

Flame



water is life
fire is knowledge
hope is foundation
and this is the flame of our inspiration



MANDOULIDES

EDUCATORS SINCE 1978





Editorial

Dear Readers,

The Ancient Greeks considered the education of youth as the foundation of every state. This ideal should serve as a beacon to us, Modern Greeks, and guide the steps of the people whom we have entrusted with the difficult task of educating our children.

Young people are faced with so many problems during the difficult period of adolescence. Everything around them is changing. They are changing and they start questioning and criticizing, judging and rebelling. They need to change the world but at the same time they are struggling to determine their own identity. Who can be a better companion in their quest for life than teachers who care and can become a source of inspiration and motivation for them? And what institution embodies these qualities better than school itself?

For the last 30 years Mandoulides Schools have been assiduously contributing to quality education, promoting knowledge and molding young people's characters. We are proud to consider our magazine as one of the many "fruits" the tree of our school bears.

While going through our students' work you will sense their ardor and if you take some time to read between the lines you will see that they are trying to convey numerous important and thought-provoking messages.

*Working with young people for so many years has been an invigorating experience. I can feel their thirst for knowledge but also their eagerness to go out and squeeze the best out of life. Mahatma Gandhi once said: **"Live as if you were to die tomorrow but learn as if you were to live for ever."***

I wholeheartedly hope that you, my young students make, good use of his wisdom.

Thank you.

Rania Dantsi
Creative Productions Club Organiser



Contributions

Cover by :

L. Lukas & D. Zachariadou

Articles by:

D. Aretakis, A. Beslika, V. Bisbina, J. Coward, Z. Damaskou, K. Damianakou, G. Douganiotis, V. Fessatidou, M. Gaitanidou, P. Galopoulos, M. Garry, C. Gouta, S. Hitiroglou, J. Kallaras, V. Kanonodis, G. Karagiaouris, M. Karagiaouri, R. Korini, F. Koukalia, G. Kotsabasis, A. Mavromati, M. Mitzithra, D. Naki, D. Nikolaou, Z. Nikouli, P. Pachidis, O. Papantoni, T. Sgouros, A. Symeonidou, E. Tirta, P. Toskas, J. Tsakiridis, M. Tsertsidis, E. Tsirona, N. Varsano, D. Vlasidou, B. Willis, D. Zachariadou

Illustrations by:

A. Badogias, R. Demirtzoglou, M. Galani, P. Karakosta, J. Padis, S. Thomaidou, D. Zachariadou

Contents

Editorial page 1 • **Calendar of Events** page 3 • **30 years on** page 4 •
Forum/Views page 8 • **Forum / Youth** page 23 • **Forum / Education** page 29 •
Beyond School page 33 • **Oratories** page 37 • **Writing attempts** page 50 •
Personal Experience page 54 • **Personal Thoughts** page 60 • **Cinema** page 63 •
Post-Secondary placements page 65 • **Mandoulides students at top universities abroad** page 67 • **Honors, Sports** page 71



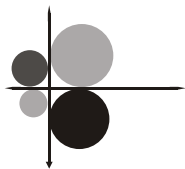
Winter

- ✓ 17th **BERMUN - THE BERLIN MODEL UNITED NATIONS CONFERENCE**
NOVEMBER 17-23, 2008 - VENUE: BERLIN, GERMANY
- ✓ **EUROSCOLA-EUROMEDSCOLA**
NOVEMBER 12-14 & 15-18 2008 - VENUE : STRASBOURG, FRANCE
- ✓ 18th **EYP-EUROPEAN YOUTH PARLIAMENT**
DECEMBER 6-8, 2008 - VENUE: THESSALONIKI, GREECE
- ✓ 56th **HMUN- THE HARVARD MODEL UNITED NATIONS CONFERENCE**
DECEMBER 5-17, 2008 - VENUE: BOSTON, USA
- ✓ 41st **THIMUN - THE HAGUE INTERNATIONAL MODEL UNITED NATIONS CONFERENCE**
JANUARY 24-31, 2009 - VENUE: THE HAGUE, THE NETHERLANDS
- ✓ **EDUCATIONAL VISIT- CERN**
JANUARY 29- FEBRUARY 2, 2009 - VENUE: GENEVA, SWITZERLAND
- ✓ **NATIONAL DEBATE AND PUBLIC SPEAKING COMPETITION** (co-ordinated by the Ministry of Education)
JANUARY 30- FEBRUARY 1, 2009 - VENUE: ATHENS, GREECE
- ✓ **DEBATE & PUBLIC SPEAKING SCHOLASTIC COMPETITION**
FEBRUARY 14- 15, 2008 - VENUE: THESSALONIKI, GREECE
- ✓ **MUSIC CONCERT - DIONYSSIS SAVVOPOULOS IN COOPERATION WITH THE SCHOOL ORCHESTRA & CHOIR**
MARCH 15- VENUE : MANDOULIDES CULTURAL CENTER, THESSALONIKI, GREECE
- ✓ **DEBATE / PUBLIC SPEAKING & DRAMATIC PRESENTATION OF LITERATURE IN ENGLISH - FORENSICS**
MARCH 19-22, 2009 - VENUE: THESSALONIKI, GREECE
- ✓ 22nd **HMCE - THE HARVARD MODEL CONGRESS EUROPE**
MARCH 20-23, 2009 - VENUE: BRUSSELS, BELGIUM
- ✓ 60th **IEYP- INTERNATIONAL EUROPEAN YOUTH PARLIAMENT**
APRIL 17-26, 2009 - VENUE: STOCKHOLM, SWEDEN
- ✓ 56th **INTERNATIONAL MUSIC COMPETITION**
MAY 1-4, 2009 - VENUE: NEERPELT, BELGIUM
- ✓ **LANGUAGE AND EDUCATION CONFERENCE "SCHOOL 2009"**
DEDICATED TO EVANGELOS MANTOULIDIS
MAY 15-16, 2009 - VENUE: MANDOULIDES CULTURAL CENTER, THESSALONIKI, GREECE
ARTIST OF HONOR: LOUDOVIKOS OF ANOGEIA
- ✓ **MOUNT ATHOS** - Annually large groups of students and faculty explore the Byzantine Community of Monasteries on Mount Athos

Summer



- ✓ **SUMMER CREATIVE ACTIVITIES (KINDERGARTEN & PRIMARY SCHOOL STUDENTS)**
JUNE 16-JULY 17, 2009 & AUGUST 17-SEPTEMBER 10, 2009
- ✓ **FOOTBALL CAMP (KINDERGARTEN TO LYKEIO STUDENTS)**
JUNE 15-2008, 2009
- ✓ **BASKETBALL CAMP (KINDERGARTEN TO GYMNASIO STUDENTS)**
JUNE 15-20, 2009 & JUNE 22-27, 2009
- ✓ **ENGLISH AND ADVENTURE CAMP (KINDERGARTEN TO LYKEIO STUDENTS)**
JUNE 22-JULY 3, 2009
- ✓ **SUMMER EDUCATIONAL PROGRAMS**
 - **THE UNIVERSITY OF BATH AND LONDON, UK**
JULY 19-AUGUST 2, 2009
 - **NATION CAMPUS PARIS, FRANCE**
JULY 19-AUGUST 1, 2009
 - **TEIKYO UNIVERSITY BERLIN, GERMANY**
JULY 19-AUGUST 2, 2009
 - **PHILIPS ACADEMY ANDOVER, USA**
UNIVERSITY PROGRAMS : HARVARD, STANFORD, YALE, NORTHWESTERN, BROWN, COLUMBIA, SMITH, USA
JULY-AUGUST 2009
- ✓ **GLOBAL YOUNG LEADERS CONFERENCE**
JUNE 28-JULY 9, 2009 & JULY 26-AUGUST 8, 2009, WASHINGTON D.C., NEW YORK CITY, USA
- ✓ **MATHS CAMP (GYMNASIO & LYKEIO STUDENTS)**
SEPTEMBER 1-4, 2009



30 years on

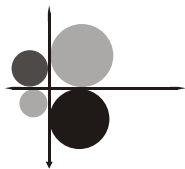
- 1978** *A great earthquake shook Thessaloniki. An omen for Mandoulides Schools who were then laying their foundations. The foundations go deep. The vision of the founder, Evangelos Mantoulidis, takes root and flourishes. The idea that nourishes it that of a modern Greek education with a European dimension and a universal perspective, an idea which demands courage and virtue, perseverance and toil is transformed into a school, an educational institution.*
- 1991** *The vision expands. It needs room to develop. The Junior/Senior High School is established. The founder, tireless, devoted, looks ahead. There is always something better for him. He is not easily satisfied. He deserves summits, he likes the fresh air. He seeks new horizons in education, new adventures.*
- 1998** *Mandoulides Schools celebrate their 20th anniversary in their new ultramodern cultural and sports centre. The doors of international universities open wide. Our student, Eva Tsoukalidou, is accepted at Harvard University. From then on our students have studied and are studying at the best universities in the USA : Harvard, Stanford, Yale, Princeton, Caltech, MIT, Duke and in Great Britain : Cambridge, Oxford, Imperial College, St Andrews, Durham. At the same time our students take first places in the most demanding departments of the Aristotle University of Thessaloniki Alexandros Karentzos in Medical School, Vasiliki Kapsali in Law School and Haris Karasiotos in the Polytechnic School. The best prize of all!*
- 1999** *The greatest ambition of Evangelos Mantoulidis and of sport. The badge of realizing the ancient saying: 'A healthy mind in a healthy body'. Basketball, a childhood dream, was the very spice of life for him. On five occasions (1999, 2000, 2005, 2006, 2009) the school team won first place at Panhellenic level. In 1999 they earned first place at the World Championship in Israel and, in 2005, second place in the World Championship in Poland.*



- 2001** *We have an Olympic winner in Informatics, with a silver medal in Finland for our student, Ioannis Tsoukalidis, while, in 1998 and 2000, he won bronze medals in Portugal and China, respectively.*
- 2002** *The Infant/Primary School and the Junior/Senior High Schools gain successors. The second schools at those levels are established. The new buildings are constructed, new students register.*
- 2006** *Our student, Christos Mantoulidis, becomes another Olympic winner in Informatics, with a silver medal in Mexico and, a year later, with a bronze in Croatia.*
- 2007** *Evangelos Mantoulidis leaves us unexpectedly in spring. For his family, his teachers, his students, his friends and the educational community, he is always present. Evangelos Mantoulidis, with his dynamic multi-faceted life, deliberate and difficult choices, challenges, innovations, gave everyone the best lesson in life, furnished us with the best example. It is in the nature of education that the returns of a teacher come much later than his investment in a student. Those of us who had the good fortune to be educated by his side, remain in his debt. Not owing a favour, but owing action. An everyday action, consistent with the principles and values he instilled in us.*
- 2008** *Thirty years of Mandoulides Schools, thirty years full of memories, a dream, a miracle. Two generations of students have sat at our school desks. A fantastic journey began 30 years ago and continues. Its destination: knowledge, success, cultivation, joy. Offering many opportunities and choices for our students to carve out their careers.*

May their journey be a long one!!!

*Aspa Hassiotis
General Director - Philologist*



Blowing the candles with Dionysis Savvopoulos

by Chrysa Gouta - C Gymnasio

*O*n Sunday, 15 March 2009 our school celebrated the 30 years since its establishment. A concert took place in the theatre where our choir and orchestra *Echochromata* performed with the famous and successful musician Dionysis Savvopoulos. This event can be considered as the most important one of this school year and one of the most important ones during these 30 years. Being a member of *Echochromata* I knew that our first meeting with the artist was not to be in the concert on Sunday evening.

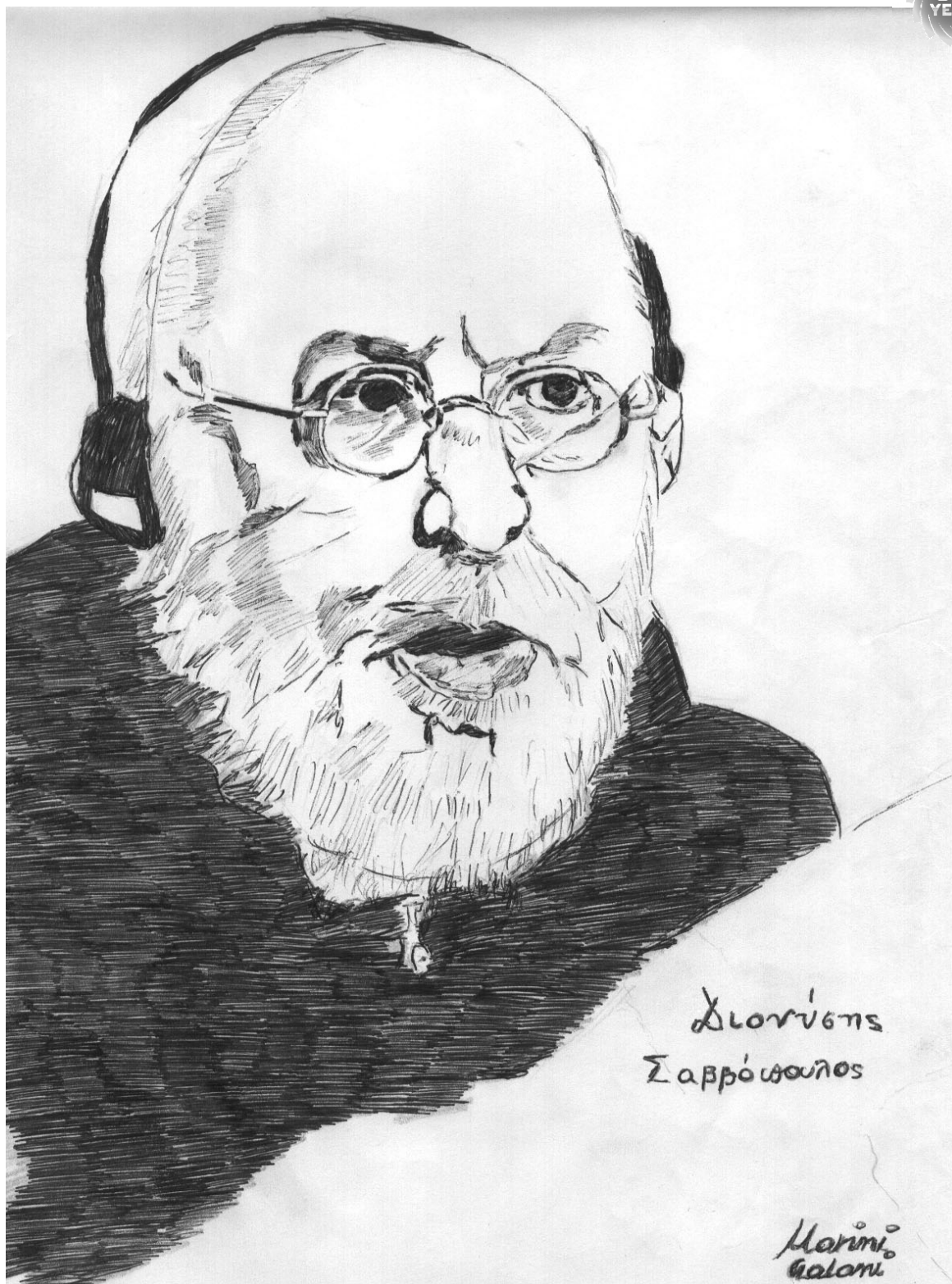
It was Friday afternoon and we were all sitting tight waiting for him, anxious and impatient. We wanted this concert to be perfect.

Suddenly, Mr. Savvopoulos came in the theatre. We froze. He sat in front of us and said: "Let's start!" We played two songs and then Mr. Savvopoulos came on stage with his guitar and the fairytale started! We all lived the real meaning of music, we just had fun. We forgot our concern and got lost in the endless streets of sounds. It was just amazing and it was only the first rehearsal.

Mr. Savvopoulos wasn't at all the way we had imagined him. He was really friendly. For example, for one moment he seemed worried but the only thing he said was: "A child wants some water"! And of course he made us laugh. At the end of the first rehearsal he said: "You are not just an orchestra, you are Salzburg!" Being a perfectionist, he pointed out our mistakes but when we made a little progress he didn't hesitate to praise us. Especially, during both the rehearsal and the concert he congratulated the girl playing the cello for her excellent performance.

During the rehearsals, time went by so quickly! If only they had continued for a few days more! So, the concert was about to start. There was no stress; everything was going to be great, more than great. And it was. Everyone did their best and the applause didn't stop. Of course, I can't leave out the participation of the choir, "En Dinami" comprised by children with special needs- the members of which accompanied our choir in "Karagiozis" and "Sinnefoula", two of the most popular of Dionysis Savvopoulos' songs.

For this successful event, we, all the members of the choir and the orchestra, have to say thank you to the two important persons of the music groups: the conductor Mr. Giannis Polimeneris and the leader of the choir Mrs. Eleni Theodoridou. You, who are reading this article now, must know that without them there is neither choir nor orchestra and it's not only the fact that they provide us with the rhythm, but also the confidence and support we need every time we try to create music.



This event was an amazing experience for all of us and will never be erased from our minds. It was a great honor for us to accompany Mr. Savvopoulos singing his miraculous songs. Furthermore, Mr. Savvopoulos himself inspired us to go on producing sounds with even more desire and zeal.

*Congratulations Echochromata, congratulations choir, once again you triumphed!
Happy Anniversary our school.*

Flirting with life

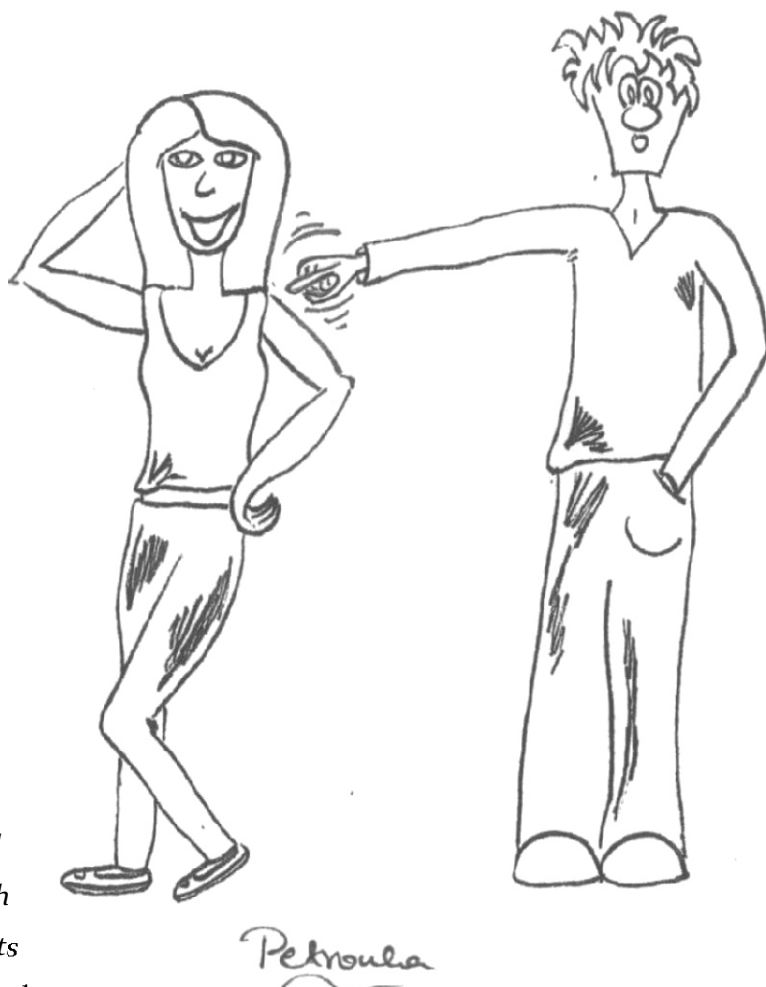
by Dimitris Aretakis - C Lykeio

There are many sources of pleasure in everyday life. Going out for a walk or having a drink with friends, reading books or watching a movie, engaging in sports or just having a good night's sleep, are all pleasurable activities that help people escape temporarily from a sometimes hard reality. No matter how humorous or immature it may sound, having experienced all the above I have concluded that what I find more intriguing, exciting and yet relaxing in my everyday routine is flirting.

I regret to say that Wikipedia is once more wrong. Flirting is not just 'a form of human interaction between two people expressing a romantic or sexual interest' and it is not restricted to 'conversation, body language or brief physical contact'. Flirting is a way of life. It is the most intriguing form of human interaction. It is the prerequisite for meaningful relationships with the opposite sex. I do not consider myself some kind of Casanova or the typical "Greek Lover", but whenever I recall the very special moments of my life I realize – as many of you would too – that most of them are inseparable from flirting. Successful or not, it does not matter.

Just like life, flirting is a constant game, a never ending challenge. They both offer the greatest satisfactions and the worst disappointments. For example, in everyday life when applying for a job, it takes a yes to become the winner, but it only takes a denial to feel like a loser. Even then however, you keep on trying until you finally succeed. The same happens with flirting. Only it is far more interesting and demanding, because it is a special kind of human interaction which involves at least two peoples' sacred emotions and feelings. If you are lucky enough to achieve your goal of sharing your emotions with your beloved mate then you both prevail; if not, you heal your wounds and go on. Then you have been taught valuable lessons on how to deal with failure, disappointment and frustration.

Furthermore, effective flirting, just like effective living, requires well organized and well planned strategy. People usually face the requirements of their everyday social and professional life prepared and well-studied, in order to minimize the risk and the consequences of failure. Talking from my point of view, as an active member of my school's sporting and social life, I find it necessary to interact successfully with other people. Fundamental requirements for successful public relations are quick and structured thinking, understanding, humor and sometimes a number of prepared quotes. Additionally, I usually approach the right people at the proper time, which I think is another key to my success. I act the same while flirting. Correct timing, humor, impressive quotes or memorized romantic poetry may become the key for unlocking the mate's heart.



Flirting means following your dream, taking your chances. I flirt not only with women but also with ideas, with life itself. I think now it is my time. The so called Panhellenic exams are on their way. In 3 months time, I will be considered to be a member of the grown-up society. So, I need the finest application of all the knowledge and experience I have gained through the years.

"The most wasted day of all is that in which we have not laughed"

by Danae Vlassidou - A Lykeio



Plato's remark that "even gods love jokes" must be correct, for the value of laughter is recorded even in sacred scriptures. For example, the Koran states that "the one who deserves paradise is he who makes his companions laugh". Laughter adds spice to life; it is to our lives what salt is to a hard-boiled egg. Our five senses are not enough for ideal living; we need

our sixth sense as well, our sense of humor. Humor isn't about merely telling jokes, it's the way we view the world. We can be sincere about life, without taking it so seriously, we can laugh about our mistakes. When we do laugh at our woes, they dissolve, or at least become bearable, so that we have peace and happiness. We don't just laugh because we are happy, we are happy because we laugh!

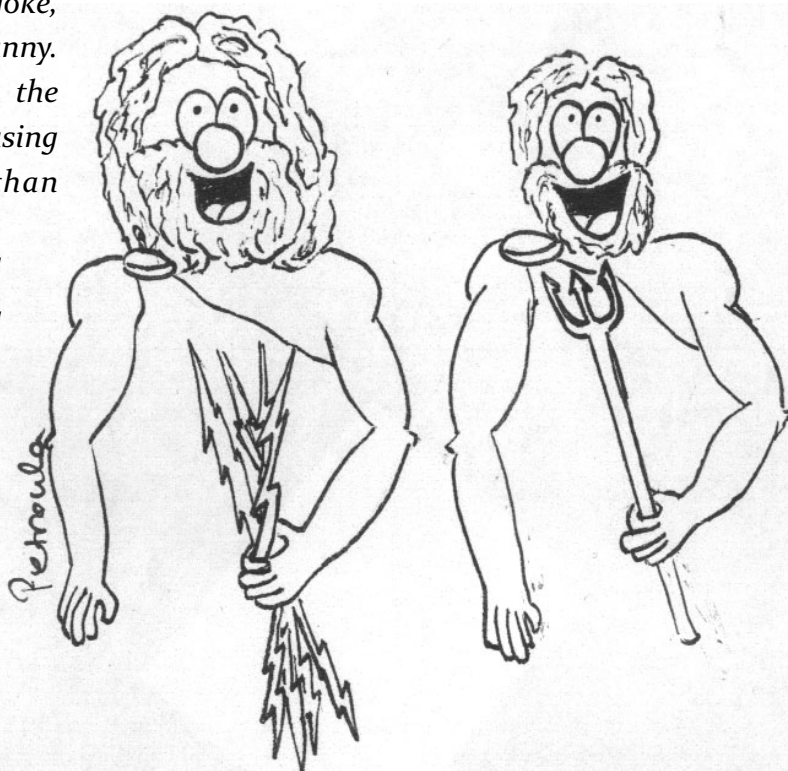
Laughter can be defined as a human psycho-physical feature and is invaluable for our lives, since its benefits for both our mental and physical health are just too numerous to ignore. Firstly, not only is it the best way to get things off our chest, but also it increases our creativity and prevents stress and anxiety from bringing us down. Additionally, it helps us relax and face life with hope and optimism, while – like crying – it lowers inhibitions, allowing the release of any pent-up emotions; after a hearty burst of laughter, we experience a sense of vitality. Last but not least, everyone loves somebody who makes them laugh. Therefore, the more you share your sense of humor, the more friends you have, the better communicator and the better team player you are.

Of course, we shouldn't leave out the “medical” benefits of laughter and humor, as well. In a nutshell, humor helps integrate both hemispheres of the brain, for the left hemisphere is used to decipher the verbal content of a joke, while the right interprets whether it is funny. Laughter is even known to enhance the immune system and reduce pain, by releasing endorphin that are more potent than equivalent amounts of morphine.

Unfortunately, people nowadays are afraid of expressing themselves through laughing - truly laughing - and try to appear more and more serious. And the sad fact is that no-one can blame them...Human relationships have become distant, we don't have the time or even the desire to strike up new acquaintances and maintain our old ones. We are stressed

and pessimistic towards life, due to our overwhelming burden of obligations and everyday problems. And most of us are more concerned about acquiring material goods or financial security than developing our social skills.

A joke ends that “Angels fly because they take themselves lightly”. Today, the average kindergarten student laughs 300 times a day. Yet, the average adult laughs only 17. Why the difference? Are we too uptight, too tense? Do we take life so seriously? Isn't it time we learned how to laugh? We don't stop laughing because we grow old; we grow old because we stop laughing. So, if we want to fly just like angels, and share their happiness, we'll probably have to follow their example and... take ourselves more lightly!



Gossip

by Vasiliki Bisbinas - C Gymnasio

Disgraced or Dignified?

- 'Who's that?'
- 'That's Emma, Jerry's first daughter' 'He got divorced didn't he?'
- 'Oh yes, such a nice woman, shame really...'
- 'Do you know what went wrong?'
- 'I think he was a bit of a lady's man, to be honest. That poor girl never stood a chance'
- 'You think so? Our Jerry's always had an eye for women. I remember when he was going out with Laura'
- 'Oh I never liked her, she was always a bit too saucy for my liking'
- 'Shhh, someone might hear you!'

Have you ever observed or even taken part in a conversation along those lines? You probably have. In fact, it wouldn't have been normal if you hadn't. A dialogue like the one above is a classic example of gossip.

Gossip = Idle talk, usually about other people's private lives, esp. of a malicious or disapproving nature.

Gossip isn't necessarily back-stabbing and it's perfectly normal to be interested in other people. Gossiping makes people feel involved in a society or group of people, as if they are a part of it. If someone does not talk about other people then they feel isolated and cut off, as if they aren't a part of the group. That's why it is important to take an interest in other people's life. I'm not suggesting that gossiping is right; it is an act that many people even go so far as to deny doing, thinking that it is wrong. Openly admitting to gossiping is frowned upon as it is one of those acts which everyone does but no one admits to doing.

Gossiping is a way to catch up with news about other people and find out what is going on in their lives, wrong as that may sound that is really what being active members of society is all about, being in each other's lives and taking part. I'm not implying that people should pry and intrude in other people's private lives but completely minding your own business implies that you do not feel involved in some way or another with other people.

Unfortunately, gossiping usually means commenting unfavorably or criticizing other people, as mentioned in the dictionary etymology, so to be fair; on the one hand people who refrain from gossiping are right. Admitting you gossip is like admitting to having made disrespectful and disapproving comments about someone to their face, albeit in indirect way. That is why it is frowned upon of course. It is within a person's nature to try and disparage people, thus making themselves look better or other people worse. Being negative or even



pessimistic, to take it to more extreme examples, is also in man's nature but because it is instinctive in a lot of people to be outrageously thin-skinned when it comes to themselves, other people gossiping continues to offend in general. Gossip is important not only for social integration but it is an important bonding ritual between people according to anthropologists and sociologists. Gossiping does more than pass the time while enjoying a cup of tea and biscuits, usually by grandmas who have nothing better to do with their time, in the office or chatting on the phone. Gossiping is a way of reaching a consensus and agreeing on something thus making friendships bonds stronger. There's nothing like a refreshing juicy piece of gossip to make people silently pleased with themselves in that they didn't commit such atrocities. However reading over that last sentence I have just realized that the gossipers probably have committed such atrocities but sudden memory-loss has made them forget their own flaws and mistakes, rendering them able to judge and criticize other people. In simpler words, gossip is a derivative of hypocrisy. Gossip isn't only hypocrisy but a form of blindness.

"You hypocrite. Why do you look at the speck that is in your brother's eye, but do not notice the log that is in your own eye?" (Luke 6:41- The Bible). That just means that we people tend to judge other peoples' mistakes while not seeing our own huge mistake of hypocrisy.

In conclusion, gossip is always put in a bad light. Gossip is deemed as a shameful and appalling act which can mildly attack someone's dignity and insult them if they find out. But gossiping isn't merely an affront. Gossiping can incorporate people into a society and can create stronger bonds between them thus unifying them as a whole.

- 'Oh God. Did you see what she was wearing?'
- 'Yes...any shorter and she could appear on Hello magazine'
- 'Really the nerve of some people today. You would think they never learnt to behave in a proper fashion'
- 'I agree. **Absolutely no respect at all for others'...**

Are you afraid of

by Danae Vlassidou - A Lykeio



“Black Friday”,

as any Friday the 13th is called, is considered to be the most superstitious day in the United States and in other English speaking countries. It is feared as a day of misfortune and bad luck. The fear of Friday the 13th is called *paraskevadekatriaphobia*, a word derived from the concatenation of the Greek words *Paraskevi* and *dekatreis* attached to *phobia*. But, is there any basis in reality for this fear?

First, a little history. And a lot of speculation. One theory is connected with medieval history. The Knights Templar were a monastic military order founded in Jerusalem in 1118 A.D., whose mission was to protect Christian pilgrims during the Crusades. Over the next two centuries, the Knights Templar became extraordinarily powerful and wealthy. Threatened by that power and eager to acquire their wealth, King Philip IV secretly ordered the mass arrest of all the Knights Templar in France on Friday, October 13, 1307.

Another theory supports that Black Friday is actually the combination of two different superstitions, since the number 13 and the day Friday were considered, separately, to be bad luck. For the number 13, the most famous story is one in Norse mythology. The story goes that 12 gods had gathered for a dinner party at Valhalla (Nordic heaven). Loki, the Evil One, was not invited but showed up anyway, becoming the 13th guest. Loki manipulated events so that Hoder (the god of darkness), who was blind, would shoot Balder the Good (the god of joy and gladness) with a mistletoe spear. Balder died and the earth went dark. It was a very bad day, and the number 13 became synonymous with bad luck. As for Friday, its poor reputation was probably based in early Christianity. Friday was actually a holy day for the pagans, and was considered a lucky day. It was traditionally associated with love and fertility, making it a popular day for marriage. The early Church, wanting to eradicate all things pagan, had to cast the day in a black light. It is believed by many that it was on a Friday that Eve tempted Adam with that infamous apple. And, of course, the crucifixion took place on a Friday. By the middle ages, Friday had come to be known as the “Witches’ Sabbath.”

On Friday 13th many people will do nothing of any importance. They will not fly, close a deal or schedule surgery. Many buildings have no 13th floor. Room or apartment number 13 does not exist and neither does Gate 13 in many airports. Almost \$800 - \$900 thousand dollars are lost on this day in the US.

So, the question remains, does Friday the 13th really mean bad luck? Many people tend to be anxious on this day; and anxious people become more accident-prone, regardless of the day. Accident-prone people have more accidents. In other words, people start this otherwise normal day LOOKING for something bad to happen. And they will interpret even the smallest misfortune as the most horrible bad luck, thus confirming the original fear.

Consequently, the answer to the original question is: if you believe that Friday the 13th is bad luck, it is likely to be bad luck for you. You create your own luck!

Friday, 13th March 2009

The magic flute



by Chrysa Gouta - C' Gymnasio

“How great is your magical power, my flute! Even wild animals come around happily”, said Tamino, the hero of the opera “The Magical flute”, who intended to use his pipe so as to liberate his lover. Mozart, living 200 years ago, couldn’t have been more prophetic on this issue. In Tamino’s story music was able to appeal to animals, domesticate the wild ones or save a girl. Today, not far from Mozart’s imagination, music is able to perform miracles and music therapy is one of them!

If we look back to Ancient Greek tradition we’ll see the early roots of music therapy. It is believed that Greek doctors used musical sounds so as to cure patients on the premise that the harmony of music was able to rehabilitate the physical and mental imbalance of the patient. For Ancient Greeks, musical harmony was responsible for the

overall function of the universe. According to them, the movements of the stars were regulated by the sounds of Apollo’s lyre. What’s more, testimony to the medical value of music can be found in Homeric epics. In the Odyssey a musician’s song makes Ulysses’ bleeding stop. Far from Greek customs, in the Indian tradition of Winnebago-Lakota there were men inspired by the bears that healed wounds by singing; in the Bible King Saul’s madness was treated immediately thanks to David’s harp.

In recent years, music therapy was first applied in American hospitals after the Second World War. Nowadays, music is applied as a therapy in many ways. The most popular of them are receptive music therapy, music medicine and active music therapy. Music therapy helps to reduce pain and stress and it enhances immune system and in America and

Europe music is considered as a method of recovery and reduction of juvenile delinquency in hospitals, schools and institutes.

Some medical research, carried out during the last ten years, indicated that especially chosen songs can reduce, by relaxation (reduction in stress), the breathing the heartbeat rates and the blood pressure of patients with weak hearts. Also, it's been proved that this reduction in pulse rate and blood pressure is proportional to the reduction in the production of some hormones such as adrenaline in our blood and whose sudden increase causes stress. This means that music can painlessly and safely achieve what doctors try with medication. In Piedmont, Atlanta, USA it's been noticed that premature babies who are exposed to especially processed womb sounds and lullabies sung by the mother readily gain weight and leave hospital more rapidly than the other babies. Also, American researchers showed that listening to a piano sonata can improve the ability of college students to solve complex Math problems. It's been proved that children who listen to music and are taught music before the age of seven create more brain cells used for speech and communication than others. This means that in future if these children face a brain disorder and so have many of their brain cells destroyed, they will be able to



Maintain a means of communication through their musical brain cells. For instance, a Russian composer called Shebalin (1901-1963) despite suffering from a similar problem and losing his ability to speak, could still write and play music!

So what is music? What miraculous thing is this? Whoever created it must be a genius! Try to imagine a world without music. Can you? No, because there is no world without feelings, there is no movement without rhythm and no life without tunes. It's like school without bells, a heart without a beat and a phone without a ringing. Every sound has its story and its purpose. Some sounds make you laugh or cry, some sounds make you love or recall or forgive or realize or imagine and some sounds cure your diseases, don't they? Now that's the power of music!

We have two ears



and one mouth

by Rodoula Korini - A Lykeio

I've been told that in a seminar, designed to enhance marketing skills in managers, one of the main topics was the idea that we have two ears and one mouth because we need to listen twice as much as we need to speak. But how many of us can really do that? How many of us really know how to listen?

Listening requires patience and interest in what your partner has to tell you. If that is true, listening means that you are truly concerned about your partner or about what she or he is telling you. Yet, very few of us really do that. Most of us want to express our own opinions and we make much effort to do so, failing to remember to stop and listen to others for a while.

I believe that listening is smart. When you keep your ears open, you make fewer mistakes, you understand what your partner wants and how he or she feels. Generally, listening to people will put you in their position and thus will help you understand more easily what they might need or expect from you. A well-known example is our friends, who constantly need our support - by listening to them and give them advice about their problems, we are playing the role of true friends.

There is, of course, the other aspect of listening. It expresses your interest in the other person's opinion or feelings. If we could all just listen instead of arguing about what we think is right, maybe our families, our cities, our society would have a lot less conflict.

The truth is that very few of us know how to listen. Maybe this is why we have so many misunderstandings. Maybe we all need to attend that seminar which tells us that says we have two ears and one mouth because we need to listen twice as much as we speak. Certainly it is an area where we really do need to develop our skills.

Meaningful life

*There's nothing. No God, no Devil, nothing. No damnation, no redemption.
There's just us and what we do. The things we achieve or the mess we make.
(The Testament of Gideon Mack, James Robertson)*

by George Douganiotis - C Lykeio

What is life? How should one live one's life? When does life have a meaning? These questions have spurred discussion over the millennia. They have inspired philosophers, scientists, humanity at large. Their lack of an answer has created religions, divided people, caused wars, and eventually landed us in today's, 21st century modern reality.

And yet, after all this time, these questions remain unanswered. Many live under the illusion they have answered them, and that their life is the optimum, desired life. For those, however, who do not share that same illusion, the perception of that "optimum" life is laughed at and ridiculed. For some others, there is no meaning, there is no good life. Millions of different opinions, as diverse as the people they come from, are shaped, questioned, and changed every moment. Millions of different lives are progressing based on these opinions. Millions of different lives are lost because of some of these opinions.

Which brings me back to wondering: What is life? And can anyone ever judge as wrong my answer to that question? They way I see it, there can be no one judge of all, there can be no individual who can possibly claim that life is any different from what I perceive it to be. For life, just like everything else within it, is relative. And it is so relative, exactly because everything within it is. Should we not take a moment to step back, and look at ourselves from above, we would be surprised at the complexity of what we see. For instance, I, at 17, go to school. A school with rules, which can be respected, broken,

bended or enforced. Which can be followed to the letter, or be laughed at and ignored. Ignored because of a lack of understanding of their importance, or because of individual temperament, or because of peer pressure, or because of a number of other reasons. And when something as minuscule and unimportant as the reasons for the behavior towards some school's rules can be so diverse, just imagine how diverse life itself is. Life which extends beyond school, beyond rules, beyond everyday behavior. And tell me how, when it is impossible to judge one of the dozens of reasons for the aforementioned behavior as correct, how it could ever be possible to judge life itself as correct and proper.

Taking a step back and examining everyday things can very often change your approach to the world far more radically than an unheard-of experience. I've been to school for so many years. I'd never paused to think of this system of rules and the diversity of their interpretation. But now, having done that, my view of life itself has changed. In my mind's eye, now, life is but an abstract concept. A concept which becomes meaningful with the meaning we give to it. Which is why there is no one, absolute meaning of life. Some die happy because they found the cure for meningitis. Some because they made more money than others. Some because they found true love. But the bottom line is that, regardless of the reasons behind it, since they died happy, since they lived happy, there is nobody who can claim the opposite. And since I think I'm happy, since I feel my life has meaning, it most definitely does.

When was the last time you switched on the TV to watch the evening news? And from the few serious reports you saw, how many of them informed us about good things? What about the last time you opened up the newspaper? Or listened to the radio? Nowadays, the media reports terrorism, crime, war or an economic crisis, but when was the last time we actually heard good news like a breakthrough in medicine or a successful charity cause or the opening of a new school? Yes, it is true that today, we mostly hear bad news, but what we must ask ourselves is 'Is it really that good for us?'

To begin with, hearing so much bad news gives a pessimistic and negative perspective of society. Being told that the world in which we live is a messy disaster makes people distrust and doubt the government, not to mention each other. This cloaks society in an invisible veil of cynicism, gloom and negativity, which slowly grows heavier and heavier until people lose faith in a better tomorrow and brighter future. This is not only bad for society but also for the government which will be viewed with uncertainty and wariness and generally be cast in a bad light.

Too much bad news is not only bad for the psychology but for also the general day-to-day life of a country. For example, how can a consumer not go into a shop without checking every last decimal on a price tag in case he is being swindled when all he hears about on the news is fraud and deceit? And what about crime? How can someone walk outside on his own without the fear of being mugged or assaulted or sit in a bus without watching out for pickpockets? Or even take the plane or tube without being frightened of a terrorist attack? This brings me to my next point.

Do we become used to bad news?

by Vasiliki Bisbinas - C Gymnasio



To some extent, this atmosphere can be taken advantage of by higher authorities. One very good example of this is the famous tragedy of 9/11. If we pay closer attention to George Bush's speech after this incident we will see that the words 'terrorism' 'terrorist' and 'terrorize' appear with astonishing frequency. This is not, as you may have realized, accidental. With the recurrence of these words, the clever "transmitter" can impose an element of fear in the sub-conscious of the listener thus successfully turning the Americans, in this case, against the Middle East. This process can be characterized as a form of propaganda.

I am not suggesting that no more bad news be reported, or that we lull the "victims" of the media into a false sense of security, a fabricated utopia. But, nevertheless, I am merely suggesting that the volume of bad news shouldn't completely and utterly dwarf the good news. The media, unfortunately, has an absolute influence over society. It has the ability to stupefy or inspire, uplift or cast down. Its influence over people cannot be avoided. So by using the media, this negativity can be reduced to a great extent.

If more good news is reported a happier and more optimistic light can be shed on our world. People can look up and enjoy life, a benefit we can't take much advantage of today. We can stop debasing life and appreciate it for what it is, which in itself is important as we only live once. More good news should definitely be introduced into society and paid as much attention to as bad news. It isn't right to be critical without knowing both sides of the story.

In conclusion, people today are being overwhelmed by bad news and are rendered unable to view matters objectively. Pessimism and dreariness should give way to optimism and cheerfulness.

Finally, to fully avoid joining the herd of stupefied media victims, we must develop a degree of rational thinking as to what is feasible and learn to judge and process the information we are given in a just way.

So next time you turn on your television set or listen to the news on the radio remember to think beyond what you are listening to and instead of being persuaded to look on the dark side, try to see the brighter side as well.

Difficulty

by George Douganiotis - C Lykeio

Some view life as an obstacle; as a battle that must be won. For those, difficulty is a source of despair, of anxiety, of anger, because in their eyes it foreshadows defeat, and defeat cannot be tolerated in the battle of life. Some others, though, view life as a game. And in that game of life, difficulty is one more reason to try harder, to do your best, to test your limits. In that game of life, the more difficult a goal, the sweeter its accomplishment becomes.

The fact of the matter is that difficulty accompanies you as a person from Day One of your life. And the way I see it, one can either get accustomed to its constant presence, and use it as a tool to progress further, or grow an aversion to it and be always haunted. For life is difficult. What matters, however, is how one adapts to that difficulty. Some, like mountain climbers or extreme sportsmen, seek it. For them, difficulty is a polar of attraction. Difficulty is in itself the obstacle they must surmount. Some others fear it, and, whenever possible, opt for the easiest path. What they miss in doing that, though, is the exhilaration of difficulty. That feeling of completeness which is so totally missing from the "easy" path they followed.

And in my life so far, everything I have seen leads me to believe that a life without difficulty has missed a lot. Every achievement, be it top marks in school, be it winning debate tournaments, be it excelling in Math competitions, is only worth mentioning and recalling because of the difficulty and hardships that preceded it. It is pretty intriguing that what imprints itself on human memory the most is the journey to a goal, not the goal itself. An accomplished goal without a difficult journey is easily brushed aside and forgotten as time goes by, completely in contrast to a difficult journey that may not have necessarily resulted in success. The latter remains a driving force, a past failure which remains an obstacle to be surmounted by a future success. And that success becomes so much sweeter when it comes after such a difficulty.

In my mind, difficulty need not, and should not, foreshadow despair or defeat. On the contrary, it should be a driving force towards success, towards accomplishment. For, at the end of the day, that's how you can define yourself truly as successful. After all, when the going gets tough, it's the tough that get going.

What's bugging you?

by Danae Vlassidou - A Lykeio

The human race is competitive by nature; therefore, it comes as no surprise that in the dog-eat-dog world we live in nowadays, providing equal opportunities for everyone regardless of their sex, religion or race is an uphill struggle. Despite all the advances, discrimination against minorities and weaker social groups, such as the “fairer sex”, is inevitably a feature of modern society.

Women today have to face seemingly insurmountable obstacles, especially in terms of pursuing a career. Not only is it in many cases extremely difficult for them to be employed, bigoted as many employers are, but also in case they want to be promoted, there is often a glass ceiling. It seems as if there is a level in hierarchy beyond which the women are unlikely to be promoted. Moreover, many employers avoid employing women, since maternity leave is not economically viable to them. In other words, potential mothers jeopardise their job and have little prospect of succeeding. Of course, it goes without saying that the situation is nowhere near as difficult as it used to be some decades ago.

As far as religious minorities are concerned, the coexistence of several religions, with different customs and beliefs, can lead to social unrest, since believers in one religion may wish to convert others to it. However, this is not the point here; when those people, whether Christian, Muslim or Hindu, are not treated equally and are not shown the respect they deserve, what consequences do we expect there to be? Definitely, their peaceful survival is not quite feasible when they are being discriminated against.

Last but not least, our society is multicultural, but innumerable people are prejudiced towards ethnic minorities, which are segregated and live on the fringes of society, considered to be its dregs. Most of them are reduced to working for peanuts; their race is a stumbling block, which additionally prevents them from becoming an integral part of both the workforce and society in general.

How reasonable, consequently, is it to state that we lead our lives in a mature, sensitive and advanced society, when all the above forms of discrimination sexual, religious, racial exist? How can we call ourselves



open-minded, progressive and even caring, when we do not embrace difference and do not show it the appropriate respect?

Getting to the root of the above problems is the only way to tackle them effectively. First and foremost, it is imperative that the government allocates money to subsidize the cost of childcare and invests funds in providing a small income for ethnic minorities, while trying to secure a decent job. Furthermore, it is crucial that stringent legislation is enforced obliging all employers to employ women and foreigners and provide them with the same opportunities as men. Proselytizing people to a certain religion should be forbidden by law, but the state should also take steps to ensure that people of different religions have the right to freely exercise their faith. Nevertheless, legislation alone cannot eradicate discrimination and change attitudes. In order to encourage people to have an impartial and unbiased approach towards weak social groups, it is vital that campaigns are launched and education is provided to everyone. For instance, the media wields a lot of power and influence. Therefore, they should reflect the diversity of society today, using presenters, journalists and actors from all the possible different backgrounds.

In a nutshell, it is clear that we cannot turn our backs on the problems many of our fellow citizens face due to our lack of social conscience. It is imperative that measures are implemented so that we could all embrace diversity and alleviate, or better still, eliminate any form of prejudice that erodes society.

by Maria Gaitanidou - C Lykeio

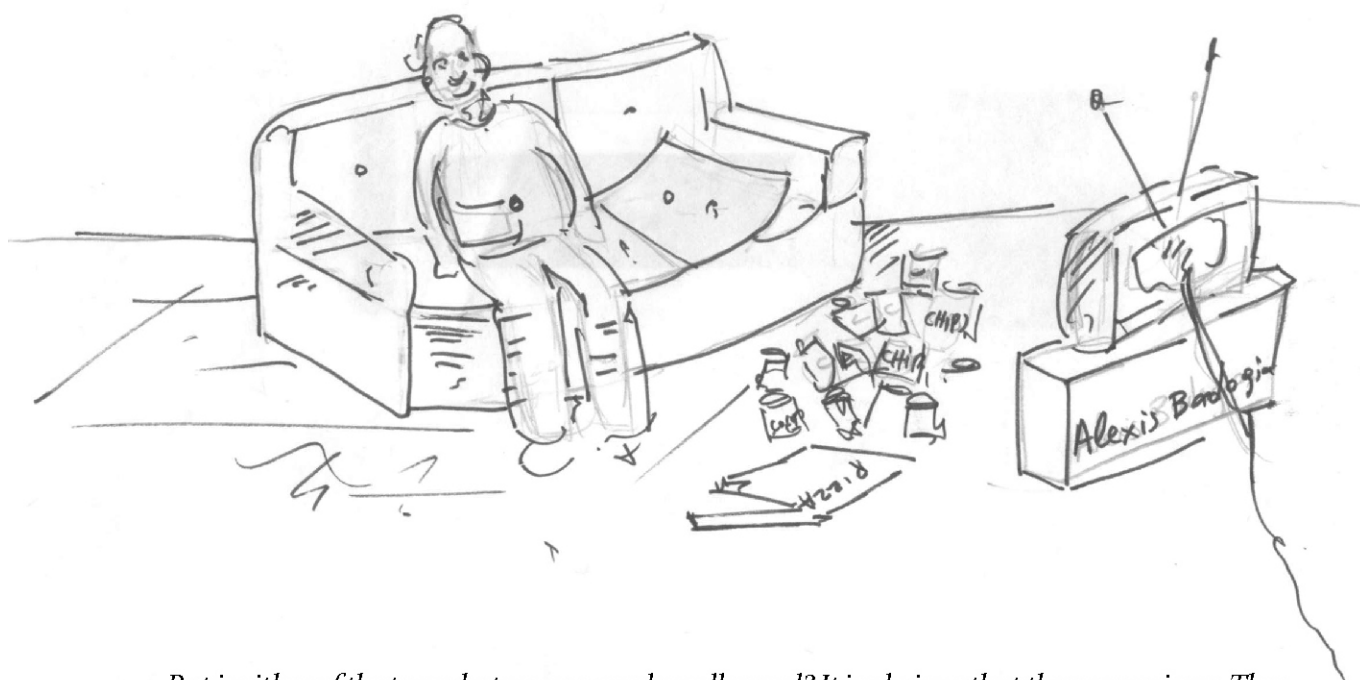
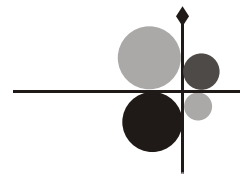
“Young people need models, not critics”

Man, who is the most evolved of the mammals on earth, secured his survival and evolution by developing social cooperation. The most important people in someone's life have always been their parents, who brought them to life, protected them and gradually helped develop their abilities in order for them to be able to survive on their own. As thousands of years passed and human societies became more and more complex, a large part of this training was transferred into the hands of educators. But the question remained the same for both parents and educators: “Which is the best way to raise and train a young human being so as to be prepared for real life?”. The same old question only reversed- haunts young people's minds: “What kind of parents and educators would I like to have?”

Undoubtedly, the great writer and Nobel prize winner, Albert Camus, had human relations in mind when he wrote **“Don't walk in front of me; I may not follow. Don't walk behind me; I may not lead. Just walk beside me and be my friend”**. But who can deny that the most influential role on human lives especially during their early youth is played by parents and educators? And it is played successfully only when it follows the last point of the quotation, walking beside and being friends with young people.

Let us analyze Albert Camus's phrase, in relation to the behavior of parents and educators. It can be very difficult for parents and educators to decide how to behave towards young people. That is why they always experiment. Some of them choose to strictly control the lives of their children and leave very little room for choices. Moreover, every mistake is severely criticized and, instead of becoming a useful opportunity to urge children to learn from them, they intensify the parental (or in some cases educator) control. This sooner or later causes a breakdown in communication, alienation and, sometimes, violent behavioral eruptions, since young people keep for themselves the privilege of defending their freedom to choose whether they will follow parental guidelines or not. After all, human evolution accelerated due to the fact that someone decided not to follow the generally accepted principles and to pursue his own path in life.

In other cases parents choose differently. Supporting the idea that children should make life decisions on their own, that they should develop through freedom of choice and that they should learn from their mistakes, they allow their children to decide and act freely. At the same time they observe them from a certain distance assuring them that they will intervene and help in case of emergency. They literally let their children lead and they ... follow! But this attitude runs the risk of intervening too late, or even worse, of being misinterpreted as indifferent, and may lead to unpleasant situations as well.



But is either of the two what young people really need? It is obvious that the answer is no. They need neither a leader to follow nor a servant to lead. The truth lies somewhere in the middle. What members of the young generation really need is a true friend, a loyal fellow traveler in the long, unknown, but yet so promising journey of "life". Such a person would be a good companion to talk to, to exchange opinions and gradually formulate views concerning the facts and challenges of life. Instead of dictating one's acts, a parent or an educator should understand, advise, guide, help, support and console and at the same time have the courage to trust the young to spread their wings and fly high. In most cases this trust is positively confirmed, as young people develop into careful, responsible, independent and self-confident adults and win the admiration of their "trainers".

Moreover, the role of the fellow traveler mentioned above can be enhanced from a new perspective. As John Wooden, a famous retired American basketball coach, once mentioned, **"Young people need models, not critics"**. It is beyond any doubt that the strongest way of developing responsible and mature adults is the personal example of their parents and educators. Many famous personalities in human history have mentioned the decisive influence that was exercised upon them by their parents or educators, who acted as models in terms of their behavior, their way of thinking and managing situations. A model of a positive, respectful, hard-working, optimistic, open-minded, responsible parent or educator would lead into a similar young adult and these qualities would accompany him for life. In contrast, a negative model, which presents all the opposite characteristics, would probably lead to an anti-social adult, harmful not only to himself, but also to society as a whole. A criticizing parent or educator will create nothing else but a problematic (frightened or selfish, depending on the conditions) adult, who certainly isn't the one to lead the world ahead.

Consequently, in difficult times, such as the ones we live in, it is more necessary than ever for parents and educators to reconsider their behavior towards youth. Young people are not only those who inherit the world, but also those who create the common future and they certainly need proper guidance, strong support and inspired and inspiring individual models in their struggle to chase their dreams.

The current generation is lazy and lacks discipline

by Jonn Kallaras- A Lykeio

Each generation has been accused of being lazy and lacking discipline at one time or another. Eventually each generation becomes productive, despite previous predictions to the contrary.

A recent example of a generation “gone bad” is the “Sixties”. On every campus students wore ragged blue jeans and pendants, usually bearing the peace symbol, and they wore their hair long. The music of that generation was rock with anti-war lyrics. The older people had an aversion to those young people who were “lazy” and lacked “discipline”. This generation grew up and many of those unruly youngsters introduced us to the computer age, bringing scientific knowledge to new levels of advancement.

Nowadays, the current generation is considered lazy for many reasons. A significant invention, the internet, plays a greater role in our lives as the years go by. Students make use of this tool on a daily basis searching for information that could be helpful for their school projects. They are once again labeled as 'lazy' by their elders who, back in their days, didn't have the internet, and the only way to find the information required for their school projects was by researching in an encyclopedia or a reference book. Sometimes they spent hours and hours in the school library cross- checking the information that they found, for the completion of their project. Certainly, there will be further generations in the future prematurely judged and unfairly labeled as lazy and undisciplined. We should not be so quick to criticize and reject the generations yet to come. Someone once said: “For every time there is a season” and I wholeheartedly believe this is true. Each person is a product of and contributes to his own 'season'.



by Filiana koukalia - A Lykeio

Juvenile criminality

Crime has lately been on the increase and the alarming, as well as disappointing, fact is that more and more teenagers have started taking part in illegal activities. Some people claim that the greater the freedom we grant to young people, the more serious the problem of juvenile delinquency becomes. However, there are those who oppose this point of view advocating that strict and rigid control on the part of parents can lead to rebellious outbreaks. Parents find themselves at a loss, not knowing which stand to take and wondering what the best way is to raise their children.

In the first place, no one can deny that family relationships play an important role in deterring youth from getting involved in criminal activities. It is common knowledge that children, without proper guidance from their family to help develop their ability to distinguish suitable and unsuitable social behaviors, are likely to take everything for granted and ignore or rather defy rules and laws. They feel that no one can go against their will and in a way they can manipulate people around them. Modern society is often accused of the traditional family disintegration and consequent moral decay. The absence of strong family bonds, combined with lack of discipline, gives children the false impression of being capable of doing whatever they please without facing any consequences. Unrestrained freedom of action may result in the escalation of social disorder.

Parents must set boundaries for their children and foster obedience to a set of norms otherwise incidents like the ones we all witnessed last winter with hooded young boys and girls bringing our country to the verge of a breakdown will become very frequent in the future. Nonetheless, there are those who maintain that too many restrictions can bring the opposite results. The supporters of this idea claim that children who are overprotected by their parents are not allowed any space to grow into mature and independent adults.

The danger lurks of these young people being talked into taking actions that they would never have even thought about otherwise. Teenagers must be allowed freedom to make their choices, make mistakes and experience the consequences of their mistakes. The more parents restrict their children, the more they want to rebel. It is simply natural. Adolescence is a transitional time for young boys and girls who usually leap before they look and are eager to seek new experiences. They need to break free, to assert themselves.



Clearly, both sides have very sound argumentation. If I were to take sides, as an adolescent, I would stand somewhere in the middle. To my mind, parents and teenagers need to work on their relationship. Parents, on the one hand, must accept their children are growing up and teach them responsibility and self discipline.

They must set boundaries but they must first make it clear that these are not a means of restriction but proof of concern for their children's well being. Teenagers, on the other hand, must earn their freedom by proving that they are worthy of trust and by not abusing the privileges they are given. Teenagers need to be allowed the freedom to make their own decisions and determine their future and it is essential that parents be supportive towards their children rather than domineering, but present and firm when temptation to commit a crime appears.

We, young people, need love, encouragement and support we need to know that grown ups trust us. This is very important in this difficult time when we are trying to spread our wings and enter the adult world. It is not so much the unrestricted freedom that leads to crime but the fact that we are not adequately "taught" how to handle this "freedom". And this is where families should focus more.

We want our families next to us not against us.

Cooperation, love and understanding can be the first elements towards better relationships in families and fewer violent outbreaks from rebellious young people seeking attention .

Community service

by Villy Fesatidou - A Lykeio

Community service refers to an unpaid contribution that someone makes for the benefit of society. Community service that engages youth is often called youth service. It is a tool that is simultaneously employed to strengthen young peoples' senses of civic engagement and nationalism, as well as to assist them in meeting educational, developmental and social goals. Some high schools would like to adopt a policy of requiring students to participate in community service programs, but would it be beneficial for students to complete of necessity a certain period of community service?

It is reasonable for people to believe that community service is a beneficial activity for the student. School was designed to teach not only school subjects, but also lessons in life. Through community service a student can learn how to behave with discipline, how to face obligations and he can also learn more about society as a whole. For example, a student who is required to contribute a service reading to the elderly in nursing homes, helping out in local authority services - must observe specific regulations and follow a certain timetable. Interestingly, studies have shown that students who maintain a weekly community service record are 85% more likely to succeed and have a higher grade point average than those who have done none at all. Moreover, most young people have not had any work experience during their childhood and adolescence and that makes them adapt slowly to a work environment when they start their first job. Community service can be beneficial as an introduction to the work environment. Students

learn how to work under a certain policy and also learn what work is like in the real society and that can help them adapt more easily to their future job.

On the other hand, some people believe that obligatory community service may have negative effects on students. It is widely accepted that one can achieve better results and work more efficiently in a job that one wishes to participate in rather than in a job that one is obliged to do. Based on that, some people believe that students will perceive obligatory community service as a chore and thus any positive effects that could have resulted under non-obligatory circumstances will disappear. Furthermore, some students may not wish to participate in such community service programs, but they will have no choice but to do so as they will be required to. In such cases, community service will be regarded as a waste of time and that would only cause anger and resentment. For example a student who is forced to collect the trash from the park against his will, may afterwards express his resentment by himself committing the original offence, in this case by throwing garbage in the park.

Taking all the above into consideration, I believe that community service in high schools will bring positive results to the students, if it is presented to students in a way that will not highlight the obligatory part of it, but the positive effects that it will generate. Students will agree to undertake this contribution if they understand the benefits that community service will bring to society and themselves, and in that way they won't perceive community service as a chore but as a "good thing to do"!

by Michael Tsertsides - B Lykeio

Evaluating teachers

Nowadays, the role of the teacher has been broadened and so have the expectations he has to meet. It is widely known that teachers are evaluated in many ways, for a range of different purposes and by a significant number of people, including headmasters, parents, other teachers but mainly their students. It is also true that high school students are asked to handle a lot of responsibilities and a heavy workload in order to become responsible and qualified adults. High school is becoming increasingly tougher, and to make matters even worse, they have to participate in a great deal of time-consuming extracurricular activities. However, most students would agree that their opinions are not heard or valued, thus making a lot of people wonder whether the evaluation of the school teachers by the students themselves would be helpful, necessary, reliable or feasible.

First and foremost, it is imperative to set the goals this evaluation aims to achieve, which are indeed very simple and intend to improve the quality of teaching and help the students get the most out of their high school period. To put it in nutshell, the main objective of the evaluation is firstly to point out the "good" teachers and not put pressure on them, but reward and appreciate them, secondly, to assist identifying and solving simple as well as difficult everyday problems inside the school and thirdly, to show appreciation of the students by making their voice heard.

At this point, it is necessary to stress the negative and ambiguous aspects of an evaluation. In my opinion, the most important one, the very precondition for getting into the procedure of evaluating teachers, is the uncertainty whether the students will judge their teachers based on their potential dislike for them, or maybe their inexplicable need to emphasize their defects. We are not sure that all students will show maturity as far as the evaluation is concerned. The fact that students and teachers have different perspectives on the goals of education is also a major obstacle in creating an efficient evaluation system. Teachers certainly emphasize the knowledge and ideas a student should gain, whereas students need to be inspired, need to acquire practical knowledge, they don't understand the significance of the theoretical part and maybe they do not really care about education at all. In addition to this, it is absurd to believe that all students will have the same criteria, as they all have different experiences, knowledge or family backgrounds, or that an evaluation system will be able to classify students' reliability based on such factors. Moreover, we cannot overlook the fact that some teachers are friendlier and closer to students than others and we cannot trust that students won't be affected by this when it comes to evaluating their teachers. However, no one could believe that all friendly teachers are naturally that friendly. What I'm trying to imply is that the specter of the evaluation would push teachers

to seek popularity and praise from the students. This would undoubtedly have disastrous consequences for the teaching quality of a school and the relationships of the students with their teachers. Besides, the headmasters and generally all those responsible for supervising the teachers and function of the school will be forced to take the evaluations into consideration. They may have to dismiss teachers if the evaluations strongly indicate this is required, which could actually be mistaken since the very reliability of the evaluation is still under question.

Finally, it is important to mention something practical concerning the evaluation. So far, all teacher evaluation attempts have had the form of a short questionnaire, though both teachers and students know that only known problems can be diagnosed this way. Nothing new will emerge from a questionnaire, in that the format is of a closed question type, so the evaluation fails to achieve some of the earlier mentioned goals.

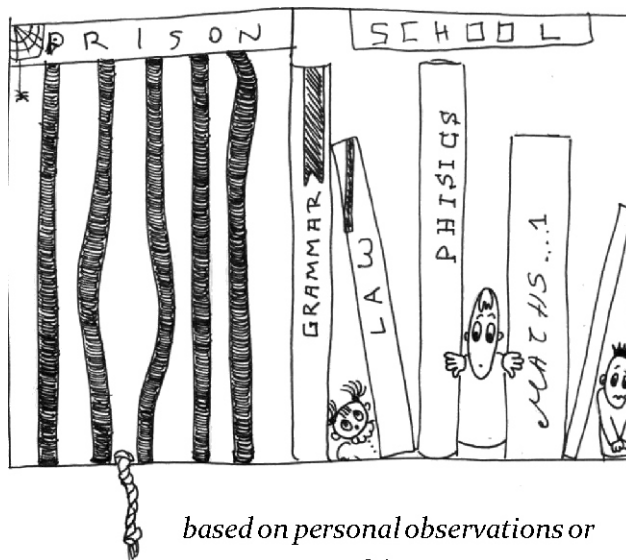
To be honest, no matter how many the problems of the evaluation might seem to be, there is a great number of reasons why it should finally be implemented. One of them is that students are the ones that get in contact with the teachers on a daily basis and they are the ones who see the actual behavior of a teacher. Moreover, it is for the very same reasons the evaluation should start, as, fortunately teachers are not ostentatious about their teaching and interpersonal skills and only students can make the “good” teachers known to the rest of the school. In addition to the above, an evaluation could bring some correctable problems under discussion, such as control, respect or behavioral problems, which can be easily solved once spotted. Even if the results of the evaluations are not taken into serious consideration, they would certainly improve the learning atmosphere of the classroom, since the teachers would care more to help students get along as they would be evaluated by their effort to do so. Apart from this, the grades themselves are not enough to create an image about a teacher, as students' abilities, backgrounds and motivation vary vastly.

In conclusion, it would be sincerely helpful if some suggestions concerning the form of the evaluation were given. It is my firm belief that the evaluation should not be in the form of a questionnaire but a free text of limited size distributed at the end of a year and describing the teachers' ability to promote conversation in classroom in order to solve the problems of the students, the knowledge they have on their subject, the extent to which they urge students to do further research on it and their ability to pass on knowledge and ideas with precision and care for the students. It is also of vital importance that the evaluation be scheduled for the end of every school year so that the students can judge without having to win or lose anything from the evaluation. I'm sure that there are people that have studied and spent years trying to find the answer to the question of teachers' evaluation, which of course makes my suggestions rather sketchy, but I'm convinced that we students can earn respect by paying respect and showing maturity towards our teachers and parents.

“He who opens a school closes a prison”

Victor Hugo

by Pavlos Pachidis - A Lykeio



Throughout centuries education has been praised to be the most useful tool one can possess in his life. In the subject of Greek writing, education is presented as a panacea for every problem which plagues our contemporary world. Having seen the capabilities of education one would logically wonder whether it would be an exaggeration to claim that education has so much power that it can even close prisons.

To begin with, the benefits of education counter every factor which could lead one to jail. School plays a significant role in shaping one's personality, because it is one of the main sources of values, where one has the chance to form his/her sense of morality. This is a feature which will assist someone in the future to be able to distinguish right from wrong and thus refrain from committing any felonies. Not to mention the fact that through education one can create a successful professional career and thus ensure that she/he will eventually lead an independent, prosperous and comfortable life. This point is crucial since the predominant cause for committing a felony is attributed to economic difficulties.

Apart from this literal type of jail, education possesses the power to eradicate our “internal prison”. Each one of us creates his own perspective

based on personal observations or experiences, false impressions and stereotypes. There are very few who can escape this perspective, since we are isolated and imprisoned in a cell which we have created for ourselves. The key to our “internal” jail is again education, because it is through it that one can broaden his mind, become informed and receptive to the perspectives and attitudes of others. An example that illustrates my point comes from my personal experience; since my early childhood, society and my parental background instilled in me stereotypes about the citizens of the world. However, the international school activities in which I have been involved proved to be my rude-awakening. In the Model United Nations and other conferences I interacted with foreign students, cooperate and had great experiences with them, a fact that helped me to reach the conclusion that all these stereotypical perspectives were nothing but false assumptions.

Horace Man, a great American philosopher, once stated: **“Jails and prisons are the complement of schools; so many less as you have for the latter, so many more must you have of the former”**. So, if we want to abolish both the external prison and the “internal” jail of our souls, the answer is simple: education!!!!

The best thing you learn at school

by Zoe Damaskou - A Lykeio

Most people believe that school provides students with knowledge without placing emphasis on individual development. However, the educational system does not only serve to educate; it also helps children to develop a sound character.

First of all, school teaches you that it is important to obey some simple rules, which is significant because rules play an essential role in life. Without rules we could not live peacefully, everybody would do as they please and society could not function. So it is clear that a student should learn to obey rules from young age so as to become a cooperative and responsible member of society in the future.

An additional benefit of education is that it teaches children how to respect other people and to accept them as they are. All the students in a class come from different backgrounds and have different personalities. By being an active participant in class one learns to cooperate with people of different types. This is preparation to adopt a specific role later on.

Finally, school develops students' critical thinking, moral awareness, how to choose between right and wrong. It shows someone true moral values and how to prioritize when it comes to important matters such as decision-making, planning, etc.

To sum up, education is important because it provides you not only with knowledge but also with values and correct perspectives for your later life. I think that learning how to respect the others is the most important because only in this way will someone lead a fulfilled, peaceful life. I owe to my schooling what I have become. I believe that having respect for people is the best thing I have learnt at school and that will help me become an open-minded, dignified adult.

Why do we have homework?

by Natalie Varsano- A Gymnasio

It was Sunday morning and I was doing my homework for the next day. I had so many things to do that I panicked and started shouting that I was not going to finish them in a year. I glanced at the "Tinker Bell" clock that was ticking on my desk, reminding me that time flies, and I realized that I had been working incessantly for the last four hours. I pulled myself together, put my pen down and tried to find the reason behind that endless list of homework I had to finish because there must be one or else I'll start to believe that this is a conspiracy against all students. Many answers came to my mind :

- 'Teachers hate us'
- 'Teachers love us and don't want us sitting in front of the TV screen all day watching stupid serials'
- 'It's a way to teach us how to organize our time and become better people'
- 'They want to see if we crack under pressure.'

As I was trying to come up with more reasons to justify my "torture" I started thinking of a world without homework. How wonderful it would be!

We would go to school in the morning and after having finished working on our subjects we would do our homework or better schoolwork at SCHOOL. It would be perfect, first because we would be able to ask our teachers if we had any questions and in this way avoid having private lessons and extra hours in frontistiria as soon as we returned home. Secondly, making use of the school computers with our teacher's guidance would help us save time while researching for our school projects and last but not least, when we got back home we could rest, do a sport or other things we enjoy.

I am not so sure that my dream will ever come true but I am still young and I can always hope.



An old Chinese proverb quotes:
*"Tell me and I'll forget, show me and I may remember, involve me and I will understand
 and we were involved in many things...."*

EUROMEDSCOLA

15-18.11.2008

Union for the Med

by Eleftheria Tirta - B Lykeio

Saturday 15 November, and the Greek delegation, comprised of four Lykeio students, was ready for their flight to Strasbourg for a conference organised by the European Parliament with the aim of bringing together young people of the Euro-mediterranean region for a parliamentary debate of issues covered by the Barcelona Process: Union for the Mediterranean.

To tell the truth we were a bit anxious, because no one knew anything about the procedure of the conference and we felt like a fish out of water. But soon our anxiety vanished. On the first day we played a game, a general knowledge quiz which helped us break the ice with the other delegates, as well as become less anxious. Then we were divided into working parties. The objective of each party was to suggest solutions for the problem that it was to deal with, and come up with a resolution. The topics of discussion were: "Education and Future", "Freedom of Information and Civic Culture", "Migration and Integration", "Equality of Opportunity", "Environment Transport" and "Renewable Energy". It was amazing that teens from different countries with different ideas and opinions managed to cooperate and reach a common goal. Everyone was excited!! But our excitement grew when we learned that there was a surprise waiting for us at the hotel. And guess what!! There was a surprise party for all the delegates!! The following day we were ready to start the second part of the conference. All delegates would participate in an open debate. The goal of this part was to pass or reject the resolutions that each committee had made the previous day.

At this point it should be emphasised that our delegation did a great job and played a dominant role. Each one of us had something to offer to this conference! The closing ceremony with Hans -Gert Pottering, President of European Parliament, addressing us drew our Strasbourg experience to an end.

When we returned to Greece we didn't only carry with us the souvenirs that we had bought but also indelible and invaluable memories because this was no ordinary conference. What made it special was that we managed to come closer to young people of different countries and races. We spent lots of time with them as we were all staying at the same hotel. For four days they had become a part of our lives. As a result we shared with them many ideas and experiences.

We really thank the European Union for organising this event.

17th BERMUN

17-23.11.2008

Empowering Women

by Katerina Damianakou - A Lykeio

When we reached Berlin we discovered that it is rich in history and culture, and we, as first-time visitors, were captivated by its charm and beauty.

The Pergamon Museum-with its vast collection of Classical antiquities, the fascinating Brandenburger Tor-a landmark of peace and unity, the Reichstag and its imposing glass-dome which offered us a panoramic view of the city, the Berlin Cathedral, Potsdamer Platz and Sony Center-with its huge atrium and tent-like roof and last but not least the Charlottenburg palace were only a few of the places we visited but they were all magical. Of course as a female group nothing could prevent us from devoting pretty much time to shopping with Christmas decorated Ka De We being the ultimate destination.

Wednesday morning arrived and we, the delegation of Austria, were ready for the opening ceremony which took place in the Friedrich-Ebert Stiftung. The ambassadors, including myself, delivered their opening speeches and the conference officially began.

The next days at the John F. Kennedy School were even more interesting as they were devoted to lobbying, debating, and voting for and against resolutions. Out of the ordinary was the punishment for those of us who were late. This punishment involved singing, dancing or doing a catwalk in front of the whole committee!!!! On Friday, which was the last day of the conference, during the closing ceremony the chairs revealed to us some of the most "weird" notes passed in the committees, including marriage proposals(!).

For us, BERMUN meant engaging in political procedures. Aside from that we improved our language, public speaking and debating skills in a professional atmosphere. We took on roles as diplomats, investigated international issues, and then developed solutions to world problems. I could keep writing pages and pages about BERMUN and our experience in Berlin. 5 months later we keep talking about it. And even if we wanted to forget it we wouldn't be able to since Marini has provided us with hundreds of pictures of each and every place we visited. After all who can forget Ms Dantsi's telling off for wearing high heels on snowy days, Rodoula's amazing imitations or Lilly's and Olympia's getting off at a wrong metro station ?? Nobody!!

Next year six of you will be given the chance to live this dream in Germany.

Don't miss it !!!

National Selection

by Pavlos Pachidis- A Lykeio

How would you feel if you were told that you could become a delegate of one of the committees of the European Parliament and form resolutions on problems of economic, social, and environmental concern, which plague the EU? I am sure that for most of us this scenario would seem totally ideal and unrealistic. Well, the organization of the European Youth Parliament has made it possible for four students of our school to turn this dream into reality.

After being appointed to our committees we had to undergo a period of thorough preparation for the conference. During this procedure, we were greatly assisted by the American Consul General in Thessaloniki, Mr. Hoytt Brian Yee, Mrs. Dantsi and our mentor, Maria Gaitanidou, an experienced EYPer, who made every effort in order for us to be perfectly prepared for the selection.

However good our preparation was, we were all overwhelmed by a sense of anxiety on the first day of the conference. This feeling came to a climax especially when we were placed with the members of our committee where the atmosphere was hostile due to the stiff competition. Forming resolutions proved to be the most demanding and exhausting part of the procedure. Every delegate supported his own solutions to the problem, to which some other members of the committee raised objections. So, in order to include all perspectives and reach a consensus, we had to merge all points. At the end of the day, after many hours of exhausting negotiations, we came up with a resolution that met all demands and was discussed in the General Assembly. Attending the G.A. proved to be a unique and demanding experience, since you always need to be vigilant to raise points, attack resolutions and assist other delegates. **The end of the conference found me and Paschalis on the list of the 7 delegates who were going to represent Greece in the International European Youth Parliament in Stockholm.**

During our preparation I often posed a question: "What characteristics make you eligible to become an EYPer?" The reply which I received was that I would get the answer as soon as the conference finished. Now, having lived this unique experience, I have come to realize that an EYPer is not the one who is competitive and narrow-minded, but the one who adheres to and exemplifies the values of the EU which proclaim trust, cooperation, leadership and receptivity to each other's ideas. So, if you feel that you embody these characteristics, I strongly urge you to get involved and become an EYPer!!!

Donuts and Politics

by Angeliki Mavrommati & Angeliki Symeonidou - B Lykeio

Clapping is in order because this year's MUN in Boston was indeed worth it. But let's take it all from the beginning...

We all agree that Boston is a world known city but what do you really know about it???

You surely know of Boston Celtics, the Red Socks, Bloomingdales and Macy's.

Well, we saw and visited a whole lot more...

Just to get an idea of what was planned for us check out the following: Boston's famous court, Boston Common, the Town Hall which was described by our guide as one of the ugliest buildings of the world. We saw the city center with everything you can imagine, shops, skyscrapers, Starbucks and Dunkin Donuts- which became a brand new obsession, the Museum of Science and, of course, the Harvard University...

Days went by and the time for the Conference finally came. We were there to do some serious work representing Jamaica. We were divided into Commissions; Water, Human Rights, Law, Environment, Military and many others so as to cover all fields that needed further discussion. But let us explain the procedure! Merging came first, then after doing a lot of research and a bit of compromising, we succeeded in creating many suitable resolutions worthy to be envied by great diplomats and ready to be brought to the Floor for debate. Of course we met students from all around the world. We had come from far away but keep in mind that people had traveled to Boston even from Australia just to participate in the same Conference! We did come close with most of these young people that's why the closing ceremony brought tears to our eyes and filled our heart with sadness. We had lived an once in a lifetime experience and after exchanging emails, msn and facebook addresses- technology is not that bad after all - we kissed goodbye, leaving a city that will never be forgotten by any of us and making a promise that one day we would return back to Boston!

Until then...we yield the Floor back to the Chair.

Mission Accomplished

by Eirini Tsirona - B Lykeio

At 6 a.m. of Saturday, 24th of January, all delegates of Saint Kitts and Nevis, a bit sleepy and carrying heavy luggage set off to fight for a better future for the whole world in the Model United Nations conference in the Hague.

On arrival to Amsterdam we visited the stadium of Ajax, which made the boys feel really excited, and we saw numerous canals, beautiful landscapes, and pretty windmills. Amazed by the stylish and sometimes strange buildings, we reached the center of Amsterdam, where we were going to have lunch at the Hard Rock Cafe, before going to the Van Gogh Museum. Tired but relieved, we arrived at about 8 pm to our gorgeous hotel, Kurhaus. Its sight, even for me, as it was my second time there, was breathtaking!! On Sunday morning, we visited the Flame of Peace, the palace of the Queen of the Netherlands, the Euro mast tower in Rotterdam, and Delft.

Monday, found us all dressed in our suits, lobbying in our committees, trying to put our ideas in resolutions, supporting the nation of Saint Kitts and Nevis.

At about 4 o'clock the opening ceremony started and we all felt proud when we saw our ambassador, Paul, walking into the General Assembly, carrying the flag of Saint Kitts and Nevis.

After four days of fruitful negotiations, Thursday arrived. It was a great day for me as the resolution I had submitted was going to be debated. I felt really anxious, since I had to persuade a committee of about 130 delegates that this resolution was indeed effective and they should vote for it. After an hour and a half of rigorous debate during which some member nations talked fervently against our resolution (because they had submitted one on the same issue as well), while some others found it the best resolution submitted, our Chair announced: "Time for debate on this resolution has elapsed. We will now move to voting procedures." And with about 45 votes against, 65 votes in favor and 20 abstentions, **the resolution** on the issue of "Maintaining Dwindling Fish Stocks in a Time of Climate Change" submitted by Saint Kitts and Nevis, **had passed!!**

"Clapping is in order!"

My heart was pounding as the goal I had set at the beginning of the year was accomplished.

VENI VIDI VICI

We might never again be called delegates of Saint Kitts and Nevis. We might never again write resolutions and debate on them. But what really counts, is that for a whole week we were the honorable delegates of Saint Kitts and Nevis, and this is an experience we shall never forget.

The Big Bang

by Angeliki Beslika & John Tsakiridis - B Lykeio

In January 2009 we had the chance to visit Switzerland during one of our school educational programs. The main objective of our trip was visiting CERN, the European Centre for Nuclear Research. We also visited the United Nations Organization, the Red Cross Museum, the Greek Embassy and Lausanne.

In CERN researchers are making an effort to bring to light new information about energy space, time and matter. They have also created the conditions of The Big Bang, hoping to find what they call the Higgs boson which they believe is the particle responsible for imparting mass to all things and it is also known as "God's particle."

The particle accelerator, which is searching for Higgs boson is the LHC, Large Hadrons Collider where two beams of high energy subatomic particles are sent in opposite directions in a tunnel in order to produce a collision and generate a spray of particles.

By interpreting the trails they will leave scientists hope to unveil the secrets of dark matter. ATLAS and CMS are also searching for Higgs boson, because researchers have to crosscheck the result of their investigation and the whole experiment is expected to cost about 6.25 billion euros.

During our stay in Switzerland we visited the offices of the United Nations Organization. We also went to The Red Cross Museum where we realized how painful war can be and had the chance to meet the Greek Ambassador in Switzerland who explained to us some important things about Greek politics and the way Greeks can be helped in Switzerland.

Last but not least we went on a visit to the Olympic Games Museum. There one can see a collection of all the Olympic torches used up till now and all kinds of sports equipment.

Our visit was an amazing experience and since we all enjoyed it we hope to be given such great opportunities again.

FORENSICS TOURNAMENT

19-22.03.2009

First Time in Debate

by Zoe Nikouli - A Lykeio

Being at a public school I hadn't had the opportunity to even watch something similar to the Forensics Tournament.... But this year, Mandoulides School gave me the chance not only to watch very talented students perform, but also to participate in debate...

The week before the tournament I was the most nervous student on the planet! I was really anxious in order to do my best and not let down my teammates, our wonderful coach and most important: myself!

The day finally arrived! It was our time to go into room 319 and debate! When it was my turn to deliver my speech, magically I relaxed and enjoyed it a LOT! The only thing I was thinking of was the issue at handand not my anxiety! I actually found myself rebutting and having fun while doing so!!! The whole experience was great! It gave me a lot of pleasure watching different events such as duet acting and impromptu speaking! What I saw were talented people participating, having fun; making friends and supporting the ones (like me!) who had less experience. To be honest... I truly did not expect it to be so great!!! I made many new friends, had lots of fun and learnt from the best! I was astonished by some students' amazing performance. They have worked a lot and, into the bargain, they thoroughly enjoyed it, and that made them winners! At this point, I would like to say, I am glad that I had the chance to taste what the Forensics Family is: a group of caring and talented people, who try to do their best and teach the younger ones.

That is why I am encouraging and suggesting to each and every student that they attend the next tournament either as a supporter or as a participant! They will love it as I did and they too will be looking forward to the next tournament hoping that the time will pass quickly but not too quickly for they need time to be perfectly ready to take centre stage, to take the floor and address the House!

22nd HMCE

20-23.03.2009

An Unforgettable Experience

by Evangelos Kanonidis - C Gymnasio

Brussels.

The capital of Belgium, the capital of the European Union and the city which hosted this year's HMCE (Harvard Model Congress Europe) conference. Children from schools all over the world participated in the conference. We all shared a wonderful experience: for two days we discussed the topics given. The discussion, at least in our committee the House of Representatives - was exactly like those in real life. For me, that was an incredible experience, a glimpse of the life of politicians, an experience which I would strongly recommend to other fellow students.

60th INTERNATIONAL E.Y.P.

17-26.04.2009

A Golden Experience

by Pavlos Pachidis - A Lykeio & Paschalis Toskas B Lykeio

The first three days of the conference were devoted to serious work to find solutions to the problems that plague our contemporary society and substantially affect the E.U. We were divided into committees on international trade, environmental, constitutional and foreign affairs. Paschalis Toskas and Pavlos Pachidis participated in the Committees on Human Rights and Economic & Monetary Affairs, respectively. Paschalis strived to find ways of countering terrorism in failing states while respecting fundamental human rights. While Pavlos tried to find measures to foster entrepreneurship and innovation in the E.U. within the budgetary restrictions of the current financial crisis. Both delegates presented their perspectives on their issue while dealing with other delegates' objections. Every delegate had his or her ideas and the point was to try and merge those diverse opinions to reach consensus. Final resolutions were formed - everybody proud of the fruits of their endeavor- and finally in the General Assembly there was a heated debate on the resolutions each committee had produced.

HRH Crown Princess Victoria of Sweden addressed the Assembly during the wonderful Opening Ceremony, which took place in the Blue Hall, where the banquet that follows the prestigious Nobel Prizes Award Ceremony is held.

During the conference we had the chance to take part in an active debate with Stockholm's university students and we were able to attend an interdenominational dialogue, where representatives of diverse dogmas gave us their opinion on religious issues.

After all those experiences, at the end of the conference, I had an epiphany about how wrong John F. Kennedy was when he said: "Great minds meet only in the library".



The Erosion of the Greek Language

by Danae Vlassidou - A Lykeio

Let me point out something that, with just a little thought, you realize for yourself: The Parthenon is eroding. Time, natural elements and pollution are slowly but surely taking their toll on this precious national treasure. However, this is not cause for over-concern. Why? Because the Parthenon speaks to the very heart and soul of what it meant then and means today to be Greek. So, we have set out on a course to reverse its demise. As a result, the Parthenon will sit proudly atop the Acropolis for millennia to come. The curators of our heritage can take pride in this effort.

But my speech today is not about the Parthenon. The Parthenon, secure in its future, serves as a metaphor for my subject: The erosion of the Modern Greek language and what we must do to preserve it. For let me point out something that, with just a little thought, you realize for yourself. Our language is as much or more a part of our heritage as any man-made structure.

Before delving into the problem our language is confronting, before considering solutions that can reverse the erosion of our language, I want to introduce you to a few facts; some of which you might find astonishing. According to The School of The Modern Greek Language at Aristotle University, modern Greek has over 600 thousand words at the user's disposal. There are nineteen

dialects with numerous sub-dialects. It is spoken daily on every continent, thanks to the Greek diaspora. The typical Greek high school student, upon completion of secondary school, will have spent thousands of hours studying the mother tongue. Yet astoundingly, that same student will be able to recycle only about one thousand-five hundred words. This computes to one forth of one percent of the language available to him. Theoretically, this means that a student could take a Greek vocabulary test of fifteen hundred words and get only one correct.

Well, there is a glimpse at the magnitude of the problem. From there, we should consider the causes and effects brought on by the problem. Frederico Fellini, the world renowned film director, suggested that, and I quote: "A different language is a whole different vision of life." Of course, he was referring to the various languages we speak across the map. But let's take that quote and apply it within Modern Greek. Today, our native language is filtered through a stream of careless grammar, slang expressions, curse words and just plain foul language. Proper grammar is studied only for exams. Most children do not bother using plural forms when addressing grown ups, and the foreign invasion is a common element of our everyday use of Greek. To my way of thinking, what has caused the debasement of daily speaking patterns is the

lifestyle of modern Greece. Students, parents and pensioners are constantly faced with stressful situations. As a result, we reflect that stress, agitation and anxiety in our use of the language. The “Three A” word is now the most commonly used in our daily language. The internet, facebook, television programs from serials to afternoon talk shows to the evening news do nothing whatsoever to improve the condition, rather, they exacerbate it. The lyrics in pop music are today's proverbs. Regrettably, none of the aforementioned are held to any standard of linguistic precision. Do we children today exhibit the same respect for our elders that our parents and grandparents did when they were our age? I think not, and one way we show that is through the language. Foreign words take the place of our own, making Grenglish perhaps our twentieth dialect. And now we say “hero” not to refer to someone like Kolokotronis but to a bank-robbing escape artist. In communicating over the internet we deliberately use sloppy grammar, poor syntax and low-level vocabulary. That's my teenage view on what's wrong and why, and how the various causes influence our use of Modern Greek. Now, enter again our Parthenon. We can see in the language how it too is eroding. But like the Parthenon, it is not too late to reverse course. So here are some ideas which together can lead to a solution.

First, the family does have a significant role in taking on the matter. Parents, grandparents and children can take a moment or two a couple time per week to examine the communication model they use. A lot can be improved upon through a frank review and airing out of what is good

or what is bad usage, what is offensive or confrontational. When is the last time your family had that discussion?

Second, the school system. Instead of the mocking bird approach to simply hearing and reading the language, schools should use fresh, artistic and innovative methods of bringing the language to life and restoring the beauty of speaking it. Read Karyotakis, Kavafis out loud in class. Assign everyone an oral interpretation for example. Encourage creative writing activities and events. Got a Greek poetry and literature club at your school?

Third, you and me. We need to learn to appreciate the tremendous value of our language. We can only do that by demanding more from ourselves, giving language use conscious thought to reduce slang, foul words and flawed grammar. We can each endeavor on our own to learn new words and expressions and recycle when appropriate. When did you last get out your dictionary of Modern Greek?

What can mass media and entertainment do to help? Likely little, it would be too much to ask of those people. And since we have no real sphere of control over the content of their Modern Greek, let's stay focused on where we can make a difference.

To close, our Parthenon of linguistic heritage is eroding. Like the Parthenon, our language speaks to the very heart and soul of what it means to be Greek. So we, too, will set out on a course to reverse our language's demise and thus preserve this precious national treasure for millennia to come. As curators of our heritage, we will take pride in our efforts.

Who is Left to Admire

What is Left to Achieve

by Styliani Hitiroglou - C Gymnasio



If we wander through the pages of history, we come across such august names as Thomas Jefferson, who almost single-handedly wrote one of the greatest documents on democracy the world has ever known. On another page we find Eleanor Roosevelt, the world's leading force in drafting The United Nations' Declaration of Human Rights. In the chapter on fine arts, there's Strauss, Tchaikovsky in music, the painters Rembrandt and Picasso leap off the pages with their works. Shakespeare and Dickinson grace the timeless parchments of prose and poetry. Immanuel Kant philosophized, Thomas Edison invented and Frank Lloyd Wright built.

Pick up today's copy of any well-read periodical. Whose names do you see there? What have they done? What are they doing? Is the article about a world leader trying to restore democracy to a war-torn nation? Does the Arts and Entertainment section herald the coming of the world's next immortal musician? Whose book reviewed by the critics is predicted to stay on the best seller list longer than a few months? Is there any editorial that provides us with a pearl of wisdom? Is there a story written about a useful invention that will actually improve our quality of life? And what was built recently that is anything other than a monument to man's own self aggrandizement?

I want to address directly what lies before us today; contemporary man is lacking in the type of creativity our forefathers had, thus we jeopardize our place among the creative genius of the past. The bygone world, from which we've just heard few names, had many problems to solve, issues to work through, but room to create in, space to build on and time to reflect. However, the world, mankind, is a work in progress, and there is much for us still to do. Our problems and issues are urgent and need answers. Nevertheless, our sense of creativity and our ability to think are perhaps, today, more acute than ever before. Yet, we seem to live in a day and age that is desperately lacking greatness. But is that truly the case?

To answer that question, I would like first for us to consider what, if anything, has changed between the then and now. When Jefferson wrote The Declaration of Independence in colonial America it took nearly a month before King George III received the document in England. Today, trans-Atlantic correspondence is done in seconds. When the Globe Theatre presented a play, attendance was a family affair. Today, we rent DVDs, a gooey-sweet romance for Mom and Dad, a science fiction whodunit for ourselves and off to the bedroom we go to watch our movie in peace and quiet. The pop icon Madonna manufactures tunes that stay on the charts for a few weeks, then get tucked away in our CD collection once Beyonce hits number one. Graffiti is splashed across any broad surface, only to be covered with soot or fade in the summer sun and winter rain. So yes, a lot has changed over time. But nothing has changed more than our own sense of value of and appreciation for those enduring qualities of humankind: compassion and brotherly love; creativity and inventiveness; selflessness and thoughtfulness.

So, why have these changes occurred? Here is my thinking. Go back only one hundred years and look at how people lived. Members of the family were dependent on one another. They spent their leisure time together, they had fewer options on

how to spend that time and, therefore, came to share and enjoy many of the same things in life. Moreover, people set higher standards for what they appreciated and admired. And true, few homes could afford to hang a Matisse on the wall. But, rich or poor, everyone could admire it.

Furthermore, in today's world, time is a valuable commodity; hours are measured in dollars and cents. A day is judged good or bad by the stock market's closing figures. A year is nothing more than a balance sheet of profit and loss. And what about the term "Built-in-Obsolescence"? Now it applies to everything from double A batteries to the contemporary arts. To examine the latter for just a moment, allow me to give you a pop quiz. Let's begin; think of the names of three or four well known painters and try to recall when they painted. Are any of the names which came to mind artists painting today? I imagine not. Beethoven's music has withstood the test of time, and now, more than one hundred years later students of music still study his works, the great philharmonics never tire of performing his symphonies, and everyone, young or old, in high school or in the countryside recognize those four simple notes that comprise his Fifth Symphony, those notes have resonated and will continue to resonate through the corridors of time immemorial. Back to the pop quiz, this one will be answered "yes" or "no". Do you think our great - great grandchildren will even listen to the music of this year's Eurovision?

Notwithstanding our shortcomings, the world is still a pretty decent place to live. Sure, we have war, environmental problems and an economic crisis, but previous generations had as well those problems to confront. But they did so without sacrificing the things they truly admired. So then: "Who is left to admire, what is left to achieve"? We cannot answer the question until we learn to recognize true quality. What we can learn from the past is how to appreciate the finer things in life, and through that we can then create our unique and timeless contribution to the record of worthy human achievements.

But if we fail to learn, we risk being relegated to the endless and obscure tomes of periodicals packed and shelved in dusty rooms of library basements. Conversely, if we learn to appreciate our world, if we begin to raise our standards, if we decide to demand better, then our poems and paintings, inventions and ideas, ballads and books will be found properly bound and cataloged with the great names and works waiting to be acknowledged and cherished as our chronicles in the golden age human achievement.

We have our contemporaries to admire. We have much left to achieve.

It is the effort that matters

by Pavlos Pachidis - A Lykeio

Let me familiarize you with some facts about this very competition. In the Panhellenic Forensics Association sixteen schools are participating and the number of students involved reaches at least three hundred and fifty, out of which as many as ninety six students could be taking part in oratory. So based on these facts we can reach the safe conclusion that the competition is quite demanding since the majority has just one purpose: to win, to be on centre stage on Sunday. This unfortunate reality is perpetuated by us, the students, and encouraged by the coaches who often elevate our expectations to an unrealistic level, since there are ninety six orators, six places in the final and just one winner. Yet, nearly all of us hope to deliver our speech on Sunday. This situation is not without its effect on the participants because we undergo a great deal of stress to which feeling crestfallen, utterly disappointed, is inevitable for most of us, because our hopes have been dashed and our overly inflated expectations were never realized. And why wouldn't they? Look at the very words we use in the PFA: tournament, competition, the finals, trophy, first among equals, those words spell win and lose. So ladies and gentlemen I come to the point to ask you: Is it that necessary to be obsessed with victory to that extent? Should we always stress the significance of realizing your goal rather than the preparation for it? The answer to these questions is absolutely "Not" because it is a fact that "It is the effort that matters and not the outcome".

Now, having heard this expression the first thing which you would infer is that this is just another utopian, trite, saying which is utilized in order to console a loser. In other words, somebody who has undergone the preparation for a competition but the final outcome may not have been as that of other competitors. Nevertheless, within that phrase the most significant meaning for our lives is hidden. Because it is from the preparation for the competition that we learn to face various challenges and difficulties. In that way you develop tactics and sharpen your skills in order to encounter successfully the different obstacles in life. An example that illustrates my point is my own self. Except for Oratory I have been engaged in debate too. The chances of my receiving a best speaker award are infinitesimal, since in debate competition in this tournament more than one hundred students take part, most of whom are much older and experienced than me. Some are native speakers and others members of the National Debate team. So what is the point of participating? The answer is the preparation, because no matter the outcome I will have sharpened my skills in argumentation learn how to reason and support my opinion, skills which will come in handy in participating in the game of life.

Besides, victory is most of the times based on subjective rather than objective criteria. For most competitions, from the Panhellenic Forensics Association to the Olympic Games skills and performance are assessed by judges. Each one of them evaluates you based on his

not the outcome

own subjective criteria with a set of guidelines which, well, leave room for interpretation. Especially, when two or more candidates are very close to winning and are objectively equal then, consequently, the one who will triumph will attain his victory because of the subjective points of view of the judges. And don't get me wrong at this point, because subjectivity is something totally natural because it is within human nature to see the same thing from a different perspective than others.

So, having said that one would reasonably wonder: "Is it that sinful to want to be victorious in my life?" Under no circumstances should anyone believe that being motivated by victory is wrong. Throughout centuries mankind has achieved great progress and prosperity through the very motivation and aspiration to win. Because if we think it more clearly, then we realize that what gets our contemporary world moving is the goals which we manage to accomplish in our lives in order to receive a reward for achieving it. However, when winning becomes our sole purpose in life, when we are willing to place on the altar of sacrifice our ethical standards, then the eagerness to triumph becomes an indelible character flaw. In tournaments and

competitions and in our everyday lives, we have seen people, young and old alike, try to achieve their goals by deceiving, cheating, and lying. We have seen people who were capable of hurting, humiliating, and sabotaging other participants in order to be triumphant. And they may have achieved their goals, but they have failed to persuade us to employ their methods, for they have bypassed the most important element for success, the process of preparation.

So, at the bottom line of my speech I would like to recall the words of a famous Greek poet, Kavafis, who once wrote that: "It is the journey to Ithaki that matters and not Ithaki". It is very essential for each one of us to set goals in our lives and put in every effort in order to realize them. But under no circumstances should you get dejected with the outcome of your effort. Remember, it is through the journey of getting to your Ithaki where you will encounter Cyclopes, powerful magicians and mythical beasts, the challenges of life. But at the end of the journey even if you have not reached "Ithaki" you will have eventually learnt how to deal with all these obstacles and overcome them. Because when participating in the game of life: "It is the effort that matters and not the outcome"



Superstitions

by Despoina Zachariadou - B Lykeio

Excuse me, I must be coming down with something. - Oh, saying God bless you isn't really necessary because I'm not superstitious. Ok, you ask, what does that have to do with it.

So, why do we say God bless you when a person sneezes. Well, there is a reason, or there once was a reason, today there is an explanation. The story goes like this: In the early Middle Ages in Europe the Black Plague ravaged the continent. No scientific source for the disease could be found, so at some point it was decided that the plague was brought on by evil spirits inhabiting the victims' bodies. Pope Gregory, then the patriarch of the Roman Catholic church, was so concerned about this horrible epidemic that he decided on and instituted a preventive measure, he decreed that: When a person sneezes, those in his presence will say "God bless you". The rationale was that when a person sneezes the soul temporarily leaves the body, allowing an evil spirit to enter and thus bring about this terrible, fatal disease. "God bless you" would, therefore, shield the person and make it impossible for the spirit to enter. Well, needless to say, it didn't work, nearly a third of Europe's population fell victim to the Black Plague. Hundreds of years later an English physician discovered that the plague was caused by fleas that infested the fur of rats that made their way aboard

merchant ships bound for Europe from China. In Medieval Europe, superstitions were a belief system that answered for the absence of science.

Who among us says God bless you when someone sneezes? For us, it is basically a habit, a common courtesy. But when is the last time you knocked on wood (a well-known habitat for those impertinent imps)? Is it because you believe something bad will happen to you if you don't?

Actually, today we use some superstitions more out of tradition than anything else, but be honest with yourself, are there some you really do believe in? Let me ask this -- WHY? The reason is that even today superstitions are a belief system that answers what we do not know, even though today we have science and logical thought. I guess superstitions haven't changed much since the Black Plague. So, here is my point: What man believed in centuries ago was because he didn't know any better. Today, through science and critical thinking, we do know better. Yet, many of us still cling to that out-of-date system of beliefs superstitions, albeit not to the extent our ancestors did.

So, I hope I showed you, through the common example of "The Sneeze", how and why superstitions started and can still exist today, though now, in this case, as a tradition.

Now we move on from superstitions becoming tradition and go on to take a peak at what we believed then but know now-superstition and science. One common example of superstition giving way to science is garlic in the kitchen a way of preventing illness - a superstition filling in for too little knowledge of science, medical science in this case. 11th century Europe believed that evil spirits could not put up with the smell of garlic and would therefore leave or avoid a house which kept quantities of the stuff. We have come to know the preventive and curative powers of a good bulb of garlic. Of course, one thing we know today that our ancestors didn't know it that **YOU HAVE TO EAT THE STUFF** if you're going to benefit from its medicinal value. And how was this quantum leap from superstition to science taken? With the invention of the microscope near the end of the 16th century and through research done with it, science proved at last that those naughty little gnomes were actually malicious little microbes. Even still, it took another hundred years for English physicians to get their non-garlic eating patients ingesting the stuff as a proven cure-all.

At last we find that science can now answer what superstition got wrong all along. So, if you believe that garlic chases away those feverish fairies, then welcome back to a time when "God bless you" should have stopped the Black Plague. Stop and think, 600 hundred years ago people looked into a spider's web to get an answer to what caused an illness, now we check out the world wide web.

So, we said some superstitions have become traditions, while others have become exploded myths when science intervened. Again, remember, in the past, they didn't know, today we do. However, what we don't know is the future. And that brings us to modern man's peculiar dependence on superstition, as a means of looking into the future. We have crystal balls, tarot cards and everyone's favorite the coffee cup. Some people plan a trip, invest money or marry because of what a fortune teller might say. Come on, let's get real. Don't travel on the 13th, it's an unlucky number so you're likely to have an accident. I don't care if my flight is scheduled for Friday the 13th, I'm going. How about this one; many people invest money or make significant purchases on the first Monday of the

month. This day is thought to bring wealth. Ok, so where did this one come from? In America, and many parts of Europe, wills were read on the first Monday of the month and, often, the heirs received property, land and tidy sums of money. Ok, so let's ignore the educated advice of investment brokers - yeah, I know what you're thinking with the economy as it is, maybe superstitions are a good alternative. But, let's be smart about it. I don't care what day of the month it is, I'm going to read the financial section of the London Times. So now we've planned a trip, stuck our money in the market, let's sit down to a cup of coffee and see when we should marry and whom. According to legend, Saturday is the worst day of the week to marry. Grooms with facial hair have something to hide and brides in white have chosen right. **WRONG!** Most marriages take place on Saturday. Beards are commonplace among married men in many cultures. And girls, is there any other color you will choose for your wedding gown? Logically, who and when we marry is far too important a decision to leave to a clairvoyant.

Well, so much for superstitions guiding our future. And a word to the wise; once you've finished your coffee, wash the cup and put it away before Granny gets her hands on it, you might just put stock in what she says.

Look, when it comes to superstitions we should know better, the operative word here is **KNOW!** Today we do, along time ago they didn't. Basically, what I'm trying to get across is go with what you know. What you don't know, you can learn.

So, in the end we see that some superstitions have become traditional practices, and that's OK, keep those. Remember, the example of garlic and the microscope? knowledge prevails over wives tales. And again, when you're making decisions for the future, get sage advice not sage, and don't look into anything but yourself. Well, are you still just a bit superstitious? If you are, you, can give it up and replace your superstitions with a good book, an informative website or just trust your own good judgment.

So, if you ever break a mirror, take my advice, just pick up the pieces, throw it all in the trash and get on with your life. You'll be fine for the next seven years. (Knock on wood).

by Vasiliki Bisbinas - C Gymnasio

Stereotyping: Where Does that Lead You?

Here is a global definition of hell: Hell is where the cooks are English, the police are American, the musicians are African, the lovers are Canadian and the whole mess is organized by the Greeks. Wow, wash my mouth out with soap! That was offensive. It was also very stereotypical.

Think about an incident when someone uttered what you took as an insulting comment. Have you ever been a victim of discrimination? Didn't like it, did you? Think about when you thought you were telling a joke, but it was actually an insult. And have you ever directed a comment to or acted a certain way toward someone simply because of his skin color, clothes, how much money he has, what faith he worships or where he comes from? We are all victims of stereotypes and discrimination. But here the word "victims" means that we have been both hurt by stereotypes and discrimination and have hurt others with them. When others hurt us, it is an affront to our dignity. When he hurt others, it is a testament to our ignorance.

Why did I choose this common topic for my speech? Because this topic just won't go away, we won't let it. We dish out generous helpings of the stuff and laugh, smirk, say "they got what they deserved". But when someone tosses so much as a crumb of the stuff at us, we are the first to complain that our dignity and rights have been violated. Well, they have, and so have the other person's. So, the purpose of my speech is to ask this of you today: That you think before you speak and remember before you act.

The core statement I want to make today is this: Stereotypes and discrimination are not rights, they are a violation of rights and dignity. I want you to come with me and take a look at stereotyping and discrimination and show you where it can take us. We all know something about how Nazi Germany used stereotypes and discrimination in World War Two. But let's take a look at ourselves. First, we will look at where stereotypes come from. Moving on, we will see how stereotypes evolve into discrimination. Finally, we will observe the phenomenon known as scapegoating.

To begin, stereotypes come from our own ignorance, fears and misunderstandings, the absence of the total picture you might say. Imagine yourself walking down a poorly lit street in the middle of the night. You encounter an elderly couple in nice clothes, gray-haired and shuffling along slowly. No cause for concern, right? Not more than a minute later you see coming toward you four young fellows speaking a foreign language, wearing shabby clothes and carrying bags in their hands. Now, what are you thinking? What do you really know about these guys? From where did that fear originate? What do you claim to understand about them? And ask yourself this, where did my ignorance, fear and misunderstanding come from? Peers, family, school to some extent, and let's not leave out TV news, talk shows and serials. But really, most of it comes from within ourselves. Stereotypes seem to provide us with understanding about others, they give a sense of order to society and prepare us for how to act. And how we act takes us to discrimination. We all know that discrimination is defined as how we treat people who fall outside our group. A group could be anything from a clique at school to your national identity, even beyond. Discriminatory acts can take several forms; What we do or don't do. Sure, we do provide menial jobs to foreigners, and they are given wages that are below the minimum wage, often without benefits. Sure, we do not go to certain parts of the city, not because of crime, the crime rate there could be quite low, but because of who lives

there. And look at people suffering from substance abuse or AIDS.

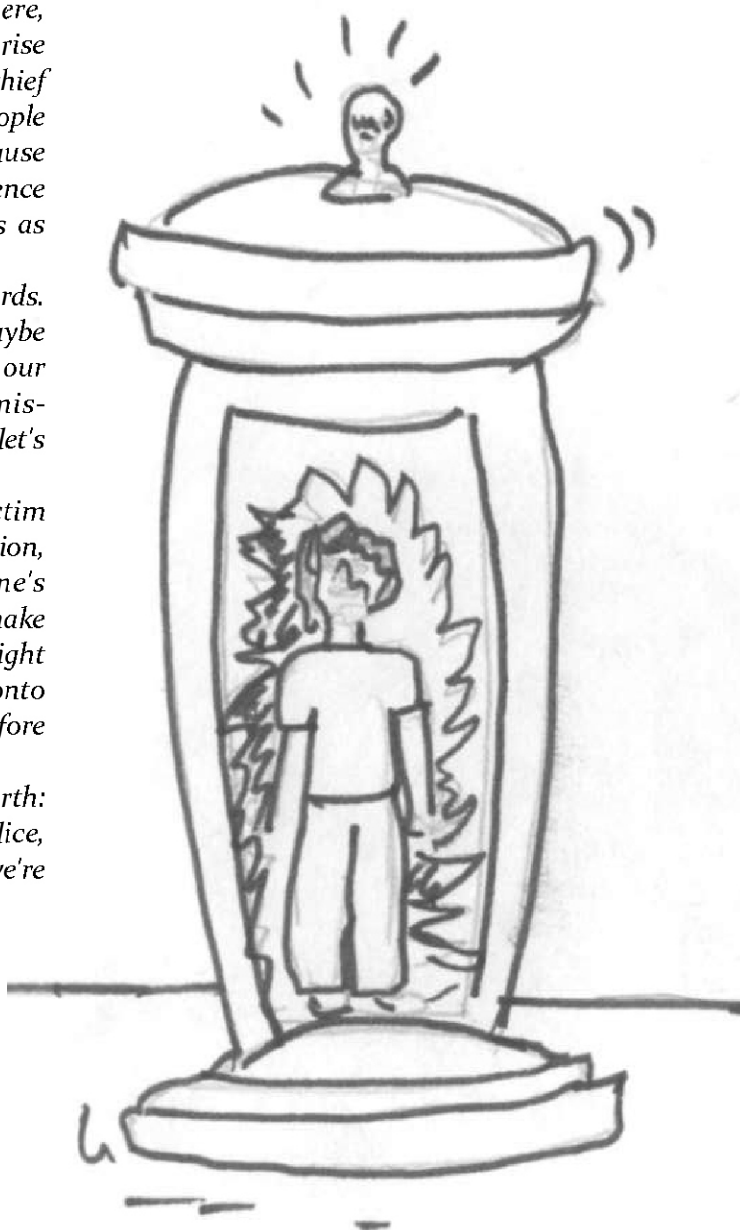
We don't consider them sick, which they are, we consider them sickening. And all those old stereotypes creep in. Instead of helping such people, we keep them at sub-standard wages, we keep out of their way, we keep them from proper treatment. And we keep ourselves secure in the knowledge that they are lesser beings than we. And we all know why. Because it's their fault. They are a stigma on our good society. And that takes us to scapegoating.

Scapegoating is the practice of blaming others for our own real or perceived failures. And here, there are plenty of examples. Crime is on the rise because of immigrants living in poverty. A thief with no job will steal even more, and those people are just plain thieves. Tourism is in decline because of some plot hatched by a foreign intelligence service. Sounds common? Sounds ridiculous as well to a rational-thinking person.

Rational-thinking. Interesting choice of words. Maybe that is what is missing in most of us. Maybe that is the cure for our fear, the remedy for our ignorance and the medicine for our misunderstanding. If it is, and I believe it is, then let's open our mouths and try it.

Stereotyping, where does it lead you? As a victim of abuse it leads you to social classification, marginalization, the fall guy for everyone's problems. As a victim of ignorance, you make yourself a close-minded fool. No one has the right to violate anyone's dignity. Not onto you, not onto others. Think before you speak remember before you act.

And finally, a global view of heaven on Earth: The cooks are cosmopolitan, we don't need police, everyone sings the same tune, love is blind and we're all happy with the arrangement.



NATO

no longer needed in today's "climate"?

by Bruce Willis - C Gymnasio

Look at this past century. Nearly everyone was at war with each other. England and France were at war against Germany, the Former Soviet Union invaded Hungary in 1956, the Greeks fought against the Turks the list is endless! BUT, once NATO was formed, they all said, "If one of you attacks one of us, you have to fight against all of us", and then nearly everyone stopped fighting and tried to join. But that was in the last century. Now we are in 2009. Last month I attended a panel discussion which included the author of a book on NATO, and several experts expressing a variety of opinions, about the future of NATO. Those opinions revolved around the idea of whether we really need NATO today the way we did 60 years ago? Yes, I agree NATO did a great job holding the peace, but is that very same mission necessary today? What I want you to consider is that NATO should, and will remain, not only a military union, but also become a partnership for humanitarian purposes. I contend that NATO should not be dissolved, but should add humanitarian assistance to its role.

NATO's history

How many of you even know what NATO stands for? NATO stands for the North Atlantic Treaty Organization. It is a military alliance

formed by the signing of a treaty on the 4th of April 1949 in order for the North Atlantic states to stand against the Soviets in the cold war. There were twelve countries, which were present at the original treaty signing, that number totals 26 today.

NATO's resources

Now that the Berlin wall has fallen, the Communist threat diminished, the Cold War over, and many of the countries that were enemies before 1949 now friends, and also apart of the EU, there is a much-reduced threat of invasion to one of these member states. For example, who is worried about Albania, Bulgaria, Poland or the former Yugoslavia invading any other country at the moment?? I believe I know what you are all thinking, "If NATO goes, then some aggressive country or countries will make war on another country it and then we are back in the cold war era. NO, NATO does not go; its 1.5 million uniformed soldiers, 2000 cargo aircraft, and 2600 helicopters should be used for humanitarian aid during peacetime. I mean think about how many lives could have been saved if NATO had provided its aircraft and personnel to the Red Cross after the tsunami in Indonesia, or the earthquake in China or Turkey. If NATO were to use its resources in helping projects such as

the Millennium Development Goals, or organizations that were trying to make a difference, wouldn't that be worth the change? A question I think you may have is whether NATO will take part in a countries internal political process. NATO would not be involved in the governments decision making but would be on the ground as a strictly humanitarian mission.

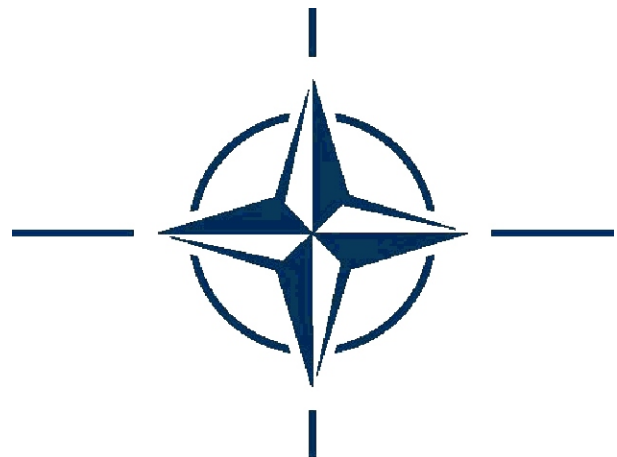
MDG's

The Millennium Development Goals, which I mentioned previously, were agreed upon in the year 2000 by every major country in the world, and are supposed to be fulfilled by 2015. These goals include getting rid of extreme poverty and hunger, lowering the death rate of children under five, reducing diseases such as HIV/AIDS, and Malaria, ensuring environmental stability worldwide and finally, promoting Global Partnership for Development. Many of the poorest countries are unsafe, which is where NATO can help by bringing peace so that voluntary agencies can do their job, and provide help to remote villages.

Projects

The final Millennium Development Goal, Global Partnership for Development, reminds me of a personal experience I had.. I am going to give you an example of how NATO helped a grass roots project achieve a much-needed goal. In 2002 I had the privilege of taking part in a Peace Camp in Delphi. The purpose of the Peace Camp was to help children from war torn places in Europe and the Middle East to learn about the Ancient Greek concept of Echeheria-peaceful coexistence. The participants were Protestants and Catholics from Ireland, Algerian minorities from France, Kosovars from Pristine and Serbs from Belgrade, Greek

and Turkish Cypriots, and Palestinians and Israelis. So what does NATO have to do with this Peace Camp in Delphi? Well, when the organizers could not find transport to take the participants to Delphi, they contacted the Greek branch of NATO and arranged for NATO military planes to transport all the participants, and NATO also donated the tents for the 200 youth. I say the organizers were the ones who that made this whole thing happen. Those organizers were just teachers who got together and decided to do something that could bring a measure peace that the participants ca remember and pass on. Those participants have NEVER forgotten that program or what they learned from it.



I am sure that many of you here today wonder why NATO should take on this mission?

Ladies and gentlemen, doesn't the world need more projects like the peace camp? NATO has the resources available to make that change for the better. Think about what a better world we could live in if NATO were to use all its 1.5 million uniformed soldiers, 2000 cargo aircraft, and 2600 helicopters in humanitarian aid. If doctors were sent to the poorest countries in the world to provide basic medical care, if NATO contributed their aircraft to the Red Cross after any natural disaster, don't you believe that would be worth the change?

An unfair waste

by Panagiotis Galopoulos - C Gymnasio

"Get off me, Mike," Jason said.

"No, you get off me, Jason," Mike responded. "I am tired of you. You are always boasting about your prizes, as if you've done something so profound that the earth should stop spinning just for you. I can't believe you are my brother!"

"Maybe I am not. You are so jealous of me. I bet you pray every time before going to bed that you were me."

"Oh, really?" Mike fought back. "Tilt your head! Maybe you slipped from the springboard while you were diving?"

Jason was ready for a proper answer when their mother, Julia, got involved. She cared about them and didn't want to see them fighting like this. They seemed to hate each other bitterly. Jason was a very good swimmer and every time he took part in games, he was sure to win. That's how his impressive collection of trophies was justified. He was also a diligent student who did all his homework despite the hard swimming training he had almost every day. And that was how he kept his athletic figure intact. He was pretty handsome with blue eyes and dark hair. He was about 175 cm. with broad shoulders. Soon he would leave school, just like his brother. It was his last year. The exams wouldn't be difficult for him. Not only was he a capable student, but he had also been granted a pretty big bonus from swimming.

Mike, on the other hand, was slender and not as good-looking as his brother. He was relatively tall with dark hair and dark eyes. He was very strong-willed and an excellent student. His teachers had praised him millions of times for his scores. He wasn't involved in any sport, although he quite liked it.

"Stop fighting," said Julia decisively. "You are too old to fight like this."

"You tell him," answered Mike. "Probably, he will ask you to kneel before him as a sign of respect."

"Shut up, Mike," Jason said. "I am tired of you. I'm going upstairs."

Jason was right about one thing. Mike was jealous. Indeed, he wanted to be the one who had the trophies; who was handsome and strong; who was liked from everyone. And this jealousy made him hate his brother. Instead of admiring him, he pushed himself to hate him. He couldn't stand it. Even Jane preferred him; he had no chance with her.

"I have to do something," Mike thought. "He is growing incredibly irritating. Maybe if I hit him where it hurts, he will stop being so egocentric. If he loses in swimming, he won't be so pretentious. The bad thing is that he is unlikely to lose any match. Unless he is not allowed to compete..."

A DAY BEFORE THE COMPETITION

Jason was really nervous that day. The most important swimming competition he had ever taken part in was close. The next day the games would start. But, that day was even more critical. They were going to go through the scheduled anti-doping tests. Everything would be fine. He was smart enough not to use any forbidden substances. He knew better than to do that. Risking being caught would probably undermine all his previous success, never mind that he wouldn't be permitted to take part, at least, in this competition. Maybe the sentence would be for the rest of his life. He couldn't bear even thinking about it and quickly changed his thoughts to something much happier. Winning the competition meant a number of things. He tried to imagine the moment when he would be declared champion. He felt quite good. He needed it. It wouldn't be easy, not at all. But he had trained hard and believed in himself.

He stood up and went to the car which would take him to the building where the test was about to be run. He was still nervous. He shouldn't be, but somehow he was. While his coach was driving, his cell phone rang. He picked it up and said "Hallo! Who is it?".....

LATER THAT DAY

Mike was outside, far away from his house. It was evening. His brother would have returned from the test. He was nervous, too, that day. He hoped everything was fine. Being anxious about the doping results, he decided that it was high time that he got home.

After an hour or so he was outside the house. It was really quiet although the light in the living room was on. He rang the bell and waited.

He didn't have to wait for long. On the first ring the door opened. Suddenly, he felt a sharp pain on his face. He thought he was bleeding. Jason had punched him with all his might. He seemed furious. Mike was utterly bewildered. Stunned.

"What was this for?" he asked as calm as he could. "Stop pretending. We have to talk. Come in. Now," he said, curtly and menacingly.

He hurried in, still bewildered by the welcome.

"How could he?" Mike thought.

Jason closed the door; actually he slammed it.

"How did you do it?" Jason asked demanding.

"What?" Mike replied.

"You poured something in my coffee this morning, didn't you?"

Mike was starting to feel uncomfortable.

"You weren't careful enough, though. Julia found the wrappings in the garbage. How could you? I am your brother."

"Oh, do you remember this now? You care only for yourself and your trophies," Mike said bitterly.

"That's insane!"

"Of course it is," said Mike sarcastically.

No one spoke for a while. The tension was palpable.

"You are jealous of me, aren't you?" said Jason abruptly. "I can't believe it. How wrong you are!" he continued. Suddenly, he took a notebook and threw it to Mike.

"What's that?" Mike asked surprised. "Your essay book? What am I supposed to do with it?"

"Read it." Jason said sharply.

Still surprised Mike opened it. It was of the 8th grade. He started reading. The title of the 1st essay

was "The person I admire most". Mike looked up only for a fraction of second and then kept on reading. "The person that beyond the shadow of a doubt I admire most is my brother."

Mike was shocked. If there was something he hadn't expected it was certainly this. Stunned, he heard his brother's voice.

"You see. I don't hate you. The very opposite; I admire you. You have no reason to be jealous of me. You are the one who can get what he wants. You're so strong-willed and smart that I bet you would succeed in whatever you wanted to do. You don't have to be like a model to have a good time. You are by far the most influential person I know." Mike had a hard time believing it. Jason had caught him destroying all his dreams of swimming forever and yet he was still talking to him as if nothing had happened, telling him that he admired him. He was at a loss for words.

There was an awkward silence. Finally, Mike broke it.

"Didn't they kick you out of the competition?" he asked.

"No," he answered. "Julia got in time to restrain me. I declared that I wouldn't compete and I didn't have to do any tests. Luckily enough the substance you used is about to fade out soon. "So, I hope to take part next year."

Mike was bewildered. Something still didn't fit.

"Why didn't you tell me all this earlier?" Mike asked confused.

Jason looked solemn now. "I had no idea you really felt that way. I was just teasing you. I never expected that you would take my words seriously. It was only when you tried to kick me out of the competition, and you almost succeeded, that I realized how irritated you were."

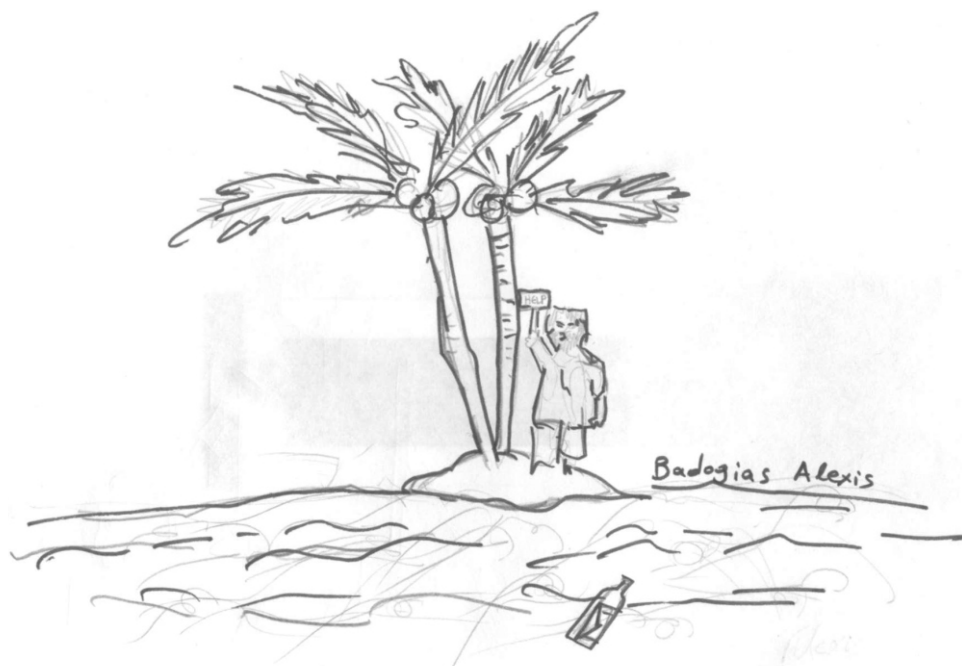
It seemed incredible to Mike. How could he not have realized that he was driving him crazy?

"So, will you forgive me?" Mike asked.

"No," Jason replied coldly.

There was a prolonged silence.

"All these years, my brother... What a waste... What a waste..." Finally Jason said bitterly.



A MAP IN A BOTTLE

By George Karagkiaouris - B Gymnasio & Maria Karagkiaouri - A Gymnasio

"It must be this island. It isn't clear on the map, but it is the only island around here. Maybe the man who drew it was disorientated," Nick said. He tied his boat to a rock on the coast. He got out and continued: "Ok. Now I must find that tree that looks like a cross. Oh... there is no tree like that here. That map I found must be so old that the environment has changed since it was drawn. Wait, here is a cross like tree. Yeah! I'm on the right path! Now I must find the camp and then the treasure will be mine".

Nick was a fisherman. A week ago as he was clearing his nets from the fish he had caught he found a bottle with a treasure map in it. He couldn't decide whether to follow it or not. Eventually he decided to search for the treasure. He took his boat he put in some digging tools and he set off. But he found it difficult to follow signs on the map.

"Now, where is this camp?" while he was thinking, a bush started moving. A wild boar jumped out of the bush and chased Nick as far as a dune. Then the animal stopped, turned back and left as if something had scared it away. Nick didn't understand what had saved him but he thanked God and sat down near a sand hill to rest. Suddenly the sand started sinking. An old anchor was unearthed. The map showed an anchor! He could feel that he was very close to his valuable discovery so he continued. But he couldn't find any of the locations that were drawn on the map. No mountains, no camps. He was disappointed. He looked around, he turned the map upside down, he turned it to the left and then to the right but to no avail.

He put his backpack down in order to take his compasses out and drink some water only to find that in his haste he had left everything in the boat. He mumbled something about his bad luck and took the same path back to the shore. When he reached the place he had tied his boat he found out that the tide had taken it and it was now sailing away leaving him stranded on that horrible island. "What will I do now? Even if I find the treasure how

will I return home?" He was devastated. Finding the treasure was not his first priority any longer. He started looking for water and food on that desert island.

He fed on small crabs and squeezed the morning dew from the leaves. Ten days later he was half dead. It was then that he heard water falling in the distance and he felt a cool breeze. He dragged himself there, as he was too weak to walk fast, and suddenly he thought he had died and he was in heaven. There were dozens of trees bearing all kinds of fruit and a water fall whose crystal clear water ended in a lake teeming with fish.

"God loves me, after all" he thought.

After he had eaten and drunk he lay under a tree and a crazy idea dawned on him.

"Maybe this is a sign. Is it possible that I am close to the treasure?"

He looked around and he saw a cave just behind the water fall. A smile lit his face. He ran to the mouth of the cave, pushed some bushes and rocks away and entered. The moment he saw a big box just in front of him he felt like crying. With trembling hands he opened it, took out a note that was lying on top, unfolded it, took a deep breath andfainted.

The note read:

Dear shipwrecked,

These bottles of beer are a gift for you. They are not many but they will keep you company until you are saved. Take my advice and you may get as lucky as I was and leave the island.

1. On the other side of the island you will find my tree house. It is hidden behind the leaves of a huge tree that looks like a cross. You can't miss it.
2. In the lake in front of you will find a lot of fish. It is delicious if you manage to light a fire - if not you can enjoy sushi, I became an expert.
3. Write a huge SOS with white pebbles on the sand. Hopefully a plane will see it.
4. Don't stop hoping. I spent six months on this island.

P.S. If you are looking for a treasureGOOD LUCK

Meanwhile on a nearby island five kids were playing:

"I'm Captain Jack Sparrow! You, my pirates catch him and kill him".

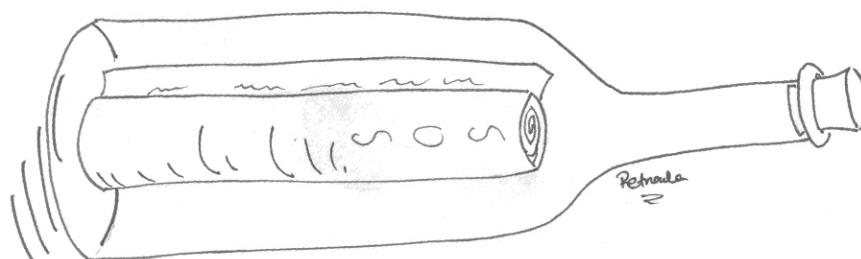
"Yes, my captain."

"Hey guys, let's go home, it's late and mum will be furious."

"Come to my place tonight! My mother has cooked for all of us"

"Ok, and we can draw a new treasure map for our pirate game."

"Really, what could have happened to the last one? Do you think anyone has found it?"



The art of persuasion

by George Douganiotis - C Lykeio

A situation where you might be called upon to defend a view you do not necessarily share. A gruelling competition for some. An interesting extracurricular activity for others.

Yet none of these views accurately depicts what debate is. None of them even comes close to grasping the impact debate can have upon a person. For if I, at 17, with a passion for medicine and natural sciences, had to portray myself with one word, that word would have to be debater. It seems to me the most appropriate way to summarize the different aspects of my personality. To convey my thirst for knowledge, my devotion to logical thinking and critical reasoning. To express my unquenchable thirst for success, my disregarding of hardships when I have a goal to accomplish. To stress my devotion to anything that moves me. To emphasize my tendency to tackle any issues head-on, in the most straightforward and effective way. To portray my diverse fields of interest as diverse as debate topics themselves. And to sum it all up in what I believe is the most important of all: having fun while doing all the above. Living every moment to the full, living every minute as intensely as if it is the last one.

All that I've experienced while debating has made me who I am now. When I started out on this journey four years ago, I never thought I'd go this far. I never thought I'd stand to question my beliefs, to alter my way of thinking. What I once took for granted I have now long questioned, reasoned, and dismissed, if not convinced by it. I feel like I've been transformed from a passive observer to an active participant in this game of life. I never thought I would ever be seriously involved with politics or international relations, social studies or economics, anything but my "selected" field of study. I never thought I'd be writing this now. And yet, in the course of a period as insignificant as four years, I find myself so different from what I have imagined. So different in terms of how I see the world around me, how I see myself, how I see the road ahead of me. I am curious to see what is to come, excited even. Long gone is the anxiety, the fear, the uncertainty. And it's a wonderful position; to have made the best of the opportunities that spring up in your path, to have progressed beyond your wildest dreams, and yet to look back and cherish nothing but happy moments. To look at the mountains you've climbed and laugh at your attempts, once, to climb your back yard fence.

And in a sense, debate is the one thing responsible for that. Debate was what gave me the motivation to begin. Success was the goal that kept me going. Success and all those moments; those unforgettable moments. Moments of losing, of winning, of trying, of falling, of standing back up. Those moments are in themselves success. Debate is what made me who I am. I do not believe that my minuscule first paragraph even comes close to encompassing that. I do not believe anyone whose knowledge goes as far as my minuscule first paragraph really understands what it means to be a debater. What debate is all about. And so I set out on this next journey of mine, the journey past school and into life, with that very thing in mind. Looking for the next opportunity. For the next seemingly minuscule paragraph.

There is a game that almost everyone -from Asia and Europe, to America and Washington- knows of. It is as old as the hills and has appealed to men of great power throughout history. It is a game that represents a battle and has long been considered as a peaceful way to fight with neither blood nor corpses involved. In these fights your only weapon is your mind and your allies are the inanimate pieces upon the board. It is a purely mental game. It is chess.

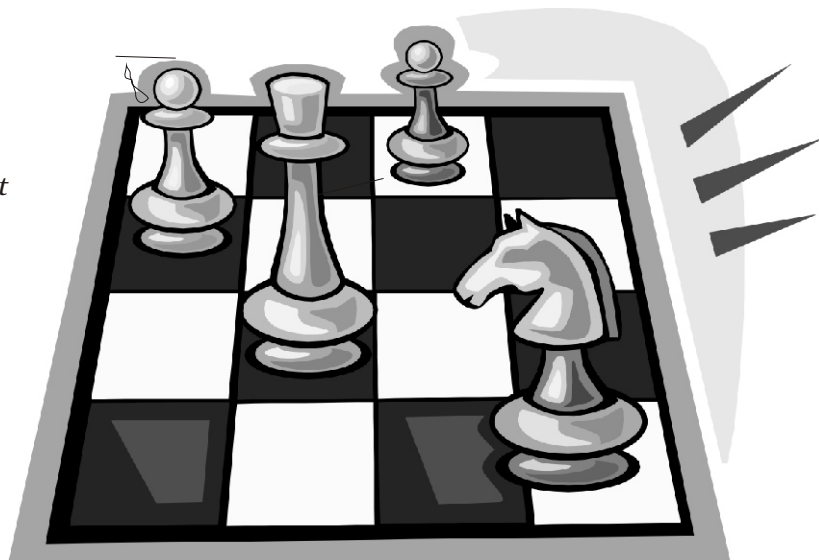
In recent years more and more people have become involved in it. However, some of them reach only the basic level. Some others move forward and start discovering more aspects of this ancient game. But, these who finally master it and appreciate its real point could probably be counted by a 3 year-old boy who has an upper limit of 15 numbers. I am certainly not one of these for now, but in my humble opinion, I think I know one part of the secret. Simplicity. It is the state of not wanting to show off with fancy moves and playing with confidence in a way that only a few can understand and then fully appreciate. A chess player is like a mathematician, always looking for something that he has never seen and that he cannot be sure truly exists. Therefore, both must have what is commonly termed the 6th sense or the talent, meaning in chess terms the ability to understand which possible plans to follow and then the application of logic will produce the right one.

by Panagiotis Galopoulos - C Gymnasio

Chess

is considered a sport. So, a chess player must acquire some common characteristics of an athlete. These are persistence and patience, which in chess are indispensable traits. In your chess career losing games will happen very often. In fact, winning games will be the rarest outcome when you start playing in tournaments for the first time. In addition, you will need a great deal of self-confidence and belief in your moves. You are about to be severely criticized by your opponents and you will have to be able to ignore them and move on to the next games if you wish to have chances of winning. Anyway, some say that 60 percent of your success is good psychology, in the sense that being in high spirits can guarantee your win even against a stronger opponent.

So, being a good chess player means many things. Chess is an exercise for your mind. It helps you learn to calculate and have self-discipline. As I said it is not an easy game to start and the ones who finally reach the top are indeed very few, as is the case with mathematicians. And all of them, both top mathematicians and top chess players have another common characteristic, they are all somewhat insane.



Why Spanish ?

by Danae Vlassidou - A Lykeio

*S*ummer 2008...Just completed the first level of German...And the question that comes next: What do I want to do now? The German language has never been my own favorite. I have spent innumerable hours moaning about the lesson I did not want to have on Monday, about the "Schriftlicher Ausdruck" or, to put it simply, the essay I had to write (sorry German!).

And here comes Spanish! Walking down the street, I virtually bumped into one of my mother's ex-classmates who (fortunately!) is an official examiner in the exams of the Spanish Cervantes Institute! His suggestion came purely as my way out: "Why don't you study Spanish?" That was it! A truly fantastic language, a supreme culture with many similarities to and yet so many differences from the other Mediterranean ones!

Of course, it seems that what motivated yours truly to start Spanish is something quite unexpected. However, are there any reasons why anybody would opt for studying Spanish, even while in High School? The answer is...

Yes yes yes! And I'm glad to present the 5 simpler ones.

5. Learning Spanish will (truly) expand your universe.

According to the Austrian philosopher, Ludwig Wittgenstein, "The limits of my language are the limits of my universe." Somebody might say that this happens with every single language. I'm not here to disagree. But as the Hispanic population continues to

grow at a disproportionate rate, it becomes more and more likely that you might marry into a Spanish-speaking family, have Spanish-speaking neighbors or encounter Spanish-speaking people. Today, nearly all areas especially in the US have some sort of Hispanic population. Wouldn't it be nice to say hello and chat with your fellow paisanos (countrymen)?

4. Knowing Spanish will totally and utterly transform your travelling experience.

While it is certainly possible to travel to a Spanish-speaking country without knowing any Spanish, your trip will in no way be compared with the incredible adventure that awaits the traveler who speaks Spanish. If you speak only English, you will confine yourself to popular tourist resorts, where nearly everyone speaks some English. But if you want to explore the area and get to know the local people, you need to know Spanish. Even simple things, such as reading signs and menus, asking directions or telling a cab driver where you want to go requires some knowledge of the language. Hispanic people are amazingly generous, but also amazingly fond of their language, which they want to protect. This means that if you speak Spanish you will find yourself being welcomed in a way that would never happen if you spoke only English. Simply put, when you travel to a Spanish-speaking country, knowing the language will allow you to move from the role of observer to that of an active participant.

3. Learn a language for the language's sake.

While Wolfgang von Goethe (German, isn't he?) may have been exaggerating when he said that "He who knows no foreign language, knows nothing of his own", it is an undeniable fact that by studying Spanish one will gain a better understanding of other languages, such as English. Spanish is what we call a "Romance" language, meaning that it is based on Latin. Many English and French words are also of Latin origin, so when somebody learns Spanish vocabulary, he is simultaneously expanding his English vocabulary. And since Spanish is very nearly phonetically perfect, you can look at almost any word and immediately know exactly how to pronounce it. This characteristic makes it a very easy language to learn.

2. Learning Spanish will allow you to better appreciate Hispanic cultural contributions.

Reading Latin American or Spanish newspapers and magazines will open a window into the Hispanic mind. Knowing the language will prepare you to better appreciate some of the great Hispanic modern and classic cultural contributions. From Miguel

Cervantes to Gabriel Garcia Marquez, Hispanic literary contributions are monumental. From the royal portraits of Goya to the surreal depictions of Picasso, Spanish influence on the fine arts has been substantial. And let's not ignore gastronomy! Learning Spanish can be the perfect excuse for enjoying the cuisine of Spanish-speaking peoples. Burritos, tamales, paella, papusas, arroz con frijoles, ceviche, the list goes on and on, and is a delicious indicator of the vast diversity of Hispanic culture. Is it any wonder, then, that more and more people want to partake of these cultural delights?

1. Learning Spanish is fun!

Who doesn't enjoy reading a good book or watching a good movie? Music? You bet! Food? Superb! The satisfaction of accomplishment? It's there waiting for you to grab!

For all of the reasons mentioned above, and a whole lot that haven't been mentioned, learning Spanish can be one of the most enjoyable things you will ever do, whether your motivations are practical, intellectual or emotional!



I had lived in Riyadh from the age of two but after the destruction of the Twin Towers in September 2001 and the invasion of Iraq in March 2003, everything changed...

Riyadh is the capital city of Saudi Arabia. Riyadh is very big and it's got all sorts of shopping centers. There is lots of space so most buildings are only two or three storeys high, but the main shopping centers are located in skyscrapers: the Faisalia Tower and the Kingdom Tower.

I lived in a compound like most Westerners living in Saudi Arabia. A compound is an area surrounded by walls. Inside there are houses, flats and recreation areas. Some compounds are: Al Yamamah, Al Khozama (where I lived), Al Muhaya. In the recreation areas there are play areas, parks, tennis courts, basketball courts and dog areas. There are also restaurants and bars. In Riyadh there are five schools for Westerners: the American, British and Multi-national schools and the French and German schools. I went to the British School in the Al Hamra compound. My parents and other people had beautiful activities. They used to go to embassy balls and restaurants. Kids had wonderful activities too: ballet classes, football and basketball, for example. I felt happy going on sleep overs every weekend to friends in different compounds, trips, outings in the desert. I also felt secure and safe.

Life in ... Terror

by Mary Garry - A Gymnasio

But slowly things changed. When we were in Greece in February 2003, my dad's company said on its web site that only employees should return from holiday. As my dad was getting on the plane in Athens, one of his colleagues was shot and killed in the street. His name was Robert Dent and he was 37 years old. He was at a traffic light when a man with a Kalashnikov fired into his car. I knew Robert Dent and I played with his children. We stayed in Greece and my brother and I went to Pinewood until Easter. We all returned to Riyadh in May 2003.

We were only back at school two weeks when three compounds were attacked. One was Al Hamra where my school was. My school and even my class was bombed but thankfully the attack took place at night or else I might have been killed.

We returned to Greece without my dad. We stayed in Greece until September 2003 and then went back to Riyadh to start school. For a little while everything was calm. We had new students in our school. One of them was Jazz, the "new boy", as we called him. We never made fun of him and we would never make fun of him or any kid, we liked him. He was in our school for only two weeks.

In November 2003 another compound was attacked, the Muhaya Compound. This time the terrorists made a mistake. The compound used to house employees of Boeing, so the terrorists thought it was an American compound. But this was old information: Boeing had moved several years previously and in November 2003 Lebanese, Palestinians and Egyptians lived in Al Muhaya. So, instead of killing



Westerners and Christians, the terrorists killed their fellow Muslims.

We all went to school the next day. Everyone was happy because it was Show and Tell (and we didn't know about the Al Muhaya). Show and Tell didn't happen because the Al Muhaya was where Jazz lived. He and another boy in my class were best friends. So, Jazz's best friend got up in front of the class and said: Last night my friend, Jazz, was shot in the back while he was running with his little sister. She got shot too. A tear was running down his cheek as he continued saying, "**Yesterday my friend died.**" . Silence reigned in our class for two minutes and then everyone started to cry, including me.

We stayed in Riyadh but things deteriorated in 2004. Embassies told people to leave the country. My mum's name was on a list because she worked for the British Council and she was in danger. People's lives and activities changed. Everybody was scared. The compounds were surrounded by tanks, tanks with camouflage. People from the military were guarding the compounds in case of attack. To gain access to a compound you needed an I.D. and had to go through security checks. My activities changed too. I stopped ballet class. My mum left a very good job and my dad nearly resigned from his job but thankfully he didn't. Some of my friends left Riyadh for ever.

In 2004 some Westerners were kidnaped and killed, another compound was attacked in eastern Saudi Arabia and the American Consulate was attacked in Jeddah. My mum and dad asked themselves if terrorists were bad enough to kill schoolkids on a school bus. My parents thought this was a possibility so, as my brother and I travelled on a school bus, my parents decided we should return to Greece permanently.

I was so upset about leaving Riyadh, the city of my life, because I wasn't only leaving Riyadh but I was leaving my favourite nanny, Senayit, and my best friend, Jade. I still miss Riyadh and I love going back there at Easter and Christmas.

When I got hit by a car

by Dimitris Nikolaou - B Gymnasio

Once, I got, by a car hit,
Actually it was funny it didn't hurt a bit.
After ten minutes, though, it was terrible,
I could surely now say it wasn't funny at all.
I went to hospital
and got taken care of by a nurse.
It was so brutal
I even had a broke.
That night I couldn't even sleep,
Even though I was in a suite.
My parents stayed with me asleep or awake.
I tried to sleep but I couldn't for goodness sake.
Next day, we got back home,
It was painful,
It hurt my bone.
Now I'm fine
as I wish to be,
I hope next time,
it won't be me.



The best things in life are free

by Dimitra Naki - A Lykeio

We live in a society which reinforces and emphasizes the importance of material goods. We are constantly bombarded by the pressure from the mass media to purchase and spend more and more money. It seems that a vicious circle is created: the more money we have, the more we want to spend.

It is a shame that most people go through life thinking in such a way. Few people come to realize that in reality one may not need to spend any money at all in order to feel personal satisfaction and pleasure.

A friend's shoulder to cry on, spending time with your parents, the thought of calling a friend and even playing with your pet are all examples of situations which cost nothing yet bring about the most delightful moments of life.

How many of us stop to notice the beauty of the four seasons of the year? Each of them can provide a wonderful way to escape from our every day routine and observe the beauty that surrounds us. For example the sweet smell of a summer rose and the sound of waves breaking on the sand, the unique design of each snowflake floating through the air, the dried brown and orange leaves dancing in the autumn wind and finally the blossoms in spring and the birth of animals and insects.

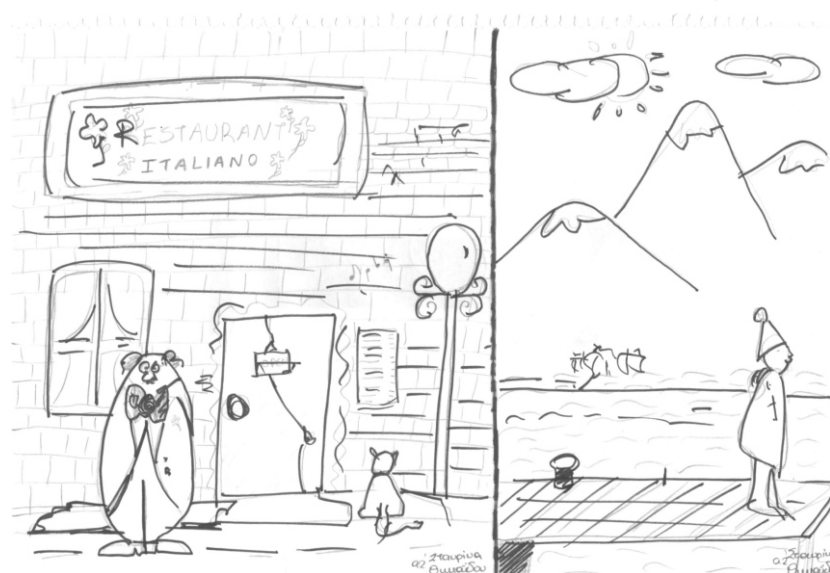
Therefore, one need not spend any money at all in order to experience the simple pleasures in life....the presence of beloved individuals and the beauty of nature which surrounds us...!!

Nature's Music

by George Kotsabasis - A Gymnasio

The calming chirps from birds in the trees
The soothing rush of the river in the valley
The relaxing hush of wind and the breeze
The mysterious sounds from our back alley
These fascinating sounds are the sounds one hears

Nature's music is music to my ears.



Innovations are being introduced continuously. Such conveniences are believed to enhance our lifestyles and immerse us in technology.

If I could make an invention

For humanity

by Olympia Papantoni-A Lykeio

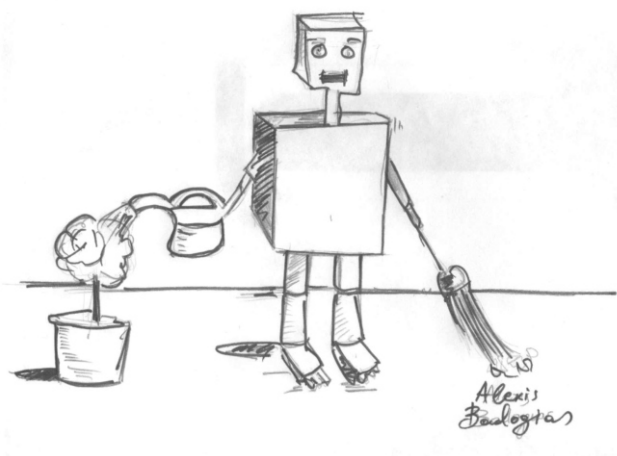
Scientists, enclosed in their dark and inaccessible laboratories, search for and invent new commodities. If I were in their shoes I would make an invention that would help people deal with their real problems, and not simply satisfy their sense of acquisitiveness. This innovation would be a machine that would allow doctors to diagnose cancer and make it completely disappear. Cancer is a disease which has proved to be very dangerous and extensive.

According to research, one out of three people world-wide die because of cancer. Cancer prevails in a great variety of forms that attack either the immune system or the organs and as time passes it destroys man's entire system.

Humanity needs an answer to this problem. Deaths from cancer are increasing day by day, and the phenomenon is also seen in young people. We should set priorities as to what innovations are really needed. Today there are two kinds of researchers, the ones who are trying to find a way to make people look younger and the ones that put an effort into finding a way to solve major problems, problems which should move each and every one of us. But do we really need both, my fellow students?

In my point of view, finding a way to cure cancer would be a blessing for many people who have suffered this specific disease for years. With the use of this invention people would be able to

For myself



by Ioannis Coward - A Gymnasio

If I could make an invention I would choose to have a multi-purpose homework robot.

As the name suggests, the main task it would carry out would be to do all my homework. It would look like me, talk like me, act like me and write like me. Moreover, the robot would be completely obedient and would recharge itself whenever it was not needed.

Now for the main function: homework. It would of course do all my written homework including making small, deliberate mistakes so that nobody would become suspicious of it. Once finished all homework would be uploaded into my head, in case any questions on it were asked at school. The robot would revise for tests and it would upload all the necessary information into

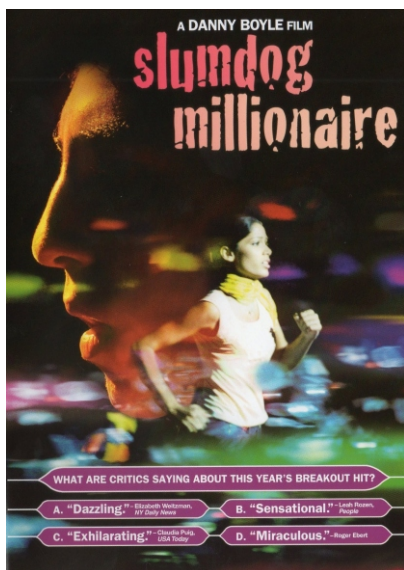
undergo tests and if cancer was detected then it could be cured immediately through an operation in which doctors would inject antibodies to fight the disease. This ability to both face and examine cancer immediately with one machine only, could be the key to eradicating this illness completely from our lives and make it seem like a bad dream.

In conclusion, I would be content if no one suffered any more from any kind of illnesses. Scientists should help people to confront firstly their serious and major problems. Our lives would be decidedly improved if we were healthy, deaths caused from cancer would no longer occur, as a result the number of deaths especially in younger ages would be greatly reduced. Finally the existence of such a machine in science would be a great developmental step in improving world health.

my brain. Then for studying homework it would do the same as tests.

In my room, when not doing homework, it would perform functions such as cleaning up after me, tidying up my wardrobe and brushing my teeth for me. It would also make my bed in the morning. Furthermore, if I were feeling ill it would go to school instead of me so that I did not get any absences from school and I would hide in my room so that my parents did not find out about my extra me.

Unfortunately, with present day technology no such thing is possible, so a little patience is required.



by Thomas Sgouros -C Lykeio

When I heard that this movie was Indian, I was prejudiced against it. In fact I thought it was an Americanized, three-hour, boring Bollywood film. That was a mistake. One of those huge ones, you know. *Slumdog Millionaire* is perhaps the best film of the year and now one of my favorites.

Slumdog Millionaire is the story of Jamal Malik (Patel), an 18-year-old orphan from the slums of Mumbai, who is about to experience the greatest day of his life. With the whole nation watching, he is just one question away from winning a staggering 20 million rupees on India's "Who Wants To Be A Millionaire?" But when the show stops for the night, police arrest him on suspicion of cheating. Desperate to prove his innocence, Jamal tells the story of his life in the slum where he and his brother grew up, of their adventures together on the road, of vicious encounters with local gangs, and of Latika (Pinto), the girl he loved and lost. Each chapter of his story reveals the key to the answer to one of the game show's questions. The story is based on the book 'Q & A' written by the Indian author, Vikas Swarup. The film was shot entirely in India by Danny Boyle and his co-director, Loveleen Tandan. From the first moment it caught everyone's attention and won many awards, one of which was the Oscar for the Best Motion Picture of the Year.

The script and the direction are some of the great achievements in that film. The photography of the slums in Mumbai and of the entire country of India is at once both beautiful and tragic. The whole film is a tragic love-story that shows the true face of that country. Through the craftsmanship of its creators, the film is a truly memorable work with humor, love, pain, anxiety, happiness and truth. It's a remarkable piece of art. Live it!

A recent blockbuster, *Twilight*, was an instant success when it hit the cinemas some months ago. Shot in Portland, Oregon, it has an unusual tale to tell.

Young Bella Swan moves in with her father in Forks, Washington when her mother remarries. There she meets Edward Cullen with whom she falls in love. In time she finds out that Edward and his family can hardly be described as normal. They are vampires but they don't feed on human blood because of their ethics. However, Edward finds it very difficult to resist the temptation of drinking Bella's blood which has a very "delicious" scent. And so their unorthodox romance begins while a grave danger lies ahead.

The film is based on the bestseller "Twilight", the first of "The Twilight Saga" series by Stephenie Meyer. Directed by Catherine Hardwicke, the film manages to capture well the atmosphere of the novel. Furthermore, the casting, with Kristen Stewart as Bella Swan and Robert Pattinson as Edward Cullen, is fairly good. In addition, the film has an excellent score, composed by Carter Burwell, and soundtrack that really fits the subject matter.

However, a film based on a novel is a very difficult affair and "Twilight" does fall into some traps. For instance, the cuts that have been made, however essential, are quite drastic, making the readers of the novel feel cheated in the end. Also, in one of the teaser trailers there is a scene that is nowhere in the book. Furthermore, although Kristen Stewart portrays Bella Swan adequately, in certain scenes mostly in those with intense emotions her acting is a bit unrealistic and over-the-top.

So, although film goers will adore this modern and supernatural Romeo and Juliet love-story, those who have read the novel may be left hungry for more. Nevertheless, it is generally a very good film that should not be missed.



by Mirto Mytzithra- A Lykeio

CLUBS

Computers

Mathematics

Physics

Ecology

Chess

Journalism

Creative Productions

Greek Drama

Forensics

Cinema

Arts and Crafts

Traditional Greek dances

Modern dance

Basketball

Volleyball

Tennis

Ping-Pong

Football

Debate & Public Speaking

First-Aid

German Language

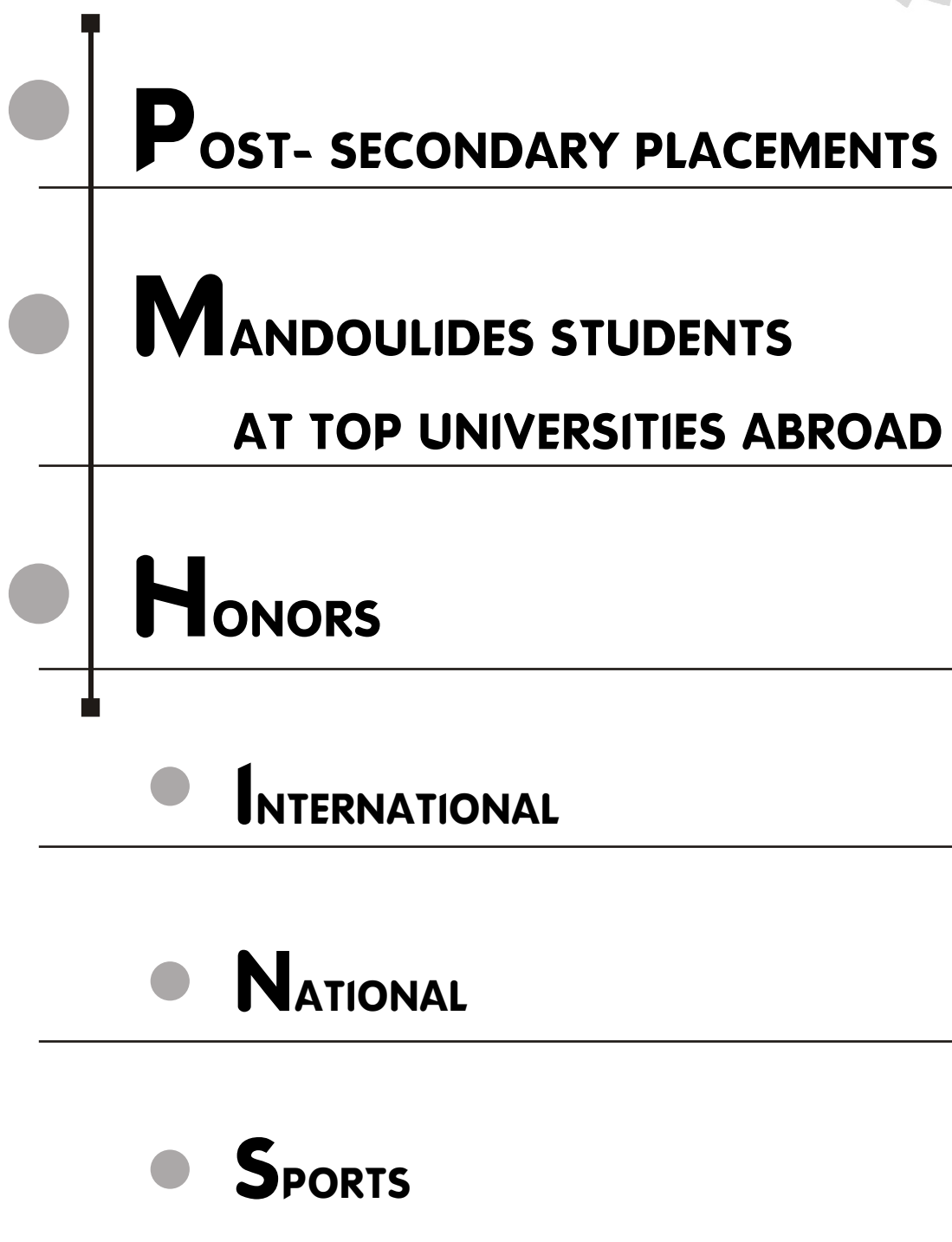
French Language

Robotics

Comics

Volunteer Work

Model United Nations



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

- ◆ **MEDICAL SCHOOL, THE ARISTOTLE UNIVERSITY OF THESSALONIKI**
1998, ALEXANDROS KARENTZOS
- ◆ **CIVIL ENGINEERING DEPARTMENT, THE ARISTOTLE UNIVERSITY OF THESSALONIKI**
1998, HARILAOS KARRASSIOTOS
- ◆ **LAW SCHOOL, THE ARISTOTLE UNIVERSITY OF THESSALONIKI**
1998, VASSILIKI KAPSALI
- ◆ **GREEK POLICE ACADEMY**
1999, NIKOLAOS STATHIS
- ◆ **AGRICULTURE DEPARTMENT, THE ARISTOTLE UNIVERSITY OF THESSALONIKI**
2000, GERASSIMOS KAVADIAS
- ◆ **POLITICAL STUDIES DEPARTMENT, THE UNIVERSITY OF MACEDONIA**
2007, SPIRIDON GOULIELMOS
2001, ELEFThERIOS ARVANITIS
- ◆ **BIOLOGY DEPARTMENT, THE ARISTOTLE UNIVERSITY OF THESSALONIKI**
2002, GERASSIMOS KAVADIAS
- ◆ **MATHS DEPARTMENT, THE ARISTOTLE UNIVERSITY OF THESSALONIKI**
2002, IRIS PAPADOPOULOU
- ◆ **SCHOOL OF MILITARY MEDICINE, THE ARISTOTLE UNIVERSITY OF THESSALONIKI**
2002, IOANNIS KIRIAKIDIS
- ◆ **SCHOOL OF ARCHITECTURE, THE UNIVERSITY OF THRACE**
2005, EKATERINI BAKALIOU

2ND PLACE

- ◆ **LAW SCHOOL, THE ARISTOTLE UNIVERSITY OF THESSALONIKI**
2004, AFRODITI GIOVANOPOULOU
- ◆ **BUSINESS ADMINISTRATION DEPARTMENT, THE UNIVERSITY OF MACEDONIA**
1994, DIMITRIOS MANTOULIDIS
1999, PANAGIOTA ASLANIDOU
- ◆ **CIVIL ENGINEERING DEPARTMENT, THE ARISTOTLE UNIVERSITY OF THESSALONIKI**
1999, XENIA SAMARA
- ◆ **SCHOOL OF CHEMISTRY, THE ARISTOTLE UNIVERSITY OF THESSALONIKI**
2002, LUCY KASEMIAN
- ◆ **MARKETING AND BUSINESS ADMINISTRATION**
2004, ANTONIOS SEFERLIS
- ◆ **AGRICULTURE DEPARTMENT, THE ARISTOTLE UNIVERSITY OF THESSALONIKI**
2005, ATHANASIOS TSALIKIDIS
- ◆ **SCHOOL OF GEOLOGY, THE UNIVERSITY OF THESSALONIKI**
2005, MARIA KAZILI



**MANDOULIDES
STUDENTS
AT TOP UNIVERSITIES
ABROAD**

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

UNIVERSITIES

- **Harvard University**
 - V. Katsarou '07
 - C. Mantoulidis '07
 - T. Gogakos '06
 - I. Konstantinidis '05
 - D. Batzilis '04
 - D. Lagias '03
 - M. Moutselos '03
 - E. Tsoukalidou '98
- **Princeton University**
 - C. Mantoulidis '07
 - T. Gogakos '06
 - I. Konstantinidis '05
- **Yale University**
 - I. Legbelos '08
 - V. Katsarou '07
 - T. Gogakos '06
 - I. Konstantinidis '05
 - A. Charokopos '05
 - S. Magkiriadou '03
- **California Institute of Technology**
 - C. Mantoulidis '07
- **Stanford University**
 - C. Mantoulidis '07
- **M.I.T.**
 - I. Tsoukalidis '01
- **Duke University**
 - 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
- **Cornell University**
 - C. Mantoulidis '07
 - Z. Chatzidimitriadou '07
- **Johns Hopkins University**
 - S. Tseranidis '09
 - T. Gogakos '06
 - E. Grammatikopoulou '00
- **Carnegie Mellon University**
 - C. Mantoulidis '07
 - S. Magkiriadou '03
 - I. Grammatikopoulou '01
- **Brandeis University**
 - Z. Kiriakou '01
 - A. Gogakos '96
- **New York University**
 - T. Feldman '01
- **University of Washington**
 - N. Tsakiris '98
- **Rose-Hulman Institute of Technology**
 - D. Siafakas '00
 - A. Tsakiris '00
 - T. Tsatsas '00
 - I. Tsakiris '98
 - A. Adam '98
- **Stevens Institute of Technology**
 - S. Tseranidis '09
- **Boston University**
 - T. Feldman '01
 - I. Grammatikopoulou '01
 - H. Saatsoglou '94
- **Syracuse University**
 - I. Boziaris '07
- **Suffolk University**
 - S. Tseranidis '09

LIBERAL ARTS COLLEGES

- **Williams College**
I. Konstantinidis '05
- **Amherst College**
Z. Chatzidimitriadou '07
I. Konstantinidis '05
S. Magkiriadou '03
K. Ktenidis '03
- **Swarthmore College**
D. Aretakis '09
D. Lazaridis-Giannopoulos '08
T. Gogakos '06
T. Feldman '01
- **Wellesley College**
V. Katsarou '07
M. Katsarou '05
- **Vassar College**
Z. Chatzidimitriadou '07
M. Katsarou '05
T. Feldman '01
- **Grinnell College**
D. Pezati '06
T. Athanasakis '05
A. Gogakos '96
T. Avrambeki '95
- **Smith College**
E. Vlahou '08
N. Bitzeli '06
M. Katsarou '05
A. Giovanopoulou '04
E. Tsoukalidou '98
M. Papadopoulou '97
- **Colby College**
H. Tsatalas '97
A. Gogakos '96
- **Mount Holyoke College**
E. Vlahou '08
V. Katsarou '07
D. Pezati '06
M. Katsarou '05
A. Giovanopoulou '04
E. Grammatikopoulou '00
E. Chovarda '96
- **Macalester College**
E. Tezapsidis '06
E. Tsoukalidou '98
- **Lafayette College**
E. Grammatikopoulou '00
- **Bard College**
G. Douganiotis '09
D. Lazaridis-Giannopoulos '08
S. Mentesisidis '08
E. Vlahou '08
A. Fragkopoulos '07
S. Velissaris '07
E. Tezapsidis '06
M. Katsarou '05
- **Franklin & Marshall College**
D. Batzilis '04
A. Tsakiris '01
A. Frida '01
H. Tsatalas '97
A. Karentzos '96
- **Furman University**
T. Tsatsas '00
A. Tsipidou '00
O. Charalampidis '00
S. Charalampidis '00
- **Sarah Lawrence College**
T. Feldman '01

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



● Cambridge University C. Mantoulidis '07	● Lancaster University A. Andrikos '09 D. Andrikos '09 B. Vasmatis '09 E. Vlahou '08
● Oxford University S. Tseranidis '09 E. Mandaltsi '07	● University of Sussex A. Ignatidou '08 M. Hytioglou '08 G. Karaoglou '08
● Imperial College London S. Tseranidis '09 O. Antoniou '09 E. Mandaltsi '07	● University of Surrey O. Antoniou '09 S. Tseranidis '09
● University of St Andrews G. Douganiotis '09	● Goldsmiths College, London D. Lambrinos '09 A. Ignatidou '08
● Durham University E. Meleziadou '09 G. Douganiotis '09 M. Gaitanidou '09 E. Vlahou '08	● City University S. Tseranidis '09
● University of Loughborough A. Andrikos '09 D. Andrikos '09 B. Vasmatis '09	● University of Bradford D. Hatzis '08
● University of Edinburgh O. Antoniou '09 D. Aretakis '09 E. Meleziadou '09 E. Mandaltsi '07	● Nottingham Trent University A. Karapatakis '08
● University of Bristol D. Aretakis '09 E. Mandaltsi '07	● University of the West of England-Bristol D. Lambrinos '09
● King's College, London M. Gaitanidou '09	● De Montfort University D. Hatzis '08
● University of Leicester A. Ignatidou '08	● University of Sunderland D. Hatzis '08
● University of Sheffield E. Meleziadou '09 E. Vlahou '08 M. Hytioglou '08	● Kingston University D. Lambrinos '09 M. Hytioglou '08

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

◆ *Balkan Olympiad in Mathematics*

3rd PLACE: EVANGELOS TARATORIS SERBIA 2009

◆ *South Eastern European Mathematics Olympiad (MASSEE)*

7th PLACE : ORFEAS ANTONIOU BULGARIA 2008
EVANGELOS TARATORIS

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

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

◆ *International Physics Olympiad (Spain)*

Honorable mention GEORGIOS SKOLIANOS 2005

- ◆ **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**
3rd PLACE : DESPOINA SIDERI 2006

- ◆ **International Geographic Competition**
1st PLACE: ELENI DIMOU, ARSENIOS ZACHARIADIS, 2004
STRATIGOULA CHATZIZISIS

- ◆ **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 (portait)**
1st PLACE : VASILIS HAIDAS
2nd PLACE : DESPOINA ZACHARIADOU, ELENI KARIOFILI, IOANNIS DELLIOS
3rd PLACE: L. PASCHALIDIS

- ◆ **International Music Competition 2008- YOUNG PRAGUE**
2nd PLACE : MANDOULIDES ORCHESTRA AND CHOIR

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

- ◆ **Harvard Model Congress Europe**
BEST SPEAKERS
MARIA GAITANIDOU, IOANNIS LEGBELOS 2007
EKATERINI MANDALTSI , IFIGENIA KRANIA 2006
DIMITRIOS LAGIAS 2002
KONSTANTINOS KTENIDIS 2000

- ◆ **International European Youth Parliament-members of the official Greek delegation**
PAVLOS PACHIDIS, PASCHALIS TOSKAS 2009
MARIA GAITANIDOU, IOANNIS LEGBELOS 2008

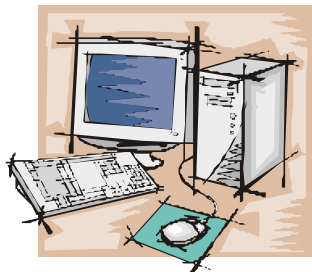
National

◆ National Olympiad in Informatics

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

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

(ALL STUDENTS PARTICIPATED IN THE BALKAN AND INTERNATIONAL OLYMPIADS)

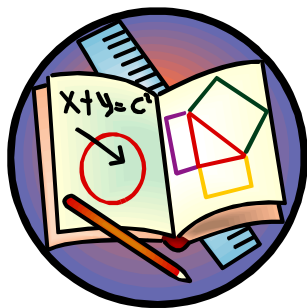


◆ National Mathematics Olympiad

(co-ordinated by the Hellenic Mathematics Society)

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

2nd PLACE:	EVANGELOS TARATORIS	2009
	KONSTANTINOS SAMARAS TSAKIRIS	2009
	GEORGIOS STAVRINOS	2008
	ARIS FOTIADIS	2008
	DIMITRIS VALSAMIS	2008
	CHRISTOS MANTOULIDIS	2007
	GEORGIOS SKOLIANOS	2005
	ZINOVIA HATZIDIMITRIADOU	2004
	IOANNIS KONSTANTINIDIS	2002
	KONSTANTINOS KTENIDIS	2002
	JULIA GRAMMATIKOPOULOU	1997
3rd PLACE:	VASILIOS PARASCHOU	2007
	DAMIANOS LAZARIDIS	2007, 2006, 2005
	CHRISTOS MANTOULIDIS	2006, 2004
	DANAE GRAMMATIKOPOULOU	2005, 2002
	GEORGIOS SKOLIANOS	2004
	NIKOLINA BITZELI	2003
	ATHANASIOS DIMARATOS	1997



◆ Probabilities Competition "LEFKOPOULIOS"

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

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

◆ National Physics Competition

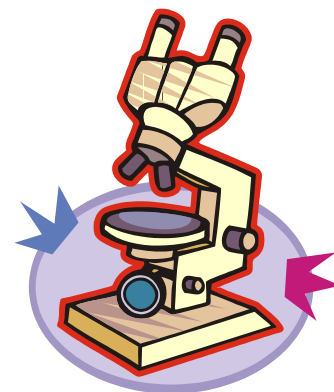
(co-ordinated by the Hellenic Physics Society)

1st PLACE:	SOPHIA MAGIRIADOU	2003
3rd PLACE:	GEORGIOS SKOLIANOS	2005
6th PLACE:	ALEXANDROS FRANGOPOULOS	2007
9th PLACE:	TIMOTHEOS HOURPOULIADIS	2004

◆ National Biology Competition

(co-ordinated by the Hellenic Biology Society)

1st PLACE:	TASOS GOGAKOS (among B Lykeio students)	2005
4th PLACE:	IOANNIS LEGBELOS	2007
HONORABLE		
MENTION:	DANAE GRAMMATIKOPOULOU	2005
	IOANNIS KONSTANTINIDIS	2005





◆ **National Chemistry Competition**

(co-ordinated by the Hellenic Chemistry Society)

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

◆ **National Science Competition**

(co-ordinated by the Hellenic Scientific Society)

1st PLACE: ELENI KOTANIDOU 2003

◆ **National Competition in Greek Language**

1st PLACE: VASILIKI KATSAROU 2004
2nd PLACE: KIRIAKOSSAVVOPOULOS 2005

◆ **National Classics Competition in Ancient Greek**

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

◆ **National Theatre Competition**

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

◆ **National Music Competition**

ORCHESTRA

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

CHOIR

1st PLACE REGIONALLY: 2007
2nd PLACE REGIONALLY: 2008

GREEK SONG

2nd PLACE REGIONALLY: 2004

TRADITIONAL DANCES COMPETITION

2nd PLACE REGIONALLY: 2004, 2003, 2001

◆ **National Drawing Competition**

(co-ordinated by the Ministry of Education)

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

◆ **National Drawing Competition**

(co-ordinated by the USA Consulate)

HONORABLE MENTION VASILIOS HAIDAS 2008





◆ **Debate/Public Speaking & Dramatic Presentation of Literature
In English - Forensics**

1st PLACE: 2006, 2004, 2003, 2001, 1996
2nd PLACE : 2002
3rd PLACE: 2005

2008-2009

FIRST AMONG EQUALS

COMIC DUET ACTING: LAURA LUCAS, BRUCE WILLIS

FINALS

DRAMATIC DUET ACTING DIMITRIS MAVROMATIS
MICHAEL ECONOMOU

GROUP DISCUSSION BRUCE WILLIS
ORIGINAL ORATORY DANAE VLASSIDOU

HONORABLE MENTION

DRAMATIC ORAL LAURA LUCAS
INTERPRETATION ANTIGONI MARINOU

COMIC ORAL KIRIAKI BOITSI
INTERPRETATION
IMPROMPTU SPEAKING PAVLOS PACHIDIS

QUARTER FINALS

DEBATE GEORGIOS DOUGANIOTIS
PAVLOS PACHIDIS
ANTIGONI BOCHORIDI

◆ **Debate and Public Speaking Scholastic Competition**

◆ **DEBATE**

1st PLACE: 2007, 2006, 2005, 2004, 2003, 2002
2nd PLACE : 2008, 2007, 2006, 2005, 2004, 2003, 2002
3rd PLACE: 2007

◆ **BEST SPEAKERS IN DEBATE**

1st PLACE: 2008, 2007, 2006, 2005, 2004, 2002
2nd PLACE : 2007, 2006, 2005, 2004, 2003, 2002
3rd PLACE: 2005, 2003, 2002

◆ **ORATORY**

1st PLACE: 2007, 2005, 2002
2nd PLACE : 2007, 2006, 2004, 2003, 2002

◆ **IMPROMPTU**

1st PLACE: 2006, 2005, 2004, 2003, 2002
2nd PLACE : 2008, 2007, 2006, 2005, 2004
3rd PLACE: 2006, 2003

2008-2009

◆ **ORATORY**

1st PLACE: MARIA SYKA
2nd PLACE : ANASTASIA GOGAKOU

◆ **DEBATE**

2nd PLACE : PAVLOS PACHIDIS



♦ **National Debate and Public Speaking Competition**

(co-ordinated by the Ministry of Education)

♦ **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

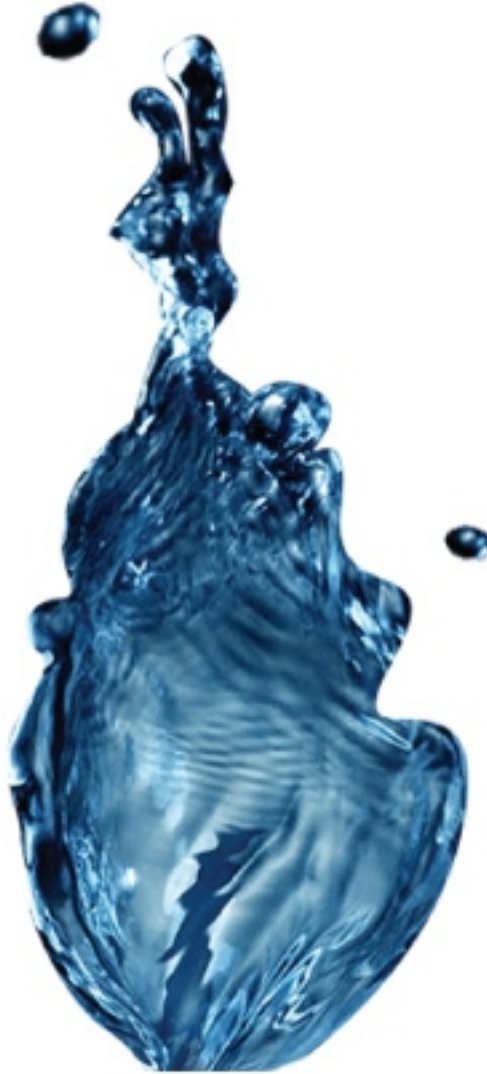
2ND PLACE:
POLAND, 2005

3RD PLACE:
TURKEY, 2009

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

2ND PLACE NATIONALLY
2008, 2001, 1996





Acknowledgments

*We, the Creative Productions Club, would like to thank everyone
who helped us create and complete Flame 2009:*

the English Department, the Printing Office and the Arts and Crafts Club.

*I would personally like to thank Mrs. Joan Macphail for her valuable comments and suggestions
and Mr. Theodore Koukalias for his assistance and support.*

I owe them more than I can put to words.

Thank you very much