

ENGLISH SCHOOL
NEWSPAPER

14th Edition

School year 2023-24

1st Junior High School of Trikala



Youth
Voice



**STOP
BULLYING**



STOP
SMOKING

ΑΡΙΣΤΕΡΑ
ΤΟΥ ΝΥΧΤΙ

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1. INTERNATIONAL NEWS

Japan's earthquake was very catastrophic. The earthquake was 7.5 Richter. 55 persons were killed, many buildings were destroyed and many fires were manifested by the earthquake. The fires continued to rage themselves until this morning in Wajima. The fire Department couldn't put out the fires because recently there were many fires and calls for help and they didn't know where to go. This earthquake was one of the biggest earthquakes that ever happened in Japan and there was a big possibility of a tsunami to happen. The material damages were many and many people were looking for a shelter that was in a higher altitude than their house. Especially Ishikawa Prefecture was injured by 155 earthquake vibrations. Most of them were bigger than 3 Richter according to the same service.

2. HOW VIRTUAL REALITY IS TRANSFORMING INDUSTRIES

Virtual reality has taken the world by storm, revolutionizing many industries and providing fascinating experiences. Although virtual reality was originally marketed for gaming, it is now being used in various fields, such as education, healthcare and architecture. Unfortunately, there is a lack of understanding of how virtual reality works.

Virtual reality is a computer-generated, three-dimensional virtual environment that users can interact using a virtual reality headset, whose screen shows you slightly different images for each eye, thus creating the effect of 3D and depth with motion tracking sensors built in the headset and handheld controllers or gloves that allow you to interact with the virtual environment. In addition, some virtual reality experiences include headphones that provide 3D audio, so you can hear sounds coming from different directions. Behind the scenes, there is powerful computer hardware that runs the virtual reality software and generates the realistic graphics and

simulations. These computers have to work really fast to create a seamless and lag free experience.

The concept of virtual reality was first introduced in the 1960s when Morton created the Telesphere Mark and the Sensorama which was used to immerse the user in the video display around them. The ultimate display was an idea developed by Ivan Sutherland, with a similar concept. The next virtual reality technology development occurred in the early 2010s when virtual reality was expensive and it was not considered a technology that would ever become popular with general public. This however, started to change in 2012 when Palmer Luckey debuted his prototype for the first Oculus. In 2014 , Facebook acquired Oculus , leading to a significant increase in the popularity of virtual reality devices for home use.

Several industries have benefited from virtual reality use. Surgeons in the healthcare industry can practice complex procedures in a virtual environment, minimizing risks during real life surgeries. Thanks to virtual reality, students can now go on virtual field trips, exploring historical landmarks or diving into the depths of the ocean, all from the comfort of their own classroom. Even architecture has been transformed by virtual reality. Designers and clients can now walk through visual renderings of buildings seeing the space even before its construction. Last but not least is the impact virtual reality has on gaming. It has opened up a whole dimension of interactive gameplay. Virtual reality brings a level of realism that was only once imaginable, making the experience captivating.

As virtual reality continues to evolve, its impact on various industries will only grow. Virtual reality is pushing the boundaries of what is possible. It is becoming more accessible and affordable, making it available for a wider audience.

Maritina Agiokiriakioti Grade A1

3. Consequences of videogaming in people' s lives

As technology develops, it becomes a crucial part of a person's daily routine. Video gaming is quite popular nowadays and more and more people are making it a part of their everyday life.

As expected, young people are exposed to it earlier on. While that's not a necessarily bad thing, it heavily impacts a young person's mind. In contrast to popular belief, studies have proven that videogaming offers mental stimulation. Without realizing it, videogamers set a goal while playing and are determined to achieve it. When they do, positive emotions such as pride and satisfaction are generated. This helps boost one's confidence and mental state because they're confident that they're able to achieve everything they set their mind to. In addition, another advantage that comes with videogaming is the abilities that it enhances. Videogaming forces you to take quick action, therefore the gamer needs to make drastic decisions. It can be concluded that it helps with decision making. However, since people of younger age groups haven't had any real stimulation from the outside world it is easy for them to get addicted to it. In 2018, the World Health Organization declared gaming addiction a mental health condition and rightfully so. Being constantly stimulated without having to have any interaction with the real life world can isolate a person and make them antisocial. As the group referred to is children of younger ages this affects their undeveloped brain and follows them into adulthood. That is, if the player playing the game can't moderate its use. It's safe to assume that people who can balance their real and digital life are safe from falling into addiction and can actually benefit from it.

To sum up, if used correctly and in control, gaming can benefit even a kid's mind.

KONSTANTINA MANTZANA B2



4. Video gaming

Dear parents and students,

Today we are going to talk about an issue which concerns a lot of families :
ADDICTION TO VIDEO GAMES.

Addiction to video games is a problem that usually shows up on boys and teenagers from the age of 6 to the age of 22. Because video games are designed from psychologists and online video games can be really addictive. One solution to stop addiction to online video games is by spending time doing sports, hobbies or activities with family members or friends. Moreover, if it is affordable , you can go on excursion to plays you like. Plus, children can socialize with sports.

To sum up, in my opinion, I think that children should play video games the same amount of time they do their schoolwork. Also, they should choose real life instead of the virtual one, because real life is small and we must enjoy it.

Thank you !
Evripidis Mpardas

5. VIDEO GAMES

Online multiplayer video games are really popular these days and they help young people in different ways. As a result, the world has become more connected, which is a benefit to us.

Online multiplayer video games have had a positive effect on young people's lives. They make it easy for us to meet people from all over the world that probably have the same interests as us. Furthermore, multiplayer games can actually help reduce stress from young people. Video games help you develop the ability to solve problems and make decisions. As we know, players face a lot of challenges in the game they are playing and consequently they have to enhance their critical thinking skills in order to make the right decision.

To sum up, it is obvious that online multiplayer video games help teenagers change their lives in a positive way , if used wisely.

KONSTANTINA SANI B2

6. Let's Ban Exams !!

Nowadays too much emphasis is placed on exams and I believe it is the time for their role to be re-examined if they are to continue to be part of the educational system.

First of all, exams do not test a student's knowledge of a subject but how much they can remember on the day of the exam. What is more, situations like pupils feel sick or extremely nervous through the exam period are not taken into consideration.

Also, the exam system can not judge effectively people with poor memory for facts or numbers and this is not fair. Last but not least, there are many cases of people who have not studied but have copied from someone else and passed the exams.

Many people argued that exams are the most efficient way of comparing the abilities of a group of students. However, making exam results the main point of learning, gives children the wrong idea of what knowledge is all about.

Taking everything into account, I strongly believe that exams should not be the only way of testing a student's work and ability.

Panagiotis Karanasios

7. The Value of Friendship

Friendship is a beautiful and essential part of our lives. From ancient times, friendship is a rare connection between two or more people who express multiple feelings such as unconditional love. In this article, we are going to explain the importance of this bond.

First of all, a true friend gives you the absolute sense of being accepted in society. Additionally, at the same time, with their supportive and encouraging behavior towards you, they motivate you to become a better person in life. This activity demonstrates that you can face your difficult situations wisely and get to grips with your problem, with the help of their advice.

Moreover, the main point of friendship is the happiness which is added in your life due to their presence. The ideal friends will be able to make you forget your problems and enjoy your current life. They help you avoid loneliness and socialize with others. In this way, you create unforgettable experiences and make memories, which last forever.

To sum up, everything that has been stated so far, friendship is a treasure that can be rarely found these days. So, we should appreciate our friends and be aware of the value of friendship. After all, life is better when it is shared with those who truly care.

Aggeliki Chlorou

Sotiria Giontzi



8. INFLUENCE – PEER PRESSURE

A great number of teenagers today are influenced by peer pressure. This has led some of them to act irresponsibly at times and has given rise to displays of antisocial behavior. However, while peer pressure may be negative in certain ways, it can also have its benefits.

Starting off with the positive points , teens join various kinds of peer groups on social media and exchange opinions on social issues. This means that it helps them develop critical thinking and broadens their mind. Moreover, a psychologist supports that peer pressure is not always bad, while he says that a lot depends on who you choose to be your friend. That is to say, teens choose to be influenced by their friends in a positive way.

Nevertheless, negative effects exist too. A recent survey has shown that the most common social pressures among students is related to alcohol, stealing, or bullying. It is generally believed that young people end up changing their attitudes or values because of the major social pressures that they face. In many cases, peer pressure also increases displays of deviant activity and aggressive behavior among students. Not to mention that adolescents are often forced to adjust their preferences so as to fit in with a peer group.

Taking everything into account, there is no doubt that peer pressure has both positive and negative aspects. In my opinion, parents and teachers need to be alert and prepare teenagers to handle the negative impact of such pressure effectively.

NIKOLETA GOUZIOTI

IRENE VOULGARI

9. HOW RACISM AFFECTS OUR LIVES

Racism is a complex and troubling issue that affects people all over the world. Even at young age, we may witness racist effects on others. It's important

for us to understand what racism is, how it impacts our lives, and what we can do to combat it.

First of all, it's important to know what racism means. Racism is when people are treated unfairly or unequally based on their nationality, or race, colour, religion, social and economic status. This can happen in many different ways, such as name calling, exclusion or even physical violence. It is hurtful and damaging behavior, that can cause a lot of pain and suffering.

Racism can have a negative impact in our lives . It can make people feel unwelcome and unsafe. It can create division between different groups of people to lead to misunderstandings and conflicts. When people experience racism, it can affect their self esteem and mental well being. It is not just direct targets of racism who suffer, but people who witness racism can also feel upset and confused.

So, what can we do about racism? As younger generation, we have an important role to play in creating a more inclusive and respectful community. We can start by learning about different cultures, enjoying and learning to live with our differences. It is also important to stand up to racist attitudes, and when we witness it happening, we should support those who are affected. We are obliged to help build a more harmonious and fair society. It is up to us to make a difference and build a future where racism has no place.

Aristea Tsoulhai

10. MUSIC TRENDS IN THE 80s

This article includes an overview of the famous events and trends in popular music in 1980s.

The 1980s saw the emergence of electronic dance music and new wave, also known as Modern Rock. As disco fell out of fashion in the previous decades, genres , such as post disco, Italo disco, Euro disco and dance pop became more popular. Rock music continued to entertain a wide audience. Soft rock, glam metal, thrash metal, shred guitar characterized by heavy distortion,

pinch harmonics and whammy bar abuse became very popular. Adult contemporary, quiet storm and smooth jazz gained popularity. In the late 1980s, glam metal became the largest, most commercially successful brand of music worldwide.

The 1980s are commonly remembered for the great increase in the use of digital recording, associated with the usage of synthesizers, with synth-pop music and other electronic genres featuring non traditional instruments increasing in popularity. Also , during this decade, several major were developed, including electro, techno, house, freestyle, and Eurodance, rising in prominence during the 1990s and beyond. Throughout the decade, R&B, hip hop and urban genres were becoming commonplace, particularly in the inner-city areas of large, metropolitan cities, rap was especially successful in the latter part of the decade, with the advent of the golden age of hip hop. These urban genres-particularly hip hop and rap- would continue their rise in popularity through the 1990s and 2000s.

A 2010 survey conducted by the digital broadcaster Music Choice, which pulled over 11000 European participants, revealed that the 1980s was the most favoured tune decade of the last 40 years.

Notable artists include Whitney Houston, Michael Jackson, Madonna, George Michael, Prince and Police .

Chrysilia Malakasioti B1

11. Educational visit to Nafplio

On Monday and Tuesday the 11th and the 12th of March, a group of students from the classes of 2nd grade visited Nafplio within the framework of the cultural program "Castles of Greece" with head teachers Mrs Margariti Theodora, Zafeiri Evangelia and Giontzi Eleni. During the visit, the students had the opportunity to tour the castle of Palamidi, the ancient theater of Epidaurus and the archaeological site of Mycenae. In Mycenae they visited the archaeological museum whose exhibits come from the excavations in the acropolis of Mycenae. These are representative examples of the

achievements of the Mycenaean civilization, which had a decisive effect on the creation of the Greek civilization of historical times.

At the castle of Palamidi they were informed about the architecture of the Byzantine walls and the value of the historical monuments. The evening was followed by a night tour of the picturesque alleys of the city of Nafplion. Nafplio became the first capital of the Greek state in 1823. Here, the first government was sworn in and the first governor, I. Kapodistrias, was assassinated.

On the 2nd day of the excursion, the cultural group visited the ancient theater of Epidauros. The students admired the acoustics of the space as well as its aesthetics.

It was a constructive visit which left everyone with the best impressions.

Konstantina Mantzana B2

Sotiria Giontzi B3



12. NATIONAL SCHOOL SPORTS DAY

National School Sports Day is normally celebrated each year on the first Monday of October. The main goal of this event is to highlight how important school sport is for children's mental and physical health.

Our school visited the park of St. George. Everybody had a great time with their friends, classmates and teachers followed by countless of sports activities. There was a variety of activities based on everybody's preferences. Whether you preferred football, or volleyball, basketball or table tennis or just a walk around the park, you surely exercised and had fun as well. Because exercise is not a chore, as many people see it, if you find the sport that really " speaks to too" , you can improve your health, and also have a great time.

So, to conclude, thanks to our teachers, everyone was able to have a ball and enjoy it!!

Nefeli Gkoulioni, Celia Argyropoulou, Nikoleta Giontzi, Evdokia Karamperi

13. ENVIRONMENTAL PROTECTION

Environmental protection is the practice of protecting the natural environment by individual, groups and governments. Its objectives are to conserve natural resources and the existing natural environment and, where it is possible , to repair damage and reverse trends. Due to pressures of overconsumption, population growth and technology, the biophysical environment is being degraded, sometimes permanently. This has been recognized and governments have begun placing restraints on activities, that cause environmental degradation. Since the 1960s, environmental movements have created more awareness of the multiple environmental problems.

8 simple things you can do to help PROTECT the EARTH !!!

1. Reduce, reuse and recycle. Cut down on what you throw away
2. Volunteer. Volunteer for cleanups in your country.
3. Educate.
4. Conserve water.
5. Choose sustainable products.
6. Shop wisely
8. Plant a tree.

Vasilis Yfantis

Lefteris Serderakis, B3

14. FOREST FIRES

Forest fires are a terrible disaster. They destroy so many acres of trees that provides the oxygen , which is so vital in our world. These trees absorb water, which helps to prevent flooding, during heavy rainfall. So much wildlife suffers too, as they lose their natural habitat. During the summer, the temperature rises, and so does the risk of forest fires. Although lightning causes some forest fires, most start due to some kind of accident, usually by careless people , who burn rubbish or lose control of their campfire. There are also irresponsible people who fail to put out their cigarettes properly. However, there are also some people who actually start fires on purpose.

Michaella Karakitsiou

Xenia Baldouna, A2

15. POLLUTION OF THE ENVIRONMENT FROM EXHAUST GASES

The environment pollution is closely related to the development of technology and science. Apart from the benefits, it also has bad consequences.

Climate regulates the health of humans and has caused many diseases . The ozone hole and acid rain is the cause for different types of cancer.

Today, there are solutions that can change the way cars operate, in the management of exhaust gases to the environment from factories, in the daily lifestyle with new devices using electricity and more information in schools, work and television on the way to deal with exhaust gases in the environment.

So, we hope for an environment without exhaust gases, diseases and other problems.

John Louggos

Petros Chloros

16. SCREAM VI

Scream VI (2023) is a horror and mystery film. It was released on March 10, 2023 in the US and later in other countries and is 2 hours and 2 minutes long. The plot is about a group of teenagers who are searching on who is hiding behind the ghostface mask that is going around in New York and killing people in a very sneaky way, which could also happen through messages. After investigations by the teenagers and the FBI they discover that the man behind the mask is THE FATHER OF ONE OF THE GIRLS IN THE GROUP, SAM. The movie ends with the death of Sam's friend Kirby. I don't want to give you any more information about the film. I highly recommend you check it out yourself. You will spend 2 hours in adventure, curiosity and above all, suspense. You can find the movie in Google Movies, Apple TV, rent it or buy it on You Tube.

George Bilios A4

17. THE TRADITION OF THE DOWRY

The dowry is a tradition in which the bride's family gives away material goods to the groom when they get married. The tradition of the dowry existed in ancient years and it stood as the wife's share to the couple's common life.

Every girl's parents have been trying since her childhood to the moment she was proposed to, to collect as much dowry as they could. The dowry usually consisted of clothes, but wealthier families used to offer jewellery, land, cattle, money, as well as property. Moreover, the dowry was a compensation to the groom, as it provided for many aspects of family life. Finally, the dowry was a symbolism, in some way, of each family's financial status.

.Nowadays, the tradition of the dowry is in most countries and civilizations, an obsolete perception, which just identifies the habits and lifestyles of former ages. In the western world, societies are relieved of the tradition of the dowry, and marriages occur after the couple's own initiative, without any parental intervention. From relatively young age, they become financially independent, they are educated, they have their own jobs. This situation abolishes the need for a dowry, as its core essence was to financially support the new family. Another reason why the dowry has become obsolete is that young men nowadays are proner towards marriage and young women today have their own successful careers. In the Eastern countries though, the tradition of the dowry still stands.

DRAWBACKS OF THE TRADITION OF THE DOWRY

The dowry turned the marriage into a financial agreement between the two families

The woman was enslaved by the man, and it seemed to be a means for the man to obtain a fortune.

The woman had no rights over the dowry or over her husband's choices.

If the wife did not satisfy her husband, or the dowry was considered insufficient, the wife was mistreated, tortured, or even lost her life.

The only positive aspect of the dowry was that it was a substantial aid to the beginning of the couple's life together.

According to the above, it is obvious that the tradition of the dowry, revealed

the woman's position in society. It is weakened nowadays, and almost abandoned in most developed countries.

Vaia Tabouka C2

18. The Tradition of the Dowry Throughout History.

The Dowry is a tradition through which the family provides their daughter with money or property for the time when she marries. During Ancient Times,, it was the bride's contribution to the couple's mutual life. Also the dowry was the cause of a marriage.

The tradition of the dowry is met through Homer's Epics and it is referred in the Illiad. During classical times (golden century), the dowry included clothing, cookware, furniture and money. It did not have the meaning of a gift, but the bride's family fulfilment of an obligatory contribution to the marriage. During Roman Times, when women got married, they had patrimonial rights in the family heritage, and thus dowry was given to her and her husband as a compensation.

Moreover, this is the reason why Emperor August created a law in the 1st Century A.D. In the 2nd century A.D a notorial documentary was compiled regarding the dowry. This procedure was applied later in European countries which adopted the Roman Legislation. In Byzantium , the compilation of a contract was obligatory. During the Turkish Empire, this custom consisted top priority to getting married. The size and quality of the dowry, totally determined the groom's status. Also the so called "dowry contracts" were written with priests and witnesses being present.

Throughout the years, this tradition was established in the Greek society and very well preserved up to the last century. The tradition of the dowry was mainly a social necessity, since after the marriage, the woman stayed at home and did not offer any financial support to her household.

19. THE MILL OF ELVES

The history of the Mill of the Elves began like this :

It was December, 2011 when Santa Claus transformed the Mill of Matsopoulos, in Trikala, into the largest Christmas Theme Park in Greece, the “Mill of the Elves”.

The old fireplaces took the lead and since then, they have been working non stop, with the sole purpose of providing joy to young and old.

Like every year, this year too, something new is happening in the Mill of the Elves.... a new story that will travel young and old to a world of fairy tales and magic.

As soon as you enter the Mill, the elves will greet you and you will see a carousel. If you look up you will see the mill, you can go inside , if you want, to your right you will see a scene where shows take place. When you go to the amusement park, you will see the second tallest wheel in Europe. There are also cool games, such as a train, a scary house and others. Next to the amusement park there are some shops that sell food. When you go to the back side of the Mill, you will see various electronic games and skating. As you go along the so called magic route, you will see ana old train. Then you will see an open market with various souvenirs and Christmas goods. At the end of the magic route, you will see the house of Santa Claus, where you can take photos with him. This is our Mill of the Elves.

Stavros Tsilemos

Alexandros Hahamis



Μύλος
των Ζητικίων

Ο ΜΙΚΡΟΣ ΠΡΙΓΚΙΠΑΣ
ΣΤΟΝ ΠΛΑΝΗΤΗ ΤΩΝ ΧΡΙΣΤΟΥΓΕΝΝΩΝ

20. All Children should have a pet

Every child wants a pet. It is a part of growing up. However, there are both benefits and drawbacks to owning a pet, and this requires careful consideration before deciding whether or not to allow a child to have one.

There are several advantages to buying a pet for a child. To begin with, they are great companions and children often form close relationships with their pet. They will probably spend many hours playing together.

Furthermore, having a pet will help teach a child about responsibility. For example, they will have to remember to feed and care for the animal on a daily basis. Finally pets learn very fast and are very obedient. A child will have to learn a great many things on how to take care of their pet.

However, there are a number of disadvantages of having a pet. The main one is that a child will often lose interest in the pet quickly. After a few weeks, a child may become bored with it and be reluctant to feed and take care of it. He may have other responsibilities, which means there is not much free time to spend looking after a pet. Also, there are tasks involved in looking after a pet, that are not very enjoyable, and the child may refuse to do them. If this is the case, life for the pet will become rather unpleasant.

All in all, allowing children to have a pet can be a very educational and rewarding experience for them. However, in my opinion, unless parents are willing to help, many pets will sadly be neglected and not receive the love and care they deserve.

Eva Tyfariki

Anastasia Fortouni, B3

21. The Customs of the Christmas Holidays in Thessalia

Every year, distinct morals and customs are celebrated in Thessalia, which exists from the past, and passed on from generation to generation. They are celebrated from Christmas Eve up until the Theophania, on the 6th of January

which marks the end of the Twelve Days of Christmas, and commemorates the Baptism of Jesus in the Jordan River .

The customs celebrated :

1. “ GOUROUNOHARA “ is one of the most characteristic customs of Thessalia. On Christmas Eve, a pig is slaughtered by a man of the household. Before killing the animal, they cross the animal’s neck three times with the knife. Relatives and friends are invited on this day, exchanging wishes and a feast takes place, with music and dancing. In certain areas, women took part in this custom of killing the animal.

2. “KALIKANTZARIA” is a really old tradition, which takes place in villages. They show up during the Christmas period and they are demons who envy family life and for this reason they destroy people’s properties. People were terrified of them and that is why they tried to find ways in order to keep them away from their houses.

3. Early on the morning of Christmas Day, young ladies of a village, went to the nearest spring to steal the “speechless” water, as was the tradition. They spread butter and honey on the area, and made a wish: “ as the water flows from the spring, so may luck flow in the house”. They return home speechless, until someone drinks from that water. Whoever, got to the source first, is thought to have good luck for the whole year.

3. On Christmas Eve, in different villages of Thessalia, a custom called “ Pantrema tis fotias” takes place. A tree log with a female name and one with a male name are used to keep away the demons. When the girls return from church, they put branches next to the fireplace, while boys put branches from wild cherry trees, which represent their personal wishes.

New Year Customs:

1. The most popular New Year’s custom is the traditional Vasilopita. It could be made in the form of a sweet or a pie where a coin is placed in its

filling and whoever gets the piece with the coin , is considered very lucky for that year. Before the sweet or pie is cut into pieces, they spin the tray three times and share it to the family members from the oldest to the youngest.

2. On the day of the Theophania the Greek Orthodox Church performs the 'Great Blessing of the Waters'. The tradition is that a priest, surrounded by young men and boys, throws a cross into the sea, or river. The minute the cross leaves the priest's hand, the divers jump into the freezing water to catch the cross. The lucky one who finds and returns the cross is blessed by the priest. As the cross is brought back, the priest releases a white dove, as a symbol of the holy spirit. This tradition is carried out to celebrate the baptism of Christ and to bless the waters.

Aspasia Tzamgiozi, Athina Tsotsola, Konstandina Koutsimpela , C3

22. RECIPE for Kourabiethes (a traditional Christmas Sweet)



INGREDIENTS

500 grams butter

300 grams corn oil

1 cup chopped almonds

4 vanilla incense

1.5 cups sugar

1 small glass ouzo

1 teaspoon soda

2 kilograms flour

Icing sugar

INSTRUCTIONS

We mix the butter, corn oil, vanillas, sugar, ouzo and soda and flour. Then we add the chopped almonds. We knead small balls with the mixture, and we make a hole in each one. We bake in the oven (180c) for 20 minutes. We leave the Kourabiethes to cool down for 5 minutes and then we cover them with plenty of icing sugar.

Stratos Daramaras

