



ATHENS COLLEGE
Hellenic-American Educational Foundation

Punchline

PSYCHICO COLLEGE HIGH SCHOOL
ENGLISH DEPARTMENT MAGAZINE



ATHENS COLLEGE - PSYCHICO COLLEGE
2020-2021



Paper planes, dreams written on paper flying away...

This year our paper planes turned digital. With the all-encompassing pandemic, we were faced with online schooling and lockdown. However, our creativity was not locked down. The Volume XVIII edition of Psychico College High School English Department, "Punchline" embraces this creativity. It is an incarnation of self-respect, love, affection, sensibility; students' expression of the world around them. The magazine is to be viewed as a launch pad for our creative urges to blossom naturally. Our reflections on reality, on the lost generation, activism, and interdisciplinary themes fuel the heart of this year's edition. The themes intertwine, we grow connections, and form complex relationships with poems, short stories, articles, artwork, and more; each student adding their own piece to the puzzle that forms our hope for the future, that creates our own paper planes.

Charikleia Moraitaki, Editor



Editors: Maria-Eleni Batatoudi, HS2, Charikleia Moraitaki, HS2

Cover Art: Iro Panagopoulou, HS2

Teacher Advisor: Elizabeth Laskari

Special thanks to the English Department for their support and enthusiasm!



Table of Contents

1. Forensics Club 2021
2. Delta Speech 2021
3. Inspirational Speeches
4. Ads
5. Short Stories
6. Personal Project book
7. Poems
8. Truman's Essays
9. Articles: Global Issues
10. Students' Surveys
11. Declaration of Independence

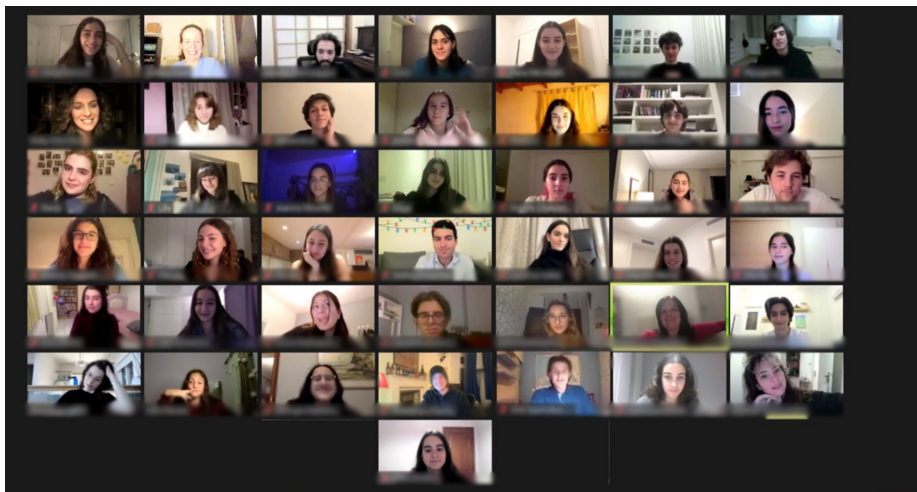
Panhellenic Forensics Association Tournament



The PFAT is a national forensics tournament that took place on the 1st - 4th of April 2021. Over 300 students from 15 schools from Athens and Thessaloniki participated in numerous events: Debate, Original Oratory, Oral Interpretation of Literature, Impromptu Speaking, Group Discussion, and Monologues. Our school was represented by 38 students, many of which were awarded with distinctions. As a school we placed 1st in the Sweepstakes Cup.



Our Delegation



More specifically, our school received the following titles:

Original Oratory: George Kyriakopoulos (IB1) – First Among Equals, Charikleia Moraitaki (HS2, PC) – Finalist, Stella Stenou (IB1) – Finalist, Maria-Carolina Rokka (HS1, AC) – Honorable Mention

Oral Interpretation of Literature: Anastasia-Ilaeira Achourioti (HS1 - PC) – Finalist, Dramatic Oral Interpretation, Aris-Panagiotis Tsomokos (HS1 – AC) – Finalist, Comic Oral Interpretation

Impromptu Speaking: Evanthia Zissimatou (IB1) – Honorable Mention

Group Discussion: Maria-Eleni Petropoulou Botsiou (HS1 – AC) – First Among Equals, Rosy, Aggeliki Betrosian (HS1 - AC) – Finalist, Vasiliki Papavasileiou (HS1 - AC) – Finalist

Monologues: Christina Kokkali (HS1 – PC) – Finalist, Comic Monologues, Iliana Fiipopoulou (IB2) – Honorable Mention, Dramatic Monologues

Debate: Charikleia Moraitaki (HS2 - PC) – 2nd Best Speaker, Stella Stenou (IB1) - 6th best speaker, Achilleas Frangos (IB1) - 8th best speaker

Panagiotis Vakirtzis (IB2), George Kyriakopoulos (IB1), Vasiliki Letzaki (IB1), Nikos Makridis (IB1), Melitini Monemvasioti (IB1), Charikleia Moraitaki (HS2 - PC), Stella Stenou (IB1), Leonidas Tsaousis (HS1, PC), Achilleas Frangos (IB1), Maria Chissa (IB1) – Quarter-finalists

The following are excerpts from Psychico College's Original Oratory Delegation's Speeches

George Kyriakopoulos, IB1

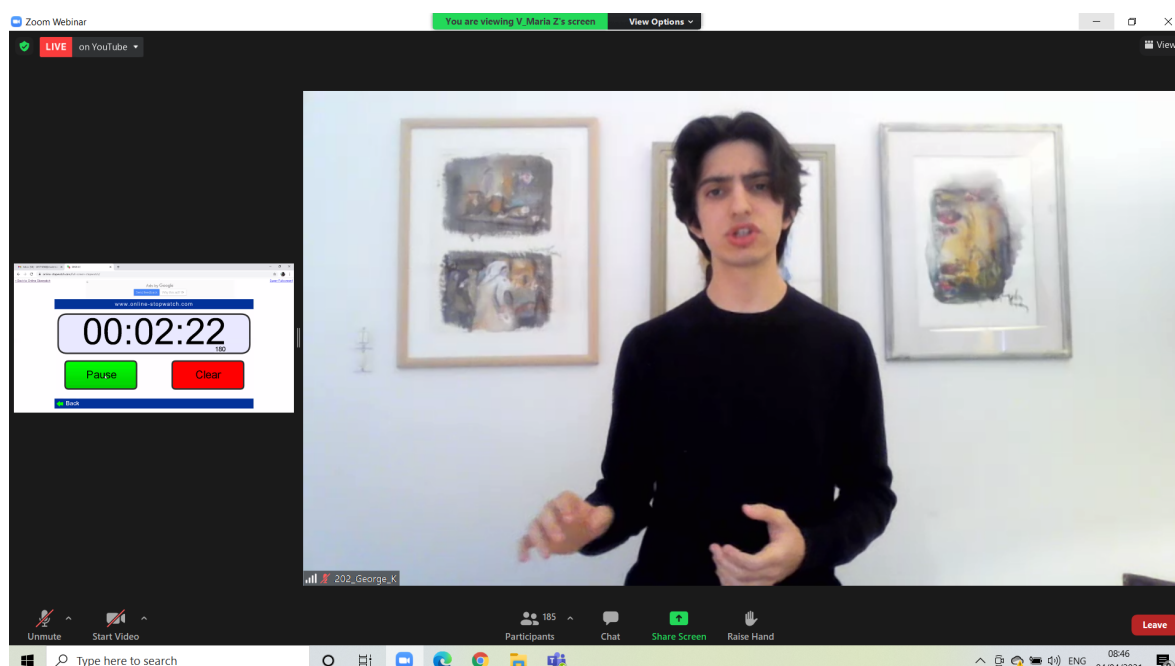
"The door opens. Everyone turns to look at him. He approaches the bar. Men want to be him. Women want to be with him. "Martini. Shaken, not stirred".

James Bond: The quintessential man. Strength, resilience, self-sufficiency. We often define a man by how closely he emulates these traits of traditional masculinity. But is there a right way to be a man? The patriarchy is a system in which men hold the power, according to the Oxford Dictionary. The patriarchy makes masculinity a matter of comparison and this affects most men. Because none of us can measure up to these expectations. No one actually likes the status quo. Neither the women, but also not the men. This feeling of being lesser than, is almost universal among men. And I don't know about the other men here, but I am exhausted.

Men are the oppressors in this system – intentionally or not, consciously or not, we are: this is something we simply need to recognize and admit, to move on with this discussion. And this is the awareness that many "men's rights groups" are lacking. But, while men are far from innocent, we too are oppressed – not by feminism, but by the patriarchy, the cult of masculinity. It is tiring not to be yourself all the time. It prevents attachments and intimacy because it demands a power imbalance.

"Boys don't cry": A phrase as ubiquitous as it is nonsensical. Why do boys not cry? Because being a man means not being vulnerable. We learn to avoid displaying any emotions, out of fear that they may bring us down in the eyes of the people around us.

However there is a certain irony in how this behaviour, of ostracizing men who display traditionally feminine qualities, is propagated - mostly - by - other - men.



Through jokes at their expense, they are discouraged from expressing themselves. It begins in the playground, where a little boy might get teased for playing with dolls and continues at school where he is bullied for pursuing dance or theatre."

.....

"Ladies and gentlemen, these traits aren't inherently harmful. Strength, resilience, and self-reliance are not by themselves dangerous. But when masculinity necessitates the suppression of emotions, of tenderness, that's when it endangers the lives of both men, and the women around them.

And I get it: when you have always associated these traits with your gender identity, it is hard to separate them from yourself and to discover if they are truly harmful to you. What we need is to test ourselves. To step outside of the sphere others have created for us, and to discover what we are comfortable with. Because your femininity does not condemn you to weakness or fragility; Because our masculinity is both dynamic and individualized. We need to discover what being a man means to each one of us. The perception that there is a right and wrong way to be a man and woman is the cornerstone of the patriarchy and fundamentally opposed to the possibility of equality.

So, let me decide how to "Be a man." "



Charikleia Moraitaki, HS2

" $1+1=2$. But why is it 2? "it just is", "who cares?", "leave me alone". Admit it, you don't know. And that is ok: the proof is 360 pages long.

From politicians pretending to know exactly what their policies will achieve, to... pretending to know the answer in class and trying to come up with it on the spot... And not just students by the way, teachers do it too!... we are all really struggling to say "I don't know". And I get it, saying it is hard – but it's also key to learning, to communicating, and to respecting others. We need to get comfortable saying "I don't know". The trick is intellectual humility: "the recognition that the things you believe in might in fact be wrong".

In the era of information, we feel the need to have answers to everything. Research by the Harvard Business School found that we are afraid to admit we don't know something and look incompetent. Won't the teacher think you didn't study hard enough? Won't the students question why you're even teaching them if you don't know the answers? We tend to think that if we say "I don't know" once, we'll never be taken seriously. Admitting you don't know of the recent developments in the Middle East, somehow is magnified into "not keeping up with the news in general". Credibility has become binary: you either have it, or you don't.

And credibility in today's society is correlated not with how knowledgeable you are, but with how knowledgeable you appear to be. So we look for contradictions, pointing to when scientists changed their mind as proof that they don't know what they are talking about: masks were unnecessary at the start of the pandemic, now they are compulsory; Pluto used to be a planet, now it's not; But science is about figuring out the unknown.

Refusing to admit we don't know, is actually making us less knowledgeable. Intellectually humble people tend to score better on knowledge tests, according to The Journal of Positive Psychology. It affects who you learn from and what you do to learn." ... "To learn from different people, we need to separate our ego from our intellect; to not feel offended when someone corrects us but to see it as an (opportunity to learn. But this is not just about learning from others; when we claim we know everything, we fail to engage in life-long learning."

...

This is not just about improving ourselves though. The refusal to question our own thoughts, to accept the limitations of our knowledge, is turning public discourse into a series of oversimplified statements, and unrealistic promises.

When trying to get elected, politicians make promises with so much certainty. According to Trump's electoral campaign: a border wall would be paid for by Mexico. Spoiler alert: it wasn't. I know what you're thinking: Trump! Obama's unfulfilled promise was to end the war on terror; Boris Johnson's the world's best trade deal when leaving the EU; Ardern's to solve the New Zealand housing crisis.

Oversimplified promises, to create this appearance of credibility.

But wrongly assuming you are correct, sticking blindly with an oversimplified opinion can set back policy from achieving real progress. Why act on global warming, if we see more snow?" ... "The wall of communication between politicians and voters, scientists and citizens, has to be torn down."

...

"This wall locks some people entirely out of public discourse. We often do not understand the depth of issues, but still want to be included in discussions." ... "In doing so, we may unwillingly, crowd out more important – more insightful opinions. Discussions have limited space and attention, and they are likely to be taken over by the one deemed most credible." ... "And here's the thing: when those with privilege avoid admitting they don't know, with time they actually convince themselves that they do know because they're being heard. " ... "By admitting we don't know, we may use our privilege to aid others, and allow for them to be heard. Let's try saying: "I don't know, but could I connect you with X? " This does not make us look dumb, but rather respectful – self-aware.



"Εν οἷδα οτι ουδεν εἰδα" - "The only thing I know is that I know nothing". With all due respect to Socrates, it's not all or nothing. This is far too absolute, and admitting I don't know something doesn't mean I know nothing. But if Socrates, one of the greatest Philosophers of all time, could admit he doesn't know, I think it's not the end of the world if in class we don't always know the answer. We should adopt intellectual humility. Say "I don't know". It is only human. "

Stella Stenou, IB1

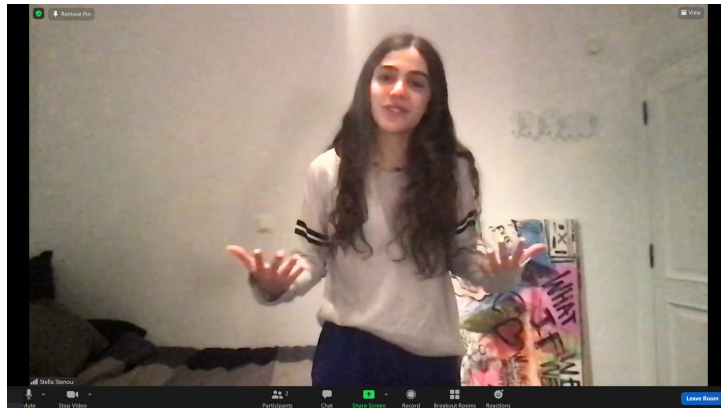
" The Innovator's Dilemma. Mapping Innovation. Innovate or Die! .

There are currently over 70,000 books on innovation available on Amazon. We are obsessed with innovation. Innovation is turning a creative idea into a marketable commodity; it is about using the foundations of creativity to profit by applying it in a way that sells. Ladies and gentlemen, In the era of innovation creativity is being killed. One great idea is enough if you continue reusing it. We are convinced that an extra camera on our phone means that creativity is still alive. We call fashion houses creative even though this year Prada and Dior re-editioned every single one of their bags from past designs. Ken Robinson famously said: "We are educating people out of their creative capacities. We are educating by narrowing minds". At a time when art subjects are being replaced by STEM, drama clubs by start-up competitions, we are losing our ability to create, and eventually we will lose our ability to innovate too.

Creativity is independently valuable. It is fundamental for the expression of our emotions: it's deeply personal: a world with creative ideas is a world that encourages individuality; that inspires improvement. Painting, playing an instrument, designing all allow us to convey what cannot be conveyed through words: the raw emotion captured in marble by Michelangelo; the movement depicted on Van Gogh's canvas; the happiness expressed through the multicolors of the Louis Vuitton and Murakami collaboration. Creativity opens a window to the outside world, and instead of looking at how it boosts profit we should be valuing it for how it enriches us.

iTunes currently offers 60 million songs. So why do we need to keep creating? Because art needs to be contemporary. I don't mean "modern art", but art that is a product of the times. Delacroix's Liberty leads the people in the July Revolution. The bombing of Guernica is captured by Picasso; Pierpaolo Piccioli's 2016 fashion show stands in solidarity with African refugees. We are unable to capture and reflect on the present if we rely on the creations of the past.

We risk leaving the story of our times untold. But even if you don't buy all that: when we keep innovating by reusing the creativity of the past, what we risk is eventually running out of it. And by then we may no longer remember how to create. At the first national science fiction convention in China, a party official told author Neil Geiman. "We are really good at making things people bring to us, but we don't invent. We don't innovate." The Chinese realised that innovation requires you to operate outside the confines of what already is –in other words it requires creativity. "



....

"Fashion designer Raf Simons describes it best: "you have no incubation time for ideas. And incubation time is important." Because the creative process is more than the time it takes to write down the notes of a song. Because painting starts before picking up the brush. The problem begins when we don't let the 5-year-old get bored. We are so focused on occupying young kids and filling their schedule with activities, we allow them no free time to get bored. And yes, French classes and ballet are valuable, and better than staring at a screen all day. But in between, hours of boredom are essential: that's when you start daydreaming, creating beautiful and exciting worlds in your mind, it's when you make up your own games. Studies published by the Association of Psychological Science show that kids engaging in un-demanding activities are more likely to come up with imaginative ideas and solutions to problems. Young kids need time to process. And later in school we increasingly prioritize STEM subjects because "there is no time to waste" on classes that don't feel relevant in the era of the fourth industrial revolution. "

....

"We need to slow down. To allow time to get bored and daydream. To learn how to draw, even if it doesn't get us into Harvard. Time to process our experiences and our emotions - so they can take shape into something truly new. | And yes, we will be sacrificing some units of content - in the process. But is that really that bad, if it's just reeditions? Our only options must not be to Innovate or Die. Take your time, CREATE. Break out from the confines of what already is. "

Maria Chissa, IB1

"Covid vaccines are an attempt by Bill Gates to control us, according to internet trolls. President Trump is facing down a shadowy cabal of pedophiles, according to the QAnon.

Blind faith is not ignorance, it's the un-questionable belief in something - with no evidence, or even with evidence against it. This is the opposite of enlightenment and progress. "Blind belief in authority is the greatest enemy of truth", Albert Einstein said. We want ideal answers to everything. Because our biggest fear is the unknown: who to blame; who to trust; how to make it stop. But this human need for certainty, for the illusion of knowledge, has forced humanity into an endless loop of repeating history: terrorist attacks carried out in the name of God, crimes against humanity in the name of political ideology. Fear, an inherent human "error", cannot be fought with more information. This endless loop of fear and manipulation will only be broken once we feel safe and free ourselves from the shackles of blind faith.

In an uncertain world, we turn to religion, political movements, even online communities looking for answers: What happens after we die? How do I get my job back? How did this pandemic start – and how do we make it end? We are looking for protection from the fear of the unknown. But instead of addressing our fears, these institutions end up cultivating new ones that entrap us. Organised religion uses the afterlife to fabricate a code of conduct for believers: sins. Contraception for the Catholics, blood transfusions for Jehovah's Witnesses, breaking fast on Ramadan for Muslims. What they all have in common is the fear of the unknown, the fear of death and the prospect of a comfortable afterlife that they promise to their believers." ... "Fear in such cases is a symptom of religion – it's not eased, but rather amplified by it creating the most rigid form of blind faith. The ultimate manifestation of manipulation through fear happens by totalitarian regimes: the Nazis rose to power by generating fear: fear of economic collapse, fear of communism, fear of the Jews. How could millions of people vote for those who were so uncontrollably and viciously evil? Hitler cultivated fear and this in turn made him indispensable to combat the perceived threats to the German people. We are still being exposed to the same pattern of manipulation through blind faith to this day. "Blame the Mexicans and the Chinese" Trump said. Faced with extreme job insecurity, his solutions appeared as a means of survival. Just like Duterte played on the fear of street crime to execute drug users on the streets of the Philippines; Just like Viktor Orban convinced Hungarians that Muslim asylum seekers – mothers and children fleeing war - are a threat to their Christian faith. And slowly people fall victim to their own fears. And end up voting into power the leader who promises them safety.

Even if he separates thousands of immigrant families, pulling the children out of their mothers' arms." "No matter how clearly we see these institutions for what they are, no matter how transparent their manipulation is to us, this doesn't stop people from flocking to them." ... "That is the paradox of blind faith: most of the time the perpetrator acts on fear. When a Muslim boy in a de-radicalization programme in Amsterdam was asked about his actions he responded "Sometimes I think: what if a Nazi enters the mosque and shoots us all?" Racist behaviour, social isolation, and violence against Muslims; " "They live in fear. This is in no way an excuse for "vindictive" or violent behaviour, but rather a call for us to consider the lack of humanity and understanding we have for others. Our society, has not only failed to address this fear. It feeds into it. " ... " Both sides are afraid. And as they continue to fear each other, it is easier for extremists to manipulate them with the promise of safety." ... "After an attack all rational thought is lost in the ashes of terror and becomes hatred. And so the endless cycle of hatred, polarization, threats, and fear begins anew. "

....

"In a world filled with information, we still can't know everything. The leaders of our world love to claim that information is the silver bullet: a solution to everything. But there are doctors who deny Covid-19 or refuse abortions on religious grounds. The very people who have access to an abundance of information often end up being manipulated just as easily as an uneducated person. They too are human. Humans sometimes deeply consumed by their fears. Trying to pump them with more information doesn't address this. Instead of treating them as outcasts, as idiots, as laughing stocks let's recognize this very real fear, and try to deal with it. Fear is an inherent human "error"; let's find comfort in the knowledge that we all share this fear of the unknown, and ease each other's insecurity by removing the certainties of blind faith. That's how we get closer to enlightenment and progress. "

Thetis Fourli, IB1

Touch your heart, close your eyes. Sky so wide, stars so bright, off the lights,
sleep - so - tight.

I finally got 8 hours of sleep. Took me four days, but whatever. As little kids we had a bedtime, to get the sleep that our parents knew was necessary for us.

Now we stay up to finish assignments that we put off to watch our favorite series. The next day, we go to school bragging about how late we went to bed, as if it's an accomplishment . We may think of it as one, but our body does not feel the same way. 87 percent of teenagers sleep less than the recommended 8 to 10 hours, while one in three adults are sleep deprived, according to Stanford Medicine. Whether it's because we think our bodies can endure lack of sleep, or that "successful people sleep less", we are starting to forget its significance.
"I'll sleep when i'm dead"

Well that might happen a lot sooner with that attitude! Sleep benefits our health. We know it, we feel it. After a long night's sleep, we feel refreshed and energized. I am not trying to convince you how pleasant sleep can be. But lack of sleep actually harms us. Sleeping less than six hours per night increases your chances of dying from a stroke by 15% and heart disease by 48% , according to professor of Cardiovascular Medicine Francesco Cappuccio. And if you think this is too... long-term, listen to this: an Oxford university study showed that 16 percent of fatal car crashes involve driver drowsiness caused by sleep deprivation. (This one - is shocking: The Chernobyl nuclear accident, the Exxon Valdez oil spill, and the Challenger space shuttle disaster were all the result of human error caused partly by sleepiness. When we don't get enough sleep we become a risk to ourselves, and to those around us. So why do we continue to disregard sleep deprivation, as if it is not an epidemic threatening millions of people around the world?

Because your exams results seem more important right now. Because your boss is expecting that email by tonight. Because Netflix released another season of The Crown. And while you may feel tired after getting 4 hours of sleep, that feeling of tiredness is easily reversed with a cold shower or a cup of coffee. It makes sense that sleep deprivation does not trouble us to the extent that it should, because that heart-attack is many years away and that assignment is due tomorrow.

Sleep trackers, hi-tech pajamas and foot oils that claim to help us sleep better or articles like "How to Train Yourself to Need Less Sleep", and "Sleep less - but feel fresh"" create a false reality of being refreshed and healthy while being sleep deprived. Try these everyone, and you can get 8 hours of sleep in only 4! It really is an amazing opportunity! Well, the truth is that it is not. An amazing opportunity would be having 8 hours of sleep in 8 hours. Scientists in the University of California have identified that 1 percent of the population has a genetic mutation that allows them to rest in only 6 hours. The likelihood of you belonging to that 1 percent is, well, 1%. No matter how much we would all love to be one of them. Sleep is not considered a necessity - like food or water- but an accessory - a luxury that we train our bodies not to need."

...

"Reducing your nighttime sleep by as little as one and a half hours for just one night could result in a reduction of daytime alertness by as much as 32 percent. This does not bring you closer to success. Albert Einstein slept 10 hours per night. In fact, his theory of special relativity occurred to him while he was dreaming about cows being electrocuted." ... "We need to be honest with ourselves.

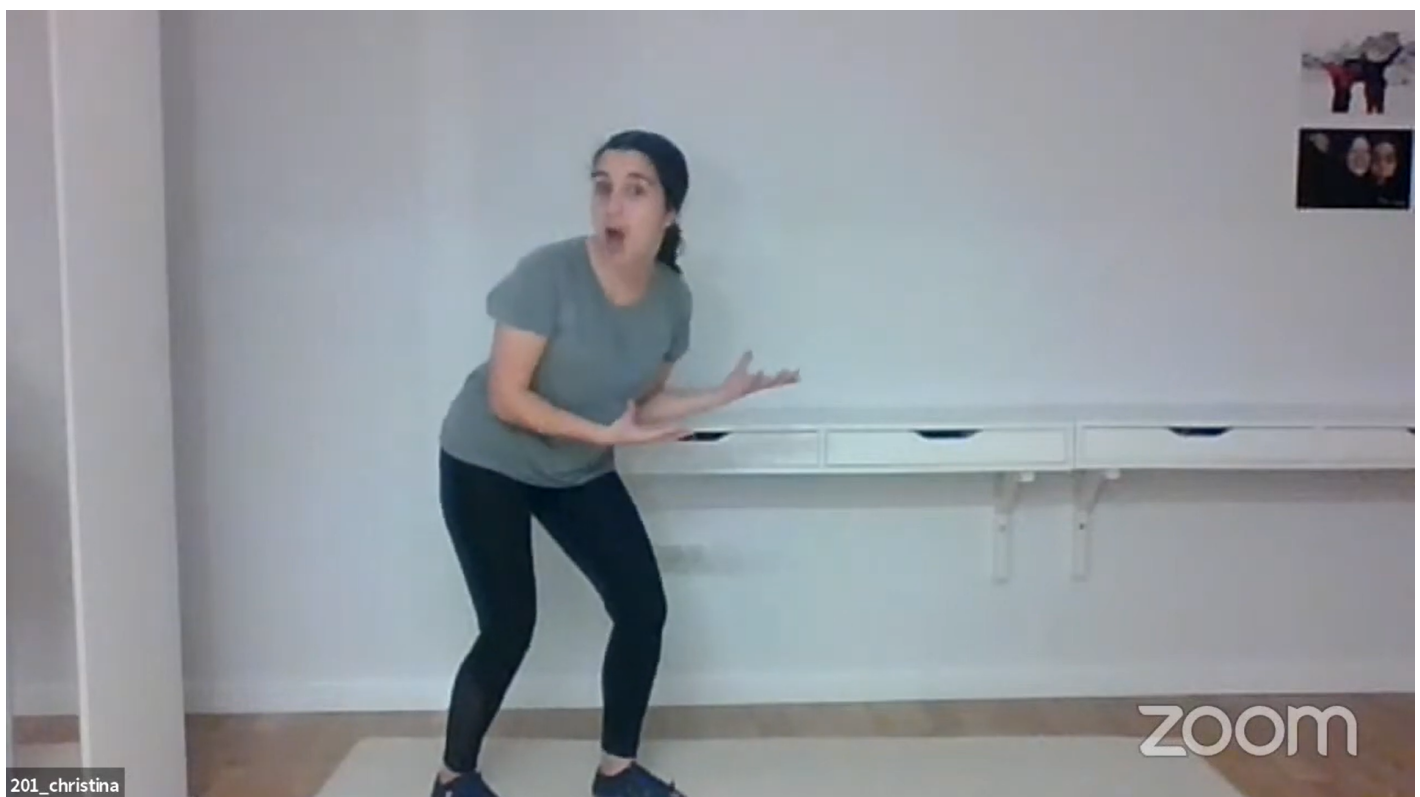
To all the students listening today: we know that on most days we can get the sleep we need - if we don't procrastinate. Lack of sleep is often a choice. Watching a whole season instead of a single episode - is a choice. Endlessly scrolling through tik tok is a choice. So, in this case the solution to sleep deprivation is simply going to sleep." ...

"In other cases, however, when the workload is impossible to complete," ... "all of us are able to lift another individual's workload - partially. "To all the students listening today: we know that on most days we can get the sleep we need - if we don't procrastinate. Lack of sleep is often a choice. Watching a whole season instead of a single episode - is a choice. Endlessly scrolling through tik tok is a choice. So, in this case the solution to sleep deprivation is simply going to sleep." ...

"In other cases, however, when the workload is impossible to complete," ... "all of us are able to lift another individual's workload - partially. " ... "So instead of asking your mom, make a sandwich yourself, sparing her the 15 minutes. We're all capable of that. Before you pick up the phone to ask your colleague for information, consider if you can access it yourself. Some things don't save time, they save YOU time. 15 minutes may seem insignificant alone, but if all of us made small contributions to others' everyday life, everyone would sleep more.

Starting tonight, let's try to get 8 hours of sleep. In one night. For our health, and for our work. I don't want to "sleep when I'm dead". If nothing else, sleep feels good. Being tired, really doesn't. So touch your heart, close your eyes. The sky is so wide, stars so bright, off the lights, sleep so tight. Make a wish, say goodnight. "

Christina Kokkali, HS1, Monologue Finalist



Delta Speeches

One of the founding fathers of the College, Stefanos Delta dreamed of a school which blends the merits of Greek and American pedagogical philosophy and practice. To honor this emblematic personality, every December, HS3 students of Psychico College partake in a time-honored tradition: the Delta Speech writing contest. This English writing contest stimulates students' creativity and imagination and offers the opportunity to exhibit their linguistic ability, mastery of persuasion, and flare for public-speaking. This year, the annual College theme is: A renowned Greek school honors the history of its homeland, national identity, and patriotism: an educational cornerstone and a 'compass' of the longstanding contribution of the College. Psychico College saw one of its students place in the finalist round of the 82nd annual Delta competition Daisy Nika. Daisy presented her well-organized, engaging, and inspiring speech to her classmates on May 27, 2021.

History

Identity

Values

Sacrifice

Passion

Cultural Heritage: "A Necessity to our Identity"

The past and present interlock as I slowly ascend the endless staircase. There she stands! The Winged Victory of Samothrace in the Louvre Museum. I savor the mesmerizing sculpture, engrossed by the thoughts and emotions that are aroused by the fluttering wings. Spread out behind her, her two wings remind me that the power of victory belongs to those who fight for and preserve what is virtuous, vibrant, and pure.

Looking around me now, ladies and gentlemen, I want to share my experience, but am told that our statues and ancient monuments are aesthetically superb, that the past has no place in our lives today!

But isn't there something missing here? Aren't we the continuation of our past? The Winged Victory of Samothrace – with two wings, not one - is now more alive for me than ever, and she has convinced me that our cultural heritage is a necessary companion in life. It is necessary because it forges our identity, shapes our patriotism, and enriches the global cultural scene!



Who am I? What do I believe in? Socrates said “Know Thyself”, thus, nobody can doubt that an identity is a basic human need and a right. But what is the connection between our unique self and our cultural heritage? After all, we do need two wings to fly!

....

Daisy Nika, IB2 Delta Speech Winner 2021

A sacrifice for virtue

Ladies and gentlemen, my fellow students, dear General Makriyannis,

It's been now 200 years since our nation was liberated. 200 years that we have been enjoying the precious fruits of independence – freedom, democracy, and justice. And so, in the light of such joyful celebrations, it is time to realize our duty toward our country, our school, the world, and you, General. It is time that we continue your struggle in its modern sense. Not with guns and swords. But with an undying – healthy - love for our culture and traditions, that can only be cultivated through education. Education - both civic and academic - will lead us to Aristotle's virtue, that will bring prosperity and harmony into our lives.

So where do we start? Which action or belief can lay the proper foundations for such a bold task? Thankfully, from the memoirs of General Makriyannis, we have part of the answer. We ought to stay clear of selfishness. Only then, when we have stopped thinking about our personal interests, can we aspire to truly strive for the common good. In a way, we have to make a sacrifice. If we sacrifice our egos, we will be able to fully develop our unalienable right to live in a dignified society.

Ladies and gentlemen, at this point I deem it of the utmost importance to state the necessity of living in a society. Aristotle had said that man is a political animal, that we need to belong. And when we do, then we can blossom in our arts, our science, and our humanity.



But apart from selfishness, what else do we need to fulfill our grave need to belong? Patriotism. True, pure patriotism, with its bravery and passion. But also, its logic, to warn us when we approach the snake of nationalism.

Ioannis Drizos HS3 Delta Finalist

**Patriotism: A Liberating Sacrifice to
preserve our tree of Humanity**

Ladies and gentlemen,
Dear classmates,

Let us imagine a tree during frost. A lonely tree standing in the middle of a large valley, without leaves or flowers, without roots. Only when spring comes does that valley become fertile again, only then do colourful little birds start flying around that lovely once lonely tree, singing harmonious melodies and giving it a sense of unity, a sense of family, a sense of belonging. Only when spring comes do its leaves appear, only when spring comes does it blossom and turn the once barren valley into a beautiful floral scenery. Ladies and gentlemen, our tree of humanity cannot blossom without a liberating spring. Without a spring full of historical knowledge, infused with our love for our country. Ladies and gentlemen, I couldn't agree more with Marcus Garvey's words "A people without knowledge of their past history, origin and culture is like a tree without roots".

For me, patriotism means love, it means caring. Caring for your country, caring for your people, caring for your neighbour. Patriotism is sacrifice, it is gratitude for what you have been given, and should respect. No, patriotism is not the ill conception that we are irreplaceable, that what we have achieved is undeniable.

The results of patriotism didn't cause the Holocaust, it was not the patria that served as the compass for such catastrophic, egotistic behaviour.



Ladies and gentlemen, to be patriots and attain perfect purity we must become absolutely passion-free in our thoughts, in our speech and in our actions. We must rise above the opposing currents of love and hatred, attachment and repulsion, we must form a moral, ethical, just personality.

“The call to lead India did not come to me in the nature of a sudden realization. I prepared for it by fasting and self-discipline. May political work grow out of my spiritual preparation.” In these words, Mahatma Ghandi summarized his love for his country from a different, political perspective. These words form a shining example for all of us to comprehend that, to be a patriot, you have to be willing to give, to offer to your community. It is also important that we have a deep knowledge of our country’s history, it is important that we are patriots to be able to understand why human rights should not be violated. The need for allegiance and pluralism in our society, the need to serve collective goals such as health and education should be our compass. Ladies and gentlemen, for the tree of humanity to blossom, we have to keep watering the roots of cooperation, the roots of human solidarity, the roots of loyalty to our community, the roots of respect to human liberty.

Konstantina Fameliari HS3 Delta Finalist

**DELTA SPEECH
FINALISTS**

- Vekri Elizabeth Maria IB2
- Nika Daisy IB2
- Drizos Ioanis Γ6
- Tomazou Eleonora IB2
- Fameliari Konstantina Γ6



**DELTA SPEECH
SEMIFINALISTS**

- Avramidou Nikoletta IB2
- Vogiatzakis Nikolas - Ioannis Γ7
- Dimitropoulou Ioanna Γ5
- Karoki Mavrikiou Eleni Γ1
- Petropouliadi Irene IB2



Inspirational Speeches

A Change- A Beginning



Dear classmates,

The time is lapsing... "Tik- Tok". Can you hear it? By "Tik" imagine a little boy in Syria who is running so that he will avoid a bomb. He's screaming... By "Tok" imagine a mother that just lost her baby into the waves yelling. ... Can you hear the desperate scream and the infinite terror? ...

In 2020, we live in a century where almost all problems are solved, but still the most important of all is living among us and there is no way that it will be resolved without our contribution. The problem? Massive killings of innocent people, massive violation of human rights. ... What's the purpose of massive killings? I cannot perceive the terrible fact that people are sacrificing human souls to the cult of profit, just because earning money feels good and the consequences are just side casualties.

"All war is a symptom of man's failure as a thinking animal". Let's consider what John Steinbeck said and pray. War probably is the worst human face and the worst sample of human behavior. ... Everyone has heard stories about people who have suffered from psychotic disorders because of war. You must have heard stories of buried anonymous corpses in the middle of nowhere. The stories you've heard are nothing less than the cruel reality we are forced to live. And we continue, dear audience, to ignore the clock, to ignore its sound. We continue without a breath of guilt to think that our world is a fairytale without considering how many sacrifices have been made for us.

William Shakespeare once said, "Hell is empty and all the devils are here". ... Who are the devils? I must confess, that I consider myself a devil, since for as long as I have lived, I have done practically nothing to deter the killing of innocent children. If I yell, no one will hear me, but if we all do, we will be noticed till the heavens. We must act, we must not take the tranquilizing drug of today's world, as MLK said. ... Help the world to understand what we really are, through education, through public speaking. Because we are not by our nature devils, we become, we get transformed and we do not deserve it... Cause we are humans with brain, bones and spirit and the rest seven billion people in this planet are the same.

Please, let's make our voices count ... let us not ignore the clock... Tik-Tok, Tik-Tok...

Thank you for your attention!

Aristea Kolimpiri HS₃HTL₁



Education: The Dawn of Change

Ladies and gentlemen,

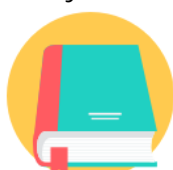
Try to picture yourselves as students in Iraq, where your dreams of conquering knowledge are punctured by the violent force of a bullet and are crumbling to dust. Try to imagine being a teenager in Syria, stripped of your innocence, falling asleep at night to the sweet lullaby of bombs and praying, wishing upon a shooting plane, that tomorrow will come. Even in the 21st century, an era of supposed freedom, unity, and drastic humanistic change, the threat of war continues to loom ominously upon nations and violence persists all around the globe, while world peace seemingly remains a far-fetched, yet most coveted dream. Even today, young minds are shaped on the grounds of violence. Even today, juvenile souls are cultivated with the seed of hatred and fear toward fellow men.

Fellow classmates, as young people with a zest for life and an optimistic aspiration for change, we tend to dream of a brighter future where world peace is a given, where borders are nothing but an alignment of barbed wire separating land from land, not man from man. ... However, a simple look at the world around us is enough to bury our dreams deep into the ground. Each day human lives are sacrificed on the altar of economic and political domination, fundamental human rights are set aside to make way for the nations' wishes to conquer. ... How are we supposed to wish, to dream, to aspire, to grow and have faith in the future, when the past, a history of war and conflict repeats itself? ...

The true lunacy and futility of war can be stated in the following question by Bill Watterson: "Dad, how do soldiers killing each other solve the world's problems?". ... On the contrary, hope lies in education. By teaching children that there is no value holier than respect, pointing out every single bond that ties countries together and infiltrating the art of peace into education, we can dream of a brighter future. ... As children are the future, they need to be part of an education system that promotes political and social coexistence, inter-cultural communication, international dialogue. By cleansing history books of nationalistic stances and teaching world history with all of its peaks and troughs, by highlighting the tragic impact of totalitarianism and war on our modern culture, by practicing benevolence and urging young people to take part in activism, in humanitarian movements for change, education can unearth the treasure of peace.

All in all, fellow classmates, there is hope within us. It is up to us, up to the future generations, with humanistic education as our guide, to slowly build a future of peace, to focus on every single dot that connects countries and nations with each other, rather than on past "feuds" and conflicts that set us apart. As Nelson Mandela once stated, "Education is the most powerful weapon which you can use to change the world". ...

Thank you for your attention! *Galini Goodhead HS₃HTL₁*



Equal rights, unequal responsibilities

Ladies and gentlemen,

At this very moment, a girl in the USA is in her senior year of college, excited to finish her diploma and discover life. A boy in France is a senior in high school, applying for universities and preparing for his final exams. At this very moment, a 15-year old boy is in a refugee camp in a Greek island, fighting with hostility, poverty, loneliness and despair, mourning the drowning of his parents who fell victims of the waters while escaping a warzone. A girl in Yemen, at her 16 years of age, has seen her house shatter to pieces after a bombing and is fighting for her life and agonizing over escaping.

So, what's different in the worries of four children at their peak of innocence? The context in which they are called to act and interact. Climates of War and Peace – in their stark literal version, not the fiction of Leon Tolstoy. ...

But why does war seem to be an ever-existing state for humankind? Social theorists like Thomas Hobbs posit that war is the inherent, natural state of coexistence between human beings. ... From mere survival, to disagreement, to protecting property, to establishing sovereignty, to expanding in the name of nations, ideologies and religions, war has always found a place to penetrate the harmonious coexistence of people. ...

Dear audience, I must confess that I often feel like a clownfish in the deep blue ocean. ... We are blessed to have access to education and live in a free democratic country. We are blessed to be able to say that we have never lived in fear for what the next day holds for us, for the sake of our family, for our survival.



Peace plants the seeds of growth for human development in all facets; technology, art, science, human rights. Peace welcomes human expression and becomes the vehicle for the spreading of knowledge, ideas, opinions and feelings.

... So how can we promote world peace? ...

First, since war is manifested through conflicting attitudes towards good and evil, right and wrong, desired and non-desired, we ought to abolish such sources of disagreement. From our families, schools and local clubs to our political parties, churches etc., it is our responsibility to promote coexistence and inclusiveness rather than dogmatism. ... What is more, it is our duty to realize our privileged place and actively condemn acts of war. ...

The more I realize my place in the world, the more I feel like a clownfish in the deep blue ocean. But like in NEMO, all it takes is the decision to embark on a journey and you'll find many others willing to go the same way with you. First, we should all realize that beyond our safe haven of a coral reef, many are dealing with sharks daily. In the words of Insurgent Subcommander Marcos: "Our choice is not between war and peace but between life with dignity or without".

Helen Karoki HS₃HTL₁

Ads

HS2 ELA1 students created their own advertisements. Inspired by the 1920s' techniques, style, and colors they advertised a made-up or already existing product!



Despina Ntigkogia



Iro Panagopoulou



Charikleia Moraitaki



John Marinis



Maria-Eleni Batatoudi



Manolis Hatzigeorgiou



Maria Anastasopoulou



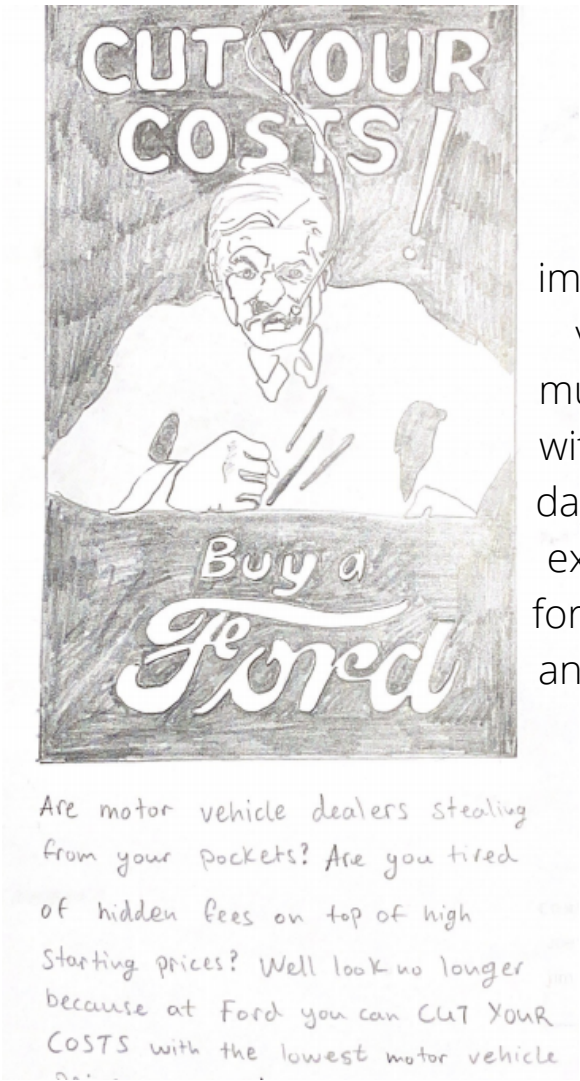
This is because it allows people to look to the future, which in their utopian view, held growth and luxury. Therefore, my caption “Travel in time with this timeless drink” speaks for the bottle that makes it “timeless” because of its unique design, underlining at the same time how good the product is as it makes the consumer “travel in time”.



Christina Kasiapi

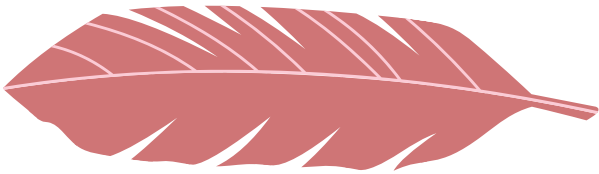


Georgia-Anna Annopoulou



Tasos Delikanakis

I chose my advertisement to be about the FORD company for various reasons. Some of the most important ones were because people in the 20s were very careful with their money and tried to save as much as they could and FORD was the car dealership with the best prices, design, and comforts back in the day and was mostly preferred by the people for these exact reasons. In addition, cars were something new for people then and I visualized myself as one of them and tried to suggest the best, affordable cars that the market had to offer.



Short Stories

"Buritos for Breakfast?", by David Alexander, HS1LL1

Adam excused himself from the table and headed for the restroom. Instant regret clouded his mind as he thought about the burritos he had just consumed. He had a sensitive stomach, but the sheer ecstasy his taste buds experienced when eating Mexican food had gotten the better of him. He loved food especially junk food. Fortunately for him he was blessed with good genes and a high metabolism; his eating habits didn't have any effect on his skinny physique. He made it through high school wearing long-sleeve shirts and sweatpants, he wasn't especially proud of the way he looked. He was quite a pale kid which meant he had to lather himself with sunscreen when visiting the beach. Swimming pools disgusted him.

A characteristic squeak greeted him as he swung the restroom door open. He ran for the toilet and locked the stall behind him so as not to have any surprise during his time in the W.C. He had noticed a poster on the bathroom wall next to the mirrors. The poster read "Take a break from your everyday routine and enjoy a weekend at the PALM TREE RESORT in Miami Florida!" The poster also included two ladies in bikinis; a green iguana was also visible in the bottom right corner of the poster. Its eyes seemed to have followed Adam as he entered the stall.

After finishing, he flushed the toilet and made his way over to the sink to wash his hands. He looked at himself in the mirror. He was 22 and still there was no sign of facial hair on him, it was really starting to become worrying.

After finishing, he flushed the toilet and made his way over to the sink to wash his hands. He looked at himself in the mirror. He was 22 and still there was no sign of facial hair on him, it was really starting to become worrying.

Adam reached for the paper towel dispenser but it was empty; he dried his hands on his trousers. The poster caught his eyes again, but the iguana was missing. "That's strange," he thought "I must have drunk a little too much beer." He didn't think much of the incident and headed for the door.

He was startled by the sound of the poster hitting the floor. He looked back and saw that a wooden trapdoor was now in the place of the poster. This struck his curiosity as he inched closer to it. He tried pulling on the handle, but it wouldn't budge. He really put all of his strength into it and eventually it opened revealing a sort of dark rabbit-hole.

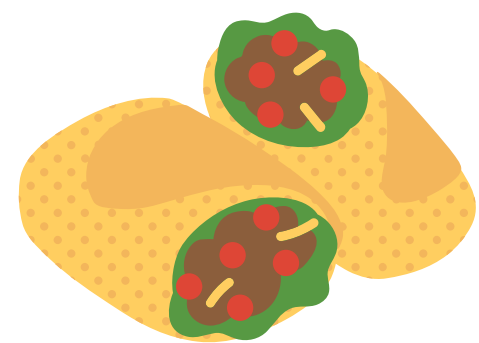
Claustrophobia was one of his many weaknesses and his first reaction was to head the other way. The smart thing to do was to close the trapdoor, put up the poster back on the wall and pretend this incident never happened.

A light shone at what appeared to be the end of the rabbit-hole. An uncontrollable urge took over his body as he entered. His small body made it easy for him to crawl through the hole. He crawled closer and closer to the light, but it seemed to be getting further and further. Suddenly he heard a bang behind him, the trapdoor was slammed shut. "HEYyyy!!!!!" he yelled "HEY I'M IN HERE STOP!!!!!" he yelled at the top of his lungs but no words seemed to escape his mouth. He assumed the position of an embryo in an attempt to comfort himself and stop himself from crying.

A small, finger sized, iguana walked over to him and stood on his knee. The small lizard spoke no words, but Adam understood. He followed the iguana along the narrow tunnel which eventually led to a small opening. A golden key hanged high from the ceiling and there was a treasure chest in the middle of the room. He picked it up and brought it closer to his ear. Adam could hear faint whispers coming from the chest. He tried opening it but it was locked. The iguana came up to him and pointed to a ladder at the edge of the room. Adam placed the ladder on the wall and started climbing. As soon as he placed his foot on the 8th step he slipped and fell to the ground.

Adam woke in cold sweat. He threw the sheets to the floor made his way to the bathroom and splashed cold water on his face. Nightmares like those had become more and more frequent lately. As he washed his face he noticed a bruise on the back of his neck. He poked it and it hurt quite badly. He opened the mirror door to grab a painkiller from the cabinet. He popped one in his mouth and washed it down with some water. He closed the cabinet and noticed a little green iguana behind him. It winked at him.

Adam gulped in fear. One thing was for sure, he was never eating burritos again.



"The Tormented Century" by Sonia Voudouri, HS1LL1

Remi stood up from his chair and stretched his arms; he immediately saw his household personal assistant, BB34-6S, flying his way. "Sir, my sensors tell me that your energy levels are low. Take this energy pill and they'll go back to normal". "How could they not be?", said Remi, his voice giving away his boredom. "Those Coding classes are killing me! Why could they not be like Algebra?". Even though the boy was just sixteen, he knew every single theorem in Mathematics, he could solve any problem in Calculus and he could remember all the digits of π without even trying.

And all that was not thanks to his genius; every child at the age of eight had got an injection with everything they needed to know in every science. However, to Remi's disappointment, in lessons like Coding or Mechanics, where progress was continuously being made, only the basics were injected to students; all the rest had to be learnt in school. What made the situation even worse for him and his classmates was that the Ministry for Education had decided to do the same with lessons like History and Literature, as their algorithm had shown that if students were not taught such lessons, the creativity and emotional intelligence would be severely harmed.

And that's how, even in the 27th century, students like Remi had to suffer by learning chapters of history by heart, discussing them with their robot-teachers, and speculating what would happen in the future. At least, that's what he thought, and sighed when he once again turned his portable classroom machine on. With a single click on the device, his bedroom disappeared and his surroundings transformed into a classroom; his desk got smaller, the wall in front of him turned into a whiteboard and the empty space around him was filled with his classmates, who seemed to be as tired as he was. "Ready for another 45 minutes of the best class?" Maya, a red-haired girl, whose arms were filled with changing virtual tattoos, asked him.

"Woah, speak for yourself! I'm ready for 45 minutes of total boredom, if that's what you're asking," he answered jokingly.

"Well, at least you know some things, so please don't complain," said Foushou, savoring his last sip of ENERGY-BOOST-505. Foushou was a foreigner, a child whose family had come to Earth from Andromeda three years ago. His father, the owner of an intergalactic corporation, had ensured his son received the best quality of education, but apparently, he had never considered Terran History to be an important lesson. Suddenly, all noise in the room disappeared. SH456-D4S, the kids' teacher, had muted everyone's microphones.

"Well, well," said the robot-teacher, unmuting the microphones. "I think we can all agree that your five-minute break was enough. Now, let's continue from where we had left off. According to my memory, last time we had talked about the twentieth century. A pretty interesting chapter, in my view. Today's lesson, though, is even more important; we are going to discuss about the twenty-first century. Also known as.."

"The 'tormented century'", said Maya.

"Correct!" said SH456-D4S. "And why is it called that? Mr. Remi? Could you answer that question?"

"Um, I guess because during that period of time, many great and terrifying events took place," Remi replied hesitantly.

"Could you name any?"

"Well, yeah, why not? Um... Let's see... The Great Intergalactic War, the Melting Decade, the Great Flood of '74, the Intergalactic Peace Act of '88, the -um-, how do they call it? Ugh, the Colonna virus?"

"Oh, Remi, the Corona-virus," Maya corrected him.

"That's correct, that's correct", the teacher beeped. "Well done to both of you!"

Remi saw his name automatically appearing on the class scoreboard, on the left corner of his eye.

"Wait, but why is a simple virus considered important, compared to all those great wars, floods and treaties?" asked Phineas, a blonde boy from the other side of the class. "Besides, a treatment was discovered, wasn't it?"

"Indeed! However, the virus changed not only people's lives in the short term, but also led to significant discoveries and events in the following years." replied SH456-D4S. "Maya, could you name any?". Maya's face immediately glowed. She apparently enjoyed monopolizing attention in class.

"Well, thanks to the Corona-virus, or else Covid-19, health-monitors were invented in 2025. Those tiny sensors, injected into people's bloodstream, could sense any illness in their body, identify it, notify them and suggest treatment. That led to the Great Strike of physicians, in 2037, after the gradual decline in the inclusion of humans in the medical sector. In turn, that led to the passing of the Medical Ethics and Employment Act of 2038, which regulated the roles, automated technology, and the way humans would each have diagnosis and treatment of illnesses in the following years."

"I've heard it wasn't just that," interfered Jack, making Maya furious, because her stats on the scoreboard stopped increasing. "The virus was actually a savior of the environment! Thanks to the fact that people were in quarantine and CO2 emissions dropped dramatically, global warming decreased for some time, and the melting of the ice was delayed to a great extent. I read somewhere that if the virus pandemic had not taken place, the melting of the poles and Great Flood of '74 might have happened twenty years earlier!"

"The poles? What is that?", asked Foushou.

"The two ice caps that used to exist in the Northern and Southern end of the globe, you dummy," whispered Maya. "The ones that melted in 2074," she said louder.

"Correct," SH456-D4S beeped.

"And it's not just that," added Skye, the tech nerd of the class. "My dad told me that thanks to the virus and the fact that people were forced to stay at home and do everything online, huge progress was made in network quality and speed. Shortly after the first months of quarantine, 5G, which was very innovative at the time, was launched across the globe and just few years later, the internet had become unrecognizable! The pandemic actually instigated those first steps towards unbelievably high connection speed and all those amazing things, such as teleportation, which we are able to do today, with the help of 1001G!"

"That's also right," said the teacher. "And that's what we learn throughout history; we might be going through tough times, but the aftermath of a difficult situation can often be priceless! Do you guys think that people in the 21st century saw things as we do now? Of course not! They felt trapped, scared, uncertain and sometimes, angry. Angry that they couldn't go to work, angry that they had to follow strict rules, that they had to wear masks for almost two years, angry that they couldn't see relatives or friends. But who could tell them that not everything was bad? Who could tell them that humanity would be benefitted from the pandemic in the long run? Of course, people dying and suffering was something that could not be traded even for the greatest invention, but in hindsight, we can understand that hope is always necessary. Hope that humanity will find a way to overcome any adversity. Hope that things will improve after any hard period, hope that adversity and failure can be great teachers and strengthening factors for the human race. See, that's what people learned, back in 2020. That even when things seem to go irreversibly wrong, human ingenuity and faith can solve anything! And that's what I want you to keep in mind from today's lesson; that you, humans, are capable of everything and not even the biggest hardship, pandemic, war, or flood can keep you from starting over and creating a future that will be even better. Now, speaking of floods, who can tell me what they know about the Great Flood of '74? Oh, I should have known it would be Maya!"



"Once by the Ocean", by Electra Chatzidimitriou, HS2E

The story of old Nemo begins years before today, when he was a skilled sailor that lived his life travelling the seven oceans and taming the wild horizons. His days were like out of a movie, dreamy and mysterious. But as Nemo began to lose his youth, he also lost his mind. Many of the things he had heard and seen seemed odd and impossible, while others he had never witnessed were to him more true than his own existence. And, hence, people lost trust and faith in his soul; they could not discern the truth from the lies and perceived it all to be lies. So, old Nemo was no longer fit to be a sailor. He was nothing more than a mad man, a fool, a coward, and a poor fella who had just been deprived of his boat. But while people thought his life had no longer any purpose, that his puny being was pointless and sterile, he continued to live as if he had one more mission.

For much time he lived in a small village by the ocean, the kind that rushes through life with rhythm and joy. The houses were all of identical design, painted pink on the outside, with white windows and beige details. Many houses were very close to the water, others were a bit higher towards the mountain that huge the village with its green cliffs. Nemo lived way up the mountain, in a small cabin never seen by someone other than himself, as everyone to ever approach it was appalled by the terrifying howling of desperately hungry wolves. His face was recognisable, but few could identify him. Most villagers avoided making an acquaintance as they felt threatened by his insanity; but that did not bother him at all because being alone made much more sense to his aged brain. The cold days of winter, he sat by the fireplace scribbling his stories on pieces of paper. The stories he wrote spoke of scary sea monsters and beautiful mermaids; they spoke of dare and passion and risks and love.

The warmer nights of summer, he went to the edge of a cliff, where he could see the sky touching the sea and the sea touching the earth, and he hummed for hours a romantic melody. And were you to listen extremely carefully, you could perhaps hear the ocean hum it back.

Nemo's life could not be closer to splendid simplicity. In every way he was calm. But the way his eyes shined when he looked at the ocean, it was clear he was in love with it and felt nostalgic about his days as a young sailor. He definitely dreamed of standing on a wooden deck again, grabbing the wheel with pride and placing his monocle in front of his eye to calculate his next travel. He was lonely and felt weak, but his connection with the sea remained pure, and that melody was proof enough. Many times he had even ran to the beach to feel the summer breeze and to smell the refreshing odor of the ocean. People looked at him with resentment and hostility, but the feeling he received from his contact with the water built a wall around him that blocked the judgmental looks from annoying him. And even when people approached him and he spoke of how he was utterly and completely in love with the sea, how she sang him sonnets and sent him messages with the salt tangled in the feathers of seagulls, and everyone rolled their eyes in disbelief, he still did not give up. Staying connected with the sea was, perhaps, his one last mission, and he was determined to complete it without being disturbed.

In the last day of August, in the coldest summer to ever pass the village, old Nemo began to sing again that beautiful melody. His eyes stared directly to the moon river on the calm sea and the cool summer breeze stroke the hair away from his face. He looked invigorated. Suddenly, the ocean began to sing the song back to him, just like it had done many times, but this time it was louder and more real than ever before.

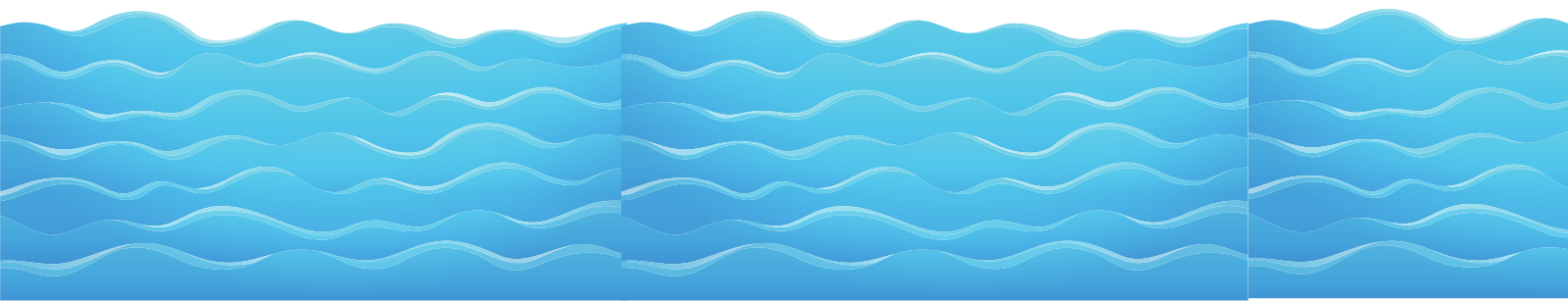
Even the most doubtful minds of the village heard it, and people gathered around the beach to hear the enchanting tune. The breeze was now starting to turn into callous wind and the sea began to turn wavy, reminding people that the night to turn summer into autumn was close at hand. Nemo, however, wasn't scared and began to stroll towards the beach with an attitude of complete euphoria. Once he reached the place where people were gathered, the sea had become even rougher, the waves were bigger and clouds concealed the bronze sky of the afternoon. He sat on his knees, his gaze lost in the wild yet astounding landscape forming in front of him. The people perceived his neutral behaviour as an act of a lunatic, but remained to enjoy the view.

The sea was now rising towards the sky. Abruptly, the water began to take the shape of a woman, a beautiful woman with a dainty physique and long hair, that began to walk from the deep to the shore. Nemo looked amazed, adapting a look of both excitement and relief. The people were confused but could not take their gaze away from the miraculous happening, realising that there was indeed truth in what Nemo had been saying all these years. The woman had now reached the place where Nemo was seated. His eyes were wet of joyous tears.

The woman breezed his cheek with her hand. He smiled at her and said:
"At last"

He got up on his feet and hugged the woman, with a sigh that released from his body the energy he so passionately sustained inside him to remain alive until this moment were to come. The woman rose him in the air and tightened her his so much that they both became thinner than air and disappeared into the night sky.

Some cried, some smiled, some clapped their hands in triumph. However, by the time they all reached their houses, the story was forgotten. The village has not heard of it since. But in every last day of August, when the summer comes to its end, the villagers hum that heavenly melody. They do not remember it as the song of Nemo, or as the song of the sea. Yet, when they are asked how this song became this wonderful tradition, they respond that it was heard one windy night, when people had gathered to say goodbye to the summer, once by the ocean....



Book Personal Project

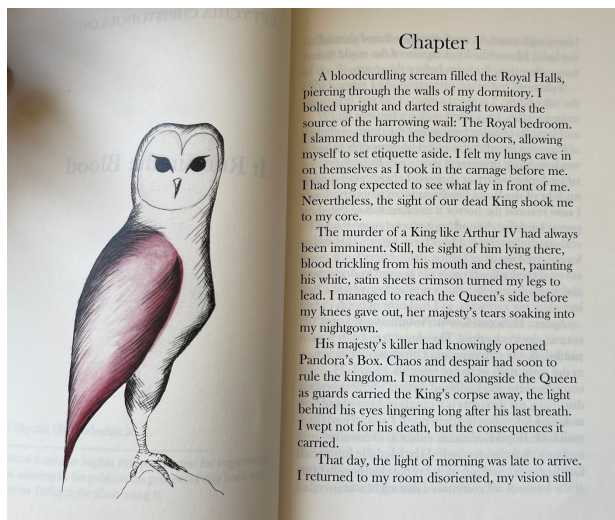
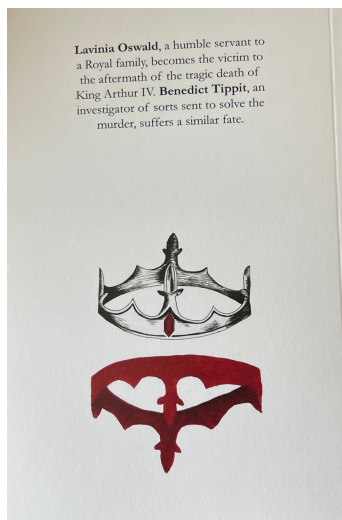
Eftichia Christodoulou HS1LL4, in the context of MYP's Personal Project, wrote a book inspired by her English Class' Gothic Literature Readings.

It Runs in the Blood Summary

Lavinia Oswald, a humble servant to a Royal family, becomes the victim to the aftermath of King Arthur's IV tragic death. Benedict Tippit, an investigator of sorts sent to solve the murder, and suffers a similar fate. A whirlwind of chaos and unease sweeps through the castle until the culprit of the heinous crime is unveiled.

Why this excerpt?:

I chose the specific excerpt because I feel it provides the reader with an introduction to the general plot without revealing any further information about the culprit of the crime or the progression of the investigation. In addition, the initial shock of the murder creates a sense of anticipation to the reader and builds up suspense for the continuation of the book.



Chapter 1 Excerpt

A bloodcurdling scream filled the Royal Halls, piercing through the walls of my dormitory. I bolted upright and darted straight towards the source of the harrowing wail: The Royal bedroom. I slammed through the bedroom doors, allowing myself to set etiquette aside. I felt my lungs cave in on themselves as I took in the carnage before me. I had long expected to see what lay in front of me. Nevertheless, the sight of our dead King shook me to my core. The murder of a King like Arthur IV had always been imminent. Still, the sight of him lying there, blood trickling from his mouth and chest, painting his white, satin sheets crimson turned my legs to lead. I managed to reach the Queen's side before my knees gave out, her majesty's tears soaking into my nightgown. His majesty's killer had knowingly opened Pandora's Box. Chaos and despair had soon to rule the kingdom. I mourned alongside the Queen as guards carried the King's corpse away, the light behind his eyes lingering long after his last breath. I wept not for his death, but the consequences it carried. That day, the light of morning was late to arrive. I returned to my room disoriented, my vision still blurry with tears. As my footsteps echoed through the halls, I knew the loud silence of the castle was none other than the calm before the storm....

Poems

"A Vague Reality", by Electra Chatzidimitriou HS2 ELA1,1

When in a vague reality,
Begins a day of light,
How do we all have eyes to see it?
Hasn't the darkness made us blind?

And if in beauty and in danger,
There was always love to find,
How does one preserve their greatness,
Without fear and strength combined?

And suppose we all could hear
Every other person cry,
Would that make us apathetic,
Or idealists who don't try?

Once we find that inner struggle,
And relieve the world from pain,
Should we make everyone happy,
Or is that a life to be lived in vain?

If we ask too many questions,
Are we inquisitive or dumb?
If we sleep for many hours,
Are we hard workers or numb?

And if there are other people,
Who have never known of grief,
Can we try and break their bubble,
Or would that be a relief?

Should the bigger picture scare us?
Should it make us feel too small?
Should it make us understand,
Or just not change us at all?

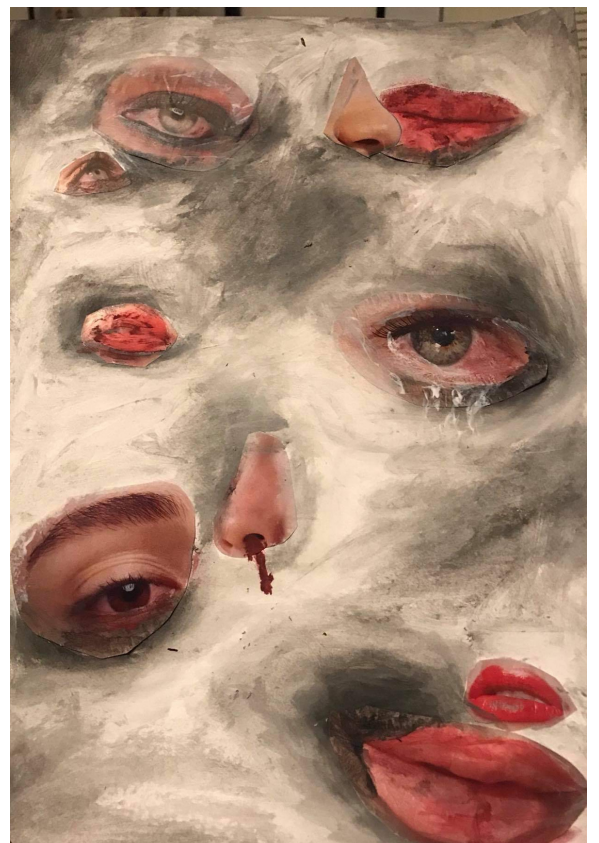
What if people were all strangers,
What if they just act alone?
What if love is meant for others,
Who don't have a heart of stone?

Are there endings to our stories,
Or do they just carry on?
Who will find us when we finish?
Will it be twilight or dawn?

Let us change the world we found,
And prepare a different place,
Where the children and the parents,
Have no problems they must face.

And let's build a world of noises,
One of colors and of warmth,
Let us try and fear no things,
Just the ones we know not of.

And let's live a life of wonders,
Of ideas and of courage,
A tremendous thing that saves us,
Of the others that procure us.



It's a marvellous thing, really,
To just try and change the world,
It takes lot's of work and thinking,
It takes to defy the Lord.

I cannot remember where,
When or who or what or why,
But life is a thing that hurts us,
Only until we say goodbye.

Just remember it takes guts,
And it takes a lot of joy,
To just walk through every fire,
Without letting it destroy.

But as long as you have something,
That your mind and heart will chase,
You will always have a weapon
Against the beauty of this place.



E.D

"Goodbye", by George Kokotsis, HS2

I didn't get the chance to enjoy the rising sun
Because I heard some screams, the battle had
just begun

I thought of my mother's words "you were to
be brave,

Just think of how many people you will save"
Gunshots, explosions, fire and battle cries
Tell me world, don't you care about every
single one of us who dies?

I shot a bullet from my firearm
Jesus, how could I do such harm?
The terror can now be seen through my eyes
They told us this is your duty, they were all
lies!

A bomb in front of me just blew
And there were not many soldiers left, just a
few

For a minute everything stopped
As I looked through hell around me, it seemed
as if the only door leading home was locked

Next to me was my best friend
We had sworn to be together till
the very end

But then a bullet in the air flashed
like a light

It was the most terrifying sight
I watched it pierce his skin
And I was just standing there in the
middle of all this sin

He then struck the ground -
What a terrible fate he had found
During war I've met all my fears
Now I can no longer hold my tears
There were soldiers on the ground
pleading

But the enemy would not stop
killing
Now filled with anger, fury and rage
I grabbed a knife

And I was ready to take another life As I was holding the knife high in the air An enemy hit me in the head and I fainted right there Later I woke up in panic The scene in front of me seemed satanic Me and some other soldiers were captured This war had made my heart fractured They took each soldier and performed torture of all kinds Who knew what was going on inside their evil minds I knew my turn was coming, so I thought of my family I hope after this they will live happily I wanted to return to them, that was my plan But I lost all hope as I realized I couldn't run Another soldier started screaming "no, please, no... Please just let me go" But all I heard was a blast Oh God, I was now the last!	I looked at the enemy soldier straight in the eye All I told him was a simple question "why?" He pointed his gun at my face How disgusting is the human race? I thought of my brother, sister, mum and dad I knew things were bad I just didn't want to make them sad There were many things that they would be upset of I only wanted them to live a good life, ... one I wouldn't be part of I see him move his finger He pulled the trigger There was no escape No love, just hate It's all fine, there are crimes in wars But you don't realize war is the biggest crime of all I was just another soldier born to die ... Without the chance to say goodbye ...
--	---

"To the lost people", by Despoina Rozos, HS2

You were promised ones
Yet you were cheated by mankind's selfish desires
and were expected to live like the many others that came before you

Party after party
You constantly knocked on soulless strangers' gilded doors
Wishing for another meaningful night and not that of desolate emptiness
You wondered and wondered on what you called life
assuming dresses, jewelry and alcohol's drunk gay spell will bring you a soothing ease

Lost in the world, you so blindly gave life to
Seeking redemption and comfort
You came across the strangest sea of bottled tears from those that came before you

Lost in the frozen whispers of despair that echoed your existence
You ravished helplessly trying to find a meaning
You called it upon in your depths of human righteousness to try and understand.
To even steal a sweet glimpse of a moment of happiness
But time was never in your favor

Lost somewhere that you did not want to be found
Lost somewhere beyond reach of the human mind
Somewhere where the illusions of the mind protected you from the gruesome truth of
reality

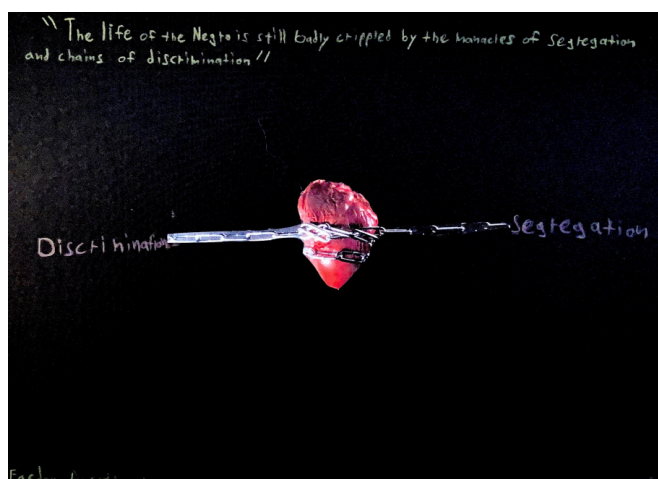
Did you truly wanted to be found?
Or did you enjoy the calm storm that drowned you down?
Did you truly wanted to wake up from this never-ending sleep?
I wonder - did you ever drink - even once – from the sweet nectar of life?
And found some comfort in its warm and welcoming arms?

Dear lost generation
You cheated the balance of life itself or did it cheat you?
You made time kneel before you-
nights were suddenly dressed from the same stars with the bittersweet aroma of fumes
and people's despair

Trapped in the loophole of your mind
You struggled and struggled
And yet you even found ways to outlive the void itself
Thinking that your curse will leave you alone at long last
Hoping you will be graced with a night's worth of whimpers of happiness
Hoping you would be rebirthed- from the vast valley of ashes of subtle and yet silent
death- like the almighty phoenix

But your desperate attempts and cries were not enough to spare you from your destiny
Afterall-
You were born to lost people hanging from the mouth of poverty, oppression, and death
You perished lost in the lonely valley of nameless gravestones
You became the lost generation
the lost people of life
the people lost of life
the life lost of people.

Faidon Papathanasiou, HS1



"From the eyes of a Girl", by Christina Kaldi

I wonder around and see people looking at me, at my clothes, my body,
my face

I see people judging me and talking behind my back
I start thinking carefully about what to wear, what make up to put on,
what to say and to whom to say it.

I am scared of walking alone at night, I am scared of expressing my true
feelings,

I am scared of rejection, scared of failure...scared of others.

But why should I be?

Aren't they people just like me?

Don't they sleep every night and wake up every morning?

Don't they have the same goals, dreams like me?

We may be different but in many ways we are the same!

My dream?

To wake up one morning feeling free, absolutely free from regrets,
judgement -free.

Now I'm just a girl living my life just like you are living yours.

But it shouldn't be this way, there is room for change.

We should support each other, respect each other.

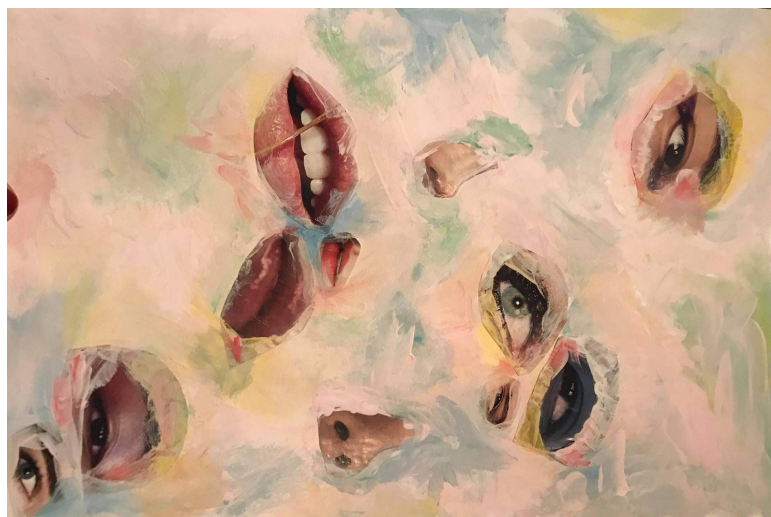
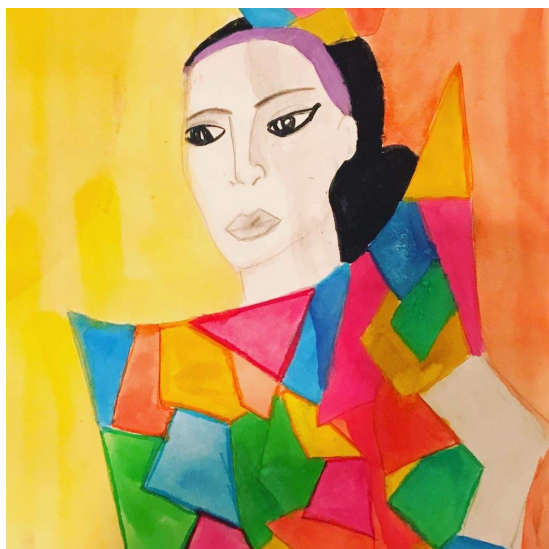
Is that too much to ask?

Now I can't possibly give you the answer to that, but just think of a world
where all that is possible.

Wouldn't that be nice for a change?

So let's take the first step, stop judging ourselves and others, stop being
critical, stop being rude.

After all we have nothing to lose by trying...



A virus, my soul, some birds and the Moon

By Jenny Sklavounou

Normality, insidious reality
incessantly, impetuously
running, and striving
And then again speeding as if life
entails not just a mere spare moment
for this Atrocity to pause
and eventually stop
Not even for myself to maybe breathe,
To feel and potentially live
like a genuinely blissful, powerful soul.

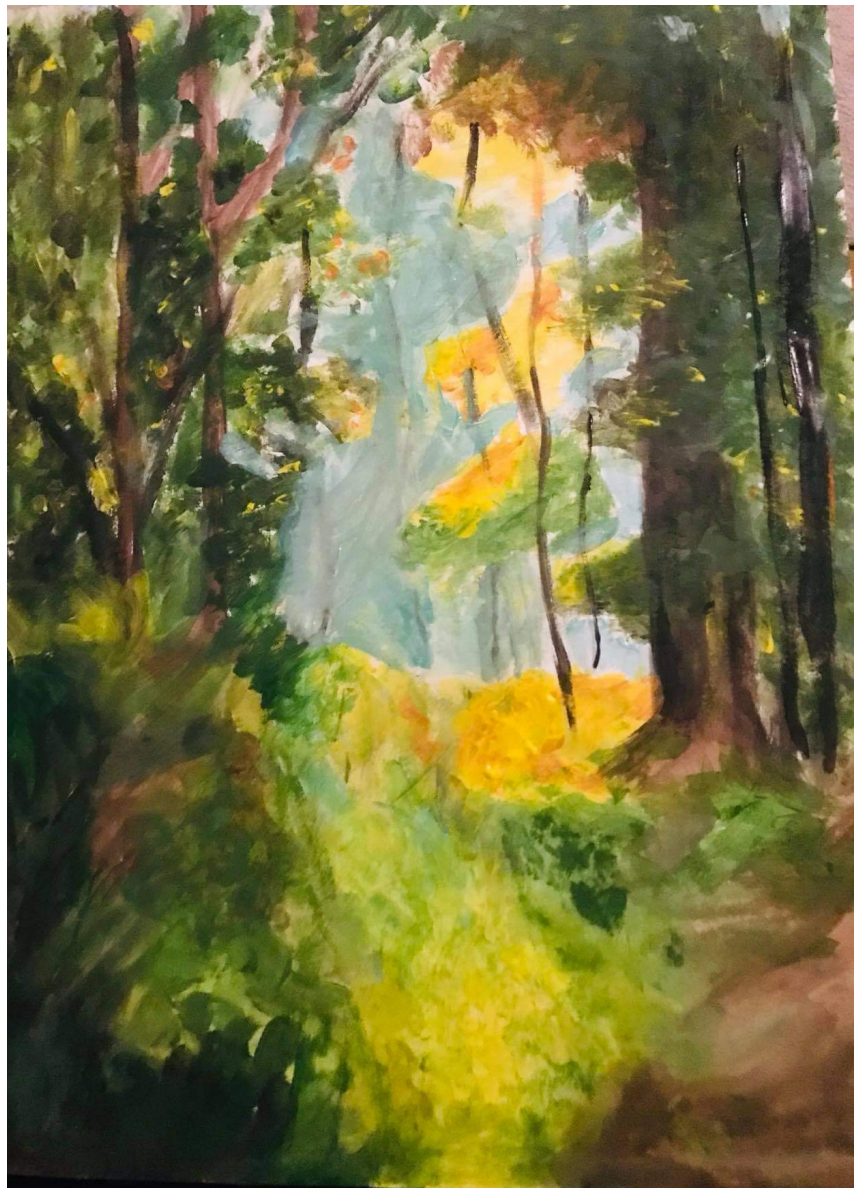
No demon could poison nor debilitate
this deleterious aura even more,
So there, on top of everything
tumultuous
and false
Stood the most tenacious angel
of them all

With no ambivalence nor fear at all,
audaciously decided
to induce the utter demise of this
chaos on the spot
and imminently shoot on to the whole
wide world
a menacing darkness
and the proliferation of the most
dismal virus
Ever seen before

Afterwards the universe was gradually
reborn,
But disconcertingly uncountable souls
vanished and were eternally gone...
Sacrificed for one sole purpose, that of
course
To awaken peace and wisdom
in the hearts of all

Some people became human,
Almighty God
And unprecedented abundance and
tranquility
filled their thirsty, exhausted souls
Because they could finally laugh a little
longer,
without the trepidation of their time being
irrevocably stolen
For once and for all

While others became detestably opulent
by gaining a strange, dismal kind of gold
Gold that wasn't shining at all,
Probably was fake
due to their hearts being frozen,
oh no

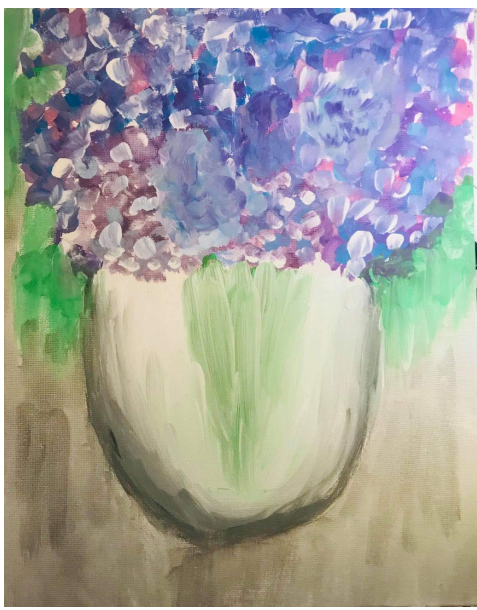


...
And I, one night
I ended up going
To someone I had abandoned so
barbarously
because I was forced
But I swear to God
I never forgot
He looked upon me incredulously
but not contemptuously at all
Because he was profoundly aware of
who I truly was
I implored him to forgive me for all that
went wrong
as from now on,
I will never let anyone
separate me from him, for sure

Simply because it was him, the moon
I loved the most
who since I was a child
was conducive to me being whole
...
And so he,
the moon whispered with tenderness
and this uniquely accommodating, placid
warmth
that as soon as the sun rises
the following dawn,
everything will change once more
And thus, normality will no longer be an
insidious reality
Because if humans gather and unite all
along,
the virus will fade, and Earth will
inevitably transform
into a place of blessings and Pure Love
soaring for All



E.D



**"Dreams", by Kiriakopoulou Anastasia,
HS1**

Life blooms through dreams
through the scare they withhold in their core
Life is all about dreams
it is all about surviving
through the beacon light that dreams serve

From the moment you wake up
till the time you go to sleep
In sunny days and in stormy skies
In sickness and in health
Ensure a happy ending to your dream

And in the meantime
dream about your dream's dream
With one foot on the ground
and one hand in the stars

**"Dreamy Lines", by Moraitis Antonis
and Bagkos Anastasis, HS1,**

Does a dream come true,
like the ocean goes blue?
Does it fill you with joy,
just like a brand-new toy?

Or does it feel impossible
to fulfil,
so close, yet so far away,
as if everything is at bay?
Like it cannot be reached,
an immensely deep ridge.

E.D



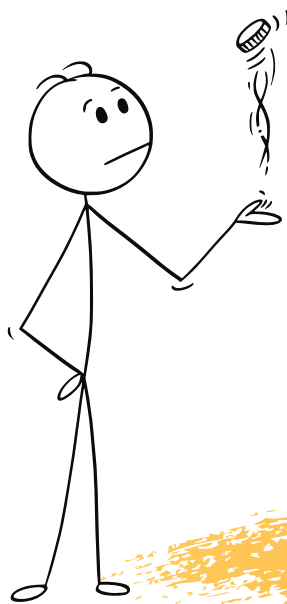
**"The coin", by Rallou
Nikolopoulou, HS1**

You count to three
And throw the coin
It's flipping now -

Which side will it be?
The one facing up
Or the one facing down?

One could say that up and down
are relative
But so is your chance

Flip your coin to see
Which side will it be.



**Finding the detail within us,
by Konstantinos Marmaridis,
HS1**

Were the beauty of this world to
exist in the detail,
We would all stare through our
microscopes
Were the detail to exist on the
surface,
We would all stare at it in the eye.
Were the detail to exist in the
cosmos,
We would all look through our
telescopes.

And yet our lives are defined by
conformity, by routine,
Rendering us incapable of
appreciating
The detail found within ourselves
Searching for something to stare
at,
Has us incapable to search within
Robbing us of the chance to find
beauty where it rests.



E.D

"To Life", by John Yfantis, HS1LL4

Let us drink to life.

She who makes the world go round.

She who brings forth bliss and strife.

Let us drink to our hopes' profound.

Happiness comes and goes,

Gilding her surface with gold.

However, She gains essence from our woes.

Goodness gracious, let us not grow old.

For Life is a brief long voyage,

amidst hostile waters, wild winds

and heavy seas that offer substantial leverage.

Forgive us, Virtue, for ours sins.

For when faced with hurdles,

Happiness bids farewell.

Transforms into a face full of wrinkles,

Hope and dreams cease to dwell.

Let us raise our glasses to life.

She who lends us hopes.

She who kills them with her knife.

Let us drink to forget her tropes.

Papeli Mikaela, HS1



"A Minute", by Rallou Nikolopoulou, HS1LL4

How long does a minute last

When you're out having fun?

How long does a minute last

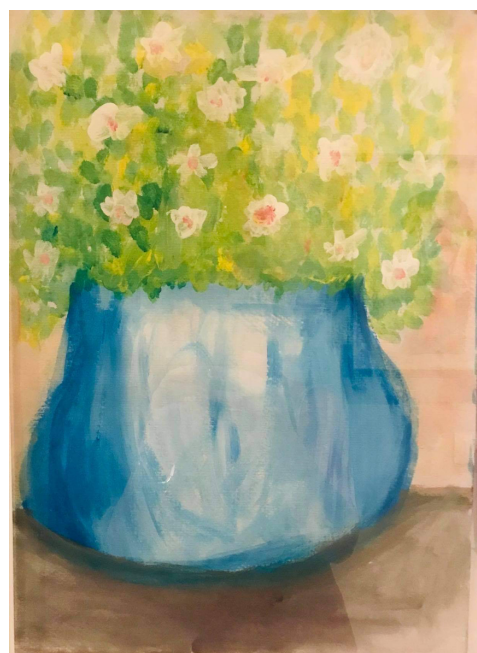
When you're running towards the sun?

When the summer breeze sweeps
through the trees

And you fall down and scrape your
knees

How long does a minute last

When time runs out?



E.D



**"Reach for the Stars",
Margarita Sinesiou**

Reach for the stars
seems they ain't scarce
So they can ahold
All of our aspirations

Reach for the stars
the glory of the mighty suns
See the hardships they bear
when people see them care

Reach for the stars
far far, close to Mars
Life is tricky and bold
so just forget about the world

**"Dead Dreams, by
Konstantinos Marmaridis,
HS1**

What are dreams if they die?
Lighthouses with no light
Lakes overcome by ice
Fruit that may never ripe

But others skate on the ice
Wait till all the fruit are ripe
Use flashlights almost daily
Until dreams are all but
certain



Truman's Essays

During World War II (1939-45), an American B-29 bomber detonated the world's first deployed atomic bomb over Hiroshima, Japan, on August 6, 1945. The explosion killed an estimated 80,000 people on the spot, with tens of thousands more dying later from radiation poisoning. A second B-29 detonated another A-bomb on Nagasaki three days later, bringing death to an estimated 40,000 people. In a radio broadcast on August 15, Japan's Emperor Hirohito proclaimed his country's unconditional surrender in World War II, citing the deadly valor of "a new and most cruel bomb." Now, more than half a century later, the acceptability of the decision President Harry Truman and his advisors met is constantly being questioned. Given his position of power, did Harry Truman act correctly when he agreed on dropping the atomic bombs or was he naive and immoral? Did the bombs "end the war sooner and saved lives," or was their use unnecessary and detrimental to the interests of humanity?

Beatrice Benou HSiLL4

Harry Truman: leader or murderer?

It is commonly agreed upon that national leaders, in times of distress, are needed to decide upon dilemmas which affect millions of people in each case. Such was the decision which Harry Truman made on August 6th, 1945, and three days later, on August 9th, 1945, when he ordered the bombings of Hiroshima and Nagasaki respectively. Whilst many remain avid advocates of the pressing necessity of such a decision, there are those who adopt a more sceptic approach towards that call. It is evident, though, that in the 21st century, the era of knowledge and information, it would be utterly absurd to be in favour of such practises not only due to the motives of such an act but also due to its humanitarian aspect.

To begin with, whilst President Harry Truman supported that such a deed was merely "a powerful and forceful influence towards the maintenance of World Peace", it is quite apparent that peace was the sole of its objectives it did not accomplish.



In other words, Harry Truman stated in his speech, after the bombing of Hiroshima, that “both science and industry worked under the direction of the United States Army, which achieved a unique success in managing so diverse a problem in the advancement of knowledge, in an amazingly short time” presenting the development of the atomic bomb as a means towards scientific progress.

However, it is quite obvious from the Conclusions of the Frank Report that the construction of this “secret weapon” would constitute the forerunner of “a race of armaments” and thus, deemed it inadvisable. Pondering upon this evidence, one would fathom the true purpose of the creation and use of the atomic bombs: sheer nationalism. That is to say, Harry Truman considered the bombs as a practice of establishing the States’ power and superiority over other nations. Hence, the first reason would be that, even though he claimed to do it for the sake of the advancement of science, Harry Truman bombarded Japan owing to his nefarious desire to solidify American supremacy.

In addition to the deficit in his motivations, Harry Truman did not make the morally better decision, regarding the humanitarian aspect of the train of actions he pursued. The American nation was founded with principles that “all men are created equal” and that everyone has the “inalienable rights to Life, Liberty and the Pursuit of Happiness”, as cited in the Declaration of Independence. Yet, the deeds of Harry Truman did not correspond to these ideals. In fact, he went on to oppose these principles by ordering the bombings of Hiroshima and Nagasaki. That is on the grounds that he deprived some 70,000 people of these inalienable rights.

To make matters worse, the war was unannounced, and he attacked not military bases, but simple urban areas full of civilians. This had calamitous effects on the area thenceforwards, as it caused the augmentation of medical cases of leukaemia and thyroid cancer.



<https://www.dw.com/en/nagasaki-remembers-atomic-bomb-victims-73-years-on/a-45012680>

It can be, therefore, deduced that the second reason would be the en masse slaughter of thousands of non-combatants - an action that should never pass uncriticised - and the contamination of a vast area of land.

Nevertheless, there is a handful of people concurring with that decision, deeming it as something that all leaders do, and that he had no other option seeing that the Japanese would have attacked, and the war would have been perpetuated. In particular, they do accept that it was a way in which more lives were salvaged. As General Dwight D. Eisenhower, Supreme Allied Commander said: “First, the Japanese were ready to surrender, and it was not necessary to hit them with that awful thing. Second, I hated to see our country be the first to use such a weapon.”.

It is rendered quite fathomable, from that statement, that the bombardment was an uncalled-for decision that was not, in reality, responsible for the ending of the war. As a matter of fact, it constituted, thenceforth, one of the incentives for the beginning of the Cold War. Ergo, the bombing was not a decision of pressing significance, and it went on to contribute to later historical turbulences. On the whole, when deciding upon the bombardments of Hiroshima and Nagasaki, Harry Truman did not have in mind scientific advancement as he spuriously claimed, but he instead aimed at a public show of Americas' force. That, expectedly, resulted in the death of over 70,000 million civilians and raised the barometer significantly in incidents of leukaemia and thyroid cancer. That all, was not necessary for the cessation of the war, and it composed one of the causes of Cold War. It is apparent from the aforementioned argumentation that Harry Truman's decision was not the ethically correct one even if it prevented some loss of lives – in their grand majority American. After all, how ethical can a bombardment of civilians be?

John Yfantis HS1 LL4

Did Truman make the right choice?

Boom. Although the use of this word may seem like a funny way to begin an essay, the Japanese certainly weren't laughing when it was used to end a war – and the same should have been true for everyone else. Sadly, we live in a world wherein ethics are subjective, so, as many were expressing distaste and sorrow at the detonation of two atomic bombs in Hiroshima and Nagasaki, others were defending President Truman's decision to release the nuclear warfare with rigor, even going as far as to congratulate him on his political prowess. Considering my tone in the previous few sentences, I think it needless to express that I stand with the first group, as I find that Truman's decision was an unnecessary act driven by American nationalism that resulted in both direct and indirect long-term harm on a global scale.

President Truman, drunk on nationalism and power, "regarded the bomb as a military weapon and never had any doubt that it should be used." In fact, his overwhelming lack of doubt even blinded him from any other, less devastating options to ending the war. Truman was fully capable of performing a demonstration of the bomb to coerce the Japanese into surrendering, negotiating surrender terms with them or even acting through the concoction of the above two. Instead, in his mind, a mind inflated with pride, sacrificing a miniscule piece of the American ego by negotiating with the Japanese or allowing them time to consider their conclusion was simply consider diminishing for his nation, or, in his words, "Let there be no mistake: we shall completely destroy Japan's power to make war. Only a Japanese surrender will stop us."

Admittedly, all of the above would not have been completely morally corrupt, had it been evident that Japan was not going to surrender. That however, was simply not the case. Multiple documents prove the fact that Truman and his colleagues were aware of Japan's intention to surrender. General Dwight D. Eisenhower even stated, "The Japanese were ready to surrender, and it wasn't necessary to hit them with that awful thing." If Japan's desire to surrender was not enough, the Russians had even promised to join the war against them on August 8, 1945, two days after the bomb in Hiroshima was eventually detonated. To conclude, the dropping of the Atomic bombs on Hiroshima and Nagasaki was not much more than a red, white, and blue firework show bright enough for all the world to see.

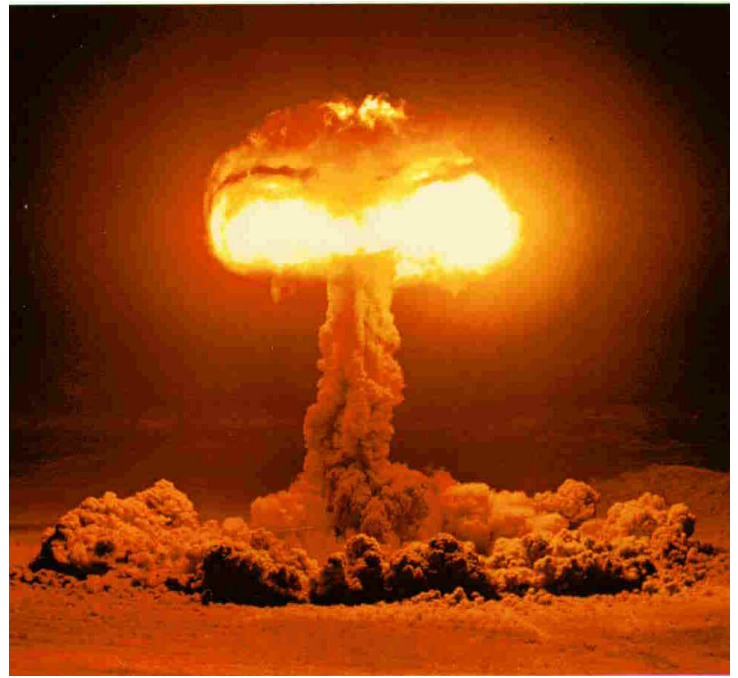
The detonation of the Atomic bomb in Hiroshima was an intentional war crime, as "The present view of the Committee was that the bomb should be used against Japan as soon as possible; that it be used on a war plant surrounded by workers' homes; and that it be used without prior warning." The bomb was partly targeting workers – citizens who were not active in the war. The total direct casualties of the Hiroshima bomb are estimated to be 135.000, thousands of which are certain not to have been soldiers. Indirectly, however, the number of casualties increases due to the medical repercussions of atomic radiation exposure. Even today, survivors of the bombing are at higher risk of leukaemia and thyroid cancer. The implications of the atomic radiation led to the deaths of many after the bombing itself. On a political level, Truman's decision was just as terrifyingly consequential.

For another, it resulted in the development of nuclear weapons in other nations, which has deemed many countries completely defenceless in the face of nuclear power and created the looming possibility of a nuclear war. Overall, as a result of Truman's decision, "the world changed overnight", and not for the better.

A counterargument to all of the aforementioned arguments is that which claims Truman's decision not to be reprehensible due to the number of American lives it saved. This point is supported by later evidence from Japan which seemed to prove that the war could have potentially continued for months, had the bombings not occurred. However, both this argument and the piece of information connected to it are irrelevant in the judgement of Truman's decision, considering that, as mentioned in the second paragraph of this essay, Truman and his colleagues were under the impression that Japan would surrender either way, and they detonated the bombs thinking that it was completely unnecessary to do so to end the war. On top of that, there were different ways in which Truman could have achieved the end of the war without using the bombs.

To sum up, the President disguised his belief that the loss of foreign human lives was of lesser value than his concern for American lives.

On the whole, Truman's decision was both morally and ethically corrupt, as well as more harmful to humanity than Japan's brief potential continuation of the war could have ever been. A power too great for man to hold was placed in Truman's palms, thus he never realised that its metaphorical explosion would have been of larger gravity than its physical one.



<https://kingdom1st.wordpress.com/2017/10/27/4-reasons-to-hope-despite-a-world-that-is-falling-apart/>

Eftyxia Christodoulou HS1 LL4

Using the Bomb was the only option.

August 6, 1945. The first atomic bomb ever created by the United States was dropped on the important Japanese military base, Hiroshima. It was the first of the two atomic bombs, carrying more power than 20000 tons of TNT, used by America to end the 2nd World War. More than half a century later, many interpretations of Harry Truman's decision have emerged. One group believes that the bombings were necessary to end the war and save lives.

According to this view, ordering the bombings was the only effective and direct way to put an end to the war without losing more than one million American lives. Others believe that dropping the bombs was unnecessary, unwise and even immoral. People holding this view argue that while Truman and the others were honest, they were also naive; they took into no account the long-term effects of the bombings, such as the armament race and the Cold War. Personally, I believe that President Harry Truman had no other choice but to use the two atomic bombs against Japan. After the Allies defeated the Axis in Europe in May 1945, the US military anticipated the war to linger on for at least a few months longer. The operations to recover all of the lands captured by the Japanese between 1940 and 1942 were protracted and brutal. Not only that, yet the fact that Japan is a nation which consists of dozens of small islands, some of which serve as military bases, made America's endeavor to gradually take over Japan by invading and conquering all islands one-by-one even more challenging and vicious.

Despite their confidence in success, the Americans recognized that any attack on the Japanese islands would cost thousands of lives. The United States had thus far lost nearly 7000 Marines and counted more than 20000 injured soldiers from the battle of Iwo Jima. The option, therefore, to seize Japan from within was highly avoided by President Harry Truman and his advisors. Given that no more lives were to be lost in an attempt to annihilate Japan, President Truman reached the decision that the United States should be the first nation in the world to drop the atomic bombs. The 2nd World War ended considerably sooner than the Americans had feared. Dropping the atomic bombs, hence was essential for ending the war with as little American casualties as possible. Dropping the atomic bombs was the only thing that could have persuaded the Japanese government to surrender. Even the prospect of an American invasion of their homeland did not tempt the Japanese nation into surrendering. The odds were heavily stacked against them defeating Americans, yet "gifting" their land to anyone was unheard of in their culture and ideology. ... Furthermore, the Japanese forces abroad would have ruthlessly fought for their country's freedom and would have probably carried on the war even after Japan itself had been conquered. The use of the atomic bombs, however, left the Japanese government no realistic alternative to surrendering, as they had no way of preventing the United States from dropping said bombs on any other of their cities. They were not aware that there had only been two bombs available and, therefore, rightfully made the decision to surrender instead of risking the destruction of yet another city. That was the outcome president Truman had hoped for; to end the war without invading Japan or having to defeat the remaining Japanese forces in Asia, which -even if it would weaken them- it could have delayed the end of the war by a few months. Given, thus, that the atomic bombs were the only way the Americans would end the war and compel the Japanese to surrender, their dropping was an inevitable strategic move. One might object here that the attacks on Hiroshima and Nagasaki involved mostly civilians. Nevertheless, the two cities were not targeted to bring death to non-combatants, but rather because they served as significant military bases for Japan. The 150000 approximately lost lives due to the bombings can be accounted, hence, as collateral damage in an effort to end the war. The Japanese civilians, thus, met their end so the souls of the 6 million Jews brutally murdered in concentration camps could finally rest in peace. They sacrificed their lives so all of the victims of crimes committed by the Axis could finally watch the perpetrators be brought to justice. Consequently, dropping the atomic bombs was necessary, offering not only a sooner end to the 2nd World War, but peace in the hearts and minds of the millions of sufferers of the ghastly war crimes as well.

Harry L. Stimson, the Secretary of War, who amongst others took the decision to go through with the dropping of the bombs, once said, "In the light of the alternatives which, on a fair estimate, were open to us I believe that no man, in our responsibilities, holding in his hands a weapon of such possibilities for accomplishing this purpose and saving those lives, could have failed to use it and afterwards looked his countrymen in the face."

The United States had created a powerful and lethal weapon, able to end such a barbarous and merciless World War, while saving thousands of lives. **Beatrice Benson, HS, 114**

Articles

Global Issues



“Can we ever eradicate COVID-19?”

Covid-19 has been nothing but a curse to humanity. More than 2 million people have died worldwide since the beginning of the pandemic, a year ago. Currently, a lot of unanswered questions have arisen. Will we ever recover? It is possible to eradicate covid-19? Should we adapt to a new reality?

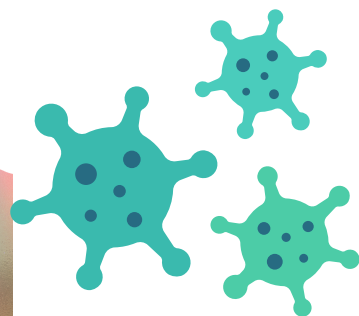
While for the majority of the world population the COVID-19 pandemic is a new “experience”, it isn’t for the world of medicine. In the past, mankind has been struck by multiple diseases, one of them was smallpox.

Smallpox case

A smallpox pandemic took place around the 1950s and it was later eradicated. But how did we manage to put an end to it? The first step taken was vaccination. The second and most important was global cooperation. This means that the World Health Organization (WHO) functioned collectively and vaccines were distributed worldwide. The next step was to check whether animals could spread the disease and thus make it harder to eliminate. Fortunately, animals had nothing to do with smallpox. Last but not least, doctors used the ring vaccination tactic; they vaccinated the people who had been in contact with the infected. This was easily done since smallpox victims had apparent symptoms. Eventually, the disease was wiped out in the 1980s.

Covid-19 case

It would be ideal if the Covid-19 pandemic follows the same path as smallpox. However, even though vaccines are not the problem, there is no global cooperation. To be specific, countries have adopted a nationalistic approach to the pandemic. For instance, some countries banned exports of protective gear, others restricted the export of vital drugs and the US pulled funding from the WHO. The UN secretary General, Antonio Guterres said “the pandemic is a clear test of international cooperation - a test we have essentially failed”.



At the same time, as vaccines become available, richer countries are buying up the supply, leaving poorer nations behind, increasing its spread and eventually its mutations. A New York Times headline from April 2020 (the beginning of the pandemic) read: "A new front of nationalism: the global battle against the virus".

Apart from the lack of collectiveness, animals are vectors of the virus, meaning that even if we remove the virus from the human population, it could easily reappear. Also, the medical world cannot apply the ring vaccination, since covid-19 is invisible; many infected might be asymptomatic. Therefore, they cannot be traced or isolated. Evidently, the corona virus isn't a good candidate for eradication.

Conclusion

Smallpox was a human disease we eradicated. However, when it comes to Covid-19, we will most probably end up with a virus we can temporarily contain with an annual vaccine, like we do with the flu.

As people become immune, there is a strong possibility that Covid will become "endemic" – always around, but not developing to anything rather than a

common cold. In January, Nature asked around 100 immunologists, infectious-disease researchers and virologists whether covid-19 could ever be eradicated. Almost 90% of respondents replied that the coronavirus would become endemic. Angela Rasmussen, a virologist from Georgetown University said that "The virus becoming endemic is likely, but the pattern that it will take is hard to predict".

An American epidemiologist who helped eradicate smallpox said that the COVID-19 pandemic was not "the big one," nor the last one that humanity needed to worry about. "We've gotten [comfortable] in our ability to react to outbreaks, and not prevent them. And I think we've let down our guard" Brilliant said. "We need to be really careful that we devote all the attention we can to stopping this [pandemic] now, worldwide, and then preventing the next one".

We will most likely be able to go back to our life as it used to be, but we shouldn't. Covid-19 is far from the worst disease nature has to offer and evidently we are not ready for something worse. Maybe we should adapt to a more "careful" way of life. Maybe governments should fund immunology research in order to prepare ourselves for the next outbreak.

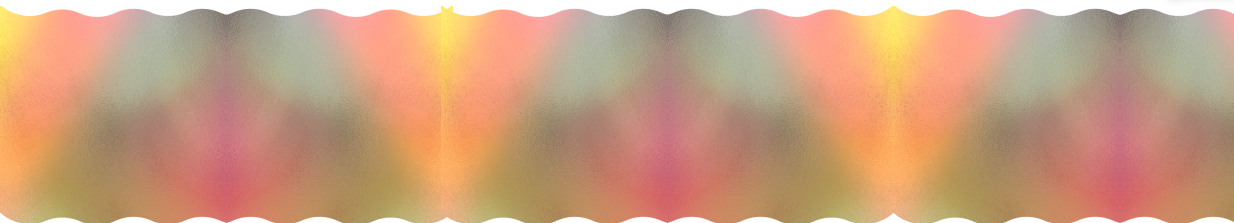
SOURCES

<https://www.youtube.com/watch?v=34ol0yd5YUc&t=337s>

<https://www.cbc.ca/radio/thecurrent/the-current-for-march-15-2021-1.5949837/covid-19-won-t-be-our-worst-pandemic-says-epidemiologist-who-helped-end-smallpox-1.5949901>

<https://www.nature.com/articles/d41586-021-00396-2>

Elena Yiagou HS2ELA1,1



Counterfeit Medicine

As defined by the World Health Organization in 1948, “health is a state of complete physical, mental, and social well-being and not merely the absence of disease or infirmity.” Physical health is proven to be the most discussed and researched type of health. The importance of physical health is highlighted in every aspect and second of our lives and the absence of it is lethal. It is consequently utterly important for each one of us to ensure our physical health.

There are times however, when preserving our health is out of our hand. Regular exercise, balanced nutrition, and adequate rest are not always enough. That’s when the ball falls into the hands of medicine. Medicine forms an indispensable component of health systems in the prevention, diagnosis and treatment of disease and in alleviating disability and functional deficiency. Access to essential medicines, therefore, is critical in achieving global health coverage.

With medicine evolving in a staggering speed, some noteworthy and lethal phenomena like the one of counterfeit medicine have arisen. “Counterfeit medicine includes those with less or none of the stated active ingredients, with added, sometimes hazardous, adulterants, substituted ingredients, completely misrepresented, or sold with a false brand name”.

The World Health Organization has revealed some alarming findings, according to which 1 out of 10 medicines in less economically developed countries is falsified. In order to understand the gravity of this problem one can research the yearly deaths caused by treatment with falsified medicine. That number exceeds a quarter million. Counterfeit medicines can also potentially cause mass poisoning and increased antimicrobial resistance.

Looking into the financial side of falsified medicines, the trade of counterfeit pharmaceuticals is worth up to \$200bn annually. The substandard and fake anti-malarian drugs on their own, cost the health system \$38.5m per year along with the 116,000 deaths they cause.

Public awareness is very limited on the matter. Specifically, only 1 in 4 South Africans were aware that fake medicines were brought in the country back in 2011 and one reason for that is the packaging of fake medicines resembles almost entirely the original one.

The time has come to develop measures to eradicate the manufacturing and trafficking of counterfeit medicines.



To begin with, the matter calls for tougher border security and bans on criminalized pharmaceuticals which can be done by introducing new digital responses such as those that allow for immediate on-site testing of medicines contents at border checkpoints.

Furthermore, immediate awareness of people is demanded. That can be achieved through multiple ways. One would be through speeches delivered in public places which raise awareness on the need to eradicate the manufacturing and trafficking of counterfeit medicines and the consequences of using them. A second could be conferences, which people will be encouraged to attend, where they will be informed about ways to identify fake medicines and medicine specialists will answer any questions regarding that topic. A third way is through social media, where advertisements could provide further information or encourage people to use their devices to download identifications to scan the products and recognize counterfeit medicine before buying them.

Lastly, original medicines' price should decrease so it becomes more accessible to people of multiple socioeconomic backgrounds and so that people are not led to cheaper solutions to fulfill their medical needs, which are frequently fake and harmful medicines.



<https://integrity-asia.com/blog/2017/09/06/counterfeit-medicine-in-indonesia/>

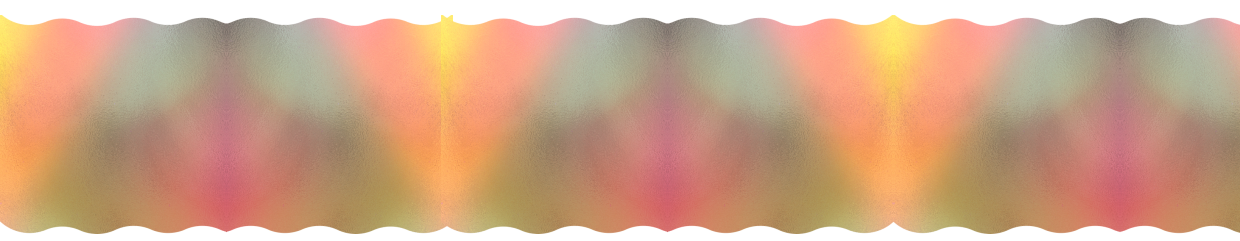
Unfortunately, the only way to know for sure if a drug is counterfeit is through chemical analysis conducted in a laboratory. The best one can do, is have his own drugs, the ones that he knows are for sure original, with him especially when travelling to developing countries.

To conclude, counterfeit medicine is fake medicine and is most frequently harmful to human health. Counterfeit drugs have made their way into trusted pharmacies and subsequently to patients' medicine cabinets. The World Health Organization (WHO) has estimated that 10% of global pharmaceutical commerce involves counterfeit drugs.

Sources

Center for Drug Evaluation and Research. "Counterfeit Medicine." U.S. Food and Drug Administration, FDA, www.fda.gov/drugs/buying-using-medicine-safely/counterfeit-medicine.
"Counterfeit Medicines." Centers for Disease Control and Prevention, Centers for Disease Control and Prevention, wwwnc.cdc.gov/travel/page/counterfeit-medicine.
LaKeisha Williams, PharmD. "The Real Impact of Counterfeit Medications." U.S. Pharmacist – The Leading Journal in Pharmacy, 19 June 2014, www.uspharmacist.com/article/counterfeit-meds.

*Despoina Ntrigkogia Hs2
ELAI,3*



Green Washing

Green-washing → “Green-washing is when a company or organization spends more time and money on marketing themselves as environmentally friendly than on minimizing their environmental impact. It is a deceitful advertising gimmick intended to mislead consumers who prefer to buy goods and services from environmentally conscious brands.”

High-Profile Examples

Eni: In 2020 Eni, an Italian multinational oil and gas company, was fined €5 million because, in an advertising campaign, it claimed that Diesel fuel is “green” and good for the environment (saves fuel and reduces air pollution). The company said it would not use the word “green” to describe motor fuels again.

Mercedes-Benz Blue TEC: In 2016 a class-action lawsuit was filed against the company. The allegation claim was that Mercedes-Benz used emissions-cheating software (defeat devices) to deceptively advertise diesel vehicles as clean and environmentally friendly. The case was later settled.

Tide Purclean: In August 2020 a National Advertising Division inquiry accused the company of representing that the laundry detergent was 100% plant-based when the product was only 75% plant-based. The company agreed to change the plant-based claims that appeared on the product label.

How to spot it & avoid it



<https://www.offlinepost.gr/2020/10/13/are-you-just-another-victim-of-greenwashing/>

Futerra’s 2015 Selling Sustainability Report lists the 10 basic brand marketing tactics that must be avoided.

- Fluffy language: the use of words and terms that hold no clear meaning; like eco-friendly.
- Green products vs. dirty company: for instance efficient light bulbs that are made in factories that pollute rivers.
- Suggestive pictures: Images that give an irrelevant green impression (like flowers blooming from exhaust pipes).

- Irrelevant claims: prioritizing a tiny green attribute, when everything else is anti-green.
- "Best-in-class" boasts: emphasis that the product is slightly greener than others.
- Designations that are just not credible: For instance, the "greening" of a dangerous products to make them seem safe ("eco-friendly" cigarettes).
- Gobbledygook: information that only a scientist could check or understand.
- Imaginary friends: A label that looks like a third-party endorsement, but is made-up.
- No proof: A claim that could be right, but has no evidence.
- Outright lies: Fabricated claims or data

The difference between green-washing and green-marketing

Even though the line between the two practices is very thin, green marketing actually protects the environment. A company that uses green-marketing meets the following criteria:

Uses sustainable practices.

Does not use toxic materials or ozone-depleting substances.

The company products are recyclable.

The company products are made by renewable or recycled materials.

Excessive product packaging is avoided.

The company products are designed to be repairable.

Conclusion

It is vital that in our consumerist society we protect the environment. How do we do that though? At first we must do our own part at home; recycle. At the same time, we must support companies that use green-marketing and condemn the ones that green-wash.

Sources

<https://www.businessnewsdaily.com/10946-greenwashing.html>

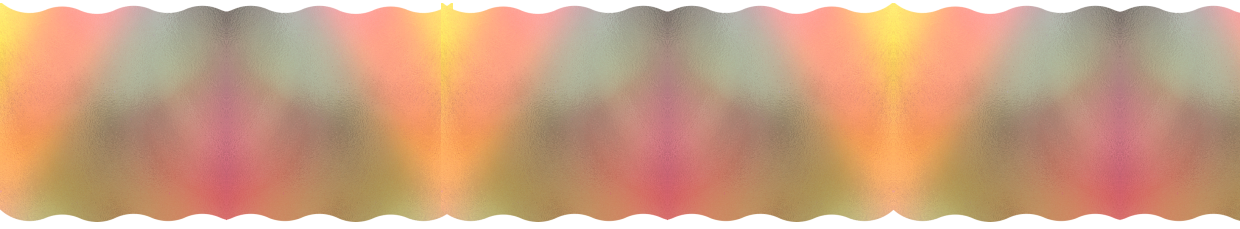
<https://www.theguardian.com/sustainable-business/2016/aug/20/greenwashing-environmentalism-lies-companies>

<https://www.truthinadvertising.org/six-companies-accused-greenwashing/>

<https://www.eco-business.com/news/8-brands-called-out-for-greenwashing-in-2020/>



Elena Yiagou HS2 ELA1



Animal Testing

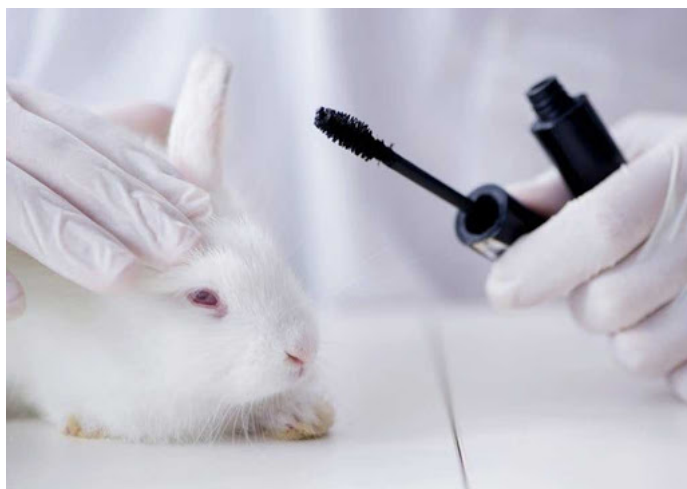


“The screams behind the creams”

Imagine forcing mascara and other cosmetics on your dog to check if they cause allergic reactions. It doesn't seem right, does it? Well, unfortunately, this is the sort of logic that is deployed on the world of cosmetic testing today, only much worse. In fact, pretty much every product from shampoo to contour and lip gloss has been tested on animals before reaching your house.

I bet that you have gone to Sephora, Hondos Center and other such stores, and bought a cosmetic product without checking to see if the product is cruelty free. Many of us are unaware of the terrible conditions imposed on the animals before, during, and after the process of testing cosmetics on animals and how many famous brands are actually test their products on animals. Did you know that approximately 100-200 thousand animals suffer and die from cosmetic animal testing every year? These are rabbits, dogs, guinea pigs, hamsters, rats, mice etc. Their deaths go unnoticed, and there is not enough light shed on them; Such disrespect and heartlessness is inhumane.

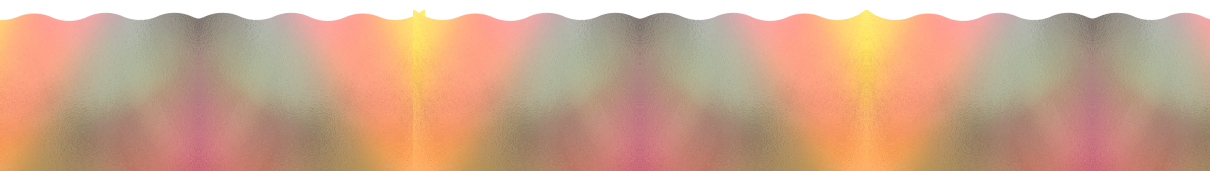
Cosmetic animal testing includes, as explained by the International Humane Society (HSI), skin and eye irritation tests where chemicals are rubbed onto the animal's shaved skin or placed inside their eyes. I know I am going to shock you, but you need to need to know this, If the animal manages to stay alive by the end of the trial, it is not given painkillers but rather is killed either by asphyxiation, neck-breaking or decapitation.



<https://cosmeticschinaagency.com/china-has-decided-to-abandon-animal-testing-for-foreign-cosmetics-brands/>

The American Anti-Vivisection Society, in their “Blinded for Beauty” Campaign, exposes cosmetic companies that do such tests for eye irritants, especially for mascara, eyeliners and eyeshadows. To test the chemicals used in these products, scientists working for these companies strap down rabbits, dogs and primates until they cannot move and they drop chemicals in their eyes. As I have pointed out, when the test is completed, these animals are killed. No one would want their dog to face such cruelty- would you?

Then, why are we allowing it for other animals? Innocent animals are also forced to swallow large quantities of chemicals and cosmetics so that companies can find out the dose that would cause death. All of these procedures cause excruciating pain and distress to the animals including blindness, internal bleeding and organ dysfunction. According to an undercover research by BUAV, thousands of mice are killed annually in such way, while testing the active ingredient in Botox.



Right now, millions of mice, rats, rabbits, primates, cats, dogs, and other animals are locked inside barren cages in laboratories, many of which are there to test makeup and other cosmetic products. These animals suffer languishing in pain and long to be free. However, as long as people seem okay with this, the companies will not stop. All that these animals can do sitting in those cells is silently await for the next painful procedure. The animals that were meant to be free, in nature, are forced to live in such conditions.



<https://animal-testing.procon.org/>

This can also have psychological effects on them, causing them to spin around in circles, rock back and forth, and biting themselves, PETA says. Many of the tests are unnecessary, even useless since the products never lead to anything useful or reach people.

Despite technological advances, these cruel tests are still used in countries all around the world, especially in China, by numerous international companies. Luckily, the European Union, India, New Zealand, Israel and some other countries have implemented cosmetic-testing bans. However, this hasn't stopped cosmetic companies from continuing to test on animals on the pretext that this is intended for something, for example, they would say that their tests are for non-cosmetic Botox. These companies might say that they have stopped testing on animals in the animal-friendly parts of the world. However, in China where animal testing is actually required for the sale of cosmetics, these very companies will go ahead and test their products on animals. This means that if company wishes to sell their products in China, they are also perpetuating this animal cruelty. Benefit, Balenciaga, Estee Lauder, Maybelline, Bobbi Brown, and even Victoria's Secret are still paying for animal testing. Numerous people use their products, unaware of what has been done for their development. Ladies and Gentlemen, it is time to put an end to this cruelty.

There are so many alternatives to these products, by companies that are actually against animal testing. Too Faced, Smashbox Cosmetics, NYX, Tarte, Urban Decay, Lush, Kylie Skin and Bath and Body Works are few examples. On PETA's website and other similar pages such as the Leaping Bunny and Cruelty-Free Kitty, you can find out whether a specific product has been tested on animals or not. In this way, you can be sure of its safety and not unwillingly promote animal cruelty. You should choose this method, rather than checking the packaging, because as PETA points out the FDA does not regulate the terms "cruelty-free" and "not tested on animals" there, hence a non-certified company could use these terms. As Jim Moran and Paul A. Locke have stated in a 2014 article, eliminating cosmetic animal testing is entirely feasible.

With the technological advances that have occurred in the past three decades, scientists have developed alternatives to animal testing for cosmetics. Such methods include use of human blood, cell lines, artificial skin or computer models to test the safety of these products. Companies that are embracing these methods are slowly becoming cruelty-free, cutting costs and saving time. These methods are much more efficient, and do not harm innocent animals.

What can each of us do to help prevent cosmetic companies from using animal testing?

For starters, we need to stop buying these products and start sending emails to the companies rebuking them for performing such cruelty and explaining why we chose not to support them. If companies see that unless they change their ways they will not be gaining profit, they will eventually have to do so. It is in our hands to protect these innocent animals that suffer and die so that we can have makeup.

Thus, since we would never test our mascara on our dog, we should fight for the ban of cosmetic animal, so that no animal has to experience such cruelty.

Next time you decide to buy a cosmetic product, remember the horrible testing, and do some research to find out whether it is cruelty free.

Charikleia Moraitaki
HS2ELA1,3

“Being cruel is not cool”

Cruelty towards animals, also called animal abuse or animal neglect, is the infliction by humans of suffering or harm upon any non-human animal. More narrowly, it can be the causing of harm or suffering for a specific achievement such as killing animals for entertainment. Throughout the world divergent approaches to laws concerning animal cruelty are practiced in different jurisdictions.

Factory farming is the main cause of animal suffering and abuse. These silent victims have been converted into machines that generate meat, milk, and eggs. These animals are sentient beings with a desire to live, but we take that life away. That's not where the problem stops.



<https://grain.org/en/article/6240-the-rise-of-the-superbugs-and-why-industrial-farming-is-to-blame>

Some of the largest – worldwide – corporations, test on animals. These companies own the majority of the brands we commonly find in most beauty stores and drugstores. The real problem has arisen during the past few years, due to the fact that even though we



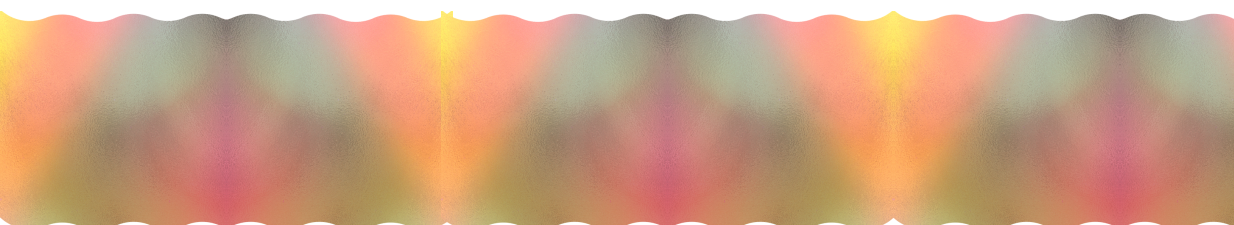
have acknowledged the problem, some of these companies have been making no effort towards changing their unethical policies. However, the European Union Council Directive 1999/74/EC is a directive passed by the European Union which effectively bans conventional battery cages. This directive was passed in 1999 and essentially banned conventional battery cages in the EU from January 1st 2012. Moreover, in most European countries it is now illegal to declaw a cat. Switzerland and Sweden are the two countries that have established the strictest laws concerning animal cruelty. In Switzerland, animal protection laws are among the strictest in the world, comprehensively regulating the treatment of animals including the size of rabbit cages and the amount of exercise that must be provided to dogs. More specifically, in the canton of Zurich an animal lawyer, Antoine Goetschel, is employed by the canton government to represent the interests of animals in animal cruelty cases. In Sweden, killing animals or causing any kind of significant pain to them is punishable by imprisonment of up to two years or with a severe financial penalty. The owner will lose the right to own animals and the animals will be removed from him/her. If the animal is of foreign origin, the act may also be punishable as criminal damage. Throughout history, some individuals, like Leonardo da Vinci, who once purchased caged birds in order to set them free, were concerned about cruelty to animals. His notebooks also record his anger with the fact that humans used their dominance to raise animals for slaughter. Moreover, according to the contemporary philosopher Nigel Warburton, for most of human history the dominant view has been that animals are there for humans to do with as they see fit.

Modern philosophers, such as Peter Singer and Tom Regan, have argued that animals' ability to feel pain as humans do makes their well-being worthy of equal consideration.

There are many precursors of this train of thought.

But even though incidents of animal cruelty take place every day, they are often neglected and overlooked. This world is not just for us, humans, it's also a home to many more species and animals. So if you ever think about helping animals, there is no better time than now.

Panagiota Athanasopoulou
HS2ELA1,1





“Are Women still Oppressed?”

Today, In Sudan, girls as young as 10 years old can get married; In Iran, wives need permission to travel abroad; In Saudi Arabia, women aren't allowed to drive. Yet, some people believe that women are not still oppressed today. While in most countries the basic rights of women have been recognised, the fight for gender equality is not over, and it will not be until all men and women are considered equal. In my opinion, gender discrimination is unfortunately still evident in modern societies.

To begin with, gender discrimination is evident in the working sector. While things are gradually getting better, men are still the strong majority at high ranking positions for companies. For example, of the companies that make up the 2019 Fortune 500 list, only 33 have women CEOs. At the same time, women are paid less for their work. In 2020, women earn 81 cents for every dollar earned by men. These statistics show that women are actually still discriminated upon in the workplace and end up with a different treatment than men, one that provides them less money, and lower ranking positions.

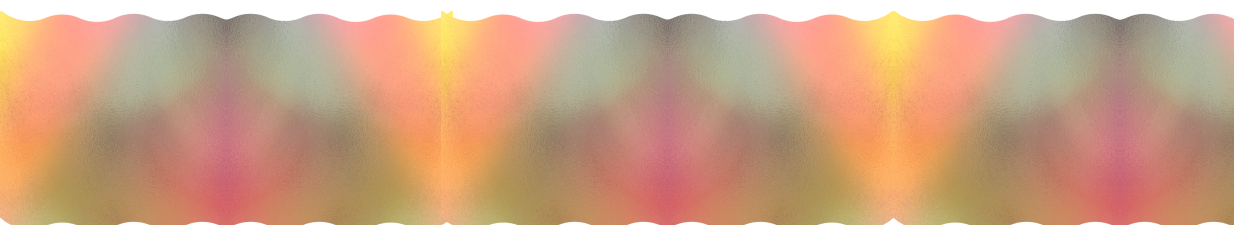


<https://oppressed-Women-Islam-Hashem-Mohamed-ebook/dp/B0787BSML3>

Furthermore, women are still oppressed since decisions are still made about their bodies, predominantly by males. Men are most often the ones legislating on issues such as abortions, sanitary products, contraceptives, etc. In some countries, such as England, menstrual products are taxed with luxury tax, which is a big discrimination, as all women are strongly affected by this, since they naturally need them. By men making this decision, they are

oppressing the need of women to have access to these products. Hence, in today's society, decisions about women's bodies are still legislatively controlled by men which contributes to women's oppression.

Gender roles and stereotypes have not been yet abolished. In society, women are still considered to be the stay at home parents, the ones incapable of having a good job, the ones needing to cook, clean, organise the house, etc. In short, they are still positioned as inferior in today's society. Even as a “joke”, people try to silence women by telling them that their opinion does not matter because of their gender.



Thus, it is evident that this stereotyping is still engraved in today's society. In contrast, there are people that believe that gender discrimination has been solved. These people argue that women can now exercise the same rights as men: vote, get elected, drive, work, etc. However, they fail to realise that while these are definitely very important achievements of the feminist movement, it does not mean that the problem has been solved. Women are discriminated against and disproportionately included in these processes when compared to men, and do not have the same benefits as them, as I explained previously. Therefore, their point does not stand. To conclude, I believe that while women are much better off in today's society than the past, they are still oppressed. We all need to continue the fight against gender discrimination so both men and women are considered equal, and for everyone to feel comfortable in their own skin.

Charikleia Moraitaki
HS2ELA1,3

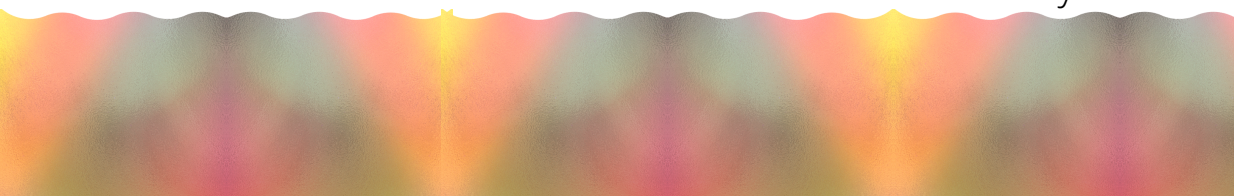
“What is “masculinity?”



For centuries, the words oppression and repression have traditionally been associated with issues such as female oppression by men or political or social oppression experienced by both sexes alike in several parts of the world. However, over the past years an issue that has started to emerge and is being currently studied by psychologists and discussed by experts alike is that of male repression.

<https://www.genderit.org/resources/gender-and-privacy-oppression-liberation-reclaiming-right-privacy>

Male repression or alexithymia is generally defined by psychologists as the inability of the stronger sex to express feelings of weakness and be in touch with their emotions, resulting in their inability to understand such emotions in others. The main reason for this incapacity is believed to lie with the prevalent societal model for masculinity and models of what a real man should be like. Boys are taught from an early age to be strong and remain calm in times of crisis and the old adage “men don't cry” is still considered the proper gender-oriented method of bringing up boys by most parents. This is further reinforced, according to psychologists and sociologists, by role models projected by society through the media. Men are constantly bombarded with images of the “macho archetype”: they are expected to be strong, cool and reserved, to act as the ones who are able to solve problems efficiently and are forbidden or strongly prevented from being seen to break down emotionally.



This tendency towards “masculinity” is most prevalent in older men who have been modeled to repress any feeling showing weakness, thus serving as a role model for the younger generations, who are being taught to emulate them. And the cycle of repression never ends.

Although it may seem peculiar to discuss repression in conjunction with men, as, traditionally, they have acted as the oppressors and not the oppressed, most psychologists today recognize repression in men as one of the leading causes of strife in relationships and one that may lead to their developing psychosomatic illnesses and, in extreme cases, may even result in suicide. Men are taught that any strong expression of feelings traditionally considered “feminine”, such as extreme sadness, delight or love, is frowned upon and should therefore be avoided.

This leads them to bottle up their feelings or convert them to other emotions regarded as “masculine”, such as anger or even aggressiveness. As a result, they often appear to be dysfunctional in their relationships and in some cases these repressed feelings are expressed in physical forms as acute headaches or backaches. Even worse, the chronic repression of feelings may lead to depression, which, in conjunction with other causes, may result in suicide. Psychologists have started using several methods in order to help their male clients overcome this problem, such as schema therapy, psychoanalysis and psychosynthesis, as they recognize that many problems in men's behavior stem from this repression of feelings, unlike women, who have been taught that it is acceptable to express any feeling that signifies sensitivity and weakness.

All in all, and however unlikely as it may seem initially, it appears that men today are indeed repressed by societal norms when it comes to expressing deep emotions and being in touch with their inner self, thus developing several psychological issues that most of them remain woefully unaware of throughout their lives. However ironic it may be that the “strong” sex should be so “weak” in this respect, this is an issue that can be effectively dealt with, only via a profound change in society's norms and archetypes.

Maria-Eleni Batatoudi
HS2ELA1,3

Are Women still Oppressed Today?

For centuries women lived in the shadow of their husbands, fathers and sons; they were forced to silence their voice, to keep their thoughts to themselves. This sad reality was a result of a woman's restricted role in society. Women had to focus solely on conforming to the duties that the social norms of the societies in which they lived dictated. In the male dominated societies of yesteryear the only appropriate place where women were expected to flourish was their household; women were being deprived of basic human rights and were often treated like men's property. Passed along from their fathers to their husbands, they were never allowed to realize their true potential, to live a life of their own choosing.

They were deprived of the chance to contribute to the civil society's progress by means of voting and seeking public office, an opportunity that would have allowed them to prove to the world their capability to do so much more than staying at home, taking care of the children and waiting for their husbands to return from work. Fortunately, things have changed for the better in recent decades and notable progress has become evident in most fields so far as the rights of the women are concerned. However, a reality in which one's gender does not define her/his true worth and potential still remains distant. To this day women continue to struggle to prove themselves worthy of being successful in most male dominated fields and they fight to gain access to opportunities that are readily accessible to men. Today, nearly a century after the suffragette movement which epitomized women's fight for the right to vote, the problem of gender inequality is far from having been solved.

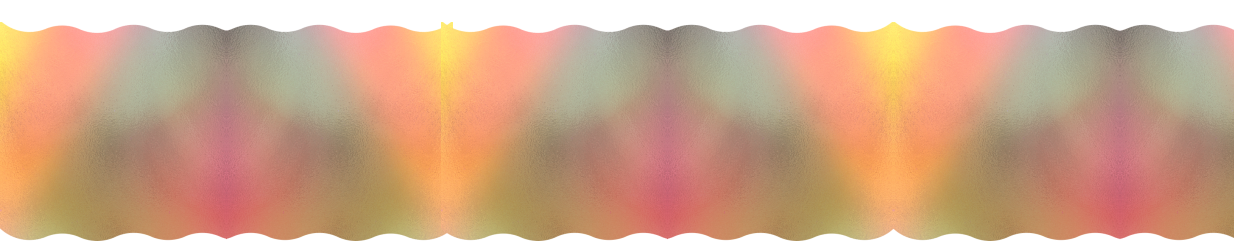
Even though many people claim that women have nowadays gained an equal place in society to that of men, on the global front, the most important issue for the international community remains the need to empower women's voice. Without denying that females have gained access into several previously male-dominated fields the crucial question still remains: "is female oppression over or does it keep reappearing in more subtle, pernicious forms?"

One of the main reasons that women had remained submissive for so long is the fact that they had been deprived of a solid education.

The lack of access to the educational opportunities that used to be the privilege of men only, was perhaps responsible for the creation of a vicious circle. Not only were women unable to reach their true potential but also to comprehend that their lack of access to these educational opportunities was a form of



mistreatment in itself. Additionally, they had to live under the constant threat of becoming stigmatized by a society that discouraged the expression of feelings and opinions that differed from those expected of them. Nowadays, many older women that live in poor, underdeveloped, countries in which educational opportunities are scarce, state that they would do anything to secure a solid education for their daughters in order for them to secure personal freedom and independence. Even if one admits that women do have considerably better educational opportunities than they had in the past, the lack of equal access to employment opportunities remains a serious obstacle to their professional advancement.



A big step towards equality has been the women's successful entrance into the workplace. In the past, a working woman was looked down upon by the society and her employment was viewed as a sign of economic inability of her family to provide for her. But even if women were working, they were not receiving the recognition they deserved.

During the Victorian era in England, for example, even though female authors were allowed to write books, they were apprehensive that their work would not receive the recognition it deserved if their gender had become known. Characteristically, George Eliot, a female writer, became famous as an English novelist and poet, by using a male pseudonym, as she wanted to escape the prevailing stereotype within the literature circles of that era that women's writing was adequate only for lighthearted romantic novels. Nowadays, most women have proven their worth and capability in almost every single field previously dominated by men. Due to the relatively short period of time since these drastic changes in the workplace have become apparent to all, women continue to remain a minority in some still male-dominated fields such as the tech engineering field.

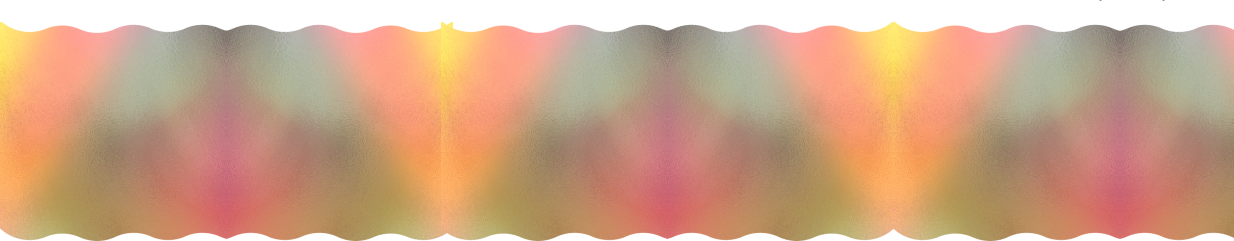
Research has shown that not only is it harder for a woman to enter certain fields in comparison to men despite having similar credentials but also, when they get hired, they do get paid far less than their male counterparts. The term "gender pay gap" refers to the phenomenon of unequal payment between men and women for the same type of work.



<https://ohsonline.com/articles/2020/03/06/why-women-in-the-workplace-matter.aspx>

Although the pay gap is gradually narrowing, research shows that women get paid 23% less than men for the exact same services. Sadly, it is estimated that at the current rate of progress, the gender pay gap will not be eliminated until...2069! Lastly, data show that the chances for a woman to get hired and progress through the professional hierarchy while in a re-productive age are lower, because of the apparent need to spend time raising the newborn.

Is the current position of the women similar in all parts of the world? Unfortunately, the answer to this question is negative. In certain countries women do face far more elemental problems. It is sad to report that in the 21st century in some parts of the world, women are still considered as men's property...



As an example, in Saudi Arabia women are not allowed to leave the house unaccompanied, to enroll in any type of activity at school, to travel abroad or to get a job without having the permission of their fathers or, later on, their husbands. Not having the opportunity to gain financial and social independence restricts their personal development and leaves them with no other option than living in their husband's shadow. In countries like Bangladesh, Saudi Arabia, Cambodia and Egypt women fall victims of "honour" killings, genital mutilation, acid burnings and forced marriage during childhood. In addition women become, more easily, the prey of human traffickers. The numbers of young women forced into sex trafficking has risen exponentially over the last years, while it has also become evident that women are at greater risk of becoming victims of sexual harassment at the workplace. For this reason, women all over the world have recently joined their forces to put an end to the problem of sexual harassment, through the "me too" movement, a female social movement that aims to put an end to women's sexual harassment, through the stigmatization of sexual harassment at the workplace by powerful men.

In conclusion, it is evident that women are still oppressed today. Despite all the significant progress that has been accomplished over the recent years, women are still treated unfairly in comparison to men. In certain parts of the world women continue to face many tough challenges such as being denied access to education, being treated like objects and finally being forced to accept unequal opportunities for fair employment as well as fair professional advancement, in comparison to men.

Irene Livieratou HSiELA1,3

20th Century

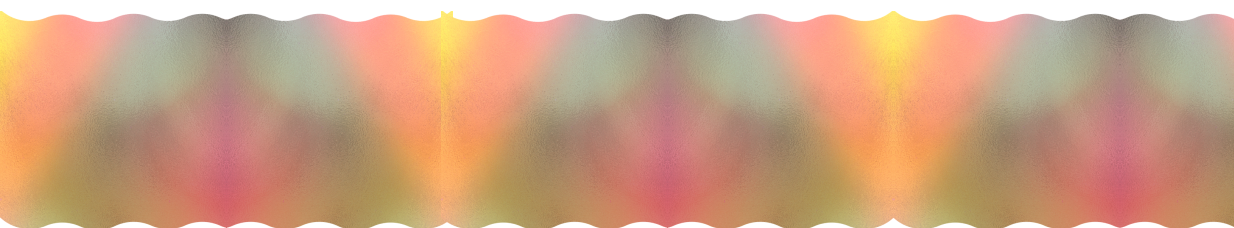


Civil Rights Journal Entry

August 28th 1963, Washington DC

Dear Diary,

I've just returned from an event that will hold a special place in my heart, the March on Washington. It is impossible for any human being not to be touched by what was witnessed today, and I am proud to have taken part in such a great moment in history. I couldn't believe how many other people had chosen to support this movement. Hundreds of thousands of black citizens had marched from the Washington Monument and gathered around Abraham Lincoln's memorial to listen to Martin Luther King's profound speech.



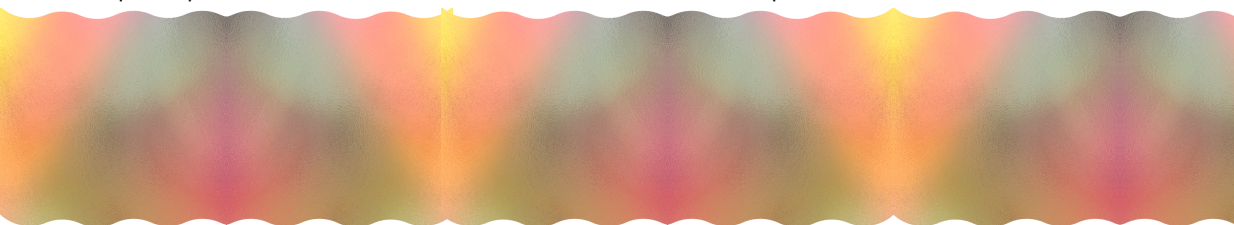
The emotion and pain the event withheld, attracted men and women of all races, including white. Being a black American I had focused so much on the negativity I was receiving from others, I never realized the amount of people that were also intent on beating segregation and establishing equal opportunities for all American citizens. Participating in the event was the least I could do, since my kind has been wearing, for hundreds of years, the rusty cuffs of racial discrimination. The event was closed with several musical performances by Marian Anderson, Mahalia Jackson and my favorite musician Bob Dylan, who set a peaceful atmosphere with their style and music. Needless to say, the area was filled with members of the press to create extensive reports on the march and record live footage of King's speech and its impact, along with multiple police officers to keep the crowd civilized.



<https://www.biography.com/news/martin-luther-king-jr-black-activists-civil-rights-movement>

Evidently, the event could not be complete without Martin Luther King Jr.'s iconic speech. He started with prepared remarks, saying he was there to "cash a check", while warning fellow protesters not to resort to violent methods to fight against racial discrimination.

During his speech, he made multiple historical, and biblical allusions, like the Emancipation Proclamation and Declaration of Independence, and used various techniques to enrich his declamation. For instance, he made several antitheses between black and white Americans, which emphasized the plight conditions in which black citizens, including me, lived in. I must admit I was shook to the core by the ideas developed in the speech and was so moved by the way Martin Luther King presented our current situation, that I could not withhold my tears. For a moment I thought I even saw a white woman sobbing, but again maybe I was wrong... Not a single whisper was heard as, King's voice echoed through the crowd. We had reached a dead silence, and no one dared interrupt Martin Luther King Jr.'s monologue. At some point, I heard a woman scream "Tell them about the dream Martin", and that's when he said firmly: "I still have a dream..." and continued with the most touching part of his speech. I highly believe that Martin Luther King's speech has had an enormous impact on all American citizens, even white people, as it contained a meticulous presentation of American lives nowadays and



put whites into deep concern about the unfair way in which they treated their fellow citizens. I must say, my family and I haven't exactly been treated in an ideal manner by white people, who still do everything in their power to marginalize us, and keep us away from the country's affairs. In order to achieve this, they have established the "Jim Crow" laws, which prevent us from using the same public facilities as whites, or have the right to vote, or even send our children to "white" schools. Can you even imagine this? These monsters forbid us from accessing the same water fountains or bathrooms as them, because they think we are of a lesser kind. This unjust behavior is what led my husband and I to participate in the Montgomery Bus Boycott, inspired by Rosa Parks who set a precedent for the following generations. Fortunately, in 1956, the Supreme Court ruled segregated seating was unconstitutional, and our so long-lasting pushing along finally paid off. During those days we faced a lot of prejudice and received numerous insults, but we were not deterred from continuing our efforts. My own child, my beloved George, participated in the civil rights movement, being one of the nine black students known as the Little Rock Nine. Seven years ago, Arkansas asked for volunteers from all-black high schools to attend the formerly segregated school, and we thought our son could be one of them. In the beginning, they were faced by great violence and so had to be escorted by federal troops. That's when I started regretting my decision to send my child there, but my husband reassured me it would all turn out to be just fine. George and the rest of the Little Rock nine faced continual harassment and prejudice, but their bravery and courage proved their competence and helped ban segregation completely in all American schools. I am so proud of my family's achievements and how we have worked and continue to try and prove our worth to those against us. We are people. We deserve respect, and we deserve a voice. I hope future generations will be able to overcome this tragedy and live in peace as one united nation.

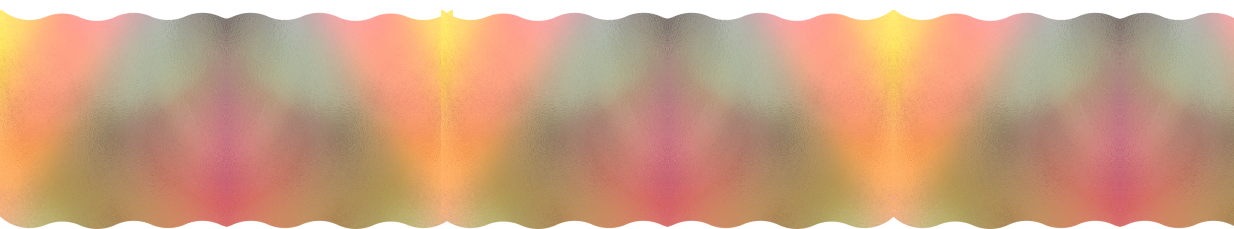
Remind me to stay strong,

Aliyah

Nadina Lyberopoulou
HS2ELA1,3

"The Lost Generation and who lost it"

In 1926 Gertrude Stein first described post WWI writers, whose literary reputation was established in the 1920s, as the "Lost Generation", in the sense that their inherited values were no longer valid in their new reality, as they were a corrupted, materialistic, emotionally barren bunch. Yet, those inventive and ambitious writers, with a deep, profound love for literature and a chic lifestyle consisting of parties, exchanging ideas at Cafe de Flore and spending countless hours at Shakespeare &



Co, revolutionized American literature and left behind a legacy of perfect, mind-bending novels that gave way to a new era of writing and self-expression. So, in a way, not only were they not lost, but they were the most oriented of their kind, a movement of artistic genius that despite the countless changes after the war managed to interpret and criticize their reality through the meticulous representation of moral corruption in books and novels still admired, taught and studied today. However, this generation is still the “*génération perdue*”, as it is described in the novel *The Sun Also Rises* by Ernest Hemingway. So, if it wasn't itself always lost, then, who lost it?

In the 2011 Woody Allen film “*Midnight in Paris*”, an ambitious and “lost” writer from the United States, who has trouble understanding himself and communicating his educated ideas on literature and culture, is given the opportunity to go back to the 1920s and meet pioneers of the Lost Generation, such as Ernest Hemingway and F. Scott Fitzgerald, as every night at midnight he magically travels back in time. This film is a symbolic representation of the modern day writer's love and admiration for the Lost Generation, as well as the ambition to achieve the level of success and innovation of the writers of that time. More generally, it can be even be perceived as an analogy to modern American literature that must ‘revisit’ the 1920s in search of style and themes that can ameliorate its contemporary progress if not stagnation. It is also an imaginative take on how the Lost Generation eventually thrived, absorbing and producing ideas ‘in the field’, the center of moral corruption, shallow parties and desperate lifestyles. However, what Allen doesn't fail to convey is that, despite the film being a literal ode to the Lost Generation, it also has this barely perceived layer that ‘something is wrong’, that those writers are tortured by an invisible inner conflict. And this layer comes closer to the surface through Scott and Zelda Fitzgerald's relationship. In the movie, Ernest Hemingway tells Fitzgerald that Zelda must be more in love with his ‘gift’ than with him. This is an indication of the how emotionally barren Lost Generation writers were, given that Zelda did have multiple mental breakdowns in the future that provoked a feud between herself and her husband, as Fitzgerald accused her of stealing material he planned on using for a future novel. Evidently, Zelda Fitzgerald ‘lost it’, figuratively as well as literally, showing how people of her age had a rather shallow perspective regarding life and love, and love was more of an untouchable idea, much like it is presented in Fitzgerald's novel *The Great Gatsby*. So, the Lost Generation embodied, in a way, the moral corruption they denounced in their books, showing this peculiar confusion between who they were and who they wrote about. However, losing touch with emotions wasn't enough to attribute this spectacular oeuvre of writers the title ‘lost’.

As Gertrude Stein often pointed out, the era during which these writers thrived was, in fact, one of constant yet vain pursuit of materialistic gain. Ernest Hemingway was the one to more to mainly explore this particular topic, in many of his novels and short stories.



Gertrude Stein

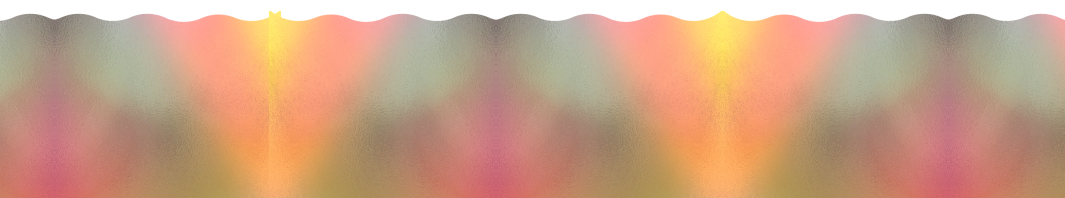
<https://www.theguardian.com/commentisfree/2020/apr/13/book-gertrude-stein-autobiography-alice-b-toklas>

The short story *A Cat in the Rain* by the aforementioned writer may not be among his most famous works, but is definitely one to easily convey the idea of the American Dream and the search for profit. In the story, a woman can see from the window of her hotel room a cat trying to protect itself from the rain underneath a table. This woman quickly realizes she would like to have a cat, and begins to question her current lifestyle, thinking that getting this cat would allow her to reinvent herself, update her wardrobe and change her hair. However, by the time she goes downstairs to grab the cat, she sees that it is no longer there. This is a clear representation of the industrial workers and the working class, who admired the American Dream and wealth from afar, picturing what their life would become should they reach the dainty goal they could see in the distance. Alas, despite the countless admiration and attempts to reach it, their dream was untouchable, impossible to achieve. But still, it was the most popular of dreams, and one that made the society of the time acutely materialistic. So, among this vulgar pursuit of materialistic gain, was there any room for their talent? Or were they 'lost' in a place they didn't belong?

Moreover, it must be mentioned that those individuals exhausted the themes of WWI, especially those pertaining to death and vanity. A characteristic example of this phenomenon is Hemingway's novel entitled *For Whom The Bell Tolls*, which manages, through graphic and detailed narrations of WWI scenes, reaches the conclusion that the bell tolls for each and every one of us, that the bell tolls for all of us. This dramatic yet spectacular message is yet another explanation why the Lost Generation honors its title. Since World War I had a deep impact on their morals and lifestyle, given the unprecedented yet core changes in the society, altered the way they viewed the world and how they should lead their life: they were lost in a time of

reform and unable to adapt quickly. Yet this 'spell' cast upon them by the new ideas World War I gave birth to, they were still peculiarly appalled and afraid of the vanity of life and how everyone was destined to the same, gruesome fate. So what they lost as well was, in fact, the optimistic view of things. Hence, the Lost Generation was quite accurately named as such by Gertrude Stein, but not because it was born lost but because someone lost it along the way. And as we can understand from the numerous previously mentioned examples, that someone, was none other than the Lost Generation itself. Through an attempt to establish their perfect talent, their dreams and passions, they tried to do that in a world not ripe enough for their innovation and with people - each and every Lost Generation author included- that were not mature enough to face and surpass the moral corruption and emotional sterility penetrating them through the deterioration of society around them in a bleak post WWI era full of change. And while the Lost Generation is one worshiped today as is, still taught in schools all over the globe and studied by professors everywhere, one can't help but think what it would look like, had it been given the appropriate space to evolve and grow unbothered. Yet that's the one true beautiful thing about the Lost Generation, no matter how bewildered, how pessimistic or how desperate, the Lost Generation still managed to find itself, many years later, through the way they thrived in a rotten, gilded world and to communicate it to us, even though we can't really relate to it, through heroes even more perfect and talented than their creators.

Electra Chatzidimitriou
HS2ELA1,1



Student Surveys

Do movies and the media set unrealistic expectations for teenagers?

This may sound cliché, but who are we kidding? We've all been there: it's another rainy Saturday night spent smothered by blankets, devouring a family-size box of Ben and Jerry's Cookie Dough ice cream. While alternating between tears of laughter and heart-ache in sight of the *oh-so-never-been-done-before* rom-com playing in the background, you just reach that where did I go wrong breaking point. Why is this character struggling with the choice of which of the two incredibly attractive, smart, funny, and of course madly in love with her boys is she going to date, while I'm sitting alone crying on my living room couch on a Saturday night? Well we have news for you people. You see, it's probably not a product of your own doing that your life doesn't look like that; it's actually the movie's fault. It all comes down to the fact that watching movies is no longer a mere recreational activity. Quite on the contrary, everything from movie references, iconic quotes and characters, or even lifestyle habits like the Mean Girls, "On Wednesdays we wear pink", are integrated in teen culture. In fact, conducting a survey questioning our high-school peers on movies, 58% attested to watching at least one movie per week if not more. Movies are everywhere, that part is irrefutable. With millions of teenagers, however, absorbing the reality portrayed in movies, the question of whether the expectations set in movies are realistic is raised.



According to our survey, romance is one of the main aspects of people's lives that is influenced by movies – with 84% of respondents answering that they think that movies set unrealistic expectations about this aspect in their lives. This makes sense, since it is a truth universally acknowledged, that all stories are in fact love stories (because, if we're being frank, who would watch a movie if there isn't a couple to root for); even the most hilarious comedy or the most thrilling action movie are not without some sort of love story. The Harry Potter series or the Hunger Games for example, although far from being considered the conventional romance movie, do not fail in supplying the viewers with that sort of romantic thrill.

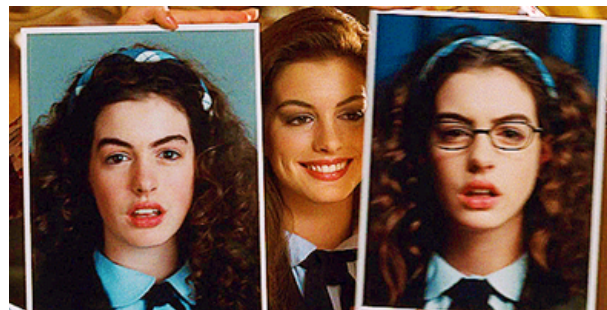


The real question regarding romance and movies is: what is it about the portrayal of love in movies that seeds this sense of inaccuracy in accordance to real life? A look into the renowned love story between Sandy and Danny (just the fact that their names rhyme I think says enough) from the movie Grease holds the answer. Reaching the end of the movie one can see how both Sandy and Danny are willing to wholly change their styles and personalities – and even do so – in order for their relationship to work out. Even as hopeless romantics ourselves, we must acknowledge that in real life, it is not possible for such a drastic change to occur from one day to another simply to please another person. As a result I think we can conclude that none of us are going to be experiencing a The Notebook type of kiss in the rain anytime soon.

Beauty standards are also affected by movies – with 76.5% of respondents believing that this is the case. Although this can happen through all sorts of movies, unrealistic beauty standards are usually portrayed in teen films set in a high school environment.

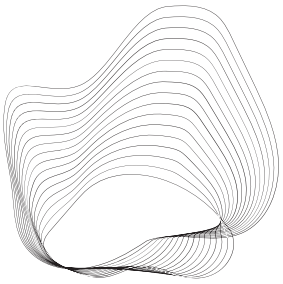
Something often seen in these sorts of movies is a so-called “glow-up”-- a supposed overnight transition where the main-character goes from being the weird, quirky girl in school until suddenly walking down the hallway, her hair blowing with the wind while suddenly looking like the most mesmerizing creature to walk on this Earth! This transition “obviously” takes place by the main character by merely taking off her glasses or changing her style, as happens in movies like “The Princess Diaries” or “She’s All That”. I conjecture that’s usually not the case in real life.

Unrealistic beauty standards, however, can be conveyed through a more indirect way as well. High school movies where everyone is beautiful (literally insanely attractive) like “High School Musical” or the TV-Show “Gossip Girl”, disillusion teenagers into believing that they are supposed to



look their absolute best in high school, which in reality is never really the case. This is mostly due to the fact that characters in coming-of-age movies are, weirdly enough, always played by actors in their 20s who, unlike the rest of us, are not going through the awkward phase of being a teenager. This is bound to cause a certain frustration amongst teenagers and leads to low self-esteem and a need to change. It’s important to remember that the actors cast in movies and TV-Shows, are cast for the movie to sell--and it’s always the most attractive actors that make the movie sell. Another aspect of people’s lives that seems to be affected by what they see on television is people’s expectations regarding academic success. In the survey 42% of the people asked, answered that they believed there is an unrealistic portrayal of academic success in movies. One example that comes to mind is from the movie “Legally Blonde”. Although, of course, the main character’s immediate academic success – from being a fashion major to getting accepted at one of top law schools with no previous experience – is supposed to be humorous, many people might not view it as such.



Clio Tzoanos and Marianna Maridis HSILL₄

Although originally destined to characterise the rule of a high priest, the structure they have grown to refer to can be discovered in every nook and cranny of reality. From ants and bees to religious groups and political parties, in every system, people, animals or things are ranked one above another. Every community recorded within history has been observed to function through hierarchical order, regardless of its size, its epoch, its members' race, gender or even age. I suppose it's apparent where we're going with this - schools. Yes, schools. The school you're probably dreading to attend, the school whose assigned work you've been procrastinating to complete for the past few hours - which is also why you probably picked up the school magazine. One of the reasons you either recoil or beam at the thought of entering the school gates is your placement within the school hierarchy. As members of this school body, we thought it would be interesting to study this phenomenon further; so we have. After creating a survey upon the topic and receiving forced answers from widely unwilling students, we have been able to concoct a mixture of all the social phenomena affecting your behaviour amongst each other.



The Basics

As most of you must have figured out by now, education and its institutions such as schools, universities and classrooms serve as small-scale reflections of society. Therefore, the Education system can be viewed as a miniature example of how today's society functions. This directly leads us to the conclusion that social hierarchies and social classes are present in schools. According to an online survey we conducted, 85% of students at our school agree with that observation. Take a moment to think about some of the social groups you belong to. Now think about how your life would be without them. This feeling of emptiness that was just created helps us understand the vital importance of belonging to a social group. The desire to belong is a strong and insatiable feeling that is present in all beings. It is crucial to every human being's life satisfaction, happiness, mental and physical health. It helps us set high goals, strengthen our self-esteem, combat loneliness, and have a feeling of safety and certainty. As a result, the sense "belonging" is vital, especially for teenagers, who, due to their age, have to fulfil their need for acceptance and successfully integrate into society. Being social and having the ability to easily communicate and connect with others is essential to social integration. Sociable people tend to have multiple connections and are usually sufficiently confident. According to the survey we conducted, 8.3% of the students in our school consider themselves not to be social, 13.9% believe they are not sociable enough, 72.2% feel they are sociable and only 5.6% of the students think they are highly social.

According to our survey, 83% of students feel that they are a part of at least one social group. But what is it that prevents the other 17% from fulfilling their innate desire to belong? Read on to find out.

Social Groups and the Battle for Popularity

Have you ever tried to appeal to your peers? Even if you have not, 60% of students have found themselves struggling to climb the social ladder. Regardless, in 40% of the cases, students feel that they hang out with people of different social stature.

Many students base their self-esteem on others' opinions of them. That is to say that 60% of students feel that capturing the attention of a person higher in the social hierarchy boosts their confidence. This can also be observed in reverse, where 30% of students are embarrassed when seen with students of lower popularity. These responses outline that students in our school form a problematic view of self-actualisation, determining their value according to the popularity of their friends. To make matters worse, 60% of students are at their wits' end when approached by people of higher social status. When students try to climb the ranks, they often fail to take into consideration their actions. Even though that may have dramatic repercussions on their ranking depending on their mistakes, other students' feelings are at stake as well.



In particular, 20% of students asked, have felt that they have been taken advantage of owing to their social status. As a result, students feel that they are amidst constant battles with both others and themselves, where the victorious front gains points of social acceptance.

Confidence and Self-Esteem: How is it affected by the Social Hierarchy?

The pressure of corresponding to the social prerequisites takes a heavy toll on students' psychology and self-esteem. This reality is established by the fact that many students have qualms about coming to school. 60% of students do not feel comfortable entering school premises.

More than half of them feel especially pressured by academic requirements and half of them feel socially inadequate when coming to school. To add to the above, 30% of them feel more judged than others and hence, it can be concluded that school can be an unpleasant experience when students fall short regarding some of the criteria for social acceptance. These feelings of judgement and discomfort influence the way students act among their peers. This means that approximately 60% of students do not freely express themselves in an effort to modify their behaviour in such a way as to correspond to the paradigm set by those most high in the social hierarchy. As a matter of fact, students feel like their social status affects not only their acquaintances but also their treatment by others. More specifically, more than 40% feel that their social status constitutes a limiting factor to them being noticed by others and to their voices being heard. This impacts their standing in the classroom, where 30% feel that their teacher's opinion of them has at least once been affected by their social status apart from their academic performance. As a consequence, all the aforementioned phenomena entail the decrease of their confidence as their need for inclusion is not satisfied and thus they find themselves fighting for the approval of others.

Prerequisite 4: High Social Status

We have established that hierarchies really do exist in school, and yet one thing remains unclear: Who decides who gets to sit at the top rung of the social ladder? What is that unspoken code of conduct which catapults some to popularity and condemns others to the abhorred state of invisibility? According to our school's very own, all you'll need to rise to the top is likeability, good looks, money, an aptitude for sports, and -sometimes- high academic standing - "but not so high as to be characterized as a "nerd"". Everyone concurred in these key prerequisites, but nobody seemed to agree on a particular order of importance. So let's look at the facts. "Do you feel that likeability is a prerequisite for achieving a high social status?" 77.8% responded with yes. "How would you rank the prerequisites from the most significant when it comes to social status to the least?" Only four people ranked likeability and social skills at the top.



Few claimed that it was the most unimportant of the bunch, whereas others, a 47.2%, supported that it plays the most significant role -most often in relation to appearance.

Appearance & Attractiveness and Social Status

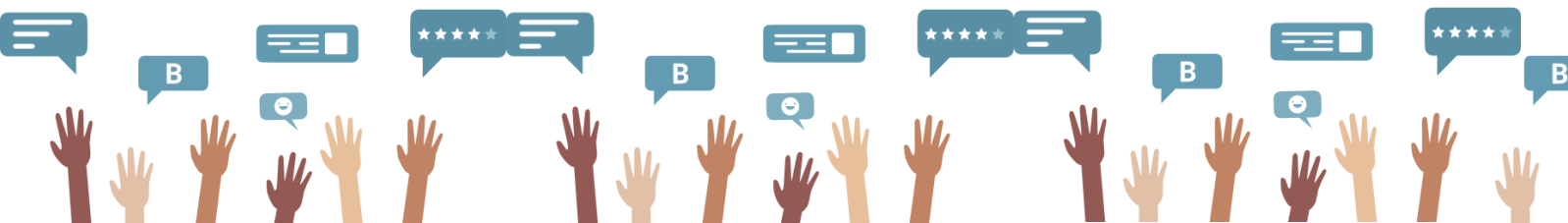
Although this may not come as a shock to many students, approximately 64% of you feel that your social standing is, in part, judged by your outward appearance. Whether it's for better or for worse, your feelings are fully validated by multiple psychological and sociological studies.

judging people by their appearance is something that is unfortunately innate to humans.

The process of examining a person's characteristics and attempting to piece them together in order to form an incomplete impression is a mechanism we all possess. The specific mechanism was designed to keep people safe by identifying whether the person they were encountering had malignant or benign intentions. In other words, it was supposed to warn a person of a potentially dangerous encounter. Of course, its application is accompanied by assumptions on other factors of a person's identity and character, including their intelligence level, their trustworthiness, their social abilities etc., which is where the above statistic comes in. Although the same is undoubtedly the reality within other schools, the majority of our school's students feel that they are categorized into certain social groups by their peers based at least partly on the assumptions made about them in accordance with their appearance. That being said, it can be reasonably inferred that the main dividing factor is based on students' attractiveness apart from the general suppositions one may make by looking at them. Multiple studies have shown that attractive people are perceived as or assumed to be more intelligent, trustworthy, kind, socially skilled, persuasive, and confident than average looking people. Regardless of whether one is attracted to them or not, a subconscious favouritism towards attractive people exists in most, which explains the dominance of more attractive pupils in the school's social hierarchy. Of course, that is not to say that the categorization of peers based on a snap judgement of their appearance is something that we should permit ourselves to do on a conscious level, or that we should use it to determine their value

The Differences
between our and other
schools in terms of the
Social Hierarchy

I think it ^{socially} safe to assume that most of you are aware of our school's reputation among fellow Greek students and schools. Many of the assumptions made about the students of our school are centred around our economic capacity and the behaviour that derives from it.



I'm sure the abundance of HUF and Goodbye clothing or half-empty airpod cases detectable in the school premises is, although not necessarily unfashionable, at times overwhelming. But is our reputation reflected accurately within the criteria for climbing up our school's social ladder? Let's review what some of the students that have transferred to our school from others seem to think. Approximately 35% of respondents to the question "If you are a student that transferred to College from another school, are there any differences you have noticed between the schools in terms of the social hierarchy?" stated they believed that there were no distinctions between the social hierarchies in other schools and our own. Others seemed not to agree, specifying at least one of the factors of social status they deemed differed in College. More specifically, about 42% of respondents expressed that they felt wealth and socioeconomic level were of greater significance to College's social hierarchy system compared to their previous schools. 14% claimed that looks had greater emphasis placed upon them than in other schools, while another 14% wrote the same about academic performance, although they were conflicted as to whether mentioned academic performance should be high or low. Overall, it seems that, unfortunately, part of our reputation as students of this school is not completely baseless, but rather supported by statistical evidence. Although the emphasis on economical capacity as a prerequisite for popularity seems logical considering the fact that College is a private school, the additional stress placed upon appearance and academic performance remains perplexing. As we have diminished our capacity to process anything else due to the plethora of data we have collected, we will transfer this perplexion to you, dear reader. While you process it, we would like to thank the respondents who contributed to our study greatly by providing us with the enlightening answers "No" and, of course, the truly wise "Nssnad".

Although they did not particularly assist in our efforts to culminate data upon the subject of social hierarchies, the below respondents opened our eyes to more significant issues.

How would you rank the mentioned prerequisites from the most significant when it comes to social status to the least? *

the most significant was "Do you feel that your parents' economic status affects your social status in school?" and the least was "Do you feel that ability in sports is a prerequisite for a high social standing?"

Credits to: Quiz-Taker #13, who decided to rank our questions instead.

How would you rank the mentioned prerequisites from the most significant when it comes to social status to the least? *

7/10

Credits to: Quiz-Taker #21

How would you rank the mentioned prerequisites from the most significant when it comes to social status to the least? *

i think i am a socialized person

Credits to: Quiz-Taker #25

Sources

Belluck, Pam. "Yes, Looks Do Matter." The New York Times, The New York Times, 24 Apr. 2009, www.nytimes.com/2009/04/26/fashion/26looks.html#:~:text=Snap%20judgments%20about%20people%20are,those%20judgments%20are%20very%20wrong.&text=On%20a%20very%20basic%20level,a%20dog%20or%20a%20cat.

Milne, Ethan. "The Problem of Pretty Privilege." Medium, Medium, 15 Aug. 2020, ethanmilne.medium.com/the-problem-of-pretty-privilege-d8144ce63665.

Carey, Jacqueline. "UIC Study Details How Today's High School Cliques Compare to Yesterday's." UIC Study Details How Today's High School Cliques Compare to Yesterday's | UIC Today, 2019, today.uic.edu/uic-study-details-how-todays-high-school-cliques-compare-to-yesterdays#:~:text=At%20the%20top%20of%20the,%2Fgoths%2C%E2%80%9D%20a%20new%20group.

Johnson, Stephen. "The 12 High-School Cliques That Exist Today, and How They Differ from Past Decades." Big Think, Big Think, 12 Sept. 2019, bigthink.com/culture-religion/modern-high-school-cliques-study.

Aspasia Bazakidou
John Yfantis
Danae Tavlaridi
Eftychia Christodoulou
HSiLL4

Declaration of Independence

Vergou Maria HSI,Ph5

Preamble

When in the course of human events, it becomes necessary for women to be freed from the male yoke and become independent, they must analyze and explain to the rest of the world the reasons why they are worthy of this independence. We, the women of this world, with respect to the Laws of Nature that God has entitled, have the obligation and the right to compose our own Declaration of Independence, in order to express the injustices we suffer, to strongly support our Rights and independence and to help the rest of the world understand why we should be equal to the station of men.

Declaration of Women's Rights

We hold these truths to be self-evident, that all humans are created equal, that every human, each female, and each male of this planet is given by its Creator the right of Life, Happiness and Freedom. To secure these unalienable rights, women should be free to express and develop themselves and men are obligated to remind themselves of the importance of women, their aptitude and their pivotal role in human evolution. Only then will they respect their rights and secure their safety, providing them with equal opportunities in the sectors of education, labor and vocational training. When men humiliate, underestimate and take advantage of women, in order to control their lives, it is the responsibility and right of women to terminate men's continuous tendency to feel superior and establish their own independence in a candid world.

List of Complaints

Women have been the victims of great suppression, have been mistreated and experienced injustice because of men throughout history.

- Throughout the centuries, they have given us fewer opportunities when it comes to education.
- In the past, we were forced into early marriage and were condemned to a life we did not want.
 - They have given us fewer opportunities when it comes to work.
 - They have taken away our right of free will.
- They continuously underestimate us, and they characterize us as unable and less intelligent.
 - They made us victims of gender-based violence:

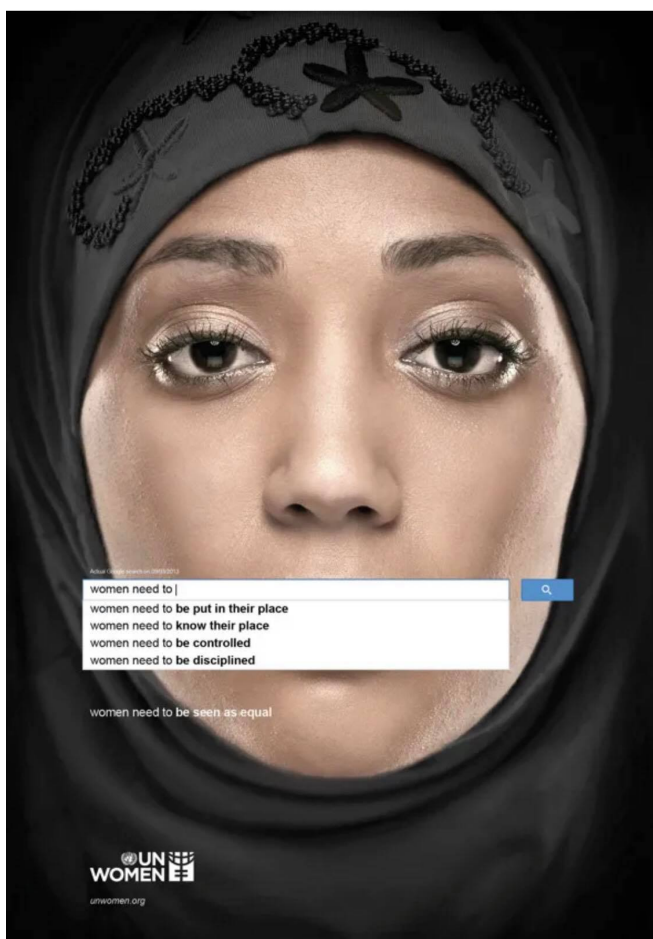
We have experienced physical, psychological, and economic violence, that have stigmatized us and condemned us to a life of misery, a life where we hated ourselves.

Statement of Prior Attempts

Even after all these usurpations and all this unfairness, we have never responded with violence. We have created movements, organized protest marches and we continue to warn them through social media on a daily basis about their unwarrantable attitude towards us. We have appealed to their justice, emotion, and logic. Although our basic appeals to the right to education and voting have been met, we are still being ignored, we are still victims of violence and mistreatment. We must now act one more time and announce our separation from men to become independent.

Declaration of Independence

We, therefore, the Representatives of womankind from Athens College in Greece, appealing to mankind, by Authority of the suppressed and mistreated women of this world, present these facts to the people and citizens of this unjust society and solemnly declare that we ought to be independent, free and equal to men and to be given the same powers men have. For the support of this Declaration, we mutually pledge to each other our Lives, our Fortunes, and our Honor.



Valavani Margarita HSI, Ph5

Preamble

When in the course of human events, it becomes necessary for our society to tackle the issue of discrimination and segregation and realize that we are all equal and have the same rights, it requires us, as part of this society, to write our own Declaration of Independence, for the rest of the world to see and understand why we should all be treated as equal and stop making assumptions about others based on their appearance or beliefs.

Declaration of Human Rights

We hold these truths to be self-evident, that all men are created equal, that they are endowed by their Creator with certain unalienable Rights that among these are Life, Liberty and the pursuit of Happiness. That to secure the above rights, individuals should acquire the appropriate education, raise awareness of the issue, and report any racist or discriminatory incidents that they suspect. If people are being treated in an unfair or prejudiced way because of their characteristics, it is their right to protest and revolt,

as the Human Rights Act makes it illegal to discriminate on the grounds of gender, race, color, language, religion, political or other opinion, and social origin. It is the right of people to fight against something that is most likely to affect their safety and their happiness. Under no circumstances should someone experience physical, mental or psychological violence because of the inferiority and superiority complexes imposed by our biased societies. Such has been the patient sufferance of these people; and such is now the necessity which constrains them to educate our society.



<https://www.amnesty.org.uk/blogs/campaigns/human-rights-act-still-high-alert>

List of complaints/Grievances

Until now, people have been very patient with the narrow-mindedness of our society but with such a long history of mistreatment and unfairness towards people with different characteristics, it is now time that the rest of the world found out what has been going on.

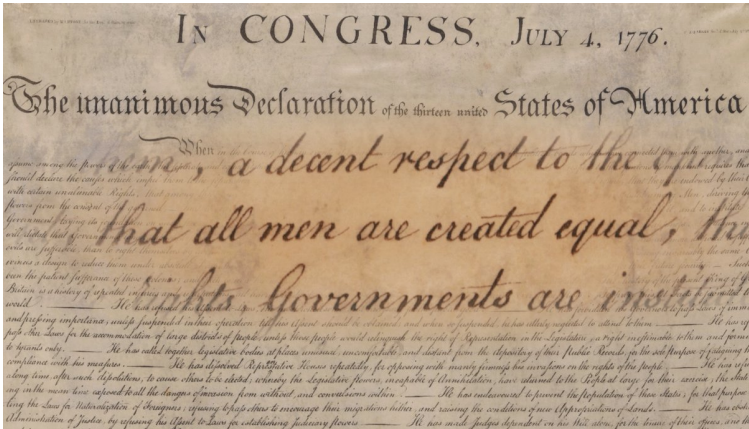
- People are being treated unfairly in the working environment.
- Less than 40 percent of countries offer girls and boys equal access to education.
- Voting and citizenship were largely denied to people of color for many years.
- The poverty rate of colored people is almost three times that of whites.
- Women are participating in labor markets on an unequal basis to men.
- In some countries women are not allowed to vote or work.
- Women earn about 80 percent of what men earn for the same job.

Statements of Prior Attempts to Redress Grievances

In every stage of these situations, we have petitioned for Redress in the most humble terms: Our repeated Petitions have been answered only by repeated injury. A brainwashed society whose citizens are not educated enough, can't be the foundation for equality. All of our complaints have fallen on deaf ears, and they have been ignored leading to the escalation of the issue. We have reminded them of the Human Rights Act. We have even appealed to the mayor, the government, and multiple organizations. They too have been deaf to the voice of justice and of consanguinity. We must now announce that it is high time this situation changed and we have taken the required measures in order to tackle this issue.

Declaration of Independence

We, therefore, as part of this unfair society, present the above facts to the rest of the country and the world. In the name and by the permission of our fellow citizens, we solemnly write and declare that all people are created equal and thus we all are endowed with the same rights. White people are not superior to black people!



<https://www.myveronanj.com/2020/06/04/that-all-men-are-created-equal/>

Men are not superior to women! People with disabilities are not inferior to non-disabled people! We are all equal. For the support of our declaration, we pledge our lives, honor and all that we have!



*"Imagination is more important than
knowledge. Knowledge is limited.
Imagination encircles the world. " -Albert
Einstein*