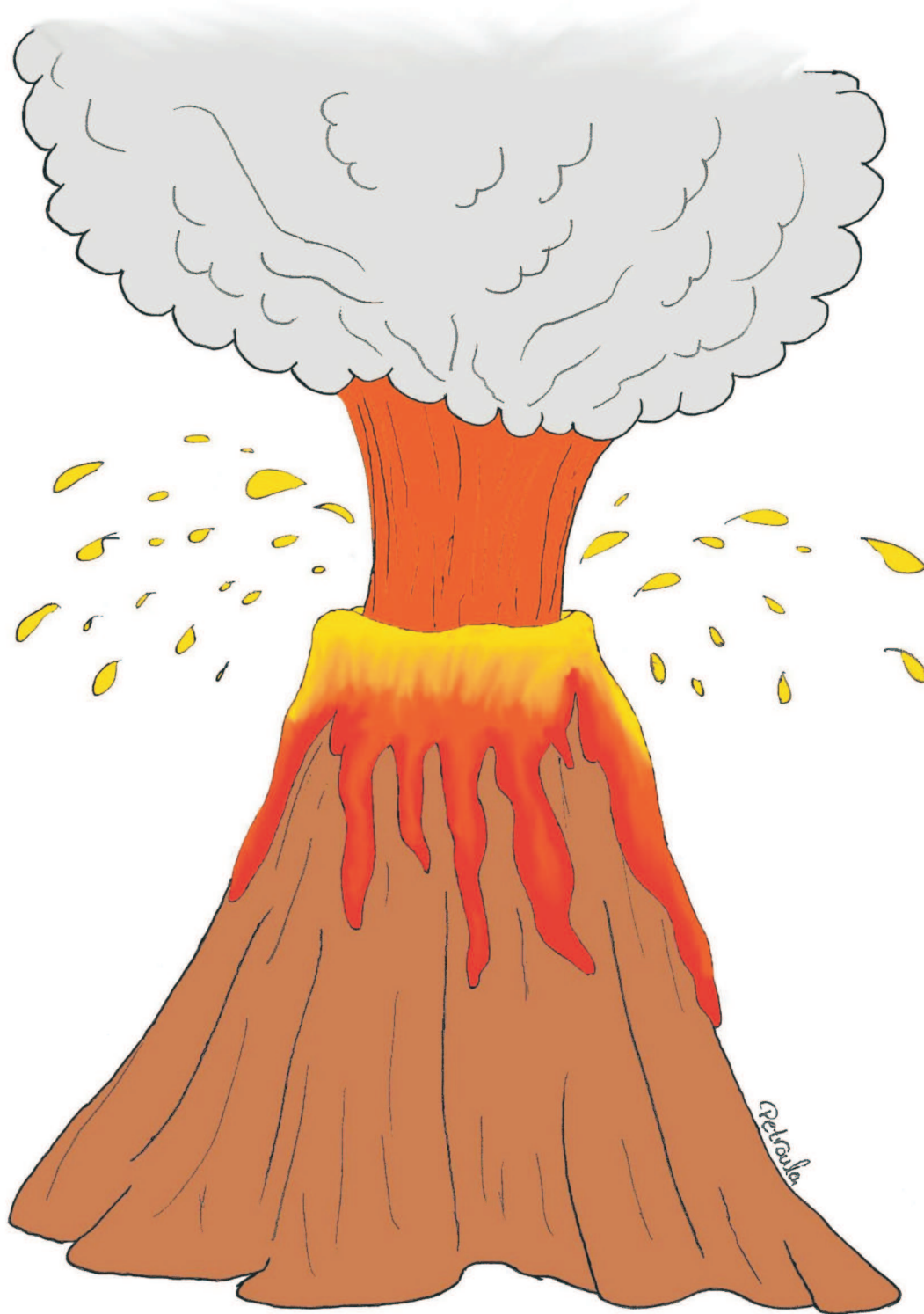


flame




MANDOULIDES

EDUCATORS SINCE 1978

2011



Editorial



There are times in our lives when feelings cannot be put into words and that was the point I had reached before I started writing this year's editorial.

And as I was struggling with scribbles and thoughts, and I could not find a way with words, inspiration as well as my salvation came as deus ex-machina from the hand of a teenage girl in the form of a volcano. A place where two powerful forces inhabit fighting each other. The one seeking to release against the other struggling to suppress it. Always ready to erupt ! Exactly what we are experiencing nowadays.

Today's climate and the forecast for the days about to come do not leave us with much hope to dream and make plans for the future but “How can we hide the truth from our children? They know everything”, as Dionyssis Savopoulos' song goes.

They know the truth and intrinsically they know the answers to the problems that are festering our world. They are willing to communicate these answers to us. They just need a steady hand to guide them and people to trust them. They need our help as much as we need theirs.

**Volcanoes sparkled early life on Earth,
let us all help keep the FLAME burning.**

Thank you

Rania Dantsi
Creative Productions
Club Organiser



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CALENDAR OF EVENTS 2010-2011



Winter

- **YOUTH GREEK PARLIAMENT**
SEPTEMBER 04-06, 2010 - VENUE: ATHENS, GREECE
- **13th DSAMUN-THE DEUTSCHE SCHULE MODEL UNITED NATIONS CONFERENCE**
OCTOBER 20-23, 2010 - VENUE: ATHENS, GREECE
- **THEATRICAL PERFORMANCE: TALE WITHOUT A NAME**
NOVEMBER 11, 2010 - VENUE: ZOGRAFEION LYKEION, CONSTANTINOPLE, TURKEY
- **41st DEBATE ACADEMY**
NOVEMBER 19-20, 2010 - VENUE: ATHENS, GREECE
- **22nd EYP-EUROPEAN YOUTH PARLIAMENT**
DECEMBER 17-19, 2010 - VENUE: THESSALONIKI, GREECE
- **PHYSICS CONFERENCE**
DECEMBER 17-19, 2010 - VENUE: ATHENS, GREECE
FEBRUARY 11-13, 2011 - VENUE: PILIO, GREECE
- **43rd THIMUN-THE HAGUE INTERNATIONAL MODEL UNITED NATIONS CONFERENCE**
JANUARY 23-29, 2011 - VENUE: THE HAGUE, THE NETHERLANDS
- **58th HMUN-HARVARD MODEL UNITED NATIONS CONFERENCE**
JANUARY 26 - FEBRUARY 02, 2011 - VENUE: BOSTON, USA
- **11th MUNDP-MODEL UNITED NATIONS DEVELOPMENT PROGRAM**
FEBRUARY 02-07, 2011 - VENUE: CONSTANTINOPLE, TURKEY
- **EDUCATIONAL VISIT-CERN**
FEBRUARY 07-10, 2011 - VENUE: GENEVA, SWITZERLAND
- **NATIONAL DEBATE AND PUBLIC SPEAKING COMPETITION** (co-ordinated by the Ministry of Education)
MARCH 10-11, 2011 - VENUE: ATHENS, GREECE
- **25th HMCE-THE HARVARD MODEL CONGRESS EUROPE**
MARCH 11-15, 2011 - VENUE: BRUSSELS, BELGIUM
- **JUVENTUS SOCCER SCHOOLS**
MARCH 04-06, 2011 - VENUE: ATHENS, GREECE
MARCH 17-22, 2011 - VENUE: TURIN, ITALY
- **66th IEYP-INTERNATIONAL EUROPEAN YOUTH PARLIAMENT**
APRIL 01-10, 2011 - VENUE: ATHENS, GREECE
- **DEBATE / PUBLIC SPEAKING & DRAMATIC PRESENTATION OF LITERATURE IN ENGLISH-FORENSICS**
MARCH 31 - APRIL 03, 2011 - VENUE: THESSALONIKI, GREECE
- **MOUNT ATHOS** - Annually large groups of pupils and faculty explore the Byzantine Community of Monasteries on Mount Athos

Summer



- **SUMMER CREATIVE ACTIVITIES (KINDERGARTEN & PRIMARY SCHOOL PUPILS)**
JUNE 16-JULY 22, 2011 & AUGUST 22-SEPTEMBER 09, 2011
- **FOOTBALL CAMP (KINDERGARTEN TO LYKEIO PUPILS)**
JUNE 16-22, 2011
- **BASKETBALL CAMP (KINDERGARTEN TO GYMNASIO PUPILS)**
JUNE 20-25, 2011 & JUNE 27 - JULY 02, 2011
- **ENGLISH AND ADVENTURE CAMP (KINDERGARTEN TO LYKEIO PUPILS)**
JUNE 20-JULY 01, 2011
- **SUMMER EDUCATIONAL PROGRAMS**
 - QUEEN MARGARET UNIVERSITY, EDINBURGH, LONDON, UK
JULY 16-30, 2011
 - PHILIPS ACADEMY ANDOVER, PHILIPS EXETER ACADEMY,
USA UNIVERSITY PROGRAMS : HARVARD, STANFORD, YALE, NORTHWESTERN, BROWN, COLUMBIA, SMITH, USA
JULY-AUGUST 2011
- **GLOBAL YOUNG LEADERS CONFERENCE**
JULY-AUGUST 2011, WASHINGTON D.C., NEW YORK CITY, USA
- **MATHS CAMP (GYMNASIO & LYKEIO PUPILS)**
SEPTEMBER 05-09, 2011
- **GREEK DEBATE CAMP (GYMNASIO & LYKEIO PUPILS)**
SEPTEMBER 01, 02 & 05, 2011
- **ENGLISH DEBATE CAMP (GYMNASIO & LYKEIO PUPILS)**
SEPTEMBER 06 & 07, 2011

Success and failure

Efthymia Papadopoulou
A Lykeio

Have you ever wondered what the world would be like if people, after having a go at an activity and observing the result, stopped trying to achieve?

Nowadays, affected by the total mess observed in the economical, political, as well as cultural sector, we seem to adopt a misguided notion that those who achieve are the strong ones in life. In their field they are certainly strong, but this doesn't necessarily mean that they are the leaders in life. For life isn't the knowledge we gain alone; in order to succeed in your life, you need to develop other virtues and skills as well. And these qualities are usually more difficult to obtain. Motivation is hard to find, assessing data requires practice, courage would not stand without inner resources to draw on when all else collapses, faith in yourself includes defiance of those who doubt your abilities for reasons best known to themselves.

What matters in the game of life is the personality one has formed. He needs to be strong and confident, not easily discouraged or distracted from his goals and dreams, as well as willing to struggle to reach his goals. These traits constitute a man's character. Even if he fails or hurts himself in an attempt to achieve, he will be able to recover and continue his path. That's why failure is not fatal.



Success could be an event only because of luck, while motivation in somebody's character would accompany him throughout his life, which could be either a prolific one or not, for all we care. I consider those who rest on their laurels after having achieved something languid and shallow. And being languid ravages somebody's life, simply because it sweeps away his power to take action and savour his own life.

What is of the utmost importance is the motivation in somebody's personality. Without the drive to act we would never be drawn to the kind of success that would mean something to us. Each one of our efforts would go down the drain, for we would not derive pleasure from trying. As Churchill once put it, "Success is not final, failure is not fatal: it is the courage to continue that counts", for, instead of living in glorious or dreadful memories of the past, not to mention in shallow dreams and wishes for the future, we should embrace the present. Resting on your laurels after succeeding in something or withdrawing your hopes after failing in something means that you lost the energetic spirit you had somewhere along the line. On the other hand, struggle and motivation spice up an otherwise dull life, since they colour each insignificant minute with a meaning.

You will enjoy life only if you address it appropriately. Experience, feel, respond, think, evaluate, exploit opportunities, strive to get the most out of it till you exhaust yourself in the effort. Success and failure are not the most important part of your journey, which should be bright and full of hope till the very last step.

Elina Pampori
C Gymnasio

In our life there are numerous trains we can travel on. Each one has a different destination from the other. There are trains that we choose to take and others that we don't. Some of our choices may be wrong and may lead us to a destination far away from the one we would wish to reach. Yes, we have lost something. But during the journey we saw new places; we met new people; we learnt new things; we have even tried new flavors. So haven't we gained enough to be able to say that yes, I lost the battle, but I'm proud of myself for having tried and having achieved so many things on the road. So...

*Shoot for the moon,
even if you miss,
you'll land among the stars.*



Beyond Misery

The world is unfair
and pain is on air

Life's like a tree
losing its leaves

Each one is dry
lonely and crying

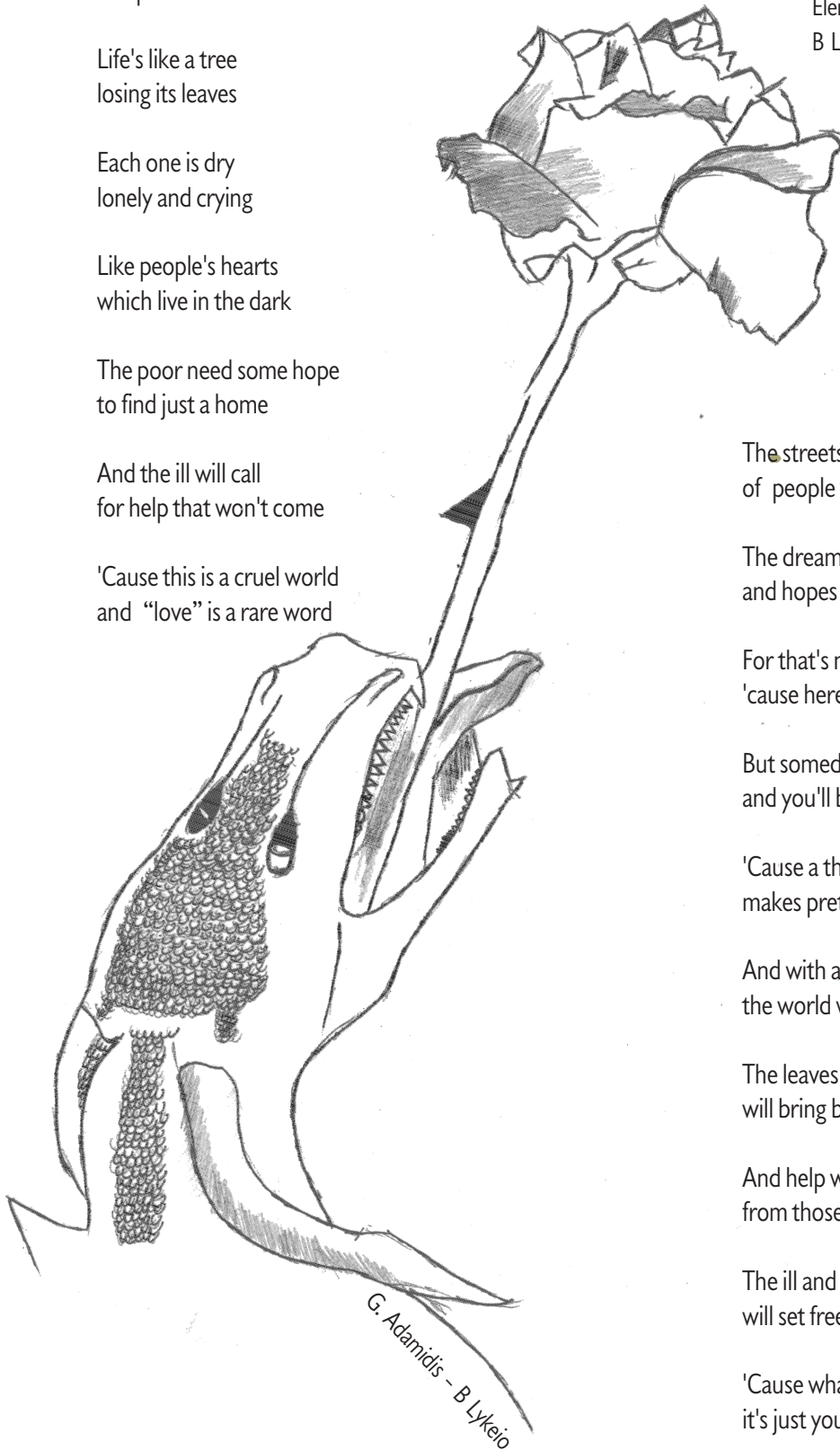
Like people's hearts
which live in the dark

The poor need some hope
to find just a home

And the ill will call
for help that won't come

'Cause this is a cruel world
and "love" is a rare word

Eleni Akanthopoulou
B Lykeio



The streets now are full
of people who curse the truth

The dreams are extinct
and hopes silly tricks

For that's not a place to live
'cause here lies just fear

But someday you'll see the sun
and you'll be a new brave man

'Cause a thread of light
makes pretty our life

And with a kind smile
the world won't seem wild

The leaves of the tree
will bring back the dream

And help will arrive
from those who're not shy

The ill and the poor
will set free happy looks

'Cause what the world needs
it's just you to believe

That behind a rainy day
the sun will find its way.

"CIVILIZATION ENDS, SINCE BARBARIANS ERUPT FROM IT"

KARL KRAUS

Evgenia Faraza
C Lykeio

Karl Kraus once said "Civilization ends, since barbarians erupt from it". This is indeed true and it makes sense 100 years later. I see civilization as an advanced state of human society that has highly developed spiritual resources and a complex cultural organization. The exact opposite of civilization is barbarity. I would classify barbarians as those who are opposed in some way to the values of the civilization. When barbarians erupt, civilization ends and we can realize that through observing the current situation in our world: political and economic corruption of many people. In such situations barbarity superseded civilization and brought it to an end.

This eruption of barbarians from the civilization is the main reason that brought its progress to a halt. At first, barbarians are considered to be a threat to the standards of the society and the cultural progress, due to their nonconformist ideologies for which they are criticized by the mass media. But, later on, they manage to gather around them supporters of their ideologies, because they succeed in finding people who accept and adopt or already have the same lifestyle as theirs. One condition that leads to their being accepted is because many people are

uneducated, a fact that the barbarians take full advantage of, with the aim of affecting people's behavior and imposing their beliefs on them. Another condition is that it is in people's nature to have a need for something different and beyond their daily routine, something revolutionary, counter to the social and political status of the society. Perhaps a motivation is their need to

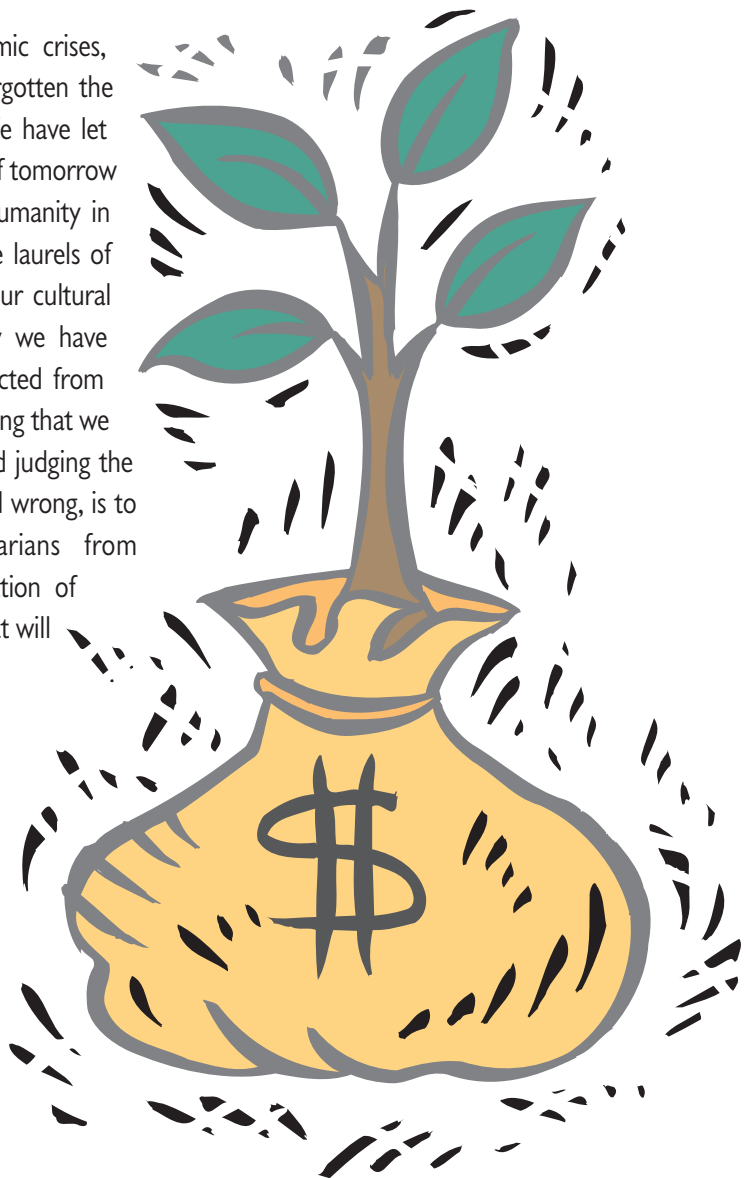
**We have let the
barbarians become the
leaders of tomorrow and
we have left the fate of
our humanity in their
hands**

possess more materialistic power, because they are unsatisfied with their current life. We might say that civilization is a complete puzzle. Some pieces, the barbarians, withdraw from the puzzle, carrying away other pieces-people (the uneducated). These pieces-people along with the barbarians become unified and create a new order

that opposes the standards of the civilization and that does not match the original complete puzzle, because the pieces cannot and are not allowed by the society to return to it. The puzzle-civilization becomes incomplete, it stops developing and it cannot reach its first stage (completion). As a result, the puzzle-civilization ends there. For instance, the commonly known "yuppies", young people aged 27-30, had as an ulterior motive economic profit. At first, they were negatively

criticized because of their greed, their immoral behavior that prioritizes money and possession of goods. But later they managed to transmit and find imitators of their way of life to other social groups. Thus, in the late 20th century, we had the ordinary people involved constantly with the stock market, which had disastrous economic consequences for most of them, since they lost their money. These people struggle to survive economically and so they neglect the cultural progress of their society, because they focus all their attention on fulfilling their consuming and materialistic needs. As a result, civilization ends, because the main goal of the people is not to cultivate their civilization, but to develop financially.

We are occupied with economic crises, materialistic needs and we have forgotten the importance of cultural elements. We have let the barbarians become the leaders of tomorrow and we have left the fate of our humanity in their hands. We have rested on the laurels of our glorious past and that is why our cultural progress is stationary. That is why we have neglected the pieces that are extracted from the puzzle of civilization. The only thing that we are able to do, through realizing and judging the difference between what is right and wrong, is to prevent the eruption of barbarians from civilization and to encourage the creation of intellectuals, who can be the glue that will keep the pieces-people together.



YESTERDAY IS HISTORY

TOMORROW IS A MYSTERY

AND TODAY?



TODAY IS A GIFT

THAT'S WHY WE CALL IT THE PRESENT

Bobatunde Olatunji

George Papazoglou
A Lykeio

Time is divided into three distinct zones/parts:

- ◆ Past
- ◆ Present
- ◆ Future

Living in the past is dreaming. Living in the present is realism. Living in hope for the future is optimism.

What was done in the past can never be undone. On the contrary tomorrow is always different but you can't build the future without a trace of the past. Today and every day is a blessing and we have to thank God for this. But we are throwing away this gift God gave us when we wait for a day that we think will be special to come and we let all the other days just pass by. Life is too short to be squandered.

According to the old saying, we should never leave something for tomorrow that we can do today. Because tomorrow is uncertain, so nothing should be taken for granted, life cannot be taken for granted, health certainly should not be taken for granted and happiness is not to be taken for granted. The truth is that we don't really appreciate something until we lose it. If the doctor told you today that you are suffering from an incurable disease and you had only one month left, what would you do? Wouldn't you regret every second you had just let pass by? The clock is ticking so make the most of today because time waits for no man.

Consequently we should not let sad events get us down, neither spark or ignite controversies; instead we should look on the bright side of life as the song from "The Life of Brian" by Monty Python goes. We should try to limit our obligations, delegate tasks that aren't so important and try to add a hint of spice to our everyday routine, live for the moment and try to be more impulsive because the simple things in life are the ones which are truly meaningful and make us happy. So forget about what you have to do and do what you want to do.

Mass Media and Religion

Panagiotis Prezas
B Lykeio

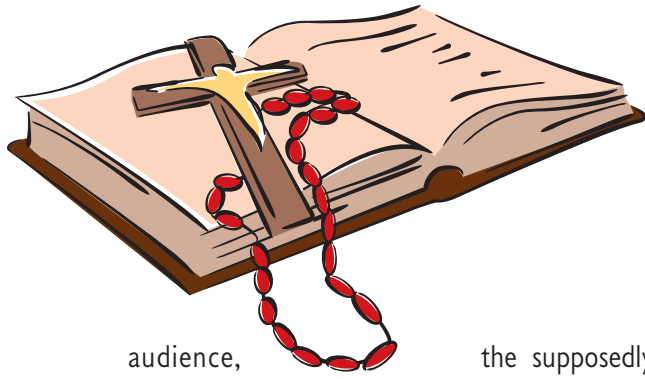
From time immemorial, society has been more or less complex, for it functions as a complicated mechanism made up of various smaller institutions. Most societies have sought to maintain their internal cohesion by persuading the masses to believe that there is a power surpassing that of human's, a divine force whose existence is at the very centre of a religion. For many peoples, religion is the very basis of their whole culture, and is present apart from the Church itself, in the people's political and educational system, as well as everyday life. However, not everyone shows his religion the respect it deserves.

A Christian Orthodox myself, I witness with sadness, sometimes mixed with anger or pain, the extent to which a significant portion of my country's people, especially the young, expresses a revulsion for the Christian teachings and way of life, a sometimes unreasonable lack of trust towards priests, and an almost subconscious lack of respect reject the existence of a deity, or rely purely on science to explain everything that exists and happens in the universe, and of course their right to maintain such beliefs.

*we have to read the Bible
and the newspaper together*

I can hardly believe however that anyone who isn't an active member of the church can maintain a strong argument on any matter regarding the Church, the Christian faith or God. The reason I'm saying this is that very often, I hear people I know, like my friends, classmates, or relatives talking about topics such as the Church's supposedly excessive material wealth, the hypocrisy of priests, and the lack of proof for the existence of God or the fanatic strictness pervading religious organizations such as Sunday school, while not ever having tried to lead a Christian life in any way even for a day. How can one be sure that the vast majority of priests, if not all of them are not behaving like "proper Christians" themselves, when he has never consulted a spiritual father, or even engaged in a proper conversation with a priest? How can one claim that all Christian Sunday schools or boarding houses or summer camps do is drill fanatical beliefs into young people's heads, when he has never participated in any of these institutions? I have heard countless such claims, yet I have both had enough conversations with priests and attended Christian Sunday schools, summer camps and lived in a boarding house long enough to see that the truth is far from the impression my acquaintances have imprinted on their minds.

This is the very core of the problem: no one can blame the young for having a distorted view of a matter, for they are subject, like almost everyone else, to the overwhelming influence of the mass media. Very often the media do not represent the "public opinion", rather, they create it as they see it fit and then present it as the view of the general public. With such a broad audiovisual



audience, the supposedly public opinion becomes a reality, since it is accepted, more or less unwillingly, by many sole TV watchers or paper readers who do not have someone in their social circle to turn to as to confirm the claim, not being able to do so themselves. As a consequence, they then spread the same claim to those around them via everyday communication, without realizing the impact of this action. The situation is often worsened by the gradual generalization of the matter. It is not very rare nowadays for many scandals involving priests to come to light, such as financial frauds or even sexual abuse. Of course, reporters always immediately grasp the chance to uncover any such incidents, but they fail to do what they are supposed to: meticulously and, most of all, objectively present the case to the public. They tend to excessively focus on details that they are not as noteworthy as other aspects of the issue, and also exaggerate to the point where they distort the initial facts. As a result, many people shy away from going to church, for they believe that priests do not act like Christians at all, engaging in so many shameful acts. Since of course priests are like that, they lose the right to guide the masses on the path of God, people think. People's reasoning is simple: if those supposed to be closer to God have, as it turns out, no moral restraints, why should we have? Yet the reasoning is unjustified, for while there are actually many corrupt priests, they constitute the minority of holy fathers. But since the media are so adept at exacerbating issues and controlling the masses, they make it seem as if such people do not belong in the minority.

In this way the “news people” lead believers astray in an indirect but very effective way, creating standards that gradually lead society to decline, with people's souls being the first victims. Gradually nobody seems to care about Christian teachings, or generally religious teachings, that oppose the deification of material wealth, so as to promote the cultivation of the spirit.

It is stunning for anyone to realize how much society would benefit by a broad application of anthropocentric teachings, such as those of the Christian faith. We live in a pluralist society and nonetheless spiritual needs appear more evident and this is a task the Church should take very seriously into consideration and act as beacons of ethics, love and kindness. As for believers, quoting the words of a well-known theologian, they have to read the Bible and the newspaper together.



Is Internet The New Pirate's Home?

Konstantinos Kyriakidis
A Lykeio

In days of yore pirates ruled the waves. They would look for treasures and keep a beady eye out for gold. A passenger ship made for the best pickings since it contained plenty of jewelry and money. All they had to do was to storm the ship, take everything in sight and jump overboard again. The passengers would not resist, nor would they try to be brave and risk getting their valuables back. Pirates could get in and out quickly. In this way, the authorities were never able to come to the rescue in time.



In this era of technology, however, the pirate wears a very different guise and has a very different target. He has found great pickings in a very different vessel. No, not gold doubloons or silver trinkets this time, but "warez". "What are warez?". I hear the most technologically challenged of you cry... They are fully downloadable files that are freely available on the internet. Programmers that create software, spending valuable time and money, fall victims to this Internet scandal. Instead of buying the software you want, you can simply go to a warez site and download it for free. No hassle, no problems. Oh yes, this costs the computer industry more than a 100 billion dollars every year and there isn't even a Jolly Rodger in sight!

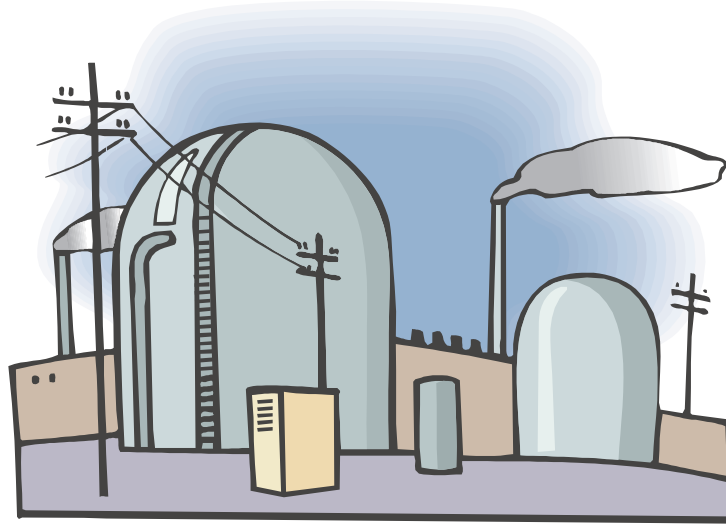
Yes, the pirates are back! They have again found a spot on the sea of technology to work and a computer as their ship. They get into ftp sites or web sites and look for warez. Then, they get out before any form of security can catch them. These pirates are all around the world. They could be living in a big city or on a little farm.

All they need is a phone line and a modem....Scary, isn't it?

There is no more need to pay 50 euros for software. Just get it on the Internet. That's the motto. You can call it warez, wares, whatever. Can you believe that music is another illegal internet paradise? Any song can be found in compressed form using mp3 format. Some artists are happy about this, because all they want is their music to be freely played around the world and it's easy with the internet, but many others hate it because they do not get a dime for their work and fortunes are being lost as CDs can simply be downloaded on the Internet.

You might ask yourself: so, what's the big deal? I'll tell you what ...would you like a pirate to board your ship and plunder your treasures?

energy and environmental crisis



Maria Louga
C Gymnasio

Today's society and governments have to face a lot of problems but the most important and the one with the most disastrous effects is the environmental one. Over the last century, scientists have been getting more and more concerned about the depletion of fossil fuels which is now worldwide accepted that it will not happen in the long term but in the short term. So, we have to come up with alternative energy sources which are, according to the latest studies, nuclear, solar, wind, water and geothermic energy.

Solar, wind and water energy are considered to be a very good solution to our problem. The basic reason for that is that they are all renewable and non-polluting. However, it is believed that it would be very expensive to use these energy sources for major consumption. Furthermore, there is nuclear energy which could be the answer to our problem. Although large amounts of energy would be quickly and easily produced in this way, the disposal of radioactive waste, which would be produced, is very dangerous, because it could cause accidents that would have disastrous effects on the environment, similar to those caused by the Chernobyl disaster.

Except for alternative energy sources, we have to come up with other solutions as well. As far as I am concerned, I think that we should start using alternative sources in places with limited energy needs, such as small towns. Moreover, we could use cars that use electricity. Also, we could start using biodiesel, a new fuel discovered a few years ago, which does not pollute the environment.

To sum up, it is evident that, if we do not come up with solutions that will work out, the environment will suffer. The depletion of fossil fuels, which as it is said, will happen within the next 100 years, will cause the world to suffer economically and socially. So, it is about time we started thinking about the problem seriously.

Water

Phoebus Polychronides
A Gymnasio

Seen from outer space, our planet is a beautiful shade of blue as about 70% of the earth's surface is covered in water. Although that seems like a lot of water for us to use, in fact, almost all of it is salt water. Only 3% of the earth's water is fresh water and less than 1% of that is readily accessible for direct human use.

People who live in developed countries take clean, running water for granted. We use water without a second thought, bathing, brushing our teeth or washing our cars, without making an effort to cut down on the amount we use. Our carelessness results in a great deal of wasted water. The figures speak for themselves: an American uses more water for a five-minute shower than a typical person living in poverty in a developing country uses in an entire day.

It is an undeniable fact that we are running short of water. Why is this happening? Well, there are many reasons:

Large scale irrigation is one of the main reasons. It is estimated that about 70% of all fresh water withdrawals go to irrigate land. Big farms and factories use lots of water. Sometimes this means there is less water for the people who live nearby.

Drought can also leave people with major water shortages. When there is no rain and the dry season goes on too long, animals and humans suffer alike. It is a fact that a new desert the size of the island of Rhodes is being created in China because of drought every single year.

Tourism and trade are also responsible. Holidays can be great fun. Yet, in parts of the world where water is scarce, tourist hotels can leave local people with less water to use.

Dams and canals that have been built to supply water to towns result in many lakes and rivers in other areas drying up, leaving at the same time people who live along the rivers with much less water at their disposal.

Weapons used in wars hurt and kill people and animals, but they can destroy water supplies too. Wars may force people to move away to safer places where water is, however, scarce. Millions of women and children spend several hours a day fetching water from distant, often polluted sources.

Pollution from large farms and factories can spoil people's water supply, making it unsafe to drink. Water pollution affects our oceans, lakes, rivers and water tables, making it a widespread concern of global proportions. Numerous diseases, health problems and even fatalities have been associated with water pollution. The effects of

water pollution are many: first of all the food chain is damaged. When toxins are present in the water, they travel in the water the animals drink to people when the animals' meat is eaten. Diseases can spread via polluted water. The World Health Organization says contaminated water is the cause of 80% of all sickness and disease worldwide. It is a fact that every 8 seconds a child dies from drinking unsuitable water. Pollutants in the water usually alter its overall chemistry, causing changes in acidity and temperature. These factors all affect marine life. Marine food sources are contaminated or eliminated by water pollution. Finally acid rain can also harm fish or plant life in oceans, lakes and rivers.

Within 25 years two thirds of the world's population will be living in countries where water is polluted and therefore unsafe to drink or to use for growing food. By the year 2050 1, 7 billion people will be living in dire water poverty and will be forced to relocate.

What are we going to do about our water problems? Scientists and governments are looking for solutions. One of the suggestions is to turn sea water into fresh water. Another is to recycle water that has been used in homes for agriculture. In addition, polluted water can be cleaned. Of course governments can take action against factories that cause pollution. Most important of all, we need to appreciate that water is a precious but limited resource. That's why we must also try to do something as individuals to save water at home.

- When brushing your teeth, do not allow the water to run the entire time. Turn it off when you do not need it.
- When you have a dripping faucet, get it fixed. It can waste 50 liters of water in one day alone.
- When washing your car at home turn off the hose when you are not using it. Do not run your dishwasher until you have a full load.
- When defrosting food, do not run tap water over it for a long period of time; place it in the fridge to defrost overnight.
- When it is raining outside, turn your sprinklers off.
- Get water and energy efficient dishwashers and washing machines; it will save you money as well.
- Wash your vegetables in a bowl full of water instead of running tap water.
- Dual flush and low-flush toilets can cut household water by up to 20%, using half the amount of water to flush than the ordinary toilets use.

Right now it is more imperative than ever you and your family have a reliable source of clean water for the times that are coming. Clean, fresh water is something that none of us can take for granted any longer.

Visit:

*[Http://environment.nationalgeographic.com
/environment/freshwater/water-footprint-calculator/](http://environment.nationalgeographic.com/environment/freshwater/water-footprint-calculator/)*



Loss of animals' natural habitats

Vangelis Andrias
C Gymnasio

Start Our Salvation

Many animals' natural habitats are being destroyed for a number of reasons. A habitat is an ecological or environmental area that is inhabited by a particular species of animal, plant or other type of organism. It is the natural environment in which an organism lives, or the physical environment that surrounds a species. The destruction of natural habitats leads to the extinction of some species. These species are called endangered species. An endangered species is a species that will, most likely, in the near future become extinct.

Habitat destruction is the process by which a natural habitat is rendered functionally unable to support the species present. In this process, the organisms that previously used the site are displaced or destroyed, reducing biodiversity. Clearing habitats for agriculture or harvesting natural resources for industry production and urbanization are the principal causes of habitat destruction. Other important causes include mining, logging, oil drilling, trawling and urban sprawl. Habitat destruction is currently ranked as the most important cause of species extinction worldwide followed by natural environmental changes, habitat fragmentation, geological processes or by human activities such as the introduction of invasive species, ecosystem nutrient depletion along with population growth and other human activities.

The Earth's natural assets are made up of plants, animals, land, water, the atmosphere AND humans! Together we all form part of the planet's ecosystems, which means if there is a biodiversity crisis, our health and livelihoods are at risk too.

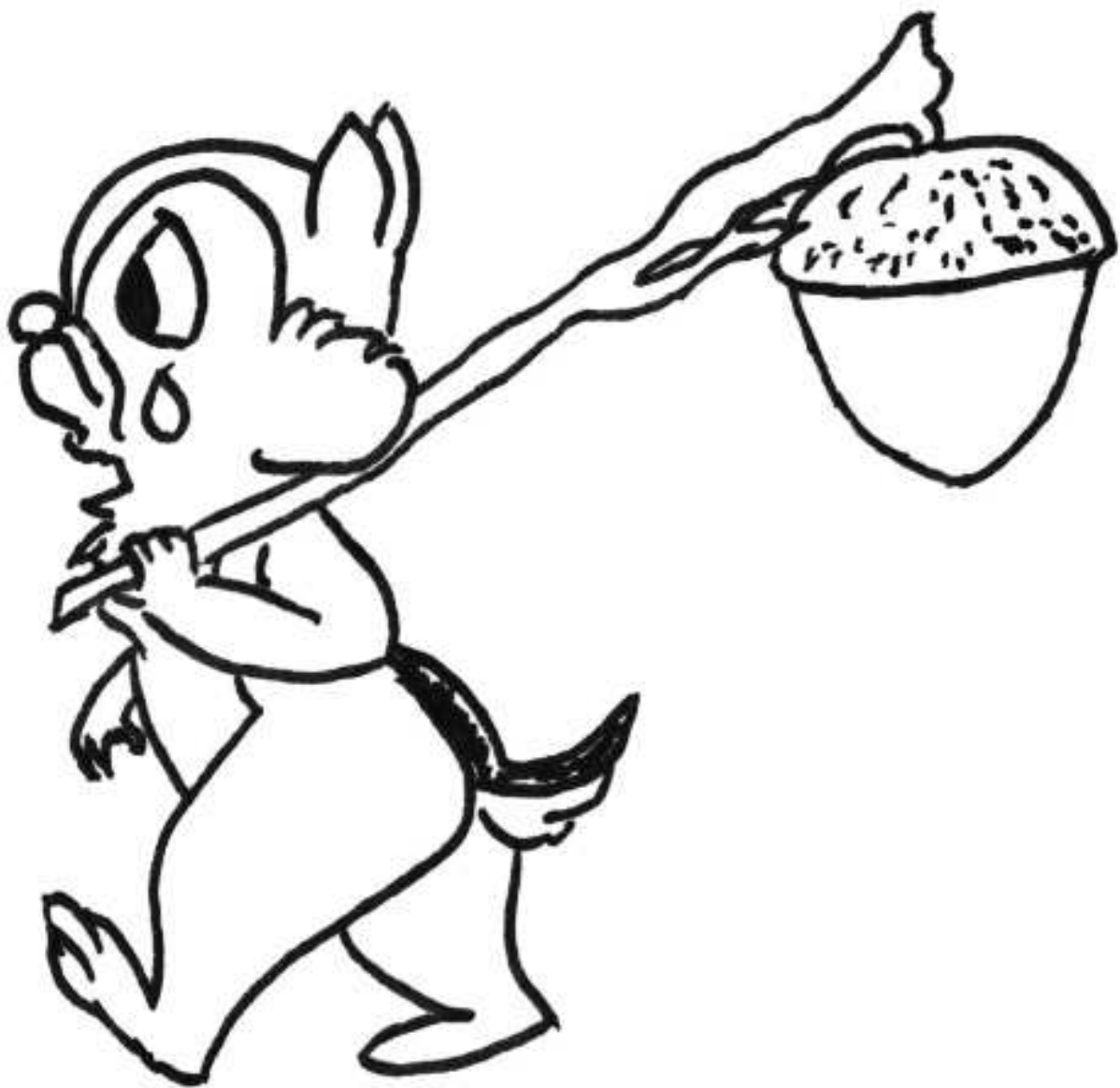
WWF

But, there are ways to help the environment and as a result endangered species. Firstly, we could protect their habitats permanently in national parks, nature reserves or wilderness areas. There they could live without too much interference from humans. It is also important to protect habitats outside reserves such as farms and along roadsides. We could also start tree planting, so we will expand some animals' natural habitats. Another way to help is by recycling and buying products that are made from natural ingredients that are non- toxic to the environment and carry them in biodegradable bags. And don't forget that we can all create a small garden in our backyard or on our balcony. It does not only create miniature habitats for small animals or insects but it also gives us pleasure and brings us closer to nature.

We should always keep in mind that if many species become extinct, then the food chain will be broken; and any threat to the food chain is a threat to the environment's biodiversity which is intrinsically valuable and important for our emotional, psychological, and spiritual well-being. Only last year the United Nations declared 2010 to be the international Year of Biodiversity and invited the world to take action to safeguard the variety of life on Earth. Their motto was:

“Biodiversity is life, Biodiversity is our Life”

It is about time we stopped turning a blind eye towards the problem and acted responsibly before it is too late.



P. Karakosta-A Lykeio

facebook®

The hidden hazards of modern social networking

Nikos Kalosidis
A Gymnasio

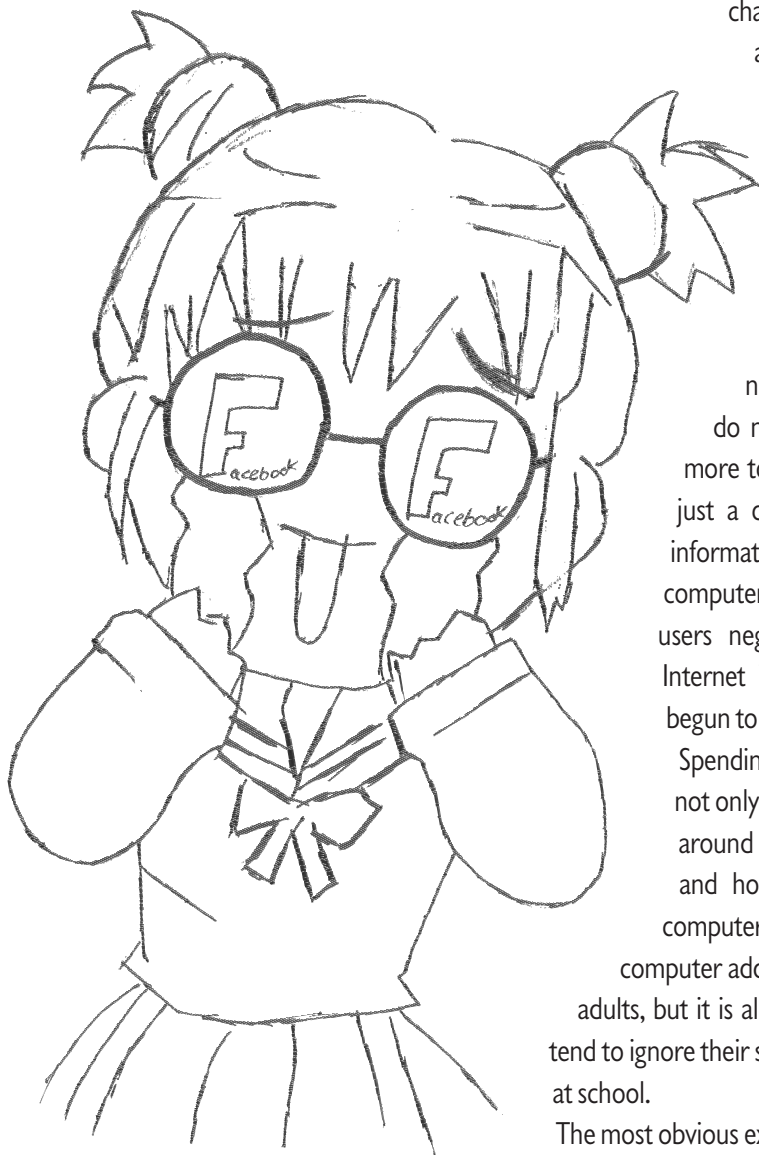
Remember the days when you needed to find out something? It meant ploughing through dusty encyclopedias, flitting through endless stacks of microfiche or even actually reading past editions of the newspaper! Your chances of finding out what you wanted were slim, and in the end you were usually exhausted.

With the introduction of computers and the Internet, a whole new world has opened up to its users. People do not only do their work using the resources of the computer, but they also entertain themselves. It is also a great way of socializing as one can “meet” new people and make new friends through online networking sites and chat rooms. Moreover, people do not need to refer to books and newspapers any more to gather information, as all they need to know is just a click away because the Internet is packed with information. However, like all good things, even the computer has certain disadvantages that can affect the users negatively. As the popularity of computers and Internet is increasing, a new type of addiction has also begun to emerge which is called internet addiction.

Spending too much time in front of the computer does not only affect the person sitting there, but also the people around him. For instance, a person who neglects his job and household duties to spend time in front of the computer may find himself in deep trouble. The problem of computer addiction is so severe that it is no longer restricted to adults, but it is also prevalent in children and teenagers. Children tend to ignore their studies and this can only lead to poor performance at school.

The most obvious example of excessive use of the Internet is hidden in the guise of modern social networking, and, as many of us know it, **Facebook.**

Find old friends, meet people, send virtual gifts, adopt virtual pets, and get a



G. Adamidis - B Lykeio

job. Facebook offers you a whole new world of opportunities. Social networking has never been faster or easier. But is it a good thing?

'It's my e-mail, diary, address book and photo album all rolled into one', says my uncle. But he isn't alone. Over 300 million people use Facebook. In fact, Facebook is growing so quickly that, by the time you read this, these figures will probably be out of date.

But, as with most things, there's a downside. 'I lost a good friend thanks to Facebook,' claimed one of my friends. 'I used the Facebook application 'Compare Friends'. It's supposed to be a 'fun' game that asks questions about five friends on your list and gives them a rating. One of the questions was, 'Who smells better?' I did it and then the results were sent automatically to all my friends. Of course, the people who came last were not amused. But it wasn't my fault, it's the way it's set up; you have to manually opt out of filling your friends in of your choices. It's pretty heartless when you think about it.' Seems like in this case, social networking with Facebook has caused a bit of a stir.

Facebook can also cause you problems at work. Take Kevin- a young bank clerk in Boston. He was desperate to go to a friend's Halloween party. The big problem was that it was on a weeknight. But Kevin decided this was a party he couldn't miss. So, he carefully prepared his excuse and told his boss that he had to go to New York for a few days because of a 'family matter'. Kevin thought he was home and dry and it turned out to be a great party. The only problem was that his boss, a Facebook 'friend', had a look at Kevin's profile at the weekend and saw pictures of Kevin at the party dressed as a green fairy with a magic wand. When Kevin came back to work on Monday he found an e-mail in his inbox with a photo attached saying, 'Kevin, hope everything went well in New York. Cheers, Paul.' For Kevin, the fairy tale was over and he lost his job.

Another case: Brad Barker from the States who was initially enthusiastic about Facebook. 'I met my girlfriend from Australia through Facebook. She came over to live with me. At the time, I was friends with another girl, nothing more. One day, my friend sent some holiday pictures of her in a bikini. My girlfriend found them and went crazy. Now she lives in Australia again!'

So as you can see, Facebook can make your life a lot easier-or a lot more complicated!

So how do you get rid of your Facebook addiction? The foremost thing to do is to admit that you are suffering from it and realise that it can really affect your life. Only when you are convinced of these two facts will you be able to take a few steps towards your Facebook detox.

The next step will be to decide how much time you want to spend on Facebook everyday - the less time you spend, the better for you. At the same time you should try giving up Facebook for other events and activities. Spending more time with your family and friends, instead of being glued to your personal computer in your room, will be of great help in your detox plan. Depending on how long you have been using Facebook, you will have the urge to check it -

when you are in the office, before you go to sleep, early in the morning and so on. You will have to make sure that you don't fall prey to any such urges. Simply put, you need to treat Facebook as a pastime activity rather than a necessity, and you will be able to get rid of this addiction within a few days.



Young People and Alcohol

Chrysa Gouta-B Lykeio

Young people try alcohol for many reasons. They might be curious, or want to be members of a group. Some young people drink because it makes them feel older, or because it gives them a certain image among friends. Some people drink when they go to parties and nightclubs to enjoy themselves more. Alcohol might make them feel more relaxed. Some people use alcohol to help them sleep or to forget things. Some people need to drink every day just to get through the day because they are dependent on alcohol. Many young people drink to get drunk (binge drinking) at least once a month, and some do this much more often. Binge drinking can cause alcohol poisoning, which can cause death. Young people, especially young women, are at high risk of abuse, including rape, when they are drunk. Young people who are drunk can do very dangerous things, such as driving, swimming (most people over the age of 12 who drown are drunk), and getting involved in fights. Alcoholic sodas and pre-mix drinks are popular with young people but they can have a lot more alcohol in them than you might think.

AN AGE OF EXPLORATION

Young adulthood is a stage of life marked by change and exploration. People move out of their parents' homes and

into dormitories or houses with peers. They go to college, begin to work full-time, and form serious relationships. They explore their own identities and how they fit in the world. The roles of parents weaken and the influences of peers gain greater strength. Young adults are on their own

for the first time, free to make their own decisions, including the decision to drink alcohol.

Young adulthood is also the time during which young people receive the education and training they need for future careers. Mastery of these endeavors is vital for future success; problems with school and work can produce frustration and stress, which can lead to a variety of unhealthy behavior, including increased drinking. Conversely, alcohol use during this important time of transition can impede the successful mastery of these developmental tasks, also increasing stress.



G. Adamidis-B Lykeio

ALCOHOL AND THE MATURING BRAIN

Research shows that the brain continues to develop throughout adolescence and well into young adulthood. Many scientists are concerned that drinking during this critical developmental period may lead to lifelong impairments in brain function, particularly as it relates to memory, motor skills, and coordination. Young adults are particularly likely to binge drink and to suffer repeated bouts of withdrawal from alcohol. This repeated withdrawal may be one of the main reasons for alcohol's harmful effects on the brain.

FACTORS THAT INFLUENCE USE

Outside influences as well as individual characteristics help determine whether a person will begin drinking and how much he or she will consume. Some of these factors increase a person's risk of having problems with alcohol, whereas others serve to protect him or her from harm, as outlined below.

Gender

Men are much more likely than women to drink in ways that are harmful. As shown in a recent national survey of 19- to 30-year-olds, 45 percent of men and 26.7 percent of women reported heavy drinking.

Race/Ethnicity

Racial, ethnic, and cultural differences in drinking and alcohol-related problems also have been documented. In general, White and Native Americans young adults drink more than African Americans and Asians, and drinking rates for Hispanics fall in the middle. In addition, while drinking among Whites tends to peak around ages 19 to 22, heavy drinking among African Americans and Hispanics peaks later and persists longer into adulthood.

Peer Influences

People entering college or the workforce may be especially vulnerable to the influence of peers because of their need to make new friendships. And they may increase their drinking in order to gain acceptance by peers.

Family Influences

During young adulthood parents may have less direct influence on their children's drinking behavior, but they still play a major protective role. The example set by parents with their own drinking has been shown to affect their children's drinking throughout their lifetime.

Genetics

Alcohol problems seem to “run” in some families. This family connection to alcoholism may be the result of a genetic link and/or may reflect the child's modeling of drinking behavior. Siblings can also influence drinking through modeling and by providing access to alcohol. It's unclear whether children of alcoholics have different drinking patterns and problems in young adulthood than those who do not have a family history of alcoholism.

PREVENTION

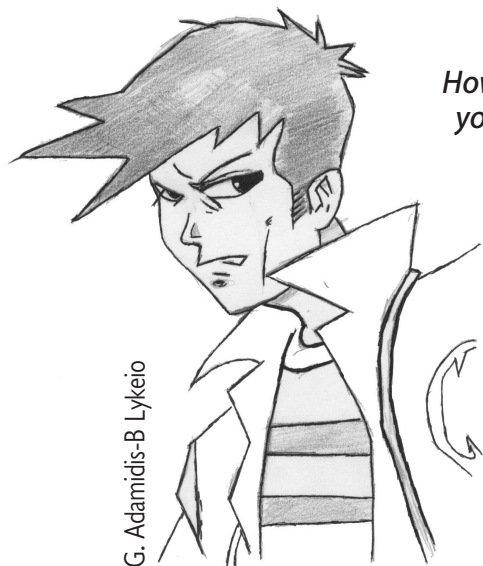
By identifying specific genes influencing alcohol abuse and alcoholism, scientists can begin to tease apart the complex interplay that exists between genetic and environmental influence. One way to prevent alcohol-related problems among young people or the population as a whole is to establish policies that reduce overall alcohol consumption rates or reduce the rates of high-risk drinking. Alcohol control policies influence the availability of alcohol; more specifically, the social messages about drinking that are conveyed by advertising and other marketing approaches, and the enforcement of existing alcohol laws. Prevention strategies that may be especially useful in curbing young adult alcohol use are those that focus on restricting the availability of alcohol. Such measures include raising the cost of alcohol through taxes, limiting when and where alcohol can be consumed, and enforcing policies that help to reduce problems such as drinking and driving.

Most alcohol control policies target either young people under the legal drinking age of 21 or the drinking behavior of the population as a whole, rather than specific subpopulations such as young adults. Nevertheless, some of these policies have a larger effect on young adult drinkers compared with the rest of the population—for example, measures that address drinking in bars and clubs.

Research consistently shows that people tend to drink the heaviest in their late teens and early to mid-twenties. This high level of alcohol use comes at an age when people are moving away from parental restrictions but before they take on the full responsibilities of adult life. As young people begin to assume more adult roles full-time employment, marriage, and parenthood they often reduce their drinking. This reduction in alcohol use may be a result of the limitations that adult roles place on social activities or may reflect a change in young people's attitudes toward drinking.

Feeling Inferior ???

Aggeliki Fotiadou
B Lykeio



G. Adamidis-B Lykeio

How many of you have been victims of people who wanted to make you feel inferior?

They treated you as though you were rubbish?

They made you feel useless, weak, unable to stand up for yourself?

It's about time you understood that you ARE NOT as fragile as they want to make you feel. You may not like to hear it, but it is partly your fault that they behave the way they do because you give them space to act and they gradually fill up this space and you find yourself having become an outcast.

Unfortunately, not only adults have offensive behavior, but children our age as well. At times it is referred to as bullying and it is turning into one of the most severe problems in schools. It may involve either physical assault or

verbal abuse and when these two usually happen simultaneously they can make anyone feel depressed and shatter his or her confidence. But it is about time **you** did something about all this.

Do you remember the last time you felt unable to defend yourself, when your kindness was considered a sign of weakness? When their degrading remarks about your appearance or weak performance at school were like a slap on your face or when you were actually "rewarded" with a "friendly" punch from a classmate that left you out of breath.

Enough!

Don't let them offend you any longer! Do something about it!

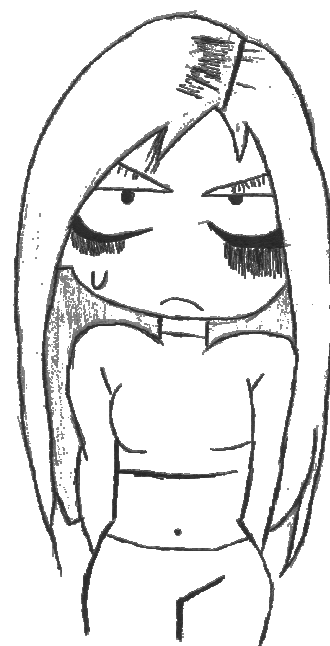
And start with yourself. Give yourself the credit you deserve, you do not need anyone's approval for your deeds. Don't let people around you affect your self-esteem. Don't let them prevail, show that you have self-confidence.

Do not feel uncertain of yourself, look fear in the eye!
Your consent is their most powerful weapon.

It would be a good idea if you worked on your relationship with your close environment. In the beginning, you will probably hesitate. However, you should leave your fears behind, stand your ground and not let anyone cross the line. If they want to make you feel inferior, you have the right to defend yourself.

Don't be afraid, you will feel better when you take the situation in your hands. Never forget what Eleanor Roosevelt said:

"No one can make you feel inferior without your consent".



G. Adamidis - B Lykeio

Human trafficking

Victoria Jamie Meacher
A Lykeio

The practice of human trafficking has been an unfortunate part of civilization from ancient times. Human trafficking is the illegal trade of humans for the purpose of sexual exploitation or forced labour (previously called slave trade). Trafficking is an extremely lucrative industry, so much so that it is now the fastest growing criminal industry in the world, estimated annually at between \$5 to \$9 billion USD. Globally, human trafficking is tied with the illegal arms trade (guns and weapons), as the second largest criminal activity, following drugs trade. Trafficking usually affects women and children although men from third world countries are also trafficked.

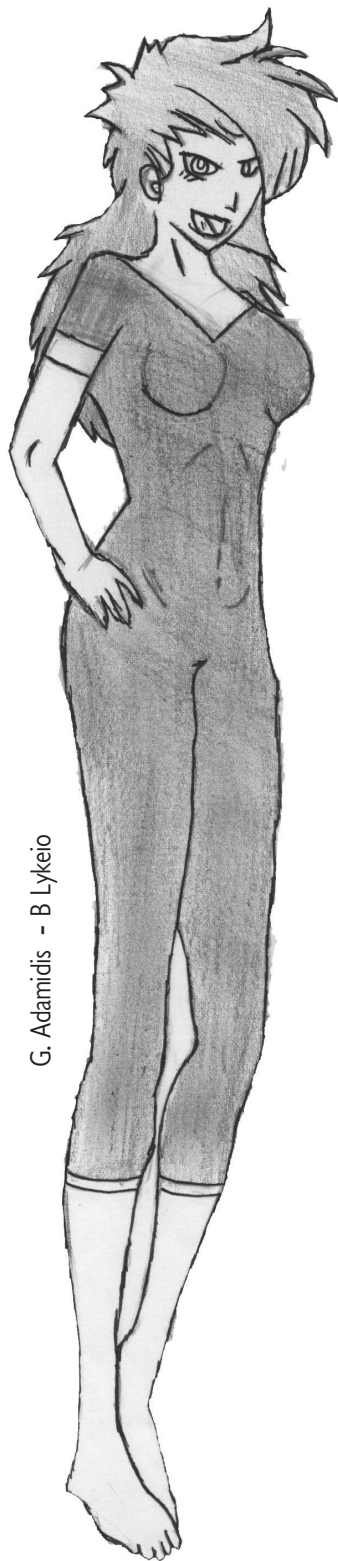
The majority of people in western countries are unaware of the size of the problem, with many totally oblivious to its very existence.

Human trafficking has a long history, even the ancient Greeks had slaves in each family as it was considered an acceptable practice and was openly performed throughout the empire.

There are the two kinds of victims of human trafficking, forced and willing victims. The difference between the two is forced victims are taken away with no knowledge of what is going to happen to them and are held against their will while willing victims are people who, through circumstances of life, somehow “give themselves away” based on false promises of a better future. These people generally live in dire conditions and have done everything they could to preserve their family before resorting to this solution and deciding to take it with the hope of a better life. They are vulnerable to false promises of job opportunities in other countries. Many of those who accept these offers from what appear to be legitimate sources find themselves in situations where their documents are destroyed, their families (or even them) are threatened with harm, or they are bonded by a debt which they have no chance of repaying. Instead of finding a better life, they end up being abused by their “employers”

Young girls and boys are the most vulnerable to human traffickers. The most common way to seduce them is via the mass media and social networking sites. Due to globalization, the internet has become a tool used by the traffickers to prey on the young. Facebook has become the online 'center' where many young people spend their spare time. Teenagers are not properly informed of the dangers and do not see the warning signs and therefore have no defences when a trafficker stalks them on the internet. The ability for traffickers to give false information over the Internet without any kind of control involves great risk for the young. Teenagers, especially girls, are easy targets. They meet a sixteen year-old boy who is nice-looking and start communicating with him. They overlook the dangers because they are very proud of being able to attract the attention of the nice, polite boy. As their relationship grows, at some stage the boy usually suggests they finally meet face to face and the girl is flattered because the 'prince' of her dreams has finally asked her out on a date. One day the girl will ask her friends to 'cover' for her so she can meet the boy of her dreams. 90% of the times, the parents are not aware of their children's plans so they don't have the chance to protect them. The girl goes off alone to her date only to find a dirty old man waiting for her. The example mentioned is a trap into which many people have fallen, teenagers as well as adults. It is only then that their worst nightmare begins!

FOR SALE



G. Adamidis - B Lykeio

Human trafficking is not limited to sexual exploitation. It also includes persons who are trafficked into 'forced' marriages or into bonded labour markets, such as sweat shops, agricultural plantations, or domestic service. The conditions under which they are kept are generally terrible. They receive little or no food, they are drugged constantly to keep them from running away and the people they work for do not care about their well being, with a large number ending up infected with HIV or other fatal diseases. Most of the victims die within a few months. A large percentage of victims are never found, while others are so humiliated by the traumatic experiences they have had that they prefer never to see their families or loved ones again due to the shame and desperation they feel.

The International Labour Organization estimates that there are 246 million exploited children aged between 5 and 17 involved in bonded labour worldwide. Trafficking children often involves exploitation of the parents' extreme poverty. Parents may sell children to traffickers in order to pay off debts or gain income, or they may be deceived concerning the prospects of education and the promise of a better life for their children.

It will be extremely difficult to totally eliminate human trafficking. However, if people were better informed, many potential problems could be avoided.

It is important for parents to talk to their children about the dangers, which are imminent as well as for children to be open with their parents especially when using the Internet and social networking sites.

Human trafficking is not just a problem that affects faraway countries: in Greece people are trafficked both in and out of our country even in this day and age.

Further details on human trafficking can be found on the United Nations web page below:
<http://www.unodc.org/unodc/en/human-trafficking/what-is-human-trafficking.html>

Tears

Cry....
Cry with all your heart
Throw away this pain
Cry so flowers raise one day
Your tears are like magic drops
They heal....
The cut of your heart
The cut of your soul
Nothing will change if you stop
The tears may be water
But they're the tears from your soul
It may be a feeling or a reaction
It's not a smile
It's not a laugh
It's just the pain running through your veins
It's a feeling of achievement
It's a feeling of desire
Which takes you higher
And breaks you down in tears
For happiness, sadness
Or for expressing yourself
In a way that others are ashamed of..
Crying

Eva Kanonidou
C Gymnasio



Fair Trade and other conundrums

Stella Hitiroglou
B Lykeio

Ladies and gentlemen,

Read the newspapers, turn on your television, surf the web and you'll come across countless examples of regions in the world where people are suffering through no fault of their own. In the majority of the cases this is because they were born into backward or under-developed societies where collective wage bargaining, for example is unheard of and so it is easy for unscrupulous employers to exploit the work force. Many people in developed economies rightly feel uneasy about the fact that the goods they consume are produced in poorer countries by people who are paid a fraction of the wages of their counterparts where the goods are sold. This moral concern led to the establishment of the fair trade movement during the 1950s.

According to the website of The World Fair Trade Organization, fair trade is a trading partnership based on dialogue, transparency and respect. Its aim? Greater fairness in international trade as well as the hope of contributing to sustainable development.

Recently the fair trade movement launched its first global commercial. It's a 90 second film which tells the story of the Fair Trade movement and the impact it has on communities, through the eyes of a girl from Kenya. Many consumers have espoused this cause, because they're decent people who dislike the idea of being party to injustice.

So what's not to like about an idea which gives Third World producers a fair reward for the fruits of their labour, which is very largely produced organically and which should lead to a reduction in inequality and poverty? Well, quite a lot, in fact.

In the first place, most of it is Third World produce that has

**WORLD TRADE
ORGANIZATION**



to be flown to the industrialized world. At a time when we are all being warned to watch our “carbon footprint” and to be worried about “food miles” this has obvious repercussions for the environment. Ladies and gentlemen take for example bananas. Bananas are a fair trade product which is produced through out the year in many temperate climate countries. However in order for these bananas to be exported in places around the world like Russia and China we use enormous amounts of preservatives and other substances that are harmful for our planet, not to mention the energy that is consumed over such distances. The fair Trade movement supported as it is by a very large percent-age of the European population could not but have staunch supporters in the European Union. On January 23, 2009 the European Union in an effort to prop up European farmers decided to buy 30,000 tones of butter and 109,000 tones of skimmed milk powder, which were “stored away”. The result was the creation of the so called butter mountains and milk and wine lakes. Ladies and gentlemen in my opinion this is a terrifyingly naive move for an organization such as the European Union that can have a huge impact on the environment. And this all is happening because of an idea that supports that the overwhelming number of our farmers should be offered

subsidies for producing more butter, more wine, and more milk!

Secondly, even if the raw material for a T-shirt is fair trade produce, there is no guarantee that the finished article is also produced under Fair Trade circumstances. So supporting, say, fair trade cotton from Bangladesh does not mean that T-shirts from there are not produced in sweat shops. Emma Watson, the Harry Potter actress, who is involved in a fair trade clothing line, has actually travelled to Bangladesh and met the people who make the garments she's designed, in an effort to make sure that the whole process is fair, but lets not fool ourselves, this kind of celebrity intervention is probably ephemeral.

There is, too, the "feel good factor". For example imagine a situation where underage children are struggling to survive and are working under inhuman circumstances in order to make ends meet. Who wouldn't be against that? And who wouldn't want to help? In this kind of situation people who buy fair trade goods out of a sense of moral responsibility may be overlooking comparable local goods and this can have a dramatic - and unfair- impact on the domestic market.

Last but not least, the idea of the Fair Trade movement encourages farmers to produce goods which are not really wanted. For example, coffee, which is the product Fair Trade initially focused on. At the moment there is too much of it, so why pay farmers extra to grow it if this means that they are encouraged to be involved in an oversupplied industry and in the growth of a product with a continuously falling price?

So why does fair trade matter, beyond the vague feeling that it would be nice to help people in poorer countries to enjoy better living standards? It matters because it's yet another example of how difficult it is for people in one part of the world, one culture, one society, to provide effective help for those suffering in other places. Too often, the simple answer turns out to be a very simplistic way of looking at a very complex situation and more often than not does not achieve the desired results. Are you aware of the example of the villagers destroying the pipes of the newly installed water system? The idea of piping the water into each individual home seems like an obvious good as in an easier life for the women who formally had to walk miles carrying water but for them the well was the center of social life and the time they could spend out of their houses. Installing a new water system in the village ended up destroying the social fabric built up over centuries, while sending goats to farmers in North Africa results in increased desertification. Fair trade as it stands at the moment is only scratching the surface of the problem, while allowing us to feel that we're helping. Unless we are prepared to make real sacrifices, such as abolishing trade barriers, then movements such as this will never be any more than cosmetic. However as Franklin Roosevelt said one thing is certain: Goods produced under conditions which do not meet a rudimentary standard of decency should be regarded as contraband and not be allowed to pollute the channels of international commerce.

abortion

Zafeiro Hiliada
B Lykeio

Picture this: a young woman. 20 years old. A student. She gets pregnant but the father is nowhere to be seen. She drops out of college and works relentlessly to pay for her medical bills and to raise her child on her own. She gives up on everything, even life itself. On the other side: There are 1.4 million abortions a year in the United States. Two realities. Two views. Pro choice, pro life. One issue: abortion. One of the most controversial issues that has emerged as a social and political debate. And one much feared question: should abortions be legal?

Abortion has been practiced since ancient times. Various methods were used to induce it including herbs and intense physical exercise. Although Hippocrates was against it, abortion was moderately tolerated all the way through the Middle Ages until Pope Sixtus V declared it as murder. It remained illegal in most countries until the early 20th century when it was partly legalized in some. However 1973 was the turning point with the Roe v. Wade case in the United States when the court declared that all laws illegalizing abortions are contradictory to the United States constitution. Since then abortions are partially allowed in most developed nations while in regions such as Africa they are allowed only if there is threat to the life or the health of the mother. Yet abortion remains one of the most debated social and moral issues. Its supporters and opposers have come to

be known as pro-choicers and pro-lifers and they fight fiercely for their ground through many means including the notorious yearly Marches for Women's Rights and Marches for life in Washington. Pro-life advocates center their arguments upon one main point: The fetus has a life. It is a potential human being which has, as all human beings do, the fundamental right to live. And this right comes before all others for how can one have the right of choice or any other right for that matter if they are

*The fetus has a life.
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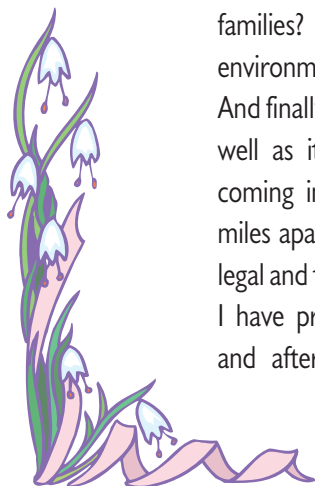
not alive? If they haven't been granted the right to live beforehand? And how can we as unmistakable almighty Gods decide to end a life that hasn't even begun yet? On that very notion lies their next argument:

all life is sacred. If we allow ourselves and our society to disregard human life in any of its forms we would be throwing away, piece by piece, our hard won humanity and venture on to a society of dishonor. Moreover, we of course cannot disregard the will of the father who, after all, is himself a part of the process. All in all a fetus is a life and we have no right to end it: on the contrary, we have to protect it and foster it because a fair society gives fair opportunities to all and terminating a life is not giving an opportunity at all.

Having said all that and looking back at the history of abortion a thought strikes me: it has always existed. Illegal or not, it has survived through time. And according to the theory of social evolution what is not needed is usually left behind.

Pro choice groups passionately advocate the rights of the mother. One of the main questions that they raise is whether the fetus is actually a life. A fetus's brain develops only after the 12th week of pregnancy subsequently they refuse to regard it as a person and its termination before that time as murder. Scientifically speaking, the fetus is not a person until it has developed a brain. Yet their biggest argument is this: the mother is a fully grown human being with hopes dreams and expectations. How can we condemn her life? How can we impose on her a life she does not want and shatter her very existence? We would profoundly declare that women are bound to their nature unable to escape and they shall live freely until they have children and they shall decide for themselves only until that time and then we will force them to take upon their inevitable fate: reproduction. Yet it is not only the mother who is affected. The father sometimes suffers the same consequences, sometimes even being the victim of a woman's cunning. He too is trapped into an inevitable fate to stay with a woman he might not love and have a child he might not be ready to have, both emotionally and financially. How is that a fair fate for both the parents and their families? And how is that a healthy environment for a child to be brought up in. And finally why is contraception not illegal as well as it too stops a potential life from coming into being? Are the two so many miles apart so as to characterize the one as legal and the other as illegal?

I have presented you with the arguments and after their examination I reluctantly



*I shiver at the fact
that I have to bring
an unwanted child
into the world*

have to take a position of my own. And since I am a woman, I cannot help but put myself in such a position of being pregnant with a child I do not want. And I would invite you to imagine this position with me. I have to say that I shiver at the very idea. I shiver at the fact that I have to bring an unwanted child into the world, at the idea of being socially isolated and stigmatized for being a single mother, at the idea of the abolition of the struggles made by suffrages to acquire my rights, at the idea of giving up my life against my will before I have already lived, but above all I shiver at the idea that my society, my government would condemn me to a certain unwanted fate just because I was born a woman, that I would be regarded as a mere reproductive machine bound by her biology to live freely until she has children and that strangers would direct me as to how I will use my body. If that is not racism ladies and gentlemen then I do not know what is.

Yet by thinking back at that 20 year old woman and the life she was forced to live I realize that regardless of what I feel, regardless of what we all might feel what it all comes down to is not whether abortion is right or wrong. It comes down to choice. Choice over our lives, choice over our body. How can we say for sure that a fetus is a life or how can we not? We cannot base the legal system of a state upon assumptions. And as we do not have an undeniable truth we have to provide both options. Anything else is simply unfair, unjust, immoral and dictatorial. We live in a democracy and in a democracy we have the right of choice. Let me choose wrong and be burdened by my choice but let me choose. Let me be free.

THE PALETTE OF AN UNCURED ADDICTION

Evgenia Faraza

C Lykeio

Hello, my name is Evgenia Faraza and I am an addict! Don't worry. It is not what you think. This is not a negative addiction, such as drugs, smoking or alcohol, but a positive one. It is an addiction that gives me the strength to confront any obstacles, that helps me concentrate. This addiction is what makes me believe in my dreams. It is called music. Have you ever felt that there is a power that helps you achieve your goals or get through difficult times? That is exactly how I feel about music. Every time a melody reaches my ears, I feel complete, because it transports me to my very own world, to a world that I have created, where pain, sorrow, depression, injustice, war and death are superseded by happiness, joy, laughter, justice, peace and life. For me, every sound that drums produce is the beat of my heart. Every chord produced on an electrical guitar is adrenaline rushing through my veins. Every melody played on the piano spreads calmness to each part of my brain. Music satisfies my thirst for life. It is more likely that you will find an mp3 player or a music cd in my purse than a bottle of water!

I am sure you are wondering where this passion for music came from. This passion for music is something I was literally born with. When my mother was pregnant with me she read of a scientific study which found that children exposed to classical music in the womb showed a positive change in physical and mental development after birth. That study was called "The Mozart Effect" and it indicated, more specifically, that the beats of Mozart, like its 60 beats in one minute, coincide with the heartbeat of the fetus, something that proved the fact that classical music appeared to relax newborn babies and increase their intelligence level. Influenced by the results of this study, my mother

decided to apply it to me. I honestly don't know and I don't care if the second part of the study about intelligence was validated. But the first part about relaxing is still true for me whenever I listen to music and specifically to classical music. Wolfgang Amadeus Mozart's "Piano Concerto 21-Andante" and Ludwig Van Beethoven's Moonlight Sonata alleviate my stress, dissipate anger and relax every single part of my body and my soul. I could compare life with the relative tensions in a string instrument. The strings need to be stretched and loosened again, in order to produce a more pleasant sound, rather than a jarring note. For me, chords represent the nervous system. Sometimes it is stretched due to anger, rage or pain. This has to be loosened again for a person to overcome any problems and live a balanced life.

Like Picasso's palette, smeared with the colors of his masterpieces, music has become the centerpiece, the very spectrum of my life. The melody, beats and emotion that exude from music casts a hue of color over me. For me music provides a never-dying centerpiece full of color that keeps me feeling alive. Every single color represents a different moment, feeling, situation and simultaneously a different piano mode and melody that has made me who I am today: a passionate, confident, open-minded and strong-willed young woman. I see pink symbolizing the shyness and love that are perceived on my face and on my cheeks when I have "butterflies" in my stomach, a weird feeling that is also part of the "crescendo" mode of the piano and Carlos Gardel's romantic song, Por Una Cabeza. Red stands for passion and power, strongly reflected in my soul a few minutes before I faced you to deliver this speech, a moment that is fully reproduced on the

“forte” mode of the piano and in Rob Dougan's song, Clubbed to Death. White signifies peacefulness, purity, and hope found in my very own dreams for the future and in the “piano” mode of the piano and in Claude Debussy's, Claire de Lune. This palette is my addiction. Depending on how I feel, I select a color a song - from the palette that reflects my feelings. For instance, when I was travelling for 2 months in the USA and Germany for conferences and I was away from my home country, I would listen to Richard Clayderman's interpretation of Nostalgia on the piano that made me yearn for my country, my family and my friends. This sentiment contributed to my understanding of the bond between the artist and the listener: sharing emotions of the former that resonate with the latter. The feeling that someone has “felt your pain of separation” makes you feel less alone. Imagine motivates me to struggle for the world that John Lennon dreamed of. Another song, Footprints in the Sand by Leona Lewis echoes in my heart during my visit to and when I leave the A.H.E.P.A. hospital after voluntary work in the children's cancer ward: wondering whether my young friends would be there on my next visit to smile and play with me.

Our Greek philosopher, Plato, once said that “music gave soul to the universe, wings to the mind, flight to the imagination and charm and gaiety to life”. And it

truly did, does and will do. Music unifies the people from all over the world. It offers to us insight for a new beginning, for a positive change. It bestows meaning, happiness and peace to our lives. It enables us to dream, imagine, hope and believe without any restrictions or fear. Plato's quote contains everything that music represents and provides to us. Many of us take music for granted. We don't realize that music can change our lives, that it can bring bliss and joy to our soul and mind, that it can even cure illnesses in many people. For me, one single press of a key on the piano revives my soul. For me every note means something different. Each melody denotes significance and uniqueness. A world without air and music would be empty and worthless.

Pain killers, alcohol, tobacco are serious addictions. Is it appropriate to compare my addiction to music to these other addictions? I believe it is. As any addicts will tell you, they need their fix whether it is to get them through the day, escape stress or take the pain away. I need music. It makes me feel good. It makes my life feel right, because, as Friedrich Nietzsche once said, “Without music life would have been a mistake”. It feeds my soul. I guess I will always feel a rush of excitement in anticipation of my next musical fix!

MUSIC GAVE SOUL TO THE UNIVERSE,
WINGS TO THE MIND,
FLIGHT TO THE IMAGINATION
AND CHARM AND GAIETY TO LIFE

PLATO



The woman of 2011. She is an independent and free person, thanks to the suffrages who fought passionately for her. She has managed to take on more responsibilities, like working, but she still has all her old ones such as the household chores which men are reluctant to share. There are still certain activities that are not considered to be men's work, thus leaving women burdened with them. We see that after so many years and so much effort there are still stereotypes. Stereotypes in education and in finding a job. For example, women do not have access to all kinds of jobs, they are rarely managers, more stricken by unemployment and less well paid than men for the same job. They try hard and yet they are not recognized. To make myself better understood I believe it's high time we took a longer look at the everyday schedule of a woman of our era. Let's name her Mary. Quite a common name, but it doesn't matter. What do we think about her? She is independent, she has a career and of course a family. We find that supposedly she has equal rights with her husband and that they share everything. But is this true? Definitely not!

Let's look more closely at the schedule of ordinary Mary from the moment that she wakes up. The first thing she feels when the alarm clock goes off is a sweet, loving kick from her husband and a hoarse voice demanding ; "Where is my coffee". And the race has just begun. Rushing into the kitchen she quickly prepares breakfast, wakes up the kids, and makes her master's coffee.

The woman of 2011

Then, she takes the kids to the school bus and, while she is getting dressed in order to go to work, she hears the first complaint for the day made by her husband ; "Why can't you get my coffee right". She bites her tongue not wanting to start an argument, and runs off to work instead. There, she is confronted by a male dominated office and an angry boss, maybe because he didn't like his coffee either (when will women finally learn how to make coffee properly? Shame on us!) . After a long and exhausting ten-hour day she returns home where she prepares dinner, lays the table, picks the kids up from the school bus and feeds them. Her husband hasn't come back home yet, because after his tiring eight-hour day he has decided to go for a drink with his friends. Then, the kids begin their homework, but they need help. Who is going to help them? Mommy of course! In the evening mommy also becomes a taxi driver transporting the one kid to English lessons and the other to music lessons. And when she comes back home, she has to go to the supermarket since her husband obviously can't (you see his favorite team is playing and it is so difficult for him to get his feet off the table and go instead). So, she comes back home carrying tons of things and her husband shouting over his shoulder, never once taking his eyes off the screen: "Honey, do you need a hand and why did you buy so much stuff anyway?". As if "he" knew the needs of a house. Later, she cleans the house, irons her husband's shirts and finally asks the big question: "What would you like for lunch tomorrow, dear?". "Whatever you want", she hears. However, she knows unfortunately that the following day the first thing she will be told

during lunch is: “What, this again?”. She has considered many times letting them go hungry, but she loves them too much to do so. Finally, the kids go to sleep after a fight they had which Mary had to break up. Her husband is still watching TV. At last the house is quiet. The exhausted mother has a shower and looks forward to a nice long sleep because the following day will be just as hard. But no! She hasn't finished yet. She has to execute her conjugal duties. Her husband has already watched the news and he is now in bed waiting for her. She can't refuse, she can't say no. He is the man after all and he will do whatever wants. But then it occurs to her! She has a headache! Now she will be able to get some sleep.

The schedule of an ordinary woman of 2011 is really tight. She works, raises the children and is totally responsible for the household. She has to be a good employee, mother, housewife, lover and she mustn't fail at anything. Is this what the suffrages fought for? Feminist activists have campaigned for women's rights such as property and voting, while also promoting the integrity and autonomy of physical and reproductive rights. They have naturally been opposed domestic violence, sexual harassment, and sexual assault. In the economics sphere, they have advocated for workplace rights, including equal pay and opportunities for careers and for starting businesses. Feminist theory aims to understand gender inequality and focuses on gender politics, power relations, sexuality, the promotion of women's rights and interests, discrimination and stereotyping.

After presenting you with the schedule of an ordinary woman and the general aspect of feminism, I think it is time I expressed my point of view on the matter. I believe that it is true that women cannot handle everything and sometimes this has disastrous effects both on them and on their children. It appears that since the word feminism was invented, women have lost most of their freedom. Nevertheless, it is not the women's fault for having taken on so many responsibilities, but society's. It is society's fault because women do not get to share their responsibilities with men. Feminism means that women have equal rights with men, but that does not mean that they should be burdened with everything. Society and technology have advanced. Yet women are still captives to their ever-increasing responsibilities. In theory they have equal rights and it is about time they had equal rights in practice too.



Laughter is the best medicine

Petroula Koarakosta
A Lykeio

Let me draw you a picture. You're resting in your armchair after a long, tiring school or work day. Your head is about to burst. You're even sad or blue. Now, let's take a closer look at your day. Did you laugh at all today? The odds are you didn't. But don't let that worry you any more, because you still have time to cheer up before the day ends. And, believe me, a good laugh will certainly take away your bad mood, your sadness, your headache, even your heart ache. Why? Because laughter is the best medicine!

On this point let me present to you the two sides of the coin named laughter. Laughter is contradictory. It benefits our health while it is highly infectious. I will explain myself straight away but, in order to do so, let's examine each side of the coin:

Heads

No one can deny the fact that the sound of roaring laughter is far more contagious than any cough, snuffle, or sneeze. Most times, when we hear a person sneezing we use no longer than a few seconds to say "Bless you", and then we go back to normal as if nothing had interrupted our thoughts. On the other hand, when laughter is shared, we immediately search for the source of it. We want to hear the joke and laugh along with our friends or just on our own.

Tails

Apart from the joy and the amusement that laughter provides us with, it also triggers physical changes to our body that are beneficial for our health. In a nutshell, it strengthens our immune system, boosts our energy, lowers the stress hormones, diminishes pain, and relaxes our muscles. In addition, laughter helps us keep a positive and optimistic outlook towards life, thus benefits mental health as well. Best of all, this priceless medicine is free, fun, accessible to

anyone, and easy to use. The only requirement is our sixth sense, the sense of humor.

So, based on my coin example, I would like to address to you the following quotation by Nicolas de Chamfort: "The most wasted day of all is that in which we have not laughed." Is this true? Yes, it is! In fact, I am about to prove to you that every day of our lives should be full of laughter for three reasons.

To start with, it is medically confirmed that laughter is a strong medicine for our body. A good, hearty laugh relieves physical tension, and, unbelievable though it may sound, leaves our muscles relaxed for up to forty-five minutes after. Additionally, it decreases stress hormones and increases immune cells and infection-fighting antibodies and as a result, it improves our resistance to diseases. Furthermore, laughter improves the function of blood vessels and increases blood flow, therefore protects us against heart attacks. Last but not least, we owe these amazing and life saving benefits to endorphins, the body's natural "feel good" chemicals that our body produces when we laugh.

Secondly, laughing is the key to feeling good. Each and every one of us has definitely experienced the "I have to laugh or I'll cry" feeling. This is because laughter provides us with a physical and emotional release that helps us unload. Thanks to this, we have a cleansed feeling that helps us think through our concerns and act more wisely towards them. Moreover, laughter distracts us from distressing emotions. As a matter of fact, nobody is capable of feeling anxious, sad, or angry while laughing. Laughter reduces stress and increases energy, enabling us to stay focused and

accomplish more. In addition, it is accepted that humor shifts one's perspective, while it allows us to face situations in a more realistic, but less threatening way. The secret is that a humorous perspective creates psychological distance that can help us avoid feeling overwhelmed.

The third reason why laughter should be a part of our everyday lives is its cornucopia of social benefits. Generally speaking, emotional sharing strengthens relationships and creates strong, positive bonds among people. However, sharing laughter adds more joy, vitality, and resilience to relationships while humor is a powerful and effective way to heal resentments, disagreements, and hurt. At the same time, a humorous person tends to be spontaneous, less defensive and more original, regarding his ability to express his feelings. Why is that? It is because laughter helps you deal with your problems and gets you away from your troubles, while it helps you forget judgemental behaviour, criticism and doubts. In addition to this, deeply felt emotions can more easily rise to the surface, which allows you to be more easily socially accessible. As an extension to this theory, humor unites people during difficult times because laughing with others is far more powerful than laughing alone!

No matter how amazing these benefits may sound, no effects will they have on us, unless we learn to apply this great weapon to our lives! After all, human beings need to learn how to laugh at last! Take for example this old saying that goes: "angels fly because they take themselves lightly"! It is high time we learned how to prioritize and thus help ourselves enjoy every second of this amazing, but unfortunately short experience called life! And, above all, we definitely need to stop wasting time on activities that do not actually matter, but just consume hours of our valuable days.

How are we going to achieve this? Follow these three simple steps:

Step number one: Smile! Smiling is the beginning of laughter. Like laughter, it's contagious. People who go through "laughter therapy," find that it is possible to laugh without even experiencing a funny event. The same holds for smiling. When you look at someone or see something even mildly pleasing, just smile!

Step number two: Spend time with fun, positive people that make you laugh. These are people who laugh easily, both at themselves and at life's absurdities, and who routinely find the humor in everyday events. Their playful point of view and their laughter are contagious. You just have to benefit from them!

Step number three: Laugh at yourself! Share your embarrassing moments. The best way to take ourselves less seriously is to talk about times when we took ourselves too seriously. Some events are clearly sad and not occasions for laughter. But most events in life don't carry an overwhelming sense of either sadness or delight. They fall into the gray zone of ordinary life and are giving you the choice to laugh or not. Then, you just have to choose wisely! So, a laugh a day keeps the doctor away!



Technology

1.e4 c5 2.c3 d5 3.ed5 Qd5 4. D4 Nf6 5.Nf3 Bg4...

This was the beginning of the first game of the match Deep Blue against Garry Kasparov in 1996 when for the first time a computer chess program beat a world chess champion. People used to believe that chess was such a complex game that computers would never understand it. However, they were proven wrong and unfortunately this applies to many other fields; computers are gradually surpassing humans in every field. But, when technology surpasses all human abilities it is reasonable to pose the question: will humans be able to control these technological developments or is it the technology that will eventually control humans' lives?

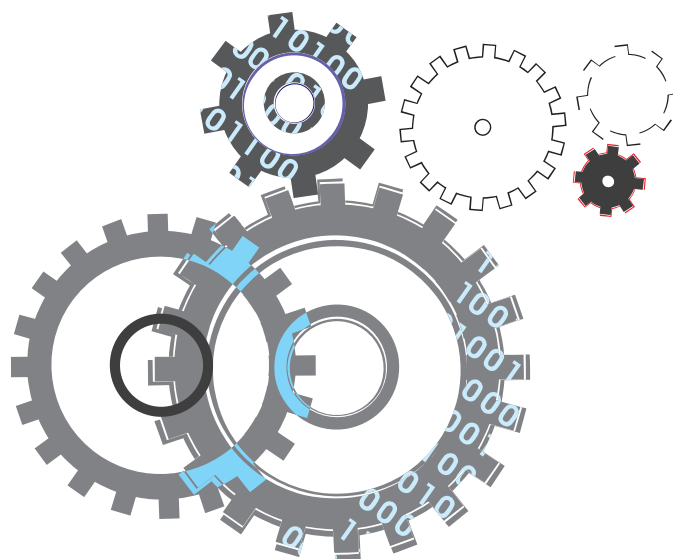
But, let's take it from the beginning, during the 17th and 18th centuries profound changes in the way society was organized and operated were made. The dark, medieval era gave way to the French Revolution a period when human rights were at the center of the political debate. What's more important, however, in that period as far as our topic is concerned is the Industrial Revolution, the revolution that gave birth to technology. While humanity and human rights were at the heart of the French Revolution, the machine was at the hub of the Industrial Revolution.

During the 19th and 20th centuries science and technology developed so fast that in a relatively short period of time it infiltrated people's lives. This is the period when people are gradually becoming familiar with the new developments. By the end of the 20th century almost every household would have a television, a radio and a computer.

Some of you, probably those over 18, might remember a time when humans used to be intimate in their relationships, used to forge strong bonds with each other and used to value these friendships, a time when family ties were strong and tradition was honored. Children had healthy role models and respected their elders. However nowadays things have

changed. Nowadays we have replaced our intimate friends with hundreds of virtual ones; we have stopped talking to each other face to face because now we only chat via the instant messaging; what connects people now is not the strong bonds of friendship and family but instead a huge network of optical fibers. I am sure all of you have noticed how we tend to build walls in our relationships and we even give these walls names such as Facebook, Twitter, and World of Warcraft. We have become cold and rigid in our relationships, we feel lonely in our bedroom but yet we are too cowardly to admit it and call a friend. I bet most of you have felt like this yourselves but I hope that you regretted it because this is how we become victims of technology, how we damage our personal relationships.

Apart from undermining human relationships not using technology correctly can result in the user becoming addicted as it happens more and more often. Most people actually overuse technology and especially the Internet risking, in this way, their very health. Young people can and have died from epileptic seizures after days of non-stop video gaming. People lose track of



time absorbed in the imaginary life that the Internet can so easily provide; there are even cases of people who in order to take care of their virtual baby, they actually forgot to feed their real one. The online dating sites are listing more and more members but so are the police files that list more and more cases of women being raped as a result of agreeing to meet their online boyfriends. Unfortunately, people are not trained to recognize the dangers technology comes with, thus becoming vulnerable to the threats. All of us before using new types of technology should know where to draw the line; we have to protect ourselves.

But why am I telling you all this? Well, the reason is you. I don't want you to become victims of technology and this is why I would encourage you to build up your defenses starting with information. Inform yourselves about all the new forms of technology and the dangers that they entail. If you are a student you can ask your computer teacher, or if you don't feel comfortable enough, ask a friend who you trust and worst case scenario: call the police cyber crime department and arrange an appointment. Choose what you prefer to do, but please choose; you must know the technology you use.

I have talked to you about the birth of the technology in the Industrial Revolution, about how technology gradually infiltrated our lives and eventually how we have become victims of technology. The technology we invented for our own good seems now to be backfiring on us. Human relationships are being disrupted and many people are becoming addicted. What's my guess for the future? Even though I have advised you to protect yourselves against the dangers of technology, I bet you won't. Especially when young, we tend not to look before we leap and you know what? Technology will inevitably trip us up. I wonder if you have ever seen a movie called WALL-E. In this movie in the year 2850 robots do everything; they teach at school, they cook, they drive, they are the police and essentially they govern people. What's the problem in this society? Humans have lost not only their personality, but also their freedom and essentially their very humanity, they do what they are told to do by the robots and they have even evolved anatomically, there are no longer unnecessary joints for obsolete walking, in order to adapt to their new sedentary lifestyle.

In the actual year to come 2850 if humane race can make it that far, I don't think that our anatomy will have changed but I do believe that unless something drastic happens now, by then we will have lost our humanity along with our memories of a once meaningful life which we were able control. If something like this actually happens, what I would hope for is that someone would rise up like the hero in my movie, WALL-E and save us, too. Otherwise, I would be glad to have died by then, wouldn't you?



Vegetarians Threat or Cure?

Nikolaos Pallas-Misailidis
A Lykeio

It is a well-known fact that current affairs have affected the tendency of people towards consuming meat products in a negative way, urging even more people towards vegetarianism. According to statistics, a high percentage of people regard it as the sole way to obviate diseases related to eating meat, while others support the opinion that becoming a vegetarian destroys the food chain and takes a toll on people's health.

First and foremost, those in favor of vegetarianism consider that the consumption of plants, fruit and vegetables provides the necessary nutrients for the body, enhances its metabolism and, at the same time, increases physical stamina. Medical research carried out by Southampton University in the U.K., has proved that vegetarians tend to be more productive and efficient as their diet includes all the essential carbohydrates and vitamins. Moreover, vegetarians are less apt to diseases, as they do not feed on livestock. Hence, threats such as avian flu, "mad cow" disease and swine flu do not pose any threat to their system. In this way, they elude the danger of receiving more hormones than needed, while avoiding extra fat and perhaps food of dubious quality. For this reason, vegetarians do not even need to consume animal products due to the fact that their nutrition provides them with every single nutrient the body relies on.

On the other hand there are those who regard vegetarianism as a less efficient style of eating. First of all, they consider that vegetarians do not get the amount of proteins needed, because these nutrients exist solely or mainly in animal products, such as beef, eggs and milk. Furthermore vegetarians lack specific vitamins such as B12 and $\Omega 3$, which are obtained usually through the consumption of dairy products and red meat. For this reason vegetarians are considered to possess weaker immune systems, as they have been infected by fewer internal viruses and food diseases throughout their lives. Therefore being a vegetarian could lead to a decrease in life span and a higher rate of mortality, especially when they have faced no precedent.

Recapitulating, it is a really tricky decision whether to become vegetarian or not. They do avoid epidemics, but at the same time do not receive the necessary nutrients, so they sometimes find themselves in the position where their bodies cannot withstand the effects of a serious disease. I stand firmly convinced, that instead of becoming vegetarians, people should reside to alternative ways of keeping their diet up to standards, as vegetarianism provides few benefits, and many drawbacks.

If you are a meat maniac and you enjoy extreme tastes you must try this recipe:

M. Symeonidou-E. Telidou-K. Oikonomidou
C Gymnasio

Haggis - The National Dish of Scotland

Haggis is one of those national dishes that is both beloved and reviled by natives, and sometimes horrifies people who hear it described for the first time.

You might have a hard time finding haggis in other countries.

Ingredients

1 sheep lung
1 sheep stomach
1 sheep heart
1 sheep liver
1/2 lb fresh suet (kidney leaf fat is preferred)
3/4 cup oatmeal (the ground type)
3 onions, finely chopped
1 teaspoon salt
1 teaspoon freshly ground pepper
1/2 teaspoon cayenne
1/2 teaspoon nutmeg
3/4 cup stock



How to make Haggis

- Wash lungs and stomach well, rub with salt and rinse. Remove membranes and excess fat. Soak in cold salted water for several hours. Turn stomach inside out for stuffing.
- Cover heart and liver with cold water. Bring to a boil. Reduce heat, cover and simmer for 30 minutes. Chop heart and coarsely grate liver. Toast oatmeal in a skillet, stirring frequently, until golden. Combine all ingredients and mix well. Loosely pack mixture into stomach, about two-thirds full. Remember, oatmeal expands in cooking.
- Press any air out of stomach and truss securely. Put into boiling water to cover. Simmer for 3 hours, uncovered, adding more water as needed to maintain water level. Prick stomach several times with a sharp needle when it begins to swell; this keeps the bag from bursting.
- When ready place it on a hot platter and remove the trussing strings.



It is ceremoniously served with “**neeps, tatties and nips**”. That is mashed turnips, mashed potatoes and nips of whiskey. (<http://www.gumbopages.com/food/scottish/haggis.html>)

You can skip all these, go to Scotland and enjoy traditional food and drink in a restaurant overlooking Loch Ness Lake waiting for Nessie to appear!!

for more information visit : <http://www.visitscotland.com>

OR DESSERTS???

Kyveli Mavromati
C Gymnasio



STRESSED

“Oh my goodness, I have to finish the report for my job in an hour and I haven't even started it!”

“I have a date today and I don't know if I can make it!”. “I'm so anxious about today and I don't know what to do!”. “I'll run out of time, where should I start?”

How many times have you, ladies and gentlemen, said something like this? Haven't you ever been so stressed and anxious that you didn't know what to do?

Stress is simply a fact of life - forces from the inside and outside world affecting the individual and all this is related to both external and internal factors.

Stress is a true characteristic of today's society. Nowadays, we lead an unhealthy, unpleasant way of life that is full of pressure. It seems that we are constantly trying to meet deadlines, catch buses or be on time for business meetings. Thus we do not have time for ourselves. Due to the fact that the pace of life is so fast, we can't relax because the penalties seem so heavy. We will lose our jobs, be late for something important or ruin our relationships with our friends. Finally, we end up at the end of the day exhausted, with no energy and seeking for five spare minutes just to sit and do nothing but wonder where all this stress came from.

But let's turn the word “Stressed” around. Let's think about “Desserts”.

With just a tiny piece of chocolate, a bite of a crispy biscuit, a nibble of a piece of cherry cake you can feel soooo good! It feels like traveling to another delicious, magic world far away from stress, jobs, reports and all other obligations. Desserts play a very important role in our lives. When we are tired, sad or stressed, chocolate seems to keep us company.

Stressed and desserts: two words with such different meanings, the one entails anxiety and fury while the other entails moments of pleasure, happiness and peace. Yet, the words are so similar since the one is the reverse anagram of the other.

My advice: enjoy some chocolate (only some I said!) and stop being stressed for a while...



info

A clinical trial published in the ACS (American Chemical Society) Journal of Proteome Research took a scientific look at the stress-reducing power of dark chocolate. The results : eating about 1.5 oz of dark chocolate each day for two weeks lowered the levels of stress hormones in people highly stressed. In addition, researchers note that dark chocolate partially corrected different stress related biochemical imbalances.

When a taverna decides to teach....



Pavlos Pachidis-C Lykeio

Kali sas orexi! Bon appetit! Such wishes express the Greek soul, and warm hospitality memorable to anyone who's had the privilege of visiting a Greek taverna. Growing up in my grandparent's taverna was a real education for me; the taverna didn't just cover my energy needs, but it was a special place where I could meditate and discover myself. Whenever I used my culinary skills to satisfy someone else's needs I found myself developing another form of hunger. Tasting the vast array of flavors overwhelmed my brain, clearing it of distracting thoughts, motivating me to learn more, to start my quest of self-discovery...

It was in the taverna kitchen that I was first introduced to the mysterious world of science. The tantalizing aromas from the prepared delicacies excited my senses and above all my imagination. Whenever I cooked, I was a chemist, using my measuring flasks, beakers, funnels and spatulas to carefully mix acids (usually vinegar or freshly-squeezed lemon juice) and bases along with complex organic materials (potatoes with their sinfully fattening complex hydrocarbons) and sulfurous compounds (predominantly garlic and onions that add a spicy taste) while creating delectable dishes. Math has also made a significant contribution to the success of my gastronomic alchemies, since basic mathematic formulas of ratio and proportion ensured that the correct amounts of ingredients were used. Even the slightest miscalculation in the amount of parsley or pepper used to prepare dolmadakia could result in an imbalance of flavors and a gastronomic fiasco.

Apart from this, the taverna kitchen also helped me develop my international perspective. While cooking certain dishes, I became aware of the spices and herbs that may be indiscernible but play a vital role in achieving gastronomic perfection. The sweet taste of the nutmeg in moussakas for me contrasts with the bitterness that Indonesia, the main export country, has felt due to the catastrophic tsunamis, earthquakes and many other natural phenomena that have plagued it. Cinnamon, predominantly used in recipes from former parts of Asia Minor, now Turkey, has long been difficult to classify: is its flavor sweet or bitter? No wonder this particular spice is so closely connected with Turkey. For isn't ambiguity particularly appropriate for this emerging diplomatic and economic power, oscillating between its eastern roots and allies, and its western aspirations to join the European community?

Strange as it may sound, the consumption of food in the taverna has helped me develop my rhetorical skills. In the process of eating, one pleases four basic senses: sight, smell, touch and taste. But in Greece we activate the sense of hearing too! Sharing a meal also entails sharing ideas and discussion. The exotic spices and tantalizing aromas, along with a ubiquitous glass of ouzo, ignite the senses and electrify the atmosphere, turning the discussion into a potential war of words. I have watched the customers form two 'battalions' trying to persuade each other by using forceful vocabulary and speaking at the top of their voices. They say: "All's fair in love and war", and when the verbal mode of persuasion didn't succeed, then plates, glasses and bare fists were used to ensure that the opponent was 'convinced'. Such scenes taught me to overcome my inherent shyness and to be as persistent as the customers were when I need to support my position. However, I do not resort to any plate- or glass-breaking to convince. I believe words are much stronger than biceps.

When my family had to close the taverna, I was initially overwhelmed by a sense of disorientation and desperation: my quest of self-discovery would abruptly come to an end. But soon these feelings gave way to determination. I decided to quit my futile endeavor to find myself and instead start developing "me". From that moment, I decided to commit myself to determining not who I am but what I will become. Now, as a scholar with diverse paths opening up ahead, I intend to follow the one offering me valuable challenges and experiences, the ingredients necessary to cook a delectable version of... "me"!!!!

It was my moment

Marian Hajidimitriou
B Lykeio

Fun, friendships, life time experience, sacrifices, memories, are the words that came to my mind when they asked me to describe Forensics. I have been on the Forensics team for five years and I still don't want to give up being part of it. The moments are unforgettable, just like the hard work I have done every year for it. Moments of failure, moments of disappointment, moments of unbearable happiness and success are what I have felt through this five - year journey. Although we, all participants, want to win and be the ones that will be called up on the stage at the finals, after a certain point it's all about getting to know people from other schools or even other countries, making new friends , having fun, learning to compete on friendly terms, and gaining as much as we can. Every year I found myself working for hours, rehearsing again and again every day until I felt that what I was working on was just perfect. To get there though, I had to sacrifice nights out, days of just relaxing, Saturday and Sunday mornings when all my friends were sleeping in, while I was at school working on my duet. It may not seem tiring but it definitely was. Even so I got to work with people I would probably never have had the chance to work with if it wasn't for the school and Forensics. But in the end I was so close to the final four. The feelings were mixed. On the one hand I was satisfied to be in the top 10 out of more than 50 contestants but on the other hand I was not in the final four. But this year I made it. I managed to be one of the final four participants with the highest scores! I had achieved what every single participant wants to accomplish when they take part in the Forensics tournament. Those seconds that they call your name seems like an eternity. But once you realize it's really you, the feeling is overwhelming. The "win" is not only yours. It's for the whole team, the team that has helped you and supported you by giving you feedback and constructive criticism. It's team work. That's why cheers, hugs, and hi-fives you get for what you have accomplished surround you the minute they announce that you have got into the finals. Then you have to manage to get a grip and pull yourself together and get onto the stage to do your act in front of 16 or more schools and three judges that are going to look for the slightest flaw. For the last time you perform what you have worked on from the beginning of the school year. I, personally, was a wreck. Even when I started to act my knees were literally trembling. That was when I realized I just had to enjoy it because it was the very last time, **it was my moment and it felt great.**



Once again the Forensics Tournament has finished this year, but the memories will last for a life time. Pictures have captured moments, the warmth of my friends' hugs may have worn off but my memories will last forever and whenever I think of or hear the word "Forensics" it will always bring a smile on my face. In the end, I know that none of this would exist if it weren't for my inspiring partners and coaches with whom I have built great and long lasting friendships.

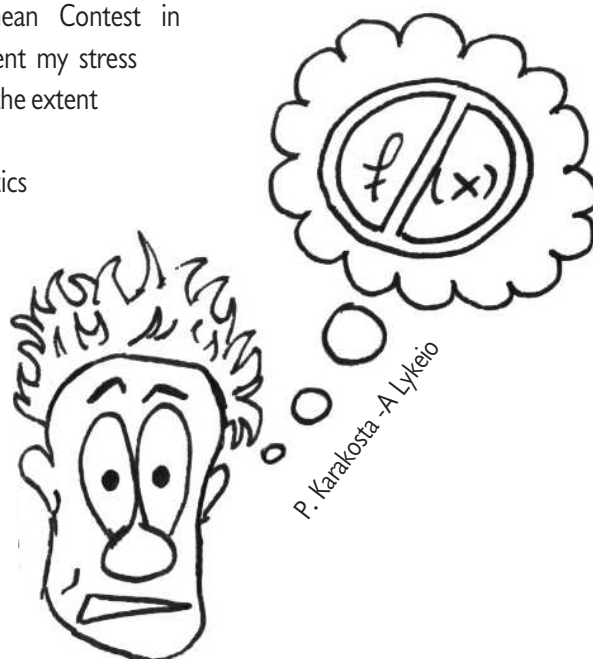
Maths & I

Eleni Friligkou
B Lykeio

If my relationship with mathematics was a function, it would be a decreasing one, with a limit inferior.

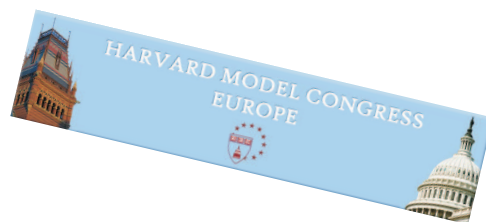
Its monotony refers to the tension of my feelings for this activity. At the age of 12, when I first participated in the national mathematics Olympiad I was overly enthusiastic about solving problems and discovering clever approaches to exercises. I was overwhelmed with awe about the accuracy of logic and the precision of geometry, totally neglecting the competitive aspect of my new hobby. I would dedicate a small amount of my time to broadening my knowledge and sharpen my wits. This utopian understanding of my participation in mathematical competitions disappeared, however, after I gained my first national medal. It then became obvious that obtaining top prizes was attainable, but required a great deal of organized work. Somehow, my primary motivation was not my enthusiasm anymore; the conscious choice of studying mathematics for pleasure gradually became substituted by an almost mechanical urge to learn what my competitors might already know. I became aware of this constant pressure only two years later, when I took a short break from studying after a period of hard preparation for the Mediterranean Contest in Mathematics. Since then, I decided to prevent my stress levels from skyrocketing, solving exercises to the extent that I enjoy my hobby again.

However, my relationship with mathematics does have, as a function, a limit inferior. In fact, I will never stop loving mathematics as a science, even if my initial enthusiasm has worn off. Through my four- year experience of demanding problem-solving I have developed indispensable learning skills and exam experience which can apply to the majority of study fields. This experience also taught me the importance of self-awareness and introspection, the significance of maintaining one's identity even under the pressure of a frantic daily routine. So, with precious equipment, I am ready to create new functions again!





WHAT IS A MODEL UN CONFERENCE ?



Model United Nations is a simulation of the United Nations that aims to educate participants about current events, topics in international relations, diplomacy and the United Nations agenda.

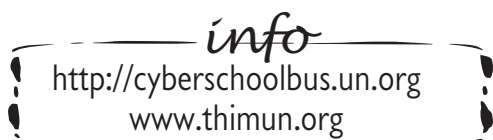


What do you do at a Model UN conference?

At a MUN conference each school is assigned a country or NGO (Non Governmental Organization) and the participating students serve as diplomats/delegates representing the interests of their nation or NGO on mock United Nations committees. In order to accomplish their role they have to research thoroughly the position of their country and be prepared to debate, deliberate and write resolutions which will help develop solutions to global problems and resolve conflicts.

Committee topics range from addressing the problems faced by the blockade at Gaza strip, to combating international terrorism, to clearing the water, to child soldiers etc.

If you feel that you want to become a member of the big MUN family (more than 400,000 middle school, high school and college university students worldwide participate every year) you can visit the sites below and join us next year.



13th DSAMUN

20-23.10.2010

Canada and Greenpeace in close cooperation



Marianna Gavriiloglou
Anastasia Gogakou
A Lykeio

From 21st to 23rd of October we had the chance to visit Athens to take part in the 13th DSAMUN conference. These three days were full of new experiences and feelings, which were anything but ordinary. The conference took place at the German School of Athens with absolutely perfect organization and our school was assigned to represent Canada and Greenpeace.

Each delegate was given the opportunity to choose his committee according to his interests and to negotiate on social, financial, political and environmental issues. In addition, during these four days we had the opportunity to meet new people, not only from Greece, but from other countries too. Unexpectedly we realised how much in common we had with the other delegates and how well we were able to collaborate together. On the last day of the conference some of the resolutions from the committees were passed in the General Assembly and they are being kept on file for the next MUN conferences. We are proud to say that three students from our school managed to be main submitters and convince the rest of the delegates to vote for their resolutions. Their hard work and debate skills paid off and a loud round of applause took their tension and tiredness away.

Apart from the actual conference, we will remember our walks around the streets of Athens, the time we spent "gossiping" altogether and our evenings in the hotel. This experience will remain unforgettable in our memories and we hope that there will be many more conferences just like this one so as to give the opportunity to each and every student to participate in this adventure!!!

San Marino you have the floor!!!

Stella Hitiroglou
B Lykeio

-“I DON'T WANT TO GOOOOOOOOOOOO!!!”

These were my first words the morning the conference was supposed to start. The weather was freezing cold, I was super sleepy from our 5 hour night flight and neither I nor my roommates wanted to make a fool of ourselves by going to “THE HAGUE INTERNATIONAL MODEL UNITED NATIONS” and trying to speak in front of 4,500 people!!! At this point there was nothing to prepare us for what an amazing experience this one-week trip to Hague would be.

Everything, from the evening trips to the nearby graphic villages, where we learned how the tasty Dutch cheese and the clogs (traditional shoes made from wood!) are made, to the amazing landscapes would magnetize our attention. Everywhere we looked we could see endless farmland pastures and peaceful lakes and brooks. The Hague is the city of bicycles, Amsterdam the city of water, Delft the village of the most amazing waffles and Zaanse Schans the village of windmills. So little time and so much to see!

By the end of first day the conference was our obsession and our passion, along with charming chairs, snobbish British men and dear friends. Talking from the floor, which at the beginning seemed impossible, had become an addiction and we couldn't stop thinking about new tactics, support speeches and ways to get over our opinions and tackle our “enemies”. Awkward questions and a fainting fit provided us with endless reasons for laughter and agony. Passionate speakers ageing from 14 to 18 would impress us with their ideas on what is right and wrong and their suggestions for creating a better world. What impressed me the most however was how 400 minors could sit in a room and have a civilized discussion on matters of worldwide importance.



During the evenings, after the conference, we would explore the restaurants along the Hague's seafront. The most memorable was “The Argentinean” where we cried over our extra spicy chicken with peanut butter and the lack of flat water. During the “wee hours”, curled up in our comfy beds, “illicitly” connecting to the Internet, we made hilarious comments about “Muppet show birds”, “Rwanda fishes”, “see-through judges” and “see-through bathroom doors”.

And as we watched the closing ceremony we couldn't help but feel sad as one of our lives' most memorable experiences was coming to a closure...

Goodbye THIMUN, you were one of a kind!

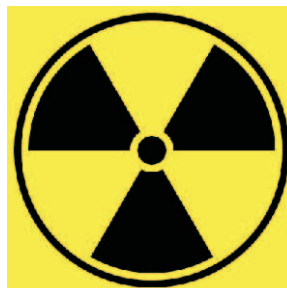
Solomon Islands ... you have been recognized!



Petroula Karakosta
A Lykeio

How about a trip to Boston? Anyone interested? Well, I know for sure that 14 students who travelled there in January were more than interested and surely eager to travel above the Atlantic Ocean and land at Boston's Logan International Airport in order to take part in the 58th session of Harvard Model United Nations. What more could we have asked for? We traveled to the United States of America, participated in a conference powered by one of the most prestigious Universities of the world, and were dazzled by the glory of the educational institutions of Boston. We took a stroll around the snow-covered campus of Harvard University, took photos of ourselves touching the foot of the "statue of three lies", and explored the Massachusetts Institute of Technology, where Vagelis Taratoris, a graduate of our school and a scholar at MIT since 2010, was kind enough to give us a tour. But most importantly, we worthily represented our assigned country, the Solomon Islands, on our committees during the conference. I believe that our trip to Boston was a priceless chance for us to take a glimpse of life in America, of Harvard University and MIT, and an invaluable opportunity to exercise parliamentarism and fruitful debating. Undoubtedly, it was the greatest experience we have had ...until of course the next one.

In search of the dark matter



Vasillis Foris,
Christos Antivalidis
B Lykeio

DESTINATION

Geneva, Lausanne, Switzerland

We visited the European Centre for Nuclear Research (CERN) and the ATLAS experiment base where the ATLAS detector is searching for new discoveries in the head-on collisions of protons.

We also attended a detailed presentation by a Greek scientist who belongs to the group of scientists who are trying to shed light on the mystery of the creation of our planet and the secrets of dark matter.

Last but not least, we visited the premises where ALICE (A Large Ion Collider Experiment) is being conducted and watched a 3D presentation. It was awesome!!

HIGHLIGHTS

- Our visit to the offices of the United Nations left us speechless as we admired the magnificent painting that covers the ceiling in the old conference room.
- The enlightening conversation we had with the Greek Ambassador at our Embassy about politics.
- Lac Leman, simply fascinating!!

COMMENTS

An inspiring visit that made us appreciate science and its potential.

Debating in Constantinople

Eleftheria Panousi-B Lykeio

In a Model United Nations Development Program (no wonder why they call it MUNDP) all participating students are supposed to be representatives of a country, from Asia and the Pacific. At the same time, they are members of organizations, and they must support their country's benefits and promote their policies. Furthermore, after debating with the representatives of other countries, each member should contribute to the formulation of an action plan, in order to resolve the issues discussed by their organizations. This action plan will then be voted and it will define the policy followed by each country to solve the problem. My committee was the Global Environment Facility (GEF) and I was a delegate of China. No sooner had I entered the conference room than I realized that I was going to have a wonderful time there! During the opening ceremony I found myself wandering around in the hall trying to memorize faces and names and get to know the delegates of my committee - a procedure necessary for every conference, since in order to promote an action plan, one has to have supporters!

During the sessions, I had the opportunity to become acquainted with teenagers from different countries and different cultures and with whom I had a wonderful time. The most amusing event was when we were told about a crisis in the committee, according to which, China-which as you may recall was the country I was representing had caused acid rain, due to its air pollution, and, as a result, had caused great damage to the less developed countries. Therefore, I had to oppose the accusations of Greenpeace (!) and protect my country's rights, while the other delegates were laughing at my passionate debating.

Having had such pleasant experiences in the conference and the trip altogether, I cannot but wish I had had the courage to attend a MUN conference earlier. Apart from the sessions and the time I spent with my committee, I was given the opportunity, during our tour in Istanbul, to visit some of the most important and beautiful sights of the city, such as the Top Kapi Palace and Saint Sofia, whose glory and sanctity could not but be admired and respected. In addition, we enjoyed the beauty of Bosphorus on a small boat that navigated us along its coastline.

Quite frankly I must admit that were I to have the opportunity to participate in another conference, even a more competitive than the one I attended, I wouldn't hesitate to do so again.

Politics & Fun



Anthi Karakosta
A Lykeio
Pan. Siozos-Drosos
B Lykeio

1-10 April!! 10 days was enough to provide us with invaluable knowledge, long-lasting friendships and wonderful memories.

Our experience in the European Youth Parliament was undoubtedly fascinating and will remain unforgettable since we managed to combine diligent work with fun and socializing with 220 students from 32 different European countries!! The EYP games and teambuilding procedures, which took place during the first 3 days of our stay in Loutraki, helped us cultivate trust and cooperation among the members of our committees.

At the same time, we had the opportunity to voice our viewpoints on issues such as the regime in Belarus, copyright law, freedom of the press, and climate change and listen carefully to the standpoints of the other delegates, which in some cases conflicted with ours. Thus, we were able to form a general view on the politics, the way of thinking and the culture of other European countries. Moreover, in the EuroVillage, we tasted some traditional dishes prepared by the participants themselves or their families back home. Furthermore, some delegates impressed us with their skills in music in the EuroConcert!

The fruitful discussions and the heated debates on the various issues of the agenda took place in the historical building of the Old Parliament in Athens, offering a more formal and inspirational spirit to the whole conference. Music and dance with our new friends from Finland, Turkey, France, the Czech Republic, Poland but, mainly, our beloved Cyprus, till late into the night at bars and clubs in Loutraki and Athens helped us create strong and long-standing bonds.

We believe that EYP has been a unique experience for everyone who participated in this International Session and we are looking forward to the next summer session in Grenoble, France!

Harvard Model Congress Europe



Konstantinos Dolkeras
Theodore Velentzas
C Gymnasio

In the beginning we thought that the educational trip to Brussels would only be a recreational and entertaining experience. However, during the trip we realized that the congress was a lot of work but fantastic! Despite the fact that the expectations for results were high for the congress, we also had the chance to make new friends from all over the world: France, England, Canada, Mauritius and exchanged thoughts on current affairs. We discovered the beauty of Brussels, the imposing buildings and we tasted the local cuisine. Our friendship “bloomed” through Christos' addiction to waffles, the amazing and entertaining duet of Costas & Teo, Evgenia's funny jokes (Matiaki), the intense communicative spirit of Athina and Silouani, Olga's addiction to taking photos, Katherine's stylistic change to boys' suits, and Christina's amazing composure. As for our accompanying teachers, they gave us great moments of laughter and we thank them for this!!!

From the famous balcony of Verona

Myrsini Aretaki
A Lykeio

On the 14th of April I had the pleasure of travelling along with 67 students, all of them musicians and members of the school choir, to Verona.

However, the place we were supposed to settle wasn't Verona but yet another magnificent place named Lake Garda! If only you could see some pictures! You would have been amazed!

After dealing with a few little problems with our rooms, the next day we woke up to a huge surprise! We did not simply have a view of the lake; we were practically IN the lake! The view was truly beautiful and breathtaking and I have to admit it was a huge advantage waking up to such an amazing sight.

After trying the best ice-cream I have ever tasted, attending the opening ceremony and having a quick rehearsal at the hotel, it was time to call the first day a day because the next one would be even more tiring.

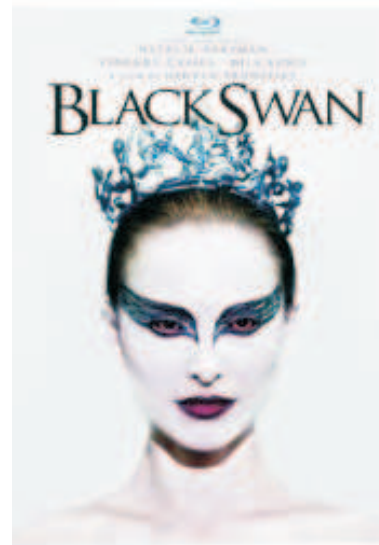
And indeed it was. First, we had a tour around Verona! We visited Juliet's balcony and walked around the picturesque streets for a couple of hours, tasting the local food (that is pizza and ice-cream!) and buying souvenirs for everyone in the family. Without realizing it, the time to go back had come! The concert was to begin at 9:00 pm and our turn would be at about 10:30.

The truth is that it wasn't our best performance and I don't want to lie about it. However, I personally enjoyed it and had it not been for some mistakes I think everybody would have loved it too!

Our little musical adventure in Verona had its pros and cons but it was certainly a good lesson for all of us. We learned a lot, I know I did. The only thing that makes me feel sad is the disappointment I witnessed on the faces of our teachers when some “unfortunate” incidents took place on stage. But I know they will have forgiven us by now since as they say: **“Music heals the heart and soothes the soul.”**

See

Black Swan



Efthymia Papadopoulou
A Lykeio

Black Swan is a psychological thriller combining quality in content with originality in plot. What makes it really special is the absolutely unique way of presenting crucial situations indicating that more often than not there's more to them than meets the eye.

This original film revolves around the one-sided life of an ambitious ballerina, Nina, who has become too obsessed with ballet and her career, ignoring other important aspects of life and her human needs. She exerts herself in the struggle for perfection allowing her inner world and her personality to fade away from her life. However, restraining herself so much in her vain wish to be perfect, Nina finds herself experiencing peculiar situations...

The cast of the film give excellent performances bringing to life the characters they represent. The unexpected incidents accompanied by dramatic music keep the audience on the edge of their seats.

Black Swan raises crucial questions about the meaning of life and the right way to combine talent and hard work in order to reach success. It demonstrates that whatever we do should be in moderation while being obsessed with something could lead to unbearable situations. Throughout the entire film it becomes apparent that the meaning we should seek in life thrives on developing our personalities, accepting our weaknesses and enhancing our strong points instead of desperately striving to be perfect and achieving recognition by people, for we should approve of ourselves before others get to do it.

Black Swan is an exceptional film that combines originality with quality. I highly recommend it to anybody who seeks a unique film to watch a film that will give each and every one of us the motivation to savour each moment of life.

The Castle

Georgios Ioannidis-Kopanos
A Lykeio



Throughout my life I have been a keen reader. From the moment that I learned how to read I almost always held a book in my hand. I have always enjoyed many kinds of writing, especially Greek and foreign literature. However, of all the books that I have read there is one that has had the most significant impact on me. This book is "The Castle" by Franz Kafka. While the entire work of Franz Kafka has affected me significantly, this particular book has been a real inspiration for me and has changed the way I perceive the world.

The book itself describes the life of a man, K., from the moment he arrives in a village governed by a mysterious bureaucracy that resides in a nearby castle. Although he was invited to the village by the castle authorities to work as a land surveyor, he cannot get into the castle nor speak to any of the higher officials who hired him. While K. continues trying to speak with them, which is considered such a terrible thing by the villagers, he finds another job in order to make ends meet. As the story goes on he encounters many obstacles in his attempt to contact the authorities, as he is unable to reach the castle or any of the officials. Despite the fact that the novel was never finished, we know, through his friend and editor Max Brod, that it would end with K., at the end of his life, finally being permitted to live and work in the village.

The whole story could be described as the narration of the efforts of K., who is unfamiliar with the customs and bureaucracy of the village, to be admitted into the small community. Although the interpretations of the novel are limitless, there is one particular feature, that has impressed me: that is the continuing attempts of K. to fulfill his purpose in a hostile environment. It is a place where nobody appears to be openly hostile towards him, but no one is really offering to help him and he is left alone to try to reach the officials without any knowledge of the castle bureaucracy. He seems to struggle to overcome insurmountable circumstances that are controlled by an impersonal power. But to me the most significant quality of the character of K. is his patience and persistence in order to accomplish his goal and become a member of the village society.

Reading "The Castle" made an extremely important influence on me. It made me realize the importance of making continuous efforts to fulfill a significant purpose. Even when you do not manage to reach the desired result, at least you will have acquired experience and you have the satisfaction that you did your best. Maybe the real achievement is not the fulfillment of the goal, but the insistence on trying and the experience gained by the "journey" to achieve it. Besides, as the famous Greek poet, C.P. Cavafy, once wrote "When you set out for distant Ithaca, fervently wish your journey may be long, full of adventures and with much to learn".

CLUBS

Computers

Mathematics

Physics

Ecology

Chess

Journalism

Creative Productions

Greek Drama

Forensics

Cinema

Arts and Crafts

Traditional Greek dances

Modern dance

Basketball

Volleyball

Tennis

Ping-Pong

Football

Debate & Public Speaking

First-Aid

German Language

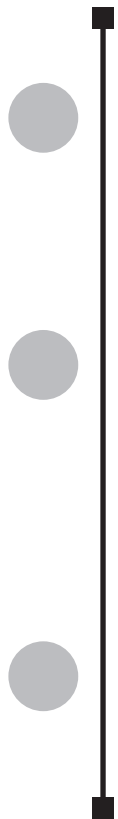
French Language

Robotics

Comics

Volunteer Work

Model United Nations

- 
- P OST- SECONDARY PLACEMENTS
 - M ANDOULIDES STUDENTS
AT TOP UNIVERSITIES ABROAD
 - H ONORS
 - I NTERNATIONAL
 - N ATIONAL
 - S PORTS

POST- SECONDARY PLACEMENTS

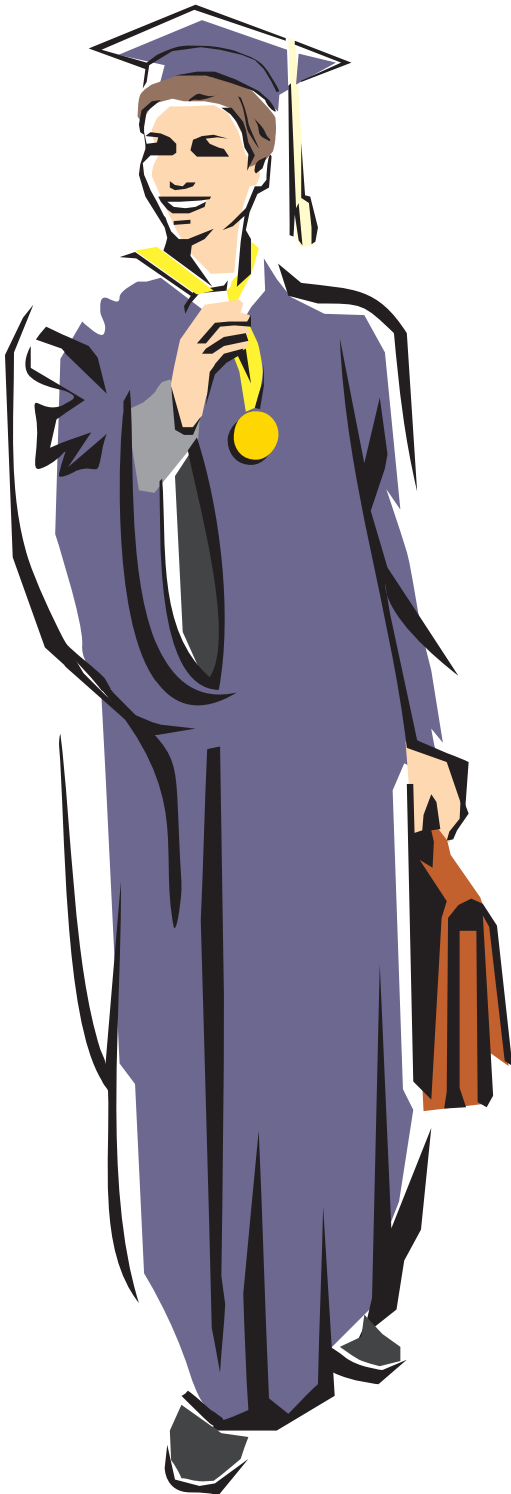
Since 1994 each graduating class had an annual 100% success rate entering the Greek University of their choice. Many students distinguished themselves by entering first in their selected departments of the universities in Greece.

1ST PLACE

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

2ND PLACE

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



MANDOULIDES
STUDENTS
AT TOP
UNIVERSITIES
ABROAD



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

UNIVERSITIES

- | | | | |
|---|-----|--|-----|
| ● Harvard University | | ● Johns Hopkins University | |
| V. Katsarou | '07 | P. Pachidis | '11 |
| C. Mantoulidis | '07 | A. Gaitanidis | '10 |
| T. Gogakos | '06 | P. Toskas | '10 |
| I. Konstantinidis | '05 | S. Tseranidis | '09 |
| D. Batzilis | '04 | T. Gogakos | '06 |
| D. Lagias | '03 | E. Grammatikopoulou | '00 |
| M. Moutselos | '03 | | |
| E. Tsoukalidou | '98 | | |
| ● Princeton University | | ● Cornell University | |
| E. Taratoris | '10 | A. Gaitanidis | '10 |
| P. Toskas | '10 | C. Mantoulidis | '07 |
| C. Mantoulidis | '07 | Z. Chatzidimitriadou | '07 |
| T. Gogakos | '06 | | |
| I. Konstantinidis | '05 | ● Georgetown University | |
| | | M. Moutselos | '03 |
| ● Yale University | | ● University of California-Berkeley | |
| P. Toskas | '10 | P. Toskas | '10 |
| I. Legbelos | '08 | | |
| V. Katsarou | '07 | ● Carnegie Mellon University | |
| T. Gogakos | '06 | C. Mantoulidis | '07 |
| I. Konstantinidis | '05 | S. Magkiriadou | '03 |
| A. Charokopos | '05 | I. Grammatikopoulou | '01 |
| S. Magkiriadou | '03 | | |
| ● Stanford University | | ● New York University | |
| C. Mantoulidis | '07 | T. Feldman | '01 |
| ● California Institute of Technology | | ● Brandeis University | |
| E. Taratoris | '10 | Z. Kiriakou | '01 |
| C. Mantoulidis | '07 | A. Gogakos | '96 |
| ● M.I.T. | | ● University of Washington | |
| E. Ioannidis | '10 | N. Tsakiris | '98 |
| E. Taratoris | '10 | | |
| I. Tsoukalidis | '01 | ● Syracuse University | |
| ● Dartmouth College | | I. Boziaris | '07 |
| D. Lazaridis-Giannopoulos | '08 | ● Boston University | |
| D. Sideri | '07 | T. Feldman | '01 |
| T. Gogakos | '06 | I. Grammatikopoulou | '01 |
| I. Konstantinidis | '05 | H. Saatsoglou | '94 |
| D. Batzilis | '04 | ● Purdue University | |
| S. Magkiriadou | '03 | H. Saatsoglou | '94 |
| I. Grammatikopoulou | '01 | K. Tzaros | '97 |
| ● Duke University | | G. Adam | '98 |
| P. Toskas | '10 | N. Tsakiris | '98 |
| T. Gogakos | '06 | P. Kiriakidis | '05 |
| I. Grammatikopoulou | '01 | ● Drexel University | |
| E. Grammatikopoulou | '00 | A. Willis | '10 |
| | | ● Stevens Institute of Technology | |
| | | S. Tseranidis | '09 |

LIBERAL ARTS COLLEGES

● Williams College

<i>P. Pachidis</i>	'11
<i>I. Konstantinidis</i>	'05

● Amherst College

<i>P. Pachidis</i>	'11
<i>Z. Chatzidimitriadou</i>	'07
<i>I. Konstantinidis</i>	'05
<i>S. Magkiriadou</i>	'03
<i>K. Ktenidis</i>	'03

● Swarthmore College

<i>D. Aretakis</i>	'09
<i>D. Lazaridis-Giannopoulos</i>	'08
<i>T. Gogakos</i>	'06
<i>T. Feldman</i>	'01

● Wellesley College

<i>V. Katsarou</i>	'07
<i>M. Katsarou</i>	'05

● Vassar College

<i>Z. Chatzidimitriadou</i>	'07
<i>M. Katsarou</i>	'05
<i>T. Feldman</i>	'01

● Smith College

<i>E. Vlahou</i>	'08
<i>N. Bitzeli</i>	'06
<i>M. Katsarou</i>	'05
<i>A. Giovanopoulou</i>	'04
<i>E. Tsoukalidou</i>	'98
<i>M. Papadopoulou</i>	'97

● Grinnell College

<i>D. Pezati</i>	'06
<i>T. Athanasakis</i>	'05
<i>A. Gogakos</i>	'96
<i>T. Avrambeki</i>	'95

● Colby College

<i>H. Tsatalas</i>	'97
<i>A. Gogakos</i>	'96

● Macalester College

<i>E. Tezapsidis</i>	'06
<i>E. Tsoukalidou</i>	'98

● Mount Holyoke College

<i>E. Faraza</i>	'11
<i>E. Vlahou</i>	'08
<i>V. Katsarou</i>	'07
<i>D. Pezati</i>	'06
<i>M. Katsarou</i>	'05
<i>A. Giovanopoulou</i>	'04
<i>E. Grammatikopoulou</i>	'00
<i>E. Chovarda</i>	'96

● Bard College

<i>E. Faraza</i>	'11
<i>G. Douganiotis</i>	'09
<i>D. Lazaridis-Giannopoulos</i>	'08
<i>S. Mentesis</i>	'08
<i>E. Vlahou</i>	'08
<i>A. Fragkopoulos</i>	'07
<i>S. Velissaris</i>	'07
<i>E. Tezapsidis</i>	'06
<i>M. Katsarou</i>	'05

● Lafayette College

<i>E. Grammatikopoulou</i>	'00
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● Franklin & Marshall College

<i>D. Batzilis</i>	'04
<i>A. Tsakiris</i>	'01
<i>A. Frida</i>	'01
<i>H. Tsatalas</i>	'97
<i>A. Karentzos</i>	'96

● Furman University

<i>T. Tsatsas</i>	'00
<i>A. Tsipidou</i>	'00
<i>O. Charalampidis</i>	'00
<i>S. Charalampidis</i>	'00

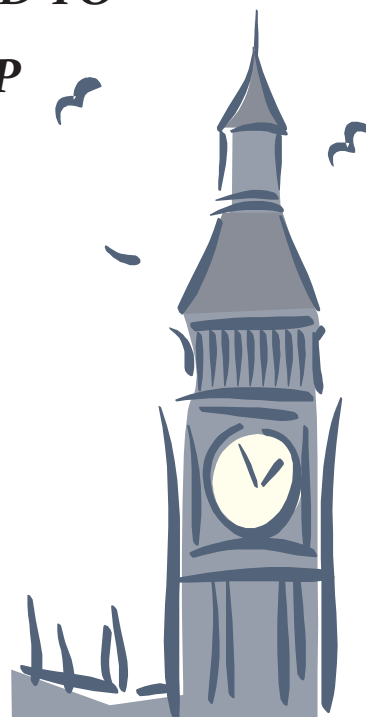
● Sarah Lawrence College

<i>T. Feldman</i>	'01
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● Ohio Wesleyan College

<i>E. Faraza</i>	'11
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PLACES HAVE ALSO BEEN OFFERED TO MANDOULIDES STUDENTS AT TOP BRITISH UNIVERSITIES



Cambridge University

C. Mantoulidis '07

Oxford University

S. Tseranidis '09

E. Mandaltsi '07

Imperial College London

C. Varsamis '11

G. Ioannidis-Kopanos '11

G. Gavriiloglou '10

A. Gaitanidis '10

E. Ioannidis '10

E. Taratoris '10

P. Toskas '10

S. Tseranidis '09

O. Antoniou '09

E. Mandaltsi '07

University of St Andrews

A. Hristakopoulos '10

G. Douganiotis '09

Durham University

G. Ioannidis-Kopanos '11

E. Mastoris '11

A. Hristakopoulos '10

E. Meleziadou '09

G. Douganiotis '09

M. Gaitanidou '09

E. Vlahou '08

University of York

A. Hristakopoulos '10

Lancaster University

E. Faraza '11

G. Ioannidis-Kopanos '11

A. Andrikos '09

D. Andrikos '09

B. Vasmatzis '09

E. Vlahou '08

University of Edinburgh

G. Ioannidis-Kopanos '11

P. Pachidis '11

A. Gaitanidis '10

E. Ioannidis '10

O. Antoniou '09

D. Aretakis '09

E. Meleziadou '09

E. Mandaltsi '07

University of Bristol

E. Mastoris '11

D. Aretakis '09

E. Mandaltsi '07

University of Leicester

A. Ignatidou '08

University of Loughborough

E. Ioannidis '10

M. Kostaki '10

A. Andrikos '09

D. Andrikos '09

B. Vasmatzis '09

King's College, London

G. Gavriiloglou '10

E. Taratoris '10

M. Gaitanidou '09

University of Sheffield

E. Faraza	'11
G. Gavriiloglou	'10
E. Meleziadou	'09
E. Vlahou	'08
M. Hytioglou	'08

University of Southampton

F. Katsios	'11
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University of Sussex

V. Georgiou	'11
A. Ignatidou	'08
M. Hytioglou	'08
G. Karaoglou	'08

University of Glasgow

E. Mastoris	'11
E. Faraza	'11
E. Ioannidis	'10

Newcastle University

M. Karsanidou	'10
M. Kostaki	'10

University of Manchester

C. Varsamis	'11
G. Ioannidis-Kopanos	'11
A. Gaitanidis	'10

University of Surrey

V. Georgiou	'11
O. Antoniou	'09
S. Tseranidis	'09

The University of Reading

E. Faraza	'11
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Queen Mary University

V. Georgiou	'11
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The University of Kent

A. Alexiou	'11
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Heriot-Watt University, Edinburgh

C. Varsamis	'11
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City University

S. Tseranidis	'09
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Brunel University

D. Mavromatis	'10
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Oxford Brookes University

V. Georgiou	'11
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Goldsmiths College, London

D. Lambrinos	'09
A. Ignatidou	'08

Nottingham Trent University

A. Karapatakis	'08
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De Montfort University

D. Hatzis	'08
M. Karsanidou	'10

University of Bradford

D. Hatzis	'08
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University of the West of England-Bristol

D. Lambrinos	'09
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University of Brighton

C. Varsamis	'11
M. Karsanidou	'10

University of Sunderland

D. Hatzis	'08
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Roehampton University

C. Charitopoulou	'11
D. Mavromatis	'10

Kingston University

D. Lambrinos	'09
M. Hytioglou	'08

Manchester Metropolitan University

A. Alexiou	'11
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University of Westminster

V. Georgiou	'11
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Greenwich University

C. Varsamis	'11
R. Tseranidou	'10

University of East London

R. Tseranidou	'10
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HONORS

International

♦ *International Olympiad in Informatics*

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



♦ *Balkan Olympiad in Informatics*

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

♦ *International Olympiad in Mathematics*

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

♦ *Balkan Olympiad in Mathematics*

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

+ *Mediterranean Mathematics Olympiad*

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



♦ *South Eastern European Mathematics Olympiad (MASSEE)*

7th PLACE :	ORFEAS ANTONIOU	BULGARIA	2008
	EVANGELOS TARATORIS		

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

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

♦ *International Physics Olympiad (Spain)*

Honorable mention	GEORGIOS SKOLIANOS	2005
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- ♦ **International European Youth Parliament**-members of the official Greek delegation
P. SIOZOS-DROSOS, ANTHI KARAKOSTA, MYRSINI ARETAKI 2011
HARA TZELI, EVGENIA FARAZA, BRUCE WILLIS 2010
PAVLOS PACHIDIS, PASCHALIS TOSKAS 2009
MARIA GAITANIDOU, IOANNIS LEGBELOS 2008

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

- ♦ **Model United Nations Development Program**
BEST SPEAKER
PANAGIOTIS SIOZOS-DROSOS 2011

- ♦ **International 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

- ♦ **International Competition in Creative Writing Expression-FRENCH POETRY**
1st PLACE : MARIA-CHRISTINA TASIOUKA 2005

- ♦ **International Competition in Fairy Tale Writing**
2nd PLACE : DESPOINA ZACHARIADOU 2008

- ♦ **European Classics Competition in Ancient Greek**
Honorable mention: MICHAEL TSERTSIDIS 2009
3rd PLACE : DESPOINA SIDERI 2006



National

♦ National Olympiad in Informatics

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

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

(ALL STUDENTS PARTICIPATED IN THE BALKAN AND INTERNATIONAL OLYMPIADS)

National Mathematics Olympiad

(co-ordinated by the Hellenic Mathematics Society)

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

1st PLACE:	EVANGELOS TARATORIS	2010
2nd PLACE:	ELEFThERIOS MASTORIS	2010
	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 K TENIDIS	2002
	JULIA GRAMMATIKOPOULOU	1997
3rd PLACE:	GEORGIOS KOTZAMPASIS	2011
	KYVELI MAVROMMATI	2011
	ELENI FRILINGOU	2011, 2010
	ELEFThERIOS MASTORIS	2011
	VASILIOS PARASCHOU	2007
	DAMIANOS LAZARIDIS	2007, 2006, 2005
	CHRISTOS MANTOULIDIS	2006, 2004
	DANAE GRAMMATIKOPOULOU	2005, 2002
	GEORGIOS SKOLIANOS	2004
	NIKOLINA BITZELI	2003
	ATHANASIOS DIMARATOS	1997

♦ Probabilities Competition "LEFKOPOULIOS"

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

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

♦ National Physics Competition

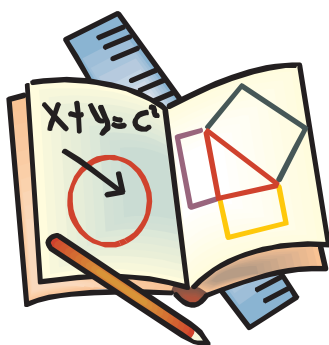
(co-ordinated by the Hellenic Physics Society)

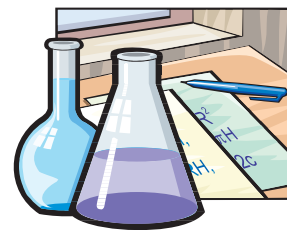
1st PLACE:	SOPHIA MAGIRIADOU	2003
3rd PLACE:	GEORGIOS SKOLIANOS	2005
6th PLACE :	ALEXANDROS FRANGOPOULOS	2007
9th PLACE:	TIMOTHEOS HOURPOULIADIS	2004

♦ 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
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♦ **National Competition in Greek Language**

1st PLACE:	VASILIKI KATSAROU	2004
2nd PLACE:	KIRIAKOS SAVVOPOULOS	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

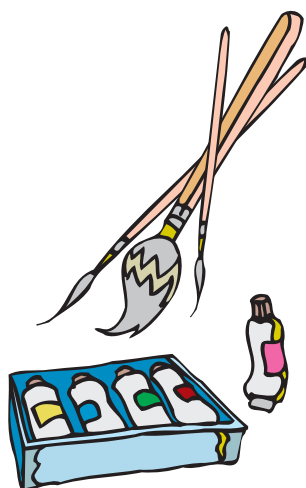
2nd PLACE NATIONALLY:	2004, 2001, 1998
3rd PLACE NATIONALLY:	2003, 1996
1st PLACE REGIONALLY:	2008, 2007, 2006, 2004, 2003 2001, 2000, 1999, 1998, 1996

CHOIR

1st PLACE REGIONALLY:	2007
2nd PLACE REGIONALLY:	2008
GREEK SONG	
2nd PLACE REGIONALLY:	2004

TRADITIONAL DANCES COMPETITION

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

(co-ordinated by the Ministry of Education)

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

♦ **National Drawing Competition**

(co-ordinated by the USA Consulate)

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

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

2nd PLACE : 2002

3rd PLACE: 2005

4th PLACE: 2011, 2010, 2009

2010-2011 FINALISTS

DRAMATIC DUET ACTING	ANASTASIA KARIOFYLLI, MARIAN HAJIDIMITRIOU ELENi AKANTHOPOULOU EVANGELIA DANADAKI
GROUP DISCUSSION	NIKOLAOS PALLAS-MISHAILIDIS

HONORABLE MENTION

ORIGINAL ORATORY	STYLIANI HYTIROGLOU
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ORAL INTERPRETATION OF LITERATURE-DRAMATIC	RITA KONSTANTINIDOU
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ORAL INTERPRETATION OF LITERATURE-COMIC	ZAFEIRO HILIADA
--	-----------------

◆ *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

◆ *National Debate and Public Speaking Competition*

(co-ordinated by the Ministry of Education)

◆ **2009-2010**

2nd PLACE AMONG 64 LYCEUM STUDENT TEAMS

◆ **2008-2009**

2nd PLACE AMONG 97 LYCEUM STUDENT TEAMS

BEST SPEAKER

3rd PLACE: PASCHALIS TOSKAS

◆ **2006-2007**

BEST SPEAKER

1st PLACE: VASILIKI KATSAROU

◆ **2005-2006**

1st PLACE AMONG 90 LYCEUM STUDENT TEAMS

BEST SPEAKER

1st PLACE: TASOS GOGAKOS

3rd PLACE: VASILIKI KATSAROU

◆ **2003-2004**

2nd PLACE AMONG 97 LYCEUM STUDENT TEAMS

◆ **2002-2003**

4th PLACE AMONG 55 LYCEUM STUDENT TEAMS





BASKETBALL CHAMPIONSHIP



WORLD CHAMPIONS

1ST PLACE:
ISRAEL, 1999

2ND PLACE:
POLAND, 2005

3RD PLACE:
TURKEY, 2009

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

2ND PLACE NATIONALLY
2008, 2001, 1996

Acknowledgments

*We, the Creative Productions Club, would like to thank everyone
who helped us create and complete Flame 2011.*

I would personally like to thank

Mr. Theodore Koukalias for his assistance and support.

Thank you very much



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e-mail: secondary@mandoulides.gr
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