Punchline Psychico College Literary and Arts Magazine | Volume XVII | May 2020 Voices

### HIGH SCHOOL ENGLISH DEPARTMENT



Kolympiri Aristea HS2 HTL1

### Editorial

Welcome to the Volume XVII edition of the annual magazine of \_Psychico College Highschool English Department Punchline.

We are really proud to acclaim that we are ready with all new hopes and hues to bring out the XVII issue, which is going to surely unfold the unraveled world of the most unforgettable and precious moments of our school year.

The magazine is to be viewed as a launch pad for our creative urges to blossom naturally. Our school is an incarnation of self-respect, love, affection, sensibility; responsibility and compassion which puts us students into a "State of flow" and makes us genuinely wan to learn.

It gives me immense pleasure to ensure that this magazine has successfully accomplished its objective. The reflection of the students' creativity and achievements is the epitome of the magazine. Students have put forth their ideas. Niki Souras, Punchline Editor

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Special thanks to the English Department for their support and enthusiasm

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- Debating: Are women still oppressed or are men being oppressed today?
- Edith Wharton

### Covid 19 HS1LL3 &LL4

While going through these hard times, lots of people experienced the coronavirus pandemic in many different ways. As for the majority of the students around the world, most of our time was spent online, participating in online classes and uploading assignments. In my drawing, I wanted to depict how the average teenager spent his/her time in quarantine, lying in bed being in a zoom call. Instead of having people as members of the call, I drew snapshots of the events taking place around the world, far away from our safe homes. For example, the lack of hospital beds in Italy, or the craze over toilet paper are some of the many outrageous facts that we were exposed to while in the comfort of our own rooms. Therefore, through my drawing, I tried to show how millions of people around the world were struggling while we were safe in bed.

Iro Panagopoulou HS1LL3



Iro Panagopoulou HS1LL3



It is our collective and mutual

responsibility to preserve and tend to the world which we all live in. The question, however, is how responsible are we in all actuality?

Indifferency is one thing, nonchalance is another. But unawareness concerning this grand scourge that's affecting our precious planet deeply takes thing on a whole other level. Had we watched the news we would be more careful. Had we broadened our education in recycling we would be more conscious. Had we not taken things so ridiculously we wouldn't have reached this dreadful point today. Taking into consideration that 2020 has been attacked by a virus which slowly evolved into a pandemic, it is time for each and every one of us to rethink and reestablish our way of living. The so-called "social distancing" practically saved the planet all together. This biological war is nature's signal that our population has grown so much that it's barely possible for the planet to provide every person out there with the resources he needs for his survival. This biological war ironically brought peace to the environment and the wildlife in its full capacity and capability. Not using our cars and steering clear from utilizing polluting gases to basically murder Mother Earth made us truly realize that we did actually vandalize our surroundings. We actually did everything that could potentially destroy not only our home, but in boomerang effect, destroy humankind too.

Let's reevaluate our ruthless and cruel behavior towards our planet and reconsider our way of living. Isn't it nice to know that because of our "home" confinement, animals are starting to return to their lost homes? Isn't it nice to know that because of our awareness concerning the virus, balance in the ecosystem is starting to flourish? Isn't it nice to know that the coronavirus' domino effect in every corner of the planet made us finally realize that in order for Mother Earth to survive and provide harmony to every living organism, we must stand back and let nature work her magic?

Unfortunately, as history repeats itself, human actions do too. I'm uncertain if our imprisonment due to the virus will make us behave in a more humane way, not egoistically but altruistically. That's where our everyday life comes into play. A pandemic isn't enough to confine us into our homes in order to let the environment balance out. Sooner or later, the virus will be defeated with the help of the medical industry, but the human brain won't be able to comprehend that our precious planet can't be brought to the horrid state it once was. It's a shame that despite the development in every aspect in science, humans continue to treat the planet as if it's worth less than a dime. It's a shame we still haven't come to our senses and constantly continue to annihilate our habitat, our home. We've managed to start so many wars and end them in a not so peaceful way. We've managed to take on the role of peacemakers for countries that never understood what peace meant before their freedom. We've managed to do so many things for us to upgrade our way of life, yet we still can't manage to save the only place we call home, and that's unacceptable. The real question is what will you do?

### Niki Souras HS3HTL1

### Poetry: Covid-19 Incarceration

We are all curious to see when the vaccine will be released Everywhere I go, I must wear a mask And when I get back at home, I got to complete my homework tasks.

Anxiety and worry are surely heightened But the path of hope should be brightened We should help each other

Like they were our sisters and brothers.

So stay safe by following the guidelines And minimize the viewing of headlines. This helps reduce the risk of contaminating the ones close to you Including the symptoms and your mental health too.

Each day passes and we work as a team Sick people coming through in a stream No matter where you work or what you do We're in this together... to see it through

Spyros Laskaris HS1 LL3

Covid-19, far from perfect for a teen.

I'm bored of doing nothing because of quarantine! Every day the same, but who is there to blame? We don't know for sure; all of this is just obscure!

Every time I go out, I have to find a different route, Because else it will be boring and I will resort to snoring. And what will happen when it's over? Another hangover? Everything will be so strange; we weren't ready for such change!

Tzilalis Dimitris HS1 LL4



Quarantine

Its been two months in Quarantine And I even turned sixteen I don't know how to feel

1 just want my friends near

1 can't stop fighting with my sibling Maybe 1 just need to get out of this building 1'm sick and tired of online schooling 1 really need to go swimming

Sophia Ioannidi HS1 LL3



### How Each Sign Deals with Self-Isolation

By Anthi Charoni HS1LL4

2020 was definitely nothing like we expected. Our entire lives have been turned upside down and the coronavirus seems to be in control of everything we do. Most of the world is in self-isolation in order to protect themselves and their loved ones, which is not an easy thing to do. All these drastic changes in such a short period of time are quite overwhelming and dealing with this new version of reality can be very stressful. Things are no longer the same, so we can't live the same way, either. But how is this shift affecting our zodiac signs?

### ARIES (March 21 - April 19)

Aries are known as the leader of every group they are in, which makes being alone a bit difficult. the longer the quarantine persists, the more annoyed and impatient they will become. They will try to go out, using the "I have to go to the grocery store" excuse a couple times too many and daydream about their future plans, while channeling their inner productivity and creating dun projects.



### TAURUS (April 20 - May 20)



You can never really know what's going on in a Taurus' head. They've probably binged watched every single show on Netflix and have like 5 naps a day while ordering take-out. By the end of the quarantine they will have grown, learning that sometimes doing chores and having an online pilates class can me more relaxing than napping your feelings away.

## Aquarius

### GEMINI (May 21 - June 20)

Gemini will not survive if they are self-quarantining! They need other people to socialize with or else they'll lose their minds. These extroverts will feel very isolated, so their best bet is to try video chatting with friends and family to stop loneliness in its tracks. And of course, TikTok is great help.



### CANCER (June 21 - July 22)

Cancers will be very moody sad and during quarantine. They are known as very sensitive people, who will try to check up on their loved ones and help however they can. They'll most probably be wondering: "Why is this happening to me?".

### LEO (July 23 - August 22)

Leos are known for being kind of selfish and that's not going to change. They are the type of people who empty the supermarket and hoarder toilet paper "just in case". They will be worried for their safety and their safety only. They'll be very self-centered during quarantine, so don't take them being more selfish than usual to heart.



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### VIRGO (August 23 - September 22)

Virgos. They've been obsessively cleaning and organizing long before the corona virus even showed up, so that's not news to them. Their daily routine mostly consists of stress baking, saying "I told you so" to everyone who made fun of their cleaning habits, and keeping up with every news station and medical article. Virgos will use the facts to avoid their feelings. You will never see a mask-less and glove-less Virgo.

Aquarius

### LIBRA (September 23 - October 22)

Libras are going into this quarantine very optimistic and positive. They have so many fun activities and ventures they want to take on with all the extra time at home. It is, however, possible that they might not be completely aware of the severity of the situation, going out, meeting other people and not taking the necessary measures.



SCORPIO (October 23 - November 21)





Aquarius



### SAGITTARIUS (November 22 - December 21)

Sagittarius will not be sparing any feelings during quarantine. Due to all the restrictions imposed on them, Sagittarius will be short with everyone. They will be insensitive to the feelings of others and how what they say affects them. You can expect them to call the police if they see you in a group of more than 10 people and shout at you if you are less than 6 feet apart from them



#### CAPRICORN (December 22 - January 19)

Capricorns will be very helpful during quarantine. They want to make sure everyone is cared for and well informed. Capricorns will take the responsibility of making sure everyone's needs are met to the best of their abilities. Always following the restrictions and guidelines, they will not rest until they make sure of everyone's well-being.

### AQUARIUS (January 20 - February 18)

Aquarius are very independent, so they'd prefer to quarantine alone with their pet. They think of this situation as the one chance they have been given to be productive and achieve goals. They are probably going to spend their time working out, studying and cooking. They might get into reading conspiracy theories, while wondering how this pandemic will affect us in the long run.





### PISCES (February 19 - March 20)

Pisces are very charitable and self-sacrificing individuals. They're the type of people to make DIY face masks for medical professionals to help them protect themselves. They are always there to offer a virtual shoulder to cry on and are great listeners. They tend to over-text in group chats which can make them slightly annoying especially to Sagittarius).







# s Capricorn Aquarius

COVID-19 Lockdown Diary 1

by Theodore Patsis HS1LL4 13<sup>th</sup> of March, 2020

### Dear Journal,

Today I had arranged to go out with friends and eat at a restaurant. Two hours before we met, we were surprised to hear that every restaurant, coffee shop, movie theater, club etc was closed indefinitely. I am shocked! This is the first time I'm taking this virus seriously. To this day, I didn't really think of the virus as something that would drastically affect my life. School has been closed for a week, but that was more of a pleasant surprise, than an alert and a foreshadowing of things that are about to come. I needed to reschedule with my friends and meet in a house instead. For the first time, there were no handshakes and hugs involved. I already have on my mind excursions and bike trails, which will keep me physically and socially active. The virus, which until today for me was a thing happening in China and not concerning Europe, suddenly became an imminent threat which would change our daily lives for months or maybe even more.

16<sup>th</sup> of April, 2020

### Dear Journal,

The whole world is on lockdown and the only way you are allowed to get out is by sending a text message with the overused number 6 on it. One month has passed by, since the last time 1 wrote you. A month in which 1 generally stayed home, with very few exceptions. These were to only go out for a run or a bicycle ride and sometimes do so with a friend that lives nearby. I enjoyed nature and I felt like Athens was turned into a small village, because there was no traffic, everyone was out walking, and biking and you could see many people you know in the streets. This past month was in a way relaxing, since my daily life has slowed down and I have the chance to catch up and reflect on things I missed during my fast-paced normal life and get creative. Our daily lives move in such a pace that many important things pass by and you don't even have the time to realize you missed them. Artists, athletes and famous people took advantage of their free time and were organizing live streams, concerts, online courses etc, keeping many of us entertained. We are currently in the Holy Week and I guess this is the first Easter ever in which I have online school. The next days are crucial to our fight against the virus, since people must stay away from churches and avoid meeting in large groups on Easter Day.

May the 4<sup>th</sup>, 2020





This is the first day of the post-lockdown phase. I find this phase to be even more challenging, because you are allowed to move and go everywhere but you still need to remain composed and follow the rules. The daily cases are decreasing but that doesn't mean we can loosen up. People are starting to carefully go out but everyone is with masks on. This creates a Chernobyl-like atmosphere, which we will need to get used to. We are starting to become civilized human beings again, since barber shops and hair salons are gradually opening. There is great uncertainty about the future and the experts are talking about a stock market crash like the Great Depression of 1929. I spend my time worrying about my summer holidays and hoping everything can become better as quickly as possible, for everyone to have a somewhat normal summer. Our country did great in dealing with the virus and many European tourists are seeing Greece as their only hope of travelling and going to beautiful islands. At least final exams got cancelled, which means summer is approaching. We just need to hold on, move one step at a time and get gradually back to our daily lives!



Irene Marinaki HS1LL4



Dear Journal,



### COVID-19 Lockdown

Diary 11

Since the lockdown started everything is good. I am staying in, watching Netflix series and movies. I believe it is a great opportunity to do various things that I have always planned on doing but never found the time to.

Wednesday, 18 March

During quarantine I would like to Rearrange my room Workout Read books Learn how to cook Spend time with my family

### Monday, 23 March

Today was the first day of online lessons. It was really weird. I have never experienced this method of learning before. Most of the kids are shy and others are tired and do not answer to the teachers' questions. I hope I will manage to adjust to this learning method as quick as possible.

### Friday, 17 April:

Today is my birthday. I have never felt so lonely during my birthday. I am staying alone in my room answering to happy birthday texts. It doesn't really feel like a birthday. It feels like a common quarantine day spent at my room watching Netflix.

### Saturday, 9 May

This situation is terrible! I can't stand staying in my room anymore. I am doing nothing but face time my friends and eat. I always try to keep myself informed. I watch TV everyday and search for articles concerning the virus. I have done so much research and it seems like I have become a health expert!

I never really thought that I would say this but I miss school! I miss seeing my friends everyday as if it is something normal. I miss our laughs at the hallway, our funny conversations, our arguments, our sleepovers. I miss making fun of each other during PE.

1 also miss my classmates, 1 miss seeing them argue with our teachers for not letting us play basketball during substitution.

I miss coming back from school arguing with my mother about my room which is not clean and how the food is meat instead of pizza.

All these little things made my day more interesting and different.

1 have also come to the conclusion that online classes have nothing to do with the

lesson at school. I haven't managed to ad-

just to this learning method yet.

### Friday, 8 May

Two months have passed and i still haven't done any assignments from the ones 1 mentioned in the beginning of the lockdown. I have not rearranged my room and have not worked on my cooking skills. 1 also did not work out. However, I realized some things that in my opinion are much more important that the ones I had assigned myself to do.

I managed to get away from my busy daily routine and realize how important our everyday life is. I understood that our life must be filled with arrangements, human contact and responsibilities. Otherwise, it becomes boring and people do not manage to develop.

The lock down is something hard but it is also something that we all had to face together and finally managed to succeed.

Alexandra Aggelopoulou LL3





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FILL

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### Five Activities: The key to a happy lockdown

It all started on March 10<sup>th</sup>, when gradually our freedom was taken away. Firstly we were kind of excited, especially us, the students, as we were viewing this whole situation as an opportunity for relaxation. But after one or two weeks boredom and despair strike. "Now what? I've watched Netflix, I've read a book… what is next? When will I see my friends?" After having spent two months in lockdown I would like to share with you five activities that can guarantee an interesting and fulfilling lockdown.

### 1.Complete personal goals.

All of us, at some point in our lives have said "Wouldn't it be great to do that?" and stopped right there due to lack of time. This lockdown is a great opportunity to use the abundant free time and finally start working on this idea you have kept in the back of our mind. Create a work of art, write a short story or a novel, take an online seminar, are mere examples of what you can do to pleasantly spend your free time. Instead of staying passive in front of a screen you can take action and achieve your time-consuming goals!

### 2.Exercise

Let us not forget the wise words of our ancestors "*a healthy mind in a healthy body*". Wear your sports clothes, call some friends via Skype and start exercising. You can create a workout together by sharing the exercises that you know. You can even use an application with all sorts of activities. You can try Yoga, Pilates, cardio, or even dance. You can even go out for a run or a long walk and spend some time alone with your thoughts. But remember. Always keep the rules of social distancing!

### 3. Learn a new language

*Buongiorno a tutti!* During this pandemic I started learning Italian through an online platform and a free application. Learning a language is a great exercise for the brain and a great way to broaden your cultural horizons, as it grants us access to a whole other perspective of the world. After all, imagine how useful it will come to be when we are allowed to travel again!

### 4. Cook and help with the household chores

Given the fact that in two years we will be university students, this pandemic is a great opportunity to fill up our cooking knowledge reservoir. You can easily learn how to bake a cake, make bread, cook meat, or even prepare a difficult traditional

Greek dish. Moreover, it is a great opportunity to better learn our way around the household and perfect our cleaning and tidying knowledge. Trust me, it will come in handy when you will be living on your own!

### 5.Be bored

It is not a sin to be bored. According to several studies it is when we do absolutely nothing that our brain processes all the information that It has accumulated throughout the day. What is more, not only does our brain store all this information, but also it comes up with great new ideas, that according to activity one we now have ample time to effectuate. So get comfy on your couch, close your eyes and let your brain do its magic!

1 hope that these ideas will help you get out of this lockdown carrying with yo<mark>u new knowledge, new achi</mark>evements and a <mark>hea</mark>lthy body. Keep safe, keep healt<mark>hy and keep h</mark>appy!

Babinioti Athina HS1 LL4



Creative Ways to spend Time in Quarantine

Lydia Evaggelatou HS1LL3



Mary Karamitsani HS1 LL2

# The end of Covid-19

The year is 2025 and Covid-19 has just ended. The lockdown is finally over and we can finally get our lives back, that's what they all said. We graduated high school through a computer screen, and never got to experience the last years of our childhood.

It was the first time in months I could see my friend Bob. When I first saw him he made a <u>gallant</u> attempt to hide his tears, we both had mixed feelings of relief and sadness. I didn't want to him to feel <u>mortified</u>, so I said nothing about the way he was acting. I was so relieved that they <u>doused</u> the situation, but I'm also very upset it took so long and in the meantime so many people lost their lives. Everything is a mess right now... This virus <u>impaired</u> people all around the world affecting everyone no matter race, ethnicity or social class. If it weren't for all those brave doctors with their amazing <u>prowess</u>, helping people all around the world and sacrificing their lives for the people we all would have died I can guarantee you that.

Nobody knows where this global pandemic originally started. Lots of people are saying that it wasn't something caused by some <u>nocturnal</u> animal but it originated in a lab. They thought they had everything under control, but this <u>obstreperous</u> virus got out of hand and no one could control or predict the outcome anymore.

Everything is different people are reluctant to leave their homes even now that everything has ended. Everyone remains <u>wary</u> of strangers and places outside because they're still afraid that this may not be over. Nobody can blame them since most of the people lost someone close to them and others lost everything from their jobs to their cars and even their houses. This was the biggest pandemic that humans ever encountered that wiped out nearly the 1/8 of Earths population.

This is everything I have to say for today. I hope everyone recovers from this huge mess. I want my life back ...going out with my friends and family, going on vacations and I never thought I would say this but I even miss school.

### Tassos Delikanakis & Aris Lyberis HS1LL2

### Everything is different

By Georgiana Annopoulou HS1 LL2

2 months ago everything was different We have grown, we have learned We have come a long way But that doesn't mean that this is over

Many things were left behind Time with our older relatives Time with friends and family Many things were left behind

Masks were on and dignity as well We showed our unity We showed our respect We showed our empathy

From children to the elderly

We stayed inside

From children to the elderly

We spent time alone

It gave us more than it took from us

It's a lesson for everyone

It gave us more than it took from us

### It's a lesson for everyone

2 months ago everything was different We have grown, we have learned We have come a long way But that doesn't mean that this is over



Chris Antachopoulos HS1 LL2

# Locked up

By Vaslilis Kalitsis HS1 LL2

- Winter just ended
- Here comes spring
- Where the sun shines bright
- And the birds come out and sing
- 1 already got plans in mind
- Thinking about all the fun
- That these last three months would be
- Before school is over
- Just finished my homework so I check my phone
- And all I see is a giant graph
- Of this new virus spreading fast
- But all I can do is joke around and laugh
- Next day I wake up and got to school
- Can't wait to tell my friends about this thing
- We were all blind back then to see
- The consequences it would bring

It was the last day I saw my classroom before we all got forced inside we were told to stay home, mind our business and leave friends or activities aside

To be honest this situation got me thinking of things that are taken for granted in life things like walks with friends or outdoor sports they were all cut off me with a big knife

For now all we can do is wait and learn to survive on our own the thing is everything is possible even classes are done from home

### Reflecting on Racial Discrimination and Segregation.

Hsi Language and Literature students reflected on Hate crimes, racial segregation and discrimination in the US in the first half of twentieth century. This is their creative contribution..

### Hope in the rainy days

A young African American girl who is a slave expresses her disappointment for her situation and holds on to hope for a change and a better future

### When I wake up everyday

1 go outside and look at the sky so gray

My hopes are shattered

By the thought of all those who suffered

The storm always passes

It won't last forever

The rain always stops and gives way to good weather

1 just wait for the sun

And hope the sunshine will come

Always grateful to be alive

1 think of my dreams and my hopes revive

My thoughts try to keep me away from reality

And I am afraid I'll lose my sanity

And as I try to purge my heart of hope

I just can't seem to cope

And when all my hope is gone

And I feel so alone

It seems as if there is no way home

And when all I want to do is scream

1 can never find the sound

I just wait for the sun

And hope the sunshine will come

And as a hard day goes by

And 1 sit on my bed to cry

I somehow still think that I am lucky to be alive

Irene Livieratou HS1LL2

By Vasilis Kalitsis HS1LL2

Lying down in his bed Thousand thoughts fly in his head, But nothing can distract his mind From the hatred that rules inside.

The 1%

The alarm sound penetrated his ears His eyes are already filled with tears. Another school day has begun He hasn't made any friends not even one.

He had decided that he was done And that the right day has come, To take revenge and end his suffering

In this beautiful first day of spring.

He grabbed his backpack and put it aside, Knowing that something dangerous is hidden inside. The first bell rings and he is headed to class. He was the first to go inside with a dash. He was now getting ready his face covered with sweat But he could not hold back, his plan was already set. The lesson had started, and the tension was on the rise He was giving everyone an unpleasant surprise.

The message is clear there is no need to go further In this sad story that includes mass murder. Because you all know how this hate crime went; However, it is only the 1%

Of hatred pushing people to their limits As numbers have grown into quadruple digits. We must all do our best to stop Hate crimes And make a big change to everybody's lives.



### Dear Diary,

This day will remain forever carved in my soul. I will carry my sin forever. What I did was cruel und unforgivable.

Two days ago I got an emergency phone call. It was the Parker family who lived in our neighbourhood. The father, Mark called me late at night and told me that there was something wrong with his wife. Mark told me that Alice was bleeding profusely and suffered from extreme pain. I instinctively got worried as Alice was 7 months pregnant with twins. I wanted to go to their house, call the hospital and help. It was my duty as a doctor, but it was against the law. "I cannot do that. That could have me arrested. I cannot risk it." I thought.

After I told Mark that it was impossible for me to come to his house he begged me over and over. I told him that I could be arrested for providing my services to a Negro and put down the phone. I must be a terrible person for doing that. The worse part of it was that I wasn't feeling any concern about Alice and her babies and I went to sleep. If only I knew what was going to happen.

The next day, I had completely forgotten about the incident until I saw a crowd of Negroes outside Mark's house. However I did not pay much attention and headed to my office. After a long and exhausting day I returned home to find my neighbour Miss Montgomery outside my house. The news she told me changed my life forever. She told me that yesterday Mark's wife, Alice along with her twins babies had passed away. The guilt, the culpability and the sadness came all over me. I was devastated. Three lives were lost! Can you imagine that? And all of this was my fault. All of it. Because of those stupid Jim Crow Laws three people died. If only I had not been a coward and done my duty as a doctor then none of this would have happened!

I don't think that I will ever recover from this traumatic experience. The guilt will haunt me until I die. From now on I will fulfil my duty and help people from all walks of life, of any shape, size and colour. I think I need some time to pull myself together and then I will go and pay my respects to Mark. I hope that someday I will be able to repay Mark for the suffering I have put him through.

Until next time,

Martha

Alexandra Pantoleon HS1 LL6





It's the first time that I'm writing to you and honestly I never thought that I would...

I'm a member of the KKK, don't ask me how, when, why, because I won't be able to give you answers.

I don't even recognize myself anymore, I'm not the person that I used to be. I'm evil, I truly am and the saddest part is that I can't change that now. It's too late! After all I'm not as brave as I thought I was. I'm not brave at all! I only obey orders and that's it. I never stand up for myself or my beliefs. Oh the things that they've made me to do... I can't sleep at nights. It's all MY fault. I should have NEVER listened to them. Why did I trust these people? Now, I'm one of them. I don't want to kill, threaten and hurt others anymore, I can't do this, they are innocent, they DON'T deserve this. I want to escape, erase my memories and start a new life. I want to be a good person and help people not kill them. What did blacks do to deserve this kind of treatment from us? I HATE US.

1 have to admit that 1 feel relieved that 1 finally expressed my feelings. 1 don't know if 1'll write to you again but 1 want you to promise me that you will keep my secret.... 1 trust you.

Yours,

Dear diary,

J.W.C.

Elli Stavridi HS1 LL6

26<sup>th</sup> October 1962



### Hate crimes

### Minorities

By Georgiana Annopoulou HS1 LL2

We are not treated equally

We try but always end up lower

We are not treated equally

We don't give up but it's not easy

We are not treated equally Thank God we got the chance to rise We are not treated equally We are finally marching for our rights

We are fighting with all we got Going out in the streets with signs We are fighting with all we got Claiming what should already be ours

We are not treated equally

We are fighting with what we got

### Oppression behind barbed wire (Japanese Internment Camp)

American inequality the mind shocking.

By Chris Bertolis HS1 LL6

Life behind barbed wire,

My soul these bars do tire,

World War 11 has set the world on fire,

And I'm here playing with an old truck tyre.

The atmosphere here is oppressive

With the guards offensive.

1 am choking.

Forced to evacuate from our location Japanese people through the whole nation, Moved to places full of granges Waiting for "the wind of change[s]"

Wondering if it will ever end With a lot of time to spend Waiting for the release when we can live "life in peace"





### Exactly the same. We are

At the end of the day, You and I are exactly the same: all but flesh and bones Cadavers that anchor our spirits, Minutely implanted on this tantamount world That we all but call Our almighty home

A home in which we should Be "free" to roam collectively in a lyrical sea of rhythmic waves, Igniting each other's lives like fireflies Cherishing our disparities like familiar irregularities

Yet we're caught up in the thrill of superiority; Blinded by the flashing lights of nationalism Brutally categorizing others by their flesh Which on a theoretical scale Can seemingly determine our worthiness, An act only filled with maliciouness

"Am I not worthy?" He asks him-self "But my skin is peculiarly textured; richer than the blood of a pomegranate, holding captive gallons of beautifulness in a packet That doesn't belong to such a large ramet . Yours, conversely, is figuratively darker Tarnished, with permanent marks instilled, Judging by the realm of your discriminatory sins.

So, why should I be stripped of my humanity When in actuality my pigment is that of gravity's? Why should I be forced to coexist Under a tormenting wave of unsafety? Why should I be trapped behind an immobile wall; ridiculed, tortured or marginalized? Receive sempiternal suspicious stares Screaming for my absence within your unilateral, fabricated areas

When will my fellow inhabitants Of this hectic, segregated place Comprehend that in the end Based on what is unveiled Beneath our shameful membranes, We're all exactly the same. "

## Hate crimes in the Keys Hill

This short story is based on true facts. More specifically, a similar incident took place in Mississippi on October 2017, where Graham Williamson and Louie Revette set a cross on fire near an African American town, as a threat to its residents. Luckily, both men were sentenced to jail time and are currently kept in federal prison.

Let's try to stop the hate crimes from happening once and for all as we are all equal and we are all human...

### Everything started in our small, quiet little town...

Most of us living here are African Americans who have been excluded from society. My name is Dylan, I live with my two younger brothers and my mother in the entrance of our town.

1 go to school, sometimes, when 1 am not helping my mum in the fields. My best friend Cooper lives right next to me so I mostly hang out with him in the afternoons, especially now that we have summer break.

Our mayor, Mr. Wilson is very kind and many times if he sees us on the streets he buys us some food. I personally love it when he gives us chocolate.

One day Cooper and I went to the market to buy the basic supplies for the week, that's when Gregory and his gang came... As soon as we saw them we knew we were in trouble. They started marching towards us. They first grabbed Cooper from the arms took all his bags and threw him on the ground. That's when I got mad! I pushed Gregory and punched one of his friends, 1 knew 1 didn't have a chance! Gregory punched me in the face and kicked me in my stomach, I fell to the ground. They took my bags, kicked me two times more and then left.

Next thing I remember is Addison, Mr. Wilson's daughter, standing above me, asking me if I'm alright. By the time I looked at her I had already forgotten everything, where I was, who I was and what had happened. Her brown curls were shining, and her green eyes were looking at mine.

She asked again: "is everything alright?". I hesitantly answered: "umm, yes everything is fine, nothing for you to worry about!".

Addison helped me and Cooper stand up. For the next 5 seconds we were just look- That night I took Addison home and arranged a meeting for the next day. I couldn't ing at each other. That's when I decided to take the courage and ask her if she want- sleep all night as I was pondering about the fire and the fact that I had spent all ed to follow us back home and maybe later go to the seaside together. She said she evening with Addison Wilson the most beautiful girl I've ever seen! couldn't come with us. I felt a grudge in my stomach. But she continued talking, saying that she could meet us later in the afternoon at the seaside. Finally, I felt like I could breathe again. I agreed with her and left. On the way back Cooper kept teasing me about Addison, telling me I could never be with her as she was not only white but also the mayor's daughter. I chose not to listen to him.

finally saw a mother holding a little girl, protecting her from the flames in the corner of the room.

As soon as she saw me she shouted: "Please save Emma". I ran towards them grabbed the girl, but I couldn't leave knowing that the little girl would grow up without a mother, so I helped the lady stand up and told her to hold on to me tightly. We trudged to the entrance, trying to avoid the flames. Finally, we managed to get out of the barn a few seconds before it collapsed to the ground.

Addison rushed towards us making sure we were alright. She asked the mother what had happened. The mother replied with a trembling voice: "I honestly don't know! One minute Emma and I were playing board games and the next the barn was on fire". Addison asked her if she had heard or seen something earlier that day. The

You níggas have no place

in this town or this country!

lady thought to herself for a moment and then said: "well, I don't know if this is related but in the morning I found this note at the front door:

We were shocked! I mean how could anyone have caused that on purpose, it is honestly cruel. You would have thought that by now there wouldn't be any more racist attacks as I like to call them. We asked the lady if she knew who had sent her the note. She said that had no idea, but it must have been someone living nearby. We promised to help her find out but first called the police.

helping me in the fields, as she said that she really liked planting and stinctively told her she had sand on her cheek and touched her gently she had never had the opportunity to do it, as her father used to say it to take it off. She looked straight in my eyes and I felt like I could hear was no job for the mayor's daughter.

Addison was not like any other girl, even though she was white she seemed not to care about the color of my skin and she liked to spend WOW! I couldn't even remember where we were, who I was and how it time in the fields and at the sea. She didn't care about other people's had happened. opinions and that's why she never seemed to care about the stares and murmurs that she could see when she was hanging out with us. Whenever she smiled, nothing else mattered and no problem existed. She also liked mysteries and we had spent many hours this week trying to figure who had set that barn on fire. We haven't found an answer yet, however I am sure that we will.

Today I asked Addison to come with me to the beach. She accepted the invitation, probably without knowing that it would just be the two of us. I told Cooper not to come so I could spend some time alone with her, and who knows even make a move.

Once I saw her, I felt blood rushing in my veins and a cold sweat on my forehead. She came closer and asked me where Cooper was. 1 explained that he couldn't come and that it would just be the two of us. I was so nervous of the way she would react. She then replied: "Well, 1 prefer it this way... I mean now we can spend some time alone, no offense to Cooper of course". Once I heard those words, I couldn't believe my ears, maybe she had feelings for me too, maybe I wasn't the only one feeling a bolt of electricity in the air every time we were together...

That night was the best, we had so much fun. We played with the cold water of the ocean, we threw pebbles in the sea, discussed our dreams for the future and obviously discussed about our parents and how they were wrong on so many levels, especially regarding relationships between blacks and whites.

As the night was reaching towards an end, the thought of kissing her was all that I could think about. We were sitting on the sand and look-

The past week I've been meeting Addison every day and she's been ing at the stars when she stood up, saying that it's time she left. I inall the thoughts in her mind. I brought her closer to me, leaned in and...

After a couple of minutes, screams interrupted our moment. We looked at each other and without even having to talk headed towards the place where the noises were coming from. As we were running 1 understood that we were approaching the entrance of our town, where my house is situated. When we finally arrived, I saw a giant cross covered in flames not more than 5 meters away from my home.

Suddenly, I felt like I couldn't breathe, think nor move. Addison immediately understood my condition, helped me sit down and ran to my house. She helped my mother and little brothers carry buckets of water to put out the fire. Next thing I remember is my little brother crying and my mother and Addison covered in sweat next to the cross that was no longer on fire.

After this incident it was clear to all of us that somebody was targeting the African Americans of our town and we wouldn't let it pass that easily. It is time to put our foot down and say no to discrimination once and for all. Fortunately, I have everything I need in order to stop this. So let the fight begin...

THE END

### Lost Generation HS2 HTL 1&2

History through Literature students read and analyze The Great Gatsby by Scott Fitzgerald in the second term. In order for them to grasp the underlying themes of the novel they are introduced to the socio-historical background of the Roaring twenties in the US and Europe. While exploring and introducing how Lost this Post War generation was, the question of whether our Generation today is lost was posed. Students were asked to express their stance via a medium of their choice. In the following pages you will be reading their responses.

Is our Generation Lost? To answer the question I wrote "Diary of an Outcast', a diary written by someone (non-specified gender) who suffers from a mental illness (not clearly specified). Through this short diary excerpt I hope to depict how many people with a mental illness are treated, how mental illness is a growing epidemic that is still stigmatized, how people fail to accept difference and show empathy, while making said person feel like an outcast.

### Diary of an Outcast

I suppose I was born upside down. Mama said from the moment I was born I was the odd one out. I came out significantly smaller than most, quiet and blue, a "weakling", they said. I guess that's why tears always come to me naturally.

I came in the silence of the night, born in the dark, in the dead hour. I suppose that's why I rarely speak. Is that why I find beauty only in the shades of black? My mind is a jumble of intertwining thoughts, pieces of a puzzle from another dimension I can't fit together to form words. And when I do, my voice is a powerless squeak, a bubble that bursts into thin air and disappears. I'm left silent, thinking, re-thinking, overthinking, analyzing, overanalyzing every word I managed to utter. I sounded stupid, did-



Lydia Pandi HS2 HTL2
#### GENERATION (Lay-) Z



This photo may seem meaningless and insignificant. By now, we are all used to seeing children glued to their iPads and iPhones. But if you take a closer look, you will see that this picture perfectly represents the so called "Generation Z". Our generation is constantly being accused of being lost, indifferent and most importantly LAZY! These are names and allegations I have resented for years. And while I am still not entirely willing to embrace them, I have started to understand why critics are calling us that. Take a look at this picture, for example. While it represents the deteriorating lifestyle of our generation, it is being spun positively as "multitasking". However, as time goes by, our perceptions change as well. I started to realize that, this weekend. It was Sunday morning, I had just finished breakfast and I had plopped on the couch, scrolling through Instagram posts and messages. My mother was zipping in and out of rooms, getting things in order and frantically catching up on deadlines. At some point she asked me to help her with a simple task: to pick up my plate and mug and take them into the kitchen. It was a ridiculous three-step drill that would have taken no more than 30 seconds. Even so, she had to say it at least three times in order for me to burst out of my digital Neverland and move from the couch. Even when I did, I executed the task without any great focus. I was under some digital spell. My left hand was glued to the device and 1 kept texting my friends, as my right hand was balancing the plate and the mug. I successfully reached the sink and left them both there. Mission accomplished, I thought. As I plopped back on the coach, roaming through more posts, I stumbled upon this picture. I only then realized how lost, confused and out of synch our generation is becoming, even when faced with the most mundane routines of life. I don't know whether that justifies us as being called a "lost generation". But for me, this picture was a wake up call!

Coralia Hadjiyannaki HS2HTL2

#### "Generation Zeal"

In this overly active, compulsive society We have one thing in common: invalid anxiety Stemming from aught, it is spreading its seed Reaching pure hearts, fulfilling its deed This angst keeps on stretching, keeps grasping for more Leaving its victims confused, dazzled, sore We don't know what causes this baseless distress Yet we yield to its power, submit and progress

Omitting key values that should steer our reason We've all become prone to the phone of the season Merely existing, aloof and inert We barely distinguish contentment from hurt Our glorified fancies expose animality No wonder young minds are lacking morality Fueled by disinterest life passes us by We're gone, disappeared, head lost in the sky Our savior: a powerful dose of sobriety In this overly active, compulsive society.

Maria Theochari HS2HTL1

#### *Rationale from the poet:*

The topic of this project is summarized by the following questions: "Are we lost?" "Is it a lost generation?" "How are we/not lost?". My perception of the matter, although youthfully humble, stems from simple observations of modern society. Through this project, I had the chance to share my conclusions and at the same time articulate the plethora of perplexing thoughts I had subconsciously formed on the subject. The following poem touches upon the actuality of "Generation Z", a concept that simultaneously puzzles and amuses me.

I begin by examining the very nature of our surrender to the constantly increasing pace of society. As I see it, aspiring to meet the absurd standards that we, ourselves have set, brings on unmanageable stress which is gradually imposing itself onto progressively younger ages. Admittedly, this pandemic of egocentricity and extreme display of emotions has rendered us unnecessarily sensitive and has programmed us to be extremely fragile in the face of actual arduousness. Finally, we give in to the physical or mental pressure and being completely unequipped to get rid of the unjustified anxiety, we remain exiled in this world of vulnerability and moral weakness.

In the second stanza I start unveiling the lack of basic principles frequently detected in millennials, a characteristic that can be partially attributed to our technological addiction. It seems we have lost the zest for life that impelled previous generations and are fighting a pointless battle with the concepts of actually living and simply existing. In addition, the materialistic aspect of our character has supplanted substantial virtues and has formed depthless personas driven by eagerness. Concluding on a somewhat unsettling note, I present my belief that our generation is indeed lost, withdrawn and completely off-course and the only way to rectify the situation is to somehow cure our generation of passivity, narcissism and superficiality.



Maria Theochari HS2 HTL1

Maria Theochari & Galini Goodhead HS2HTL1



This drawing depicts a teenager, lost in an interactive world. She is completely focused and unaware of the reality surrounding her. This represents our "modern day" generation; teenagers that primarily view the world via a screen. I have illustrated the apps that rule our new existence and the social skill we need, to survive at this time of our lives because if we don't have them, we become locked out of friendships, circles and connections with our peers. Whether this generation is lost or not is debatable. Our ancestors were engrossed in books, while our generation is submerged into the marvels of technology. However, the latter comes with a price because let's face it, we spend more time in the digital world than we do socializing face to face.

Lignou Alice HS2 HTL2



Aristea Kolympiri HS2HTL1

The specific drawing in my opinion, shows exactly the situation that our society lives in. We think that we can control time yet we fail to understand that in essence our entire life is controlled by it. We have become puppets following our watch that never stops ticking as we have so many tasks to do within a day. What we don't understand though, is that at a point we will run out of time and will we ask ourselves have we spent it wisely? So what our generation should figure out is to find ways to spend its time wisely!

Aristea Kolympiri HS2 HTL1

## LOST GENERATION

Lost On Our Way

Our generation is lost

We waste our time at any cost

We sacrifice our youth and trust

And then are looking for them both

We try to find who we are In fact, we are lost by far We dream of money and success And ignore real happiness

Instagram stories, expensive phones Those who hate us hurt our bones We care so much 'bout what they say That we end up losing our way.

Ivi Galanou HS2HTL1

Collector and the party of the state of the



#### Rationale

Our English teacher assigned us to do "something creative" on whether we consider our Generation to be Lost or not? After reading France's President Emmanuel Macron interview on Europe's position in today's world, 1 decided that 1 wanted to write something about how we rarely take the time to be thankful for our way of living, considering how people in other parts of the world live. Initially, as my painting skills are not something that 1 would consider remotely good, 1 was wavering between writing a poem and a text. The poem would be more artistic, something that would involve the reader's critical thinking in order to form an explanation for what it symbolized. Because of the nature of the topic and because of what 1 had in mind; a text was the most effective way to tackle this project. And so, 1 wrote this essay, as a letter in a way, to my fellow Europeans and especially to my peers here at the College, to remind them and myself that we should be thankful for what we have and that we should aid those who are not as lucky as we are.

Thanos Linatsas HS2HTL1



That is what you are. That's what you all are...All of you young people who served in the war. You are a lost generation.

Gestsude Stein

AZQUOTES

#### A letter to my peers

Caught up with the hustle and bustle of everyday life, we rarely stop to think about how lucky we are. In our minds, the problems that we face daily, in my case how I have to study for tomorrow's geometry midterm test and finish this English paper that was due four days ago, seem to be extremely important, but in reality they are nothing but a microscopic obstacle on our daily routines, and one that will be long forgotten in a day's time.

So, what is it that makes us lucky? Well, just by looking into history, we can see that many things that we take for granted today, were not so guaranteed for the people of the past. Lets adjust the lens of time to exactly a century ago, in the nineteen-twenties. A post war era, one that is known today as the Lost Generation. During that time, life was very different than we know it today. Great confusion and aimlessness prevailed in peoples' spirits. After having endured the most horrific war the world had ever seen up until that time, Europe was left in crumbles. Cities and homes were demolished. Food was short. Sickness and death were common. In short, nothing was guaranteed. Needs that we consider primary today, such as education and healthcare, were unheard of. People were too busy trying to rebuild their homes, find food, and keep their children alive, while today we worry about where we will go out on Saturday night. Just think about that.

That's not to say though, that everyone today lives a perfect life. Far from it. Wars still happen, only in the Middle East instead of Europe. Famine still exists in Africa and South America. Illiteracy is still a thing in many places. Even clean water, the most important life resource there is, for many people is just a fantasy. Do all those things mean that even after two major world wars we have failed to preserve and protect human rights? I believe not. I believe that huge strides have been made to improve living conditions worldwide, and that we undoubtedly live in the most liberal, in the traditional sense of the word, times the world has ever seen.

While there are still many issues that need to be solved, just like the ones 1 mentioned previously, we shouldn't shame ourselves for living good lives. Instead, we should be inspired by how much we have achieved in a century, and we should use that inspiration to help in any way we can those who haven't achieved that wellbeing yet. Returning to what 1 said in the beginning, we are all guilty of forgetting to be thankful for the privileges we have and for the lives we live. We don't acknowledge our luck in the lottery that is life, even though we should. If we don't, we can't expect to maintain this way of life, nor to help others gain it. And 1 believe that it is a way of life worth having, the European way of life.

Thanos Linatsas HS2HTL1

puzzle.

We have lost our innocence since we were children. We were forced into a harsh world while they taught us that our only choice was to never fail. Of course, that prepared us for right, rather than just enjoy living.

A fundamental rule of learning is also contradicted in our society today. We don't learn through experience. Today's easy access to a massive amount of information results in learning without experiencing a lesson. We learn something before we are prepared to learn it. This way, there is no linear progression to one's knowledge or lessons. We don't know where we are supposed to go because we, ourselves, messed up with the advancement of things. We are lost in a maze we We think ... no, we hope, because not all is lost created ourselves, not knowing where we can everything just might work out. We think go to discover ourselves.

People nowadays are lost. We aren't lost "in Even if, our undiscovered "self" sides still portant and free ourselves from materialistic We don't know who we are. We haven't just stay crawled up inside us. They create a keep waiting for it but it never arrives. "explored" ourselves and haven't discovered feeling of emptiness, of distance between who every part of them. We are like a half-built we are and who we pretend to be. They create a hole inside you that you can never easily fulfil. They make you feel a cold uninviting void; something not easily explainable because most of the time we don't even recognize it.

more concerned with whether we are living have lost our connection with the world and come bound to a black void. the natural environment. We have become passive viewers of the world. We see what happens around us, but we don't perceive and realize its meaning. Our souls are distant from our bodies. We have lost almost all communication. We don't criticize things around us. We just accept them. We don't even choose if we agree or disagree, we just accept them. We are mere passive recipients of facts.

> However, we believe that there is hope for us. we'll wake up one day and find true meaning in life. That we'll understand what is im-

the world", but we are lost within ourselves. haven't been discovered they, however, don't bluffs. However, that doesn't happen. We

So we finally decide to give up. To accept that things will stay the same and just try to make the best out of what we have. But that is the point when we become lost with no return. The second we give up on ourselves. The second, which we decide that even ourselves are not worth it, that we should give up, is the harsher conditions, but it also stole from us Our souls are lost. Our selves are lost. Our point in which our souls go out of reach; that our childhood, our innocence. It made us principles are lost. Our feelings are lost. We they get stuck in a black hole; that they be-

Chris Papakrivopoulos HS2 HTL2

Disoriented, wandering, directionless. Lost Generation, a characterization attributed to WWI's survivors seems to have resurfaced and is being used, as of late, to describe Gen Z and Millennials. We may not be fighting with guns and bombs, but we are in fact waging a war of our own-against emotions, against meaningful connections and against values that give our lives some meaning. Our society is in fact experiencing a moral crisis and yet, no one seems to notice, or rather no one seems to care. It's as if we are waiting for the moment when we will stumble upon the lost-and-found box containing our long forgotten ideals. If only it were that easy.

#### So what now?

Have people proved you yet wrong?

The road to redemption is indeed too long

You ask yourself,

-What would a decent man do?

Would he dare be the voice of dissent?

Knowing our society would not approve

In this elusive utopia, where people talk of values and morals and integrity

Can you find anyone trying to preserve some of that for posterity?

Or maybe behind all these fake smiles and refined words,

It is a dystopia we abide

So tell me, in that ,do you take much pride?

Do you (like everyone else) wish to hide?

Into a fake reality

For in this world we all dwell in each other's vanity

Longing for a pat on the back by the wrong person,

Finding comfort in the praise,

Then realizing it was just a diversion

From this phenomenal aversion

For everything and everyone that never ceases to amaze

So would you rather be numb,

Or would you flee?

#### Rationale:

I decided to animate a scene that could be part of a theatrical play, where my mother and me have a discussion about the topic of this project: is our generation considered to be lost?

One reason that led me to that decision is that personally 1 find that the dialogue form is one of the most direct and vivid ways to develop and share ideas about a topic. My mother and 1 discuss very often about different topics, either inspired by a subject in school, a book we like or a general question 1 have. Thus, by animating one of the dialogues we have, 1 hope the readers "join us", and try to find arguments and ideas for this topic but also understand the power this form of expression has.

Secondly, when answering the question: Is our generation lost? we have to compare our generation with the previous one and find the relation between them. How different is our generation than the previous one, what are our characteristics and are we better or worse than them? So, I thought that having a discussion with a person of a previous generation, like my mom, could give a more accurate and complete approach to the topic.

#### 1<sup>st</sup> scene:

<I come home, after a day at school. My mother has already returned from work and prepared for lunch. We talk about our day; I recall funny incidents at school and my parents talk about work. My father gets off the table earlier to answer a phone call. As I'm finishing my food, my mother and me start talking>

Mom: How was school today honey?

Me: It was all right I guess...

<My mom sits across me>

Mom: Too much homework?

Me: I can't say... I'll check later...

Me: Oh! My English teacher assigned us a creative project for next week.

Mom: What's the topic?

Me: If our generation is considered to be lost

**Me**: And we can do whatever we want as long as it is creative that is what she said, like write a short story, a poem, an article, create a video, a collage, whatever ...

Mom: Hmmm... tough question, have you come up with any ideas?

Me: I don't know... I initially wanted to write a short story where I would include all the major problems and issues we face today, like global warming, climate change, immigration, war...

**Mom**: Ok, but everything you'll write has to answer the question, do you believe your generation is lost or not?

Me: I can't answer that directly.... it depends on many factors

**Mom**: Exactly! But nonetheless you should acknowledge that your generation is very privileged! You have technology.

Me: Yes, I know technology is associated with significant advantages. Students can search for information and find answers to their questions. Children that are deprived of the chance to attend an educational program can acquire their knowledge online. The ability to exchange

information, communicate with other people and raise awareness for important issues or events is now available to everyone!. Also, technology has been extremely helpful in medicine, energy, manufacturing industry like automobiles etc. However, although communication online is more immediate and quick, our personal communication with others, human contact has been reduced.

**Mom:** You're right. For us, a way to communicate, get informed and have fun was going to the movies or the theatre. You had asked me in the past why cinema was in its peak at my age. That's why! For us a movie theatre was something way more than a place to watch a movie, something more than having a good time. There were many political movies that informed us on what was going on in other countries, as we couldn't be informed otherwise. It was also a form of expression, a way to convey ideas, beliefs and ideals, while socializing at the same time. After each movie we went out for dinner and commented on the movie, met new people because thy wanted to participate in our discussions etc.

Today, there are many dangers in using social media and the Internet in general, as you know very well. Some kids, but also adults, as unusual as it sounds, struggle to make a correct, balanced and effective use of these «tools», because they're not informed properly. And, more importantly, as you know, you should be extremely careful when talking to strangers. You don't know their real identity or their intentions.

Me: I know mom, we have talked about this sooo many times. But what I was trying to say is that when you were young, you could play with your friends outside, in the road, at the beach without you or your parents being worried. At my age, you went out with your friends and returned late but grandpa and grandma weren't as scared about your safety as you are today about mine. Today, you don't let me go out, especially in another area, alone. And I don't blame you, I'd be scared too.

**Mom:** You're right. However what you should understand is that every society, ours as well, goes through some changes. Today, crime rates and drug use have increased. Every generation, sweety, faces dangers but the secret to solve our problems and move forward is to be informed and to be cautious.

**Me**: Mom, how come when you were younger, students were more active and fought for their ideals but today, although technology helps the dissemination of information, young people aren't so active?

**Mom**: Because, honey, we had a vision. We had beliefs and people and values to believe in. There were figures in the political, artistic, cultural domain that inspired me to fight, to ameliorate my country. Today every problem is global. Your generation has to fight globally but you lack important figures to inspire, and help you. Terrorism, the Economic crisis, the wars and immigration issues that exist all around the world alter the character of each society and create obstacles in the development of common beliefs. The fact that you hear every day the word globalization ...it isn't random. Due to globalization, the problems of the other countries affect every country. But at the same time, you feel weak when you try to solve global problems locally. How can you keep a balance?

**Me**: So every generation goes through a circle, you build your ideals, you recognize your problems, you identify figures, and you fight?

Mom: Exactly, but *you* have to find your position in this circle. Every generation considers the next one more privileged, and thus more capable. We expect great things from your generation, for it is true ... young people can make a bigger impact. You carry fresh ideas, you have a powerful personality and will to use and bring about a change in the world. If you let all those characteristics of yours shine; you'll open many doors in your life.

**Me:** So we have to take advantage of the privileges we have, like technology, and of our own special characteristics if we want to bring an important change?

**Mom**: Well that's exactly the challenge of your generation. You lack of a powerful leadership and can't realise that you can use technology to fight globally. Technology can't bring people together, it can't characterize a generation. It's just a supportive means, not the idea. We have made technology an idea like the ones we want to defend and fight for. But that's not right. And if you understand this, and find a way to use technology as a medium and a weapon to your fight, you'll find the balance.

Me: Wow, that's right! Thanks mom!

**Mom**:Nothing sweety, do you remember all of this? I've told you that when you want to discuss you have to put a recorder so you don't forget what we say..

<1 start laughing>

Me: Yeah mom, I just always forget to do so...

<We both laugh>

< I sit at my desk and am about to do my homework. But somehow I still go through our discus-

sion.. What my mom said actually made so much sense... We, students at school, students at university, young people, hold in our hands a marvelous tool, but we make wrong use of it in our every day lives. At the same time, we wonder why we can't act and try to ameliorate our current situation. But our generation is the one that can act, and fight, and raise awareness, and sensitize, and inspire. We can bring change, we can light our future, and we can give hope. It's just a matter of time when....when we realize what we are capable of doing it and actually do it. When we discover ourselves, what we want this world to become and start asking for it. When we decide it's time to act and start fighting. We must dream, and believe but we must also speak and shout and scream until we are heard. We can prove wrong all of those who underestimate our will and power, all of those who think we are scared, or indifferent, or irresponsible, or even lazy. It's just a matter of time when our circle begins...>

Helen Karoki Mavrikiou HS2HTL1



# Make Sure

If you must fight on fields of mayhem, make sure you don't die in vain. Your life should not end If you haven't encountered pleasure, If you haven't achieved success, If you haven't savored elation, If you haven't felt love.

But you are stuck in the Flanderian mud.

Your hopes and dreams are wild fantasies

holding you back from reality.

And you have no choice but to succumb to the fields of mayhem.

"Next to a battle lost, the saddest thing is a battle won."

-Arthur Wellesley, 1<sup>st</sup> Duke of Wellington

## Rationale

1 was heavily inspired by the works of K.Kavafis while writing this poem. 1 specifically felt inspired by «Θερμοπύλες» and «Όσο μπορείς» which, even though explore different themes, have one thing in common: pessimism. The poet utilizes pessimism to explore his themes, a method 1 found particularly interesting and worth using. Kavafis liked to use historical events to bring about a theme, so it was only natural that 1 would read his poems to acquire inspiration.

In school, we always examine historical events on a very small scope, - learning facts like conferences, major battles, as well as causes and effects — yet we never get to understand how it could have been like to be a commoner or a soldier of a specific time in history. This led me to WWI. In the case of the Great War and the lost generation, I felt a great deal of sorrow for the young boys who lost their life before being able to live their lives the way they wanted to. It must have been terrible to die in vain, not being able to explore life, and any dreams they might have had died in vain too. Under these circumstances I decided to write this poem.

Alexander Konstantellis HS2HTL1



# **BERIERATION**



A device like any before that defeats hard camuanication. It's not just a telephone it's The telephone. The celliphone that always be with in each and eveny wowent !!! No were thing walking to appreach evolution. Evolution courses to you and producises it the Juture is here. And if you have any doubts... Just think ...

You will hold the future in ONE Hand D.D. 2

Aristea Kolywpiri Hdes

# Different, not lost

Generation Z has been criticised. A lot. We are the loneliest generation, the one with the least human contact, a generation raised in a global crisis. But for all that, we are not lost. On the contrary, this generation is bound to change the world.

Let's consider first the world that we have been born in. Generation Z has been raised during the economic recession of 2008, amidst a social, economic, and political crisis. In a society economically crumbling, unable to decide its own gender, let alone a proper political leader, generation Z leads the way to change. Our generation is proving to be more inclined in entrepreneurship than any other, as hundreds of young minds flood universities across the developed world with fresh ideas, determined to improve and alter the world they inherited from post-war generations, economically struggling, socially insecure, politically instable, and environmentally polluted and damaged beyond repair.

Generation Z is protesting from a young age against its predecessors. We complain about the mentality of depression, pessimism, and all the talk of catastrophe introduced into our lives by previous generations, and we take action to save the world that belongs to us. Generation Z is struggling from a young age to ensure that the quality of life improves in the future, our future. You may or may not agree with the seriousness of the problem of climate change. However, regardless of your political stance and beliefs, our generation's courage in the effort to prevent it is at least admirable. There is no doubt that we are the first ever generation to send a representative of such a young age to the United Nations Headquarters to express its views or has organised so many large-scale protests of students making their demands heard.

Indeed, human contact has declined in the last decades, and technology has found an ever-increasing place in our daily routines. But you can't possibly blame us for the changes brought by those before us. In fact, to our own credit, individuals of our age group have found astonishing ways to make use of this technology to the benefit of humanity and to the improvement of our level of life and well-being. Secondly, the moral decay and recline of ethical values that we're so persistently accused of is – sometimes- a fact, but yet again, a fact to which we are not the cause. The society of the previous generations is. We don't get to decide the society that we live in yet, and hence not its values. Therefore, the lack of said values has nothing to do with us. Nevertheless, the vast majority of generations historically have been accused of the very same things by the generations before them. Why should we be any different?

Summing up, generation Z is a very young generation with a bright future ahead. Despite all the accusations and criticism, we have the capability to change our world. In fact, we have already started.

John Ntrizos HS2HTL2

# Poetry Dreams

"Hold fast to dreams". A short phrase in one of Langston Hughes' most valuable, inspiring poems. His work, as a leader of the Harlem Renaissance, held great importance, giving life to all the suppressed feelings of betrayal, injustice and resentment fueled by racial discrimination prevailing in the U.S. during the 1900s. This phrase, and poem, has inspired hundreds of people to pursue their dreams and true aspirations. Such people are a few HS1 students who, when studying those unfair, dark times, wrote their own dream-themed poems.

Anthi Charoni

# DREAM

Dreams can be big Dreams can be small That is something we cannot know What we do, however, know is You either go big or you either go home

Dreams can contain houses in white sandy beaches Or wishes for health for and your family's riches; There is one question though that has made me wonder...

Dream big?

Or use them just as a daily distraction

Haritos Giannakos HS1LA

And now I see it all so clear This is real and we are here Touched by fortune, kissed by nature

And as I look upon your face A thousand dreams are now in place

Kiss me now and hold me near All my dreams have now come true Kavrou Efthichia

Dreams come, dreams go Dreams come true But also explode

John Bazakidis

Make your dream come true With whatever you do enjoy your every moment as it won't last forever

Make it happen today as you don't know if it will exist the following day put all your effort to achieve it it's not that hard if you believe it

Myrto Galetaki HS1LA

Whose dream is that? I think I know Its owner is quite happy though Full of joy like a vivid rainbow I watch him laugh, I cry HELLO

He rises from his gentle bed With thoughts of kittens in his head, He eats his jam with lots of bread Ready for the perfect day ahead!

Panagiotis Galanis HS1LA

Broken. Dreams Train wreck, car crash, wreckage Should I refer to them? For there are gawkers Gathering around and sneaking peaks At the shattered pieces of my heart My most valuable possession

My mind? A jungle Striving to yield the least bit of fruit The destruction close The danger imminent How did I get stuck in this loop?

Vasilopoulou Isabella

# Dreaming

What happens when you bring back memories?

Picturesque alleys-Quiet in the mornings Loud under the moonlight

And the sunset on the surf coast-Filled with warm colors and cheerful voices, by the calming ocean breeze

> And those humid summer nights when the silence reigns and the mind comes back to you

What happened when you brought back those long-lost memories?

they became a Dream

Maria Styliou

# DREAMS

Dreams come and go When you are feeling high When you are feeling low

> Dreams, goals, hope All you need in life

Success, love, happiness Cannot be achieved otherwise

So be careful And never let your dreams die

Athymariti Melina

We are treated like inferiors

That is unfair I can't take it anymore I feel hurt We should move on We should stay strong We must gain hope and move on

We are treated like inferiors

Is it worth it? Is that how it should be? Or is it something wrong? We should do something We shouldn't just move on

We must keep going and prove them wrong

Nadine Moschou

# Harlem Renaissance through the eyes of a woman

#### By Konstantinos Mathios.

# Zora Neale Hurston

I want a busy life, a just mind, and a timely death.

In this quote, Zora Neale Hurston encapsulates the way she lived and the fingerprint she left behind to the American culture.

Born on 7th January, 1891 in Notasulga of Alabama in the USA, she was meant to be one of the writers belonging to what was called *Harlem Renaissance*, a cultural, intellectual, artistic and even social movement of black writers, poets, filmmakers and other artists (also known the *New Negro Movement*) that started and evolved in Harlem, NY in the decade of 1920's until mid-30s. An author, anthropologist, and filmmaker herself, she left behind four novels and more than 50 short stories, plays, and essays.

She studied at Barnard College, and Columbia University conducted anthropological and ethnographic research, the basis for her future work. Having lived her early life in one of the hotspots of racism, she was able to portray with vivid colors the racial struggles of the Afro-Americans of the American South.

In 1937 she published the most famous novel of her career, *Their Eyes Were Watching God*, which 70 years later was the basis of the homonymous film produced by Oprah Winfrey. It is about Janie Crawford, who transformed from a silent teenage girl into a woman that was ready to do what it takes to control her destiny. Other books of hers are:

The Story of the Last "Black Cargo" Dust Tracks on a Road Every Tongue Got to Confess Jonah's Gourd Vine

Moreover, she wrote several short satires that brought forward in a unique way the racial division and the experience to live as a black in her era. The Satires were published in anthologies such as *The New Negro* and *Fire!!*. For years, her novels were in the shadow; however, in 1975, Alice Walker, a writer, and activist brought them back to the public's attention.

Her work described racism through the eyes of the "black woman," who was experiencing the epitome of injustice both because of her color and her gender. This is what makes Zora Neale Hurston a role model for many contemporary writers. Her direct and knife-cutting language, brought forward the roots of American racism in all aspects and expressions and helped the generations after her to face and treat this issue. Her other novels were *Jonah's Gourd Vine* (1934), *Moses, Man of the Mountain* (1939), and *Tell My Horse: Voodoo and Life in Haiti and Jamaica* (1938) which was describing rituals in Haiti.

Zora was married three times and died on January 28, 1960, at the age of 69 in Florida.



# Women poets in

# Harlem Renaissance?

By Maria Potamianaki

Jessie Redmon Fauset

Her biography

Jessie Redmon Fause was born on April 27, 1882, in the US. She was born in New Jersey, but she grew up in Philadelphia, Pennsylvania. Her family was not wealthy, but they valued education a lot. She attended the Philadelphia high school for girls where she was the only African American in her entire class. Her greatest desire was to get accepted to Bryn Mawr College, but unfortunately, this did not happen because of her colour, instead, she got a scholarship at Cornell University to financially help her family. At Cornell, she was selected to be a member at Phi Beta Kappa, which was an academic honor society. Finally, she received her masters

from UPenn.



# Her achievements



There Is Confusion

by JESSIE REDMON FAUSET

"A significant novel ated Negro becomes uriculate."—The N. Y. Sevening Past. "The nother of THERE 5 CONFUSION can write. No one who reads his story can fail to ecogolice that fact. This work can be read with

nd black alike. ---The case Francisco Bulletin. It is in these glimpses t gives, of a life about which the majority of white people know little to nothing, that the book a unusual and interestng."--The N.Y. Timer. \$1000

In her early years, after graduating from college she taught French in Washington, D.C, at an all-black secondary school. While teaching there she published several articles of hers in The Crisis magazine, which was part of the National Association for the Advancement of Colored People (NAACP). The chief editor of the magazine persuaded her to move to NYC so she would become the magazine's literary editor. While working there (1919-1926) she published works of well-known and important people such as Langston Hughes, Claude McKay, and many others. Furthermore, she wrote and edited a periodical that addressed black children, The Brownies' Book. She left the magazine because she married to a businessman called Herbert Harris who died in 1953 and left her alone so she returned to Philadelphia and lived with her brother until April 30th 1961 when she passed away at the age of 79.

# **Fast Fashion**

The fashion industry is con- of energy, which means large stantly evolving, leaving many amounts of petroleum are used consumers addicted to keeping and volatile particulate matter up with the trends. That's and acids such as hydrogen where the term fast fashion chloride are released into the comes into play. Fast fashion is atmosphere. All in all, the fast a term used for disposable fashion industry has multiple clothing that is manufactured destructive effects on the envivery quickly and sold at a low ronment, which could be heaviprice point, which responds to ly reduced if people ceased to the consumeristic tendencies of support it. modern society. The production of such clothes has unfortunately had a severe impact on both the environment and the quality of human lives.

the environmental factor, re- fashion factory workers are in from a company. Ones that are maining trendy is not worth the most cases inhumane. To start based in countries with stricter destruction it causes. Just off, the low cost of the clothes environmental regulations and clothing and textile factories also means that as a conse- better working conditions, such alone release 1.2 billion tonnes quence the labor costs are a lot as some countries in Europe of greenhouse gases on a yearly cheaper. To be specific, in many and the US, tend to be better basis. One of the many conse- manufacturing countries, such and more reliable choices. We quences of this clothing's pro- as China, Bangladesh and In- could also make a conscious efduction includes the fact that dia, workers are paid anywhere fort to choose clothing made up textile factories often use ferti- from half to a fifth of the of organic and natural filizers for cotton production and amount of money one would bers, which don't require chemalso wastewaters, full of lead, mer- Furthermore, we must not for- other solution could be donatcury, and arsenic, straight into get that the health and safety ing or recycling old clothes, inrivers. This puts at risk both conditions are often unaccepta- stead of throwing them away aquatic life and the entire globe, ble; it is not an uncommon after a few uses. Lastly, we which is eventually contaminat- sight for a production site to could shop from thrift or coned through the sea. Simultane- have no ventilation, making signment shops and less often ously, cotton production and their employees breathe in toxic than we normally would. If we dveing processes require large substances and fiber dust, and choose to pay more for our amounts of water, a slowly di- to have unsafe equipment that clothing, we might be able to minishing non-renewable re- could lead to injuries and even change someone's quality of source that's essential for hu- death. It is also important to life. Our world is precious and man life. Namely, only one cot- bring up the large amount of we must try our best to act conton shirt requires about 700 child workers, around 168 mil- sciously and retain our moraligallons of water for its produc- lion to be exact, who are over- ty, in order to help preserve it tion, whilst a pair of jeans re- worked for incredibly low wag- and hopefully even contribute quires 2.000 gallons. In addi- es. Lastly, employees are com- into making it a better place. tion, the synthetic fabric fibers monly denied their basic huthat are commonly used are un- man rights and are at times able to decay in a landfill. This even forced to work. They are fact becomes even more con- not allowed to form unions to cerning when one realizes that defend their rights and thus rethe average American produces main treated as subhuman be-

82 pounds of textile waste every ings.

year. Lastly, producing plastic fibers into textiles requires a lot

forget that supporting the fast imagine it to be. So, one might fashion industry also severely wonder, what can I do to lessen affects workers' lives. As we all my negative impact on earth? might already be aware of. One way to help is to conduct On one hand, considering only working conditions for fast research before dump untreated toxic need to lead a dignified life. icals for their production. An-

In closing, I would like to point out our responsibility, towards both the environment and the people who work in fast fashion factories, to be aware of the effects of our purchases. Despite the fact that we might feel pressure to keep up with the rapid progression of the fashion industry, the cheap price tags aren't correspondent to just exciting purchases. The impact of our actions on the world is On the other hand, we must not much deeper than we would purchasing

Meliti Zadeli HS1LL1









**Consumerism Article** 

# by Vassiliki Marmaridou HS3HTL2

Whether we want it or not, we are all consumers. From the days we were growing inside our mother's womb, until the present moment, we have been consuming about everything: from food to intellectual products such as art or music.

Our choices and our behavior define what type of consumers we are. Are we consuming or over consuming?



This is the question we need to ask ourselves right now. Because we are putting our future on hold depending on what our answer might be.

Knowing that we succumb to the power of consumerism, that we buy and buy and never stop is scary. But knowing that people's lives are being put into danger for this purpose is even more terrifying. People in India, in China, in Bangladesh, in Africa work in hideous conditions to produce things that we put little to no value into. They work in buildings that are ready to collapse, for long hours, are payed almost nothing, and constantly risk their lives to make a living, out of which they can't even survive. Even children work there, being exploited for their small hands and little to no power to resist. So, is it worth it? Is it worth it for them to work so hard to produce a shirt, that we end up wearing one time and eventually throw it away?

But they have no other choice. We are the ones that have the power to change this maltreatment and abuse of power and not only save these peoples lives, but the future of our home, planet Earth. It's time to start consuming more consciously.

Of course, since the industry of fashion is one of the biggest industries in the world, its impact on the environment is, therefore, huge. Here are just a few facts about this:

• A 2017 report from the International Union for Conservation of Nature (IUCN) estimated that 35% of all microplastics — tiny pieces of plastic that never biodegrade — in the ocean came from the laundering of synthetic textiles like polyester. • 500,000 tons of microfibers, which is the equivalent of 50 billion plastic bottles, are released into the ocean each year just by washing clothes.

• Every second, a truck full of clothes is dumped into landfills.

While a simple white T-shirt we would buy at Zara or H&M would normally cost 10 euros, the real price we pay for it is much bigger. According to an article published by Business Insider, it requires about 700 gallons of water to produce one cotton shirt. That's enough water for one person to drink at least eight cups per day for three-and-a-half years.



We are floating on plastic. We are looking at it, eating it, breathing it.

Turtles are trapped, fish are poisoned, ice is melting, our air is polluted, and yet, we still want to buy that pair of jeans from our favorite store.

What about me? I cannot breath. I cannot see the sky above me. Everything is black Everything is dark Were is my right to live free.



#### Delta Speech Writing Contest

Every December, HS3 students of Psychico College partake in a time-honored tradition: the Delta Speech writing contest. Established to honor one of the founding members of the College, Stefanos Delta, this English-writing contest allows students to exhibit their mastery of language and persuasion, competing for the opportunity to perform their speech to the whole school. This year, Psychico College saw one of its students place in the finalist round of the competition Marianna Generali. Marianna presented her well-organized, engaging, and inspiring speech to her classmates on May 27th , 2020.



# Climate Urgency

"How dare you" she exclaimed worriedly.

#### Ladies and gentlemen,

"People are suffering. People are dying. Entire ecosystems are collapsing. We are in the beginning of a mass extinction." We should all take heed of the words of this young leader, Greta Thunberg. A young lady, a student just like us, striving towards annihilating the impact climate change has to our world. It is our responsibility, as the citizens of tomorrow, to conquer the growing environmental issue and save the one thing we all have in common; earth.

Take a moment to imagine a cascade; a small waterfall with effortless blues and rocky slopes, that ends beautifully in a small river or pond. Now consider that instead of protecting this natural treasure we are creating our own cascade, a cascade of unstoppable events that undoubtedly has a detrimental impact on our environment. Imagine the insects, animals and plants that inhabit and coexist within this cascade. Now, take a moment to consider how some of your everyday habits and actions destroy the home of thousands of creatures; and examine whether it is worth it or not.

Ladies and gentlemen, forests alone are home to more than eighty percent of all terrestrial species of animals and plants. Every year, 33 million acres of these natural forests are cut down in order to satisfy the sometimes unnecessary needs of production and housing. Furthermore, this summer we witnessed the "earth's lungs" burn, as more than 76.000 fires ran through the Brazilian Amazon. In his election campaign, current Brazilian President Jair Bolsonaro, promised to reduce environmental protection and increase agriculture in the Amazonian forest. And so he did, jeopardizing twenty percent of the global oxygen intake.

Before we act, we must think to ourselves: "there is no planet B". In 2015 the United Nations proposed the Paris Agreement, which as stated in article two, aims "to strengthen the global response to the threat of climate change in the context of sustainable development." Its 17 goals tackle issues that influence the world globally, with many attempting to solve the environmental crisis we are facing. "Climate action", "life below water", "life on land", are just a few indicators to inspire and assist us in working towards sustainability.

One environmental consequence we are all familiar with is the "greenhouse effect", but in actuality what have we done to limit the amount of daily emissions and carbon dioxide we produce? Since 1990 global carbon dioxide levels in the atmosphere increased by almost fifty percent, damaging severely not only the environment, but also our health. If we do not strive towards integrating the concept of biodiversity into our everyday lives, we will eventually obliterate all living organisms and ecosystems on our precious earth. Without realizing, we are burning the library of life, all of its history and all it had to offer. David Attenborough once widely said: "the truth is: the natural world is changing. And we are totally dependent on that world. It provides our food, water and air. It is the most precious thing we have and we need to defend it." The human relationship with nature is very complex, and most certainly requires defining, especially when referring to active ecological engagement. This relationship should be guided by a code of ethics, followed by all. It ought to derive from basic principles and a pragmatic consideration of the problems at stake. Humans and the environment should coexist, we should tread lightly upon nature, allowing living organisms and ecosystems to prevail.

We are lucky enough to be part of a family that respects the environment and works towards the annihilation of the issue at hand. The College ensures the necessary measures and actively creates opportunities for students to save our home. Our school's main focus is sustainability and it ensures ways to strengthen our response. Reforestation, recycling and the college mentality, position and activism are in accord to the beliefs of the man we honour today. Stefanos Delta seeked for children to be inspired by the natural environment, as they gain knowledge, and respect for the world as a whole.

Scientists have stated that we are at a "point of no return" and an "existential threat to civilization." Bearing this in mind, we come to ask ourselves; what do we do now? Greenpeace addresses the main environmental challenges as air pollution, climate change, meat and dairy, nuclear power and plastic among others. Ergo, it is imminent for us to take the necessary action. For example, the use of renewable energy, such as solar, wind power and hydroelectric energy. Also, by eliminating fossil fuels that severely damage the environment. Planting trees, recycling and lowering emissions are minor steps that will help face this major issue. Finally, by reducing our contribution to mass production by industries and large corporations, we significantly reduce our carbon footprint. For example, the livestock sector is the biggest source of habitat destruction in the world.

Before you leave here ask yourselves ladies and gentlemen "how dare you" and question the way you are contributing to environmental destruction. Martin Luther King once said: "Our lives begin to end the day we become silent about things that matter", and nature my fellow classmates matters. Let us cherish the world's natural gifts and take a new, interdisciplinary approach approach to solve the big-gest issue the world is facing at the moment. In the words of William Wordsworth "Come forth into the light of things, let nature be your leader."

Thank you for your attention.

Marianna Generali HS3CA1

# Why Crocs are the worst shoe.

# By Froso Bazakidou HS1LL4

Crocs. The shoe that has dominated the closet of the average man since its creation in 2002. To some, the shoe is just a practical solution. To others, mostly its teenage supporters, it is a way to keep up with the latest trends and be "stylish". However, if we take a step back and look at crocs from a new and unbiased perspective, we will soon come to the realization that they are neither utilitarian nor fashionable.

To begin with, the word "practical" implies some type of comfort. However, anyone who has previously owned a pair, is no stranger to blisters, calluses and smelly feet. It is impossible to go more than an hour in Crocs without the hard plastic sides creating terrible blisters on the sides and backs of the feet. Wearing a pair of rubber shoes is not worth the agonizing pain that will result. In addition, the rubbery insides of Crocs cause terrible foot sweat, leaving Croc-wearers doomed to have terribly smelling feet for the whole day. As if that was not enough, in reality, not only are they uncomfortable, they border on dangerous due to the numerous holes on the top of the shoes. They are meant to provide ventilation for overheated feet, but all they really do is allow sharp objects to impale the foot at any time. Last but definitely not least, according to experts such as Dr. Megan Leahy and Dr. Alex Kor, the president of the American Academy of Podiatric Sports Medicine, the most important feature in any shoe is the shank, the supportive structure between the heel and the toe. They also claim that "Crocs do not adequately secure the heel and their shank is too flexible. When the heel is unstable, toes tend to grip which can lead to tendinitis, worsening of toe deformities, nail problems, corns and calluses". Hence, Crocs can be the cause of numerous comfort and health problems if used often, all this proving that Crocs are in fact impractical.

In the beginning of my essay, two main reason why Crocs are popular were statedthem being practicality and fashion. I have tackled the first one and will now move on to the second one. Nowadays, we generally try to get to know someone before making up our mind about them rather than "judging a book by its cover". Upon meeting someone however, we tend to make assumptions about them and their first impression on us always counts. We base these assumptions mostly on their clothing and behaviour. If you ever met someone for the first time and noticed that they were wearing crocs, what would you think? The majority of people in this scenario would think that the person in front of them might be immature and not to be taken seriously, even though that might be far from the truth. But don't take my word for it, instead trust every fashion expert. Have you ever heard of a model wearing Crocs on the runway? In an industry where footwear choices range from high heels to flip flops, no model has ever been seen wearing crocks. Thus, that goes to show that Crocs are not "stylish".
In case you still don't believe me because you think I might be biased, my point can be proven by the original creators of Crocs. The Crocs company, originally named Foam Creations had developed these shoes as a boating shoe, giving it this form in order for the water to be able to come out of the shoe. The shoe itself, was not designed for the purpose of walking around in it all day, as its supporters claim is possible and its use was not recommended for long periods of time. When the creators of the Crocs enterprise came across this shoe, they bought the original company, changed its name and added the new logo of the crocodile, but did not change anything about its design. Even though the circumstances of its use have changed, the design has not. Its form, which was definitely not

suitable for the use it has today, stayed practically the same and has not met the demands of safe, everyday use. Therefore, Crocs can not be considered to be a shoe for everyday use, simply due to the fact that it was not designed for that purpose.

All in all, I believe that its safe to say that The Times were right when they wrote, "Crocs are one of the worst inventions of all time". They are not only uncomfortable and not stylish as their supporters claim they are, but they are also a threat to one's health. Don't get me wrong, Crocks can be worn for a trip to the pool or by a child at the beach but they can only be worn under specific circumstances and not on the daily.

## "SAT's should become optional"

# By Theodore Patsis HS1LL4

Can a single test be able to determine if a person is ready to work and study hard in order to achieve his goals? Standardized tests like the SAT believe they can and most universities have them as a main prerequisite in their application. I believe these tests should be optional, for reasons I will analyze right now.

To start, standardized tests are not an aptitude test and cannot measure a student's readiness for college. An aptitude test measures effectively your ability and intelligence level. The SATs can't predict university success, because they just showcase how much has a person studied and prepared. Most people prepare before they take the test and if they fail, they can retake it to improve their score. Therefore, they don't measure ability, because the more you study, the better you will score. This is one reason 1 believe that these tests shouldn't carry so much weight on an application.

Moreover, as implied above, standardized tests create social inequalities. We live in an era where most US universities are aiming for diversity on their campuses. If they only accept students with a high SAT score, this means they only accept students who have prepared a lot for the test, can afford to take the test multiple times and spend hours on end in preparatory classes. This automatically eliminates students whose parents have a lower socioeconomic status and minorities. Why shouldn't someone coming from a poor family in Africa be considered for a place in top-tier American universities? Making standardized tests optional is a way of having students from every part of the world, something that all universities are fighting for.

All in all, these are the reasons I believe standardized should not be an integral part of a university application. In my opinion, there are many more effective ways of judging a student's readiness for college such as high school grades, recommendation letters from teachers and work experience or community service. These show academic excellence as well as a student's moral code and values, which are necessary to a person's future success. Now I would like you to focus on my final argument, which is that standardized tests are unfair for students who underperform at tests. Stu Schmill, the dean of admissions at MIT who wishes to abolish the SATs from a university application, says: "I do believe that most students stress out over their SAT scores much more than they need to." He wants an application to focus more on extracurricular activities and urges students to stress less over standardized test scores. Students underperforming at tests due to excessive amount of stress doesn't mean that they won't succeed in life, since they might choose a job devoid of everyday pressure and tight deadlines. This is my final argument which promotes making the SATs optional.

# Can money buy happiness?"

# By Katernina Sklaventitis

Fellow students, esteemed teachers,

Seneca, a great Roman philosopher once said; "True happiness is to enjoy the present, without anxious dependence upon the future". But how can someone be truly happy when they don't know where their next meal will come from or if it even will? When they don't know if tomorrow they'll have place to live, or when a medical problem will lead them to bankruptcy? That's why I, despite the common notion, support that money can, in fact, buy happiness.

Unfortunately, in this world all things have a cost. Food, water, clothing, medicine and everything that we need to maintain a standard of living is unattainable without money. Money allows us to cover our most basic and fundamental needs, and therefore without it we would be fighting to survive. Someone living in extreme poverty, that could be left penniless tomorrow because of the slightest misfortune can't possibly experience true happiness, as his most important and only task is survival.

Furthermore, money can eliminate most of the stress and problems we face every day. There are people working two jobs, making minimum wage, having practically no time for themselves or their families. This problem could be easily solved with money. Yes, it might not directly buy them happiness but it will give them a calmer, less tiring lifestyle and allow them to focus on what they actually enjoy rather than on what they need to do to survive. When money is not an issue, we can experience life to the fullest since we don't have to spend all of our time working or worrying and agonizing on if we will be able to pay rent or afford our tuition or whether or not we can go out with our friends or take a vacation once in a while. Even scientific research has proven that people who spend their money wisely, to free up time or to create experiences for themselves, are happier than the average person. As previously mentioned lack of time, otherwise known as "time famine", is a problem troubling many people globally. A study conducted by the National Academy of Sciences has shown that one third of its six thousand participants, which had the funds to avoid engaging in boring and timeconsuming tasks and to indulge in small luxuries, were reportedly happier than the rest of the partakers. The survey also concluded that buying free time increased satisfaction by 7,7%. Moreover, many psychologists have also been led to the same conclusion, that spending money on what brings us joy increases our levels of happiness and satisfaction.

In conclusion, the common belief that money can't buy us happiness is faulty. As long as we spend our money intelligently and sensibly on what covers our needs, frees up time and brings us satisfaction there is no reason why it can't also bring happiness into our lives. We must utilize our resources, in this case money, to make ourselves content, even if we aren't million-aires.

Thank you for your attention.

# Consumerism and advertising; a new form of slavery

Just like the sea is drawn by the moon, metal drawn by magnets, the Earth by the sun, humans are drawn to consuming. You are surfing on the net and you are looking for a new dress or a new pair of football shoes. You don't find anything interesting and you decide to check your feed on Instagram. Suddenly, all sorts of sponsored post containing dresses or football shoes appear. You take a look, and after being too tired of searching you find something that seems nice and you order it. Another typical day. "What consumerism really is, at its worst is getting people to buy things that don't actually improve their lives." once wisely said Jeff Bezos, founder of Amazon. So, 1 am only urged to ask you, ladies and gentlemen, "Why do we have this need to consume more and more, to shop until we drop?"

The answer to this question can be found in the most complex yet fascinating part of the human body, the brain. Decision-making is indissolubly connected to the unconscious and our emotions. While watching an advertisement the brain parts that are responsible for decision-making and memory, such as the limbic system, which is responsible for our emotions, show, according to a UCLA study, high levels of functioning. Brain waves that trigger heightened attention augment, whereas those who cause less-focused attention subside. Recent researches have shown that the largest part of what our brain processes while watching an advertisement goes in to the vast valley of the unconscious, where a new science, neuromarketing, is trying to create needs for consuming to the viewer. Taking into consideration that 95% of our decisions are made subconsciously, we can only predict to what extend this science can develop, especially nowadays, the era of consumerism. But let's think to ourselves... "Isn't this alarming? Isn't this a form of brainwashing...or... "*brandwashing*", as it is frequently called?". The so called "brain whispering" business is reaching its zenith nowadays, as numerous neuromarketing firms emerge and try to manipulate the deepest part of our existence, the part where every desire, every dream, every impulse comes from... the unconscious. And we, the consumers become "shopping robots" ready to follow every direction that is subconsciously given to us by the product company... It is evident, ladies and gentlemen, that we have lost control of ourselves and our desires.

Did you know that Google has tested almost 50 different shades of blue in order to see which of them would result in more clicks? This specific type of blue that we see in or screens every time we surf online was not randomly chosen but was based on an experiment that eventually increased Google's revenue by two hundred million dollars. Another tangible example of neuromarketing is that of Coca Cola. More specifically, an experiment conducted by neurologists and advertisers showed that when people blind-tasted Pepsi and Coca Cola, they remarked that Pepsi tasted better. However , when they were told which drink is which before trying it, and, thus were no longer blind-tasting, they affirmed that Coca Cola was tastier. Neurologist found that when the participants were informed that what they are trying is Coca Cola, many parts of the brain involving emotions, decision-making and memory were highly functioning. Throughout their entire lives, the participants had subconsciously related Coca Cola to happiness, good taste and positive feelings, which was achieved through numerous ways of advertising that the company had used, including celebrities posing for them, or nurses saying that Coca Cola was good for them. Hence, this experiment proves how our feelings, memories and emotions can subconsciously influence our decisions when buying a product.

Listening to all that makes us wonder "Is this brain meddling legal?" Traditional advertising is indeed allowed for adults, as they have the mental capacity to distinguish between truth and untruth. However, neuromarketing erases that fine line, as the information is directly engraved into the large labyrinth of the unconscious. We have all heard of the famous "mind-controlling" practices that cinemas used, in order to impulse viewers to buy food and drinks, by projecting messages that were imperceptible to the conscious mind, which were, after it came to the viewers notice bound forever. Thus, ethical boundaries must be placed, so as to avoid illegal practices through this newly emerging science that still has a long way to cover in terms of research .

In conclusion, next time we watch a television and we feel this urge to buy the product that is presented, let us think twice. Do we really need it or this or this impulse is just a mere product of our unconscious mind? Let us remember that the products do not own us, but we own them...Let us not forget the wise words of Fulton Sheen, a well-known archbishop of the Catholic Church, who once said that "advertising tries to stimulate our sensuous desires, converting luxuries into necessities, but it only intensifies man's inner misery. The business world is bent on creating hungers which its wares never satisfy, and thus it adds to the frustrations and the broken minds of our times.". Ladies and gentlemen, it is high time we freed ourselves from the manacles of consumerism that have kept us fettered long enough !

### Thank you for your attention!

History Through Literature students debated on the notion of Whether Money brings happiness. The idea of this debate stemmed from the analysis of Great Gatsby by Scot Fitzgerald as they were asked to answer such a question in relation to Jay Gatsby and Tom and Daisy Buchanan. In the following pages you will be reading our students stance on this notion.

#### "Money brings happiness"

Anyone who claims that money does not bring happiness, is either mistaken or lying. Even when you expect it to dominate lives the most, like at times of severe financial hardship and great social disparity, money is instead just a factor, but not the key to happiness. With this is mind, it is no surprise that Scott Fitzgerald's saga of wealthy Americans during the roaring but bruising 1920s became an instant best-seller and epic tellall tale about how opulent lifestyles and luxury purchases, however hard to ignore, matter little in the end, when it comes to generating true happiness.

Take Nick, for example. What makes his character, and Fitzgerald's message, stand out more than any other in the story, is that while the young man has great aspirations, he is not taken in by them. Nick is seen climbing up the social ladder, engaging with socialites, and establishing crucial connections. However, he ultimately refuses to get sucked into their way and manner of life. He can't stand the ease with which they let things slip by and when he realizes how shallow, self-serving and pretentious his social superiors are, he distances himself. This, in my opinion, is the strongest indication of what the author wants to reveal: that wealth, connections and parties do not bring true happiness.

This is not the case though, with another character. Tom Buchanan was born filthy rich and is portrayed as using his fortune for low motives, showing little, if any concern for other people. The author offers no other side or level to Buchanan's character, generating instead an impression that he and his "old money" are untouchable. This shallow person is the only one in the novel that seems to be almost entirely satisfied and happy by being rich.

Gatsby is different. Although his character is seen achieving the "American Dream", he is still not happy. He has the big house, the snazzy car and all the money anyone could want, but in the end, none of these things matter to him. That is what distinguishes him from Tom Buchanan. The fact that despite all his flaws, he merely used wealth as a motivator and force to express his feelings and get his happily ever after with Daisy, his one true love.

So while money can prove to be a factor contributing to bursts of momentary happiness, it is not a rock-solid guarantee. Love, health and freedom, carry no price tags, making them so much more valuable, generating bigger thoughts and a more critical question: If getting more money does not make us happier, then why do we struggle so hard to earn more?

Coralia Hadjiyannaki HS2HTL2

What is happiness? Is it pleasure? Is there any difference between happiness and pleasure? Can you buy happiness ? These are questions that have plague humanity since our very beginnings. In our pursuit of happiness we have equated it with money , making it easier to direct our attention, but were we correct ?Because of a thirts for money, and in extension happiness, we have hurt people and we have abandoned dreams and always ask if it was worth it. So in this essay i will argue that money does not equal happiness on the grounds of the relativeness of the word happy and the things we want,the importance of money and why the things we think we make us happy about money will not. Happiness is always defined differently by different people. Somebody's happiness may be a bad fortune to the other. So what is ultimate happiness? It is something which differentiates you from the materialistic pleasures and you stay in constant bliss. You multiply your happiness by helping others, being calm and caring. This kind of happiness cannot be bought with money.Life is very simple but we make it complicated. The basic rule of life includes 'Needs and Wants'. The things which are basics for human survival like food, clothes, shelter etc are the needs. Sufficient money, electricity, education, and transport can also be counted as needs in modern day life. Once a man fulfils his basic needs, he doesn't stop there, he desires for more. A salary hike, a better home in the city, expensive clothes, luxury vehicle and when he crosses this stage he wants even more like a world tour, a luxury villa and new hobbies like golf, sailing, etc.So basically wants are never ending and if the happiness is dependent on these factors then it's really hard to imagine that one will get happiness because he/she will be always indulged in acquiring more and more. It is good to be ambitious and money can be a good driving force to lead a comfortable life but when one becomes greedy and selfish then the ultimate goals of life are replaced with materialistic things. An achievement does bring happiness but for a short span. We work hard for years to achieve something but it vanishes in few days or months. You can acquire pleasure with money but actually you need a lot of money to buy pleasure. A wise man will not mix happiness with pleasure whereas a common man thinks pleasure as definitive happiness and at the end of the day he may find himself in depression, anger, loneliness but with a lot of money. There are several businessmen in India who earn in millions and can afford pleasures but they get happiness by doing social work and charity and that is the source of their happiness. Mr. Ratan Tata who is one of India's top businessmen spends 60% of his earning to social service, NGO, and charity It will be wrong to say that money is not important. Just imagine, you are travelling somewhere with your family. In this journey, your goal is the journey itself and not the destination. That journey with family is the happiness but the fuel required to run the car throughout the journey requires money. If the fuel tank dries, you can still drive it on a slope but that will be risky. Human life also works the same way, money is essential to run the life and it is very difficult to survive without money. You struggle for happine<mark>ss when earning</mark> money is the only goal in your life.

Our family, friends, and relatives are the people that have been there for us all through our lives. All the memories we have with us were created with them and every story behind our bumps, bruises, embarrassments, dating experiences and all other extraordinary events is known to them. No amount of money on the planet could pay for that. Memories are formed and created hence they cannot be paid for or paid off. I have been a family oriented person, so I don't appreciate why some people would think that money could buy happiness.Lot of us think of our friends as treasures. A friend is somebody that likes you for what you are and who you are, and they continue to believe in you even when you stop believing in yourself. The friendship which we form is a tight bond and we get emotionally involved with people. Money can't obstruct with our approach, nor can money buy us true friends. We as individuals would be very sorrowful without friends to tell our secrets to and having a shoulder to lean on when we need it.I have personally seen people who buy clothes, accessories, food or anything to buy friends. It might work but only for a while and then it just goes to demonstrate once again that money cannot buy happiness. It should be noted that money is an essential part of modern life and one cannot survive without it but one should not make money as the sole source of happiness. Money can buy pleasures but not happiness and these two things should be kept apart.

#### "Money bring happiness". Agree or disagree? Discuss in relation of The Great Gatsby.

We live in a very money-centred world, a world who revolves around commerce, currency and values. Everything can be bought and sold, and everything needs money to be developed and sustained, to be owned and claimed. Goods, products, objects, furniture, houses, land, even animals and "humans". Money can define a country's power and status, determine the fate and the range of choices of a citizen, arrange her role in society and her image to the world. One can say that money almost define every human.

Almost. Another factor appears to the equation with its weight being small or large in relation of one's mentality. And that factor is the person's ideals, moral values, ideas, and personality. We can choose how to use money, how to perceive it, and the kind of relation we want to develop with it. In other words, do we let it define us? Or do we define it? Does it alone fulfil us, joy us? Or do we have the need to concentrate equally on other traits and parts of ourselves?

The everlasting debate of money and happiness is an overly complex topic as every person's opinion is extremely different from another's. An opinion that has been shaped from one's personal experiences from the conditions in which she grew up, the goals she wished to attain, the dreams she tried to realise and the relations she had created with the people around her. However, the person who strongly believes that money can indeed buy happiness, in my opinion, has not yet experienced true happiness. Although a life without concerns about our economic state, where we can buy an expensive car or a house or furniture, or eat at very prestigious restaurants sounds attractive, it often misses the human factor. Such "acquirements" do not offer us the same joy as a true and deep relationship with others can.

As Aristotle wrote, human is a social being and only God or a beast can live alone and isolated. Humans need to interact with other humans, to communicate and create stable and loyal relationships with them. Thus, having many riches and money to spend *can* bring happiness, but in the short term if one doesn't have someone to share them with. He needs that friend, family member, significant other to talk to and cherish together what they have, because without that person objects eventually seem to be only objects.

A characteristic example can be the story of Daisy and Jay in the book *The Great Gatsby* by F. Scott Fitzgerald. The writer presents in a very vivid way America's high class's reality in 1920 in an effort to critique the power money had in their personal matters. In that society, one's behaviour, personal relations, marriage, were all dictated by his social role. As a member of the higher class they had to comply with these conditions to maintain their position.

Daisy and Gatsby were extremely rich but also very much in love. They were together in the past but didn't see each other for five years, and those years changed their fate greatly. Although Daisy married Tom Buchanan and started her family in East Egg, she wasn't *happy*. She couldn't connect with her husband; she didn't really ever get to know him and love him with the meaning we give to love nowadays. Tom cheated on her and in spite of her being aware, she accepted it and continued living the life that was designed for her. That mentality is clearly shown in her phrase "I'm glad it's a girl. And I hope she'll be a fool – that's the best thing a girl can be in this world, a beautiful little fool", referring to her young daughter.

Gatsby on the other hand, had spent these five years gaining as much money as he could, ameliorating his villa and throwing huge and extravagant parties every weekend as an attempt to catch Daisy's attention.

However, both Daisy and Jay lived in great wealth, had everything they wanted, and they could buy everything they wished. But without each other, no object, no car, no house, no personnel could bring them such joy as being together again. Even Daisy felt so lonely, who had seemingly a family, but because her relationship with Tom was so superficial, she could not even count on her family.

This example goes to show that despite their wealth, Daisy and Gatsby could not be ever truly happy because they were unable to acquire one thing: feelings. Daisy could not "buy" love for Tom and Gatsby could not forget Daisy.

Happiness is brought by one's achievements and success, both in the personal and professional life. Money can buy plenty material things but can never touch a person's feelings and heart or give her love. On the contrary, what truly brings joy to us is having a purpose in our life, being able to give and receive goodness from others and fight for a goal, an ideal, a dream. And one can do that with more, less or without money at all.

#### Money brings happiness"

The expression "money brings happiness" is one often used by people who do not have wealth. In Scott Fitzgerald's "The Great Gatsby", money is connected to the underlying theme of the story throughout. Gatsby, who did not have great wealth early in his life, suddenly becomes an affluent young man, and yes, he does have moments of happiness, but money alone was not enough for him; he needed love. Comparing this to today's society we see that people always want more, and so they're in a constant race to become rich thinking that this will bring them the contentment they deserve, whilst at the same time they are missing out on their life in pursuit of happiness.

Honest people are not usually self-made millionaires, like Gatsby, they usually work very long hours to earn money which is usually set aside for holidays or an occasional trip to a restaurant. These are small glimpses of happiness in their lives and the times that they focused on. But surely if one spends less time working, wouldn't this also bring a happier lifestyle? Throughout history people have been brain washed into thinking that everyday life is for the poor. We are led to believe that without wealth we can't possibly be satisfied with what we have. We envy the upper classes lifestyles and always wish we were like them, but are they really happy? Gatsby paraded his wealth by having lavish parties in order to impress Daisy. Anyone looking at him from the outside would believe him to be one of the happiest people in the world. His clothes, his car and his beautiful house would be most people's dream, but in actual fact he wasn't happy, he was miserable.

So what will lead to happiness? In my opinion there has to be a balance in life. There's no point working hard if all you're going to do is use your money to impress others, we should put a limit on our needs. We have to avoid peer pressure in buying the latest gadgets, fashion items and entertainment. If we can learn to be satisfied with what we have, then happiness will follow. However, our economic background also plays a role in our health and our security because without these two important factors we would feel dissatisfied with our lives, thus getting back into the never ending cycle of chasing the money. Another thing that we have to keep in control is power, in the story Gatsby uses his power of money to manipulate people for his own gain. Many people believe that money and power go hand in hand, without money you are weak. I personally disagree with this notion and I believe that power comes from a strong character, believing in yourself is something that can't be take away from anyone, unlike money.

The realization that you are confident enough to have self-respect will bring happiness, security and in turn will bring people closer to you, you will have friends and family that will bring you happiness.

Alice Lignou

#### Dimitris Minagias

It is undeniable that money is necessary, and it brings momentary satisfaction, but sooner or later, the content feelings fade away and it amplifies people's desire to buy something else. In other words, since we can only have instant satisfaction feelings from money, we will never be able to feel happiness from it, because real happiness isn't just a feeling of satisfaction but it is a feeling of fulfilment that we can accomplish only after overcoming many obstacles on the way to our goals. Moreover, money and happiness are relative concepts which mean that if we constantly compare our situations to others, we will naturally become jealous of their money, reputation, and happiness. Therefore, because possessing materials by money does not fulfil the endless emptiness in ourselves, we should try to find happiness within ourselves by establishing strong identities of our own which will give us broad insights into meaning of happiness and a life.

Although many people believe that money is a key to being happy, we need to realize that money merely provides temporary satisfaction to people. In order to acquire the basic things in life, money is necessary, but most people are not satisfied with the things that make life meaningful and want to acquire other unnecessary material things. In this case, having a lot of money would give them instant satisfaction as they can acquire what they need but, sooner or later, they develop an urge to acquire something else. For example, acquiring a motor-car gives one instant satisfaction, but sooner one feels the urge for a different model of motor-car thus, he does not get fulfillment and happiness. In other words, since we can only have instant satisfaction feelings from money, we will never be able to feel happiness from it, because real happiness isn't just a feeling of satisfaction, but it is a deeper feeling that is pertinent with other factors like human relationships.

As far as "The Great Gatsby" is concerned, Gatsby's wealth gave him moments of happiness, but the money alone was not enough. He needed love. Although money was the only way he was able to get with the girl he loved, it had consequences. After everything he did to get the girl, his action brought him his own death. What is more, Tom and Daisy Buchanan enjoyed a life full of wealth, but they never felt real happiness as they preferred to live in a fake reality and they did not communicate truly with their surroundings.

All in all, money can be a mean in order to accomplish some goals, but under no circumstances can the wealth identify with happiness. Thus,money could not bring eternal joy into your life because purchasing materials will only result in a limited amount of satisfaction, it cannot buy you the emotions you get from love and affection and it also cannot purchase everything in world such as general knowledge and a deceased loved one or the memories made with them. "Money and success don't change people; they merely amplify what is already stead of puffing aged Cohibas, as the fruits of one's labor are always tastier. there". This Will Smith quote comes in direct clash with what characters from F. Scott Fitzgerald's "The Great Gatsby" seem to believe, as we picture them throwing lavish drinking parties and flamboyantly spending their wealth. 1, amongst most people, agree with Will Smith, and will add that money does not bring happiness because it is a source of instant gratification, distraction, and greed

term. Many people, especially us naïve and inexperienced youngsters, confuse a reason. This is obsession that is not too difficult to catch and can cause happiness with instant gratification, terms which are as opposite as ying is to irreparable damage to any person and their loved ones. For instance, it was yang. The former is long term and usually not material in nature, such as pure greed that led Gatsby follow the course of action that he chose in the raising a family or succeeding in a career. On the contrary, the latter is sensa- book, as he always longed for more, losing everything in the end. tions the brain experiences that are similar to those of happiness but, in reality, they do not last for long. Some of these include experiencing orgasm and, of course, spending or holding money. It is also important to remember that raising a family is nowhere near as easy as spending money, which leads many people to evade the first choice in favor of the second one, since it is "[the road] less traveled by" as R. Frost would say. Because something is effortlessly graspable does not correlate to it being the right choice.

What is more, money can truly be a distractive force. It is very tempting to party all night, buy expensive cars, or order haute couture clothing, but these things will not move one further as a person or a professional. As previously mentioned, doing such things will only cause instant gratification. In the end, one will be bored of one's acquisitions after the gratification ends, accompanied with a financial hole in the ground on top of that. However, what will advance anyone will be setting a few goals and working to achieve them. Doing so will bring much more happiness than cash ever would. Of course, 1 am not arguing that one should not spend one's money on commodities that one wishes. What I am arguing though is that one will be considerably happier from working hard rather than spending money. In the end one has a lot more to gain from succeeding in both family and professional matters in-

What could never be excluded from this essay is the ancient sin that one can easily commit as far as money is concerned- greed. Ever since money has been used for transactions there have been people criticizing it for the greed it can cause to people, the most prominent of them being Ancient Greek philosophers, socialist ideologues, and religious preachers. In spite of their vast differences, these people were on the same side when it came to the greed To begin with, instant gratification is exactly what the name suggests: short- caused by the obsession of maintaining and acquiring additional money for

> To sum up, money not only does not cause happiness, but it also brings damaging qualities to anyone that focuses more on it than one should. As much of a blessing that is, it is undeniably also a sin.

Konstantellis

"Money brings happiness," Do you agree?

"All happiness or unhappiness solely depends upon the quality of the object to which we are attached by love" said Baruch Spinoza. Personally, 1 too believe that happiness does not depend upon the quality of an object; therefore, money does not bring happiness. I feel this way for two reasons, which I will explore in the following essay.

First of all, I am an adamant believer that money cannot possibly ensure happiness if we fail to remember on a daily basis our humble beginning. Odysseas Elitis the Greek poet once said that humility and love and gratitude are the three values that will always accompany us in life and secure a harbor of tranquility for us. While we understand these earnest words and may be sensitive to their limitations, it is nonetheless groundbreaking for us to remember them on a daily basis and to stand above all trials and tribulations when caught in life adversities. When faced with life's endless problems, I believe that we should remind ourselves of the basic values.

Secondly, in my opinion, happiness is subjective and simultaneously subject to a wide range of interpretations which may or may not have to do with materialistic things. It depends on each human to espouse the most important values to him. While some people have money, they may not feel as fulfilled, whether emotionally or spiritually. Others yet may not be financially secure and yet may be able to find happiness in other havens such as family life, sentimental love, religious harmony and other.

In conclusion, I am of the opinion that money neither has the long-lasting ability and power to fully satisfy someone, or offer the emotional stability. All things considered, we should not fail to remind ourselves at the end of the day that "Happiness is a direction, not a place."

Lydia Pandi HS2HTL2

"Money brings happiness."

Does money bring happiness? Some people claim that acquiring wealth ensures that you live a comfortable life, with the ability to buy everything you desire, therefore leads to your happiness. Others believe that you cannot buy happiness since it is not material things that make you happy, but feelings, such as love and friendship. I am of the opinion that true happiness has nothing to do with wealth, which often blinds people and makes them greedy and unable to appreciate the things that really matter. However, if money is attained through honest and respectful means and if it is used in a way that may benefit loved ones and society, it may bring feelings of long-term satisfaction and happiness. For example, in the novel 'The Great Gatsby', the main characters, who believe in happiness materialism and acquire a lot of wealth, end up being miserable since they acquire their money through questionable means, live vulgar lifestyles and do not use their wealth in any way to help those in need.

In my view, true and long-term happiness cannot be bought. To begin with, in order for a person to lead a happy life, they need to have a positive mindset. If someone is greedy and always wants more, they will never be satisfied, even with all the money in the world. On the contrary, a person who appreciates every single thing he has, including his health and family, is always going to find a reason to smile. In addition, money can only bring temporary happiness as it helps people satisfy their whims.

In 'The Great Gatsby', the question of whether money brings happiness is addressed and important issues are examined. Firstly, the way in which money is acquired as an important factor in whether it brings happiness. For example, if it has been acquired through fraud, or in a way that may be abusive to others, it brings underlying feeling of shame, and these people are not valued in society. In the book, Gatsby is considered to be an example of this. On the other hand, if Gatsby had acquired his money through hard and honest labor (clean money), it would have given him a sense of pride and society would have admired and respected him, probably giving him a feeling of satisfaction and happiness. The people living in the 'eastern egg' are thought to be more socially acceptable in the book, although their money is most probably inherited and its acquisition may also be questionable. The second factor, how money is used, is also a factor which may determine how happy somebody may be. In the book, all the main characters, use their money in a selfish, vulgar way, exploiting people and society's inequalities. Therefore, they are resented and not respected from people around them. If the characters had used their money to help the poor and needy, it would have brought them feelings of satisfaction and happiness, as they would have helped solve problems in society so people would respect them, recognizing their acts of kindness.

Gatsby's blinding pursuit of wealth in the hope it would bring him the love of Daisy, does not bring him happiness or love. Instead it drives him into a delirious, selfish, lonely and greedy existence, with no true friends. Although he appears to have many friends – since many attended his big lavish parties,- in reality he is despised, used and mocked by those same people. Everything in modern life revolves around money. We go to school, get into university, find a job, and all this to earn as much of it as possible. Others to a certain extent, and others to a far greater one. We betray friendships, change our way of life, and generally adapt in order to earn more money. Surely, a good income can guarantee a more comfortable life, abundance in goods, and a better social status. But the real question is, do all these bring true happiness into someone's life? By themselves, 1 think not.

True happiness is the result of many different factors in someone's life, such as love and friendship. The sentimental benefits of having someone there for you because they actually care for you can't be bought or sold. Similarly, a true friend by your side is something that can only be earned in time. A bond between people that has been formed due to material wealth can be made easily, but just as easily it can be sold to the highest bidder. True human connections are based solely on emotions, respect, and trust, and none of these are ever truly available for purchase. Therefore, since money can't guarantee any of these to someone, it cannot provoke the same human feelings that are absolutely vital for not just our mood, but our emotional survival. No one alone and isolated, even in a group if it is consisted of plastic relationships, can live and claim to be happy. A solitary existence is often depressed and desperate, and no amount of money will ever insure that.

Just like love and friendship, health for someone and the people that he cares about is essential for his happiness. There is no doubt that money can provide for better health care. However, there are still many diseases and conditions-some of which occurring randomly-that can either kill a patient or make his life a misery. Unfortunately, for these conditions there is no cure, and suffering, or watching a loved one suffer, can be excruciating. Despite our best efforts, we will most likely see a parent, a friend, or even a partner suffer and loose his life earlier than it was expected. It pretty much is luck. Pure luck, completely irrelevant to how much money we have. Another example is accidents. They do happen, even if on a daily basis they seem so distant. When you lose the person the person that you love, no obscure amount of money, no immense amount of goods and pleasures will help you mourn or make you happy again. They have nothing to do with it.

There is of course the counter argument, that the lack of money makes life hard, and often terrible. The insecurity when it comes to securing the absolute necessary for your family is agonising, and no one can deny that. However, everyone has hardship's in his life. With the above rational, only a small percentage of people to have ever lived would have experienced happiness. But human life is more about surviving. It is about enjoying those fine moments in life, filled with success and love, alongside those that care for you. Being as poor as possible can't deny love, and oppositely, being the richest man in the world can't guarantee it either. Again, material wealth and happiness are irrelevant and can't be linked in any way. There are many examples of people from both groups that confirm this. If you ask a family in a peaceful isolated island whether they are happy, they will probably say yes. And similarly, a millionaire who lost his child in a private jet crash will wish he had never made a penny. Hence why arguing that money brings happiness and poorness brings misery is not just pointless but proves that you have no idea what your life is truly about.

In conclusion, money and happiness are completely unrelated. True happiness and satisfaction in life stem from far simpler things, such as love, friendship, and health for you and the people you care for. Without them, life is lonely, mournful and depressed, and it becomes simply a set of business transactions, easily replaceable by a robot. And it is obvious that no amount of money can shape our emotions permanently, generate genuine human interactions and help us overcome difficult situations in life. Thus it is evident that money doesn't bring happiness in life. John Drizos HS2HTL2

## Are women still oppressed?

History Through Literature students read <u>The Yellow Wallpaper</u> by Charlotte Perkins Gilman .The short story presents a fictional account of one woman's struggle against her own mind as well as her external circumstances. Its concerns are grounded in experiences that were a reality for women at the time.; late nineteenth century. In the United States, the Progressive era was a time of widespread social activism and artistic creation intended to promote critical thought about social, economic, and political issues. Gilman's works were no exception; they aimed specifically to increase conversation and awareness surrounding taboo topics like mental illness and women's rights. Naturally questions were posed concerning female rights throughout the twentieth century as well as the concept if women are still oppressed today. In the following pages you will be reading our students stance on this notion.

#### Are women still oppressed?

Have you ever been asked whether you intend to have children at a job interview? Unfortunately, when seeking employment, this is a question most women must be prepared to answer. Even though men and women are considered equal today women are still not equal to men. From the lack of women in positions of power to religions that do not accept them as free entities and thus there are many reasons that I consider that women are still oppressed today.

First, today's corporate culture and societal norms usually stand in the way of women's rise to positions of power. Corporate boardrooms, courts and roles in political leadership are more often than not occupied by men. Women are used to reaching the so called "glass ceiling", a level at an organization's hierarchy that they are not able to surpass, do to their gender. Especially when it comes to pregnant women or women with kids, the possibility of being offered a promotion diminishes. At the same time, even in cases when women are more qualified than men the existences of male dominated fields prevent them from getting a job they deserve. Male-dominated sectors are particularly vulnerable to reproducing stereotypes that act as obstacles in women's pursuit of career advancement.

From a global perspective, even today, there are cultures and religions that explicitly refer to women as women being inferior to men. They foster the perception that women are less qualified and competent limiting their freedom and leading to inequality in the education that they are allowed to receive. A characteristic example is that of Malala who was attacked by men in her country Pakistan, while attempting to go to school. Similar measures against the education of women are taken in most countries were Islam is the prevailing religion. It highly that in such places women seeking to exercise their basic rights are interpreted as a direct, destabilizing challenge to exciting power structures.

As far as their cohabitation with men is concerned, despite the fact that they are employed as well, women are still tasked with the majority of household duties. They are expected to shoulder most of the burden, something which does not allow for a balance to be achieved. What's more, women are more likely to be caretakers and take a maternity leave after giving birth to children and are sometimes then forced to quit their jobs to raise them. Unfortunately gender is still the biggest predictor of who will do what, constituting yet another form of female oppression.

In conclusion, it becomes evident that despite efforts made by today's feminist movements, there are still ways in which women are oppressed. It just goes to show then, that action needs to be taken in order for them to reach absolute equality, something which would advance society as a whole. Male privilege is a myth. A false belief according to which men in today's society have more rights and benefits, simply for being men. Of course, up until the previous century this was the reality that women all over the world faced. But not anymore. In fact, in many parts of the modern Western World, it would seem like the tables have turned, and men are now in many cases oppressed, while still being accused of crimes of the past.

A common phrase that is being "tossed" around lately is "toxic masculinity". Men are accused of being "too male". Protecting your loved ones, being tough when necessary or having a preference for the fairer sex, though part of normal behaviour to the unsuspicious eye, is now often criminalised in society. Panels and programs by third wave feminists and people of the left side of the political spectrum advocate for a change in core male behaviour. According to them, men should stop being men. However, a logical question is why isn't anyone responding to such absurd notions? The answer is quite simple. He will be considered sexist, homophobic, and on occasion racist. This is the reality that we live in, and it follows the definition of oppression and discrimination to the finest detail possible. Being a proper man is unacceptable, and so we "must" change. A fine example would be the notification sent by New York Times to its audience upon the announcement of President Trump's cabinet: "Trump's Cabinet So Far Is More White and Male Than Any First Cabinet Since Reagan's". There is no immediate insult, but the connotation is there and it's clear as day light: Men in power is a negative thing. Would the underlying message and the way it's perceived by the audience be the same for an all-female cabinet? Not a chance...

At the same time, prejudice against men is at an all-time high. The African American poet Maya Angelou once said, "Prejudice is a burden that confuses the past, threatens the future, and renders the present inaccessible". Therefore, a reasonable conclusion is that our future, humanity's future is in danger. Men are held accountable all the time for the sexist acts of the past, and so discriminated against in the future. The new generation of men is, by many people, still responsible and for that it should be punished. Young men, with their entire future in front of them, are forced into feeling guilty for things they haven't even done themselves. Unfortunately, this prejudice extends to multinational companies and court cases, with a prime example being false rape accusations. For a woman, it only takes one report to the authorities to demolish a man's life, since even if her accusations are not supported by evidence, it would take years to prove the man's innocence, while his name and reputation will be forever ruined. While making this realization, one can clearly see the flaws in today's society that have led to such frantic anti-male behavior.

As I said before, one very common argument by third wave feminists is that male privilege exists, and it is the reason for the continuation of female subordination. But where is that male privilege? According to the bureau of Labor Statistics, men account for 93% of workplace fatalities. Furthermore, men are 97% of work fatalities, as declared by the US Department of Defense and 79% of all homicide victims according to the UN Office on Drugs and Crime. Additionally, according to the US Census Bureau nearly half of fathers with no visitation rights still

financially support their children, while 80% of all suicide victims are male according to the World Health Organization. Lastly, 75% of single homeless people are men. Consequently, I think the numbers speak for themselves on the validity of the term "male privilege".

Summing up, in the modern Western World, being a man is somewhat criminal, and for that you should be held responsible for things you haven't even done. Equality, as advocated by Suffragettes, means true equality, not the superiority of women. And it makes me sad that such a distinction has to be made John Drizos HS2 HTL2

It is now 2020. Technology has sky-rocketed, commerce is booming and activism is spreading but some traditional conservative stereotypes still remain the same. Women are to birth and nurture at home, marry and stay pure and obedient to men throughout their lives, while men steal the spotlight in the workplace and social light. Women are pressured to mold themselves into society's archaic norms.

It is safe to say that being a woman varies from era to era, from place to place. Throughout history, women have been slaves, puppets, accessories and even today in some places around the world, a woman's role in society is close to insignificant. In the countries of the Middle East, a woman is merely a man's possession having to cover up every inch of skin of her body being forced to abide by a husband's rules isn't freedom but oppression. Freedom of speech and self-expression for a woman in the Middle East is nothing but a far-off intangible dream.

Even though the women of the Western side of the world are, generally speaking, facing better prospects, their life as women isn't exactly a walk in the park. Strict beauty standards portrayed by slim blonde models with endless legs the constant competition with men in the workspace and the societal pressure to create a family in a pretty house with a patio, are conflicts women deal with daily. It is as if women are destined to please their husbands, parents, sometimes even their children and peers. Anyone but themselves. Even though the role of the mother is undeniably essential to a family and society in general the father still seems to be the one deciding upon all the crucial matters.

In addition, women are mostly the victims of domestic violence and are trapped within a cycle of abuse they can't escape. In many countries, a man abusing his female partner verbally or physically is an everyday standard phenomenon. If women dare stand up for themselves and point out the abuse, they face vindictive backlash. Women that deal with abusive situations within the household are afraid and feel worthless while having to face extreme misogynistic behavior daily.

In conclusion, women are still oppressed. Women all around the world are discriminated against for different reasons. Whether it is the color of their skin, their weight or their clothing women are constantly criticized and are victims of numerous harsh stereotypes despite the fact the fact that our era is thought to be a progressive one society's behavior towards women is stuck far into the past.

Goodhead Galini HS2 HTL 1

For most of human history, one group of people that never stopped being the center of oppression and devastation- women. No matter what culture we examine we can clearly see the female sex facing subordination and lack of freedom. However, the last two centuries the world has slowly but surely been transforming into a progressive environment where women can be seen as equal inspiring other people along the way.

Since the beginning of the women's suffrage movement in the mid-nineteenth century there also been a substantial demand for the government to create laws that would legally ensure equality between the sexes. This lead to a gradual remaking of society and the working force, which peaked in the 1970s. Therefore, for more than 40 years we can confidently infer that women have the exact same rights and privileges that men do. They can engage in Politics and follow any career path that they deem fit. They can own capital and real estate, something completely unheard of for the standards of the past. These laws also prohibit underpaying women for a specific position at a job, which means that the existing wage gap between the two sexes is purely caused by individual choices or career paths and not societal oppression. Women are free to do as they wish without having to face repercussions from the government.

A change in stance by the government has also caused a significant shift in society; women are also not facing oppression by society nowadays. Up until a few decades ago, women lacked the ability to make their own choices concerning their social lives. They could not marry the object of their affection as marriages were pre-arranged by their parents. They lacked, in short, the option to date or marry for love because they would have to endure severe societal backfire. However, ever since women have gained their rights in politics and in the workplace, most men's stance towards women has changed significantly. Women today are free to dress the way they like, date and marry whomever they seem fit and generally make choices about their social life without having to face major repercussions. This is supported by a 2016 Pew research study which clearly shows that since the year 1960 societal oppression towards women and minorities at large has fallen by a staggering 82% especially in Southern states of the US where most discrimination existed in the first place. Women in the West today can act according to their instincts and whims without having to overcome huge societal hurdles.

What is arguably women's most important achievement over the last century is the progress they have made and are still making in all fields. Throughout history, women were always snubbed when it came to making career choices and men were always preferred over women when it came to work positions and promotions. That though, has not stopped women from being successful in the realm of science, politics and several other fields.

Konstantellis Alexandros HS2HTL1

Edith Wharton was an American author best known for her stories and novels about the upper-class society into which she was born. She belonged to a distinguished and long-established New York family, and was educated by private tutors and governesses at



home and in Europe, where the family resided for six years after the American Civil War. She made her debut in society in 1879 and married Edward Wharton, a wealthy Boston banker, in 1885.

Although she had had a book of her own poems privately printed when she was 16, it was not until after several years of married life that Wharton began to write in earnest. Her major literary model was Henry James, whom she knew, and her work reveals James's concern for artistic form and ethical issues. She contributed a few poems and stories to Harper's, Scribner's, and other magazines in the 1890s, and in 1897, after overseeing the remodeling of a house in Newport, Rhode Island, she collaborated with the architect Ogden Codman, Jr., on The Decoration of Houses. Her next books, The Greater Inclination (1899) and Crucial Instances (1901), were collections of stories.

Wharton's first novel, The Valley of Decision, was published in 1902. The House of Mirth (1905) was a novel of manners that analyzed the stratified society in which she had been reared and its reaction to social change. The book won her critical acclaim and a wide audience. In the next two decades—before the quality of her work began to decline under the demands of writing for women's magazines—she wrote such novels as Ethan Frome (1911), The Reef (1912), The Custom of the Country (1913), Summer (1917), and The Age of Innocence (1920), which won a Pulitzer Prize.

Wharton's short stories, which appeared in numerous collections, among them Xingu and Other Stories (1916), demonstrate her gifts for social satire and comedy, as do the four novelettes collected in Old New York (1924). Her 1915 reporting for Scribner's Magazine on the Western Front in World War I was collected as Fighting France: From Dunkerque to Belfort (1918). In her manual The Writing of Fiction (1925) she acknowledged her debt to Henry James. Among her later novels are Twilight Sleep (1927), Hudson River Bracketed (1929), and its sequel, The Gods Arrive (1932). Her autobiography, A Backward Glance, appeared in 1934. In all Wharton published more than 50 books, including fiction, short stories, travel books, historical novels, and criticism.

She lived in France, visiting the United States only at rare intervals. She was divorced from her husband in 1913 and was a close friend of novelist James in his later Konstantellis Alexander HS2HTL1 years.



# Awards

Pulitzer Prize for Fiction

Honorary Doctorate of Letters (Yale University)

Full membership in the American Academy of Arts and Letters



# Famous novels

- The Age of Innocence
- Ethan Frome
- The House of Mirth
- The Valley of Decision
- Summer
- The Reef



- ▶ 1870s
- Upper-class, "Gilded-Age" New York City
- Written after Wharton had established herself as a strong author
- a young lawyer falls in love with a woman separated from her husband, while he is engaged to the woman's cousin

#### The House of Mirth by Edith Wharton

HS2HTL students watched the movie adaptation of Edith Wharton's <u>House of Mirth</u>. Then they were asked to reflect upon the movie and comment on the extent to which Wharton's thematic tropes align with the Social Darwinists principles.. Social Darwinists believe in "survival of the fittest" — the idea that certain people become powerful in society because they are innately better. Students in short, were asked to comment on the extent to which this movie, novel, represents this philosophical stance.

The movie the House of Mirth vividly portrays how Social Darwinism conquers societies of the early twentieth century. The protagonist Lily Bart is the perfect definition of an aspiring social climber who fights daily in order to reach social prosperity, while also risking her own wellbeing. In a society where marriage is a contract based on purely economic criteria, Lily seeks to marry out of love. Her indecisiveness and naivete, her need to gain both love and money from a potential husband and her immature nature render her dignity and image endangered. Lily misses the chances, lets opportunities slip into thin air as she fails to choose between husbands and often practices a lavish lifestyle while ignoring imminent decisions she ought to make. Thus, she is stepped on, overpowered and taken advantage of by people like Bertha Dorset who leave no room for pity and sentiments when it comes to maintain and preserving ones social status. It is safe to say that in human societies, as portrayed in the mob=vie, Darwin's "survival of the fittest" applies.

Galini Goodhead HS2HTL1

In <u>The House of Mirth</u> Wharton presents social stability and death as the only two safe places for a woman to be. This seemingly cruel yet realistic approach towards social structure perfectly encapsulates the concept of Social Darwinism. More specifically, it is made clear that the social norms of the early twentieth century Boston were steered by notions such as "eat or be eaten" and "the survival of the fittest". The boundaries between social classes were concrete, strict and indisputable. A woman like Lily vocation in life should solely be to get married to a socially acceptable suitor to preserve her social status and stability. The inner workings of society as depicted in the novel and movie involved anything but pure means of survival. Therefore, Lily finds herself being stripped of her dignity as the plot comes to an end. Her choices or lack of such thereof as well as her inability to follow her predetermined destiny plunge the protagonist into an abyss of debt, social humiliation and eventual social destruction. The movie, and novel in that respect, thoroughly explore the concept of Social determinism by presenting the tragic repercussions of "losing" in the battle of society. By emphasizing on the combination of Lily's misfortune, negligence and the ruthless nature of society Wharton manages to show exactly how social rehabilitation after a downfall such as Lily's was impossible to achieve.

#### Maria Theochari HS2HTL1

The movie The House of Mirth presents a portrayal of society and human interaction governed by the principle that only the strongest members of society can achieve success, while the rest are doomed to failure and extinction. Set in the early twentieth century Boston, the film and novel focus on the relationships formed between the individuals belonging in the elite and how their social status affects their overall social position. As the plot unravels, it becomes evident that only the wealthy which were well connected with the given elite of the time are able to climb the social ladder and become accepted by society. At the same time those who already belong to the upper class, struggle to maintain their position and often resort to manipulating others to preserve their status quo. A characteristic example is that of Lily Bart's friend Bertha Dorset who refuses to admit her own infidelity and frames Lily in a scandalous situation. This incident leads to Lily's social demise, public humiliation and downfall. According to Darwin's theory, only the strongest animals in nature are the ones that survive. Social Darwinists adopted the idea of the "survival of the fittest" and believed that it applied in society; that certain people become powerful in society because they are innately better. While watching the movie, one cannot help but notice the immense gap amongst different classes. Those with economical and social power almost seem untouchable and their survival rarely comes into question, while the rest are forced to employ all sorts of coping mechanisms to ensure even the slightest possibility of success. What is worthy of mention however, is the main character's, Lily, refusal to blackmail Bertha to save her social standing. Lily, in short, had the means to fight Bertha but she refuses to do so because she believes it is unethical. In a way, Lily fails to become a living example of Social Darwinism because of her love for Selden and thus doesn't take advantage of the incriminating letters that expose his affair. It just goes to show then that at a time when indeed the fittest survived there were people who managed to maintain their integrity something which ultimately meant self-destruction.

Joanna Dimitropoulou HS2HTL1