "YOUR POOR FATHER" or even "HOW DOES YOUR FATHER DEAL WITH THAT"? And it's something that really strikes me as odd because I've never asked my dad how he really deals with this.

When I managed to find the time to have a quick chat with him in order to understand if he does feel unlucky, I felt so happy and relieved.... He started telling me that when he was young he always dreamt about having a big family but never imagined that he

would have 5 children and that all of them would be girls. He told me that he never felt unlucky and he considers himself the luckiest man in the world (which is something I also believe). My father is really satisfied when he watches us happy with our lives, doing well in everything, and being thankful for what we have. He tries to offer the best he can, shares with us opinions and thoughts and supports us to follow our dreams. What surprised me the most was when he told me that when he attends a formal event and escorts his whole family he feels like a KING with all his princesses.

Being a part of such a big female family, despite its ups and downs, teaches you many things. Most importantly, you know that if you get yourself into a pickle you won't have the support of ONE, but you will be willingly listened to and comforted by SIX different people. Personally, I hate the fights with my older sisters about clothes and I get so annoyed when my younger sisters invade my personal space, but when I really need them I completely forget about the arguments and the bad times we've had and so do they. As Amy Li a well known writer said "Having a sister is like having a best friend you can't get rid of. You know whatever you do, she'll still be there". For all the above (reasons) I really love my big female family, I'm so proud of being a member of it and last but not least I'm also proud of my one and only DAD, who is the father, the coach, the victim and the MALE of his own 6 FEMALES!



HONOR & REPUTATION

Androniki Vasiliou, A Lykeio

Being honoured to live in an emotional world, we humans live in two dimensions, the 'inner' and the 'outer' ; with 'ourselves' and with the 'others'. It is reputation by which other people know you and it is honor by which you know yourself. Therefore, what we reveal might be a real depiction of our experiences, thoughts and feelings or it might be a fake and deceptive fabrication of affectation and hypocrisy. But can you imagine your life without the second aspect? The one where you present a disguise? Probably, it is much better not to know one's real personality; it could prove a harsh experience. All these philosophical thoughts started running through my head when I changed school this year and met new people, but in my case there was one person who 'inspired' me as I was preparing this speech.

I am pretty sure that there are many people in here who have at some stage been newcomers to a different school environment and it is possible that a few of you may have experienced my story. The first days at my new school were utterly horrifying. However, some people came up to me and introduced themselves. One of them was Maria, a very pretty and sweet young thing; as she seemed at that time. I must confess that she was extremely friendly to me and she took me under her wing. I felt that I eventually had a friend to spend time with during the breaks and to whom I could talk. By introducing me to her circle of friends, she played a very important role in my socialization and for this I am truly thankful. Everything seemed so perfect and after a couple of months we became best friends. At that time I wasn't at all suspicious about my friend's real personality, her 'absolute honor'; she played her role very well her reputation pristine clear and I still lived in my happy world.

As a new student to the school, I was trying hard to keep up my grades and did my best to make a good impression on my new teachers. Everything was going smoothly until one day Maria came up to me in tears, terribly upset. There was a project that our history teacher set us and because Maria hadn't been doing very well in History, the teacher had told her that it was her last chance to improve her grades. I would have done anything to help her so when she asked me to borrow my project to get some 'ideas', I immediately agreed without a second thought. You see, I trusted her one hundred percent and at that time I felt pleased with myself that I had been able to help my best friend. She actually managed to write her project before the deadline and gave it in to the teacher before I did.



*A PERSON'S HONOR IS LIKE
A SCRAMBLED PUZZLE;
FEELINGS AND THOUGHTS
ARE HIDDEN SO WELL
IN SUCH A CONFUSING WEB,
JUST LIKE THE PIECES OF A PUZZLE.*

A few days later came the big surprise, maybe the biggest of my life. I was called into the teachers' office to explain why I had copied Maria's project! I was so shocked that I couldn't utter a word. I had feelings of disappointment, anger and disgust. I took the blame and ran out to find Maria. However, we never actually talked because when she realised that I knew what she had done, she smartly enough avoided me. Since then we haven't exchanged a single word. This 'friendship' left me with a bittersweet taste. I became more careful with people and that was the reason why I started thinking about whether people actually do have honor or not.

Maria had a very good reputation nearly perfect. She seemed to have a lovely character and made me trust her. I really loved her and would have done anything for her, and I did, as it actually turned out. But I was so wrong in my judgment of her. People are not what they seem. Reputation is not one's depiction of their 'inner' world. When I take a step back and recall what happened with my 'honest friend', I truly now prefer not to have known who she really was. A person's honor is like a scrambled puzzle; Feelings and thoughts are hidden so well in such a confusing web, just like the pieces of a puzzle. We humans need to hear lies. None of us in here truly wishes to know what's going on in another person's mind. It is better to live in a world where everybody wears a fine disguise. The truth is harsh! We would be so miserable if we knew the real facts, the feelings and thoughts of our fellow men. Just imagine the person sitting next to you wanting to see you unhappy by gossiping about you behind your back. Do you really want to know what is going through his mind? Are you strong enough to cope with such an idea? Why put yourself through all that pain?

Although I misjudged Maria and the experience cost me dearly, thanks to her I changed my way of thinking. I became less vulnerable to people. Hypocrisy may shape fake personalities but it keeps us away from the harsh truth. And I, for one, would prefer not to know the truth what about you?

THE MAN WITH THE MASK

Maria Louga, A Lykeio

Have you ever wondered if you really know who you are? Can we ever be sure that we know ourselves? What we are capable of? What our faults are? For a lot of us, the answer to these questions would be “yes”. But let's be honest; it is not that simple. Nowadays, we choose to be the men with the masks; people ignorant of who they are or people with the knowledge to understand that they should, for a variety of reasons, hide their true identity, wear a mask and thus be transformed into a completely new person. Lost in a world where hypocrisy thrives and benefits of any kind have replaced values we all-consciously or not- play a role. Everyday we are pretending to be someone else. Someone that would be admired and not rejected. Someone that can easily cope, without having to face difficulties, with the world and its demands. Someone who is simply not the real us.

No matter what our talent or our interests may be, we oppress ourselves so as to become accepted by a world that cannot accept its people for what they really are.

But life is not a play and we are certainly not actors in role. We are living beings capable of making our wrong, that will make our life unique and life is as unique as his character.

We have to realize though someone else

any theater. We are not made to play a own decisions, either right or special. Because everyone's

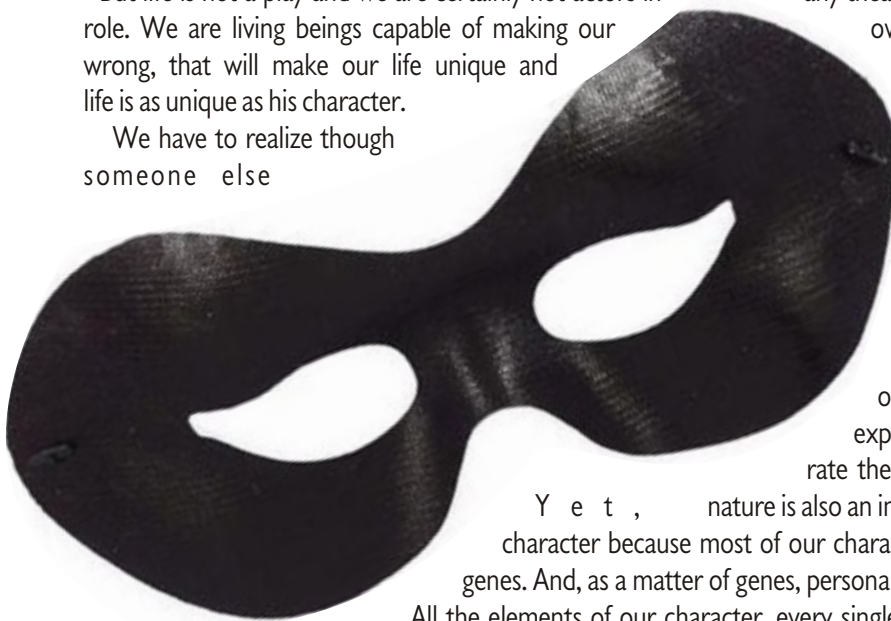
that pretending to be does not and cannot change who we really are. Knowing or not who you are, it is a fact that cannot be altered. It is believed that nurture is mostly to blame for our characteristics, since our experiences influence at a great rate the formation of our personality.

Yet, nature is also an important factor that affects our character because most of our characteristics are attributed to our genes. And, as a matter of genes, personality cannot be altered for good.

All the elements of our character, every single aspect of our personality we may have never imagined will still be there. So what we actually do is to deceive ourselves, not to change them.

The problem though does not lie with our acceptance or not of the fact that we deceive ourselves pretending to be someone else but with the reasons for this deceit. Why are we afraid to discover ourselves and reveal them to the world? Who are we changing-or at least trying to change for?

It is, of course, the world, society that pushes us in this direction. A society which is believed to be modern and open-minded, with leaders who are supposed to promote and encourage diversity but clearly fail. As it is easier for the governments and the media to control people with the same beliefs, they inflict -in any possible way- uniformity on us, knocking down our individuality and creating the so-called masses.



Mostly, they achieve their goal which is to instill into the people the need to become part of the masses because simply it is the only way to gain society's acceptance. Once this is accomplished, we are all engaged in a procedure of trying to become the person they are looking for, in order to fit in with society's demands and become accepted and admired. We are changing ourselves and our personalities only because we are victims of this propaganda.



Despite this situation though, we all know deep inside that this is our biggest fault; let the others and their beliefs change us, our characters, our behaviors and consequently our whole lives. Everyone has thought about this but still the situation remains the same. And this is the root of the problem; our inactivity, our pathetic acceptance of this unfair world. Everyone thinks it is impossible to stand against the world. Yet, nothing is impossible if we do not regard it this way. It is high time we all made a change in our own, special way. It will not be necessarily a fight with society and its ethics but the everyday fight within us to pull off the mask we are used to wearing, which is the biggest and the strongest revolution.

Let's think of Albert Einstein for example. He was believed to have had early speech difficulties and so he was rejected from society, since at that time, any disability rendered a person useless. Although he lived and felt society's discrimination against him, he was not afraid of discovering himself and his potentials, pulling off the mask he had worn until then and revealing himself to the world. What Einstein did is what we all should do; because, just like he had the courage to expose all his faults to the world, so should we. Why hide behind a mask? Let each and every one of us be original and different. There is no need to cover our defects or faults.

Why hide behind a mask?

Let each and every one of us be original and different.

There is no need to cover our defects or faults.

First of all, we have to discover who we really are, in spite of what we show others. However, this is not going to happen in one single day. We need time to realize that inside us might be someone who we have never imagined could be a part of us. Once we familiarize ourselves with this fact, we will start to learn the other aspect of our personality. We have to remember what Cummings said "to be nobody but yourself in a world which is doing its best, night and day, to make you everybody else means to fight the hardest battle which any human being can fight; and never stop fighting". So yes, it will be a difficult fight and a long procedure, in which self-denial and doubting will dominate, but those who manage to get through this, will see that the result will be worth it. Even if the situation continues to exist as it is right now, the pleasure of being closer to the truth would be worth the struggle. And when you will have reached this point, you will have done what seemed to be impossible; you will have stood up against hypocrisy and its world.

So, it is evident that there is a solution to the problem that seems insolvable. It depends only on everyone's choice now on which side he will be; with the problem or with the solution. It is up to you whether you take control over your life or you just go with the flow. But you always have to remember what Steve Jobs said and unfortunately proved; that "your time is limited, so don't waste it living someone else's life". So, will you continue to waste your life being the man with the mask, who thinks that wearing a mask can hide his true identity and transform him into another person, or you will be the one to pull the mask away and live in the real world?

Is social networking a threat?

Kyveli Mavromati & George Lales, A Lykeio



Social networking sites have become a subject of hot debate. Due to their proliferation, people are exposed more and more to such sites. Besides, the majority of people have an active account on one site at least, like Facebook, Twitter, MySpace and the like. They spend a lot of time online, thus it is reasonable that it affects them in both positive and negative ways. So, to what extent do social networking sites influence real human communication? Do they actually make people more sociable or not?



On the one hand, it is claimed that social networking sites improve communication between people. Users can easily find old or lost friends that may live in other cities or even in other countries. For example, we had a friend who had emigrated many years ago to China and we recently found him on Facebook. Had it not been for these social networking sites, we wouldn't have found our lost friend. Furthermore, users can make new friendships according to their interests and they can even video chat online. Consequently, on these grounds we can say that these sites can eliminate distances and can work positively in making people more sociable.



On the other hand, this kind of communication is impersonal and almost an illusion. What a user really does is to type some words onto a screen. The real face-to-face communication where you can see, touch and feel the person, talking to you, doesn't exist. What people see, is a virtual 2D object, some words and, sometimes, some "emoticons", nothing else. The people that chat cannot see each other's reactions or facial expressions. According to specialists, social networking sites may provide people with a false sense of connection that ultimately increases loneliness in people who feel alone, thus they do not really turn into sociable human beings.

Moreover, addiction rates have risen dramatically in recent years. According to research conducted at Stanford University, one in eight Americans suffer from "Internet addiction". These numbers are higher in some Asian countries especially among teenagers. When somebody spends all their time on Facebook, for instance, they neglect their life off the screen. Due to their addiction, they are not even capable of logging out. They dedicate all their time to posting photos, writing on people's walls and chatting with "online" friends, while they don't care about their life offline and their friends in the real, non-virtual world. As a result, their sociability decreases and they become more isolated.

Furthermore, the phenomenon of cyber-bullying has become a very real problem since social networking sites have become popular. Online, anyone can post anything insulting about anybody else without considering the repercussions of their acts, or because they want to hurt other people. This can lead to severe psychological problems for the person being bullied. Victims are likely to be more intimidated, angry, scared and depressed. As a consequence, they tend to avoid friends and activities, therefore becoming anti-social.



All in all everybody would agree that social-networking does influence real human communication. Individuals should spend some time on chatting on-line; however, they shouldn't overuse or abuse such sites. We could say that the time that somebody devotes to these sites depends on the person. So, people should find the positive value and meaning of social networking and use it in this way. For this reason, only setting personal limits will improve communication and social interaction.

Is plastic surgery the right choice?



Stella Karatziani, A Lykeio

When you hear of plastic surgery what do you think of? A Hollywood star trying to delay the effects of aging? Somebody's cute "new" nose that cost quite a few months' salaries? People who want to change the size of their stomachs, breasts, or other parts of their appearance because they see it done so easily on TV?

Those are common images of plastic surgery, but what about the 4-year-old boy who had his chin rebuilt after a dog bit him? Or the young woman who had the birthmark on her forehead lightened with laser?

First of all, what is plastic surgery?

Plastic surgery is a special type of surgery that involves both a person's appearance and his or her ability to function. Plastic surgeons strive to improve patients' appearance, self-image, and confidence through both reconstructive and cosmetic procedures.

* Reconstructive procedures correct defects of the face or body. These include physical birth defects like cleft lips and palates and ear deformities, trauma injuries like those from dog bites or burns, or the aftermath of disease treatments like rebuilding a woman's breast after surgery for breast cancer.

* Cosmetic (also called aesthetic) procedures alter a part of the body that the person is not satisfied with. Common cosmetic procedures include making the breasts larger (breast augmentation) or smaller (breast reduction), reshaping the nose (rhinoplasty), and removing pockets of fat from specific spots on the body (liposuction). Some cosmetic procedures aren't even surgical in the way that most people think of surgery - that is, cutting and stitching. For example, the use of special lasers to remove unwanted hair, injections or sanding skin to improve severe scarring are two such treatments.

Is plastic surgery the right choice?

Reconstructive surgery helps repair significant defects or problems. So, "why not?" But what about having cosmetic surgery just to change your appearance? Why should you change your natural outlook?

Cosmetic surgery has increased dramatically in popularity over the past 10 years. With this increase in popularity, attitudes have changed as well. Fewer people are growing older gracefully, while more and more are accepting the cosmetic surgery alternative. Like nearly all fields, cosmetic surgery has undergone significant technological and conceptual changes in recent years. The conceptual changes have altered the approaches to facial aging, especially as they relate to the forehead, eyelids and lower face. Technological changes include the increasing use of the laser for facial cosmetic surgery, and

minimally invasive techniques for face, breast and body contouring surgery. Finally, while any elective surgical procedure carries some risk, the advances in cosmetic surgery have translated into faster patient recovery and more natural appearing results.

But why do people seek cosmetic surgery?

People undergo cosmetic surgery for many reasons. They may want to look younger for professional or personal reasons or they may want to change a feature they never liked. Susan Thorpe, a lecturer in psychology, who conducts cosmetic surgery research maintains that "They want to look normal--that is, they don't want to stand out in an obvious way or to have features which cause comment or make them feel self-conscious," and she adds "They also want their physical appearance to be more in line with their personalities and feel that they want all the bits of their bodies to match." (Whatever the reason, the data don't lie. There were nearly 8.5 million cosmetic surgical and non-surgical procedures performed in 2001, an increase of 304% from 1997, according to the American Society for Aesthetic Plastic Surgery.)

The decision to undergo any type of cosmetic surgery is intensely personal. After all, this type of surgery is completely voluntary. Unlike other necessary surgeries, we're often driven to consider cosmetic surgery from a combination of social and emotional factors. Instead, our body images in part are shaped by society. Although cosmetic surgery will not change your life, it may give you greater self-confidence and add to your sense of well-being. Do not make this decision lightly. It will not solve personal problems or make you look like someone else. It probably will not change your social life or your outlook on life.

Finally, does plastic surgery make patients feel better?

Studies have shown that people report increased satisfaction with the body part they had surgery on, but results are mixed on whether plastic surgery boosts their self-esteem, quality of life, self-confidence and interpersonal relationships in the long term. However, it is found that patients who are dissatisfied with surgery may request repeat procedures or experience depression and adjustment problems, social isolation, family problems, self-destructive behaviors and anger toward the surgeon and his or her staff.

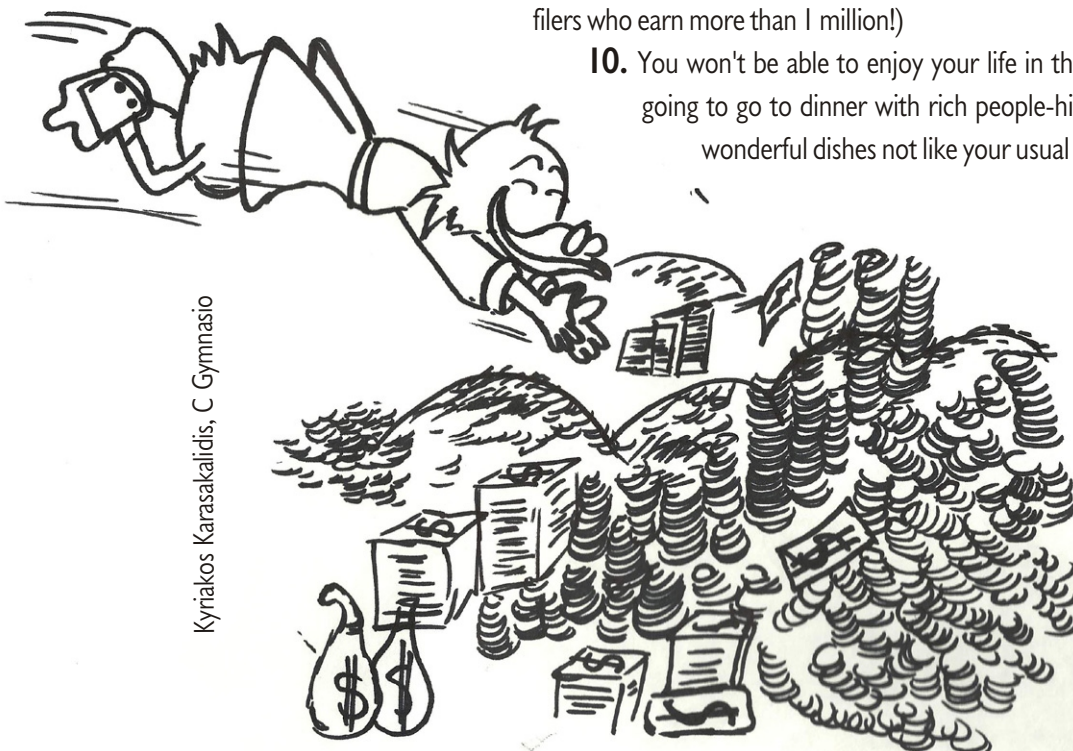
Although people have many good reasons for seeking cosmetic surgery, some people seek cosmetic surgery for the wrong reasons and should reconsider their decision. But please guys think of this first: Beauty lies in this diversity we are born in. Beautiful is me and you. Not because we are blond with blue eyes and soft (with no wrinkles) skin but because we are different and unique and...natural.

10 REASONS WHY NOT TO BE A MILLIONAIRE!

Dimitra Anagnostou, A Lykeio

1. Who can spend so much time counting?
2. You will soon spend all your time worrying about whether you will lose it or not
3. Who needs all the relatives and friends coming by, asking for money? Be sure! Everyone will come looking for you, hoping to get some "blessings" from you!
4. What fun is shopping when you can literally buy it all? Seriously, if you end up thinking that buying everything is fun, you're going to end up with a really sick self image and all those things you purchased were just a waste of money.
5. "BUT YOU SHOULDN'T HAVE !!" No more bargain-shopping for birthday presents. Friends, family, co-workers begin to expect bigger, nicer, more expensive gifts! You'd better budget for that!
6. You are afraid you don't have enough places to store your fortune. Where in the world would you keep your money? Who would you trust?
7. You will become a drug addict and you will visit rehab occasionally! Check it out:* Whitney Houston (RIP) *Lindsay Lohan *Amy Winehouse (RIP) *Robert Downey Jr.
8. Suddenly insecure as a millionaire you are now a target for an unwelcome group of people: CRIMINALS! A bigger house in a nicer community, a more expensive car, a fatter investment portfolio; all these attract burglars, criminals and suddenly Saturdays are spent checking out your home, the car alarm system, etc. to make sure your wealth and possessions are safe.
9. Meet Mr. Taxman. You're going to be expected to do a greater amount of financial good for your country. An increasing number of states will have their eye on your balance figures. (e.g last year, Maryland became the first state to impose a new tax bracket specifically for state income-tax filers who earn more than 1 million!)

10. You won't be able to enjoy your life in the way you used to. You are going to go to dinner with rich people-high society eating weird and wonderful dishes not like your usual Mc Donald's double burger!



It's not having the money that is a problem. It is the money having YOU !



Vasilis Lykogiannis, A Lykeio

Most people around the world are worried about what will happen in 2012, but who knows what will actually happen?

The year 2012 refers to the last year of the Long Count Maya's Calendar. The Great Cycle, as they called it, is set to end on the winter Solstice of 2012 (21-12-12), a day that the world will change and will never be the same again. Some people predict terrible events resulting in the destruction of the world and others predict that it will not necessarily end but that we will enter a new era and massive changes will occur.

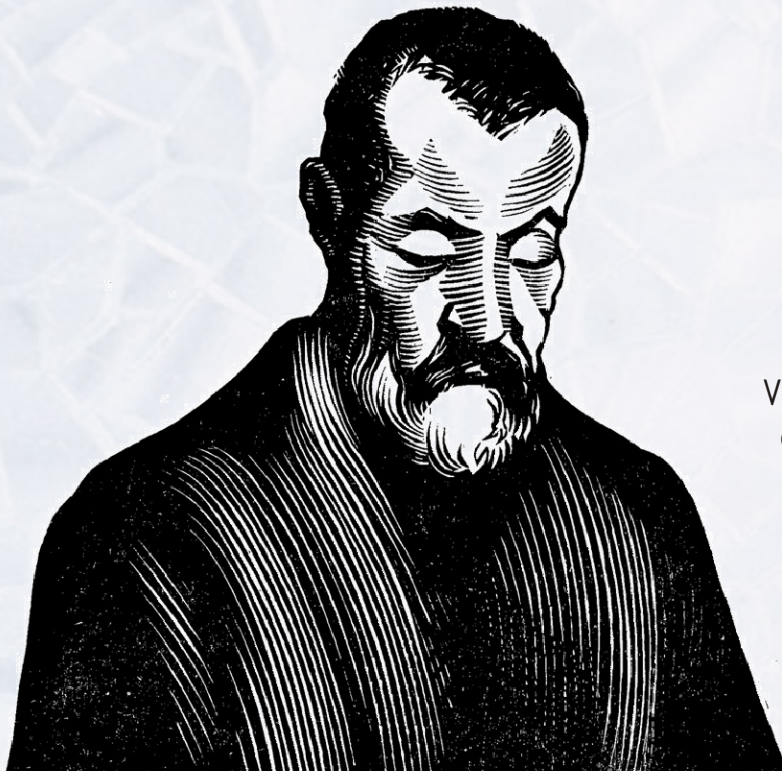
The only thing that Scientists are almost sure will happen in 2012 is the galactic alignment, a phenomenon that occurs only once 26.000 years and was what the ancient Maya meant by the 2012 end-date of their Long Count Calendar. We don't actually know the impacts of this phenomenon but it is said that it may cause a climate change, natural disasters and polar reversal, an event that could cause the collapse of the earth's magnetic fields and repeated blackouts. Scientists also warn that the sun's solar cycle which peaks in 2012, could cause powerful solar storms that could leave many places on earth without communication and electricity for months. Solar storms start with powerful magnetic fields in the sun which can snap at any time releasing immense amounts of energy into space. Some of the solar particles from the explosion could hit earth at about a million miles an hour. If a major solar storm were to occur, power grids could be knocked out leaving millions of people without electricity. Also cell phones, GPS, weather satellites and many other electronic systems that depend on satellites could stop working.

A more realistic aspect is that 2012 will be the year of global bankruptcy. The economic crisis will deepen even more and social inequalities will spread, as a result poverty will triumph and shortages of food or plagues may occur. Even worse is the threat of a war maybe nuclear, as all over the world political instability will dominate and many governments will fall during 2012.

However, the time is up. 2012 is here and the events are developing. What will happen in 2012? We'll see... Only time will tell.

What will happen in 2012?

100+1 YEARS ALEXANDROS PAPADIAMANTIS CONSTANTINOPLE



Katerina Valavani, A Lykeio

Visiting Constantinople is an extraordinary experience in itself. It's a city that bridges Asia and Europe both literally and figuratively, bursting with character, countless historical and natural attractions. An imperial capital whose monuments come from different glorious eras, and have a special significance for our past.

Yet, our trip to Constantinople was not only unique due to our destination but mainly because we were going to take part in a conference dedicated to Alexandros Papadiamantis and his incredible talent. A “monk in the world”, as described by P.Nirvanas, his rich plots and writings were revealed to us in a Greek Orthodox environment, in magnificent churches and religious monuments. After all, the writer himself believed that the Church is “the caring mother and the source of every consolation”.

The conference began early on the morning of the 15th of March.

Mr. Ioannis Dermitzoglou and Mrs. Aspa Hasiotis, on behalf of Zografio and Mandoulides Schools respectively, addressed the audience followed by His All-Holiness, Patriarch Bartholomew and the General Consul of Greece in Istanbul the Hon. Nikos Mathioudakis.



Soon after the presentations started, the magical trip into the world of Papadiamantis started. None of us could have imagined how interesting and lyrical his works were. Later in the evening we joined the Greek Consul at a reception given to celebrate our visit to Constantinople.

Wandering around the breathtaking Agia Sofia brought back memories and tears to our eyes and the attendance of the 3rd salutation service at Panaghia Vlaherna presided by His All-Holiness was unprecedented.

One could never picture an orthodox church as an auditorium, where writings could be read. To our surprise, Papadiamantis' work came alive with the help of the imposing voices of Mr. Angelos Antonopoulos and Ms. Nena Mentis.

Mandoulides Drama Club's performance of the theatrical play, “Murderess” (Fonissa) made us all proud. The student-actors managed to put forward the pathos and pain of the mother and reveal the eternal spirit of the author. In the days that followed more enlightening presentations took place but nothing would beat our cruise on the waters of the Bosphorus. Numerous lights on the famous bridges created a fairy tale atmosphere.

We dined and danced traditional dances and took part in a very interesting debate about Alexandros Papadiamantis. Our visit to the Ecumenical Patriarchate was the best way to wrap up our trip. Papadiamantis was a wonderful reason for an enlightening and spiritual journey and Constantinople was the perfect setting. We delved into the work of an author whose writings we felt apprehensive to read before, we loved them and we are thankful for it.

But what made this trip really special was the people who took part in the conference : it was us, the young men and women of Mandoulides High School.

Why take part in a conference?

Because you rule!! You can even declare war!

Athina Firtinidou, A Lykeio



Taking part in a conference... Some say, why bother? It's just a school trip and nothing more, what difference will it make? Why should I spend weeks studying and researching when I do not have to? Well, the truth is, it IS much more than a simple school trip and it DOES have a lot to offer... Whether that is to get a better understanding of governance systems or to spend some days with people from other countries, one can easily find more than one reason to participate in a conference.

Conferences usually focus on important issues concerning the world today, like the economic crisis, immigration or energy. Being a member of a delegation gives you the chance to explore these issues, find out intriguing details about them and realize how they affect each country. Moreover, the fact that you get to look at the topics not only from your own point of view, but also from the country's that you are representing seems like a challenging and truly interesting experience.



You could be a minister, a member of a parliament or an important delegate for your country. You could be making highly important decisions that affect your country's position globally. At the conference, the "real" governments do not rule, YOU do! For all you know, you could even declare a war! As long as what your committee decides is accepted, anything could be voted! Now, if that is not cutting-edge, special and interesting then I don't know what is...

One of the most exciting aspects of a conference, however, is that you get to meet people from all over the world. Should it be Singapore, the US, Britain, Dubai or the United Arab Emirates, many schools from a number of countries participate in conferences. This means that these are students with similar interests as yours, around your age and you are all working together for the same purpose. Conferences take place in many different cities and countries; The Hague, Athens, Boston, Prague, so you actually have the opportunity to enjoy the cities and go sightseeing, be a tourist with your classmates!



For some, conferences are about what they learn and how much knowledge they gain. For others, they are about the people they meet and the great time they have. For me though, it was everything; the great people I got to meet, the amazing time I had, the things I learned participating in the conference. And in the end, every single moment of studying and researching and traveling and speaking in a room full of people and exploring the city you're in, is worth it.



Androniki Vasiliou, A Lykeio

Everything started when six students, along with their teacher who escorted them, set off for Athens in order to participate in the 14th **Deutsche Schule Model United Nations** which was organized once again by the Deutsche Schule Athens in October 2011. To start with, all we, who took part in this three-day simulation of the conference of the United Nations, must confess that it left us excited. As delegates of a nation-member of UN, Argentina specifically, we were given the opportunity to get involved in issues that concern the international community, to explore the paths of diplomacy by proposing solutions, to develop our rhetorical skills and last but not least to collaborate with students from all over the world.

Apart from the conference, however, this trip left us all with the best experiences. Just three days were enough for all of us to come closer to each other by doing simple little things such as having a meal in a restaurant or spending some time in a shopping centre. Even though our destination was the inaccessible to any form of transportation, city of Athens with a rather bad and messy bearing, the merry team-spirit we all had played a great role in the best conduct of the trip.

The 14th Model United Nations endowed us with only happy memories. It taught us that people's cooperation, negotiation and finally finding of solutions to any problem are feasible and successful. One great part of our success is owed to both Ms.Dantsi, who supported us from the very start of our mission, and to Mr.Raptopoulos who offered us precious help and accompanied us to the conference.



WE CAME BACK WITH AN AWARD FROM YALE

Eleni Tsaprazi, Athina Firtinidou, A Lykeio

For most of us, the expression “YMGE Conference” meant absolutely nothing and that was because the YMGE conference was the first one that Yale University ever organized in the EU, the first **Yale Model Government Europe** conference to be organized in general.

On arrival to Prague, 13 participating students and the 2 accompanying teachers, Ms Dantsi and Ms Bathrellou, had a sight seeing tour around the city. We walked along the majestic Charles Bridge and enjoyed the breathtaking view. We felt like we were transferred to a different era, a fairy tale. The old town city square with the Town City Hall dominated by the remarkable Old Town Astronomical Clock, and the Church of Our Lady before Tún left us in awe. Our day ended with an impressive show by the famous Black Theatre of Prague.

The first day of the conference went by without any surprises but the “committee meetings” were definitely a great challenge, since we met with the other delegates the majority of whom were native English speakers.

The next few days turned out to be really productive. We gradually familiarized ourselves with the parliamentary procedures and participated actively in the debate. The highlight of the sessions were the “crisis situations” when we all had to respond swiftly to political changes, breach of agreements between countries and possibilities of bankruptcy. Our last night in Prague, brought Christmas closer as we wandered in the festively decorated streets wafting with the smells of cinnamon and burnt sugar.

Sunday was the last day of our trip and that was why our emotions were mixed. The only thing that could make it better was the closing ceremony, where it was announced that Mandoulides Schools were on the list of the award winning schools. Particularly, Firtinidou Athina was conferred the distinction of the **best delegate** among the members of her cabinet. The prize was accompanied by a scholarship of the International HULT Business School.

Who could ask for more !!!



Anastasia Gogakou, B Lykeio

Boston and **Harvard Model United Nations Conference**. The perfect combination for a student to spend a week in America. This year, we had the opportunity to participate in the 59th HMUN Conference which is organized by Harvard University. Within 4 days, in the committees we took part, we negotiated various issues of interest, we ended up with a resolution which was voted by most of the participants and we made a lot of friends from other countries. At the same time, when our daily conference ended, we toured in the city of Boston.

We visited Harvard University and we went on a Hop On-Hop Off sightseeing tour. Furthermore, we visited the Aquarium and we went to many famous stores, such as Abercrombie & Fitch. The last day, after the closing ceremony we had the chance to watch a NBA game in the stadium of Boston Celtics, TD Garden. It was an unforgettable experience. No one should miss this opportunity of traveling to the USA, a special and beautiful country.



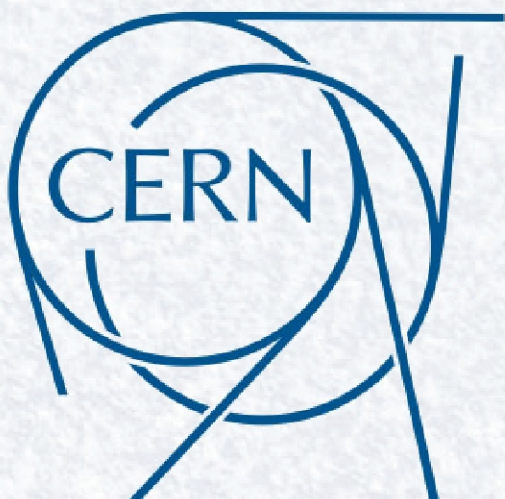
Petroula Karakosta, B Lykeio

This is the ultimate challenge, the biggest Conference, attracting 4500 delegates annually. Taking place in an impressive building, the Hague World Forum Convention Center, **The Hague International Model United Nations** is the epitome of the Model United Nations Conferences.

There we were in our suits as the delegation of Denmark, ready to unfold our debating skills or our talent for socializing. As the delegates of a powerful country, we had to play our influential role very well. And so we did! We proposed logical and feasible solutions to the topics of our committees and at the end of the conference, Denmark was the main submitter of one resolution and the co-submitter of many others. Even though our resolutions did not make it to the Plenary, we voted for or against the proposed solutions according to our country's position in the global community, thus we represented Denmark successfully, elevating the prestige of the Danish flag. It is certain that through this procedure we learned how to work as a team and we definitely gained knowledge concerning the subjects of our committees (I still hope that my knowledge of the conflicts in Turks and Caicos, Chagos Archipelago and Gibraltar will be useful at some point). Also, let's not forget another important achievement: we went to the delegate dance, as Kostas had become a main submitter, working hard all night long to prepare his speeches (ok, we helped him, but just a bit!). The bet was made and won - mission accomplished!

Of course, we did not miss the opportunity to have fun either! We went to Rotterdam and Delft, where we learned how the famous Delft pottery is made and were dazzled by the way those pieces of art are economically appreciated (thank goodness we did not break anything!). We also visited the imposing Peace Palace and impressive museums such as the M. C. Escher museum, Rijksmuseum, Nemo Science Center and other tourist attractions. We will not forget the amazing Kurhaus Hotel and the talented pianist, who granted our every wish, playing all our musical requests. Before the end of our trip, we had lunch at the Hard Rock Caf  in the center of Amsterdam.

We might never again be the delegates of Denmark but with all these vivid memories, I believe that clapping is in order, since it was a great experience. I believe that I speak on behalf of all the other delegates when I make a motion to move to previous location! Is there a second?



Theofanis Stamboultzis, Despina Striki, B Lykeio

9th February, 2012. Three a.m. meeting at Macedonia Airport. And the journey begins.

Our objective? A visit to CERN (**European Centre for Nuclear Research**). CERN can always be found at the epicentre of research. It is the centre which produces and interprets knowledge. Our enthusiasm and admiration know no bounds.

On arriving at Geneva after a pleasant trip, we headed for Lausanne for a short tour of the town and for a brief visit to the International Olympic Committee and then to the museum of the Olympic Games.

The next day, in freezing Geneva, we visited the UN and were awed by its huge and impressive halls. How significant for someone to find himself in these halls where some of the most significant decisions for humanity were made. Continuing on, we visited the Museum of the International Red Cross and the Greek Consulate.

Saturday. Finally, the time had come to enter that citadel of science, CERN.

We had a lengthy guided tour, we followed videos and speeches, and we saw in the flesh those at the forefront of sciences, whom we had previously known only from television.

Of course, we also visited Geneva and its lake. And, no trip being complete without the unforeseen, many of our group were infected by a virus.

Full of memories, we bid farewell to Geneva on February 12th, and we arrived back in Thessaloniki late that evening.



Panagiotis Zavitsanos, C Gymnasio

The **Robert College International Model United Nations** conference was really a big challenge for us, as we were supposed to discuss serious issues regarding our world with other 700 delegates from countries the world over, such as China, Israel and South Africa. The conference was held at Istanbul.

The general subject of this conference was the distribution of political power. Based on that, these five days, we had the opportunity to express our opinions on different issues as the delegations of Libya and Honduras. Both delegations were co-submitters of resolutions which passed. To be more specific, Honduras was a co-submitter in a resolution relating to Small Arms and Light Weapons which passed not only at its committee but also at the General Assembly. Furthermore, the honorable delegates of Libya and Honduras voted for or against resolutions which had to do with really interesting issues such as the development of a sustainable government in South Sudan and measures to prevent arms trafficking in Syria.

Moreover, these days will definitely be unforgettable for a number of reasons. First of all, we made new friends and learned about different cultures. Secondly, we will not forget the opening party, the sightseeing tour when we visited Agia Sofia and of course the boat trip around the Bosphorus where we put our whole energy in dancing on the ship.

All in all, we were all so excited by both Istanbul and the conference that nobody wanted to leave. Now we all miss the debating time, our formal dressing and the voting procedures. But KEEP CALM AND RCIMUN 2012...

ISTANBUL '12

Bridging the Cultural Divides of Europe
69th International Session of the European Youth Parliament

In December 2011 during the 24th National Selection Conference of the European Youth Parliament Greece 3 students from our school were selected to represent Greece in the 69th International Session of the European Youth Parliament in Constantinople in April.

Eleni Tsaprazi, A Lykeio

A welcome party until 01.00 am, lots of games, international interaction and dancing around the fires was the best way for such an event to start!

Teambuilding activities, with the aim of strengthening the bonds between fellow delegates, and Eurovillage, a festival of traditional cuisines, put us in the picture of a United Europe. Swiss chocolate fountains, French cheese and Greek dolmades completely stole the show!

The committee work began and we got to work. By the end of the day the walls of the meeting rooms were filled with paper notes with definitions and possible approaches to the issues under consideration. It was then that we began to realize the true meaning of international cooperation, in order to solve European problems. We had to think outside the box, and more specifically, beyond the reality of our own country. But in the end, we all learned to respect different points of view for the sake of productive collaboration, putting aside our personal designation.

The days went by, without us realizing how much work we were actually doing.

Fortunately an interval came in the form of a wonderful day out. It was to be one of the most exciting and moving

experiences of the whole trip.. Entering the gracious complex of Agia Sophia, we were overwhelmed by its magnificence, and saddened by the presence of a 6 meter long wooden ladder of the 19th century in front of the Gate of the Marble Emperor, Constantine XI, who turned into stone during the Fall of Constantinople and according to the myth, is expected to come to life, walk out of the chamber behind the now cemented gate and reclaim the Lost Empire. Our stop at the Grand Bazaar, Istanbul's greatest covered market, immersed us in an assemblage of different aromas, melodies and colours.

Before the GA (General Assembly) opening ceremony the "Expert Speeches" program was an opportunity for us to gain insight into the issues of the European Agenda and simultaneously work against time to complete our attack and defence speeches.

The role of the GA is to reunite all the delegates working separately into one parliamentary body and review the results of each committee's work. Each committee presents and defends its motion for resolution, which is then debated and brought to voting.

This year's topics concerned mainly the "bridging of cultural divides" among the participating countries. Thus, this agenda included subjects, which attracted our interest due to their controversial nature, intensified by the fact that the Session was held on non-European ground for the first time. For instance, the Committee on Human Rights dealt with

the social issue of same sex marriage and adoption; on the other hand, the discussions of the Committee on Constitutional Affairs pertained to Turkey's accession to the EU and the Cyprus dispute since 1974.

During the GA voting procedure 320 delegates, from over 30 countries voted against or in favour of a resolution based on generally accepted notions or at times "personal" convictions. We had ten out of fifteen resolutions which survived the heated debate of these two days. However, this fact did not prevent us from developing intercultural respect, despite the general oppositions we had at times. Given the fact that this is the goal of the European Youth Parliament Sessions, our mission was accomplished.

There is one thing that participants of EYP cannot get away from coming down with. It is referred to as PED in the EYP circles: Post EYP Depression.

Nevertheless, I feel very fortunate for having been granted the opportunity to participate in such an inspiring event. It was a great pleasure and honour for me and the other members of our delegation to represent our country and experience different cultures, mentalities, beliefs and ways of expression. Speaking today from personal experience, I can guarantee that it IS worth trying to participate in such an event, at a national or even better at an international level!



Singing in Berlin

Stella Vrani, Anna Hitiroglou, A Gymnasio

...Imagine there's no heaven it's easy if you try. No hell below us above us only sky...

And sky was the only thing we could see from the airplane.

Destination: Berlin. After many rehearsals and difficulties the day had finally come. We were ready. Mandoulides Choir and Orchestra. For the next five days we would be able to explore the beautiful city of Berlin. The reason we were there was the 1st pop choir festival which was taking place at the Berliner Philharmonie.

We were all anxious and excited at the same time. We had the unique opportunity to visit this multicultural city, all together.

...All the leaves are brown and the sky is grey...

And the sky was really grey. The weather was really bad by the time we arrived at Schönefeld airport. But this didn't discourage us. We arrived at the Meininger hotel where we stayed for two hours and then we had the most beautiful walk of our life. We walked from Hauptbahnhof, the biggest train station in Berlin, to Sony Center. Sony Center is a complex of shops, restaurants and cinemas. After this long and tiring day we went for sleep. A sleep full of dreams for the next day.

...I've been for a walk on a winter's day...

On Thursday we had something like a museum day. First we went to Charlottenburg the biggest palace in Berlin and we also visited the Pergamon Museum. After that we visited the Topography of Terror, an outdoor museum in Berlin and we finished our day with a walk along the East Side Gallery and a visit to Checkpoint Charlie.

...Dust in the wind, all we are is dust in the wind...

The wind was blowing while we were walking to the Zoo. Unfortunately the weather was so bad that we couldn't visit the Zoo. A small change in our plans and we were crossing the road to go to Hard Rock Cafe. Words can't describe how amazing this cafe was. A whole floor full of clothes and guitars from the best artists in the world. After a small walk we went to the zoo where we stayed for two hours. In the afternoon we went to the hotel. We had to rest because later that day we had to visit the German Parliament, the "Reichstag". The building was huge and there was a large glass dome at the very top of the building. Amazed by its grandeur, we went to the hotel where we had a short rehearsal, before the big day.

... Imagine all the people living for today...

And finally the day had come. We woke up early in the morning and we went to the Berliner Philharmonie. We all admired the greatness of the building. We had a rehearsal and then we were ready for the concert. We were anxious, excited, scared and proud because of our work. We gave the best of us and we were all satisfied with our performance. In the evening we went to a beautiful restaurant where the organizers of the festival held a reception for the participants of the festival. All those rehearsals and all this hard work gave us two prizes for our work. After the ceremony we went to the church for the Resurrection (Easter). And then we felt sadness. Sadness because we had to leave this beautiful city. The return was hard for all of us but we were full of experiences that we wouldn't change for anything else in this world.

...smile without a reason why, love as if you were a child in the world they say life is beautiful that way...

FORENSINCS : A lesson learned

George Lales, A Lykeio



The Panhellenic tournament of Forensics is a very old and well-known tournament that most of you know. It is a tournament where a lot of schools gather together and compete with each other in several events such as debate and duet acting. But the area that is quite misunderstood in our minds is what forensics really means for the participants and what is behind this amazing tournament.

Personally, I have participated for the first time in Forensics and I had a wonderful experience from it. At the beginning, I didn't know if I was good and I was a bit frightened. I didn't know if I had the talent to participate. I was thinking that it would be a highly competitive task and it would be even more difficult due to the fact that the majority of the participants are native speakers. Then, I clenched my teeth and said "Yes I can do this, why not, let's try!!"

Time was passing and we rehearsed more and more in order to bring a win back to our school. We were determined to do our best! And the time came, we were in Athens. Our teacher told us to relax and enjoy the moment of just participating in this event. But it wasn't enough for us, we wanted to win and go to the finals. We were very anxious especially the first days. I was constantly thinking: "What will happen if I forget my words?" or "What if someone is better than I am?"



Before long, we were in front of the judges ready to present our duet. When we finished we were very pleased with the result, and surprisingly enough we didn't care about winning or not. We were grateful only for participating and I believe it was there that we started to realize what the value of Forensics really is. This fantastic event gave us a lot. We met a lot of peers there and made strong friendships. Maybe because they may have felt as we felt when we got there. Believe me, it is a unique feeling that is quite difficult to be explained in just a few words.

Moreover, Forensics helped me to find out the real character of my friends. Through the procedure of the event we also adopted a team spirit. I remember that everyone was helping in the rehearsals, telling their opinion or supporting and encouraging us. We were all working as a real team.

Now that I come to think of it from a distance, Forensics is not just a competition where you win or lose. You have things to gain and a lesson to learn.

Play fair, be kind and respect yourself and your opponents.

For all these reasons, I believe that participating in a Forensics tournament can give a lot more than a win or a loss. It teaches values which are very important in life and this is why I would definitely be there next year, too...

the flower of love

Eva Kanonidou, A Lykeio - Vangelis Kanonidis, C lykeio

Let the flowers rise today,
Let the sun shine,
Let it be a day
That will always be mine.

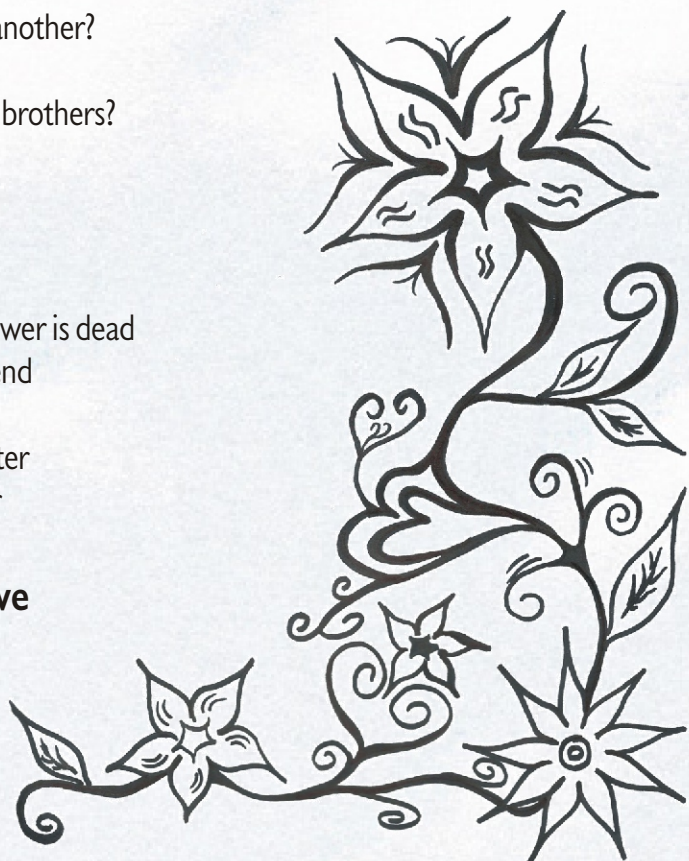
All the flowers have blossomed
All the flowers but one
And it's called the flower of love.

Why can't we love?
Why do we fight one another?
Why do we kill one another?
Why do we hate?
Why can't we live as brothers?

We fight wars
We build walls

And now that the flower is dead
And all our sins depend
On us to repent
Pour a pitcher of water
On that dying flower

The flower of love



Maria Karasakaliou, C Gymnasio

CLUBS

Computers

Mathematics

Physics

Ecology

Chess

Journalism

Creative Productions

Greek Drama

Forensics

Cinema

Arts and Crafts

Traditional Greek dances

Modern dance

Basketball

Volleyball

Tennis

Table tennis

Football

Debate & Public Speaking

First-Aid

German Language

French Language

Robotics

Comics

Volunteer Work

Model United Nations



P_{OST- SECONDARY PLACEMENTS}



M<sub>ANDOULIDES STUDENTS
AT TOP UNIVERSITIES ABROAD</sub>



H_{ONORS}



I_{NTERNATIONAL}



N_{ATIONAL}



S_{PORTS}



POST- SECONDARY PLACEMENTS

Since 1994 each graduating class had an annual 100% success rate entering the Greek University of their choice. Many students distinguished themselves by entering first in their selected departments of the universities in Greece.

1ST PLACE

- ◆ **SCHOOL OF MILITARY MEDICINE, THE ARISTOTLE UNIVERSITY OF THESSALONIKI**
2002, IOANNIS KIRIAKIDIS
- ◆ **MEDICAL SCHOOL, THE ARISTOTLE UNIVERSITY OF THESSALONIKI**
2012, VASILIKI FESATIDOU★ ● 1998, ALEXANDROS KARENTZOS
- ◆ **LAW SCHOOL, THE ARISTOTLE UNIVERSITY OF THESSALONIKI**
1998, VASSILIKI KAPSALI
- ◆ **SCHOOL OF ARCHITECTURE, THE ARISTOTLE UNIVERSITY OF THESSALONIKI**
2010, ZOI TZIKA
- ◆ **CIVIL ENGINEERING DEPARTMENT, THE ARISTOTLE UNIVERSITY OF THESSALONIKI**
1998, HARILAOS KARASSIOTOS
- ◆ **SCHOOL OF ARCHITECTURE, THE UNIVERSITY OF THRACE**
2005, EKATERINI BAKALIOU
- ◆ **DEPARTMENT OF SPATIAL PLANNING AND DEVELOPMENT, THE ARISTOTLE UNIVERSITY OF THESSALONIKI**
2012, ANASTASIOS TSIROPOULOS ● 2009, EKATERINI FOUTAKI
- ◆ **MATHS DEPARTMENT, THE ARISTOTLE UNIVERSITY OF THESSALONIKI**
2002, IRIS PAPADOPOULOU
- ◆ **BIOLOGY DEPARTMENT, THE ARISTOTLE UNIVERSITY OF THESSALONIKI**
2002, GERASIMOS KAVADIAS
- ◆ **BUSINESS ADMINISTRATION DEPARTMENT, THE UNIVERSITY OF MACEDONIA**
2012, NIKOLAOS GEORGAKIS★
- ◆ **POLITICAL STUDIES DEPARTMENT, THE UNIVERSITY OF MACEDONIA**
2001, ELEFThERIOS ARVANITIS
- ◆ **AGRICULTURE DEPARTMENT, THE ARISTOTLE UNIVERSITY OF THESSALONIKI**
2000, GERASIMOS KAVADIAS
- ◆ **GREEK POLICE ACADEMY**
1999, NIKOLAOS STATHIS



2ND PLACE

- ◆ **LAW SCHOOL, THE ARISTOTLE UNIVERSITY OF THESSALONIKI**
2004, AFRODITI GIOVANOPOULOU
 - ◆ **CIVIL ENGINEERING DEPARTMENT, THE ARISTOTLE UNIVERSITY OF THESSALONIKI**
1999, XENIA SAMARA
 - ◆ **CHEMICAL ENGINEERING DEPARTMENT, THE ARISTOTLE UNIVERSITY OF THESSALONIKI**
2009, LYDIA THEODOROU
 - ◆ **SCHOOL OF CHEMISTRY, THE ARISTOTLE UNIVERSITY OF THESSALONIKI**
● 2010, EKATERINI KARAMOUZI ● 2009, MARIA AKRITIDOU ● 2002, LUCY KASEMIAN
 - ◆ **BUSINESS ADMINISTRATION DEPARTMENT, THE UNIVERSITY OF MACEDONIA**
● 2010, KYRIAKI-IOYLIA KOUDOUNI ● 1999, PANAGIOTA ASLANIDOU ● 1994, DIMITRIOS MANTOULIDIS
 - ◆ **POLITICAL STUDIES DEPARTMENT, THE UNIVERSITY OF MACEDONIA**
2007, SPIRIDON GOULIELMOS
 - ◆ **AGRICULTURE DEPARTMENT, THE ARISTOTLE UNIVERSITY OF THESSALONIKI**
2005, ATHANASIOS TSALIKIDIS
 - ◆ **SCHOOL OF GEOLOGY, THE ARISTOTLE UNIVERSITY OF THESSALONIKI**
2005, MARIA KAZILI
 - ◆ **MARKETING AND BUSINESS ADMINISTRATION DEPARTMENT, THE UNIVERSITY OF MACEDONIA**
2004, ANTONIOS SEFERLIS
- ★ special category-families with many children

MANDOULIDES STUDENTS

AT TOP UNIVERSITIES

ABROAD





SINCE 1994 MEMBERS OF GRADUATING CLASSES
HAVE BEEN ACCEPTED BY MANY U.S. COLLEGES AND UNIVERSITIES
AND HAVE RECEIVED FULL OR PARTIAL MERIT SCHOLARSHIPS.
A PARTIAL LISTING INCLUDES:

UNIVERSITIES

Harvard University

V. Katsarou	'07
C. Mantoulidis	'07
T. Gogakos	'06
I. Konstantinidis	'05
D. Batzilis	'04
D. Lagias	'03
M. Moutselos	'03
E. Tsoukalidou	'98

Princeton University

E. Taratoris	'10
P. Toskas	'10
C. Mantoulidis	'07
T. Gogakos	'06
I. Konstantinidis	'05

Yale University

P. Toskas	'10
I. Legbelos	'08
V. Katsarou	'07
T. Gogakos	'06
I. Konstantinidis	'05
A. Charokopos	'05
S. Magkiriadou	'03

Stanford University

C. Mantoulidis	'07
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California Institute of Technology

E. Taratoris	'10
C. Mantoulidis	'07

M.I.T.

E. Ioannidis	'10
E. Taratoris	'10
I. Tsoukalidis	'01

Duke University

P. Toskas	'10
T. Gogakos	'06
I. Grammatikopoulou	'01
E. Grammatikopoulou	'00

Dartmouth College

D. Lazaridis-Giannopoulos	'08
D. Sideri	'07
T. Gogakos	'06
I. Konstantinidis	'05
D. Batzilis	'04
S. Magkiriadou	'03
I. Grammatikopoulou	'01

Johns Hopkins University

P. Pachidis	'11
A. Gaitanidis	'10

P. Toskas	'10
S. Tseranidis	'09
T. Gogakos	'06
E. Grammatikopoulou	'00

Cornell University

A. Gaitanidis	'10
C. Mantoulidis	'07
Z. Chatzidimitriadou	'07

University of California-Berkeley

P. Toskas	'10
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Georgetown University

M. Moutselos	'03
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Carnegie Mellon University

C. Mantoulidis	'07
S. Magkiriadou	'03
I. Grammatikopoulou	'01

Brandeis University

Z. Hiliada	'12
T. Athanasakis	'05
Z. Kiriakou	'01
M. Papadopoulou	'97
A. Gogakos	'96

New York University

T. Feldman	'01
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University of Washington

N. Tsakiris	'98
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Purdue University

P. Kiriakidis	'05
G. Adam	'98
N. Tsakiris	'98
K. Tzaros	'97
H. Saatsoglou	'94

Boston University

P. Lianos	'04
T. Feldman	'01
I. Grammatikopoulou	'01

Northeastern University

A. Tagtalenidis	'12
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Syracuse University

I. Boziaris	'07
G. Chalvatzoglou	'07

Drexel University

P. Prezas	'12
A. Willis	'10

Stevens Institute of Technology

A. Tagtalenidis	'12
S. Tseranidis	'09

LIBERAL ARTS COLLEGES

Williams College

I. Konstantinidis '05

Amherst College

Z. Chatzidimitriadou '07

I. Konstantinidis '05

S. Magkiriadou '03

K. Ktenidis '03

Swarthmore College

D. Aretakis '09

D. Lazaridis-Giannopoulos '08

T. Gogakos '06

T. Feldman '01

Wellesley College

V. Katsarou '07

M. Katsarou '05

Vassar College

E. Kanonidis '12

Z. Chatzidimitriadou '07

M. Katsarou '05

T. Feldman '01

Grinnell College

Z. Hiliada '12

D. Pezati '06

T. Athanasakis '05

A. Gogakos '96

T. Avrambeki '95

Smith College

Z. Hiliada '12

E. Vlahou '08

N. Bitzeli '06

M. Katsarou '05

A. Giovanopoulou '04

E. Tsoukalidou '98

M. Papadopoulou '97

Colby College

H. Tsatalas '97

A. Gogakos '96

Bryd Mawr College

Z. Hiliada '12

Macalester College

A. Xakis '12

E. Tezapsidis '06

E. Tsoukalidou '98

Mount Holyoke College

Z. Hiliada '12

E. Faraza '11

E. Vlahou '08

V. Katsarou '07

D. Pezati '06

M. Katsarou '05

A. Giovanopoulou '04

Z. Kiriakou '01

E. Grammatikopoulou '00

E. Chovarda '96

Lafayette College

E. Grammatikopoulou '00

Franklin & Marshall College

D. Batzilis '04

A. Tsakiris '00

A. Frida '01

H. Tsatalas '97

A. Karentzos '96

Furman University

T. Tsatsas '00

A. Tspidou '00

O. Charalampidis '00

S. Charalampidis '00

Bard College

A. Xakis '12

E. Kanonidis '12

Z. Hiliada '12

E. Faraza '11

G. Douganiotis '09

D. Lazaridis-Giannopoulos '08

S. Mentesis '08

E. Vlahou '08

A. Fragkopoulos '07

S. Velissaris '07

E. Tezapsidis '06

M. Katsarou '05

Reed College

E. Kanonidis '12



PLACES HAVE ALSO BEEN OFFERED TO MANDOULIDES STUDENTS AT TOP BRITISH UNIVERSITIES

Cambridge University

C. Mantoulidis '07

Oxford University

S. Tseranidis '09

E. Mandaltsi '07

Imperial College London

T. Zachariadis '12

L. Kazakou '12

C. Varsamis '11

G. Ioannidis-Kopanos '11

G. Gavriiloglou '10

A. Gaitanidis '10

E. Ioannidis '10

E. Taratoris '10

P. Toskas '10

S. Tseranidis '09

O. Antoniou '09

E. Mandaltsi '07

Durham University

G. Ioannidis-Kopanos '11

E. Mastoris '11

A. Hristakopoulos '10

E. Meleziadou '09

G. Douganiotis '09

M. Gaitanidou '09

E. Vlahou '08

University of St Andrews

A. Hristakopoulos '10

G. Douganiotis '09

Lancaster University

A. Xakis '12

Z. Hiliada '12

E. Faraza '11

G. Ioannidis-Kopanos '11

A. Andrikos '09

D. Andrikos '09

B. Vasmatzis '09

E. Vlahou '08

University of York

A. Xakis '12

A. Hristakopoulos '10

University of Bristol

N. Tselepidis '12

A. Tagtalenidis '12

T. Zachariadis '12

E. Mastoris '11

D. Aretakis '09

E. Mandaltsi '07

University of Sussex

G. Tsousidis '12

P. Prezas '12

Z. Hiliada '12

V. Georgiou '11

A. Ignatidou '08

M. Hytioglou '08

G. Karaoglou '08

University of Edinburgh

K. Efstathiou '12

T. Zachariadis '12

L. Kazakou '12

E. Kanonidis '12

E. Friligkou '12

S. Hytioglou '12

G. Ioannidis-Kopanos '11

P. Pachidis '11

A. Gaitanidis '10

E. Ioannidis '10

O. Antoniou '09

D. Aretakis '09

E. Meleziadou '09

E. Mandaltsi '07

Nottingham Trent University

K. Efstathiou '12

A. Karapatakis '08

University of Sheffield

A. Xakis '12

K. Efstathiou '12

E. Friligkou '12

L. Kazakou '12

E. Faraza '11

G. Gavriiloglou '10

E. Meleziadou '09

E. Vlahou '08

M. Hytioglou '08

University of Leicester

A. Ignatidou '08

University of Southampton

F. Katsios '11

Loughborough University

N. Tselepidis '12

E. Ioannidis '10

M. Kostaki '10

A. Andrikos '09

D. Andrikos '09

B. Vasmatzis '09

University of Glasgow

K. Efsthathiou '12

E. Mastoris '11

E. Faraza '11

E. Ioannidis '10

King's College, London

E. Friligkou '12

E. Kanonidis '12

L. Kazakou '12

G. Gavriiloglou '10

E. Taratoris '10

M. Gaitanidou '09

Newcastle University

P. Prezas '12

C. Tsolakidis '12

M. Karsanidou '10

M. Kostaki '10

Royal Holloway University

S. Hytioglou '12

D. Mavromatis '10

University of Surrey

T. Zachariadis '12

V. Georgiou '11

O. Antoniou '09

S. Tseranidis '09

University of Manchester

A. Tagtalenidis '12

C. Varsamis '11

G. Ioannidis-Kopanos '11

A. Gaitanidis '10

The University of Reading

Z. Hiliada '12

E. Faraza '11

Queen Mary University

Z. Hiliada '12

V. Georgiou '11

The University of Kent

A. Alexiou '11

University of Essex

G. Tsousidis '12

Heriot-Watt University, Edinburgh

C. Varsamis '11

City University

S. Tseranidis '09

Oxford Brookes University

V. Georgiou '11

Goldsmiths College, London

D. Lambrinos '09

A. Ignatidou '08

Brunel University

G. Tsousidis '12

D. Mavromatis '10

Plymouth University

C. Tsolakidis '12

University of Brighton

C. Varsamis '11

M. Karsanidou '10

Roehampton University

C. Charitopoulou '11

D. Mavromatis '10

University of the West of England-Bristol

D. Lambrinos '09

University of Bradford

D. Hatzis '08

University of Sunderland

D. Hatzis '08

De Montfort University

N. Tselepidis '12

C. Tsolakidis '12

D. Hatzis '08

M. Karsanidou '10

Salford University

V. Fessatidou '11

Kingston University

D. Lambrinos '09

M. Hytioglou '08

University of Westminster

V. Georgiou '11

Middlesex University

A. Chalvatzoglou '12

Greenwich University

C. Tsolakidis '12

C. Varsamis '11

R. Tseranidou '10

University of East London

R. Tseranidou '10

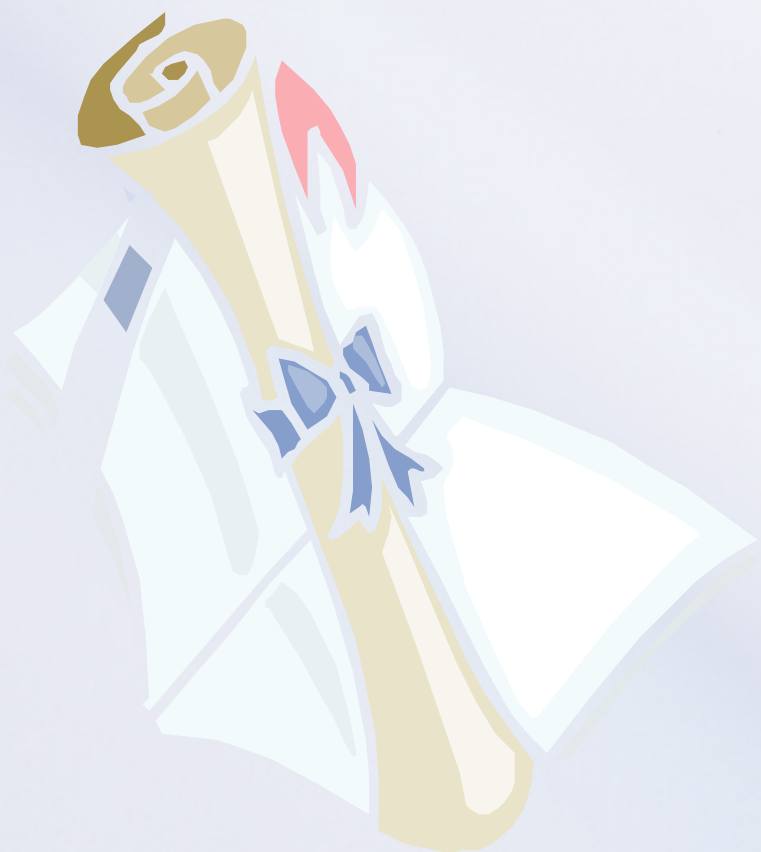
University College Falmouth

A. Chalvatzoglou '12

Manchester Metropolitan University

A. Alexiou '11

HONORS



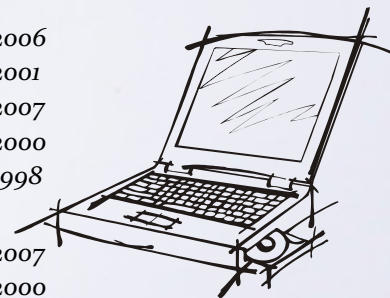
International

* **International Olympiad in Informatics**

2nd PLACE:	CHRISTOS MANTOULIDIS	MEXICO	2006
	IOANNIS TSOUKALIDIS	FINLAND	2001
3rd PLACE:	CHRISTOS MANTOULIDIS	CROATIA	2007
	IOANNIS TSOUKALIDIS	CHINA	2000
		PORTUGAL	1998

* **Balkan Olympiad in Informatics**

2nd PLACE:	CHRISTOS MANTOULIDIS	MOLDOVA	2007
	IOANNIS TSOUKALIDIS	FYROM	2000
		GREECE	1999
3rd PLACE:	CHRISTOS MANTOULIDIS	CYPRUS	2006
		GREECE	2005



* **International Olympiad in Mathematics**

2nd PLACE:	EVANGELOS TARATORIS	KAZAKSTAN	2010
Honorable mention	EVANGELOS TARATORIS	GERMANY	2009

* **Balkan Olympiad in Mathematics**

2nd PLACE:	EVANGELOS TARATORIS	MOLDOVA	2010
3rd PLACE:	EVANGELOS TARATORIS	SERBIA	2009



* **Mediterranean Mathematics Olympiad**

3rd PLACE:	EVANGELOS TARATORIS	GREECE	2010
	ELEFTERIOS MASTORIS		
	ELENI FRILINGOU		
3rd PLACE:	EVANGELOS TARATORIS	GREECE	2009

* **South Eastern European Mathematics Olympiad (MASSEE)**

7th PLACE :	ORFEAS ANTONIOU	BULGARIA	2008
	EVANGELOS TARATORIS		

* **International Mathematics Contest "PITAGORA" (Romania)**

1st PLACE :	ORFEAS ANTONIOU (individual round)	2008
	EVANGELOS TARATORIS (collective round)	2008
	ORFEAS ANTONIOU (collective round)	2008
	CHRISTOS MANTOULIDIS	2004
3rd PLACE:	EVANGELOS TARATORIS (individual round)	2008
4th PLACE:	ZINOVIA HATZIDIMITRIADOU	2004
	STERGIOS ANDRIKOS	2004

* **International Physics Olympiad (Spain)**

Honorable mention	GEORGIOS SKOLIANOS	2005
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- × **International European Youth Parliament**-members of the official Greek delegation

N. PALLAS-MISAILIDIS, E. TSAPRAZI, Z. HILIADA	2012
P. SIOZOS-DROSOS, ANTHI KARAKOSTA, MYRSINI ARETAKI	2011
HARA TZELI, EVGENIA FARAZA, BRUCE WILLIS	2010
PAVLOS PACHIDIS, PASCHALIS TOSKAS	2009
MARIA GAITANIDOU, IOANNIS LEGBELOS	2008

- * **Yale Model Government Europe**

BEST SPEAKER	
ATHINA FIRTINIDOU	2012

- * **Harvard Model Congress Europe**

BEST SPEAKERS	
MARIA GAITANIDOU, IOANNIS LEGBELOS	2007
EKATERINI MANDALTSI, IFIGENIA KRANIA	2006
DIMITRIOS LAGIAS	2002
KONSTANTINOS KTENIDIS	2000

- * **Model United Nations Development Program**

BEST SPEAKER	
PANAGIOTIS SIOZOS-DROSOS	2011

- * **International Debate Competition**

GEORGIOS DOUGANIOTIS	2008
(member of the official Greek team)	

- * **International Drawing Competition: "Byzantine Art"**

1st PLACE : ARSENIOS ZACHARIADIS	2006
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- * **International Drawing Competition:**

"Development Youth Prize 2006-Focus on Africa"	
1st PLACE : ARSENIOS ZACHARIADIS	2006
"Development Youth Prize 2008"	
1st PLACE : IOANNIS LEGBELOS	2008

- * **International Art Competition "BRIDGES OF LOVE"**

1st PLACE : MANDOULIDES ARTS AND CRAFTS CLUB	2008
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- * **International Competition of the Academy of Children's Art**

2nd PLACE : MANDOULIDES ARTS AND CRAFTS CLUB	2008
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- * **Biennale 2008-4th International Competition of Children's Art (portait)**

1st PLACE : VASILIS HAIDAS	
2nd PLACE : DESPOINA ZACHARIADOU, ELENI KARIOFILI, IOANNIS DELLIOS	
3rd PLACE: L. PASCHALIDIS	
- * **International Music Competition 2008- YOUNG PRAGUE**

2nd PLACE : MANDOULIDES ORCHESTRA AND CHOIR	
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- * **International Music Festival 2009 - NEERPELT, BELGIUM**

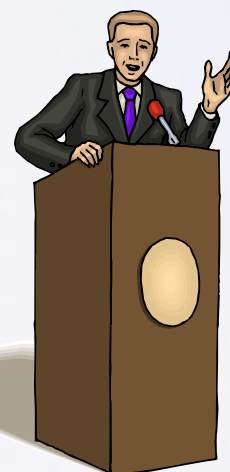
2nd PLACE : MANDOULIDES ORCHESTRA AND CHOIR	
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- * **International Competition in Creative Writing Expression-FRENCH POETRY**

1st PLACE : MARIA-CHRISTINA TASIOUKA	2005
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- * **International Competition in Fairy Tale Writing**

2nd PLACE : DESPOINA ZACHARIADOU	2008
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- * **European Classics Competition in Ancient Greek**

Honorable mention: MICHAEL TSERTSIDIS	2009
3rd PLACE : DESPOINA SIDERI	2006



National

♦ National Olympiad in Informatics

(co-ordinated by the Greek Society of Computer Scientists)

1st PLACE:	CHRISTOS MANTOULIDIS	2007, 2006, 2005
	THEOHARIS ATHANASAKIS	2004, 2003, 2002
	IOANNIS TSOUKALIDIS	1996
3rd PLACE:	APOSTOLOS GAITANIDIS	2009
	ELEFThERIOS KATSIVELOS	2004

(ALL STUDENTS PARTICIPATED IN THE BALKAN AND INTERNATIONAL OLYMPIADS)

National Mathematics Olympiad

(co-ordinated by the Hellenic Mathematics Society)

Mandoulides Schools rank first among Greek schools for student performance in the National Math Society Competition with 10-20 students annually reaching the National Finals and 30-70 the Regional Finals

1st PLACE:	EVANGELOSTARATORIS	2010
2nd PLACE:	IOANNIS KALMOUKOS	2012
	IOANNIS AMVROSIADIS - COWARD	2012
	ELEFThERIOS MASTORIS	2010
	EVANGELOSTARATORIS	2009
	KONSTANTINOS SAMARAS TSAKIRIS	2009
	GEORGIOS STAVRINOS	2008
	ARIS FOTIADIS	2008
	DIMITRIS VALSAMIS	2008
	CHRISTOS MANTOULIDIS	2007
	GEORGIOS SKOLIANOS	2005
	ZINOVIA HATZIDIMITRIADOU	2004
	IOANNIS KONSTANTINIDIS	2002
	KONSTANTINOS K TENIDIS	2002
	JULIA GRAMMATIKOPOULOU	1997
3rd PLACE:	GEORGIOS KOTZAMPASIS	2011
	KYVELI MAVROMMATI	2011
	ELENI FRILINGOU	2011, 2010
	ELEFThERIOS MASTORIS	2011
	VASILIOS PARASCHOU	2007
	DAMIANOS LAZARIDIS	2007, 2006, 2005
	CHRISTOS MANTOULIDIS	2006, 2004
	DANAE GRAMMATIKOPOULOU	2005, 2002
	GEORGIOS SKOLIANOS	2004
	NIKOLINA BITZELI	2003
	ATHANASIOS DIMARATOS	1997

♦ Probabilities Competition "LEFKOPOULIOS"

(co-ordinated by the Athens University, Department of Statistics)

1st PLACE:	CHRISTOS MANTOULIDIS	2007
2nd PLACE:	CHRISTOS MANTOULIDIS	2006

♦ National Physics Competition

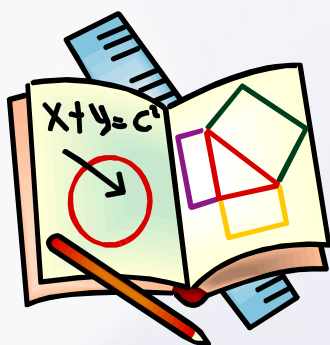
(co-ordinated by the Hellenic Physics Society)

1st PLACE:	SOPHIA MAGIRIADOU	2003
2nd PLACE:	SOFOKLIS THOMAREIS	2012
3rd PLACE:	GEORGIOS SKOLIANOS	2005

♦ National Biology Competition

(co-ordinated by the Hellenic Biology Society)

1st PLACE:	KONSTANTINOS SAMARAS TSAKIRIS	2012
	TASOS GOGAKOS	2005
3rd PLACE:	EIRINI KONSTANTINIDOU	2012



◆ **Astronomy and Space Competition**

ELENI TSAPRAZI	2012
RAFAEL KETSETSIDIS	2012



◆ **National Chemistry Competition**

(co-ordinated by the Hellenic Chemistry Society)

3rd PLACE NATIONALLY:	
DANAE GRAMMATIKOPOULOU	2005
2nd PLACE REGIONALLY:	
IOANNIS KONSTANTINIDIS	2004
3rd PLACE REGIONALLY:	
ANTONIOS CHAROKOPOS	2004

◆ **National Science Competition**

(co-ordinated by the Hellenic Scientific Society)

1st PLACE:	ELENI KOTANIDOU	2003
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◆ **National Competition in Greek Language and Spelling**

1st PLACE:	IOANNIS KOTSAMPASIS	2011
3rd PLACE:	VASSIKILI PRASINI	2010

◆ **National Classics Competition in Ancient Greek**

1st PLACE:	VASILIKI KAPSALI	1998
2nd PLACE:	MICHAEL MOUTSELOS	2003

◆ **National Theatre Competition**

1st PLACE REGIONALLY:	2005, 2003, 2002, 2001, 2000, 1998
2nd PLACE NATIONALLY:	2002, 2001
3rd PLACE NATIONALLY:	2005



◆ **National Music Competition**

ORCHESTRA	
2nd PLACE NATIONALLY:	2004, 2001, 1998
3rd PLACE NATIONALLY:	2003, 1996
1st PLACE REGIONALLY:	2008, 2007, 2006, 2004, 2003 2001, 2000, 1999, 1998, 1996
CHOIR	
1st PLACE REGIONALLY:	2007
2nd PLACE REGIONALLY:	2008
GREEK SONG	
2nd PLACE REGIONALLY:	2004

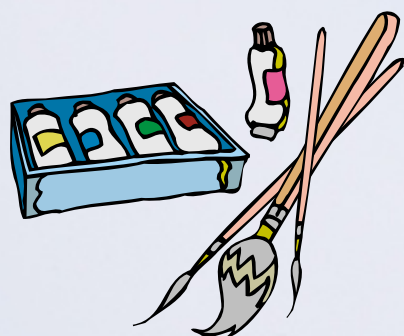
TRADITIONAL DANCES COMPETITION

2nd PLACE REGIONALLY:	2004, 2003, 2001
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◆ **National Drawing Competition**

(co-ordinated by the Ministry of Education)

1st PLACE: NATIONALLY:	LAURA LUCAS	2008
2nd PLACE REGIONALLY:		
ARIS PAPADOPOULOS,		2008
DESPOINA ZACHARIADOU		



◆ **National Drawing Competition**

(co-ordinated by the USA Consulate)

HONORABLE MENTION:	VASILIOS HAIDAS	2008
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♦ *Debate/Public Speaking & Dramatic Presentation of Literature In English - Forensics*

1st PLACE: 2007, 2004, 2003, 2001, 1996

2nd PLACE : 2002

3rd PLACE: 2005

4th PLACE: 2011, 2010, 2009

2011-2012 FINALISTS

DRAMATIC DUET ACTING	DESPINA GONTOSIDOU
	ALIKI KARKALA
FIRST AMONG EQUALS	GEORGIA FANAROPOULOU
	NINA MARIA FANAROPOULOU

HONORABLE MENTION

GROUP DISCUSSION	ATHINA FIRTINIDOU
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♦ *Greek Youth Parliament*

ELEFTERIOS MASTORIS	2010
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IOANNIS GEORGOULAS-PASCHALISTOSKAS	2009
------------------------------------	------

♦ *Debate and Public Speaking Scholastic Competition*

♦ DEBATE

1st PLACE: 2008, 2007, 2006, 2005, 2004, 2003

2nd PLACE : 2012, 2010, 2009, 2007, 2006, 2005, 2004, 2003

♦ BEST SPEAKERS IN DEBATE

1st PLACE: 2010, 2007, 2006, 2005, 2004

2nd PLACE : 2008, 2007, 2006, 2005, 2004, 2003

3rd PLACE: 2007, 2005, 2003

♦ ORATORY

1st PLACE: 2010, 2009, 2007, 2005

2nd PLACE : 2010, 2009, 2007, 2006, 2004

♦ IMPROMPTU

1st PLACE: 2012, 2010, 2006, 2005, 2004, 2003

2nd PLACE : 2008, 2007, 2006, 2005, 2004

3rd PLACE: 2010, 2006

♦ *National Debate and Public Speaking Competition*

(co-ordinated by the Ministry of Education)

♦ 2009-2010

2nd PLACE AMONG 64 LYCEUM STUDENT TEAMS

♦ 2008-2009

2nd PLACE AMONG 97 LYCEUM STUDENT TEAMS

BEST SPEAKER

3rd PLACE: PASCHALIS TOSKAS

♦ 2006-2007

BEST SPEAKER

1st PLACE: VASILIKI KATSAROU

♦ 2005-2006

1st PLACE AMONG 90 LYCEUM STUDENT TEAMS

BEST SPEAKER

1st PLACE: TASOS GOGAKOS

3rd PLACE: VASILIKI KATSAROU

♦ 2003-2004

2nd PLACE AMONG 97 LYCEUM STUDENT TEAMS

♦ 2002-2003

4th PLACE AMONG 55 LYCEUM STUDENT TEAMS





BASKETBALL CHAMPIONSHIP



WORLD CHAMPIONS

1ST PLACE:
ISRAEL, 1999

2ND PLACE:
POLAND, 2005

3RD PLACE:
TURKEY, 2009

1ST PLACE NATIONALLY
2010, 2009, 2006, 2005, 2000, 1999

2ND PLACE NATIONALLY
2008, 2001, 1996

3RD PLACE NATIONALLY
2012

Acknowledgments

*We, the Creative Productions Club, would like to thank everyone
who helped us create and complete Flame 2012.*

*I would like express my gratitude to Mrs. Paula Mcilwaine and
Mr. Theodore Koukalias for their assistance and support.*

Thank you very much



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e-mail: secondary@mandoulides.gr
www.mandoulides.gr