

flame



Editorial

Dear readers,

Thank God, the Mayan prophesy didn't come true and the world did not come to an end. What is really coming to an end, though, is people's ability to feel JOY. Outbreak of hostilities, threats of nuclear disaster and financial crises have been plaguing the globe, forcing us all to live in a state of perpetual turmoil. Recession, rhyming with depression, is the word that has been haunting our days and nights plunging the souls of people into despair and in an endless winter.

However, you can cut all the flowers but you cannot keep spring from coming (P. Neruda) and what better form can spring take but that of young people wanting to seize the day and change the world; to keep the FLAME burning in their hearts and light the torch of HOPE, to become the change they want to see.

For us, spring has come with wonderful color illustrations and articles celebrating critical thinking and reflecting maturity as well as spontaneity. The pages of this issue are the living proof that the young generation can be great achievers in all fields of life and come up with brilliant ideas.

Therefore, we urge you all to follow in Kavafi's footsteps and HOPE for a long voyage before you reach your land of dreams, to think POSITIVE and not to be afraid of MISTAKES because they can be utilized as a source of strength.

Enjoy your summer holidays

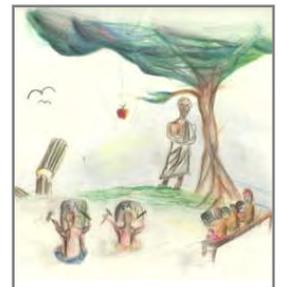
See you next year

Rania Dantsi

Creative Productions Club Organiser

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Facts rarely if ever have any soul

One can have all the facts and miss the truth.

It can be like the old piano teacher's lament to her student,
'I hear all the notes, but I hear no music.'

- BY DIMITRIS NIKOLAOU -

Greece has been in the headlines over the past three years for its excessive government debt and budget deficit. Years of careless and imprudent spending by governments together with the financial markets' tolerance for such squandering have led to this situation.

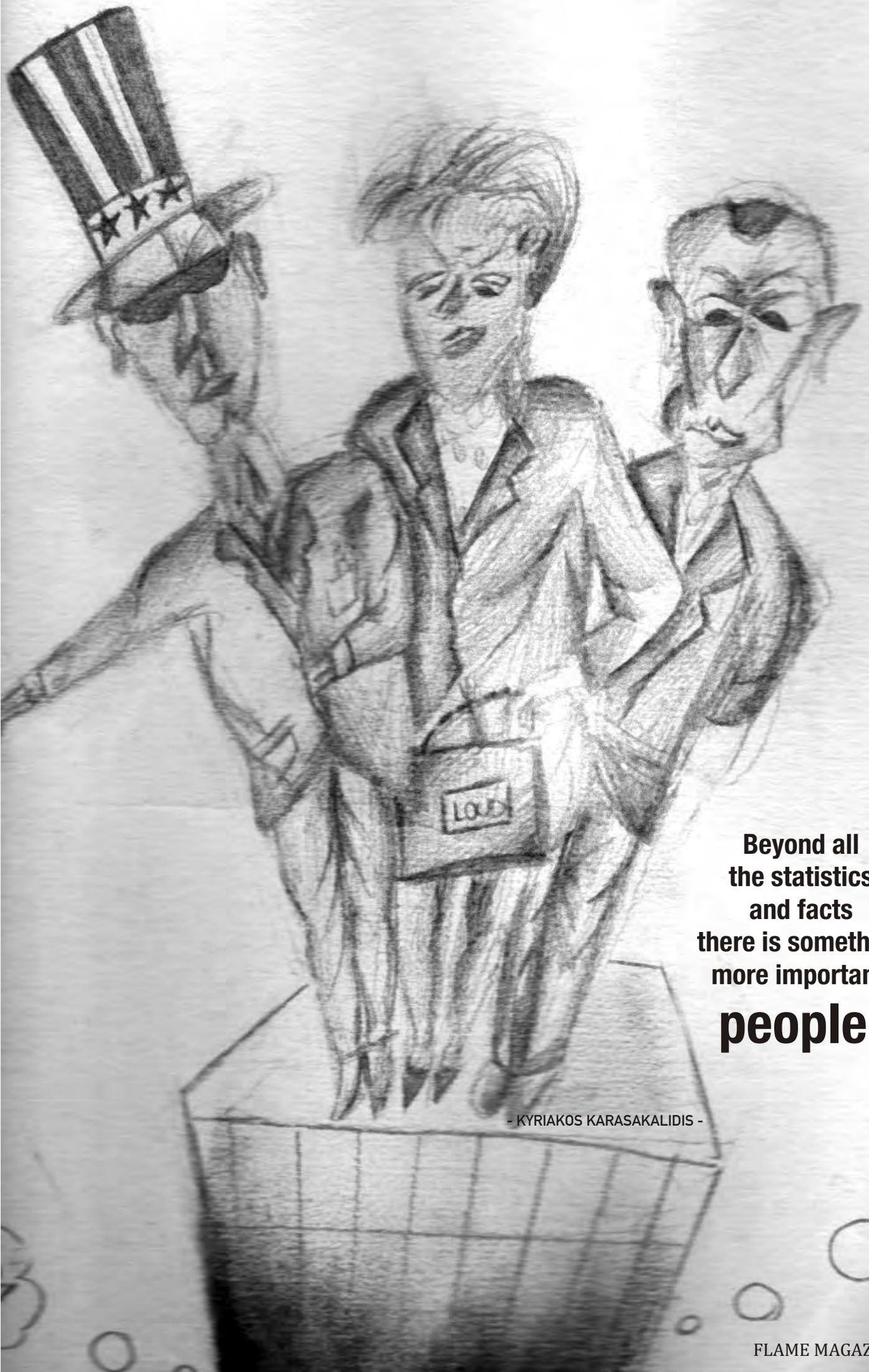
Today, Greece does not have access to financial markets in order to support its regular needs because interest rates have reached prohibitive levels. Instead it is being supported by funding from the IMF, EU, and ECB. Needless to say this support comes at a price, a strict austerity program involving increased government revenue mainly in the form of additional taxes but also in severe cutbacks in government spending. All this in order to reduce government debt, restore the health of the economy, so that all creditors may be repaid in the shortest possible time frame.

The facts are undeniably against Greece and despite the hardship I have been a firm supporter of the IMF, EU, and ECB who are imposing the austerity measures since it is only logical that creditors should be repaid for their financial support. Over the past two years the austerity measures have unfortunately reduced the country's GDP creating a negative spiral

and the need for additional measures. These additional measures will be burdened by the country in the form of more taxes and higher cutbacks in spending.

Although the above seem reasonable and rational, living in Greece during this period of debt crisis has made me see things a little differently. Beyond all the statistics and facts there is something more important, **people!** The austerity measures have impoverished a large part of the population and unfortunately the ones that have been affected mostly are the more vulnerable social groups. Pensions of the elderly have been slashed, allowances of people with special needs have been cut, and unemployment benefits have been all but eliminated.

The facts as displayed in numbers, graphs, and figures all indicate the need for radical reforms but should these come at the expense of human dignity? What will we have gained if the country finally manages to repay its debts but loses its people along the way? I continue to believe that commitments and obligations need to be fulfilled but witnessing the effects of austerity measures makes me question if the appropriate remedial method for the restoration of the economy is to impoverish people.



**Beyond all
the statistics
and facts
there is something
more important,
people!**

- KYRIAKOS KARSAKALIDIS -

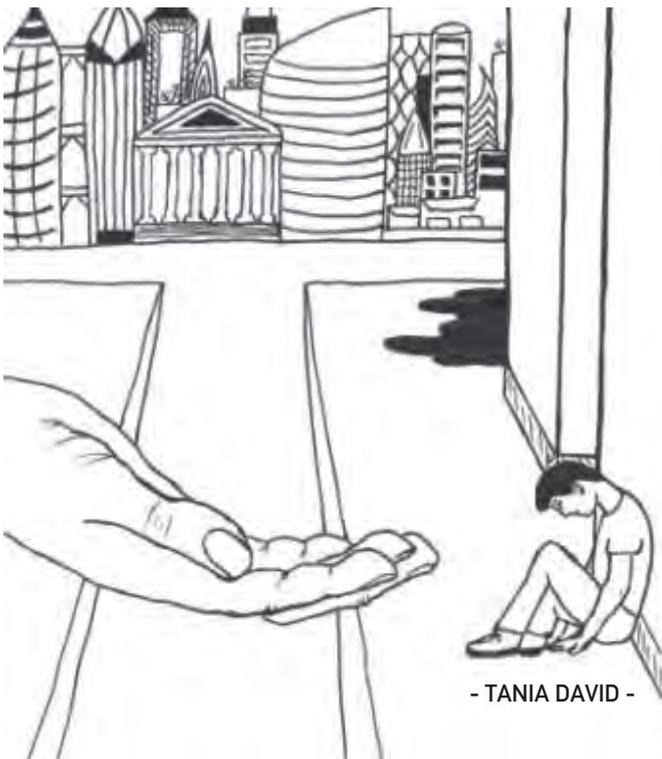
Immigrants

Minority groups, which stand out because of their ethnicity or religion, face serious discrimination and are not considered part of the community

- BY ANESTIS LAPPAS -

Providing equal opportunities for minorities has been a major issue in Greece, as in many other European countries. Minority groups, which stand out because of their ethnicity or religion, face serious discrimination and are not considered part of the community. On top of that, the economic crisis makes the situation even more difficult for the immigrants, who cannot find employment easily, because of racial prejudice and, as a result, their lives do not get any better.

Over the last two decades a large number of economic migrants and political refugees has moved to Greece in order to find work or have a better standard of living. The fact that my own grandparents emigrated from Asia Minor in the early 1920s helped me gain proper insight into the situation. Therefore I see things from both sides, as a native and as an immigrant. From my early childhood I had friends who stood out because of their ethnicity or religion. Because of that, I learned to accept their diversity, respect their beliefs and the way they dealt with things. Among my friends, Jacob was the one that taught me how to appreciate and accept a different way of living. In spite of the fact that we don't share the same religion or culture, we built a long-lasting friendship which is based on mutual acceptance and respect of each other's beliefs. Therefore we were both



- TANIA DAVID -



- SPYROS KOUTROULIS -

Over the last two decades a large number of economic migrants and political refugees has moved to Greece in order to find work or have a better standard of living

always glad and proud to be present at celebrations like Christmas or Pesach with our families. Through this friendship, I realized that different cultures, religions and ways of thinking bring people together instead of dividing them. A friendship was the best way to approach a different style of living and thinking and in that way I understood the importance of multi-culturalism in today's societies.

This situation though might look rather utopian if we take into consideration what is really going on in Greece. In a country devastated by the economic recession,

ignorance and lack of education, conflicts between immigrants and natives ignite almost spontaneously. People jump to false conclusions, based on misconceived ideas and underrate immigrants. Thereby the problems the immigrants face become more intense because they are not treated equally and do not have the same opportunities as the natives.

The fact is that there are social and economic policies that defend those people's rights. But unless public awareness is raised, no positive outcome can be expected.

Education & prosperity

Two interrelated concepts

- BY ALIKI KARKALA -

The socioeconomic development of a country is directly connected to its level of education. From ancient times to today's modern form of society, most civilized countries offer higher educational standards, as proved by the ancient Greek historian, Ephorus and the results of researches conducted by UNICEF.

Ephorus was one of the first people to inform the world about education in the early forms of society. Many years before Christ, young people and children were rarely offered any formal education except for those who lived in sophisticated ancient cities like Athens. As argued in Ephorus' texts, in a city of high economic, cultural and trade development as Athens, the level of education reflects exactly those characteristics of the city. The prosperity of the country or city entails economic and cultural exchanges that are necessary for the education of people in a both practical and spiritual way. In the aforementioned society,

teachers were rather an expensive provision but offered high-level knowledge of mathematics, rhetorical arts and music. Another source that proves the strength of the bond between education and the welfare of a country is a UNICEF publication entitled "A school like mine". In his tribute about students around the world, it is shown that especially in countries of Africa and southern Asia where power and, consequently, money is in the hands of the few, the ones stricken by war get a low-standard education or frequently no education at all. Horrid financial and political situations in these countries drive children to work. Some other problems caused by lack of investments in education are the poor, and sometimes dangerous, infrastructure and shortage of teachers, making any attempt to learn quite impossible. This fact is inconceivable to most developed countries.

Consequently, a country's well-being and success requires better conditions in education, as shown in ancient Greek and today's more or less developed societies. A country in decline isn't able to provide a satisfactory level of education to its citizens, in any era.



- KYRIAKOS KARSAKALIDIS -

Many years before Christ, young people and children were rarely offered any formal education except for those who lived in sophisticated ancient cities like Athens

HOW MUCH FOOD IS WASTED around the globe annually?

1.3 billion tons of food
were discarded or uneaten in 2011

- BY RAPHAEL TSIAMIS -

Nowadays, the impact of the economic crisis is more than obvious in every country. Yet, there is a prodigious wastage of food, occurring because of the colossal gap between the wealthier and poorer, more powerful and less powerful countries. It simply appears that as humanity just refuses to think correctly and learn from its mistakes in some situations. Food wastage is posing a major threat to society and is having a great impact on the economy of every country, threatening to destabilize both.

The annual quantity of food wasted around the globe is a gargantuan one. Indicatively, in the year 2011, 1.3 billion tons of food -which is equal to roughly one third of the global food production- were discarded or uneaten. Of that quantity, 33 million tons were wasted solely by Americans (165 million dollars were spent on uneaten or even unopened food). The pecuniary equivalent to all these billions of tons is estimated at about 500 billion per year- and the worst is yet to come. According to recent research conducted by the Institute of Mechanical Engineering, (*IMechE* <http://profeng.com/news/cut-waste-to-feed-the-starving-says-imeche>) a tremendous rise in that number was seen -as if it weren't already outrageously vast!- In 2012, more than 2 billion (circa 2.1) tons of food were wasted, which means more than half of the annual food production. Doing the math, the ratio of the rise was 53.85% and the amount of money equivalent to this is 769.25 billion. By the end of the year, that very amount

will probably have reached 3 billion. What's the aftermath? Alas, if this horrendous scourge should go on without at least- showing decline, we will have to double our annual food production. What's more, that inexorable research also reveals the fact that every E.U. citizen discards an average of 394 pounds (179 kilos) of food annually. Dr. Tim Fox (head of the IMechE research) states that provided people put a limit and cut back on their consumer habits, more than 50% of food can be saved. Meanwhile, there is more than one billion people being malnourished, having to put up with living conditions of extreme poverty or of children being brought up in these dire conditions. Hence, we must try not to waste so much food, for the sake of the planet and our fellow men.



- ATHANASIOS PAIKOS -

IS FACEBOOK BENEFICIAL FOR STUDENTS?

- BY GEORGE PAPANIKOLAOU -

When it comes to the lives of students, Facebook has nowadays become something more than a social network. It has become part of their daily life, a fact, which alone seems troubling. This "revolution" has certainly proved more harmful than beneficial, especially for teenagers and surprisingly for younger children as well.

It is not an uncommon phenomenon to see children of about the age of 10 spending an immense amount of time in front of a computer screen, browsing through profiles of all sorts of people, looking for something new. Maybe what leads children to such a habit is their natural curiosity. This fact however doesn't mean that the environment that encourages this activity is innocent, nor does it prevent it from taking its toll on students through time. To be more specific, it is estimated that over 10 million students in Europe have been "officially recognized" as Facebook addicts who suffer in a variety of ways because of this virtual reality.

Even students who "take" Facebook in moderation are eventually unable to avoid the consequences. For example, some students' grades gradually begin to fall, and this as a result causes extra trouble with school and family. In addition, the fact alone that Facebook is for the student free-time consuming, means that precious time for friends, family and other interests the child may have had in the pre-Facebook era is lost. Having critical thinking is crucial for any person, Facebook however tends to hamper it as well. A child spends endless hours looking and "spying" on what other people do and eventually cannot think enough on its own to become an active and creative individual. One last major threat Facebook poses for students is cyber-bullying, violation of privacy and important security issues in general. It is quite often the case that children get bullied by others online, as well as the possibility that they may meet strangers, who are very likely to mean serious harm, either by approaching them in reality or by disturbing their privacy. Such cases are usually resolved by the authorities responsible, however that is after irreparable damage has already been done to a student's mental or physical health.

To conclude, Facebook obviously holds more unpleasant surprises for a far larger number of students than it should, this making it a considerable threat to their physical and spiritual health. Therefore in my opinion its use should be strictly curbed by those responsible for students and its creation, with the hope that a new and effective system will emerge and manage to control Facebook's influence in real life.



What makes you... gullible

- BY APOSTOLOS CHOROZOGLU -



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aybe the Mayans were correct after all. OK, it's not the end of the world as they said. We don't get to see enormous buildings being burned to ashes by huge fireballs shooting from the earth's nucleus (even though that would have been an amazing sight, just saying). Nor since the 21st of last December have we experienced any massive changes or natural disasters that have changed the face of the world (except maybe for the meteor in Russia...).

Taking a closer look though, you can clearly see that for the last couple of years, maybe a decade, the world's cultural interest has taken a huge step back. Actually, it is human stupidity that is on the rise. Why is that you may ask? People are largely influenced by what they watch on TV, listen to on the radio or read on the Internet, in newspapers etc. Anyone is free to upload anything they want on a website or go public with a fake rumor or fake news whenever they want, and this is when trouble begins. Now, a fair argument could be made about people not having to believe everything that's being handed out to them as news but the way that

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STYLE!



- KYRIAKOS KARSAKALIDIS -

society has developed, has made people really gullible. When the average person goes on to visit about 6 different websites and watch TV for about 4 hours per day, he reads, listens and watches lots of things that can't be dismissed or ignored as a whole. Some of them you've got to believe.

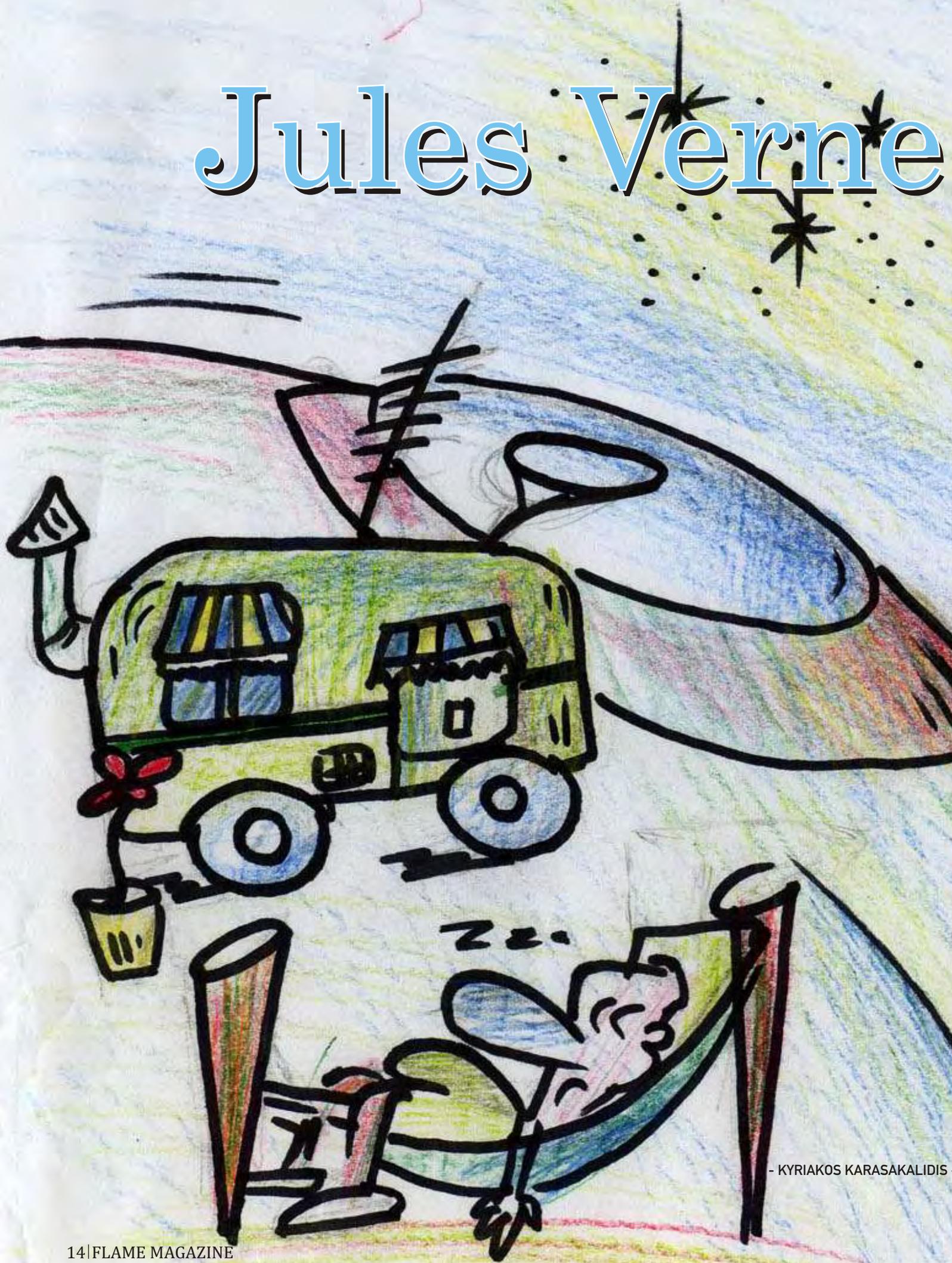
So as time goes by and people tend to spend more of their time following the media (magazines, TV, radio, internet, etc.) the influence that they have on us keeps becoming stronger. Just think of one of the latest trends that the media has created, Gangnam Style. The singer of the song, PSY, is Korean but is mostly known outside his country. His video was uploaded on YouTube last July and currently has almost 1.5 billion views. People everywhere seem to know the dance and the chorus and PSY has become filthy rich because we learned about him from the media and decided that he's awesome. The most viewed shows on TV are reality shows. It's kind of ironic because

what they show to people is not even realistic. People get into stupid fights, cry the whole time and one of them ends up getting a ton of money.

How adorable. George Seferis wrote in a piece of his work (referring to the Greek nation) that people have found silly ways to entertain themselves and get caught up in them, while forgetting about the real values of life and overlooking the problems the world is facing. Just think about how correct he was when what he wrote was written well over 70 years ago. It's clear that we're deeply influenced by the behemoth that the mass media is.

There's not a chance that this influence will stop growing on us, as it's self-evident that after the recent breakthroughs in technology, people will not turn away from their TV, turn off the radio or stop browsing the Internet. What we can do though is to develop critical thinking and judge whether what the media promotes is right or wrong.

Jules Verne



- KYRIAKOS KARSAKALIDIS

was right

- BY KYRIAKOS KARASAKALIDIS -

Two decades ago colonizing the moon would have been thought of as a crazy idea, mere science fiction. However Jules Verne, a very famous author that the majority of our readers will have heard of, had the inspiration and the imagination to write about it.

Now in the 21st century, colonizing the moon is an idea that can be easily accepted by society. Humanity has already put men on the moon but still people express plenty of questions about populating outer space. Can people live in space? Can permanent communities be built and inhabited off the earth? Now they are asked seriously, not only out of human curiosity, but also because the circumstances of our times simulate the thought that colonization offers huge potentials and hopes.

So, why build space settlements? The answer can be found in these two questions. Why do weeds grow through cracks in the pavement? Why did life crawl out of the oceans and colonize land? The answer is simple. Living things want to grow and expand.

Now that living in space is practically feasible, we will take advantage of it but unfortunately not in the near future. In order to live and create healthy communities on the moon we need to take into consideration three factors. How will this help humanity to survive? How will space settlements generate electricity? And the most important which planets should we colonize?

Many scientists express their fear that someday earth will become uninhabitable. Before this day comes, humanity must move off the planet or face extinction. Disastrous collisions or comets hurtling towards earth are potential threats for earth that could kill millions of

people. If major space settlements are built before the next collision the unaffected space settlements can provide shelter, a refuge. In addition those that colonize space will control vast lands, enormous amounts of electrical power and unlimited material resources.

The societies that will take advantage of these resources will create wealth beyond our wildest imagination, hopefully for the good rather than to the detriment of mankind.

We can already see from history that societies, which have grown by colonization, have gained wealth and power. Unlike previous colonization programs, space colonization will build new lands, not steal it from natives. In order to choose the appropriate place to colonize, we have to consider the G levels of the terrain in order to achieve similar environmental conditions as we have on earth. With low gravity people will be able to jump ten times higher than normal, higher than anyone has ever dreamed. This might cause some problems in the beginning but we will manage to work out the solution. On earth we all share a single biosphere. We breathe the same air and drink the same water. Each space settlement must be able to provide visitors with the appropriate atmosphere and water in order to survive, since we are talking about different planets.

To sum up, we can see that the earth has already been affected by catastrophes, not all natural. Global warming, collisions and tsunamis are threats that will in the distant future destroy earth and along with it humanity. Space colonization is the key to the problem that will provide humanity with a safe and long term future.



- MARIA KARSAKALIDOU -



Is animal testing necessary?

- BY MARIA KARSAKALIDOU -

Every year, millions of animals undergo painful suffering or death as a result of scientific research into the effects of drugs, food additives, cosmetics and other chemical products. While most people think animal testing is necessary, others are upset by what they see as needless suffering. Since animals share many features with humans, scientists use animals to test the safety and effectiveness of newly created substances. However, concerns have been voiced that animals are suffering unnecessarily. Some people do not believe that every new drug needs to

be tested on animals and also they are worried that many animal tests are ineffective and they believe that they should not be used for non-essential products such as cosmetics, soaps, shampoos and cleaning products.

Every day, thousands of people are saved from painful diseases and death by strong medical drugs and treatments. This is thanks to animal testing. If these tests were not carried out it would be much more inhumane and extremely unethical to test new drugs on children or adults. Opponents of animal testing claim that the results are not applicable to humans. This may be partly true.

Some drugs have had to be withdrawn, despite testing. However, there are simply no alternative methods to testing. Computer models are not advanced enough, and testing on plants is much less applicable to humans than animals.

Animal testing allows scientists to test and create new drugs since there is a large supply of animals for medical research. Animals are easily bred, and maintained safely in controlled labs. The cost of testing on humans would be extremely high. Many people argue that animal testing is cruel. In some cases this is true. However it would be much more cruel to test new drugs on people or children, or to let people die because there was not enough information about a drug.

But how about the suffering they undergo in order for some of us to look beautiful by using beauty products? It is obvious that such tests are not being used only in medicine but also in such useless things that make helpless animals die for something so frivolous...what is beauty? Is beauty causing the death of these animals? Poisoning, shocking, burning, and killing animals is all in a day's work for these labs. If these atrocious acts were committed outside laboratories, they would be felonies. But animals suffer and die every day in laboratories with little or no protection from cruelty. It's unethical to sentence 100 million thinking, breathing, feeling animals to life in a laboratory cage and intentionally cause them pain, loneliness, and fear. In addition it's bad science. The Food and Drug Administration reports that 92 out of every 100 drugs that pass animal tests fail in humans. Also it's wasteful. Animal experiments prolong the suffering of people waiting for effective cures by misleading experimenters and squandering precious money, time, and resources that could have been spent on human-relevant research. Another reason for stopping testing animals is that it is outdated.

Forward-thinking scientists have developed humane, modern, and effective non-animal research methods, including human-based micro-dosing, in vitro technology, human-patient simulators, and sophisticated computer modeling, that are cheaper, faster, and more accurate than animal tests. And the most important... the world doesn't need another eyeliner, hand soap or food ingredient that it should come at the expense of animals' lives!

Animal experimenters want us to believe that if they gave up this awful habit, sick children and other disease and accident victims would drop dead in droves. But the most significant trend in modern research in recent years has been the recognition that animals rarely serve as good models for the human body.

Most of us do not know about the law in the U.S. that governs the use of animals in laboratories, the Animal Welfare Act, allows animals to be burned, shocked, poisoned, isolated, starved, forcibly restrained, addicted to drugs, and brain-damaged. No experiment, no matter how painful or trivial, is prohibited and painkillers are not even required. Even when alternatives to the use of animals are available, the law does not require that they be used, and often they aren't. Because the Act specifically excludes rats, mice, birds and cold-blooded animals, more than 95 percent of the animals used in laboratories are not subject to the minimal protections provided by federal laws. Because they are not protected

by the law, experimenters don't even have to provide mice and rats with pain relief. Animal experiments don't persist because they are the best science, they persist because of experimenters' personal biases and traditions.

If experimenting on one intellectually-disabled person could benefit 1,000 children, would we do it? Of course not! Ethics dictate that the value of each life in and of itself cannot be superseded by its potential value to anyone else.

Animal experimenters want us to believe that if they gave up this awful practice, sick children and other disease and accident victims would drop dead in droves.

Battle of the SEXES

“Sometimes I wonder if men and women really suit each other. Perhaps they should live next door and just visit now and then”

Katharine Hepburn

- BY GEORGE LALES -

Have you ever attempted to delve into a woman's mind? Impossible! No matter how hard you may try, in the end your efforts will prove fruitless since women perceive things in a completely different, unique way compared to us, men.

Let us examine some examples that may be considered stereotypical for either gender. Women can be more empathetic because of their brain chemistry since high levels of estrogen and progesterone, as compared to males, render them more likely to understand and even feel the emotional state of others. However, they have a reputation for being competitive, especially within their own sex. A characteristic example of this would be a woman watching TV with her significant other half, when a super model appears on screen. A woman's immediate response would be to belittle the model by pointing out negative characteristics such as: "Oh God, look at the cellulite on her butt, that's disgusting...". But it doesn't end there. The male partner is expected to instinctually exclaim "Damn, she's too tall, too skinny, such an ugly woman, I can't even look at her."

Furthermore, when women want something they are rarely explicit about it. This leaves men in utter confusion until they finally admit defeat and say "yes" to whatever is asked of them, even though they are probably still unaware of what that was. For the

completion of such missions, women have more developed regions of the brain responsible for language and communication. They tend to process stimuli using both hemispheres, a fact that helps them deal with issues in more creative ways. For instance if they exclaim: "Honey, it's our anniversary in a few days", it should be decoded as: "It's high time you got me a good gift you ungrateful monster."

Not only is this the method of delivery of what women have in mind convoluted and almost impossible to decipher but, sometimes what women say and what they mean are polar opposites. If a woman says "yes" she could easily mean "absolutely not" when she says "do whatever you want" it means "you're definitely going to pay for this" and finally when a woman keeps talking for quite a while and inquires: "What do you think, darling" she is in actuality implying: "Did you fall asleep while I was talking, darling" in order to test a man's attention span. As William Shakespeare said: "Women speak two languages; one of which is verbal."

The ultimate battle and the most common, however, ladies and gentlemen, between the two sexes begins when Champion's league is on and the male has taken over the living room with half a dozen friends turning the house into a sports stadium while yelling at the TV. It is an activity that most women tend to consider utterly boring and meaningless despite their ability to empathize. Men, on the other hand seem to be so invested in sports as

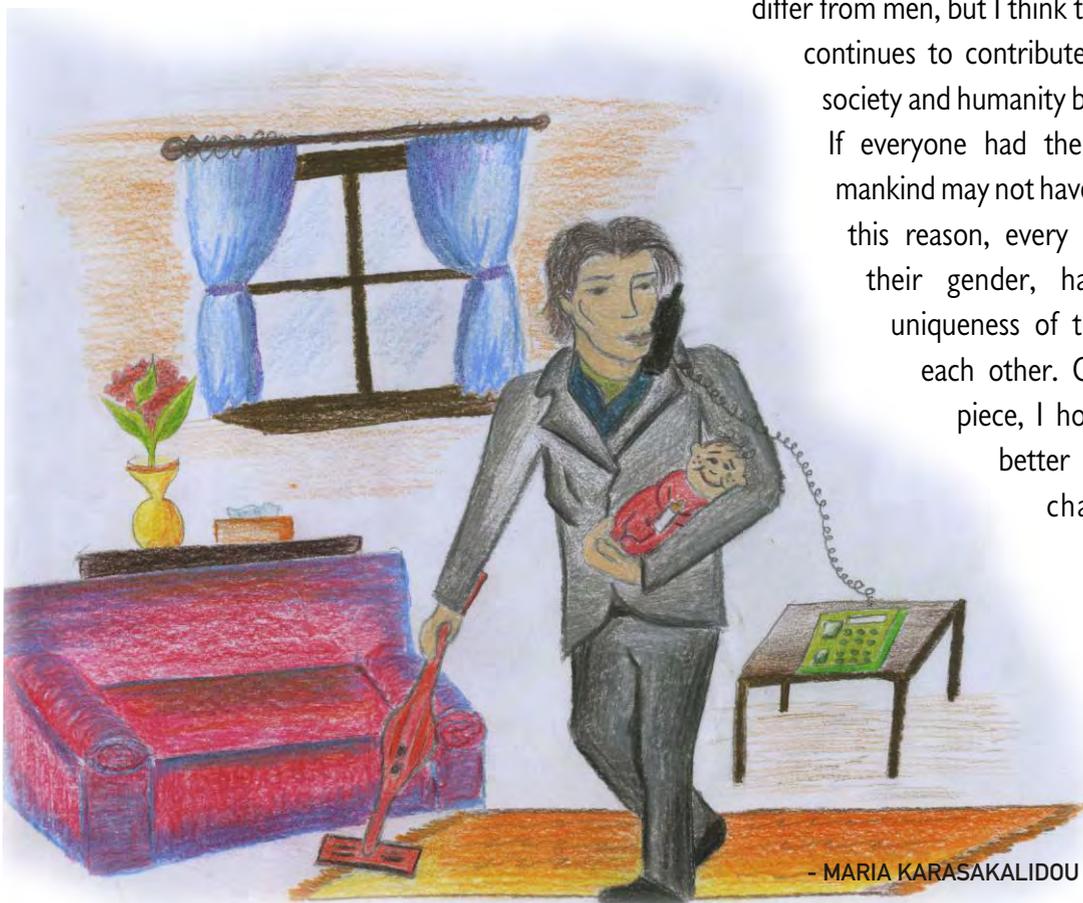
they have high levels of testosterone that render them more likely to enjoy aggressive or competitive sports. Specifically, during the match, women may attempt to ruin the moment by constantly asking questions along the lines of: "What's an off-side?", "Why did he just fall to the ground", "Why is the referee blowing his whistle" or "Why is the grass so green???" and receiving no response. What follows is the immediate release of waterworks from the women's eyes. Besides, as Thomas C. Haliburton mentioned: "Every woman is wrong until she cries, and then she is right, instantly". For this reason, I would suggest you follow Helen Rowland's instructions: "A foolish man tells a woman to stop talking, but a wise man tells her that her mouth is extremely beautiful when her lips are closed."

Moving on to us, men. We tend to process information better using the left hemisphere and can do better, in general, in left hemisphere activities like problem-solving from a task-oriented perspective. More specifically, try to imagine a man's brain as a space with a lot of little boxes. So, when a man discusses a particular topic, the box containing relevant information is just pulled out, opened slowly and what is uttered is purely specific to the topic at hand! On the other hand, imagine a woman's

brain like a maze comprised of long, big wires, white matter, that connect to each other, overlapping as they do so. Try to think of what a woman's encephalogram would look like with all these close-linked wires and then picture the equivalent for a man. Men also have approximately 6.5 times more gray matter in the brain than women but women have about 10 times more white matter than men do. This density of neurons allows women to remember things better or multitask more efficiently. I'd like to present to you a stereotypical example of this supposed female "superiority". Daddy has been entrusted with the care of the baby. By himself!! The child will most likely die. I am of course kidding. What is certain is that the dialogue below would ensue:

- "Honey, have you fed the baby?"
- "Ummm, what was that dear?" the father would respond while unsuccessfully trying to vacuum, hold the phone and the baby at the same time.
- "You forgot to feed the baby again. We just talked about this, two minutes ago."
- "I mean, it's not my fault, the baby clearly stated that it doesn't want to be fat!"

These are some of the characteristics that make women differ from men, but I think that this variation has and continues to contribute to the development of society and humanity by increasing productivity. If everyone had the same brain chemistry, mankind may not have come as far as it has. For this reason, every individual, regardless of their gender, has to understand the uniqueness of their nature and cherish each other. Overall, having read this piece, I hope that you will have a better insight into the specific characteristics of each gender and may benefit from it. In the words of George Carlin: "Men are from earth. Women are from earth. Deal with it."



- MARIA KARASAKALIDOU -

BEING NORMAL BEING NORMAL BEING NORMAL

NOBODY is NORMAL

- BY CHRISTINA TARATORI -

ORATORY FINALIST, FORENSICS TOURNAMENT 2013

Many years ago, a humble man called Martin Luther King had a dream. That Caucasians and African-Americans would be equal, have the same rights, receive the same treatment, and mankind would be united as one. And after many years, that dream is close to coming true. Although discrimination against minorities is still a societal issue, we have come a long way since Martin Luther King's days. I also have a dream. That one day people with disabilities will be treated as you and you, you, and you are treated. As normal human beings...

Seventeen years ago, I was born with a disability called achondroplasia; it's a kind of dwarfism. When the doctor came out to announce my birth to my parents, he said these words, verbatim: "Well, life is life, and you can't predict what will come your way, but don't treat it bad, I know it is hard to love it, but it's your child..." Oh yes. Those words came out of a doctor's mouth. A man of science who has seen so many cases like mine. At that moment my mother, thought that perhaps that doctor needed a high-five, with a chair on his face... Not only do my parents love me, but they have treated me exactly the same as my brother and sister. I have been swimming professionally for the last thirteen years, I have taken ballet classes and am currently living my life as any normal teenager would... One might even claim that it's more of a disability to be tall than short. I have no problem fitting in airplane toilets or cutting in line at the school cafeteria... since no one notices me. Why is it so difficult to love a child with a disability? Is it a matter of height or the fact that one is stranded in a wheel chair for life?

Everyday, when walking down the street you encounter various people. You see them and you move on. They belong to the category that one might label as normal... Now, imagine that for one day you or a family member developed a disability. What if one day you found yourself transformed into a different being much like in Franz Kafka's *Metamorphosis*. How would that make you feel? Let me tell you how that would be. People would stare at you and gossip. Let me present to you some of the most common looks and reactions when one encounters people that are visibly irregular in some way....

- **It's the double look:** You know when you don't realize what you saw and you look back saying "Oh my God, did you see that...."
- **It's the look of terror:** "Ahhhhhh, what was that???"
- **It's the mocking look:** You don't have to say anything, just look and point and maybe even laugh outwardly "Ha,ha,ha...."
- **The pity look:** This is by far the worst; you might not use words to inflict emotional pain but the tilt of the head and facial expression are enough.

If you had a disability you might not be strong enough to withstand your everyday routine, in the beginning, but in time you would manage to control your feelings. You would grow stronger, prouder, for being capable of fitting into this world, of being an integral part of it, of being loved, of overcoming societal prejudice and rising above it. It is very challenging to put oneself in the position of

another. It is understandable that one might not grasp the emotional turmoil that can be caused to someone if they are the victim of verbal abuse or gossip. It is not however acceptable to avoid exercising your ability to empathize through the realization that the person you are targeting is a human being, with feelings, just like you. I have learnt with time to ignore and even feel empathy for those who criticize me purely for my appearance. It is, in my opinion beneficial to have someone with a disability in your life. Your attitude towards life would be altered, you would become a more accepting, tolerant human being. And you would see that those who may target you are the ones in need of “reconfiguration”. Especially in the area of the brain... So, is there such a thing as an abnormality in the human species? Let me tell you this. **Nobody is normal.** Nobody is normal because everyone has unique characteristics that makes them special in their own way, characteristics that often may not be visible to the naked eye. Someone may be too tall, or too short. Someone may be smart, or unintelligent. And someone may be a little bit crazy. But that doesn't matter. If one feels comfortable within their own skin, it doesn't matter. Can you imagine if everyone was exactly the same? That would be very boring...

At this point, I would like to mention that many individuals that have helped mankind to succeed weren't considered normal..

- **Stephen William Hawking:** is a British theoretical physicist, cosmologist, and author and also my role model. He is almost entirely paralysed due to amyotrophic lateral sclerosis (ALS) and communicates through a speech generating device. But he didn't give up. He married twice and has three children.
- **Vincent Willem van Gogh:** was a Dutch post Impressionist painter. After years of painful anxiety and frequent bouts of mental illness, he died at the age of 37. Yet, through his illness, he discovered and uncovered for the world a whole new definition of painting..

In conclusion, it doesn't matter how we look on the outside, what psychological or physical issues we might be burdened with or what others think of us, because in the end we all end up as fertilizer. In fact, it is our actions that define our lives and character and those actions are the reason why we are to be remembered or forgotten. Remember my words, my beliefs think them over. Decide for yourselves. But remember one thing. You have the power to become the change you want to see in this world! Accept yourselves and others the way they are.





- BY SEAN ZAFEIRIADIS -

HONORABLE MENTION IN ORATORY. FORENSICS TOURNAMENT 2013

To fulfill one's desires and find bliss is the true meaning of life according to Aristotle. Some find their own true meaning through peace and love; others strive for a life filled with luxuries. However, in our world there are those who have chosen the path of revenge. But to revenge or not to revenge? That is the question. Revenge is sweet and not fattening says Mr. Hitchcock, which in part is true. Now, I believe that the non-fattening part is rather self explanatory, as revenge is something one does not ingest, thus being incapable of adding weight. Let us take a closer look at this phrase of his and decide whether it reflects the true identity of revenge or not. According to a recent study conducted in Switzerland, what makes revenge so alluring is the rush of neural activity which takes place in a structure of

the brain, namely, the caudate nucleus, at the exact moment an act of revenge is committed. The caudate is also known to have delighted in cocaine and nicotine use, producing a very peculiar hormone which indeed does give us the impression that revenge is not just sweet but a marvelous delight, maybe even better than Turkish delight, which now that I come to think of it should be Greek delight...but I digress. To summarize, it must have become clear by now that the indisputable and repeated presence of revenge in human history has indeed a biological basis that renders it irresistible.

However is the fact that revenge has a biological alibi for offering us momentary bliss enough to justify its pursuit? There are many bodily functions that, through the production of pleasure hormones, create similar if not more intense rewarding feelings yet human beings have learned to control them. For instance, one does

not satisfy the need for sexual gratification at any given opportunity. The development of critical thought has blessed humanity with the ability to restrict such needs, to evaluate situations rationally and avoid indulging in activities that may be enjoyable but inappropriate under certain circumstances. For example, one does not indulge in the need for sexual gratification on any given occasion. Therefore, it is possible to overcome our biological need for revenge by developing an internal scale that weighs the adaptive benefits of revenge against its various costs and opt for forgiveness instead.

Apart from the fact that vengeance seems to have a biological hold on man, there are also those who claim that it offers a form of psychological catharsis. In a recent study conducted by Kevin Carlsmith and colleagues from the University of Virginia and Harvard these researchers concluded that people erroneously believe that revenge will make them feel better and help them gain closure, when in actuality avengers ruminate on their deed and feel worse than those who cannot avenge a wrong. In the words of Francis Bacon, "A man studieth revenge, keeps his own wounds green which otherwise would heal and do well." Thus, we can conclude that it is in our own best interest to avoid retaliation.

The use of revenge as a theme of either plays or books is nothing short of common. Countless artists have been inspired by revenge and the innate need for retaliation that plagues mankind. A well known example of this is Shakespeare's play Hamlet; in case you're not familiar with it let me provide a succinct summary. Well...pretty much every one dies. But we can see that even in this day and age revenge has not ceased to exist. Recent facts largely confirm that revenge has been cited as a factor in one in five murders that occur in developed countries, while a report from 2002 found that between 1974 and 2000 three in five school shootings in the United States were driven by revenge.

Indisputably, the pursuit of justice seems to be a factor in seeking revenge. Given that the definition of justice is subjective it is understandable that rectifying injustice is an impossible task since the party on the receiving side of any given offense will always consider

the action unjust and will therefore seek retaliation, thus creating a never-ending cycle of retribution. A group of researchers lead by Arlene Stillwell in a recently conducted psychological study corroborated the above. Their findings showed that when people assumed the role of the avenger in the study they believed that their action restored some form of balance and justice. Recipients of the offense however, considered the payback excessive. Stillwell concluded in an article published in 2008 in an issue of Basic and Applied Social Psychology that "the divergent perceptions of avenger and recipient make it difficult to bring an end to the cycle of revenge in a way that both avenger and recipient will regard as satisfying, positive or fair." Therefore, it is clear that revenge does not restore justice.

Overall, pervasive though the instinct for revenge may seem, it is obvious that it does not fulfill the avenger in the way that is expected. In the words of Walter Weckler: "Revenge has no more quenching effect on emotions than salt water has on thirst." It is consequently in the best interest of those who feel mistreated to forgive and forget or alternatively try to reason with their offenders.

To conclude, throughout this essay it has become clear that revenge is neither inescapable nor justifiable since the development of critical thought has enabled man to overcome primal biological urges, and weigh the benefits and disadvantages of undertaking a vengeful act. Furthermore, it is evident that revenge does not offer catharsis or a sense of universal justice, thus rendering its undertaking mute. It is an act that, if only for selfish reasons, one should avoid. In retrospect, we could easily claim that Mr. Hitchcock's quote has one major flaw. The repercussions of something sweet are not limited to weight gain. Revenge can end up rotting not only one's teeth but ultimately the most precious possession of a human being: his soul.

As Mahatma Gandhi stated: "An eye for an eye only makes the whole world blind." So unless you want to end up toothless and, well, blind I would suggest you reconsider revenge as a form of action the next time you feel mistreated. It's for your own benefit.

Mistakes are the portals of discovery

James Joyce

- BY KATERINA VALAVANI -

the difference
between
a great man and
an ordinary man
is the way
he acts after
he has experienced
failure



- SPYROS KOUTROULIS -

In today's society people who make mistakes tend to be frowned upon as scientists have found ways to eliminate many mistakes from everyday life by using flawless machines which people can barely match. Of course if we do not want to be replaced by heavy pieces of iron and steel, we have to live up to the expectations of our employers and turn into machines which do not require any relaxation time and can do the same work, not only faster but also better. And by better I mean with no mistakes. We are called to face a reality that is extremely competitive and as a result we must keep up with both the social and technological changes of our time. But should making mistakes be banished from our lives or should we use our own mistakes as guides which can help us do better in the future? Let's not try to fool ourselves: who has not fallen foul at some stage or other in this life? It is in our nature to fall, to fail, to want to give up, to make mistakes but what makes the difference between a great man and an ordinary man is the way he acts after he has experienced failure. He can either choose to stay down and give up on life or he can choose to get right back up on his feet and try again with newfound courage and wisdom that he has acquired from his fall. Whatever his decision may be, it is up to him.

On the other hand if we change our perspective we might find out that there is a reason behind every mistake we make. Maybe we have chosen the wrong path or we have neglected a certain aspect of a matter, which might be important in the future. The truth is that mistakes make us see things, not just look at them, but truly see them. Sometimes we forget the fact that we cannot possibly know everything and we should not always know everything because if we could imagine a world in which we knew absolutely everything then there would be no mysteries left and as a result no interest in our completely predictable lives. Mistakes are annoying most of the time and every time we make one we have to pay the price, a small or a big one, depending on how lucky we are but if we look at them in a more objective way we will certainly realize that mistakes make us who we are. Every single individual who walks and breathes on this planet is doomed to making

mistakes, different mistakes but most importantly mistakes that belong to him. These mistakes contribute significantly to the formation of one's future character. Mistakes resemble sculpting tools, which will help us carve our own sculpture. A perfect sculpture full of imperfections, which are the key to perfection.

Is there more? Unfortunately we have forgotten the fact that above all we are humans. We have needs. We are unique. We cannot live alone. We are vulnerable. We will eventually die. We are afraid. We are so many things. We have so much in common. We have so many differences. All the above comprise human nature, and even though it is hard to admit, not because it is shameful but because modern society seems to be abhorrent to anything that reminds us of the fact that we are nothing more than lowly creatures with limitations, we cannot change our nature. We might be able to improve it but we will never be able to change it radically. Mistakes are in our nature just as the instinct of discovery is, the only problem is that we prefer to believe that we have to become perfect and everything that according to

our self-centered logic does not agree with the new meaning of perfection has to vanish from our natural identity. According to this plan the instincts of survival and discovery are positive and we should keep them but other characteristics of our nature such as our tendency to make mistakes is condemned as abnormal. And

this is how our brain seems to be working lately, just because we are afraid to admit the fact that some things do not change even if we do everything in our power to change them. We are not machines: we are people. We are the way we are because we should be that way, even though nobody knows why. We are not flawless. It is that simple, so simple that we cannot understand it. Our flaws make us flawed and our mistakes make our decisions better. The recipe for perfection consists of imperfections too: **just as salt is a significant ingredient in all types of food.**

So do not be afraid to make mistakes: they will make your life journey taste better, just like salt makes everything taste better, and for the ones that will judge you for your courage to do the one thing that they are most afraid of, tell them that **you are too busy sculpting your perfection.**

The recipe for perfection consists of imperfections too: just as salt is a significant ingredient in all types of food

A Friend Walks In When Everyone Else Walks out!!

*Most people walk in and out of your life,
but a friend leaves footprints on your heart*

- BY EVA KANONIDOU -

From the first moment that kids go to school they start getting sociable, they start making friends. Having a true friend in your life is a very important factor. But, what is a true friend? A true friend is someone who loves you just the way you are and is next to you and supports you when you are going through a rough phase in your life.

It is true that he is always there for you and what is important is that he is there especially when you need him the most. He really knows you better than you know yourself and he can encourage you in everything you do. But, how do you know who your best friend is? That reminds me of a story. There were two girls named Madison and Liz who were best friends in elementary school, inseparable. All this changed in high school. Madison was dragged into the high school clubs, she joined different activities, became popular and forgot all about Liz. She had new friends now. Madison's dad was a famous businessman and what she did not know was that her new friends hung out with her just because of that. Liz on the other hand still cared about Madison.

She was sad that they were not still friends. But recession took its toll on Madison's family and her father's business went bankrupt. The word went around. All of a sudden Madison's new friends disappeared. She wanted support, she wanted someone to sympathize with her but none of her new friends cared. The only one to walk in was Liz. Liz was the shoulder for Madison to cry on. That was the time when Madison realized that Liz was a friend that she could trust and a friend that she should never have left behind. A friend walks in when everyone else walks out.

Real friends stick around at difficult times and that's when you can tell who your real friend is: someone whom you can trust with all your deepest secrets and you will be sure that nobody will find out. When you have many problems, when everybody has left you, when you are alone, when you are scared to look ahead or it hurts to look back, you can look beside you where your best friend is. **Most people walk in and out of your life, but a friend leaves footprints on your heart.**

An ode to friendship

- BY KORNILIA VELIANI -

We have all seen movies in which, the sore lead actor shuts himself in a room, refusing to go out because he has been hurt. Do you remember what makes him walk out of the room?

Of course you do! It's his good and loyal friend!

I am sure that such things happen in real life as well...

Your friend calls to check up on you, you pretend to be fine but the problem is captured in your voice, you end the phone call saying "I have some work to do, I will call you back later." Ten minutes later, there's a knock on the door, "Leave me alone," you say. "Should I leave you alone as well?" The door opens and a familiar face comes in. You talk with your dear friend, laugh and solve your problems.

The most important quality of all in friendship is loyalty. Loyalty is only shown with actions and felt with a supernatural emotion that bonds you to someone else! That's what happens in friendship, in real friendship, you stay connected to a person so different from you but so intrinsically you. Have you ever considered how many times your friends have stopped you from doing something harmful to others or yourself?

It is true!

Our friends are our private angels, protecting us from harm, they are loyal, caring, always there. No matter what!!!

- TANIA DAVID -

"True friend"

- BY EVA KANONIDOU -

You're my best friend
And I'll tell you why
You make me laugh
And that's no lie.

You support me
And you care
And you're always there
When I need a hug
Or a shoulder to cry on
When I'm sad.

You're not someone
Who just cares for himself
Who bails on me
When everything gets worse.

I have a great time with you
You are my sister
You are my friend
And I want you to be there
In every moment of my life
Sharing moments of all time

The meaning of true joy

In order to feel it we need to take confident steps
in the uncharted waters of our mind

- BY PETROULA KARAKOSTA -

T rue joy is like a “magic” pair of glasses with special features. Seeing through the magic lenses, you are able to detect the happy and joyful part of everything that you see. However, the word “magic” does not indicate that the glasses show an illusion. It serves to indicate that once you see through them, you no longer need them. You are then able to distinguish and feel the joy and happiness around you without any help. Therefore, I should correct myself. True joy is a special feeling that we are born with.

We carry this feeling and hide it deep in our hearts, because we want to protect it. This must be the reason we do not use it much. Sometimes we forget that it is inside us, and desperately search for it in other places. Some people turn to the pursuit of money and power, others to food, others to alcohol, gambling, and the list goes on and on. This is when we need this pair of glasses to show us that true joy lies hidden within ourselves. It is difficult to experience this feeling, because it is difficult to accept that true joy is not given to us by somebody else. The truth is that our attitude towards life is what allows us to experience it.

True joy can be found even in the darkest of times, since for each person, the ability to feel it is independent from the interventions of the rest of the world. I do not know why, but it seems extremely easy to think negatively and point out the burdens of life, and extremely difficult to search for the silver lining around the clouds that cover the sky. We love to complicate situations, to discuss

frightening stories and events, to be afraid to face the world with optimism and a joyful attitude.

We need to take our lives seriously and give to ourselves the gift of feeling true joy. We need to face every source of happiness or delight with joy and every disaster and uncertainty with bravery. We also need to remember that most events in life do not carry an overwhelming sense of either joy or sadness. They fall into a grey zone and are interpreted as neutral feelings, giving us the choice to face them as we wish. Then, we must have the strength to choose wisely.

True joy is a serious thing. In order to feel it we need to take confident steps in the uncharted waters of our mind. It is not an adventure we can embark on easily. It takes great courage to renounce the coziness of well-known feelings, even painful ones, and experience deeper feelings that have the power to change our character.

Learning how to feel joy is a procedure that can transform our life. Therefore, no one can teach us how to do it. The Greek poet Constantine P. Kavafis once wrote: “But do not hurry the journey at all. Better if it lasts for years, so you are old by the time you reach the island, wealthy with all you have gained on the way, not expecting Ithaca to make you rich...”. Making this travel our goal we will obtain invaluable treasures, such as self-awareness, honesty and confidence. This wealth will prepare us to face every misfortune in our lives and finally truly discover ourselves.

JOY

JOY

- BY RAPHAEL TSIAMIS -

Needs, worries and duress
All are reason for distress
Despair, we must not employ
And instead, we'll take joy

Happiness, they say, is bliss
So, as if nothing were amiss
To everyone if you laugh and smile
That's a rule worthwhile

There's a principle you must use:
That if something isn't right, it's an angle obtuse
So, fill your lungs with the joy
That you had, as a little girl or boy

If you follow these instructions
There won't be dissatisfactions
And if yet you still insist
Let me make you a gist

For longevity and peace
Joy is the Golden Fleece
Just don't let it fly away
Like a nightingale in May

JOY
JOY
JOY
JOY
JOY
JOY

Leaping into the Subconscious

‘ Have you ever considered what kinds of mind tricks most politicians use in order to direct common thought towards their own interests? Debate practices are often closely accompanied with efforts to stir the brain's subconscious memory ’

- BY NIKOLAOS PALLAS-MISAILIDIS -

Have you ever considered the ways in which our brain operates and corresponds to its environment? According to statistical data, during a single 24 hour period, the average person in a developed country receives and processes a tremendous amount of messages from its social circle and the media, without necessarily being conscious of doing so. The mere existence of the subconscious as a part of our cerebral functions has been a troubling issue for both neurologists and psychologists, as it yet remains unclear up to what extent this delicate brain feature affects our personality and influences our decision making.

It is a well-known fact that the human mind collects and calculates each and every message that our organism emits or admits, thus creating an information chaos inside our heads. People bestow upon themselves a specific number of messages to process and react to, with or without time delay, whilst a vast majority of signals, deriving from external factors, are set aside for the brain to mill. This information is packaged and linked to specific body areas, triggered and called upon only under special circumstances, which are most probably similar to those

that existed, when the particular piece of information was admitted to the brain.

As the results of several independent researches have shown, all people have stored specific packs of subconscious information in their brains, due to their similar upbringing, in reference to the infant's dependence on the parents, the way the social community welcomes the new members and the various stages that a person goes through, from infancy to adulthood. These memory packets have been exploited by people of many different professions, such as psychologists, teachers, advertisement agents, illusionists, psychics and spirit rappers, in order to justify their existence or perform more efficiently in their domain. By the usage of such information through short smart quotes and the appeal to sensitive mental chords an advertisement may cause its profits to go through the ceiling, or respectively roll down the hill, but the certain thing is that they know how to trigger this memory to rise up to the surface.

“If you fail to plan, you plan to fail”. This expression was part of a business commercial that I came across once. Simple and easy to sink in. When I first heard of it, my whole body shivered. The reason why this happened

remains unclear. However, the closest assumption includes the reminder of my family insisting on my organizing my work and daily schedule, and the fact that it looked as if it was focused on my personal needs; needs that have been created, altered and developed, as I have grown up. When one observes it from the spectator's side, it does not seem so difficult to avoid the trap, but taking a closer look at how sophisticated their methods to leap into the subconscious and try to use it to their own profit have become, one cannot be certain whether he is a spectator to the experiment, or just another subject.

Apart from the cheesy quotes, another method advertisements use to manipulate the subconscious memory is subliminal messages, which could be discrete sounds or pictures, carefully selected and strategically placed inside the advertisement. A recent and illustrative example is that of a specific jeans ad, which used “unfair means” to attract its customers. The human cerebrum records everything the eye sees, however the conscious part of it does receive only the important information and leaves the rest to the subconscious. This particular advertisement took advantage of this brain trait and put pictures of erotic adult content in specific parts of the ad, while showing them extremely fast so as not to be conceived by the conscious brain. The results were more than obvious: many people felt like acquiring them and they could not justify their eagerness to buy the product, though aware of it being completely useless. Such incidents make me wonder whether the human mind is that easy to control or it is the people who want to be fooled.

However, “fooled” may not always be the correct term to describe this phenomenon. Have you ever considered what kinds of mind tricks most politicians use in order to direct common thought towards their own interests? Debate practices are often closely accompanied with efforts to control (stir) the brain's subconscious memory. To present a general example, every time the presidential elections knock the country's door, the leaders of each party are characterized by secularism and they try to imitate the lifestyle and personality of the average low-wage citizen, because in this way people are

Isn't it ironic
that what we call
consciousness
is actually the work
of the subconscious?

supposed to get more inclined towards voting in favor of them. The roots of this pattern of mass behavior rest upon the experiences that the average person has had in the early stages of his life. As research of human psychology has shown, people hesitate to trust someone who does not appear to be similar to their own. This hesitation is caused by the scant fear of the unknown that most people bear inside of us, as everyone has been brought up

by people of the same economic, educational, religious and ideological background. This piece of information has been scratched in our subconscious memory, even though we can hardly recall memories of the very first stages of our lives. For this reason, the subconscious plays an important role in our decisions and thus in our voting.

It goes without saying that the subconscious is a vital part of our brain and affects our personality and daily life at a greater extent than we are aware of. Isn't it ironic that what we call consciousness is actually the work of the subconscious? Contrary to common belief, which thinks of the subconscious as one of the reasons we make false decisions, as we are not fully in charge of them, our subconscious memory is more responsible for the positive things we have achieved throughout our career as human beings, than it is for the negative ones. Physical characteristics to which we most commonly refer as “instinct” and “insight” are in essence triggered by the subconscious in order to prevent us from harm and help us overcome problems and difficult situations.

Throughout this passage, I have been trying to appeal to certain parts of your subconscious memory, reminding you of incidents of your life in which the subconscious has played its impish role. Recapitulating, the subconscious is a tricky part of our memory. It may benefit us in multiple ways, either protecting us from the dangers of our physical and social environment, or setting the basis for improving our abilities and developing our skills, whilst reminding us of the mistakes of the past, in order not to repeat them. Sometimes, though, it may act as a distraction or a flaw in an otherwise complete personality, making us vulnerable to deceit. One thing is certain though: **our mind is the most magnificent thing in this world.**

Writing



V.S.

Texting

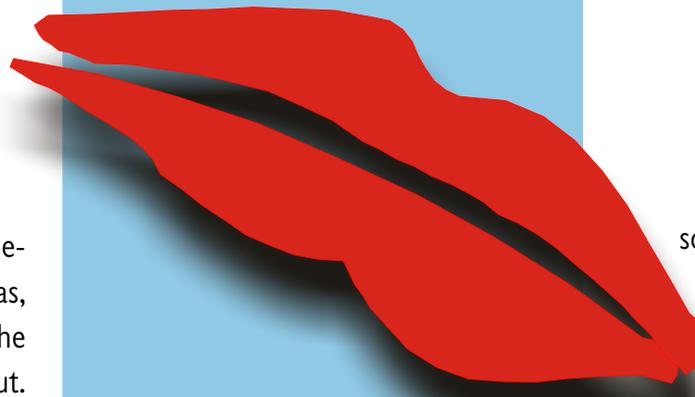


- BY ELINA PAMPORI -

Dear friend,

“Dear Santa Claus,....” I bet this was how you started the last letter you composed. I can even argue that it is very likely that this was the only kind of letters you ever wrote. I do not blame you of course; that is the reality that we live in. Thanks to technological development if we need to communicate with someone, we can easily reach him on his cell phone or log onto Facebook and chat with dozens of friends simultaneously in no time. Isn't it obvious who we should blame for forgetting to write letters, sealed with a kiss?

Once upon a time, not very long ago, people didn't have smart phones or the Internet. The only way of communicating was through letters; letters that were not printed by expert computers, but written by hand, with smudges and mistakes, with clumsy or beautiful letters. It might have taken days, months or even years for them to reach their destination. However, as soon as they did their recipients were overwhelmed with excitement and surprise. Unfortunately, today this cannot be the case, as our contact with others is almost anticipated and thus, a call, an email, an SMS or an instant message can hardly astonish the receiver. Imagine one day when, worried about your everyday problems, you reach your mailbox expecting to find one more bill or brochure but your hand touches an unfamiliar envelope. A huge question mark instantly appears in your mind and a



question formulates: who remembered me? It is neither Christmas, nor my birthday! Well, this is the excitement I am talking about. Letters have the power to make us feel like living a fairytale; like playing a great role in a movie when full of wonder you tear the envelope and with shaking hands you take out a piece of paper with a letter addressed to you personally.

Apart from wonder and excitement, letters have another huge advantage in comparison to all of the contemporary means of communication: they hide a whole soul on their insides. In a world where we are constantly chatting and twitting, very little is actually being said. We substitute human emotions with punctuations :) ;) and emoticons, hoping somehow they could substitute our sensitivity and taste and convey the nuances of our lives. Letters have the amazing power of transmitting feelings without any punctuations or “lols”, only with simple words that form complicated sentences, which carry love, anger, compassion and so many other emotions. When writing a letter one puts one's soul into it, hidden between the letters or the lines. One might wonder how that could not be possible when sending an email or making a phone call. Well, when typing on a computer there is a button available called backspace. It is the key that can fix the text, that can erase what you have regretted writing. However had you written a letter you wouldn't have had such an opportunity: had you written a letter you would have conveyed every single thought to your paper and thus you would have written whatever your heart had ordered you to. Words led by the heart carry with them a tiny piece of it and thus can easily convey the original feelings. Sure, it's nice to hear

Isn't it obvious
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sealed with a kiss?

someone say, "Honey, I love you." But to read it in a letter, knowing someone took the time to write it, makes it much more meaningful. It is permanent. And even if, at some time in the future, they take those words back, you still have a permanent record of it. Once written, you can read it over and over again, and cherish it time after time, knowing that someone cared enough to take the time to write. It requires thought, concentration and effort. After all, writing

is not an automatic response. Through a letter you can feel its sender talking to you, you can even picture him: sitting on his chair in a dark room, his head in his hands, wondering what to write, looking at a picture of you smiling next to him.

“What can letters not inspire? They have souls; they can speak; they have in them all that force which expresses the transports of the heart.” Letters are one of the few authentic, magic and romantic things left in our world and sadly they are characterized as endangered. Who's got time to write a letter, take it to the post office and wait for the answer, especially when he can send a message or make a phone call in milliseconds?

Call me naive but I think that we can still save this special art, the art of letter writing. Imagine, cards and letters filled with genuine sincerity from both the author and the sender, **you**. Try it, you'll like it, and so may your loved ones when they receive it. And who knows, maybe they'll write back to you. Wouldn't you feel special then?

Yours,
Elina Pampori

ORGANIZED

RELIGION

is not irreplaceable

- BY PAVLOS ANASTASIADIS -

Dear readers, think of society as we know it. It is filled with products of science, technology, and governed by laws based on social sciences. In this society one encounters a large variety of people. People with jobs, people who are unemployed, people in need and people who offer help voluntarily to those in need. Among these people are you. You may or may not believe in the existence of God, a being that governs the universe in ways unknown to mankind. You may or may not believe in the existence of an afterlife. That is your personal choice, and one I respect as it relates to individual spirituality. Since we are as of yet unable to prove or disprove the existence of God or the afterlife, it would be futile to present you with arguments supporting one side or the other. Now let's consider the role of organized religion in our modern society. In a society like ours, I believe organized religion is replaceable for the simple reason that it cannot offer mankind anything that another modern module can't. I believe that in a society where the majority of individuals who suffer from arachnophobia seek professional help rather than an exorcism or if they lack knowledge concerning one subject they Google it, religion does not provide anything which cannot be offered by any other source. In fact, relying on scientifically proven methods of tackling issues that organized religion is now in charge of, may result in a more stable, less hostile world.

When examining the potential negative effects organized religion can have on society one can come across the following. When a society is intricately connected to a specific organized religion, clashes are inevitable and the reason why, is that religions tend to have very solid doctrines. Due to this, creeds and heresies are created and religions fall apart. Also, new religions, nowadays, tend to sprout like weeds. Take as an example scientology ; it started in 1952 and now it has become so widespread that even Tom Cruise believes in it. When browsing the internet, researching religious conflicts, I stumbled upon a phrase mentioned in Wikipedia (also known as the holy book of research). This phrase was "religious wars". The most recent one ended in 1990 with the highest estimated deaths of civilians reaching 250,000.

Now, let us consider the benefits that arise from being a part of an organized religion. Firstly, in most organized religions, a code of morality is taught to its believers. These teachings, however, seem to have one disadvantage. They seem to rely on a psychological model of punishment or reward in order to reinforce morality. They become ingrained in the minds of the followers of any given religion only because disobedience would lead to punishment or adherence to said teachings would result in some form of reward. Therefore, straying from these teachings, as is evident from many examples in modern society, for instance

bullying, extramarital affairs or even murder is a pretty common occurrence.

At this point, we should ask ourselves, is that the best way to instill morality in the souls of human beings? In my opinion, the answer to the question above is no. Early cultivation of empathy seems to be a much better alternative for the development of a moral code, especially in children. Educating parents and school teachers on the importance of empathy would be the first step in achieving a gradual increase in the development of innate morality in future generations. In the words of Thich Nhat Hanh on empathy: “Only your compassion and your loving kindness are invincible, and without limit”. Most organized religions seem to include phrases such as the above in their dogmas. Paradoxically, those phrases seem to lose meaning when an organized religion feels threatened. Historically documented wars which have taken place in the name of organized religions prove that using an empathy-centric model of education might be a more prudent choice to ensure that compassion and kindness become inherent in people's minds.

Another perceived advantage that organized religion seems to offer society is a sense of belonging to a community. Socializing with people one feels connected to through some form of commonality is an important aspect in most people's lives.

This need, however, is partially covered in many different ways by our society. For instance, rich people can go to a golf club, eat some foie gras while gossiping about that foolish employee who ought to be fired for his measly appearance. Employees, in turn, go to pubs and complain about their bosses, the true vampire lords. At a younger age, boys and girls can form bonds by talking about anything; from clothing, music, movies to how horrible Justin Bieber is, depending on the interest that ties their social group together. The examples presented above only relate to social

interests whereas the sense of community that organized religion seems to offer is not limited to that. It includes bonding over common beliefs on how one should lead their life. Is it impossible to imagine social gatherings with the same purpose that are independent of religious beliefs? It is my opinion that this is in fact possible, and more than anything, desirable for the smooth integration of all members of a society into smaller communities in which they find a support system for their everyday lives.

So the magic solution to being a part of something is just common topics of discussion. If one wishes to belong somewhere they don't have to join the religion of the holly unicorns. They can join one of many free clubs or volunteer groups organized by foundations or the local administration of each city and try to find common topics to discuss such as the price of cabbage or whether aliens have visited the earth and if so which resort they stayed in but, more importantly, they have the opportunity to discuss and get support on the way they are living, raising their children, coping with adversities etc.

Well the truth is, that organized religion is like a mad scientist who messes with the most dangerous chemicals; it deals with human emotions and human emotions on a rampage may lead to fanaticism. They are much like the raptors in Jurassic park; unpredictable, adjustable and dangerous. All we can do is hope that we have the good sense to inject them with tranquilizers. Metaphorical tranquilizers, of course, such as the early

cultivation of empathy and subsequently morality in order to ensure that people belonging to different organized religions can one day coexist harmoniously and discuss issues they would have otherwise discussed exclusively with people of the same religious beliefs. Imagine a world where raptors, T-Rexs and herbivores coexist harmoniously, sharing stories about their daily lives. Am I asking for too much? No, I'm not.

**Organized religion
is like a mad scientist
who messes with the most
dangerous chemicals;
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and human emotions
on a rampage may
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How to recognize A GREEK in a crowd

- BY ELINA PAMPORI -

In recent times, almost everyone around the world has something negative to say about people of Greek nationality. Opinions on the subject differ. Well, the only thing I am sure about is that we, Greek nationals, have always had a unique culture. I would like to present to you some of the attributes of Greek people that might make us easily identifiable in a crowd.

Many of our distinctive characteristics are evident when examining the structure of the Greek family. One could claim that most Greek mothers are overprotective of their offspring. Greek mommies make sure that their precious ones do as little as necessary both within and out of the household thus spoiling them. So if you find yourself in contact with an adult male in his thirties, drinking frappe in the middle of the day, still in college, living with his mother there is a 90% chance this person is Greek. And single.

Simultaneously, a stereotypical Greek mother may engage in some unusual behaviors as compared to mothers from other cultures. For example, I will never forget a particular instance during our summer holidays at a tourist resort when a mother politely asked her child: "Honey, will you please come to mommy for a

moment". Two minutes later, another mother shrieked "Niko, you get yourself over here right now!" Guess which one was Greek. You see, Greek mothers do not mind the presence of complete strangers when embarrassing their child...

Since I've presented a relatively thorough appraisal of the role a mother holds in the Greek household in relation to her children, you might be wondering about whether or not I will be addressing the role of Greek fathers. The truth is, thank God my dad doesn't understand English, that fathers in Greek families seem to "lay low" and stay in the background holding the role of bread winners. When a father imposes a rule, a restriction or punishment, it won't be enforced unless the mother signs off as well! Even though the father figure appears to be the head of a Greek family, the mother is the neck and she can turn the head any way she wants to, in the words of Nia Vardalos. Let's say you find yourself witnessing an argument between a couple with heavy accents. The man is exclaiming: "But I don't want to eat out I don't trust them to make my food!" The woman scornfully responds: "You eat your mother's food and you're still alive. We're eating out." You have most likely hit the Greek jackpot.

In spite of the different roles that a couple might assume in a marriage and eventually a family, it should be mentioned that Greek people tend to unite and become fiercely passionate about defending their own. Let us examine therefore the attitude Greek nationals have towards everyday issues and the way these behaviors could be easily recognized by foreigners. The first thing one would notice about Greek manners is how emotive Greeks can be both as far as their choice of words and body language is concerned. An outside observer might perceive a regular everyday conversation between two Greeks as a potential argument as it is not unusual that their tone of voice would be raised, while they talk over one another, gesticulating fervently. If this makes you wonder how Greeks actually fight, it wouldn't be worth mentioning as it doesn't much differ from a regular conversation. They don't have to argue in order to curse, however. Almost every male in Greece has the same nickname, I'm sure it has instantly popped into your heads, yes, you know the one, it sounds a bit like mamaka. A word which in other countries would be considered vulgar and insulting has become devoid of its original meaning and is used casually. As for body language, Greeks tend to "greet" one another using a very common hand gesture. There is a joke about the definition of a second inspired by the Greek way of driving: a second is defined as the time that elapses between the light turning green and the driver behind you honking and saluting you with the above

mentioned gesture. This gesture is of course not only limited to drivers but is present in every situation involving impatience. It is followed by the exclamation of the word "na" whose intensity seems to emanate from every pore of the offender's body.

Due to the above one could assume that Greeks are rude; they might not be wrong and here are some other reasons why that is so. You would seldom hear a Greek say thank you or I'm sorry if you return their cash-filled wallet or if they step on your foot respectively. They do not consider such behaviors to be rude, however. They simply consider the effort they would have to make to rectify an uncomfortable situation unnecessary. Another example of peculiar behaviors includes the fact that Greeks tend to pose indiscreet questions without consideration for one's privacy. If an elderly woman sitting next to you on a bus shamelessly asks: "How old are you?" or exclaims -after having stared at you for a few minutes: "You should get married soon. You are getting old", you have met a Greek.

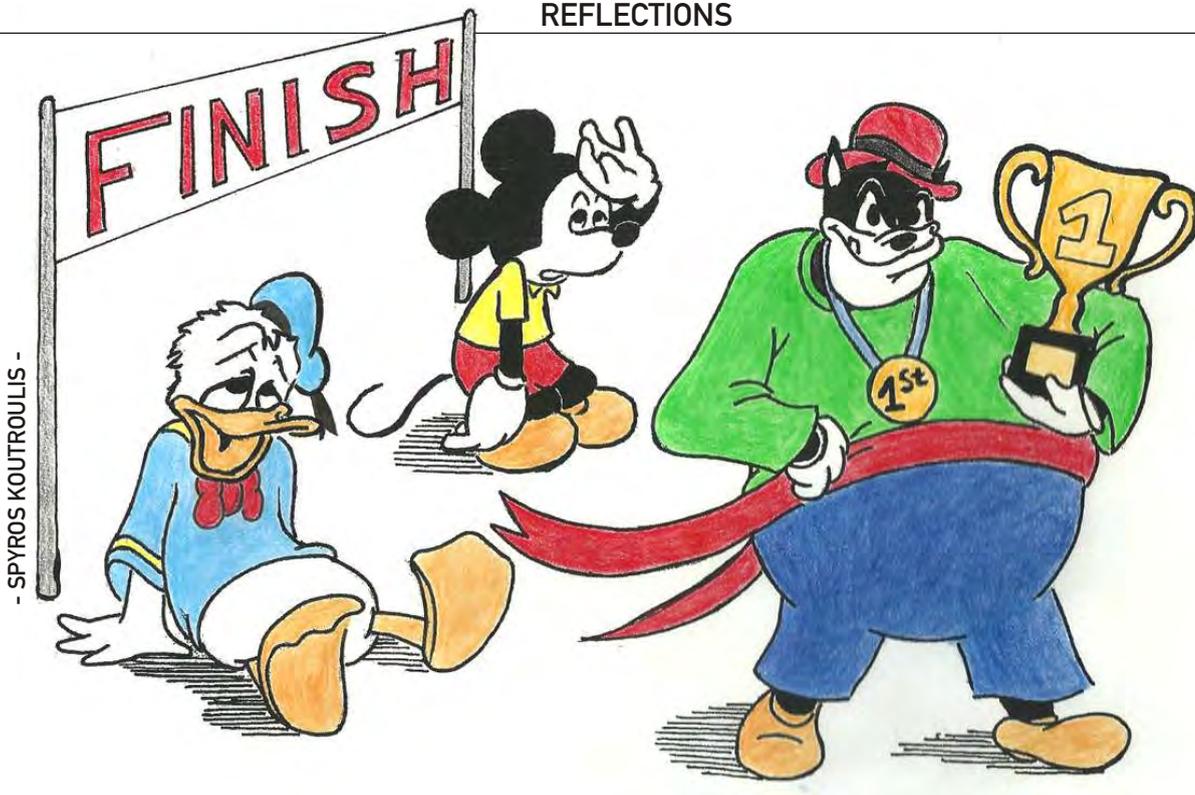
The above may sound like stereotypical descriptions of Greek nationals, yet they tend to be fairly accurate to this day and age. I am sure that each and every one of you has encountered people possessing the afore mentioned characteristics at least once in your life. These distinctive traits, desirable or not, render Greeks so unique in personality and, by association, culture. In the words of Judge N. Kelly:

**"The Greek is brilliant and selfish,
active and unmethodical, sportsmanlike,
hot-blooded, impatient and a warrior."**

We're really not that hard to spot!



- KYRIAKOS KARASAKALIDIS -



What If Disney's Villains Had Won

- BY MARIA TIRTA -

As children we grew up with fairy tales and cartoons that ended with our protagonists living "happily ever after." In the magical world of Disney the princesses are always pretty, and good always triumphs over evil. We all wanted the good Disney characters to prevail over the bad guys. Naturally no one hoped to see Ariel get thrown back in the sea or Bambi fall down a well. (Well, not normal kids.) But with time new senses of humor come, and lots of us tend to laugh at the "darker" sides of comedy. So what if things were different? I mean, let us look at things from a different perspective. What if the villains were the ones whose dreams came true? If evil beat good and basked in its glory, then the whole way we see the world would change. For example, Cruella de Vil models her fur coat made of Dalmatians as the evil sea witch Ursula feasts on Sebastian, Flounder, and Scuttle. Maleficent's victory towers over the three fairies that have been turned into stone. Would we really like these endings to the stories? Of course we wouldn't because what sense of hope or satisfaction would an ending like this give to the readers and viewers?

What we all expect and want to see from Disney movies is that after all the difficulties the good character eventually gains happiness. It is this emotion that makes us love these movies, no matter how old we are. But in order to find happiness, the heroes have to beat the villains first. So we can easily understand how badly treated villains are. They are used by the scriptwriters so that the goodies live the perfect life and always come out on top. But have you ever thought of the psychological problems that the sound of the ticking clock in the crocodile caused Captain Hook? But of course we don't care because Peter Pan must win, and win he does!

So what we learn from these stories is that we can overcome every difficulty and every unfortunate event if we have faith in our powers, inner strength... and of course in fairies! (That's why we call them fairy tales)

But why do the baddies always have to lose or die? Wouldn't it be fairer if they repented and turned into goodies? Wouldn't it be a great revenge just for one time to see the baddies win? After all, in a battle between good and evil, only one side can eventually prevail.

Next time let Captain Hook be the winner.

Fashion

is a way of self-expression



- BY ELLIE MAINOU -

Although it is a common belief that fashion is superficial and not worth being involved in, I am fully convinced that it has taught me a lot. Firstly, all societies, historical eras, and cultures have certain characteristics, which are inevitably depicted in fashion. All nations have their own traditional costumes, and historical eras have their own distinct styles. Having knowledge of fashion means partly being aware of history and culture. More important, however, is that fashion can have an impact on society. For example, Coco Chanel brought to the fore many issues pertaining to woman's empowerment. In her designs, she actually changed the way women dressed in the early 20th century and contributed to their emancipation. Apart from that, I have realized that fashion is a way of self-expression. The particular way in which a person dresses indicates one's taste, personality and mood. When you get dressed you actually make a public statement about yourself. No wonder, when you see a man dressed in a sharp suit and a silk tie, you immediately assume that he is a busy person and that he must be professional and effective. On the other hand, encountering someone in faded blue jeans and flip flops probably indicates that they are relaxed and easy-going. All in all, fashion may help us to communicate with others, reveal a part of our personality through clothes, but also learn more about history and cultures.

- MARIA KARASAKALIDOU -

Respect was invented to cover the empty space where love should be

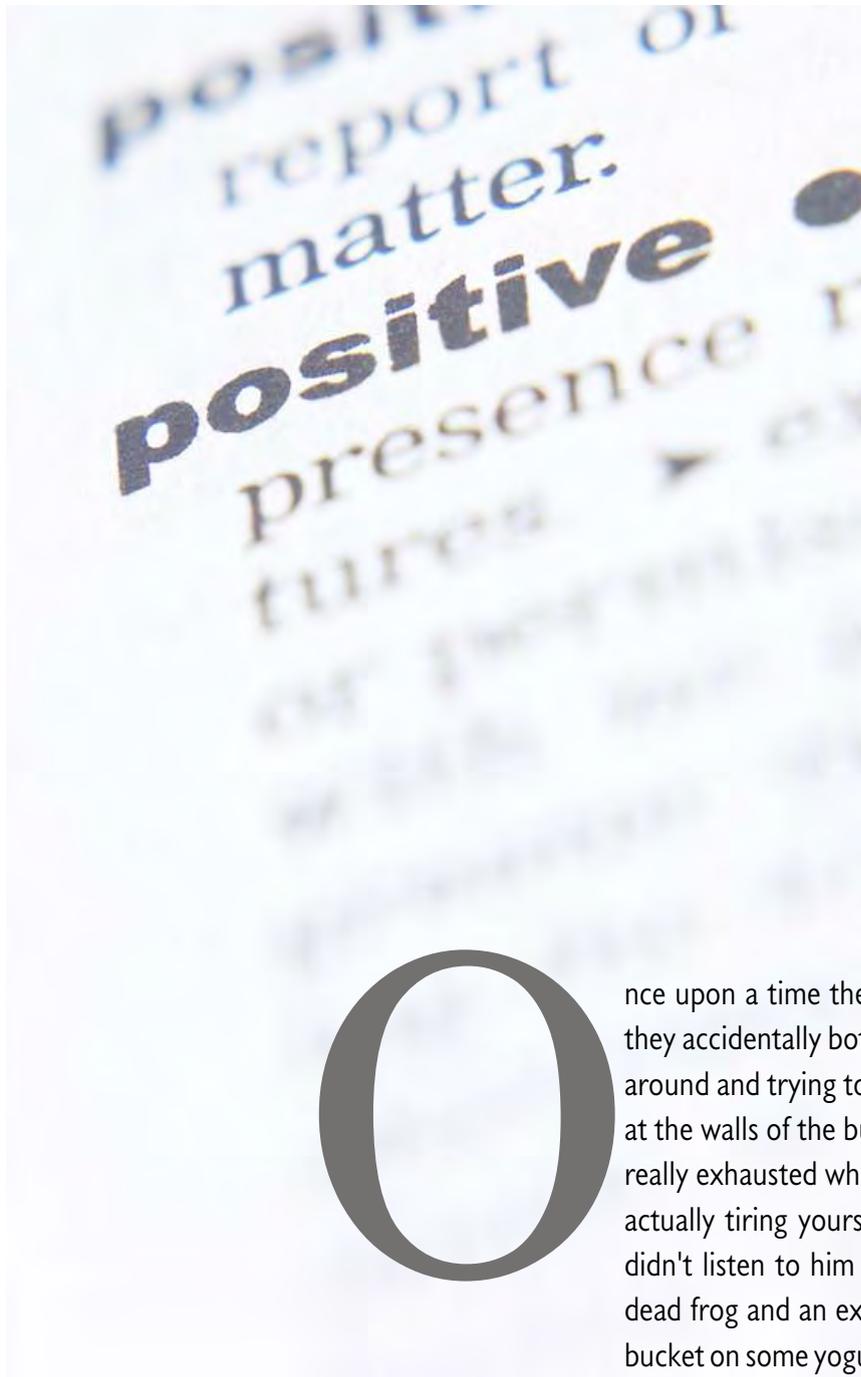
- BY ELENI TSAPRAZI -

Leo Tolstoy wrote in one of his most thrilling works, *Anna Karenina*: “Have you ever wondered why a person could be disrespectful towards the others or his own self?” Let me start by forming a fundamental psychological background behind this behavior, with an everyday example to illustrate my point: the one of school bullying. Disrespect in this case, does not only involve putting strain on somebody's body or even more generally on someone's rights. It also suggests that one's personality is being humiliated, underestimated and suppressed to the point that the victim can no longer react. The aggressors, being cruel and insulting, present a rather inexplicable frame of thinking and acting, which could be better understood if one could try to penetrate further into their family environment.

“All the good and the bad things come from one's family”, we can hear most people claim, usually in order to properly attribute the credits or the blame for an action to the right person. However, even though the bully's family should be the one to blame, sometimes the lack of respect is much more difficult to explain. Indeed, morality should be one of the very first virtues instilled in a young child. But what if proper social education has been given and one's family is still “bleeding” from the wound that lack of love made, breaking apart the bonds of the family members? Then, disrespect is subconsciously invented to cover the empty place where love should be. Particularly as far as a young child is concerned, whose mentality is very vulnerable to external stimuli, we could undoubtedly claim that it imposes itself to be harsh in order not to get hurt by the harshness of his family towards him or her.

But that was the explanation of the paraphrased statement. Does respect itself cover the lack of love, though? Have you ever had one of these teenage thoughts of doubt about your own self, about your own love towards people you were supposed to feel something about? Have you ever caught yourself rest assured in this idea and later on familiarizing with it, to the point that you can no longer speak of love, but instead for mere respect or gratefulness? This feeling is reputed to be one of the most painful ones, as it sometimes shows us how unpredictable we, ourselves are and how we should not trust our own emotions, due to the fear of them not being real. And as if the stress of such a disappointment were not enough, we come to believe that we are betraying the people that loved us and in the end, we feel remorse and guilt for not facing up to their expectations.

I wouldn't think that the endless number of pictures on 9gag about Asian's excellence in all fields gives them really something to brag for, for this strict discipline hides something much more difficult to achieve: a healthy parent to child relationship, an interaction of mutual understanding, a friendly, warm and loving environment that lets children freely develop their personalities, without following the road being shown to them by parents that have turned them into competitive race horses and successful machines. But that was just one of the many circumstances one could mention to show that family should be an inexhaustible source of love, destined to cultivate balanced personalities, healthy, happy and free minds and hearts, big enough to embrace the ones who deserve it and not reject their kind intentions, due to distrust and a fear of being loved.



thinking determines success...

- BY YIOLANDA ZEVGARIDOU -

Once upon a time there were two little frogs, Mike and Jake. One day they accidentally both fell into a bucket of milk. Mike started splashing around and trying to keep his little head above the surface, scrabbling at the walls of the bucket and attempting to swim in the milk. He was really exhausted when Jake, naturally relaxed, told him “Why are you actually tiring yourself out? We are going to die anyway!” But Mike didn't listen to him and kept trying. The next morning they found a dead frog and an exhausted (but live) one lying at the bottom of the bucket on some yogurt.

I know this story may seem silly and childish, but I consider it as the best example and application of the well-known expression “Positive thinking determines success”. Believing that you are going to achieve your goal is the most powerful thing that can motivate you to do so. There is no point in being a pessimist, as long as there is the possibility of success. If you act like Jake, you are not going to die (of course), but why not attempt something as good as Mike? Why not “save” yourself? Why not try to do so?

I can hardly imagine a successful person who had not been optimistic about his actions: someone who did not believe in himself. The only logical assumption I can make is one. Everyone who achieves his goals is sure about his success. Even if something bad happens he faces it with composure and calmness. There is never “I failed!” but “I will try again when I am ready to do so!” instead. So why don't you try to get something out of this? Maybe if you believe in your actions the universe will conspire to fulfill your wishes.

Run for your grades (...life)



- BY RAFAEL KETSETSIDIS -

Competition amongst students in schools is not uncommon. While many say that it encourages children to study more, others claim that it could be harmful for these students. Supporters of this opinion say that competition is good and healthy, since it encourages children to study more and not only try to get good grades, but also try to do better than their classmates. Students might take up a sport or be willing to learn more things that are not taught at school in order to surpass their classmates. Competition might be the best motivation for students, better than good grades or treats.

Although competition between students might have good results, those who oppose this opinion claim that the negative outcomes outweigh the positive ones. Competition might not always be healthy and students could go to ruthless lengths to beat their classmates. Friendship could turn into hatred and suspicion. Students could use trickery and not try to be better than others by studying. In addition, students cannot easily work as a team if they despise one another. After all, education is not the only thing school is trying to achieve, but also the creation of healthy personalities. After school, former students might still be competitive and not able to work with other people.

In my opinion, competition between students should not be encouraged, and although it is good at a certain level, too much competition has unwanted results. Students should be taught that with cooperation, they can achieve much more than by working alone.

- KYRIAKOS KARASAKALIDIS -



Who's afraid of the big bad monthly test?

- BY RAPHAEL TSIAMIS -

The 21st Century is rightfully called “the century of intelligence” and there are few who would contradict this. Indeed, everyone expects today's youth to be by far the cleverest in history and, undoubtedly, most - if not all - of the credit should be attributed to the educational system. Yet, none of this comes without its drawbacks, as school tests take their toll on pupils. There are three main reasons that prove that school tests are both ineffective and counter-productive.

First and foremost, schools are supposed to be the “miniatures of society” and should hence be aiming to prepare pupils to become active members of it. In school they interact, get along and collaborate with their schoolmates so that they will be able to do so with their future workmates and townsfolk. During the procedure of school tests, however, not only are pupils not prompted to do teamwork, but they are also forbidden from doing so. Here comes the most outrageous part: if a fellow pupil should politely ask them to work with them on the test in question or offers

to share his answers with them (although the latter is rather seen vice versa) they should have to report it to their teacher.??? What's more, these restrictions are almost invariably garnished with strictly- worded sermons full of jargon by the teachers.

Secondly, there is absolutely no point in teachers giving pupils so much homework for the coming test, as all of it cannot be done in just one afternoon (which means that they have to stay up late to study). To make matters worse, recent scientific research indicates that every hour less than eight of sleep decreases the Intelligence Quotient by 1 point. It is thereby easy to see the correlation: staying up late to study is the reason for the decline in adolescents' IQ.

Last but not least, school tests are the main cause of pupils' anxiety and stress, as a result of them becoming terrified about whether they'll get a good grade. For the record, stress is responsible for many unpleasant situations, such as obesity (which explains its ever-rising incidence) memory problems, inability to concentrate and countless others, from short temper and moodiness to aches, pains, frequent colds and nausea, eating too much and sleeping too little.

In short, school tests should be banished once and for all, as besides the fact that they promote a distorted image of school that has nothing to do with its team spirit- promoting character, they are responsible for almost every major problem the youth suffers from: obesity, lack of sleep, stress etcetera. Beyond doubt, it would be a relief to everyone.



- KYRIAKOS KARASAKALIDIS -

Stress

- BY RAPHAEL TSIAMIS -

The teacher hurrying
Sits on his desk
On my mind thoughts haunting
That I'll fail the test

Now his smile
Is an impish grin
"You only have a while"
He says, his voice keen

Haste I must make
But now with inspiration
It is a piece of cake
An answer, no more frustration

And suddenly, I see
A hand descending from above
Grabbing my test, without plea
Then pulling back, like a dove

"What?" immediately I bellow
"We had much time, me thinks!"
But the teacher, in his shirt the yellow
Pays no attention, to my yells and shrieks



- KYRIAKOS KARASAKALIDIS -

Tests

- BY RAPHAEL TSIAMIS -

School is such a great bore
One I definitely abhor
As insidiously as a dart
It brings terror to the heart.

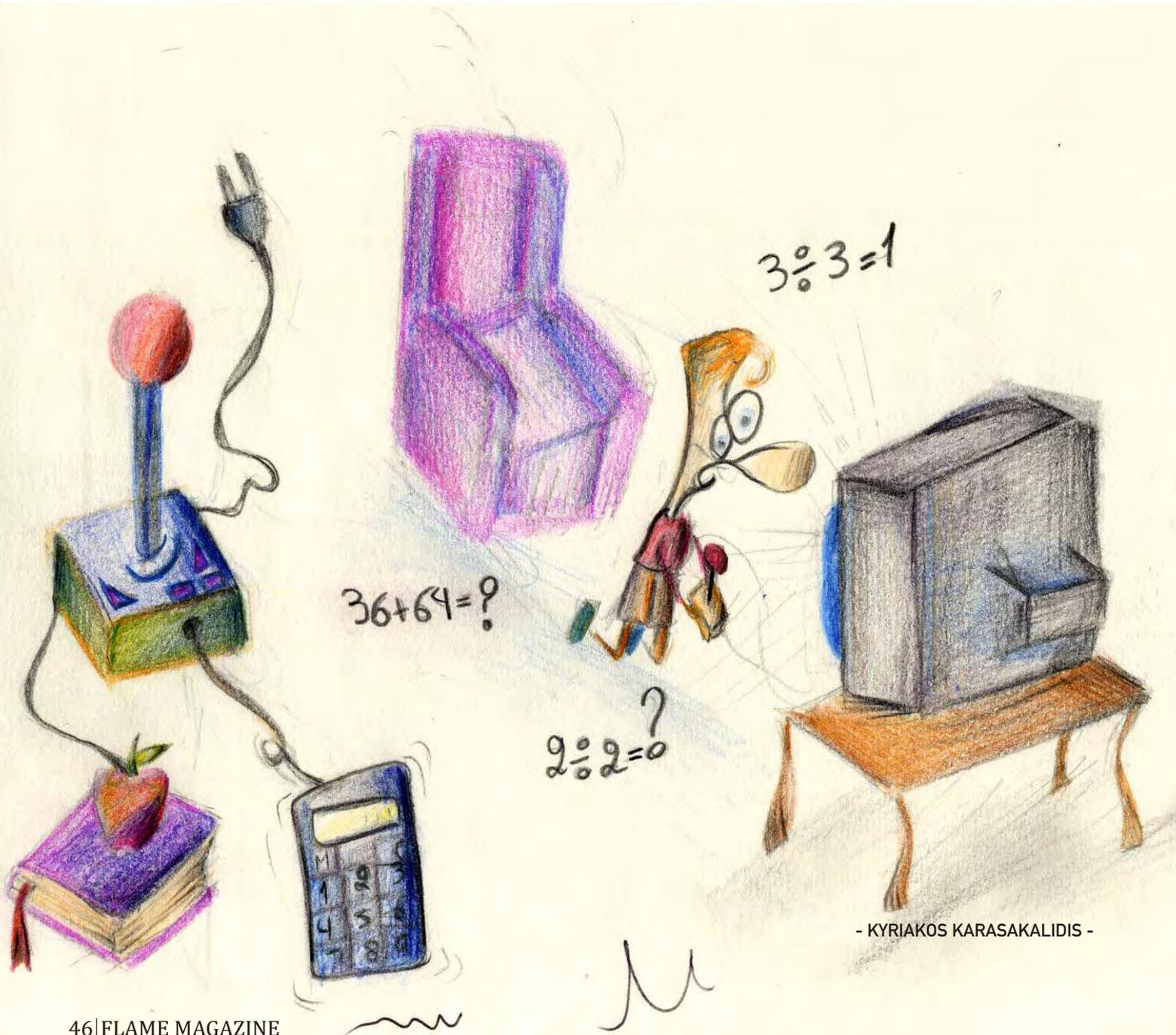
More than obvious is the why
All the pupils get to cry
It's the reason of unrest
Sure you guessed it, that's a test!

Sole thought has come to be
How we ourselves shall free
From this formidable institution
We must find the solution

They can't give another test
-it saves money, if not the rest
One thing teachers must embrace:
Make tests food for the fireplace

THE TRUTH

ABOUT VIDEO GAMES



A common conflict between the younger and the older generations is whether video games contribute to aggressive behaviour. Tightly bound to conservatism, parents strongly support the argument that video games have a negative effect on adolescent behaviour.

Let's talk about the social isolation videogames cause. NO, video games are not responsible for any kind of social deprivation but on the contrary can contribute to the forming of friendships. Many young teenagers have made friends through sharing experiences from videogames or from gathering together in order to play their favourite game. Video games such as Pro (soccer) and other console multiplayer games can work as "icebreakers" for parties or meet-ups.

So how can social isolation be explained? The introverted behaviour observed in some young men is due to game addiction, which is in turn based solely by the personality of the individual. Meaning that the underlying reason that caused the addiction was the lack of other interests or hobbies which made the person prone to addiction to a specially designed game that sucks you into a virtual world.

Now that we've rejected the false accusation that video games are to blame for social isolation, we shall expand on whether violence in games affects us. To begin with, the parents' point of view states that video game violence is more realistic than any other kind of violence in the media because the actions performed by the character of the game are directly ordered by the gamer. Even though I find the premises of these theories ridiculous, I will try to confront them with logic. Despite popular beliefs, criminal activity in juveniles showed a decrease in the late 20th century as

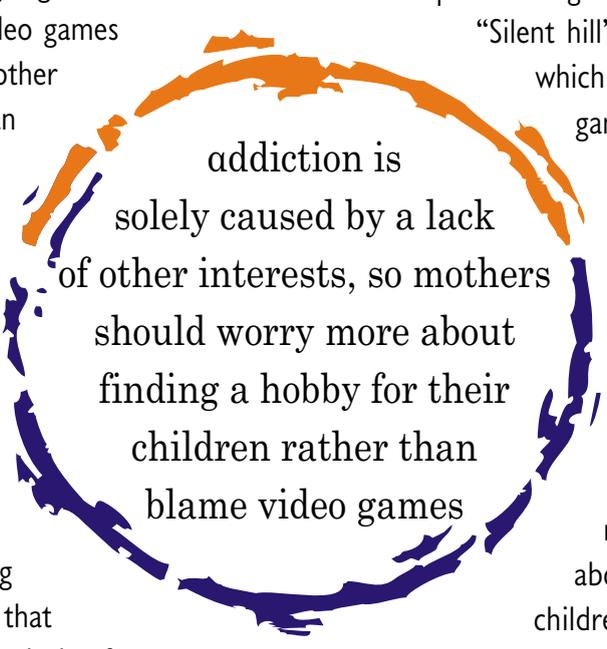
opposed to the previous one. This might be a disappointment for a lot of anti-gaming fanatic mothers but No - violence in games does not affect us and is no different from violence presented in other forms of media.

When we see scenes of explicitly raw violence in supposedly 'cult' films such as "The Antichrist" or "Dogtooth", critics and raging mothers don't seem disturbed because in this case violence is part of an "artistic message". Unfortunately very few people realize that the same techniques are used in video games in order to send a message to the audience. Masterpieces of gaming, such as "BIOSHOCK" or "Silent hill" promote underlying messages, which only the small community of gamers perceives.

But what can cause aggressiveness in the world of gaming? Aggression is yet another symptom of addiction caused by a certain game. I already mentioned that addiction is solely caused by a lack of other interests, so mothers should worry more about finding a hobby for their children rather than blame video games.

Moreover I want to stress the importance of videogames as an evolution of the media. With the passage of time, games become more and more realistic, providing a better audio-visual experience. Nowadays, videogames can tell a story better than a movie or a book does.

Conclusively, the suspicions that older generations have towards video games derive from old stereotypes that video games are the source of "plagues" like addiction, juvenile crime and social isolation. Since extremely few parents have themselves spent time on videogames, they are incapable of judging and, being therefore blindfolded, they are unable to see the future potential of video games.





- MARIA KARASAKALIDOU -

Is it hip to be a hipster?

- BY NIKOLETA BAKOLA -

It is a fact that people are very quick to label others according to the way they act, dress or their interests, without even thinking. This has been going on for quite a long time, in different eras with different labels and is known as stereotyping. But lately, a new kind of label has arrived and has greatly caught my attention, because of all the criticism it has been receiving. The new term “hipster”.

So who is a hipster, and what really makes him so bad? Well, to start with, there are a number of definitions as to what a hipster really is, ranging from simply someone who rejects "mainstream" culture and embraces independent culture to someone who listens to bands you've never heard of, wears ironic tee-shirts, and believes he is better than you. This is because the image of the hipster is constantly changing throughout the years.

There are two basic categories of hipsters today. The authentic hipster: A person who legitimately doesn't find popular and mainstream music, style, etc. appealing. This type of hipster is naturally in love with things that most of the public coincidentally find unattractive. This person just can't help being a polar opposite to the mass.

The faux hipster: If one were asking for a definition of the word “hipster”, a faux hipster would probably reply that definitions are too mainstream. He pretends to reject the mainstream, however walks around with a scarf, a macbook (or any other Apple product), a “vintage” hat and some fake glasses, while having a mild addiction to Instagram and Starbucks. Listens to bands you've probably never heard of and does everything before it is “cool”. Someone who uses the word "ironic" but actually has no idea what it means, who thinks he is cool because he isn't "mainstream" but in reality has become mainstream by trying so hard not to be. A paradox in and of itself.

It is easy
to conform. It is a safe
and acceptable choice.
The risk is to step outside
of society's “comfort zone”
and dare to take
a stand

For example:

- The fake hipster wears a beard because his girlfriend got him “Dude No. 1 Beard Oil” for Christmas (price tag: 65 dollars for 25 ml).
- The hipster wears a beard just because he doesn't need to shave every day.

Why do so many people hate hipsters? Because there are so many pretenders out there! Sadly, many fail to realize that being a hipster is not all about the image. Wearing high waist shorts, head bands, triangles, galaxy print pants and having a blogging account doesn't make you a hipster. Calling yourself a hipster does not make you one either.

Being a real hipster is not bad. These hipsters should be proud. They are free- thinking individuals. It is easy to conform. It is a safe and acceptable choice. The risk is to step outside of society's “comfort zone” and dare to take a stand. For many, such a move appears to be bold, even scary, having many possible consequences. Specifically, liking something that other people don't doesn't make you very popular. To have opinions that someone doesn't generally have is considered 'so not cool'. But if somebody truly likes something different and unique, he should not be afraid to step out of line and truly express himself.

Unfortunately, people even from ancient times have been threatened by anything that is different. This drives them to throw the hipster label onto others whom they're jealous of or threatened by, or, sometimes, when they're genuinely intrigued by a person's uniqueness. Why is there such a need to label and criticize anything that comes against a person's personal beliefs? In the word of M. Scott Peck “We should share our similarities, but also celebrate our differences”.

It can also be mentioned that whenever any kind of new thought arises in the society, it is almost immediately attacked and ridiculed. The human nature will only accept a new idea after a certain period of time. Let's take the example of geek culture. About a decade ago, technology and computer geeks were considered social outcasts, almost exclusively male, who spent all their day playing video games because they could not get a girlfriend. Now, many people play video games and spend a lot of time surfing the internet while the vast majority of

the population in developed countries walks around with a smart phone in its pocket, more powerful than a computer of the '90s.

One of the main advantages of being a hipster is that it inspires a critical-thinking approach to life. By having an anti-mainstream attitude, one more often questions things that appear so commonly in front of one's face, therefore the person is given the chance to look at every day aspects of life with a different perspective. As a result, his horizon all over spectrums of life widens. Albert Einstein once said, “The mind that opens to a new idea, never comes back to its original size.” Therefore, people who think or act differently should be applauded, not discriminated against. Who knows? They could have the next big idea! I not only approve of hipsters wearing what they do, it is their right after all to dress as they please, but I actually like most hipster fashion trends. They look interesting and are brave and bold enough to experiment not only with strange color combination and patterns, but also with different sizes of clothing and styles from past eras, without the fear of looking absolutely ridiculous if something just doesn't work out! They dress to impress, with creativity, and without a large cost.

So, at the end of the day, what is it that makes hipsters so bad? Sure, they sometimes look weird in those old-fashioned outfits, but no more so than anyone else in their leopard print leggings! They are more ironic than is socially acceptable and many appear to be the worst kind of apathetic, pleasure seeking, attention grabbing pretenders imaginable. However, the vast majority of hipsters are deeply engaged political activists, good musicians and artists, deeply concerned about the environment and ready to tackle even modern philosophical issues. Are we to hate them for this?

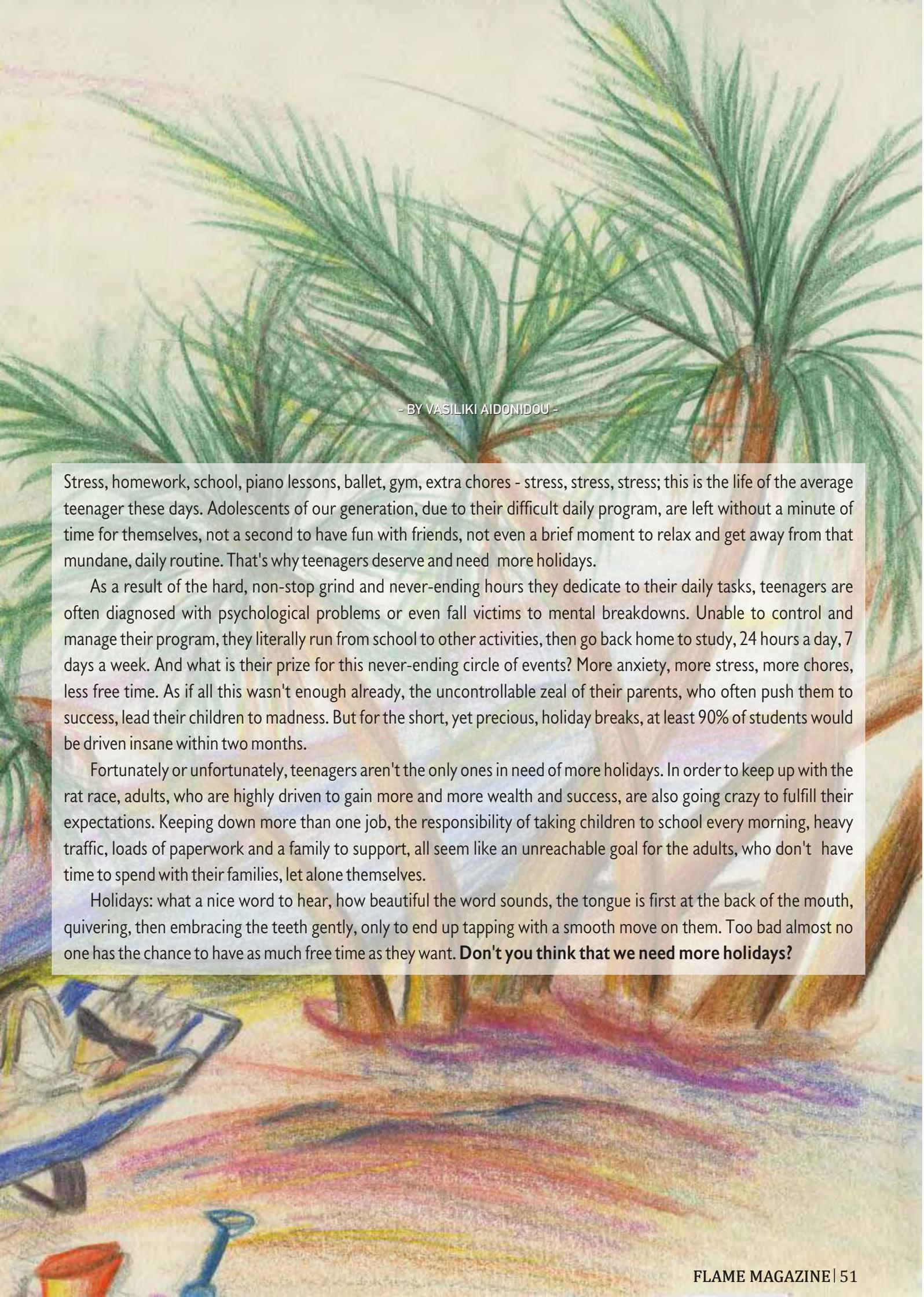
Perhaps before being so quick to point fingers and start labeling everyone, we should take a good look in the mirror. Perhaps we should just admire hipsters for always being able to express themselves freely and never settling for being one with the crowd.

So yes, there is value in being a hipster. There is honor in caring about art and culture. I'd proudly be called a hipster, even if everyone is doing their best to avoid it. Because after all, hating hipsters is so mainstream!



We need more holidays

- KYRIAKOS KARASAKALIDIS -



- BY VASILIKI AIDONIDOU -

Stress, homework, school, piano lessons, ballet, gym, extra chores - stress, stress, stress; this is the life of the average teenager these days. Adolescents of our generation, due to their difficult daily program, are left without a minute of time for themselves, not a second to have fun with friends, not even a brief moment to relax and get away from that mundane, daily routine. That's why teenagers deserve and need more holidays.

As a result of the hard, non-stop grind and never-ending hours they dedicate to their daily tasks, teenagers are often diagnosed with psychological problems or even fall victims to mental breakdowns. Unable to control and manage their program, they literally run from school to other activities, then go back home to study, 24 hours a day, 7 days a week. And what is their prize for this never-ending circle of events? More anxiety, more stress, more chores, less free time. As if all this wasn't enough already, the uncontrollable zeal of their parents, who often push them to success, lead their children to madness. But for the short, yet precious, holiday breaks, at least 90% of students would be driven insane within two months.

Fortunately or unfortunately, teenagers aren't the only ones in need of more holidays. In order to keep up with the rat race, adults, who are highly driven to gain more and more wealth and success, are also going crazy to fulfill their expectations. Keeping down more than one job, the responsibility of taking children to school every morning, heavy traffic, loads of paperwork and a family to support, all seem like an unreachable goal for the adults, who don't have time to spend with their families, let alone themselves.

Holidays: what a nice word to hear, how beautiful the word sounds, the tongue is first at the back of the mouth, quivering, then embracing the teeth gently, only to end up tapping with a smooth move on them. Too bad almost no one has the chance to have as much free time as they want. **Don't you think that we need more holidays?**



● YMGE / PRAGUE / 21-26.11.2012

Participating in a conference organized by the famous university of Yale in a city like Prague is an experience not to be forgotten. The truth is that we had to fight for our rights and defend our country of origin on several occasions but we really gained insight into world politics and contributed to resolving global problems. Who could ask for more?



● THIMUN / THE HAGUE / 27.1-2.2.2013

The Hague, famous for its International Court of Justice, is the perfect location for 3,500 young people from different backgrounds to interact and delve into the world of politics and diplomacy. We, as delegates of the Seychelles, participated in heated debates and tried to develop solutions and support resolutions with a view to helping people around the world to live in peace. Unique parliamentary moments combined with interesting visits, little bites of delicious cheese and mouth-watering oriental cooking!!



● HMUN / BOSTON / 29.1-4.2.2013

This year our school participated in the 60th Harvard Model United Nations conference in Boston, where the Mandoulides delegates excelled. The young students had the opportunity to go on a guided tour of the historic centre of Boston, visit the Aquarium, the Science Museum and the Tower Boston Prudential as well as the campuses of the universities of Harvard and MIT, where they were informed about the courses of study. The amazing basketball match between Boston Celtics and Orlando Magic was the highlight of our trip. Next year we are off to Washington DC!!



● CERN / SWITZERLAND / 6-10.2.2013

The European Centre for Nuclear Research is a place where you appreciate science and its potential. Visits to the United Nations, the Permanent Representative of Greece to the UN, the Orthodox Centre of the Ecumenical Patriarch and the History of Science Museum in Geneva turned the trip into a fruitful experience.



● FORENSICS / THESSALONIKI / 4-7.4.2013

Emotions ran high during the weeks before and during the Forensics competition of 2013. Initially, our teachers were stalking us in the hallways, begging for our time; then the roles were reversed: we started running after them, tagging on shirts, desperate to drown the anxiety that inevitably envelopes one before a competition by practicing as much as possible. Our efforts were fruitful regardless of whether or not they were recognized in the form of awards. An emotional rollercoaster like no other, Forensics is an event you need to experience!



● UNESCO / ZAJECAR / 6-11.4.2013

56 participants, two of them coming from Greece, from 12 countries gathered in Zajecar, Serbia, to discuss the role of youth in the World Heritage preservation during a conference organized by UNESCO. We had heated debates on the implementation of a worldwide sustainable development policy and the role of local communities and schools in the promotion of World Heritage education. The time we spent working with the rest of the participants gave us the tools to enhance future communication and cooperation thus increase intercultural dialogue.



● INTERNATIONAL EUROPEAN YOUTH PARLIAMENT /
MUNICH / 5-14.4.2013

The journey started several months ago, in December at the National Selection Conference of the European Youth Parliament (EYP) where I was selected, along with other 7 delegates, to represent our country in Munich! The amount of work carried out was impressive; the cooperation between people from all over Europe was commendable and the research involved massive. Ten days of heated discussions ranging from the European banking system to water preservation and from the problem of asylum seekers to the prospect of organizing a European army turned the conference into the most amazing, thrilling, beautiful, moving experience of my life. It only took ten days to fall in love with EYP.



● 150 YEARS K.P. KAVAFIS / CONSTANTINOPLE / 11-14.4.2013

SHONE LIKE A BRIGHT ALEXANDRIAN LIGHTHOUSE IN VOSPOROS

The life and prolific work of the renowned Alexandrian poet K.P. Kavafi were approached and studied by students, educators, scholars, literary figures, actors as well as journalists during the Conference which took place in Istanbul, in Zografio High School. The conference was organized by Zografio Lykeio with the collaboration of Mandoulides Schools under the auspices of the Ecumenical Patriarchate.

‘ We must accept
finite disappointment,
but never lose infinite hope ’

Martin Luther King, Jr.

- BY ANESTIS CHATZIDIMITRIADIS -

The sea was bluer than usual, the sun was shining and the sky was clear. About ten dolphins were leaping around a ship, offering a charming spectacle. Had all this been happening during summer time near some island in the Mediterranean, it would have been perfectly natural, only this was not the case!

Instead, it was mid-autumn, the sea in question was the notoriously polluted gulf of my city, burdened with decades of industrial waste, and the ship was a state-of-the-art nuclear submarine that participated in my city's annual national celebration. Influenced by the negativity around me, I was deep in thought about how this climate of insecurity could be reverted, how people could leave despair behind and find **hope**, how youth, including myself, could thrive in such a negative social and economic environment. And then, just as I was glancing absent-mindedly at the sea I saw the dolphins leaping in the water, doing various acrobatics and creating their own microcosm. They captured my gaze until they were so far away that they were lost from my plane of sight.

It was many decades since dolphins had last appeared in the bay of the city. Their return was a testament that the long-lasting efforts to clean the bay had been successful. It was a favorable sign when everything else around me seemed full of gloom and doom. It gave me the signal to design my own path, escape pessimism and join these dolphins into venturing into a murky urban sea.

The dolphins were the injection of optimism and hope that I needed. They reminded me that I can do anything I set my mind on, dive into the unclear water of the uncertain future, follow my heart and swim towards my vision.

● **POST- SECONDARY PLACEMENTS**

● **MANDOULIDES STUDENTS
AT TOP UNIVERSITIES ABROAD**

● **HONORS**

● INTERNATIONAL

● NATIONAL

● SPORTS



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 PAPAPOPOULOU

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

MEDICAL SCHOOL, THE ARISTOTLE UNIVERSITY OF THESSALONIKI

2012, CHRYSOULA GOUTA

LAW SCHOOL, THE ARISTOTLE UNIVERSITY OF THESSALONIKI

2004, AFRODITI GIOVANOPOULOU

SCHOOL OF ARCHITECTURE, THE ARISTOTLE UNIVERSITY OF THESSALONIKI

2012 - ANASTASIA PRINTZIOU

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

SCHOOL OF INFORMATICS, THE ARISTOTLE UNIVERSITY OF THESSALONIKI

2012, ATHANASIOS CHARISTOS

DEPARTMENT OF ENGLISH LANGUAGE & LITERATURE, THE ARISTOTLE UNIVERSITY OF THESSALONIKI

2012, ELENI AKANTHOPOULOU

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



MANDOULIDES STUDENTS
AT TOP UNIVERSITIES ABROAD

USA UNIVERSITIES



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:

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

Columbia University

I. Coward-Ambrosiadis '13

California Institute of Technology

E. Taratoris '10
C. Mantoulidis '07

M.I.T.

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

Stanford University

C. Mantoulidis '07

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

Georgetown University

M. Moutselos '03

University of California-Berkeley

P. Toskas '10

Carnegie Mellon University

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

New York University

T. Feldman '01

Brandeis University

E. Mainou '13
Z. Hiliada '12
T. Athanasakis '05
Z. Kiriakou '01
M. Papadopoulou '97
A. Gogakos '96

University of Rochester

D. Nikolaou '13

University of Washington

N. Tsakiris '98

Boston University

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

Northeastern University

A. Tagtalenidis '12

Syracuse University

I. Boziaris '07
G. Chalvatzoglou '07

Purdue University

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

Drexel University

V. Haidas '13
P. Prezas '12
A. Willis '10

Stevens Institute of Technology

A. Tagtalenidis '12
S. Tseranidis '09

University of South Florida

A. Kyriazis '13

Bentley University

D. Nikolaou '13

Fairfield University

D. Nikolaou '13

Rochester Institute of Technology

P. Zaimi '13



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

Z. Kiriakou '01

Vassar College

A. Chatzidimitriadis '13

E. Kanonidis '12

Z. Chatzidimitriadou '07

M. Katsarou '05

T. Feldman '01

Colby College

H. Tsatalas '97

A. Gogakos '96

Smith College

E. Mainou '13

Z. Hiliada '12

E. Vlahou '08

N. Bitzeli '06

M. Katsarou '05

A. Giovanopoulou '04

E. Tsoukalidou '98

M. Papadopoulou '97

Grinnell College

E. Mainou '13

Z. Hiliada '12

D. Pezati '06

T. Athanasakis '05

A. Gogakos '96

T. Avrambeki '95

Macalester College

E. Mainou '13

A. Xakis '12

E. Tezapsidis '06

E. Tsoukalidou '98

Bryd Mawr College

Z. Hiliada '12

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

Bard College

A. Chatzidimitriadis '13

K. Kyriakidis '13

A. Lappas '13

D. Nikolaou '13

P. Zaimi '13

A. Xakis '12

E. Kanonidis '12

Z. Hiliada '12

E. Faraza '11

G. Douganiotis '09

D. Lazaridis-Giannopoulos '08

S. Mentesidis '08

E. Vlahou '08

A. Fragkopoulos '07

S. Velissaris '07

E. Tezapsidis '06

M. Katsarou '05

Skidmore College

E. Chantzi '13

Franklin & Marshall College

D. Batzilis '04

A. Tsakiris '00

A. Frida '01

H. Tsatalas '97

A. Karentzos '96

Reed College

E. Kanonidis '12

Ohio Wesleyan University

G. Makoulidis '04

E. Faraza '11



CANADA UNIVERSITIES

University of Toronto

A. Tagtalenidis '12



BRITISH UNIVERSITIES

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

Oxford University

S. Tseranidis '09

E. Mandaltsi '07

Cambridge University

I. Coward-Ambrosiadis '13

C. Mantoulidis '07

Imperial College London

I. Coward-Ambrosiadis '13

E. Mainou '13

K. Kyriakidis '13

N. Pallas-Misailidis '13

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

V. Siomos '13

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

University College London

I. Coward-Ambrosiadis '13

University of Warwick

I. Coward-Ambrosiadis '13

University of Bristol

N. Tselepidis '12

A. Tagtalenidis '12

T. Zachariadis '12

E. Mastoris '11

D. Aretakis '09

E. Mandaltsi '07

Lancaster University

P. I Boumi '13

I. Revach '13

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

P. Zaimi '13

V. Tsartsalis '13

A. Xakis '12

A. Hristakopoulos '10

University of Edinburgh

M. Aretaki '13

P. Karakosta '13

E. Mainou '13

N. Pallas-Misailidis '13

Th. Stamboultzis '13

V. Siomos '13

M. Fesatidou '13

V. Chaidas '13

K. Efstathiou '12

T. Zachariadis '12

L. Kazakou '12

E. Kanonidis '12

E. Friligkou	'12	K. Efstathiou	'12
S. Hytiroglou	'12	E. Friligkou	'12
G. Ioannidis-Kopanos	'11	L. Kazakou	'12
P. Pachidis	'11	E. Faraza	'11
A. Gaitanidis	'10	G. Gavriiloglou	'10
E. Ioannidis	'10	E. Meleziadou	'09
O. Antoniou	'09	E. Vlahou	'08
D. Aretakis	'09	M. Hytiroglou	'08
E. Meleziadou	'09	King's College, London	
E. Mandaltsi	'07	I. Coward-Amvrosiadis	'13
University of Glasgow		R. Margaritidou	'13
M. E. Dimou	'13	E. Chantzi	'13
K. Kyriakidis	'13	E. Friligkou	'12
E. Mainou	'13	E. Kanonidis	'12
G. Papazoglou	'13	L. Kazakou	'12
V. Chaidas	'13	G. Gavriiloglou	'10
K. Efstathiou	'12	E. Taratoris	'10
E. Mastoris	'11	M. Gaitanidou	'09
E. Faraza	'11	Newcastle University	
E. Ioannidis	'10	Th. Tyflioris	'13
Loughborough University		P. Prezas	'12
P. Zaimi	'13	C. Tsolakidis	'12
N. Tselepidis	'12	M. Karsanidou	'10
E. Ioannidis	'10	M. Kostaki	'10
M. Kostaki	'10	The University of Reading	
A. Andrikos	'09	Z. Hiliada	'12
D. Andrikos	'09	E. Faraza	'11
B. Vasmatis	'09	University of Surrey	
University of Leicester		D. Nikolaou	'13
A. Ignatidou	'08	V. Prasini	'13
University of Sussex		V. Tsartsalis	'13
M. E. Dimou	'13	V. Chaidas	'13
V. Prasini	'13	T. Zachariadis	'12
I. Revach	'13	V. Georgiou	'11
V. Siomos	'13	O. Antoniou	'09
V. Chaidas	'13	S. Tseranidis	'09
G. Tsoulos	'12	Royal Holloway, University of London	
P. Prezas	'12	D. Gioltzidi	'13
Z. Hiliada	'12	S. Hytiroglou	'12
V. Georgiou	'11	University of Liverpool	
A. Ignatidou	'08	M. E. Dimou	'13
M. Hytiroglou	'08	P. Karakosta	'13
G. Karaoglou	'08	K. Kyriakidis	'13
University of Southampton		University of Manchester	
F. Katsios	'11	V. Siomos	'13
University of Nottingham		Th. Tyflioris	'13
K. Efstathiou	'12	A. Tagtalenidis	'12
University of Sheffield		C. Varsamis	'11
P. Zaimi	'13	G. Ioannidis-Kopanos	'11
X. Boumi	'13	A. Gaitanidis	'10
V. Chaidas	'13	The University of Kent	
M. Aretaki	'13	G. Papazoglou	'13
P. Karakosta	'13	I. Revach	'13
K. Kyriakidis	'13	A. Alexiou	'11
Th. Stamboultzis	'13	University of Strathclyde	
M. Fesatidou	'13	D. Nikolaou	'13
A. Xakis	'12		

Queen Mary University			
Z. Hiliada	'12	C. Tsolakidis	'12
V. Georgiou	'11	D. Hatzis	'08
University of Essex		M. Karsanidou	'10
V. Tsartsalis	'13	University of Sunderland	
G. Tsaousidis	'12	D. Hatzis	'08
Heriot-Watt University, Edinburgh		Nottingham Trent University	
C. Varsamis	'11	A. Karapatakis	'08
Brunel University		Edinburgh Napier University	
E. Th. Mavroudakis-MacCallum	'13	E. Nakis	'13
Th. Tyflioris	'13	K. Kyriakidis	'13
E. Chantzi	'13	Roehampton University	
G. Tsaousidis	'12	C. Charitopoulou	'11
D. Mavromatis	'10	D. Mavromatis	'10
Keele University		University of Derby	
R. Margaritidou	'13	M. Vathioti	'13
E. Nakis	'13	Middlesex University	
City University		A. Chalvatzoglou	'12
E. Karpozilos	'13	E. Konstantinidis	'05
S. Tseranidis	'09	Greenwich University	
E. Konstantinidis	'05	E. Karpozilos	'13
Goldsmiths College, London		E. Nakis	'13
C. Haritopoulou	'11	C. Tsolakidis	'12
D. Lambrinos	'09	C. Varsamis	'11
A. Ignatidou	'08	R. Tseranidou	'10
Oxford Brookes University		E. Konstantinidis	'05
V. Georgiou	'11	Salford University	
Northumbria University		E. Th. Mavroudakis-MacCallum	'13
E. Nakis	'13	V. Fessatidou	'11
Plymouth University		University of Westminster	
C. Tsolakidis	'12	V. Georgiou	'11
University of Bradford		O. Papantoni	'11
D. Hatzis	'08	R. Tseranidou	'10
University of Hertfordshire		E. Konstantinidis	'05
E. Th. Mavroudakis-MacCallum	'13	Kingston University	
University of Brighton		E. Karpozilos	'13
D. Gioltzidi	'13	R. Margaritidou	'13
R. Margaritidou	'13	D. Lambrinos	'09
E. Th. Mavroudakis-MacCallum	'13	M. Hytiroglou	'08
P. I Boumi	'13	Manchester Metropolitan University	
C. Varsamis	'11	A. Alexiou	'11
M. Karsanidou	'10	University for the Creative Arts	
E. Konstantinidis	'05	M. Vathioti	'13
University of Central Lancashire		University of East London	
M. Vathioti	'13	E. Karpozilos	'13
De Montfort University		R. Tseranidou	'10
N. Tselepidis	'12	University of the West of England-Bristol	
		D. Lambrinos	'09



ITALIAN UNIVERSITIES

Bocconi University, School of Economics

A. Kyriazis '13

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"

1st place:	ORFEAS ANTONIOU (individual round)	ROMANIA	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

Honorable mention	GEORGIOS SKOLIANOS	SPAIN	2005
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International Biology Olympiad

3rd place:	KONSTANTINOS SAMARAS TSAKIRIS	SINGAPORE	2012
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International Chemistry Competition

1st place:	PANAGIOTIS KALMOUKOS	HOLLAND	2012
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Conferences

- **International European Youth Parliament-members of the official Greek delegation**
 ATHINA FIRTINIDOU 2013
 NIKOLAOS PALLAS-MISAILIDIS, ELENI TSAPRAZI, ZAFEIRO HILIADA 2012
 PANAGIOTIS 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

music & art

- **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
- **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
- **International Competition of the Academy of Children's Art**
 2nd place: MANDOULIDES ARTS AND CRAFTS CLUB 2008
- **Biennale 2008-4th International Competition of Children's Art (portrait)**
 1st place: VASILIS HAIDAS
 2nd place: DESPOINA ZACHARIADOU, ELENI KARIOFILI, IOANNIS DELLIOS
 3rd place: LEANDROS PASCHALIDIS
- **International Music Competition 2008- YOUNG PRAGUE**
 2nd place: MANDOULIDES ORCHESTRA AND CHOIR
- **International Music Festival 2009 - NEERPELT, BELGIUM**
 2nd place: MANDOULIDES ORCHESTRA AND CHOIR

language

- **International Competition in Creative Writing Expression-FRENCH POETRY**
 1st place: MARIA-CHRISTINA TASIOUKA 2005
- **International Competition in Fairy Tale Writing**
 2nd place: DESPOINA ZACHARIADOU 2008
- **European Classics Competition in Ancient Greek**
 Honorable mention: MICHAEL TSERTSIDIS 2009
 3rd place: DESPOINA SIDERI 2006

● NATIONAL ●

● **National Olympiad in Informatics**

(organized by the Greek Society of Computer Scientists)

1st place:	RAPHAEL KETSETSIDIS	2013
	CHRISTOS MANTOULIDIS	2007, 2006, 2005
	THEOHARIS ATHANASAKIS	2004, 2003, 2002
	IOANNIS TSOUKALIDIS	1996
3rd place :	RAFAEL KETSETSIDIS	2012
	APOSTOLOS GAITANIDIS	2009
	ELEFThERIOS KATSIVELoS	2004

(ALL STUDENTS QUALIFIED FOR BALKAN AND INTERNATIONAL OLYMPIADS)

● **National Mathematics Olympiad**

(organized 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 :	RAPHAEL KETSETSIDIS, GEORGIOS VENIZELOS	2013
	NIKOLAOS KALOSIDIS, PARMENION KOUTSOGEORGOS	2013
	EVANGELOS TARATORIS	2010
2nd place :	IOANNIS AMBROSIADIS - COWARD, GEORGIOS BATZOLIS	2013
	PANAGIOTIS KALMOUKOS, IOANNIS AMBROSIADIS - COWARD	2012
	ELEFThERIOS MASTORIS	2010
	EVANGELOS TARATORIS, KONSTANTINOS SAMARAS TSAKIRIS	2009
	ARIS FOTIADIS, DIMITRIS VALSAMIS, GEORGIOS STAVRINOS	2008
	CHRISTOS MANTOULIDIS	2007
	GEORGIOS SKOLIANOS	2005
	ZINOVIA HATZIDIMITRIADOU	2004
	IOANNIS KONSTANTINIDIS , KONSTANTINOS K TENIDIS	2002
	JULIA GRAMMATIKOPOULOU	1997
3rd place :	CHRISTOS KARATHODOROS	2013
	GEORGIOS KOTZAMPASIS, 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"**

(organized by the Athens University, Department of Statistics)

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

● **National Physics Competition**

(organized by the Hellenic Physics Society)

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

- **National Biology Competition**
(organized by the Hellenic Biology Society)
1st place: KONSTANTINOS SAMARAS TSAKIRIS 2012
TASOS GOGAKOS 2005
3rd place: EIRINI KONSTANTINIDOU 2013, 2012
(ALL STUDENTS QUALIFIED FOR THE INTERNATIONAL BIOLOGY OLYMPIAD)
- **Astronomy and Space Competition**
2nd place: CHRISTOS TSERTSENES 2013
- **National Chemistry Competition**
(organized by the Hellenic Chemistry Society)
1st place: PANAGIOTIS KALMOUKOS 2013
3rd place: DANAE GRAMMATIKOPOULOU 2005
- **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
- **Traditional Dancing Competition**
2nd place REGIONALLY: 2004, 2003, 2001
- **National Drawing Competition**
(organized by the Ministry of Education)
1st place NATIONALLY : LAURA LUCAS 2008
2nd place REGIONALLY :
ARIS PAPADOPOULOS, DESPOINA ZACHARIADOU 2008
- **National Drawing Competition**
(organized by the USA Consulate)
HONORABLE MENTION: VASILIOS HAIDAS 2008
- **National Drawing Competition**
(organized by CYPRUS BANK and the MUSEUM OF CHILDREN'S ART)
2nd place: TANIA DAVID 2013
ERATO FESSATIDOU 2012
- **National Literary Competition in Novel Writing**
(organized by the HELLENIC AUTHORS SOCIETY)
3rd place: NIKOLETA BAKOLA 2013

● **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: 2013, 2011, 2010, 2009

2012-2013 FINALISTS

DRAMATIC DUET ACTING	PASCHALINA TSIORBATZI, ALIKI KARKALA
COMIC DUET ACTING	ANDRONIKI VASILIOU, EVANGELOS CHILIADAS
ORAL INTERPRETATION OF LITERATURE-DRAMATIC	ERATO FESSATIDOU
ORIGINAL ORATORY	CHRISTINA TARATORI

HONORABLE MENTION

DRAMATIC DUET ACTING	ANASTASIA KARATHANASI, EVMORFIA ZELELIDOU
ORIGINAL ORATORY	SEAN ZAFEIRIADIS
IMPROMPTU SPEAKING	NIKOLETA BAKOLA

● **Greek Youth Parliament**

DESPOINA GIANNOU	2013
ELEFTERIOS MASTORIS	2010
IOANNIS GEORGOULAS-PASCHALIS TOSKAS	2009

● **Debate and Public Speaking Scholastic Competition**

DEBATE

1st place: 2013, 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: 2013, 2012, 2010, 2006, 2005, 2004, 2003
2nd place: 2013, 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
2013 - 2010 - 2009 - 2006 - 2005 - 2000 - 1999

2nd place NATIONALLY
2008 - 2001 - 1996

3rd place NATIONALLY
2012



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