

# f1ame



**MANDOULIDES**

E D U C A T O R S   S I N C E   1 9 7 8

**2010**



# Editorial

Georgios Seferis, one of the most important Greek poets of our century, wrote: **“Wherever I go, Greece causes me pain”**. Is it really so? Have we ever thought that maybe it is us who cause pain to this wonderful country of ours which endured years of torment and abuse at our hands?

Life had never been easy for the people of this little “rock” in the middle of the sea but we always had a trait that kept us moving and excelling. **Our pride.**

It seems that in the turbulent days we are living through, we have been stripped of this valuable attribute of ours. We are left with sorrow, denial and a bitter feeling of inadequacy thus we have forgotten that we possess a valuable treasure: our children, our youth.

Young people are our most valuable asset. We experience it daily in our school. We are delighted to see them being accepted into prestigious educational institutions abroad, performing on stage, expressing their views with clarity and succinctness in debate competitions and conferences and amazing everyone with their dexterity in science.

**We are rich** - young people are our most valuable gems. But it is our obligation, as parents and educators, to instill values into them. We must teach them to be proud of who they are but at the same time to work hard to achieve their goals. Let us not waste any more valuable time.

Before I let you enjoy this year's issue, I would like to quote Odysseas Elytis whose words may bring a flicker of hope to us all.

**“The world's an oppressive place to live through yet with a little pride it's worth it”.**

Thank you

Rania Dantsi  
Creative Productions Club Organiser



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## Winter

- **12th DSAMUN-THE DEUTSCHE SCHULE MODEL UNITED NATIONS CONFERENCE**  
OCTOBER 21-24, 2009 - VENUE: ATHENS, GREECE
- **38th DEBATE ACADEMY**  
NOVEMBER 06-07, 2009 - VENUE: ATHENS, GREECE
- **8th EYP-EUROPEAN YOUTH PARLIAMENT**  
NOVEMBER 20-22, 2009 - VENUE: THESSALONIKI, GREECE
- **42nd THIMUN-THE HAGUE INTERNATIONAL MODEL UNITED NATIONS CONFERENCE**  
JANUARY 24-30, 2010 - VENUE: THE HAGUE, THE NETHERLANDS
- **EDUCATIONAL VISIT-GREEK PARLIAMENT**  
JANUARY 28-30, 2010 - VENUE: ATHENS, GREECE
- **EDUCATIONAL VISIT-CERN**  
FEBRUARY 07-10, 2010 - VENUE: GENEVA, SWITZERLAND
- **DEBATE & PUBLIC SPEAKING SCHOLASTIC COMPETITION**  
FEBRUARY 06-07, 2010 - VENUE: THESSALONIKI, GREECE
- **NATIONAL DEBATE AND PUBLIC SPEAKING COMPETITION** (co-ordinated by the Ministry of Education)  
MARCH 06-07, 2010 - VENUE: ATHENS, GREECE
- **DEBATE / PUBLIC SPEAKING & DRAMATIC PRESENTATION OF LITERATURE IN ENGLISH-FORENSICS**  
MARCH 04-07, 2010 - VENUE: ATHENS, GREECE
- **23th HMCE-THE HARVARD MODEL CONGRESS EUROPE**  
MARCH 12-18, 2010 - VENUE: BRUSSELS, BELGIUM
- **MUSIC CONCERT -DIONYSSIS SAVVOPOULOS IN COOPERATION WITH THE SCHOOL ORCHESTRA & CHOIR**  
APRIL 09-12, 2010- VENUE : ZOGRAFEION LYKEION, CONSTANTINOPLE, TURKEY
- **MOUNT ATHOS** - Annually large groups of pupils and faculty explore the Byzantine Community of Monasteries on Mount Athos
- **EDUCATIONAL CULTURAL VISIT-GREEK SCHOOL OMIROS**  
MAY 04, 2010 - VENUE: KORYTSA, ALBANIA

## Summer



- **SUMMER CREATIVE ACTIVITIES (KINDERGARTEN & PRIMARY SCHOOL PUPILS)**  
JUNE 16-JULY 15, 2010 & AUGUST 16-SEPTEMBER 10, 2010
- **FOOTBALL CAMP (KINDERGARTEN TO LYKEIO PUPILS)**  
JUNE 21-26, 2010
- **BASKETBALL CAMP (KINDERGARTEN TO GYMNASIO PUPILS)**  
JUNE 21-26, 2010 & JUNE 28- JULY 03, 2010
- **ENGLISH AND ADVENTURE CAMP (KINDERGARTEN TO LYKEIO PUPILS)**  
JUNE 21-JULY 2, 2010
- **SUMMER EDUCATIONAL PROGRAMS**
  - **IMPERIAL COLLEGE LONDON, UK**  
JULY 18-31, 2010
  - **PHILIPS ACADEMY ANDOVER, PHILIPS EXETER ACADEMY, USA**  
**UNIVERSITY PROGRAMS : HARVARD, STANFORD, YALE, NORTHWESTERN, BROWN, COLUMBIA, SMITH, USA**  
JULY-AUGUST 2010
- **GLOBAL YOUNG LEADERS CONFERENCE**  
JUNE 28-JULY 9, 2009 & JULY 26-AUGUST 8, 2009, WASHINGTON D.C., NEW YORK CITY, USA
- **ENGLISH DEBATE CAMP - PFA (GYMNASIO & LYKEIO PUPILS)**  
SEPTEMBER 02-03, 2010
- **MATHS CAMP (GYMNASIO & LYKEIO PUPILS)**  
SEPTEMBER 01-06, 2010
- **GREEK DEBATE CAMP (GYMNASIO & LYKEIO PUPILS)**  
SEPTEMBER 07-10, 2010

# Dear teachers....

*Petroula Karakosta, Magdalini Papaevangelou, Danai Randi  
C Gymnasio*

Since the time we can remember ourselves at school, we think that we have always found some teachers' attitude towards pupils unfair and at times unjustifiable. When we became teenagers, this problem became worse. Almost every day incidents take place that make teachers angry and frustrated when, we personally believe that becoming upset doesn't really help.

Learning how to communicate with teenagers is as hard as winning a gold medal in the Olympic Games. Our psychology is so complicated that even we, sometimes, do not understand ourselves. So we believe it is about time we started talking about the things that we think it might help improve the relationship between pupils and teachers and make both sides' lives a little bit easier.

A good teacher ought to be fair and treat all pupils equally. There should be no discrimination between pupils with higher marks and pupils with lower marks. Instead teachers should come up with ways to motivate all their pupils to work and learn. Every child has a unique personality and has the right to be handled differently from his or her classmates depending on his needs and difficulties.



In a teacher-pupils relationship there is a need of understanding and a will to co-operate and evolve. Where there is a will there's a way. We, pupils, should control our reactions and refrain from pushing our teachers to their limits but our teachers, on the other hand, should spend some of their valuable time learning a few more things about teenagers' psychology and code of conduct.

A quiet pupil is not always the one who's most interested in a school subject. He may be daydreaming or counting pigeons in the schoolyard, whereas a noisy pupil may be just asking for some attention or a more challenging approach to the lesson. You can't ask children to learn things the way they used to do in the past. Technology has developed and teachers have to go with the flow and introduce technology into their lessons.





P. Karakosta

## respect

Mutual respect or as the saying goes “practise what you preach” is a key element to our relationship. Teachers always demand respect from their pupils but they are not always willing to show the same respect when the latter express their views or disagreement. A teacher breaking the rules is not a good example and students learn from example. Educators are role models. We need role models, people to trust and look up to. We would so much like to have our teachers by our side, ready to listen to our problems, needs, anxieties or even our hopes and dreams.

Teenagers go through a period of emotional upheaval and denial. Building relationships with pupils can be more difficult than one might think. A friendly and helpful teacher who expresses love and affection towards the pupil is more likely to overcome their natural tendency to resist being told what to do. A good teacher makes sure that everyone in the class knows who is in charge but at the same time he is caring and encouraging. To tell you the truth, we all want to know that we are liked by our teachers...

At our age, it's really difficult for grownups to win our trust, especially if you are a teacher, but we think it is worth trying. After all, even though we sit on opposite sides of the desk, we are still really on the same side.



Helen Akanthopoulou  
A Lykeio

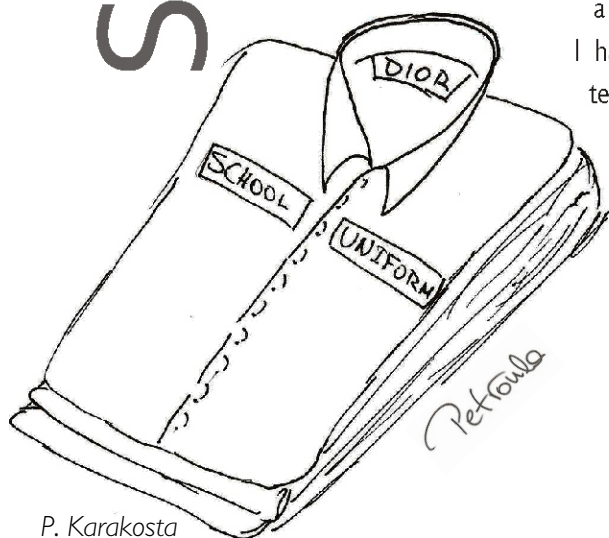
## School uniforms

The words “school uniform” have always been detested by pupils. No one wants to go to school wearing the same clothes as all of his schoolmates. But our teachers disagree, stating that school uniforms are a matter of prestige and the use of them can prevent discrimination between students. It appears that both sides have strong arguments so far and school uniform is a very touch subject.

First of all, pupils raise objections to this regulation, because the way we dress is a detail which reflects part of our personality. Everyone has a unique and particular style of dressing, which makes him different from everyone else. Forcing students to wear similar clothes obstructs their wish to express their emotions, as dressing is a way of expression. At their age, children and teenagers need a way to express their happiness, sadness or anger not by talking about their emotions, but by showing them. Just how bright or dark their clothes are enables them to share these emotions with the people around them and school is a place where they spend twelve precious years of their life. Thus, it's only natural to protest against school uniforms.

On the other hand, the headteachers and teachers have a strong case as well. Sometimes children and teenagers can become the rudest and most caustic people on the planet. They make fun of some children whose family does not have the financial ability to provide them with modern and high-quality clothes. As a result, these children may suffer from psychological problems in the future and this way cause friction between parents and children. In addition, it's a fact that children often wear eccentric and excessive clothes which are inappropriate for school. Thus, they expose themselves in a bad way, which they do not understand and their teachers owe it to them to protect them.

Both sides have obviously very strong arguments, but I am a pupil so...I would not vote for school uniforms. All the same, I have to admit that you can't find fault with our headteachers' and teachers' point of view. Perhaps, when we grow up we will finally agree with them and argue with our children's generation.



P. Karakosta



# The day they caught us cheating

*Nina & Georgia Fanaropoulou  
A Gymnasio*

My sister and I are twins. Identical twins. My name is Nina and her name is Georgia. Since I can remember, we always do everything together. At first, our parents wanted to send us to separate schools, because they thought it would be better for us to grow up separately and build different personalities. But we didn't want to be different. All in all, we are almost the same. We walk, speak, dress, and behave in the same way, and no one can tell us apart. We have even invented our own secret language, and, listen to this, we often have the same thoughts. Some think this is terrifying, as, for example, in class, one of us yawns or sniffs, and then we raise our hands simultaneously and say in the same voice: "Miss, may I go to the toilet, please?". In this way, we relish our twin ship. We like shocking, confusing and scaring people with our identical looks and behavior.

Anyway, all of this is just to tell you that, on that particular day, we didn't do anything bad. This is just the way we work. Well, ok, we knew it was wrong to cheat during a test, but we hadn't thought it would be such a big deal.

That morning when we went to school, we saw everyone in class studying as if their lives were depending on the pages of the maths book. We asked what was going on, and before we were able to get any answer, the teacher rushed into the

classroom and said: "I hope you have studied well, because this is the most important test of the semester!"

My sister and I looked at each other in horror. But the reasons were different: The previous day, Georgia was sick, so, she had missed a school day. And, oh, how could I have forgotten to tell her about such an important test? I had studied, because I had known, but she hadn't. She threw me an evil look and whispered to me that I would pay for this at home. Now, we had to find a solution quickly. At once, we both caught a glimpse of the desk, where the huge rubber our mum had bought us—"For your BIG mistakes" she had said-, was lying, having no idea of how useful it would be. Georgia looked at me with a slight smile on her face, and, then, I knew exactly how I could help her pass this test.

The teacher gave out the test papers and everyone in the class started writing, everybody but us. We had no choice but put into practice an old trick we had come up with when we were at Primary school and it was perfect for multiple choices exercises. We had agreed on a signaling method in advance, for example A was cough, B was sneeze, C was sniff... and during the test we were able to communicate without being caught cheating. The trick worked pretty well every time and this was no exception, so, we managed to cope with the first exercise, even

though I was offered tissues and asked if I wanted to visit the school nurse numerous times. Now, the problem was what was going to happen with the rest of the exercises, which were not multiple choice. The more time went by, the more anxious we got. She was looking at me and she was waiting for the answers without even making an effort to solve the problems herself, which, by the way, were very easy and I had already finished.

“Doesn't she have any idea about math? Or, at least, can't she try to think a bit for herself?” I was wondering.

We tried to raise our hands together, and ask to go to the toilet, so that we could take our time to talk, but the teacher had definitely learnt to recognize some of our tricks, because she said: “Don't try that one on me girls, that would be a big mistake!” and wouldn't let us go out.

MISTAKE!!!! She had said the magic word. The big white rubber (remember- the one for BIG MISTAKES) was lying in front of me on the desk. I grabbed it immediately and began copying the answers. I was so calm that anyone would think that

I was writing on my test paper.

There was no problem with space- the rubber was HUGE. Three minutes later, I had already finished.

I was about to give it to Georgia when, the teacher asked: “Can anyone give me a rubber, please?”

My hand froze in mid-air. My sister and I were sitting in the last row of desks, so, with a little

luck, the teacher wouldn't notice the gigantic rubber we had. But our worst enemy, Bob Jefferson, a boy who was always trying to make our lives difficult, shouted with a malicious tone in his voice “The twins have one, miss!” How could he have known? We thought: “Oh, God, this is going to be our last judgement!”

The entire class was looking at us. We had no other choice. Slowly, with her face as white as the rubber- without the answers on-, Georgia stood up and walked towards the teacher's desk. She gave it to the teacher and waited for judgment to come. The teacher was about to take it and start rubbing out when, all of a sudden, our best friend Charlotte shouted: “Miss! Help! I think I can't breathe!” and, with a dramatic screech, she fell down onto the floor, her eyes closed.

Pandemonium broke out in the class. Everyone was shouting and screaming and talking to Charlotte and trying to “revive her”, so nobody noticed one of the twins (the math “genius”) who took the big rubber from the teacher's desk, copied the answers onto her test paper, then erased them from the rubber and silently moved towards the teacher's desk to put it back. Things were going according to plan and nothing could prepare us for what was about to happen. As Georgia was putting the huge rubber back on the teacher's desk, the teacher suddenly turned her head and their eyes met.

-“WHAT DO YOU THINK YOU ARE DOING, NINA.....or GEORGIA or WHICHEVER ONE YOU ARE? she shouted furiously.

-“I THINK I SAID YOU CAN'T FOOL ME SO EASILY! I SAW YOU TAKING THE RUBBER FROM MY DESK AND THEN TRYING TO PUT IT BACK!! LET ME SEE THAT RUBBER! I BET YOU ARE CHEATING”!

Georgia and I stayed as cool as cucumbers. She had no evidence, even if she thought she had- Georgia had erased everything I had written on that rubber. But, for one more time, that malevolent boy, Bob Jefferson, proved just how much he hated us.

- “MISS, I SAW THEM! I saw them with my own eyes! One of them wrote the answers of the test onto that gigantic rubber, then gave it to the other twin to copy them from

**MISTAKE!**

*She had said  
the magic  
word*

it! To make matters worse, they also took it from your desk and erased what they had written on it, so that they would not get caught while Charlotte was dying!!”  
-“Hey, I'm not dying, you idiot!” , a voice came from the floor.

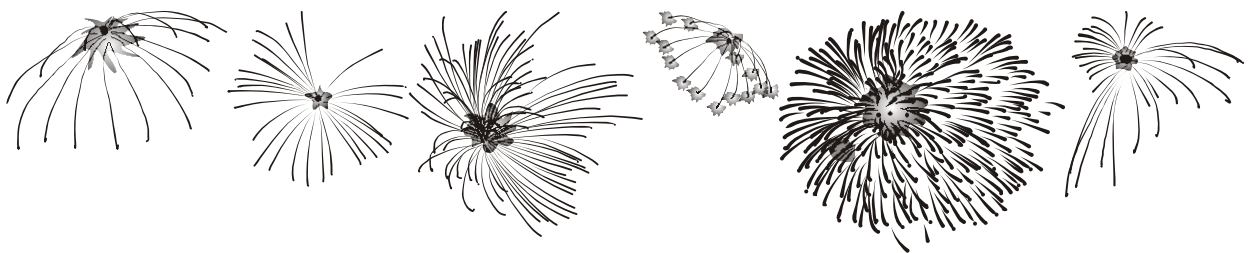
The teacher paid no attention to Charlotte. She was looking at us as angrily as ever. Then, a wide smile spread over her face. “You and I are going to have a pleasant visit to the headmaster's office, haven't you missed him?” she said in a soft voice which did not last since she started shouting again :

Ten minutes later, we could be seen picking up garbage from the schoolyard, as punishment. We still can't understand why it is such a big deal to cheat on a test. Well, teachers call it cheating. We call it collaborating.

Anyway, don't ask if we were the least bit worried about Charlotte. We have been friends for seven years and we know her like the back of our hand . We had realized that she was just pretending to have fainted, in order to save us from the teacher's fury. On that day, she proved one more time she was a real friend. And if you are wondering about Charlotte and Bob Jefferson, the news is good.

Our best friend was sent home to “rest” and as for Bob .....he is still trying to find who left his new pair of Nike Air in the dog kennel. At least the little puppies were so happy with their new toy!

“I HOPE YOU UNDERSTAND YOU ARE IN BIG TROUBLE, TWINS!”





# Not such a school system

*Maria Gatzala  
A Lykeio*

Today, more than, ever our educational system raises doubts. We are all forced to follow a system which revolves around getting perfect scores. Schools, books, teachers and parents too seem to have lost their orientation. Students on the other hand, spend half of their lives trying to pursue the perfect A. But who is to blame for the present situation? As in many cases in life there is no such thing as an easy answer.

To begin with, schools seem to have lost their fundamental purpose. The times when these institutions were to give their learners the basics to develop a critical thinking belong to a rather distant past. Schools force students to become more competitive, whether they like it or not, and leave them no room for thought. Extra homework, for instance, is no longer set for further practice but set because the material has not been satisfactorily covered in class. Thus, students don't only have to do their homework but also study any uncovered parts of their books on their own. Reciting, parrot fashion, although it may sound like an easy and painless procedure, it is not. Learning things by heart, though sometimes necessary, is quite difficult when the meaning is difficult to understand. Students have resorted to this process, since they have to realise for themselves concepts and notions they are not familiar with.

Teachers try to keep up with the crazy pace that the system poses. Teach your lesson, set your homework, test, grade. The burden of this work is too heavy to carry. I am sure that most teachers grade because they have to. It does not sound like fun anyway. Parents on the other hand, put pressure on their children thinking that doing well at school, meaning getting straight As, will ensure a bright future or even an academic career. Who knows?

But, it is often forgotten that the main receiver of all these laws in force is the student. Students strive and go to every length in order to keep teachers and their parents pleased. They find themselves taking pains from an early age just to be good students and have no time to think of their future and what they really want to do. The educational system promises a place at college and a better life if they succeed at school, but do all students want to become doctors or lawyers? No one will ever say, since there is no time to think or question. Critical thinking is being carefully removed from students- robots. Children of my age dread teachers, fight with their parents and detest school due to their new, mutant role. Nothing functions the way it should.

The obvious conclusion to be drawn is that unless something happens to change our educational system completely, the prospects for the future of teachers and students- will be bleak.



P. Karakosta



# Money for Grades

*Panayiotis Galopoulos  
A Lykeio*

Most children regard school as a burden they are inflicted with and homework as an everyday toil. School is, indeed, very demanding. Parents urge their children to study hard in order to be admitted to a respectable university and children are often pressurized to achieve high grades. So, should parents use monetary remuneration as motivation for their children to study harder?

Many times students need to be rewarded for their efforts and be encouraged to study hard. Offering money to children for each high grade they get is encouragement as well as proof that their endeavors are recognized. Moreover, money can be a motivation for some students to study harder and set their goals higher.

On the other hand, offering money as a reward for high grades might make children care more about money than actually learning. If this happens, children are about to lose the joy of learning and will gradually build a one-dimensional perspective of school; for them school will be just numbers and a huge series of grades.

Students will try hard to get high grades but only to get money which might seem no different from a daily-wage. In addition, studying is unlikely to be systematic; children will study only when they are in need of money which means that their work will prove to be inefficient in the long term. All in all, offering money as a reward for high school performance is, in my opinion, unlikely to be beneficial to students and therefore, parents should not implement such a practice. Children ought to study neither to get money nor merely to get high grades but to achieve a well-rounded education.





# to school

Eirini Tsirona  
C Lykeio

farewell

I came to this school in the first year of senior high school. The first couple of weeks were terribly difficult for me. I knew almost no one and having 8 hours of lessons each day, was something totally new to me. At that time I didn't really believe that I would manage to fit in. It just seemed...impossible. But in real life...nothing is impossible!

Some months later, I had found friends and organized my time so that I could manage to study for all lessons. I realized that when you move to a new place, new school, on new workplace, etc it's only to be expected that you'll need some time in order to get used to the new situation and the new people. It might take you one week, one month, three months, but in the end you will succeed.

It's been two years since then. In less than three months school will be over for me and all of my fellow students. We'll never have to wake up at 6.30 again to catch the school bus, say prayers before the beginning of classes or go on trips together. All those things will be in the past for us.

When you think of all the hours you've spent studying for tests you say "Thank God school is finally over". Still, on second thought you realize that you won't be able to spend the largest part of the day with some of your friends anymore. You have friends you first met at primary school or later, but no matter when you met them, you've been sitting with them at school every year, laughing during breaks or even in class, spending Saturday evenings together, listening to music or just talking for hours. Those friends might move to another city or even another country for their studies. Or you'll just stop being so close to each other. If one of these things happens, it doesn't mean you were never true friends. It is just that people grow up, and change and have other needs and seek other traits in their friends. That's normal...or that's what they say!



I think that I've gained many things from high school. I'm not just talking about knowledge (although I did learn a lot of things in these last three years), I'm talking about experiences.

First of all, every person you meet has something to tell you that you've never heard before. Even if it is something that you find unimportant at the time, at some point in your life it could prove to be unbelievably useful. And after all, each person in our life has a purpose, a special meaning. There are people that, ever since the day you met them are always with you. No matter if you're in a good or a bad mood, if you are happy or facing difficulties, they are holding your hand or offering a shoulder to cry on. Then there is someone else that was very close to you for a short period, but then just disappeared from your life. You had a great time together and, even though you don't talk anymore, you still think of him from time to time and hope he's all right. And finally there is that person that you met only for a day or even less, but it was a day that changed your life for ever. He either helped you to get through a difficult situation, or told you something that totally changed the way you see life.

We're heading off into a totally different world now. We will be considered adults... but in my opinion you don't become an adult from one day to the next. The day before and the day after your eighteenth birthday? Well...you'll still be same person. You see... being an adult means realizing dreams and fulfilling your obligations, but are we really ready for that? Are we prepared? Have they taught us this vitally important thing?

Undoubtedly, each one of us will leave school with his own dreams. Some will become doctors, some lawyers or teachers, others will be involved in politics or in the arts. However, no matter what job we choose in the end, we all want to change the world. And I think that you would all agree with this: every person can make living in this world more bearable and enjoyable. You, I, anyone can make the difference with his choices. If each one of us chose for example-to use public transport like the buses or the metro instead of his car in order to get to work, well.. obviously traffic would not be that heavy anymore, and environmental pollution would be reduced to a great extent. It's that simple. You just have to decide to help the person that you know is in need, in this way living our world will gradually become more bearable.

Some of us will manage to make our dreams come true. But on the way to achieving this, we will need the help of all of you. And I mean, of course, our parents, our teachers, **you** are the people who have the most experience concerning life and are closest to us. **You** are the only ones who can guide us, advise us and help us believe in ourselves. Thus, all together we will manage to change the world. That's why we're here anyway, right?

Coming to an end, I have to express my hope that my fellow students and I will remember the people we met and the time we spent at high school and smile. And I'm talking, of course, about a big, big smile!!! And let's all promise that next time we are all together we will be responsible adults trying to make this world better for everyone!



# From PIGGY Banks to Bank accounts

Fenia Bousiou  
A Lykeio



P. Karakosta

There are only a few people who would disagree that young people spend money extravagantly but almost none who wouldn't agree that they do so because they take it for granted that their parents will satisfy all their needs; even if these sometimes can be quite irrational. Young people have to keep up with the latest technology concerning their computers and their mobile phones, let alone the latest trends in fashion. They often get carried away by their peers to buy anything which is on the cutting edge as long as their parents can pay for it.

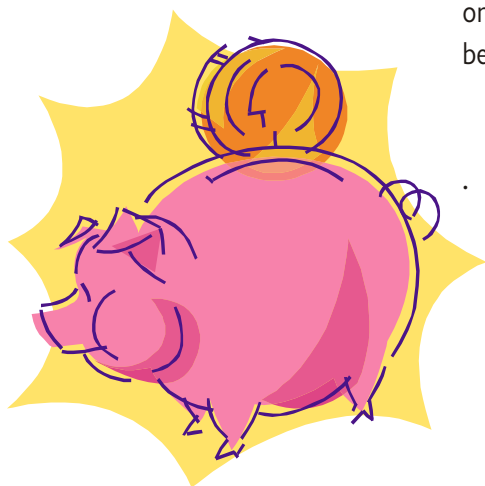
In my view, the only way for young people to appreciate the value of money is to get a job and start earning their own living. Earning money themselves will help them to develop a greater sense of responsibility and self esteem.

*"The only way  
for young people  
to learn the value  
of money is for  
them to earn it  
themselves"*

Obviously nobody will just give you money if you don't work hard and prove to them that you deserve your wages. Thus young working people realize, often the hard way, that money doesn't grow on trees. Teenagers can also learn many skills on the job including managing money and relating to different kinds of people. What's more they will be capable of appreciating their belongings more so that they won't become victims of over consumerism. It will also help them distinguish their real needs from the ones they **think** they need. Because most of the things young people want to buy are not as necessary as they may think. While all of this might prove helpful at a later age, parents should start training their offspring about money management from an early age.

Pocket money should be given on a weekly basis. Parents should encourage the young spenders to get by on it, no matter what happens. Thus teens learn to manage it in a limited way which will get them through the week. In case they want to supplement their income, there is always a car waiting to be washed in the parking space or some windows to be cleaned in the house. A piggy bank would also be a great suggestion since the merry sound of hard-earned cash dropping into the piggy bank would certainly remind them of the old saying that: "a penny saved is a penny earned".

All in all, I think it's vital that young people learn the value of money because, only in this way, will they develop a greater sense of who they are, and will they become more responsible and better human beings later on.



# Smoking among teenagers

Ellie Mainou  
C Gymnasio

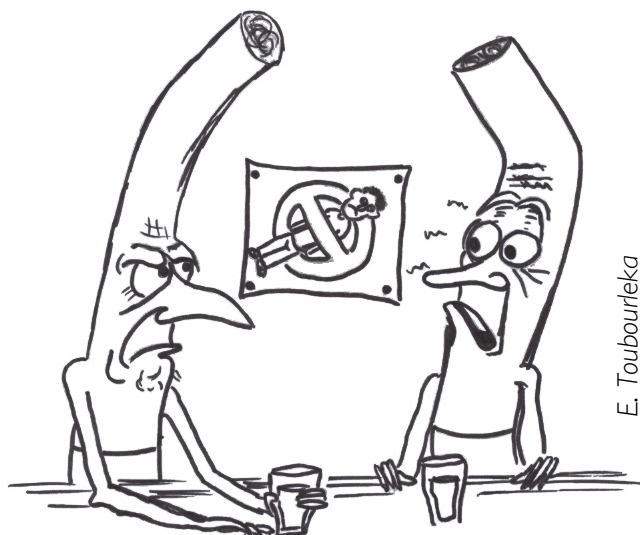
**I**t is an undisputed fact that nowadays more and more teenagers smoke from an early age. Teen smoking is a common problem in our society, which is surprising since teenagers nowadays are more aware of the consequences of smoking than ever.

Many studies have been conducted about teenage smoking. According to the CDC (Centers for Disease Control and Prevention) about 3.900 teens under 18 start smoking every day and 1.500 of them will become regular smokers. It is also shown that most young smokers start smoking in middle school. In Europe about 1.200.000 deaths are directly caused by smoking whereas 79.000 deaths are indirectly caused by passive smoking annually. Another study conducted by the GYTS (Global Youth Tobacco Survey) shows that one third of students between the ages of 13-15 reported to have tried tobacco, while 16.2% admitted to being current users of tobacco. Finally, a strikingly high number of students (95%) reported that they were able to buy their own cigarettes without restriction. The results of the GYTS show that the prevalence of smoking in middle-high school is alarmingly high in Greece.

It is true that smoking can cause many problems including emphysema (a long-term progressive disease of the lung that primarily causes shortness of breath), high blood pressure, weak bones, chronic cough and various forms of cancer. In addition the idea of being attractive when you smoke has gone. It seems that all this proof does not prevent teenagers

from smoking. But why do they stick to this unhealthy and extremely addictive habit, even though billions are spent on anti-smoking campaigns?

To begin with, teenagers are under a lot of pressure. Research has proved that nicotine has the ability not only to suppress feelings but also to make someone relax from his troubles or insecurity. Furthermore, teenagers need to experiment and act like daredevils. Simply because smoking is criticised it becomes more alluring to them.



E. Toubourleka

Moreover, the majority of teenage smokers have parents who smoke too. Teenagers want to imitate their parents and apart from that, many of them are under the impression that, although their parents smoke systematically, they are still healthy. Last but not least, teenagers are deeply influenced by



advertisements showing beautiful women and handsome men smoking and their favourite celebrities smoking too, but who still look beautiful.

### *info*

*Every eight seconds,  
someone dies  
from tobacco use.*

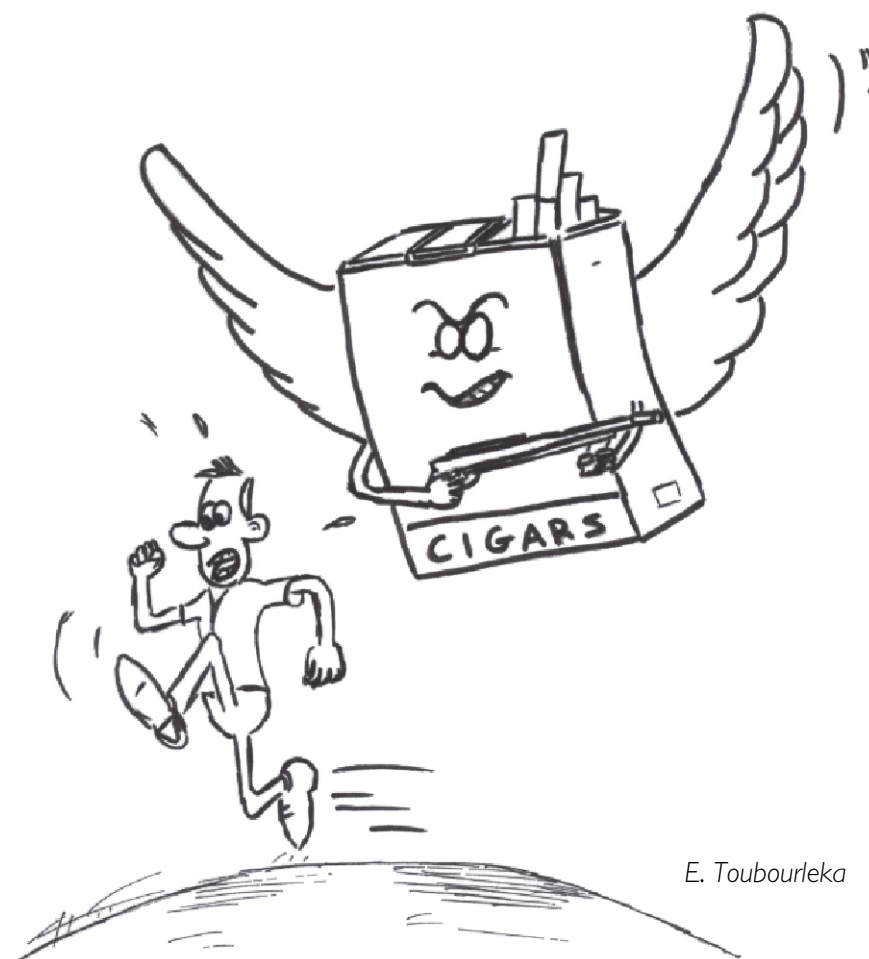
*About 15 billion cigarettes  
are sold daily -  
or 10 million every minute.*

World Health Organisation (WHO)  
[www.who.int](http://www.who.int)

However, there are ways to reverse the situation. First and foremost, it is essential that parents educate their children about the dangers of smoking from an early age. Furthermore, it is imperative that parents do not smoke. It is estimated that only 2% of smokers have parents who do not smoke.

In addition, schools should increase the effort to fight the use of tobacco by constantly informing the pupils about the dangers of smoking from an early age.

Reducing the number of young people who smoke is a very difficult task, since tobacco companies spend millions to protect their interests. However, we all have the duty to strive to win this war.



E. Toubourleka

# Vote for Brazil

Evgenia Faraza  
 B Lykeio

### Wednesday, 21st October 2009

We had been looking forward to it for a long time and then it was the big day! Seven delegates of the Federative Republic of Brazil, with their resolutions and policy statements, took off for new MUN adventures!

### Thursday, 22nd October 2009

What is more thrilling than being in a room with 60 unfamiliar faces that come from different countries? The best part was that we had to negotiate with these delegates in order to convince them to sign our resolutions. Once roll was called and the instructions were given, all of us in that room started running around and discussing with a clutch of resolutions in our hands. Half an hour into the procedure, our chair had to bring to a temporary halt this "marathon", because it was time for us to go to the opening ceremony! Our delegation was proud to have Danai as the ambassador of the Federative Republic of Brazil, who made the most dignified speech in the opening ceremony! As soon as we heard ... "the 12th DSAMUN is now officially open!", we rushed to our committees to continue the negotiations. The work of each delegate was extremely hard, because it entailed a lot of compromises and discussions in order to find a middle ground and to convince even the most uncertain to sign his or her resolution. But along with a lot of work comes acknowledgement, and by the end of the day we had not only 1 or 2, but 3 young ladies from our delegation who had managed to become main-submitters in their committees, something very rare for a delegation.

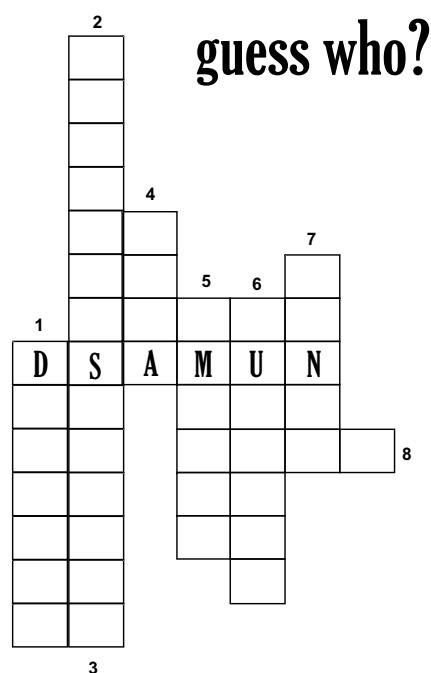
### Friday, 23rd October 2009

That day we were going to discuss the resolution for each submitting team. We turned the heat of the debate, more controversial questions were raised, and consequently amendments were made. But, fortunately for the majority of the main-submitters, their resolution passed.

### Saturday, 24th October 2009

On the last day in the conference and our last day in Athens, we discussed the rest of the resolutions in our committees and after voting for the most deserving ones, we had the General Assembly where the finest resolutions from all committees were debated.

Afterwards there was the closing ceremony, where we had the chance to admire the co-chair of the Disarmament Committee, Paul Pachidis, in action! Finally, we had to say goodbye to our new friends, promising that we would keep in contact and hoping to meet up again at other MUN conferences!



- 1 Ms. Mimika;  
Environmental and Cultural Committee
- 2 Mr. Pirate/Hacker;  
Youth Assembly
- 3 Mr. Perfect Resolution;  
Disarmament and International Security Committee
- 4 Ms. Stylish;  
Special Conference
- 5 Ms. Music Addict;  
Youth Assembly
- 6 Ms. Jenny;  
Social and Humanitarian Committee
- 7 Ms. Ambassador;  
Political Committee
- 8 Mr. Co-chair;  
Disarmament and International Security Committee

# QUESTION OF: Sharing the Thimun 2010 experience

SUBMITTED BY: Elena Friligkou  
A Lykeio

This delegate,  
Recalling the importance of the introduction of students to conference procedures as well as the science of politics,  
Taking into account the diplomatic character of the participants' role, who have to represent a country and support its positions regardless of their own beliefs,  
Noting with appreciation the acquisition of information on current affairs,  
Further recalling the interaction with foreign students and the teenage spirit dominating the house,  
Taking into account the enchanting snow-capped landscapes of the Netherlands as well as the visits to the International Court of Justice in the Hague and the Modern Science museum in Amsterdam,  
Bearing in mind the unforgettable- especially for the boys- last night in a belly-dancing show,  
Considers the Thimun 2010 Conference a unique experience and an ideal opportunity for participants to:

- become familiar with conference procedures
- be introduced to the adept use of the English language as well as practise face-to face communication
- meet students from around the globe;

Declares THIMUN a harmonious combination of serious, devoted work and excitement ;  
Encourages all students to gain experience in simulations of actual conference procedures by measures such as but not limited to:

- participating to the various conferences offered by Mandoulides Schools,
- joining THIMUN 2011 in the Hague;

Thanks Mrs. Dantsi and Mrs. Bosi for guiding and supporting the delegation of Fiji from the preparation throughout the actual conference.

## *mini glossary*

**Model United Nations**  
 (also **Model UN** or **MUN**)  
 is an academic simulation of the the United Nations that aims to educate participants about civics, current affairs, effective communication, globalization and multilateral diplomacy.

**[www.thimun.org](http://www.thimun.org)**  
 The Hague Model United Nations

**[www.un.org](http://www.un.org)**  
 official site of the United Nations Organisation

CERN

07-10.02.2010

## WHAT THE UNIVERSE IS MADE OF ...

*Georgios Hristogiannis  
A Lykeio*

On Sunday the 7th of February thirty students from Mandoulides schools and four teachers met at the "Macedonia" airport in order to check in for their flight to Switzerland. We were all very happy, because we would have the opportunity to travel abroad for a few days, experience other cultures and visit one of the world's largest and most respected centers for scientific research, CERN.

When we finally got to Geneva we took the train to Lausanne where we enjoyed a walk around the city, admired the beautiful lake, visited the museum of Olympic Games and took a lot of photographs.

The next day, having eaten our breakfast, we got on the coach which took us to CERN. On arrival, we attended a very interesting lecture about nuclear science from a Greek professor who is participating in one of the greatest experiments conducted at CERN. Then we visited the gallery of ATLAS experiment, where an experienced scientist explained us how the accelerators function and how we can draw conclusions about the creation of the world by processing the results of these experiments. To tell you the truth, we understood little about all these things, but it was undoubtedly an invaluable experience. Last but not least, we crossed the borders of Switzerland to France so as to visit the place that the experiment named ALICE is currently taking place. Everyone was excited to see the depth at which the accelerator is located. At the end of our visit we had lunch in the center where we met some researchers and had a very interesting discussion with them.

Next on our list with things-to-do was a visit to Geneva and the United Nations Organization. We went to both the new and the old premises of the U.N. and we admired the majestic painting that covers an entire wall in the old conference room. Moreover, we watched a live session about the safety of Internet.

The Greek Embassy was our last stop for that day. The Greek ambassador in Switzerland and his colleagues welcomed us and gave us an invaluable insight into issues concerning Greek foreign policy.

As you can all realise, during the days we were in Switzerland, we all gained wonderful memories and experiences and these are things that cannot be purchased anywhere or in any way.

23rd HMCE

12-18.03.2010

## Congressional debate

*Konstantinos Samaras-Tsakiris  
A Lykeio*

So what? Congressional debate? Bah! who cares?

"That would be so very untrue!" testify the 24 participants from our school in this year's session. They report with great enthusiasm and nostalgia on both the exhilarating activities, such as the trip to the medieval town with the canals, Brugge, and on the topics of global importance that were thoroughly examined there, such as the issue of global warming or the steep incline of chronic diseases in recent years,

360 teenagers from around the world, though most were from Europe, proved to be the task force of the 10+ committees that the congress was comprised of. Different languages, cultures, but most importantly for the congress itself, different points of view, all mingled together and the result was very interesting indeed. Somehow, this intricate mix of such unique elements formed a magic potion everyone drank from for 3 days;

3 days, that's all it takes for the magic to work. This curious potion broadened our minds and our perspectives, making us more willing to consider other people's opinions while, at the same time, improving each one in more practical ways: how we handle a foreign language and foreign people, how we support our arguments while dashing others', how we cope with the difficult process of persuasion in a political context.

Even though one day was undoubtedly the saddest of all- and that was Monday, when the congress was officially closed-, the session wasn't quite over yet. What was still to come was a trip to the historic battlegrounds of Waterloo, then to the town of Brugge itself, with its famous chocolates and lace. Certainly sightseeing wasn't the highlight of the week, but it was indeed both fun and educational.

The whole week will surely be something to remember for the year to come. At least until next year, when we will try to honour our pacts and be there again... Let's hope that the waiting won't be too unbearable!



The EYP is the most exhilarating, beneficial and unforgettable experience a student can ask for! Do you want to have fun, meet new people, negotiate on the hottest current issues, become the leader of a conversation and pass on your own ideas? All the things you are looking for, and even more, you will find through your participation in the European Youth Parliament. The National Selection Conference of EYP takes place every year in November, in Thessaloniki, in which students from Northern Greece can participate. With the aim of making a more interesting and a more constructive competition during the session, the performance and the way each delegate works throughout the session is recorded by the “juries” of NCS EYP Greece and after the end of the session 6-8 participants are selected to represent Greece in the

International Session of the European Youth Parliament. This year I had the chance to be among the 4 students that represented our school in the 20th NCS of EYP Greece from the 20th until the 22nd of November. After a lot of hard work and hours spent on research and discussions and after the valuable contribution and training that we had from Pavlos Pachidis ( a former EYPer), who was a journalist in this session, and Ms. Dantsi, Despina Zachariadou, Chara Tzeli, Bruce Willis and I were ready to take part in a brand new, challenging adventure!

The first day of the session was on Team Building, where we had the chance to meet our fellow committee members through various games. The next day was the most crucial one, because we had the Committee Work, where all the ideas that we had were going to be discussed and debated, and we had to form a resolution by the end of the day. The third and last day was the General Assembly where the resolution of each committee was discussed, debated and voted on. The GA was the most constructive one, packed with adrenalin. Resolutions were accepted or rejected, intense attack speeches were made, interesting and hard questions were raised. Everyone was working with such passion that you could see the flame in their eyes and the thrill of enjoyment and contentment in their faces, despite the exhaustion of the previous days. That's the spirit of EYP.

That's why we love being members of it. That's why we will never stop participating in its sessions. For all the above reasons, I urge you all to go for it and live the true and unique EYP experience!

*info*

**Gateway to European Union**  
**<http://europa.eu>**

**European Youth Parliament Greece**  
**<http://www.eypgreece.org>**

# CONSTANTINOPLE:

*Myrsini Aretaki  
C Gymnasio*

**I**t was a Friday morning. What could be possibly worse and yet wonderful at the same time, like having to wake up at 7, in order to travel for 12 hours in a bus with a bunch of kids like you? But of course! Mandoulides' proud orchestra and choir, along with its amazing conductors, Mr. Polimeris and Mrs. Theodoridou and the tolerant and beloved teachers who would escort us on this long but great trip.

## **Destination: Constantinople!!!**

But let's take this trip from where it really started. Rumors had spread about a concert with Dionysis Savvopoulos himself in the land of our history. Nothing was certain though, and, since months had gone by with no further information, we had lost all hope. Then, at an all-important meeting we were told by our conductor that it was now official. We **WOULD** be going to Constantinople with one of the greatest musicians and composers Greek music will ever know. Our minds traveled at the speed of light to the concert which would take place on 11<sup>th</sup> April and the real journey had just begun. In the weeks leading up to the concert there were many exhausting rehearsals, nervousness and anticipation that all came to a head when we were assured that we were (could it actually be?) ready! The journey was a very long one, but on arriving at our destination we realized it was well worth it. Before the day of the concert, which was a Saturday, we saw Savvopoulos up close and had a general rehearsal with him where all parents present could watch. Getting a first idea of what the concert was going to be like lifted our spirits since everybody in the room was thrilled and touched and this filled us with enthusiasm and passion as well. There was no doubt: this would be an unforgettable concert.

## **Saturday, 11<sup>th</sup> April**

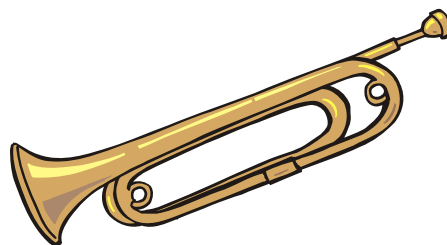
Oh my goodness! It was Saturday! It was the Saturday!! And it wasn't just any old performance! It would be before many important people such as, the Patriarch, some ministers and, of course, the heads of our school, the teachers, the parents but most importantly, the people to whom this concert was dedicated! The Greeks of Constantinople. We honor them today, as they honor us daily. We had to be at Zografeio School, one of the last Greek schools in Constantinople, where the concert would take place at 6 o'clock.

## **Saturday, 11<sup>th</sup> April, Zografeion Lyceum**

Okay, the flute, violins, chellos, accordions, guitars, were all tuned. The choir was warming up next door and yes, Savvopoulos had just arrived. Mrs. Theodoridou announced that it was time. We would be on stage in less than a minute...



# MUSIC



## to my ears

### Saturday, 11<sup>th</sup> April, 6:05 pm

Here we go... Everybody is in place; our maestro has just taken his place as well. The Patriarch has just entered the room and we're all ready to go. The audience is warm and embraces us with clapping and waits with bated breath. We feel it and ...



### Saturday, 11<sup>th</sup> April, end of the concert

There are some moments in your life when you know you've actually achieved something great and it's a moment like no other. One that is absolutely worth experiencing. You know that you have experienced one, when an audience of more than two hundred people begs for one or two more songs. By the time the concert was over, the people in the room had tears of joy and thrill in their eyes, our fantastic conductors melted and thanked God it was (finally) over and let themselves enjoy the crowd, clapping deliriously on their feet and the Patriarch enjoying the whole process like a young boy. For us, the musicians and the singers, there had never been anything like it before. We were as thrilled, amazed, enthusiastic, and exhausted as any teenager could actually be after participating in a concert, like this.



We had a chance to do an amazing thing. To have an experience of a life-time and to offer something beautiful to the Greek population there. I'm pretty confident that most of us has not yet realized the importance of playing with Dionyssis Savvopoulos in front of the Patriarch himself at such a young age. We happen to be some of the lucky ones. Sensing the connection between us and our ancestors who were left behind, the last remaining Greeks in Turkey, and clinging to our past made the whole event even more emotional. Not just for us, but for them too, this will remain an unforgettable event. In addition, the sensational and moving speech of the Patriarch who actually said that it was as if our wonderful performance had brought the Spring earlier this year for those people and that watching and listening to our concert had touched the hearts of everyone in the hall. There are no words that can accurately describe the 11<sup>th</sup> of April and there is no way that someone who wasn't there could possibly understand what was experienced. All I've got to say, is that I couldn't be more proud of myself and of all the pupils and conductors that worked together to bring off the performance. We had certainly honored Greece and I am honored to have been part of it.



Thank you all



# *Curiosity Killed the* *cat*

Bruce Willis  
A Lykeio

As soon as I got up on this stage I unconsciously triggered a stream of highly complicated cerebral chemical reactions generating millions of questions in your heads: “Who is he?”, “What is he going to talk about?” Satisfying this first series of queries would only generate more questions: “what was he inspired by?” or even “How long will his boring speech last?” This unstoppable chain of questions reveals the so-called sin of curiosity, after all, as they say, ladies and gentleman **“Curiosity killed the cat”**. This is what we have been told or, rather led to believe, since infancy. Curiosity is a sin, a clear indication of someone's stupidity, undisciplined behavior or even gluttony, since one can never be satisfied with the information he/she is provided with. In our contemporary world, being curious about the problems that plague our dearest friends is seen as a sign of tactlessness that could possibly create friction if the secret disclosed turns out to be an “inconvenient truth” Despite the tranquility that our questions may disturb, I am afraid that I can only BEG TO DIFFER. My belief is that curiosity is an important part of our lives which helps us progress and develop both individually and socially. So did curiosity actually kill the cat?

Now, let me present my case. The notion that curiosity is a sinful act, imposed on us since infancy, is simply an attempt by adults to protect themselves from the ruthless barrage of questions from their children. From a very early age and, having discovered the ultimate gift of nature, our voice, we try to absorb as much information as possible from our environment. This desire results in incessant questions which give our parents incessant

headaches. So, not having any other choice adults resort to the old adage that puts a temporary end to all questions: “Curiosity killed the cat”. Consequently toddlers start considering their inherent eagerness to ask questions as a deadly habit, believing that what happened to their beloved pet might even happen to them. This leads to a dampening of their natural curiosity, to a suffocation of their thoughts and questions about this world, thus condemning them to passively accept what is imposed on them.

To further demonstrate the dire repercussions of trying to resist our curiosity let me share with you my experience of watching the film: Finding Nemo. This apparently innocent movie proved to be my rude awakening. What really scared me was the way Marlin, the clown fish tried to protect his son, Nemo: by not letting him explore the wonders of the ocean. Much as I tried to empathize with his noble intentions generating from his paternal instinct, I could not accept the dangers he was unconsciously exposing his son to. The plot of the film proved me right since on Nemo's very first adventure into the ocean he doesn't notice of the scuba-diver just beneath him and so he gets caught. Despite the adversities, Nemo was lucky to have a father who proved the saying that...size doesn't matter, since Marlin crossed over a thousand miles, fought with vegetarian sharks and even managed to get through a wall of lethal jellyfish. Unfortunately, the fact of the matter is that we do not live in the “wonderful world of Disney”, where everything is perfectly made and we have fathers favored by an inexplicable and remarkable stroke of luck.

Apart from this, on a collective level, curiosity is synonymous with progress and development. An example that illustrates this point is the alchemists during medieval times. Schopenhauer once said: "The alchemists in their search for gold discovered many other things of greater value" And how right he was. Despite the fact that these scientists never managed to accomplish their true aim, their discoveries made while trying to achieve the "impossible", constituted the basis upon which modern science

was developed. However, we tend to forget that the most outstanding discoveries of human history have been made by people who were trying to satisfy their insatiable curiosity. Once more we fail to meet the standards of our predecessors, since we often avoid posing

questions as we assume there is an obvious answer, thus protecting ourselves from appearing stupid. How many times have you refrained from raising your hand in class to ask a question, to avoid becoming the ridicule of the class? I am sure that the answer is many times, but we seem to forget the righteous words of Cicero: "It is a shameful thing to be weary of inquiry when what we search for is excellence".

On an individual level, adhering to Albert Einstein's theory that: "Curiosity is the primary reason for our existence" we understand how curiosity is an integral part of our lives, giving a meaning to them. Humans are born with an inherent desire to specify who and what they really are, thus leading to the fundamental question of: "Why am I here?", "What is the purpose of my life?" For centuries this query has troubled

philosophers and scientists who strove to find a definite answer. However, all of them saw their attempts come to nothing, since they failed to realize that it was the question itself that gave meaning to their existence. It is through one's quest to find the answer to this fundamental question that he or she becomes self-orientated. So, it is only natural to have an intrinsic, unsaturated need to ask questions and explore our world, considering that our whole existence is defined by a single question.

**the most outstanding  
discoveries  
of human history  
have been made  
by people who were  
trying to satisfy their  
insatiable curiosity**

To further illustrate this view, let us take a better look at the TV programs at midday, which are dominated by Lampiri-phenomenon. Despite the fact that these TV shows are widely considered as unsophisticated and degrading, most of us, including me, have, at

one stage or another, secretly watched them, urged by an "inexplicable" force. This mystical power is not at all inexplicable; it is our curiosity which makes us interested in the sartorial or sexual preferences of somebody else who is a total stranger to us. Nevertheless when this eagerness becomes highly intrusive, harming other people and ultimately ourselves, certain limits are necessary. But we should never lose our faith to the pure form of curiosity which gives us the chance to learn, to explore and to develop.

So, ladies and gentlemen, I stand before you, proud to be curious, urging you to ask questions and never settle until you get an answer. Because at the end of the day, curiosity may have killed the cat but she has another eight lives to spare.

# The Universal Declaration of Human Rights.

# .. is it really universal?

*Equality, freedom, the right to life....*

*Ladies and gentlemen, do all these remind you of something???*

*Well, they do me.....*

*The Universal Declaration of Human Rights.*

*Stella Hytioglou*

*A Lykeio*

The Universal Declaration of Human Rights (UDHR) is a declaration adopted by the United Nations General Assembly on December 10, 1948 at the Palais de Chaillot in Paris. The location is perhaps not accidental, since the thinking behind these rights seems to have links with both the French revolution and the Napoleonic Code. But the very fact that such a declaration was drawn up at all should make us suspicious. If these rights are truly universal, surely they would be obvious.

What does **Article 1** mean when it states that we “should act towards one another in a spirit of brotherhood”? It is desirable? Well, of course it is, but a pious truism such as this is unlikely to bring it about. Note also how dated the vocabulary is. “Brotherhood”? What about the “sisterhood”?

**Article 3** states that everyone has the right to life. This always seems to be a meaningless platitude. But let's put me aside for a moment and please consider: If life is a right then how come every country is raising an army and it's mandatory for anyone who may be called up to be part of it? Or the controversial subject of abortion. Ladies and gentlemen, not hundreds but millions of babies are deprived of life every year because of abortions, a practice which takes us back to Rome and Greece many centuries B.C., where the father had the absolute right to decide if a child would be allowed to live or not. How are we to interpret the attitude of countries which have signed the declaration, but still keep the death penalty?

In **Article 5** it states that “no one shall be subjected to torture”. Well, try telling that to the prisoners of the USA held at Guantanamo Bay, who have been subjected, among other things, to the horrors of water-boarding. And we shouldn't forget what happened to all the prisoners of war in Iran, Afghanistan and China, as well as to all those who dared to question communism in Russia. Of course, there is an argument that information gained from torture may help save innocent lives. There is also the argument that by engaging in torture we are betraying the values we are trying to defend. Both of these points seem worthy of discussion, but the facile statements in the Universal Declaration of Human Rights are straight from primary school.

In addition, **Article 9** states that no one shall be subjected to arbitrary arrest, detention or exile. Yet, at the height of the troubles in Northern Ireland, the British government had a policy of “internment without trial”. It may be argued that, given the IRA's refusal to respect the human rights of the people it was bombing and shooting, this was not an unreasonable response, but it was certainly a direct breach of an agreement the



Government had signed- the Universal Declaration of Human Rights. And what are we to make of the next article, which claims that “everyone is entitled in full equality to a fair and public hearing by an independent and impartial tribunal”? What are we to say to the poor girl of sixteen in Bangladesh whose case was reported in the news on January 25 of this year? She was assaulted, made pregnant, and then condemned by a council of village elders to receive 101 lashes. And her father was ordered to pay a fine. The man who assaulted her was acquitted by the same council.

**Article 11**, says in true legaleze that no one shall be held guilty of any penal offence on account of any act or omission which did not constitute a penal offence. Clearly in some places in Bangladesh, allowing yourself to be assaulted and having your young life ruined is a criminal offence.

**Article 16**: “Men and women of full age, without any limitation due to race, nationality or religion, have the right to marry and to found a family”. What does full age mean, universally, since the age of consent varies from culture to culture. And what does it matter if a government is a signatory to the Declaration, but its citizens are allowed to intimidate prospective couples and prevent them from marrying? Examples of this are just too many to mention, but the film “Bend it like Beckham” contains graphic examples. In this area, as in others such as punishments, as we saw earlier, Islamic countries clearly do not comply with the original sentiments of the Declaration. Indeed they have called it “a secular understanding of the Judeo-Christian tradition”, which could not be implemented by Muslims without breaking Islamic law.

**Article 21** says that everyone has the right to take part in the government of their country. Ladies and gentlemen, it is easy to point the finger at dictatorships, but what about Europe? In 2005, the French and the Dutch peoples rejected the proposed Constitution for Europe, which was then brought back as the Lisbon Treaty and then passed, without further reference to the people, by parliaments (e.g. Britain, France, Holland, Denmark, and, eventually, Germany) which knew perfectly well that it would be rejected if submitted to a referendum. In the only country where a referendum took place, Ireland, the treaty was rejected and so Europe told them hold another one which would bring about the “right” result. Which is what happened.

It ought to be clear from all this that the Universal Declaration of Human Rights is merely a smoke-screen. It strengthens the “feel-good factor” and makes us think how civilized we all are without requiring any real action. The sentiments contained in the Declaration are, in themselves, praiseworthy. The point is how to implement them. When we all show, through our behaviour towards our fellow human beings, that we respect their dignity and their right to be different from us, then there will be no need for a Universal Declaration which governments simply ignore when it suits them. Not with philosophers, not with politicians, it starts with the individual....

Ladies and gentlemen it starts with you and me....

# Mirror, mirror on the wall

Fear grips your heart. Terror claws at your stomach. You are so petrified you are unable to move. You stare at your reflection in the mirror. The girl in the mirror stares back. Trembling, your hand touches your face; you have been looking forward to, dreaming of this day for so long and now this! This is a catastrophe! A calamity! A tragedy! You rub your eyes in disbelief, hoping and praying that this is an optical illusion. You cry out loud “Mirror, mirror on the wall, what did I do to deserve this? What vicious deed, what heinous act could I have committed to merit this awful fate?”. (Don't expect an answer from the mirror as it doesn't want to get smashed!). You release a sigh of resignation. You are beyond help. Nothing can save you now. It is the day of the big school dance, the pinnacle of your high school years and you have...a zit!

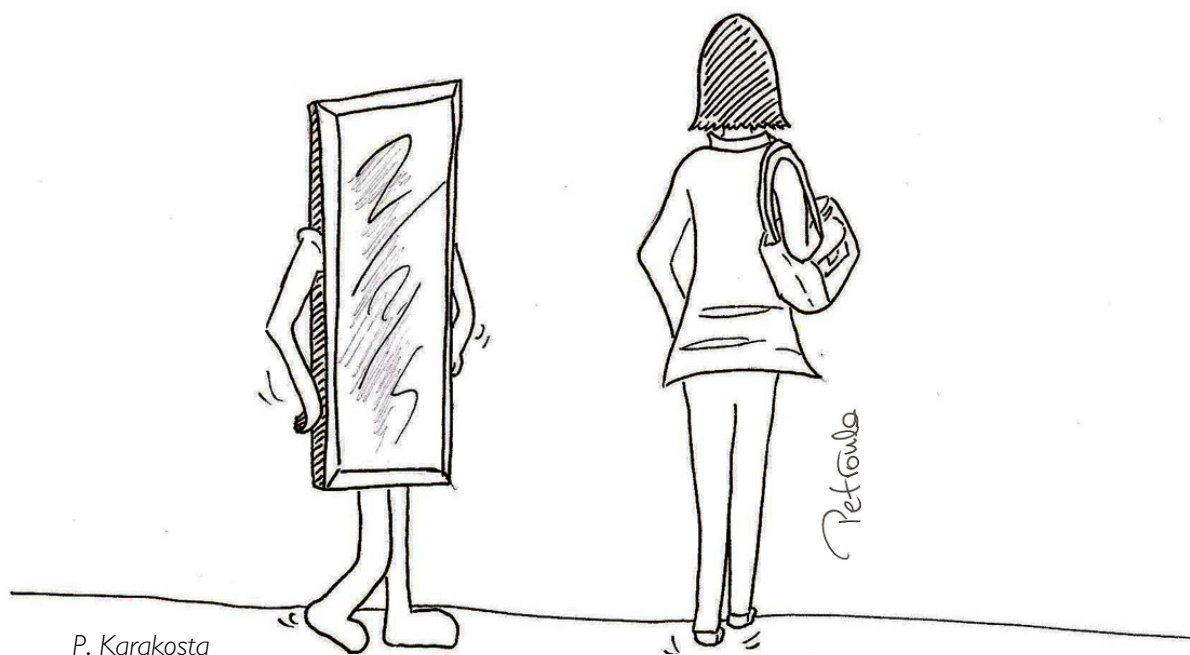
Ladies and Gentlemen, today we will step back and examine the pimple, determine its physiology and even its “psychology” and find out why and whether it should have such a huge impact on our everyday lives.

To start with, although it seems that pimples appear only before important events: the picture day, the school dance, the first date with that awesome guy, their mysterious materialization has little to do with your own personal calendar and more to do with the chemicals in your body produced by these events. In fact, it is the hormones that cause acne. As we all know, a teenager's entire life is controlled by hormones, which is also why we are so obsessed with our appearance. The hormones cause our

skin glands to work overtime, producing an oily substance called sebum. The excess sebum blocks the gland opening, causing cells to build up and bam! I give you the pimple! Of course, acne can present itself in many different forms. You've got blackheads, whiteheads, pustules, red spots, papules, and if it gets worse, you get cysts. There are actually over 50 different types of acne, the most common of which are particularly prevalent among teenagers. On the other, anxiety and strong emotions, as well as heredity, are also known to cause or aggravate acne. If your Dad's skin looked like the “Rocky Mountains” when he was in high school, you can expect yours to be a bit bumpy as well.

If you are one of the poor unfortunate souls found guilty of having acne, you are not alone. 85% of the Greek population between the ages of 15 and 25 suffer from acne. Outside the fantastical realm of Hollywood, the stereotypical teenager does have acne. This means that out of every 10 teenagers, 8½ of us have to deal with red blemishes. Therefore, we should either be looking at this as a serious risk to national health and security, or something so common that is barely worth mentioning. After all, severe acne did not prevent Caligula, who resembled “a strawberry sprinkled with flour” as historians of the time report, from becoming an emperor in ancient Rome. Unfortunately, in the domain of high school many have a deeply rooted prejudice against people with acne. A recent survey conducted by the American Academy of Dermatology showed that





41% of teens consider individuals with acne to be less desirable. Is this not the epitome of superficiality, when one is judged less on one's character and more on how one appears? According to the same survey, 36% of girls and 28% of boys say they prefer to date partners without acne. Does this mean that you are doomed to be a spinster, only because you had acne while in High School?

So, here is my thinking. The actual problem facing many acne-sufferers, so to speak, is not the health hazard of bacterial infections of the skin, but rather the prejudicial infection that plagues modern society and is based on appearance. How arrogant can we be as a society if we have come to believe that beauty does not lie any more in our character but exclusively in the clearness of our visage? Just think about it. I bet many of you- even just once- have made some negative comments about a poor acne sufferer. And here we do not talk about acne specifically. You never judge a book by its cover, but how many times have you laughed at someone just because he or she didn't come up to the 21st century's "beauty standards"? So, why do we keep on forgetting that true beauty lies within, and why do we pay that much attention to how we and the others look? Let me answer. Because now we are literally measuring beauty by making good appearance and nice looks a must for anyone who wants to achieve something in his or her life. This

something, in your teens, can be that date with the awesome guy, or, in your adult life, even a job opportunity.

However, at the same time, the overreaction sometimes lies more within the ones suffering from acne. For instance, what is virtually invisible to the rest of the world, may seem literally enormous to you, threatening to dash your whole social prestige. Hold on a second. Have we forgotten that we are actually talking about a zit? Those things are tiny! They can't be much more than a millimeter or two in diameter! How sick are we as human beings if we can allow one of them to make or break our social confidence? How sad is it that we judge our entire sense of self-esteem and self-worth on the number of red dots that appear of their own free will on our faces?

Yes, ladies and gentlemen, it's scary. Yes, it may seem big. Yes, it's ugly. But it's normal. In our society, those who have never experienced the "joys" of a pimple are in the extreme minority. So, are you going to let it run your life or are you going to learn to live with it like almost everyone else in the world? It's your decision. Just remember which one of you is bigger.

You wipe your tears away and walk into the bathroom. Actually, the lighting in here makes the huge pimple look more like just a pimple. You face the mirror, armed with your non-hypoallergenic concealer. A little dab here, a little touch there and "mirror, mirror on the wall, how do I look after all?-" "Put on your high-heels and take on the world!"

# Regret for the past

How many times have you decided to make a change in your life? Make a new beginning. Go back to square one and build new opportunities and dreams in order to make yourself someone better than you were before, than you ever imagined you would be.

If you're truly going to decide to live a life full of experience and passion, then you have to make some changes. Some of these will feel good. Some won't always satisfy you. Some will be easy to make, whereas others you may find quite daunting.

Well, the truth is that, the thought of making a life change can be sometimes so intimidating that even though you want to be the master of your own destiny, you end up doing nothing or settling for less than you deserve, simply because you're so afraid of that change.

Insistent and dependent upon routines to guide their everyday lives, people seem to shudder and panic at the very thought of some unforeseen interruption. A dizzying hoop has been thrown into their perfectly structured lives, and they've been forced to cope with the blow.

Change is seldom regarded as a positive shift in routine, but rather seen as an ominous storm cloud that sets a negative tone for the remainder of the day. After all, it never rains it always pours.

People are reluctant to allow change in their lives. Like a roadmap illustrating a shortcut, they are suspicious of the detour and would rather travel the road of safety and familiarity.

# Fear for the future

Many of us in the end often find ourselves crucified between two thieves: regret for the past and fear for the future.

That old saying about death and taxes being the only things in life one can count on is a bit incomplete in philosophy. I suppose the implicit message is that life holds virtually no guarantees, but that a visit from the grim reaper and Inland Revenue exist as two obvious unavoidable ones. Yet many of us fail to realize that bad things often come in threes and that we've inadvertently thrown the notion of change into that same category.

But at what point did change receive a reputation to being a deterrent to experiencing the good things that life has to offer?

Change is frequently feared because it's associated with the unknown. As human beings we rely on our senses to detect trouble or anything else that could have a negative impact on the way we live.

However, the effect that change may bring cannot often be seen, heard, felt or even smelt. It can be a scary position to be in when you feel unprepared for a life altering situation especially when you've worked so hard to

arrange yourself to fit to a cohesive package that suits your needs and desires. Life would be so much easier if people would only embrace change as a natural event in life and realize the good that may come from it. Think of change in general, perhaps as your wardrobe. It's fun to experiment with different styles of clothing because each look portrays you differently. Every time you change an outfit you become whoever your clothes allow you to be.

A move to a new neighborhood or a new career can be simply a change of clothes. You can re-invent yourself and start anew. Own your new look and be confident in it. Each time you look back on how things used to be, think of it all as a process of evolution where you're moving ahead in life one step at a time.

Going into any new situation with a defeatist attitude only hinders your ability to make the most of a possibly rewarding situation.

Ideally, all change is good change, but on the surface this may not always appear to be true. The harsh reality is that certain circumstances arise that test your ability to deal with what has been forced upon you. Once you've been through the necessary emotional struggle, attempt to see the silver lining because every bad situation has one. Even if you're not one of those people who support the belief that everything happens for a reason, you can still find a purpose and an opportunity for personal growth.

Analyze your feelings and find the people you love and trust to share them with. It's remarkable how verbal expression can enlighten you to things you've never known about yourself. An empowering sense of strength will emerge when you decide to take control. Perhaps use this new-found strength to help others in a similar situation by volunteering your

time. At very least, if you refuse to play the victim you'll develop more respect for yourself and ultimately find confidence from within that will follow you in all personal and professional endeavors. This "drastic" change in your life can open doors that perhaps would never have been unlocked.

By that same token, don't take a back seat in the face of change by letting fear keep you stuck in a rut. If you're unhappy, do something about it. Some changes will happen naturally but don't just hang around for them to come and find you if you're in need. Seek out what you want for yourself and recognize that you deserve everything you are willing to work for.

Life is not always the same. It's always changing. Yet how many of us do embrace and welcome change in our lives? For sure we can't avoid it so, why do so many of us resist it?

Well, there isn't anything wrong with any of the above. Yet something is wrong if we're unhappy and find ourselves on the hamster's wheel. It is strange how many of us feel threatened when change comes knocking on our door.

The sooner you accept change as an inevitable presence in your life, the sooner you'll be able to adjust to the detours that are presented. The beauty of this day and age is that the sky is the limit. Yes, ladies and gentlemen, you've got a choice in how you want to live your life. That choice is there, for you, for me and for everyone. There's only one difference: some are too afraid to risk grabbing that opportunity that's right there in front of them whereas others seize the moment. So, before I finish, please accept one last piece of advice. Live everyday of your life, as if it were your last. Do not ponder all the things you haven't done or even the times when you didn't succeed in something. Just go out there and do it! Yes, ladies and gentlemen go for it!

# Beauty

Chrysa Gouta  
A Lykeio

**T**he woman looked at the mirror frightened. Her scream was heard all over the neighborhood. This couldn't be happening to her. No, no way, that was impossible, horrible! Somebody was kidding her! It was a joke or rather a nightmare and she was going to wake up in a few moments. Yes, she would wake up and it would have disappeared. She would wake up and her cheeks would be rosy and her forehead would be smooth. She was petrified. Nothing worse could have happened to her. She moved her lips and pronounced silently: "A wrinkle!"

*And how right she was! [...] Was she?*

You'll say: "Ok, another article about beauty of the soul!" Well, guess what, it's not about the beauty of the soul! It's about appearance, outer beauty. It's important nowadays, it always was and I think it will always be. But what is real beauty? Do you think you can answer? And if you can, are you sure you'll be right and impartial? People have gone to great lengths over the centuries to achieve absolute beauty and they always will, without a shadow of a doubt!

Let's go back hundreds of years ago. In ancient Greece beauty was deified and thought to be one of the most important virtues that a woman or a man could have. Homer's greatest heroes are always described as irresistibly handsome. And if you think that the ancients' means of enhancing beauty were primitive you are wrong! Ancient Egyptians were the first to use henna in order to dye their hair while the famous Cleopatra made wigs

fashionable! What's more, in Roman times, Greeks used to take great care of their bodies in public baths something that went

on well into the Middle Ages.

The heart of the Renaissance era dealt with the idolization of the arts and literature from the ancient civilizations of Greece and Rome so the perception of what was considered beautiful changed. In the 15th century, upper-class ladies of northern Europe painfully plucked their hairline to make their foreheads seem higher, and scraped their hair back under an elaborate headdress. However, women of the Renaissance period did not concern themselves with things like a few extra pounds in weight. In fact, just the opposite was true. Paintings from the Renaissance period often focused on women who would nowadays be considered overweight.

But what about today? What is beauty in the 20th and 21st centuries? The '50s could be regarded as conservative while the '60s as wild. By the 60's Marilyn Monroe had convinced every woman on earth that the ideal vital statistics must be 90-60-90. From then on, women and men all over the world have spent time and money on clothes, cosmetics even on facelifts! Designing clothes has become the most popular job while plastic surgeons earn more money than ship owners. Is it the love of beauty that pushes us to this exaggeration or the fear of ugliness which entails rejection? It's anyone's guess. The only thing that is certain is that the ancient people used beauty for personal satisfaction while modern people are beautiful for everyone else except for themselves!

## Idols

The problem starts from a young age. Young people's levels of confidence are desperately low. As a result, adolescents often suffer from anorexia



nervosa, bulimia or other psychological problems due to their low self esteem and poor self image. The media only fuels this by bombarding us with icons of extremely attractive, successful men and women, idols whom we are almost obliged to adore. Obligated by whom? Our own selves, of course. Obviously, we forget that the word idol originates from the Greek word “eidos” which means something or somebody that looks like, not necessarily is.

## Modern Society

We live in a world where everything can be modified and sacrificed for the sake of perfection. Being raised in a society that promotes unrealistic standards of beauty, falsehoods are advertised and praised everywhere. Beauty is officially judged by “experts” thanks to beauty contests and is definitely highly rewarded! This means that we have created an artificial model of what beauty "should be", which, unfortunately, has nothing to do with reality.

## Tendency to imitate

Humans by nature, imitate anything whether it's good or bad . Therefore, you and I along with everyone else fall into the trap of following the masses. What we have to realise is that fashion is an industry. And our decision to follow it is nothing more than our obligation to observe the rules of a game we actually don't realise we are participating in.

Believe me; it would be very boring if we were all the same! The same golden hair, same slim body, same pure skin... Just think: Would Barbara Streisand have had her amazing career without her nose? And would any woman look at George Clooney if he didn't have his charming wrinkles? Actually, what we love in others is their distinctive

features; the characteristics that make them differ from everyone else around them. For some people sparkling eyes show cleverness while for others wrinkles show experience but, no, beauty cannot really be judged since each person is an individual. Something or somebody that is beautiful to me may not be to you and that's quite normal.

All in all, there are things that can make everyone beautiful such as a smile or confidence. Have you ever noticed that every time you believe you are beautiful you truly are even if you have forgotten to put on your lipstick or you're having a bad hair day?

*[...] she looked into his eyes but couldn't actually determine their color because of the sun. The only thing she could see was her reflection. It looked so different! It was the first time she realized that she was really beautiful! Her eyes, her skin, her wrinkle... Which wrinkle? For some inexplicable reason the wrinkle was gone... and something inside her told her that it would never come back!*



*Marilyn Monroe  
convinced  
every woman  
on earth  
that the ideal  
body  
measurements  
must be  
90-60-90.*

# F R E E G A N S

Mary Papadimitriou  
A Lykeio

**V**egetarian, vegan... and now freegan. Aren't these labels we apply to ourselves great? I hadn't come across this term before, so, out of curiosity, I went off to discover a little more about freeganism, freegans and their lifestyle. The term freegan is the marriage of two words free and vegan, although not all freegans are vegans as well.

Freeganism is an anti-consumerism movement. It takes issue with society's focus on buying new and throwing away old (but still useful) items. In the simplest terms, freeganism is a reaction against the waste of all kinds of resources. Participants, who are called "freegans", have two main goals: to buy as little as possible and to use only what they truly need.


But what exactly do freegans do? Well imagine that you need a new pair of shoes or just some produce for your family. Rather than getting in your car and heading down to your local market, you wait until nightfall and head for your neighborhood's dumpsters. That's it, freegans focus on ridding the world of its wasteful nature and putting discarded items back to use, along with saving money and focusing on a "simpler" lifestyle.

Now, you are probably thinking that the people who embrace this frugal lifestyle are those that are less fortunate than many of us. This however is not the case at all! Many freegans are very well paid and they are by no means short of a bob or two. It seems that they are not turning to this lifestyle due to lack of finances, but rather as a type of rebellion against consumerism.

I can most certainly understand how freegans feel. The more I learn about living a greener life, the more I find that our society has evolved in such a way that everywhere you turn and everything you buy these days has some sort of negative environmental or social impact. It can be more than a little disheartening. For instance, people forsaking meat and switching to soy could be contributing to the destruction of the Amazon or other habitats. It's quite a web we've woven for ourselves, environmentally speaking.

Freegans approach these kinds of issues by not only growing their own food, but also by supplementing their diet via food that others throw out. Yes, dumpster diving! As gross as it might sound, I pretty much applaud this behaviour. Aside from food, they also engage in other forms of scavenging and recycling the refuse of others. Nothing wrong with that at all, although I think I'd find someone scrabbling in my garbage bin late at night a little annoying! Other admirable practices of freegans include recycling and composting of their own waste, eco-friendly transportation while they appear to have a strong sense of community-giving as well as taking.

Overall, freegans are people who limit their participation to buying and selling and strive to consume as little as possible. They live their lives based on progressive principles and are opposed to materialism, conformity and greed. It all sounds pretty good, except whenever you take on a label and abide by a set of guidelines set down by others, that's, well, conformity. It's a minor point, though, in the bigger picture of a Freegan lifestyle....

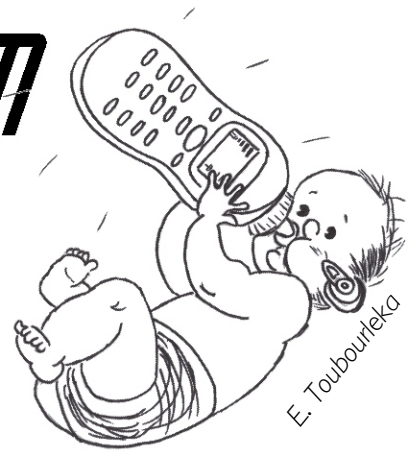


About 27%  
of food  
in developed  
countries  
is wasted  
each year.  
It's simply  
thrown away.



# No baby boom

Eleftheria Panousi  
A Lykeio



Over the last few years, in modern societies low birth rate has become a common occurrence. The new generation, our generation, is likely to have fewer children than its predecessors, as research has shown. Nevertheless, this should not be surprising news.

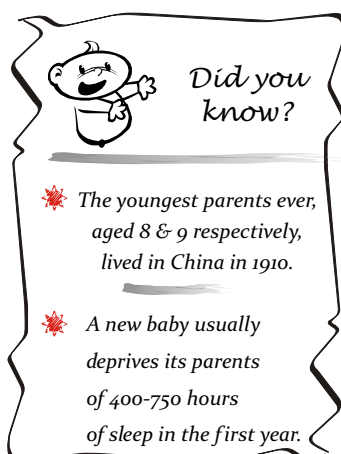
One of the main reasons for low birth rate nowadays is the unwillingness of the new generation to have children. In a dog-eat-dog world, people want to ensure their professional position and earn money before starting a family, so they keep delaying it. Or even worse, they devote themselves to their job, consciously taking the decision not to have children on the grounds that there are other things that can replace the desire for children: career, entertainment, money. This decision, however, is not always unjustified. Unemployment, increasing crime rates and economic problems of modern societies combined with the high costs of bringing up a child do not exactly motivate someone to become a happy parent!!

But there is always the case of those who want to have children but encounter difficulties. Environmental pollution and global climate change are all the more blamed for infertility problems along with the damage caused by the electromagnetic radiation emitted by mobile phones. The latter might sound far fetched, but just think for a moment where you have put your mobile phone after your last phone call. It surely is the front pocket of your jeans. Make the appropriate calculations concerning proximity to vital organs and time of exposure and you'll get the picture!!!

Now, add in the frame a few more kilos (some people prefer to refer to it as obesity) and wrap them up in a thick cloud of smoke (coming from young daredevil-smokers who defy warnings and live "dangerously") and you come up with the perfect recipe for infertility. So, it is not at all strange or inexplicable that the new generation will have fewer children. Lust for successful career, society's indifference, health and environmental problems are all reasons contributing to low birth rate.

But isn't there anything that can be done in order to help us reverse the situation? The answer is yes! We should redefine our priorities and realize what is really important in our lives. What is more, society should stamp out crime and unemployment so as to motivate people to have children.

And last but not least, young people should cease being unconvinced or unmoved by the threats posed by mobile phones, smoking and obesity and take action to protect themselves. But if society does not take care of those things, and if you really want to have children, you had better think twice before you put your mobile phone in your pocket or light another cigarette.





# Shop till you drop

Ellie Mainou  
C Gymnasio

I n modern society we see that people tend to purchase more and more goods than they might actually need. This phenomenon is called consumerism. But how can we define it? Is the act of consuming goods only to satisfy our vital needs and improve the conditions of our life or also to satisfy our psychological needs? Can it be characterized as the need to possess excessively and as the unconditional faith in or even dependence on fashion trends? Is it a way to become happy or is it a source of deprivation with no end? Maybe the latter.

Nowadays people have the tendency to consume because they are under the impression that in this way they will become happier, forget their problems and get away from routine. Of course, we are mainly influenced by the media, the TV and the magazines that push us to buy not only by creating false needs but also by getting us to believe that by consuming we become better citizens because we offer jobs to other people and prevent an economic crisis (which is not necessarily true since we are already facing a severe one). Besides, the media focus is on rich celebrities with fancy clothes, thus setting role models.

For example, how many teenage girls have not dreamt of being the new Carrie Bradshaw, the successful writer in the movie and TV series "Sex and the City" who wears only expensive clothes and her priority is that her shoes are Christian Louboutin and Manolo Blahnik? And in order to fulfill this dream we keep on shopping. However,

this uncontrollable consumption can have negative effects on the individual, the economy and the environment.

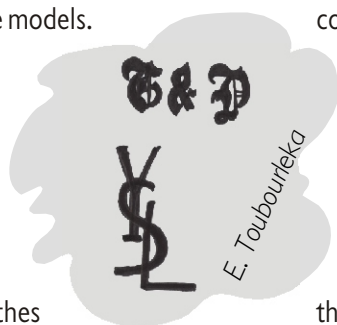
*In 1950,  
Diners Club and American Express  
launched their charge cards  
in the USA, the first "plastic money".*

## CREDIT CARDS

*The word credit comes from Latin,  
meaning "trust".  
Ironically !!!!*

To begin with, the individual is mostly influenced by consumerism both in psychological and financial terms. Firstly, a shopaholic shops in search of happiness and since he does not feel content he shops even more and this creates a vicious circle with no effective results. "You can never get enough of what you don't need to make you happy", said Eric Hoffer and he was absolutely right. Happiness does not consist of the pleasure of goods but it is found in the lack of desire. In addition, a shopaholic becomes irrational and obsessed with consumption. He yearns to have the most fashionable, the most expensive clothes and the latest gadgets.

Therefore, the shopaholic will probably miss the true meaning of life. His basic priority is getting more and more, which leads to inertia, indifference and isolation from his friends and favourite persons. Furthermore, excessive consumption has an adverse



effect on the financial situation of the individual. Consumption requires money and money can be found in credit cards and loans. Credit cards have become man's best friend. However, their use usually leads to debt that could in turn lead to personal bankruptcy. Sometimes the disappointment of the consumer who has lost all his money is so intense that he might act in a desperate way and even commit suicide. So, why should we jeopardize our financial situation, our psychological well-being or even our life for some additional useless outfits?

Apart from the individual, consumerism also affects the economy of a country. First and foremost, it is an undisputed fact that most developed countries' industries are located in developing countries where the working conditions are not usually decent and wages are too low. So, basically the developed countries continue to expand their economy at the expense of the developing ones. Moreover, due to the incapacity of consumers to pay back their debts, banks could go bankrupt, creating a recession.

Last but not least, consumerism is destructive to the environment. Firstly, a lot of animals are threatened with extinction because they are killed for their fur and leather to produce bags, coats and shoes. Furthermore, the factories that produce all these goods emit carbon dioxide that worsens atmospheric pollution and global warming.



S. Thomaidou

Apart from these problems consumerism creates one more problem that concerns food. In societies of abundance people demand certain products, which leads to the excessive use of herbicides, pesticides and fertilizers that pollute water.



E. Toubourleka

Having read all this we wonder: is it really worth it? Unlimited consumption creates all these problems that have no positive effect. Some consumers have realized this and they have changed their attitude. There has been a growing tendency for a "buy nothing day" (a day once a year when you don't buy anything), fair trade has been developing rapidly and consumers are becoming more and more vigilant and cautious towards advertising and the media.

To conclude, are we brainwashed and innocent victims or are we responsible for our own actions? We are both. The media and advertising affect us deeply, making us want to consume. Yet, we are responsible for consuming. Despite all this propaganda, we are the ones who should resist, have good judgement and critical minds so that we do not consume the way the big guns want us to, creating so many problems especially for ourselves. So, we get to choose. Do we, just for the sake of consumerism, want to keep on shopping with no limits, but pay the price, lose valuable people in our life and eventually end up with a pair of Christian Louboutin shoes and maxed out credit cards?

**When it boils down to it,  
think before you shop.**

Clare Valioli  
A Lykeio

# what a day!

It is a day in 2020. Well, it's not just a normal day. It's a stressful, neurotic, frenetic day in a literally dog-eat-dog world. We all think that the future will be a little less than extraordinary, but is this actually the case?

Somewhere between our great anticipation for what's coming next and our inability to think reasonably, I think we've lost control. Now, you will probably wonder what I'm trying to say. Let me put you in the picture.

First of all, let's go back in time, to when our grandparents lived. If someone attempted to describe their lives, everyday habits and occupations, I think that he would have needed ten minutes maximum. The reason is quite simple: in the past, people used to live a very quiet life, they had enough free time to devote to their loved ones and the word "stress" wasn't even in their vocabulary. Not to mention that the phrase "what a day!" never had a negative connotation.

Now, let's return to the present. Not only have we added the word "stress" to our formal and informal vocabulary, but we've actually created derivatives!! Each and every day is a mixture of anxiety, lack of time and sleep, endless running either because we missed the early bus or because we forgot to pick up the clothes from the dry-cleaner's (and I assure you, I can find a hundred other similar reasons), pressure and no time for the afternoon siesta. Well, somewhere between all this, yes we do have a little fun, once in a while.

To our point, I'd now like you to think how life will be in a few years to come. Well, one thing's for sure: it won't be a quiet one! We could always enrich our vocabulary with a few more choice words: poverty, financial problems, difficulties in landing a job, constant effort to obtain the bare necessities. The future is looking at us threateningly.

Now I guess you feel a bit stressed about the future. Well, you will then have enough stress to cope with it, so you shouldn't actually get stressed about being stressed! All you have to do is look back at your future in the same threatening way, and everything is going to be fine



# P r i v a c y

Danai Vlasidou  
B Lykeio

**"No one shall be subjected to arbitrary interference with his privacy, family, home or correspondence, nor to attacks upon his honour and reputation. Everyone has the right to the protection of the law against such interference or attacks."**

*The Universal Declaration of Human Rights, Article 12*



Over the last years we have witnessed a ferocious debate going on over an apparent loss of our civil liberties and especially of our right to privacy. People in the US protest vociferously against the Patriot Act, the French condemn the surveillance methods implemented by their own intelligence services and people all over the globe are alarmed by the fact that Internet sites such as People Finders, Zaba Search and Google's satellite maps afford easy access to anyone wanting to find out where you live, your financial status and so much more.

So, many people come to question "Where have our rights to privacy gone? Who has taken them away?". Well, answers such as "the government", "the police", even "the neighbors" are easy and obvious but, as far as I'm concerned, they are quite incorrect. For let me point out another answer: our fundamental rights to privacy have gone nowhere. The answer to the question "who is taking away our privacy?" can definitely be "WE OURSELVES".

Here is my thinking. As humans, we very rarely know what we actually want. We complain about junk food but continue to eat at McDonalds, we would sue our next-door neighbor for playing his music too loudly and not letting us sleep, but next week we would throw that great party and wouldn't think twice about disturbing the neighborhood. We want to be respected while we don't respect others and basically we don't respect ourselves.

What does this have to do with privacy? Exactly the same occurs when it comes to protecting our right to it. We march in the street enraged to protest about our privacy being invaded by cameras and "secret agents", while we are actually the ones killing it. When we upload any photo we might have with our friends, our family, our boyfriend, even our pet on Facebook, allowing literally anyone to have access to it, when we give out all our personal details for a so-called quiz or research on Twitter, we simply show that we have absolutely no respect for our own privacy. But, of course, we don't complain about it, we will say it is up to us what to do with our lives.

I'm not here to disagree about our privacy being violated, neither am I here to encourage such violations of our civil rights. But the next time you start whining about any kind of infringement on your privacy, you'd better stop and ask yourself why you allow people, ordinary citizens that you don't even know to poke into your affairs and your private life and watch you through a peephole in the sky.



# Sympathy requires emotions ...

*Evangelos Taratoris*

*C Lykeio*

**I**n front of a flaming house I experienced one of my most intense and sad feelings. It was a house in a village, one of the hundreds destroyed by the disastrous fires that broke out in Greece last summer. One could suppose the reason I was so shocked is because of the horror that confronted me. But no ... the reason why I was so shocked watching this old house being consumed by flames was that I realized I didn't really care.

Don't misunderstand me. I can assure you I was sad about the disaster. But it's one thing to be sympathetic and it's quite another to really care. You see, being sympathetic doesn't require anything but the ability to express very basic human feelings. Caring, on the other hand, requires active involvement. If you really care about something, you must be willing to do something about it. Sympathy requires emotions. Caring requires the will to act.

I will play the role of the 'bad guy' here - I'll try to justify my not caring. The logical procedure that one goes through when receiving any kind of information is: Understanding, Processing, and Concluding. While the first is conceived at once, the processing of information requires a considerable amount of time to be successful. Not all kinds of information trigger strong emotions, but when they do, I suppose one must feel sympathetic towards that specific situation. There are two ways to proceed. One is to keep your strong emotions on the "sympathy mode"; the other is to move beyond that and develop your sympathy into caring.

## ... caring requires the will to act

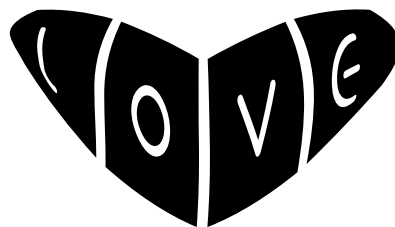
This procedure seemed reasonable to me. Even so, I realized that if I wanted to figure out why we don't care, I also had to consider how we receive that information in the first place. I came up with two aspects of the modern information input. The first is that we have access to a huge volume of external stimuli; the other is that this information is broadcast or published very fast. Taking into account the rapidly rising volume of information and, in our busy world, the time available to us to process decreasing, we may conclude that our ability to fully process all the information we are

given must be greatly reduced Since reaching the point to care about something requires both processing and concluding, we realize that one simply cannot always care.

This conclusion is a frightening one, giving rise to a feeling of desperation. Are we horrible, horrible people? Has man lost the game? I believe that our ability to adjust is what will save the game in the end. Since under no circumstances can we process all this amount of information, my opinion is that we subconsciously make a jump from quantity to quality. Namely, since we can't care about everything, we choose what we should care about based on the importance of each problem for us.

Out of necessity, then, our study moves to the level of the individual. I have a sister with a disability. I have always undertaken to help her in her everyday life. But it was when she started swimming and I came into contact with other similar children that I saw how difficult their lives were. Despite this, however, I was impressed by their strength of character. I felt then that helping was no longer purely a responsibility, but a privilege in contributing to their uphill struggle for success. Whenever I had the opportunity I offered both physical but, more importantly, psychological support and made sure we had fun together. Despite my demanding schedule, I found such pleasure in helping these individuals overcome their obstacles that it stimulated me to further be involved in teaching students with learning difficulties. Through these activities I realized that what I really cared about was helping people overcome their "barriers". From these activities I learned that in the future I want to be involved in improving the lives of my fellow citizens. I have selected in what areas I can channel my energies beyond the emotional mode into the active mode.

It took me sixteen years and a burned-out house to realize that we cannot always care. After all, even if we wanted to, it would be practically impossible to confront all the problems the world is facing today. We should realize that the real issue is not about how many problems you should feel sympathetic towards. It is about which ones you should care about.



*Kyveli Mavromati*  
*B Gymnasio*

### **Love! Love! Love!**

**All you need is love... All you need is love...**

How many times haven't you heard that song by The Beatles?

Although it expresses something very simple, the message is so deep. Maybe this is the reason that it became so successful.

From a very early age, most of us receive pure , undivided love from our parents. In our primary school years, we all try hard to feel loved and appreciated. Everyone of us has imagined, at one time or another, that a classmate asks him or her to go out one afternoon for a walk... Later, teenagers seem to be on a never ending quest for a boyfriend or a girlfriend. They want to love and be loved by the opposite sex. This is their main purpose in everything they do even if they are not really ready for a relationship. As people grow up, they want to find their soul mate, their true love. When they find him/her, they devote themselves to the person they love.

Humans are social beings. Each age has its own needs. Children need someone to play with, teenagers need someone to talk to, to share their secrets with and to spend their time with. Grown-ups want someone to discuss their problems with , their work and later their memories with. So, we can very clearly see that love is important at every stage of our lives.

Let us not forget that love is the arch enemy of all prejudice. Prejudice has many different facets. There is racism, discrimination against disabled people or poor people. We have to stop underestimating individuals because of one's nationality or because of a disability or poor background. We should treat everyone fairly and equally.

What I am trying to say is simple. I'm actually urging you to love and have respect for people, whether they are rich or poor, educated or illiterate, able-bodied or disabled. Have compassion for all, from the young to the elderly, for others in less fortunate countries, for your family members, for your classmates or co-workers.

Love is one of God's most valuable gifts and it's more precious than any diamond or gold. Love makes life complete.

**So...Never stop loving , after all, all you need is love!!!**



## **“Try not to become a man of success, but rather try to become a man of value”**

*Albert Einstein*

*Danai Vlasidou*

*B Lykeio*

Western Society has a particular way of measuring success. It is about having; having money, possessions, fame, good looks. But not everyone who has gained these things believes that this is so. With his amassed fortunes, Rockefeller said that he felt the poor had it easier than the well to do. “The poor still believe that money will bring happiness. The rich already know that it doesn’t.” Within his statement, there is the hint of being unfulfilled; can one be successful but ultimately dissatisfied?

Success is a term that can be described in many different ways. For some, success means having a good job with a decent salary, while others, for instance, might see it as “raising children who will be upstanding members of society”. However, our life inevitably is a series of choices. Therefore, one can choose to be honest, to display good moral values and to pursue moral integrity. Given that, a truly successful person will be the one that makes the proper choices in his life, the one who, in the end, will be able to look back at it and smile proudly, knowing that he has done his best.

Consequently, becoming a man of success can be equal to becoming a man of value. We just have to define success properly. Somebody once pointed out that “success means building your character upon failure”. Through failures in life, one shall build a strong character. And having that strong, positive personality and outlook on life will see you through rough times and lead you down the path to happiness. Your perspective and your integrity are the attributes that will be with you, no matter what might occur, the ones you can actually count on to help you through adversity. Choosing whether to form a “good” or a “bad” character is entirely up to you.

A man of character is defined as the noble individual who stops to hold the door for an elderly lady, even though he is in a hurry to get to his office on time. Character is what keeps teachers in the classroom despite the low pay, dealing with unruly students and possibly ignorant parents. Character makes fire-fighters run into a burning building to save lives, when everyone else is running away fearing for their lives. Beauty fades away, money is spent, a fire can destroy your belongings and a terrible movie might be devastating for your career, no matter how long you’ve been in the spotlight for. Morality and character remains.

The word “success” comes from the word “successor”. The etymology of the word, can be traced back to the 13th century and means “the one who comes after”, from the Latin word “successus”. It was not until the 16th century that the word took on a new meaning. From then on, success has been connected with “the happy outcome”...until the 21st century, when this meaning has been distorted and a general interpretation of it as “money, fame, good looks” has dominated.

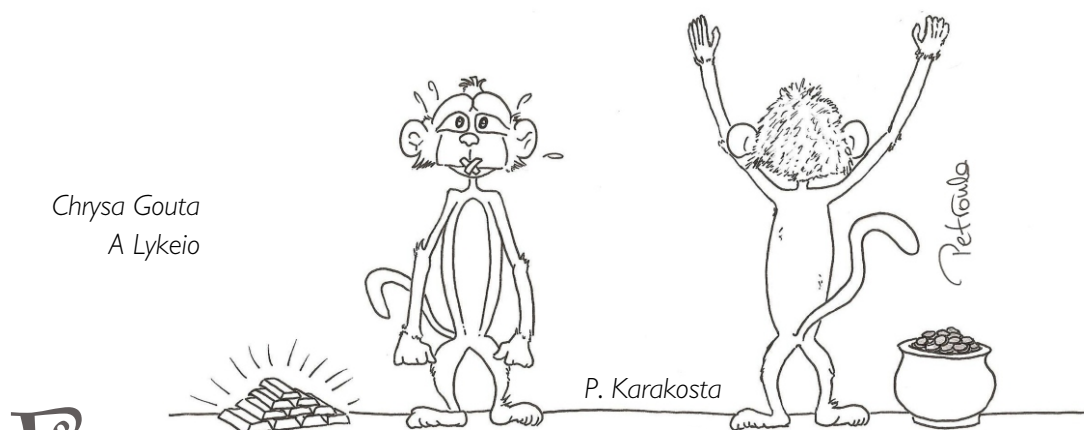
So, the time has come for everyone to re-define its meaning, for himself. To love, and to be loved, making a difference in another person's life, doing something simply for the good of it, taking pleasure in every day, sharing what you have, living each day to the best of your ability, being true and honest to others and to yourself, these are some of the things that are closer to re-defining what makes for a successful life. The impression that we leave behind in the memories and hearts of others, also holds a key to turning success into an achievement that cannot be dependent on the flickering flame of finance or fame.



# Speech is silver ... Silence is gold

*Well-timed silence has more eloquence than speech*

*Martin Fraquhar Tupper*



First of all what is speech? It's the ability of man to pronounce sounds following some syntactic rules which differ from country to country. The main purpose of speech is communication. Since prehistoric times man has been looking for a way to express his needs in order to have them met. That is when language appeared. And language could be regarded as a gift given by god. Why? Because, contrary to all the other species, mankind is the only one privileged with the powers of speech. The philosopher Emerson said: "Speech is better than silence; silence is better than speech." What do you think?

Speech is power. You can use it any way you want. This means its usage may have either positive or negative results. Well, some people just lack tact and even if they have the very best motives and intentions, they perform their kindest deeds in such an inappropriate way that they cause pain -when they really wanted to give pleasure. The harsh, brusque man may get a softer heart, and with it a softer manner. The man who tends to say the wrong word may at least learn to be silent when in doubt or at least express his feelings in a different way. Don't forget that in ancient Greece silence was an attribute for both men and women according to Sophocles.

Nowadays, speech is widely used. Wrong, it's excessively used! And worse it's recklessly used. You and I, along with everyone else, use speech every day but is it always necessary? I don't think so. And art supports this notion. Every poet's aim is to express his thoughts in as few words as possible. Furthermore, moments of silence in a movie are those which create the most intense feelings in the audience. Religion agrees with this opinion. As Mother Teresa said "we need to find God, and HE cannot be found in noise and restlessness. God is the friend of silence. See how nature trees, flowers, grass-grows in silence; see the stars, the moon and the sun, how they move in silence..."

We need silence to be able to touch souls. Finally, we could compare silence with music. Forget this article, go to a silent place, hold a guitar and close your eyes for fifteen seconds trying not to think of anything. Then open your eyes and continue to read this article. Congratulations! You just played a beautiful piece of music consisting of repeated rests! You are right, our great ancestor Homer, endless are the modes of speech.

Unfortunately, very few of us keep silent today. Everyone has his opinion and shouts it out. But who listens and who cares in a society full of similar opinions expressed in a similar way? Silence makes you, first of all, stand apart. People who don't talk are usually thinking. And that's the reason why wise and experienced men are, mostly silent. Anyway, why should we talk if we don't have anything important to say? Don't forget, blessed is the man who, having nothing to say, abstains from giving us wordy evidence of the fact and speech is nothing but broken light upon the depth of the unspoken (George Eliot). This means that your essential thoughts and sentiments cannot really be said. Your words are just a poor reflection of them which can in no way express the greatness of your soul.

Goldsmith once said: "The true use of speech is not so much to express our wants as to conceal them". That's true, we don't need to talk, we fear silence. We fear that people around us will misunderstand and despise us. We are ashamed of our silence because the world we live in demands noise. And noise is popularity and success (and money).

**The rest is silence...!** (William Shakespeare)

# assertiveness

In the sixties, in the United States, Afro-Americans were treated unfairly by American society. Their human rights were severely violated not only by the citizens, but also by the laws that were enforced and that denied their right to freedom, education and employment. But in the year 2009, the United States elected an Afro-American president, who possesses tremendous power as a global leader. Looking back over this journey can we conclude that assertiveness expressing our opinions or desires with confidence- is necessary in order to have issues acted upon?

In the past we witnessed a lot of people trying to advocate their rights, something that the movement called “Black Power” also did. This movement emphasized racial pride and the creation of political and cultural institutions, promoted collective interests, advanced values, and secured autonomy for the sake of the Afro-American society. The only problem was that this movement confused the connotation of the word “assertiveness” with the connotation of the word “aggressiveness”. They used violent ways to make their demands heard in society, instead of negotiating with the government or with organizations which were responsible for the protection of human rights. The same thing is happening today in our society. On a regular basis we find ourselves in the position where we have to defend our rights or to make a decision or to make our needs heard. But how many times have we ended up yelling at, insulting or even hitting someone in order to get what we want? When the arguments stop, the screaming starts.

A brilliant example of a person who discovered and used assertiveness was the American activist, Martin Luther King Jr. His main purpose was to secure progress on civil rights in the United States. Dr. King was aware of the problems and obstacles that Afro-Americans confronted and he managed to alleviate to a great extent the aforementioned problems. Despite the fact that he was stigmatized because of the color of his skin and his life was threatened on a daily basis, he decided to continue his effort to achieve his goal, which was the creation of a united American society. He had the courage and he remained persistent and faithful in order to fulfill his dream. All these characteristics were the ones that provided him with the title of the assertive leader who had issues acted upon, despite hardships. This is exactly what we need in order to succeed and not be neglected by our fellowmen. We have to find the strength, the confidence and the courage to fight for our rights, beliefs and ideas. Violence leads to more violence and to a dead end. Assertiveness is what can bring innumerable positive results not only to our lives, but also to our society.

Taking all the above mentioned into consideration, we can conclude that the strongest and most effective way to make our needs heard in the society is assertiveness. Neither apathy nor ignorance, neither extremism, like aggressiveness nor violence have brought any results throughout the centuries. And as Theodore Roosevelt said, “When it is time to decide, the best thing is to do something right. The second best thing is to do something wrong. But the worst thing is not to do anything”.

*milestone*



**On August 28, 1963,  
Martin Luther King Jr.  
stood in front of the Lincoln Memorial looking  
out over thousands  
of troubled Americans  
who had gathered in the name  
of civil rights and uttered his now famous  
words,  
"I have a dream . . ."  
It was a speech that changed  
the course of history.**

I say to you today, my friends, so even though we face the difficulties of today and tomorrow, I still have a dream. It is a dream deeply rooted in the American dream.

**I have a dream** that one day this nation will rise up and live out the true meaning of its creed: "We hold these truths to be self-evident: that all men are created equal."

**I have a dream** that one day on the red hills of Georgia the sons of former slaves and the sons of former slave owners will be able to sit down together at the table of brotherhood.

# *Fight For Life*

*Vangelis Kanonidis  
A Lykeio*

And now I sit by the fireplace  
Thoughts, memories that fade  
A life long forgotten  
A life never lived  
I think about what I've done  
In that too lengthy life  
One word comes to mind  
Nothing

I lived a life, a chosen life  
But not from me, from others  
A life of work with no pleasure  
To serve other's goals  
People's who chose for me, without me.

Now I think what I could do  
At that forgotten time  
One word comes to my mind  
Rebel, rebel, rebel.

And now I see my history  
Becoming other people's  
And there is only one word  
To tell to thee  
Rebel, rebel, rebel

# Maths & Violin

Apostolos Gaitanidis  
C Lykeio



A busy cow has to choose among some jobs to fix her daily schedule so as to maximize her total profit. The USA Computing Olympiad is famous for its bovine problems like this one. But after reading this problem, called weighted activity selection, I put cow-level dilemmas aside and wondered if man could always make the best decisions in his/her life. Whether it concerned “cow-level” dilemmas such as deciding on how to go to work via the fastest route possible to more serious decisions such as organizing an effective study program, I wondered how somebody could optimize his/her decision-making skills to reach as close to perfection as possible. For me, the answer is music.

I started playing the violin before even learning to read books without images! The violin is often considered the epitome of all instruments (mostly by violinists) because it demands perfection to achieve its unique sounds. Unlike a pianist or a guitarist who knows where exactly to put his hands to produce a certain note, a violinist places his fingers with certainty only after a lot of practice. I can recall myself working hundreds of times on small pieces of music for a whole day. I simply cannot relax until I hear the sounds harmoniously blend with each other. This approach has cultivated my persistence to take steps towards perfection in my other activities. I don't give up easily when I'm solving algorithmic problems for Online Judges (websites dedicated to such puzzles). And I love facing tough competitors in debates, because I know that this is the only way to push myself to higher performance.

I know, however, I will never achieve perfection. It is impossible to hit 349.228 Hz when trying to play F. But the whole point behind continuous practice is to optimize my skills and correct as many imperfections as I can. The fact that I hate listening to others say, “I did the hard part, now you do

the math” might seem irrelevant, but it definitely isn’t. Telling others to “do the math” is the same as bragging about knowing how to play a piece of music, but never attempting to actually perform it. In my opinion, a complete effort takes into account small details, too. As a local supermarket chain called “Champion” advertizes, “Details make somebody a Champion.” If a champion, let’s say Roger Federer, was not “doing the math,” he would be playing video tennis games. He would consider thinking about performing a forehand shot more important than actually performing it. And if a champion began thinking that way, he would eventually be “dethroned.” “Doing the math” is one of the reasons why I want to study Engineering, because in engineering the effort is judged on its results and good results require consideration of the tiniest details. Playing the violin has made me continually verify my hypotheses. If I sound good, then my hypothesis about placing my finger in one position was correct. Similarly, if a machine that an engineer manufactures works, then the theory was correct. And having made a hypothesis that works is my definition of a “champion” in science.

$$\sigma_x = \sqrt{\frac{1}{n} \left\{ \sum_{i=1}^n X_i^2 - \frac{1}{n} \left( \sum_{i=1}^n X_i \right)^2 \right\}}$$

Concepts such as persistence and attention to detail may suggest that music is a continuous struggle towards perfection, yet music for me is an educational toy: I learn and have fun at the same time. I would never spend whole days or weekends on something if I didn’t enjoy it so much. Playing music can also serve as a break from studying, while not distracting from the object of my study. On the contrary, I would say that it enhances my performance. In a mysterious way, after taking a break I am more concentrated and I feel a lot more creative than before to continue studying. Furthermore, my participation in the school orchestra as the first violin gives me the opportunity to socialize with people who have the same interests and to make new friends wherever our orchestra performs. My teamwork and leadership skills are boosted, too, because violins in an orchestra carry some responsibility for the orchestra’s performance.

Though I strive for perfection, I wouldn’t characterize myself as a perfectionist. A perfectionist lives for the outcome, while I live for the process itself and the lessons I learn through trying to optimize my abilities, taking that step closer to perfection. Constantine Cavafy, the Greek poet, suggests that Ulysses wouldn’t have been a wise man if he hadn’t gone through that journey to Ithaca. Playing music is my Ithacan experience!

# "Dream no small dreams for they have no power to move the hearts of men"

Evangelos Taratoris  
C Lykeio

Ever since I was a little boy, I hated mediocrity, routine, the mundane. Instead I was fascinated by the idea of the extraordinary, the unbelievable, the impossible. With time I came to realize that the extraordinary was the exception, not the rule. However, there has always been a flame inside me; a flame that almost magically leads me to the pursuit of greatness.

All my goals, all my dreams, have had a sense of magnitude, the exceptional. Excelling was not enough. With whatever I was involved in, I had to find its origins, its extreme depths so as to redefine its limits. And my own. In the academic field, I always set goals that for many seemed impossible (academic excellence, successful participation in international competitions). But my intentions weren't egoistic- that's just the way I functioned. That's what the flame inside me dictated for me. Of course I was fortunate enough to have a family and environment that supported me in my goals. Along with their support, one of the first things they offered me was advice. They made me realize what I had to do in order to achieve my dreams: I had to sacrifice a lot- generally a "normal" childhood- in order to succeed. However, due to both my temperament and my love for what I did, I never thought I was actually sacrificing anything at all.

Despite this, the route I chose to follow was not easy. The goals I set required real devotion and time. Sometimes, when I saw no tangible results for a long time and I faced successive failures, I became emotionally frustrated and wanted to quit. Because of the level of difficulty and the chasing of simultaneous goals, I frequently failed before I finally succeeded.

All these obstacles, difficult as they were, were not able to deter me. I was simply too determined and wanted to succeed too badly to quit. Throughout each of my journeys I felt burning inside me that flame that had initiated them. This flame flickered sometimes but the pilot light was never extinguished. It was always there and that's why I never gave up.

I dream big. Why shouldn't I, after all? In order to achieve great things you must first believe in them, believe in yourself. Mediocre desires bring mediocre results and the world is in need of something spectacular. I'm not absolutely sure what path I'll follow but I'll certainly aim for the spectacular. As Goethe said "Dream no small dreams for they have no power to move the hearts of men."

I aim to move your hearts.

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*"The dream was always  
running ahead of me.*

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*To catch up,  
to live for a moment  
in unison with it,  
that was the miracle"*

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Anais Nin

# The day that changed my life

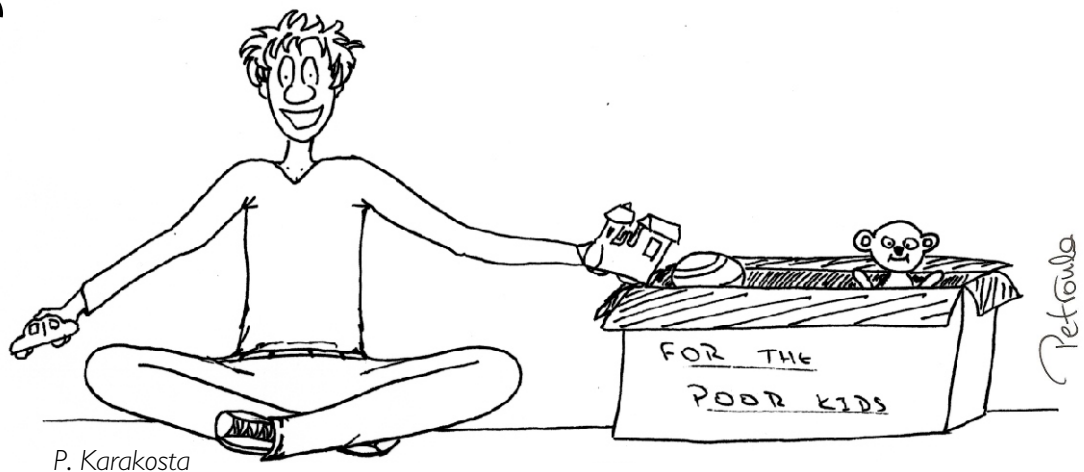
Sero Abrahamian  
A Gymnasio

When I was a little child, 4-6 years old, I wanted to have everything. Every day my mum took me out for a walk and always we went to a toy store. I would run up and down asking for everything I saw. As soon as my mum would say “no”, I would start screaming and crying until she would say “yes”.

Then one day something miraculous happened. My kindergarten teacher, Mrs. Anastasia, brought in some shocking pictures of children in Africa. They were almost without any clothes on and they all had a tear at the edge of their eyes. But one picture in particular caught my attention. A picture of a boy at my age, thin, with hardly any clothes on, a tear was flowing from the edge of his eye, but he had a big smile on his face because he was holding a broken toy. I remember thinking I would never play with such a horrible toy, but he looked so happy and proud.

That day I felt what I later learned. It was the feeling of sorrow and shame. When I got home, I started putting all my nice toys in a bag. When my mum saw me, she asked: “Sero, what are you doing?” I was packing my toys to send them to that little boy and to all these poor children so the tears at the edge of their eyes could disappear forever.

From that day, my life has completely changed. I don't want to have everything and I am more sensitive to the problems of other children in the world.





# Goodbye Mr. Papadopoulos

**“the life of the dead is placed in the memory of the living”**

*Pavlos Pachidis  
B Lykeio*

**“But learn that to die is a debt we must all pay”** these were the macabre, yet truthful words of one of the greatest tragedians of Ancient Greece, Euripides, pointing out that death is something natural, constituting the final destination of the life of every organism.

Realising this fact, one may be able to adjust to the idea of one’s own death, as part of the cycle of his existence, but he/she will never be able to cope with the loss of someone very dear, and important to him/her. This was the case for us, when we lost Mr. Papadopoulos, one of the most important faculty members of our school. Our professor was a man with good sense of humour, a cunning smile and, above all, unique integrity and beliefs.

He did not only teach us how to succeed in our academic goals but he indirectly communicated to us his own philosophy: always to dare, never to be afraid to set goals, and most importantly to fully enjoy our lives. Now, what he leaves behind him are the memories of the time we spent together. But we should be careful not to underestimate these memories.

Adhering to the righteous words of Marcus Tillius Cicero, “the life of the dead is placed in the memory of the living” we understand that we have to remember him. Not just by recalling pleasant times with him, but by following his ideas, by taking actions that comply with his dogma of always daring and trying; it is through these actions that we can keep his memory alive.

# A different fairy tale

Danai Vlasidou

B Lykeio

## Palestinian Israeli war.

Mothers with their children have to hide in the same shelter. An old woman gathers the children around her to narrate a story. She chooses a classic fairy tale, Little Red Riding Hood, but a bit different from our conventional tale.

“Once upon a time, there was a little girl, called Little Red Riding Hood. One day, her mother gave her a basket with a pie and biscuits to take to her ill Granny.

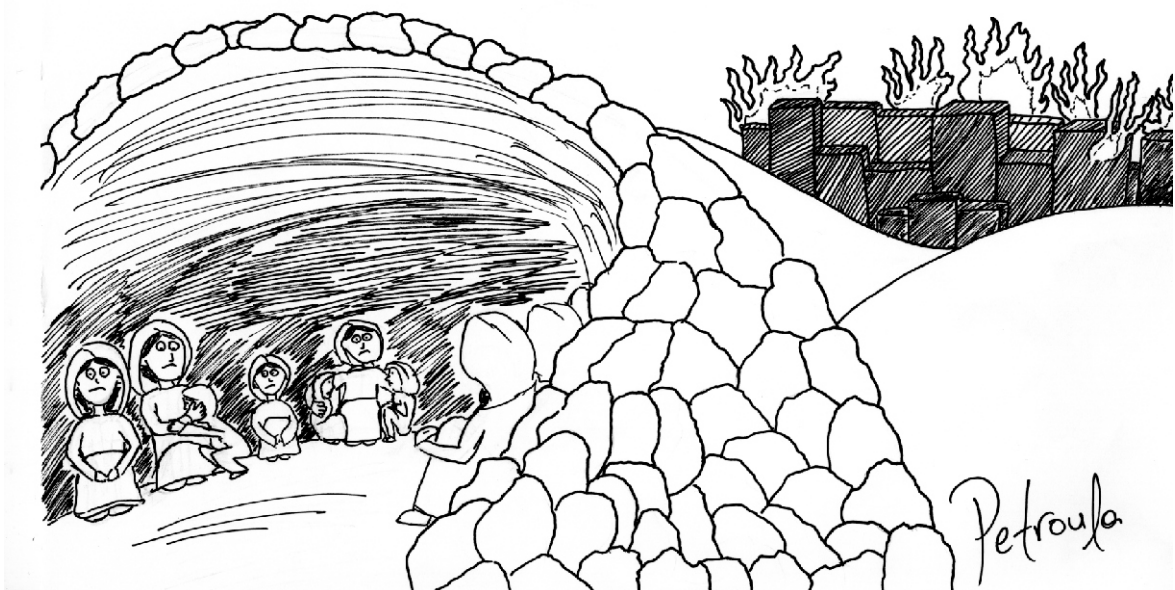
-Don't go through the forest! There is the bad Wolf, and you could be in grave danger!

But she takes the forest path and the Wolf follows her, sneakily...and, reaching the house, he enters through the open window, and gets ready to devour Little Red Riding Hood and poor Grandma. Suddenly the front door opens wide to reveal the Hunter who raises his gun and shoots the Wolf. The bullet ricochets and almost hits Little Red Riding Hood who faints. Hunter, Wolf and Grandma approach her, terrified.

- Thank God, she is not hurt! says Grandmother, relieved.
- She didn't deserve this, observes the Wolf regretfully.
- There is no need for any losses, right Wolf? No more victims, shouts the Hunter.

Soon Little Red Riding Hood has recovered and Wolf, Hunter and Grandmother, leaving behind all their differences, live together happily and peacefully ever after.”

The old Palestinian woman finishes the story. A nearby city in flames turns night into day. A little Israeli girl anxiously asks : “Mum, will we ever live happily?”



# The three most useless inventions

Danai Vlasidou

B Lykeio

The 20th century was the most exciting and innovative era of accomplishments in the history of society. Its achievements were global and benefited all of mankind filling fellow humans with awe, wonder, surprise, amazement, pride and hope for a better future. Advances in science, medicine and creative inventions came at such a rapid pace that society now complains about information and gadget overload. Innovative advances that seemed mysterious a hundred years ago, soon became commonplace. Society in history absorbed them all, and everything subtly affected the lives we lead today. Everything? Well, everything that had something remarkable to offer. Because there are also countless inventions of the previous century that add absolutely nothing to our everyday lives. Yesterday I came across some of them in a website and I'm here to proudly present you with the three most useless inventions of the 20th and the 21st centuries!

## ***No 3: Motorized Ice Cream Cone Holder***



No more turning your cone to lick the next melting corner!

Now the Motorized Ice Cream Cone Holder does it for you! Sink into your food coma with the aid of this self propelled mechanism.

Push one button and thirty one flavors and more can be at the tip of your tongue over and over again. This awesome Cone Holder comes in assorted colors and is shaped like a normal cake cone.

Requires 2 AA batteries (not included) and is completely dishwasher safe.

Alright, this is a really cool kitchen gadget. You load the removable dish with ice-cream and by pressing a button you enjoy the world's most popular tastes! No more licking around the edges of a drippy cone! And additionally, dishwasher safe! Fun for all ages! But at the same time, the epitome of laziness! Seriously, how idle can one really be? Many claim that the current generation is lazy, but truly, are we so lazy that we even need an ice-cream

cone that revolves by itself? Yet astoundingly, a fairly decent number of pieces of this totally and utterly pointless apparatus has already been sold, mostly in the US and France. And I thought that the French are people with taste! So, do you have \$12.49 to waste? Satisfy your artificial need for an automatic ice-cream cone holder! What can possibly be better?

## No 2: Doggles



Ever wondered why your doggy would not go to the beach?  
Now, doggles are here!  
A nice set of glasses, providing UV protection for your dog!  
Available in all sizes and colors. (\$19.95)

Yes! Finally! Now I'm really happy! I can take Fidel to the beach without having to worry about his eyes! The latest in dog-wear is now available, providing 100% Ultra Violet protection. Of course, the best thing is that all doggles have anti-fog lenses and no gaps to let in stray light, dirt or insects! Phew! Wouldn't want Fidel filling them with soil when he's digging a hole, or getting fogged up as he's chasing his tail! I suppose there is no other way to show my pet how much I love him, but to force him to wear a pair of elasticated sunglasses!

**And the grand winner of the most useless inventions is:**



## No1: Toilet paper for those suffering from seasonal flu

Ok, this is my own personal favorite; no words are needed to describe it!

## Useless information

- Apples are more effective at keeping people awake in the morning than caffeine.
- Mosquitoes have 47 teeth.
- An ostrich's eye is bigger than its brain.
- Every year, kids in North America spend close to half a billion dollars on chewing gum.
- During your lifetime, you'll eat about 60,000 pounds of food, that's the weight of about 6 elephants.
- A sneeze travels out your nose at over 100 m.p.h.
- Every time you lick a stamp you consume 1/10 of a calorie.
- The average person has over 1,460 dreams a year.
- Over 1,000 birds a year die from smashing into windows.
- Dolphins sleep with one eye open.

Georgios Kotzambasis  
B Gymnasio

## An adventurous trip to Wales

It started out as a normal family holiday. It was four years ago when my parents and I decided to visit Great Britain together with some friends. We were going to stay in London for a week, but our friends suggested renting a car and visiting Wales for the following four days. We all thought it was a great idea and on 18th July, having spent one week in London, we were on the vast bridge connecting England with the south of Wales, at the mouth of the river Severn.

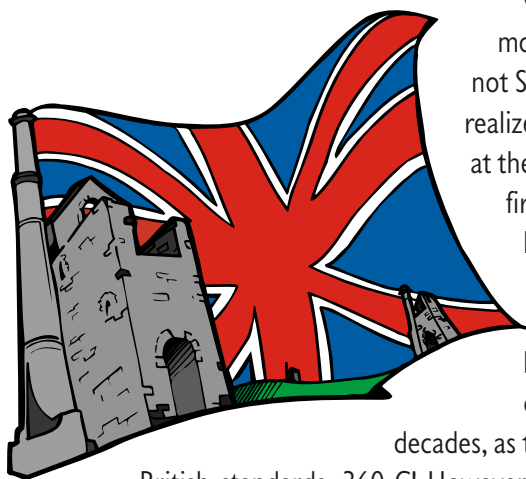
Our first stop was in Monmouth, a picturesque town on the banks of the river Wye. There weren't very many sights however, so after a short walk we set off for Rhaglan Castle, one of the many medieval castles Wales is famous for. Although large parts of it had been partially ruined over the centuries, it still was an amazing sight, a towering stone building surrounded by a beautiful moat covered with water lilies. In the afternoon we set off and soon reached the capital and biggest city in Wales, Cardiff. We stayed there overnight, so we had plenty of time to go sightseeing, which included visiting the port, the small, but well preserved Cardiff Castle and quite an interesting museum about Welsh life, which actually is the representation of a traditional village in full scale.

The next day we headed west towards Tenby. In my opinion it was probably the most beautiful town we visited in Wales. It was situated by the coast, but on top of a hill which formed a steep cliff from the side of the sea. The view was stunning; the sea stretched as far as the eye could see, while flocks of seagulls were flying above. The beach at the foot of the cliff seemed very large at low tide and the port with the traditional, colorful houses completed the majestic scenery.

But then things started getting really strange. We had booked a room at a hotel in a rural area close to Tenby, which eventually turned out to be ... a farm! Of course this didn't bother us at all. On the contrary, we thought it was going to be an interesting experience, something out of the ordinary. Nobody was at the reception desk, so we rang the bell. We waited for a couple of minutes, yet nobody came. Where had everyone gone? Or was this a hotel for ghosts? We rang again and again and eventually had to wait about half an hour until we decided to go upstairs and take a look at the rooms ourselves. Of course we weren't particularly happy about that; but the real problem was yet to come. We entered one of the rooms, and to our surprise smelt like a barn! Then we noticed where these earthly smells were coming from. The window was open, so all the smells from the animals beneath were making the atmosphere pretty nauseating!

Of course, there was no way we would stay in this "hotel" anymore. In the end we stayed in Haverfordwest. After we checked in we decided to take a short walk. It was a nice town, with a river running through it, but the really peculiar thing was that ... nobody was in the

streets! It really looked as if the town had been evacuated. Even in the very center of the town we were only able to see three or four cars. It wasn't peak time-7 o'clock actually is quite late for most British people to go out yet the sun was still shining and besides the town wasn't that small! What had happened to everyone? Was this another ghost town? Then I suddenly saw movement in the murky



waters of the river. Could it be Nessie, the famous Loch Ness monster I had heard about at school? Of course not! I was in Wales, not Scotland! Suddenly a shaggy head broke through the surface and I realized that "Nessie" was just a dog. Phew! Anyway, soon we were back at the hotel and, although we couldn't unlock the door to our room at first, we had a nice stay for the night (at least better than we would have had in a foul-smelling farmhouse!).

The next day we had breakfast which consisted of beans, bacon and eggs and set off. Although this might seem bizarre, this day was particularly hot. It was the hottest day recorded in the last decades, as the temperature in London had reached a blazing, at least for the British standards, 360 C! However, that didn't stop us from visiting the coastal areas of western Pembroke shire, where the beach is several hundred meters wide at low tide. Because of my encounter with "Nessie" the previous day, I was a bit nervous as I walked along the edge of the sea. Nessie may have been Scottish, but maybe Wales had their own sea monster! Who knew? After we had lunch in Fishguard, we headed back east towards Cardiff, as it was the last day of the trip. However, our flight back to Thessaloniki was on the next day, so we had booked a room at a hotel outside the city, close to a village called Tongwynlais.

But it turned out to be a pretty bad choice. To begin with, getting there was a little bit of a nightmare. We had been prudent enough to ask for directions, yet it wasn't all very clear. After several phone calls to the reception desk, which weren't particularly helpful, and quite a few guesses, we managed to reach the hotel. The second thing was that we had ended up with quite a smelly room again. The toilet in particular had a really weird odor. Nevertheless, we were sick and tired of all the problems we had faced with our accommodation, so we put up with it and returned to London the morning after to catch our flight.

In conclusion, despite the smelly rooms, the heat and possible monsters, we were all pleased with the trip. The beautiful landscapes, interesting cities and unique castles overshadowed all the unlucky occurrences. So if you are planning to travel to Great Britain, just think about visiting Wales as well. In this case, I wholeheartedly wish you ... good luck!

*info*

***For those looking for  
holidays in Britain,  
Wales has so much to offer***

*<http://www.visitwales.com>*

*<http://www.visitlondon.com>*

# CLUBS

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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

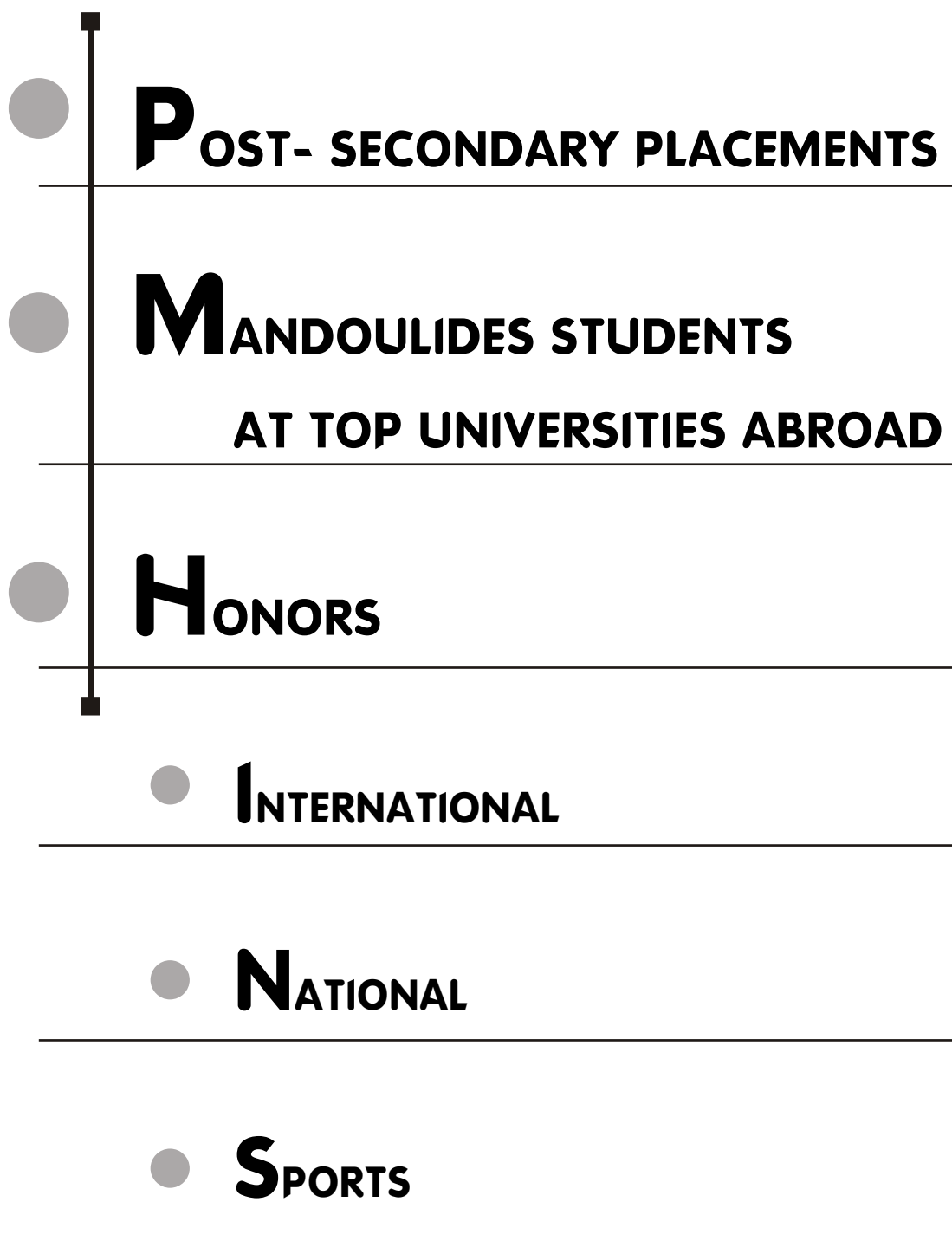
Robotics

Comics

Volunteer Work

Model United Nations





# POST- SECONDARY PLACEMENTS

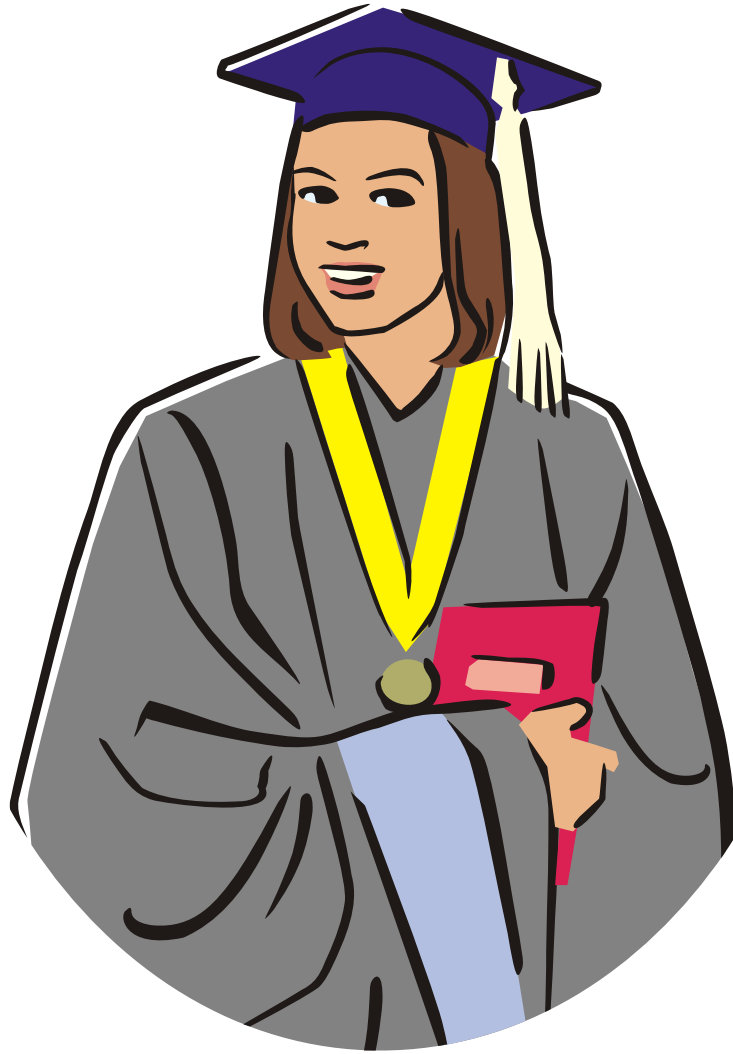
Since 1994 each graduating class had an annual 100% success rate entering the Greek University of their choice. Many students distinguished themselves by entering first in their selected departments of the universities in Greece.

## **1<sup>ST</sup> PLACE**

- ◆ **SCHOOL OF MILITARY MEDICINE, THE ARISTOTLE UNIVERSITY OF THESSALONIKI**  
2002, IOANNIS KIRIAKIDIS
- ◆ **MEDICAL SCHOOL, THE ARISTOTLE UNIVERSITY OF THESSALONIKI**  
1998, ALEXANDROS KARENTZOS
- ◆ **LAW SCHOOL, THE ARISTOTLE UNIVERSITY OF THESSALONIKI**  
1998, VASSILIKI KAPSALI
- ◆ **CIVIL ENGINEERING DEPARTMENT, THE ARISTOTLE UNIVERSITY OF THESSALONIKI**  
1998, HARILAOS KARRASSIOTOS
- ◆ **SCHOOL OF ARCHITECTURE, THE UNIVERSITY OF THRACE**  
2005, EKATERINI BAKALIOU
- ◆ **DEPARTMENT OF SPATIAL PLANNING AND DEVELOPMENT, THE ARISTOTLE UNIVERSITY OF THESSALONIKI**  
2009, EKATERINI FOUTAKI
- ◆ **MATHS DEPARTMENT, THE ARISTOTLE UNIVERSITY OF THESSALONIKI**  
2002, IRIS PAPADOPOULOU
- ◆ **BIOLOGY DEPARTMENT, THE ARISTOTLE UNIVERSITY OF THESSALONIKI**  
2002, GERASSIMOS KAVADIAS
- ◆ **POLITICAL STUDIES DEPARTMENT, THE UNIVERSITY OF MACEDONIA**  
2001, ELEFThERIOS ARVANITIS
- ◆ **AGRICULTURE DEPARTMENT, THE ARISTOTLE UNIVERSITY OF THESSALONIKI**  
2000, GERASSIMOS KAVADIAS
- ◆ **GREEK POLICE ACADEMY**  
1999, NIKOLAOS STATHIS

## **2<sup>ND</sup> PLACE**

- ◆ **LAW SCHOOL, THE ARISTOTLE UNIVERSITY OF THESSALONIKI**  
2004, AFRODITI GIOVANOPOULOU
- ◆ **CIVIL ENGINEERING DEPARTMENT, THE ARISTOTLE UNIVERSITY OF THESSALONIKI**  
1999, XENIA SAMARA
- ◆ **BUSINESS ADMINISTRATION DEPARTMENT, THE UNIVERSITY OF MACEDONIA**  
1994, DIMITRIOS MANTOULIDIS  
1999, PANAGIOTA ASLANIDOU
- ◆ **MARKETING AND BUSINESS ADMINISTRATION DEPARTMENT, THE UNIVERSITY OF MACEDONIA**  
2004, ANTONIOS SEFERLIS
- ◆ **POLITICAL STUDIES DEPARTMENT, THE UNIVERSITY OF MACEDONIA**  
2007, SPIRIDON GOULIELMOS
- ◆ **SCHOOL OF CHEMISTRY, THE ARISTOTLE UNIVERSITY OF THESSALONIKI**  
2002, LUCY KASEMIAN
- ◆ **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

- |   |  |
|---|--|
| <ul style="list-style-type: none"> <li>● <b>Harvard University</b> <ul style="list-style-type: none"> <li>V. Katsarou '07</li> <li>C. Mantoulidis '07</li> <li>T. Gogakos '06</li> <li>I. Konstantinidis '05</li> <li>D. Batzilis '04</li> <li>D. Lagias '03</li> <li>M. Moutselos '03</li> <li>E. Tsoukalidou '98</li> </ul> </li> <li>● <b>Princeton University</b> <ul style="list-style-type: none"> <li>E. Taratoris '10</li> <li>P. Toskas '10</li> <li>C. Mantoulidis '07</li> <li>T. Gogakos '06</li> <li>I. Konstantinidis '05</li> </ul> </li> <li>● <b>Yale University</b> <ul style="list-style-type: none"> <li>P. Toskas '10</li> <li>I. Legbelos '08</li> <li>V. Katsarou '07</li> <li>T. Gogakos '06</li> <li>I. Konstantinidis '05</li> <li>A. Charokopos '05</li> <li>S. Magkiriadou '03</li> </ul> </li> <li>● <b>California Institute of Technology</b> <ul style="list-style-type: none"> <li>E. Taratoris '10</li> <li>C. Mantoulidis '07</li> </ul> </li> <li>● <b>Stanford University</b> <ul style="list-style-type: none"> <li>C. Mantoulidis '07</li> </ul> </li> <li>● <b>M.I.T.</b> <ul style="list-style-type: none"> <li>E. Taratoris '10</li> <li>I. Tsoukalidis '01</li> </ul> </li> <li>● <b>Duke University</b> <ul style="list-style-type: none"> <li>P. Toskas '10</li> <li>T. Gogakos '06</li> <li>I. Grammatikopoulou '01</li> <li>E. Grammatikopoulou '00</li> </ul> </li> <li>● <b>Dartmouth College</b> <ul style="list-style-type: none"> <li>D. Lazaridis-Giannopoulos '08</li> <li>D. Sideri '07</li> <li>T. Gogakos '06</li> <li>I. Konstantinidis '05</li> <li>D. Batzilis '04</li> <li>S. Magkiriadou '03</li> <li>I. Grammatikopoulou '01</li> </ul> </li> </ul> | <ul style="list-style-type: none"> <li>● <b>Cornell University</b> <ul style="list-style-type: none"> <li>A. Gaitanidis '10</li> <li>C. Mantoulidis '07</li> <li>Z. Chatzidimitriadou '07</li> </ul> </li> <li>● <b>Johns Hopkins University</b> <ul style="list-style-type: none"> <li>A. Gaitanidis '10</li> <li>P. Toskas '10</li> <li>S. Tseranidis '09</li> <li>T. Gogakos '06</li> <li>E. Grammatikopoulou '00</li> </ul> </li> <li>● <b>University of California-Berkeley</b> <ul style="list-style-type: none"> <li>P. Toskas '10</li> </ul> </li> <li>● <b>Carnegie Mellon University</b> <ul style="list-style-type: none"> <li>C. Mantoulidis '07</li> <li>S. Magkiriadou '03</li> <li>I. Grammatikopoulou '01</li> </ul> </li> <li>● <b>Brandeis University</b> <ul style="list-style-type: none"> <li>Z. Kiriakou '01</li> <li>A. Gogakos '96</li> </ul> </li> <li>● <b>New York University</b> <ul style="list-style-type: none"> <li>T. Feldman '01</li> </ul> </li> <li>● <b>University of Washington</b> <ul style="list-style-type: none"> <li>N. Tsakiris '98</li> </ul> </li> <li>● <b>Rose-Hulman Institute of Technology</b> <ul style="list-style-type: none"> <li>D. Siafakas '00</li> <li>A. Tsakiris '00</li> <li>T. Tsatsas '00</li> <li>I. Tsakiris '98</li> <li>A. Adam '98</li> </ul> </li> <li>● <b>Stevens Institute of Technology</b> <ul style="list-style-type: none"> <li>S. Tseranidis '09</li> </ul> </li> <li>● <b>Boston University</b> <ul style="list-style-type: none"> <li>T. Feldman '01</li> <li>I. Grammatikopoulou '01</li> <li>H. Saatsoglou '94</li> </ul> </li> <li>● <b>Syracuse University</b> <ul style="list-style-type: none"> <li>I. Boziaris '07</li> </ul> </li> <li>● <b>Suffolk University</b> <ul style="list-style-type: none"> <li>S. Tseranidis '09</li> </ul> </li> <li>● <b>Drexel University</b> <ul style="list-style-type: none"> <li>A. Willis '10</li> </ul> </li> </ul> |
|---|--|

# 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. Mentesidis '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. Tshipidou '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



● <b>Cambridge University</b>			
C. Mantoulidis	'07		
● <b>Oxford University</b>			
S. Tseranidis	'09		
E. Mandaltsi	'07		
● <b>Imperial College London</b>			
G. Gavriiloglou	'10		
A. Gaitanidis	'10		
E. Ioannidis	'10		
E. Taratoris	'10		
P. Toskas	'10		
S. Tseranidis	'09		
O. Antoniou	'09		
E. Mandaltsi	'07		
● <b>University of St Andrews</b>			
A. Hristakopoulos	'10		
G. Douganiotis	'09		
● <b>Durham University</b>			
A. Hristakopoulos	'10		
E. Meleziadou	'09		
G. Douganiotis	'09		
M. Gaitanidou	'09		
E. Vlahou	'08		
● <b>University of York</b>			
A. Hristakopoulos	'10		
● <b>University of Loughborough</b>			
E. Ioannidis	'10		
M. Kostaki	'10		
A. Andrikos	'09		
D. Andrikos	'09		
B. Vasmatis	'09		
● <b>University of Edinburgh</b>			
A. Gaitanidis	'10		
E. Ioannidis	'10		
O. Antoniou	'09		
D. Aretakis	'09		
E. Meleziadou	'09		
E. Mandaltsi	'07		
● <b>University of Bristol</b>			
D. Aretakis	'09		
E. Mandaltsi	'07		
● <b>King's College, London</b>			
G. Gavriiloglou	'10		
E. Taratoris	'10		
M. Gaitanidou	'09		
● <b>University of Leicester</b>			
A. Ignatidou	'08		
● <b>University of Sheffield</b>			
G. Gavriiloglou	'10		
E. Meleziadou	'09		
E. Vlahou	'08		
M. Hytiroglou	'08		
● <b>Lancaster University</b>			
A. Andrikos	'09		
D. Andrikos	'09		
B. Vasmatis	'09		
E. Vlahou	'08		
● <b>University of Manchester</b>			
A. Gaitanidis	'10		
● <b>University of Glasgow</b>			
E. Ioannidis	'10		
● <b>University of Sussex</b>			
A. Ignatidou	'08		
M. Hytiroglou	'08		
G. Karaoglou	'08		
● <b>University of East London</b>			
R. Tseranidou	'10		
● <b>University of Surrey</b>			
O. Antoniou	'09		
S. Tseranidis	'09		
● <b>Goldsmiths College, London</b>			
D. Lambrinos	'09		
A. Ignatidou	'08		
● <b>City University</b>			
S. Tseranidis	'09		
● <b>University of Bradford</b>			
D. Hatzis	'08		
● <b>Nottingham Trent University</b>			
A. Karapatakis	'08		
● <b>University of the West of England-Bristol</b>			
D. Lambrinos	'09		
● <b>De Montfort University</b>			
D. Hatzis	'08		
M. Karsanidou	'10		
● <b>University of Sunderland</b>			
D. Hatzis	'08		
● <b>Kingston University</b>			
D. Lambrinos	'09		
M. Hytiroglou	'08		
● <b>Newcastle University</b>			
M. Karsanidou	'10		
M. Kostaki	'10		
● <b>Greenwich University</b>			
R. Tseranidou	'10		
● <b>University of Brighton</b>			
M. Karsanidou	'10		
● <b>Brunel University</b>			
D. Mavromatis	'10		
● <b>Roehampton University</b>			
D. Mavromatis	'10		



# HONORS

## International

### ♦ *International Olympiad in Informatics*

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

### ♦ *Balkan Olympiad in Informatics*

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

### ♦ *International Olympiad in Mathematics*

Honorable mention EVANGELOS TARATORIS GERMANY 2009

### ♦ *Balkan Olympiad in Mathematics*

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

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

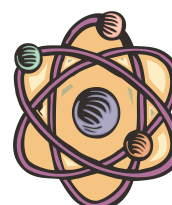
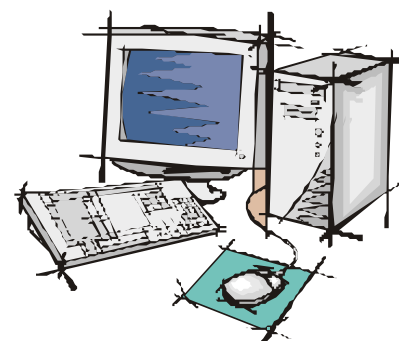
7th PLACE :	ORFEAS ANTONIOU	BULGARIA	2008
	EVANGELOS TARATORIS		

### ♦ *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**  
Honorable mention: MICHAEL TSERTSIDIS  
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 - NEERPELT, 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**  
HARA TZELI, EVGENIA FARAZA, BRUCE WILLIS 2010  
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

1st PLACE:	EVANGELOSTARATORIS	2010
2nd PLACE:	ELEFTHERIOS MASTORIS	2010
3rd PLACE:	ELENI FRILIGKOU	2010
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

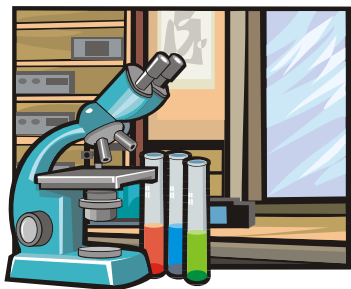
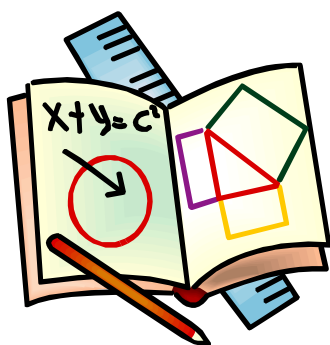
(co-ordinated by the Hellenic Physics Society)

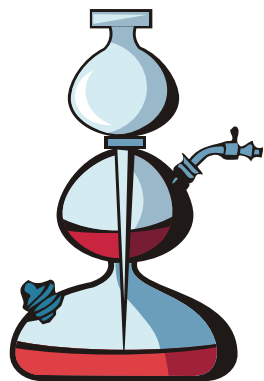
1st PLACE:	SOPHIA MAGIRIADOU	2003
3rd PLACE:	GEORGIOS SKOLIANOS	2005
6th PLACE:	ALEXANDROS FRANGOPOULOS	2007
9th PLACE:	TIMOTHEOS HOURPOULIADIS	2004

## ♦ 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:

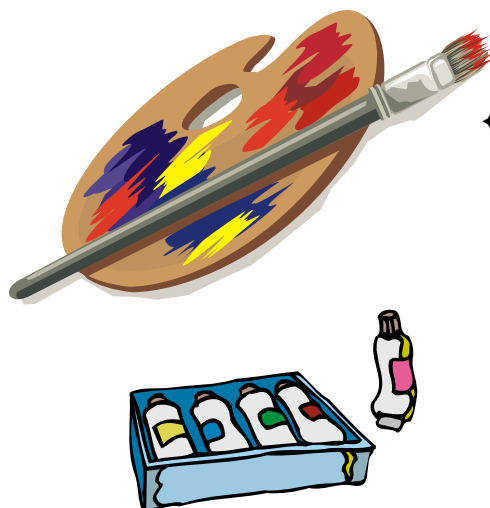
ARIS PAPADOPOULOS, 2008

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: 2007, 2004, 2003, 2001, 1996  
2nd PLACE : 2002  
3rd PLACE: 2005  
4th PLACE: 2010, 2009

**2009-2010**

**FINALS**

DRAMATIC DUET ACTING	DIMITRIS MAVROMATIS MICHAEL ECONOMOU LAURA LUCAS, ZOI TZIKA
GROUP DISCUSSION	BRUCE WILLIS
ORIGINAL ORATORY	BRUCE WILLIS, PAVLOS PACHIDIS
HONORABLE MENTION	STYLIANI HYTIROGLOU

♦ **Debate and Public Speaking Scholastic Competition**

♦ **DEBATE**

1st PLACE: 2008, 2007, 2006, 2005, 2004, 2003  
2nd PLACE : 2010, 2009, 2007, 2006, 2005, 2004, 2003

♦ **BEST SPEAKERS IN DEBATE**

1st PLACE: 2010, 2007, 2006, 2005, 2004  
2nd PLACE : 2008, 2007, 2006, 2005, 2004, 2003  
3rd PLACE: 2007, 2005, 2003

♦ **ORATORY**

1st PLACE: 2010, 2009, 2007, 2005  
2nd PLACE : 2010, 2009, 2007, 2006, 2004

♦ **IMPROMPTU**

1st PLACE: 2010, 2006, 2005, 2004, 2003  
2nd PLACE : 2008, 2007, 2006, 2005, 2004  
3rd PLACE: 2010, 2006

**2009-2010**

♦ **ORATORY**

1st PLACE: DANAI VLASIDOU, ANTHI KARAKOSTA  
2nd PLACE : MIRSINI ARETAKI

♦ **BEST SPEAKERS IN DEBATE**

1st PLACE: PAVLOS PACHIDIS, IOANNIS DELLIOS

♦ **IMPROMPTU**

1st PLACE: STAVROS MEGARIS  
3rd PLACE: MARIA TIRTA



♦ **National Debate and Public Speaking Competition**  
(co-ordinated by the Ministry of Education)

♦ **2009-2010**

2nd PLACE AMONG 64 LYCEUM STUDENT TEAMS

♦ **2008-2009**

2nd PLACE AMONG 97 LYCEUM STUDENT TEAMS

BEST SPEAKER

3rd PLACE: PASCHALIS TOSKAS

♦ **2006-2007**

BEST SPEAKER

1st PLACE: VASILIKI KATSAROU

♦ **2005-2006**

1st PLACE AMONG 90 LYCEUM STUDENT TEAMS

BEST SPEAKER

1st PLACE: TASOS GOGAKOS

3rd PLACE: VASILIKI KATSAROU

♦ **2003-2004**

2nd PLACE AMONG 97 LYCEUM STUDENT TEAMS

♦ **2002-2003**

4th PLACE AMONG 55 LYCEUM STUDENT TEAMS







# ***BASKETBALL CHAMPIONSHIP***

## **WORLD CHAMPIONS**

**1<sup>ST</sup> PLACE:**  
**ISRAEL, 1999**

**2<sup>ND</sup> PLACE:**  
**POLAND, 2005**

**3<sup>RD</sup> PLACE:**  
**TURKEY, 2009**

**1<sup>ST</sup> PLACE NATIONALLY**  
**2009, 2006, 2005, 2000, 1999**

**2<sup>ND</sup> PLACE NATIONALLY**  
**2008, 2001, 1996**





## *Acknowledgments*

*We, the Creative Productions Club, would like to thank everyone  
who helped us create and complete Flame 2010.*

*I would personally like to thank  
Mr. Theodore Koukalias for his assistance and support.*

*Thank you very much*



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