

THE ENGLISH SCHOOL STUDENTS PRESENT

THE PHOENIX

PATTERNS



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FROM THE EDITORS

patterns

/'pat(ə)n/z//

When coming to a decision about what the theme of this year's issue would be, the most obvious choice would have been the 2020 Covid-19 crisis we've all learned to know and *love*. However, thinking about what the Phoenix meant to us before we became writers, section leaders, and then editors of the magazine, we realized that the theme should entertain us and comfort us.

We are no strangers to patterns. Some of us are familiar with the patterns of music, artwork, poems, rhyme, and rhythm. Others know the patterns of our bodies, the cells that make up our structures. And now, with the crisis that shook the world and changed the way we lived for twelve plus months, we know the patterns of Microsoft Teams gallery mode, and Zoom calls with the girls. And despite the sadness, the losses we have faced, the loneliness of being in a kitchen, a living room, and a bedroom we no longer care to organize (nobody comes over anymore), there is a beauty in these patterns of life as well.

Through constant communication with our section leaders, we encouraged our writers to think and write about what patterns mean to them. Our aim, like every year, is to stimulate the multiple ways of creative expression of our writers and artists, in order to best convey the fruitful ideas behind the word "pattern". Every single piece is an effort to strengthen the bond within our community, even if that can only be achieved only virtually for now. The Phoenix is not only about freedom of expression, but also about embracing and amalgamating student lives, talent, and culture of our school to a broader, bigger crowd.

How a school helps us create our own personalized pattern

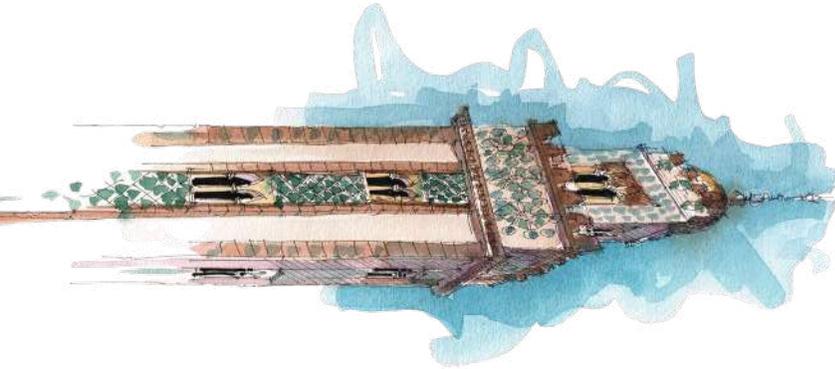
Leda Thanassa 6B

Structural (design) pattern; Patterns that ease the creation of the design. Structural patterns also help assemble objects and classes into larger structures. Having this definition in mind, isn't the goal of our 7-year long education to acquire the best structural pattern we can, so that we can fit into the "larger structure" of society? If, by the end of high school, we manage to obtain the skills that will help us create future relationships and fit into a completely different environment then, I would say, school has successfully managed to help us ease the design of our future, ready to be assembled into society.

But of course, in order for an object or an entity to become part of a larger structure as easily as possible, one will have to use multiple design patterns. So how can a school manage to fit all of the necessary functions each pattern provides, into one big pattern?

Stage One: the Bridge pattern

The Bridge is a structural design pattern that lets you split a large class into separate groups which can then be developed independently. In our structural pattern this is the stage that allows us to find our individuality. Think about that; a school where everyone chooses the chemistry A-Level, studies chemistry and becomes a chemist. This extreme -and for me absolutely horrifying- example is what a school would be like without promoting and introducing individuality; one big factory of clones. For the final design to function correctly, every school needs to provide access to an array of subjects and activities, so that each and every individual -or part of the design- which is part of this large class can find where they want to belong. After every student finds what attracts them and interests them, they will be ready to start preparing for the outside world, hence avoiding the possibility of being a societal robot. Then, a school will know, the creation of their Bridge is complete.



Stage Two: the Adapter* pattern

An Adapter lets classes work together that couldn't otherwise because of incompatible interfaces. Let me make this simpler for you. Imagine attempting to plug your phone's charger into a power socket only to realize that you forgot to bring an adaptor. What would you have thought at that moment? "Damn I wish I had an adaptor with me" or "I better go find an adaptor", followed by a grunt of annoyance. In order for this to be avoided, while creating your design, every school is responsible to provide you with an Adapter pattern, so that you don't end up getting electrocuted while trying to acclimate to a new environment. This Adapter will allow each individual to fit into the power socket of their chosen field and acquire the essential communication skills. Without such skills, the student will be unable to form new relationships that will be needed for the design of our future to be a jubilant one.



Stage Three: the Decorator pattern

A Decorator allows behaviour to be added dynamically to an individual object without affecting the behaviour of other objects from the same class. This could possibly be the most important stage, as it's when the school will need to ensure that its students possess critical thinking skills. This competence to express our opinions and thoughts will be vital[,] in order for our design to not turn out basic. Unfortunately, the creation of the Decorator is a lot more complicated than the creation of an Adapter or a Bridge. Because, for a well-functioning Decorator, the school will have to urge its students to question what they are told and not just nod at what society declares is right.

Starting from whether smoking is "good or bad" and leading up to the discussion of controversial ideas and political debates, students will be enabled -with the school's assistance- to create a Decorator reflecting their beliefs. In this way, we will break the possibility of the adaptor getting stuck in the power socket into little pieces, and blow them all away from our design's structural pattern -so that we can see it more clearly, from all possible angles.

After all three stages are complete, the student will have to collect the Bridge, Adapter and Decorator structural design patterns and forge them into one. We will call this one the *Identity pattern*, because



*An adapter pattern is not the same as an adaptor. However, the function of an adaptor in real life is similar to the function of an adapter pattern in design; helping one class work with another, without modifying it.

Doesn't school play a huge role in making us 'us'?

Monotony



Monotony is defined as the lack of variety, repetition and routine. Some may say that every day seems the same as all others, with no excitement or passion. Procrastination is so common in today's society. As students, we delay starting our projects, sending that one tedious email, handing in an assignment even though we have already finished writing it, most of the time because we get easily distracted. Organisation is key. Having a feasible, laid-out plan of tasks that we want to complete each day can significantly free up space in our daily routine that we can then spend with our friends or doing things that we enjoy. We need to work smarter, not harder. This is a phrase that you have probably heard countless times before, but it is true.

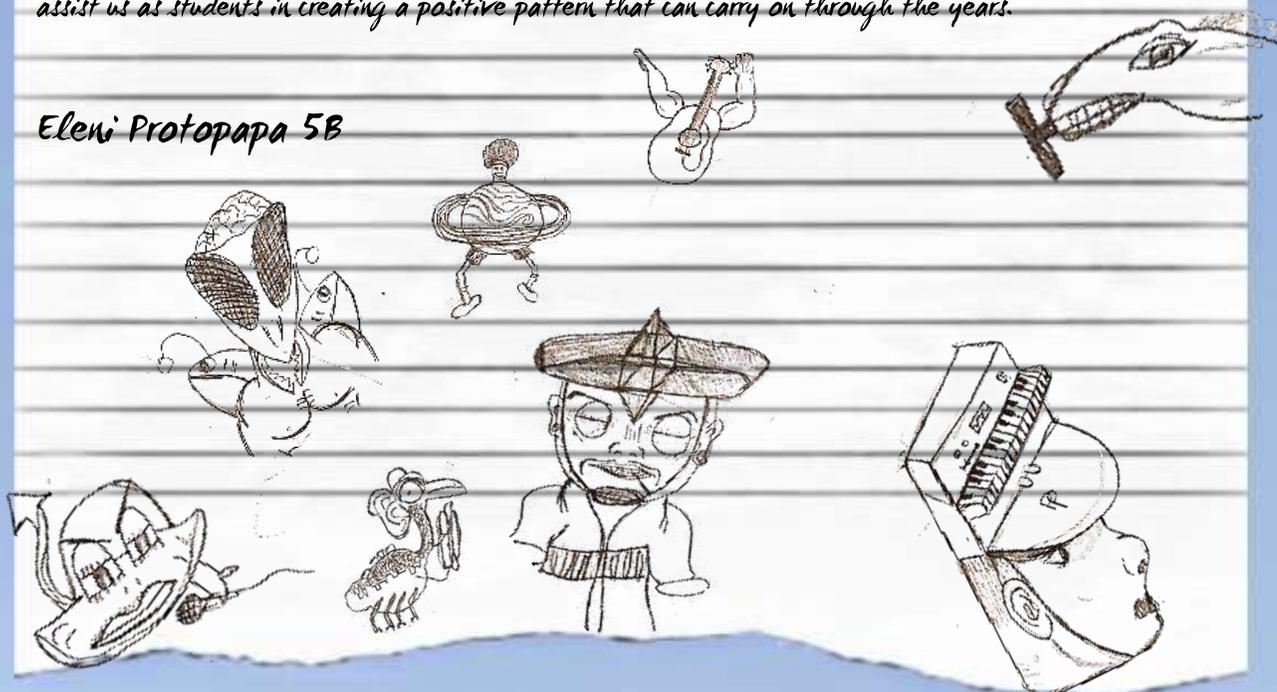


Patterns define us. Everything we do in our life is caused by a pattern. We as students follow an identical daily routine: waking up, going to school, going to extra-curricular activities, studying and eventually going to sleep. This pattern can be exhausting and in order to break from the routine, some positive patterns that you can follow can significantly improve your mental health and time management. Going to bed at a set time every evening and setting reminders around that time can encourage you to get a satisfactory amount of sleep. This is just one of the countless little things that we can improve on by planning.

I am aware that many of you may be thinking that this is just another article that promotes a healthy lifestyle that is impossible for us students to achieve. However, is that really the truth? Think about it. Have you ever taken the time to make a list of the things that you need to achieve every day? This simple inconvenience can give your daily life structure - on this occasion, a positive one.

Making an effort and enjoying the journey to achieving your goals is what matters the most. Although we should strive for success, failure is inevitable. But attempting to break from unhealthy patterns and the monotony of being a student in today's society is significant. Creating an organised school life may assist us as students in creating a positive pattern that can carry on through the years.

Eleni Protopapa 5B



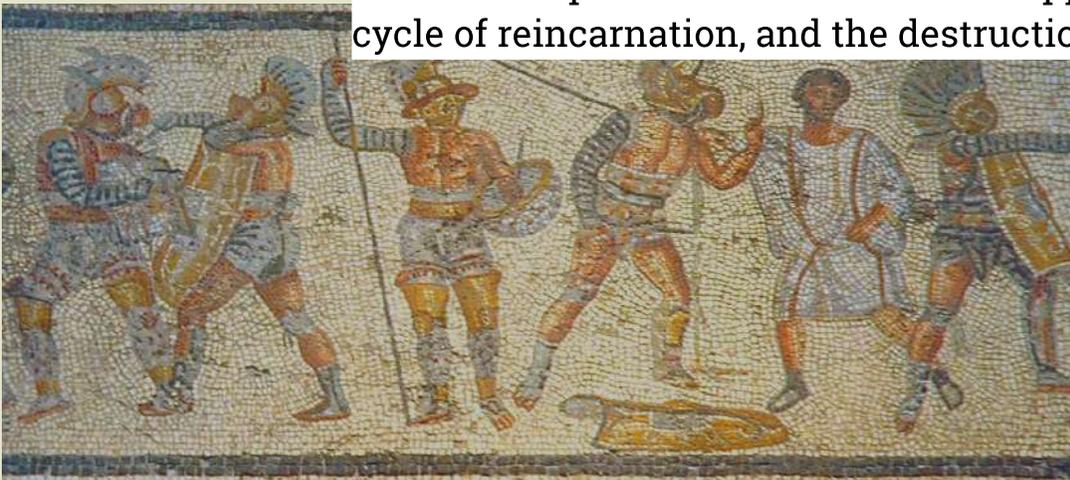
War And Peace And War

Panayiotis Hadjicostis 5G

'History repeats itself'.

A quote that has been used to death by teachers, parents, intellectuals and politicians alike. No matter the context, reminding the human mind that what happened once, may happen again seems to have a great effect on us.

The concept of cyclical history itself is entrenched deep into human civilisation, with it being prevalent in a significant amount of cultures. The Ancient Greeks, the Hindus, the Aztecs, and the Chinese, among others, believe that certain patterns and recurrences appeared in human history, such as the cycle of reincarnation, and the destruction and rebirth of the world.



Whole rituals, scriptures and traditions are based around this concept, such as the Yugas in Hinduism, and the Adonia festival in classical Athens, which celebrated the death of Adonis.

To the modern mind, this does not seem particularly striking. However, patterns in the recurrence of two crucial features of human history are often neglected. These features are those of War and Peace. Seeing as the overwhelming majority of us were born after the Second World War, the concept of War itself is not something tangible in our minds. Despite the huge availability of videos and images depicting the horrors of war, we cannot truly comprehend it, as thankfully, we have never experienced it. It is also hard for us to comprehend the extent to which war has persisted in human history.

In the entirety of the last 3400 years, the world has been in a state of relative peace of a grand total of 268 days, that is, 8% of recorded history.

The only two significant periods of widespread peace in the world are the Pax Romana (Roman Peace), and the Long Peace, starting after the Second World War. The Pax Romana lasted about 200 years, starting from the reign of Augustus, Rome's first Emperor, and ended with the death of Marcus Aurelius, in 180 AD. While of course expansion of the empire and military conquests had not ceased, the areas under the influence of Rome entered an era of relative peace and prosperity. If that sounds quite similar to our situation today, that is because it is.



After the Second World War, the presence of American hegemony in large parts of the World ushered a new era of peace and prosperity, much like Rome had done almost two millennia before. Human rights were established by the UN, millions of people were lifted from the excruciating burden of poverty, literacy rates increased and our life expectancy spectacularly augmented.



This trend of change continued, and when the Berlin Wall fell in November 1991, and the Soviet flag was came down over the Kremlin for the last time on Christmas Day of the same year, signaling the end of the Cold War, one could only hope that we had finally arrived at a lasting peace. At the time, the Doomsday Clock, which measures how close man-induced global catastrophe is, was at its farthest, being at 17 minutes to midnight, indicating that Doomsday was far. To show just how wrong we were, in January 2020 the Doomsday Clock was set at 100 seconds to midnight; we are at the closest humanity has been to complete and utter destruction. A pattern has yet again emerged, linking the demise of the Pax Romana to our times again. Increasing corruption, inefficiency of state officials and crushing military spending are on the trend again, with new forms of potential violence such as bioterrorism emerging, and the danger of climate change looming in the not so distant future, the preservation of our peace is looking bleak.

Therefore, as it has, time and time again, history comes back with a very clear message, serving as a warning to humanity. President Kennedy's wish was that we could secure,

'not merely peace in our time, but peace in all time'.

It is in our hands to make this quote a reality, or we risk yet again perpetuating a cycle of war and destruction.



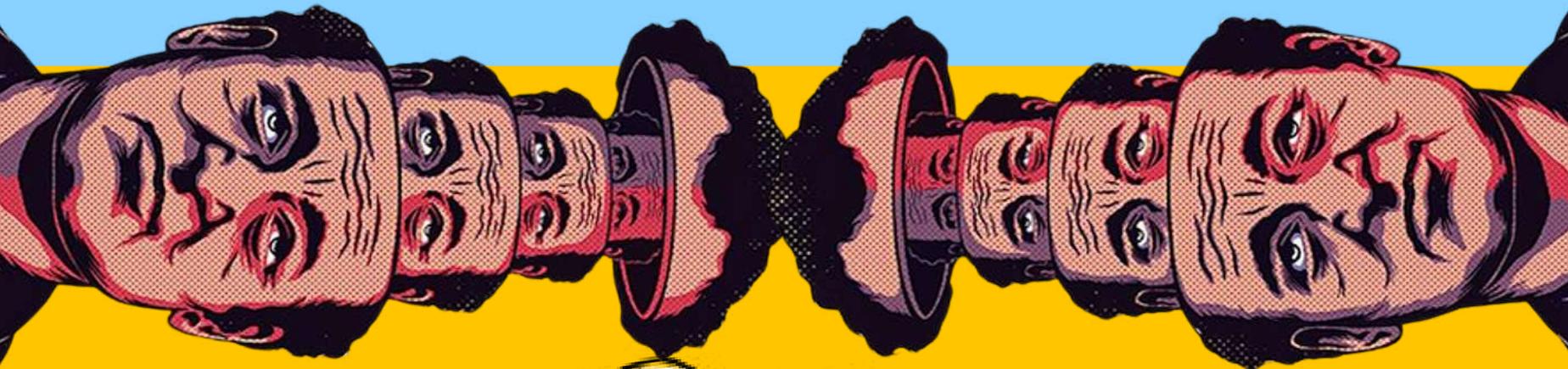
Groundhog Day

'Groundhog Day' is a comedy film released in 1993 directed by Harold Ramis. In the movie, our protagonist Phil, played by Bill Murray, is weatherman who finds himself in a time paradox where he is forced to relive the same day again and again. In today's society, school life has been criticized for being increasingly repetitive. Students feel as if they find themselves trapped in the same mundane routine. They start taking notice of repeating patterns in their time at school whether that be what homework they are assigned or what they are being told by teachers. Using this movie as a reference, I decided to interview students from our school and get their feedback on whether they find their school life following a continuous pattern.

The interview process was very simple. All students were asked the following five questions:

- How repetitive do you find your school life to be and why?
- What repeating pattern in your school life do you enjoy?
- What repeating pattern in your school life do you not enjoy?
- Is there ever a break in such a pattern?
- What do you think the school can do to make school life more diverse?

These were their responses.



The school passes by like a blur due to its repetitive nature. After the first week of school so much work piles up that it could be Sunday night and you would already be looking forward to the next weekend. Every week is awfully similar to the previous and the next. There are always a few tests to stress about, a deadline to meet and my personal favorite: sleep deprivation.
—Anonymous

I don't find school life repetitive in general, because we have different things to do every day. Although school life is mostly lessons, some teachers have made the topics enjoyable.
—Grace Ge Year 5

Not so repetitive, because we have friends and this decreases the mundanity.
—Anonymous

How repetitive do you find your school life to be and why?

Too repetitive, because I think that at the end of the day, most of school consists of classes that don't actually help you survive.
—Ioannis Shammoutis Year 5

A lot because we always repeat the same procedure. In lessons there is always the same form of learning and testing with common assessments.
—Anonymous

-I do find patterns in school life enjoyable sometimes, as I believe we are creatures of habit and we find comfort in a daily routine. I have Mathematics almost exclusively on 3rd period every day, and I find that time is when I can concentrate best.
-Losa Wang Year 5

Getting to see my friends every day amidst this pandemic is a relief. Lessons with certain teachers are fun, as well as afternoon activities like EYP and Medimun which I find fulfilling. Even the journey from one lesson to the next across buildings can be pleasant.
-Anonymous

The pattern in my school life that I most enjoy is meeting up with my friends during break time at our self-proclaimed 'spot'. This is because now more than ever with COVID-19, it is almost impossible to meet up with them regularly outside of school.
-Anonymous

What repeating pattern in your school life do you enjoy?

I certainly do enjoy the two-week schedule since it adds more variation to our life even though it can be tedious to memorize it.
-Ioannis Papazacharias Year 5

-A day full of double lessons like Economics, Greek and Physics. Schedules like this can be very tiring and stressful.
-Louisa Maroudia Year 4

The pattern in my school life that I enjoy the least is the constant stress that I am under almost every day while trying to finish up all of my assignments and study for common assessments. It seems that the workload is never ending and it is honestly exhausting.
-Anonymous

What repeating pattern in your school life do you not enjoy?

Studying all the time.
-Gerasimos-Georgios Panayides Year 1



The late sleeping and the very early waking up. The not-so well scheduled hand and desk sanitation schedule. The times a day.
-Maya Vasiloudes Bayada Year 6

I don't like the fact that every day is exhausting and anxiety inducing.
-Anonymous

I go to school at 7:10 and by 7:30 I drink at least one coffee. That hasn't changed in the last year.
—Anonymous

Yes, Summer. Summer is the light in a dark place, an escape. It is the motivation that drives many students. Breaks are also a 'break' in this pattern as we get to socialize with our friends and escape the classroom. Relaxing lessons like PSHCE also act as an escape from our daily program.
—Anonymous

Is there ever a break in this pattern?

The pattern is the same every day. Nothing changes. There is only a break in the pattern when there are free periods.
—Orestes Hadjicostis Year 5

Interestingly, more often than you think, there are breaks in such patterns. For example, if there is an event during the break where we can watch or participate. This will break the repetitive daily routine with something fun. This can improve performance in class and allow me to think outside the box. According to research, a positive mindset can increase productivity and class participation.
—Efstathios Elia Year 5

They can implement more activities and clubs, as well as more trips in order to make school life more interesting. They could also have more lessons for students to choose from in order to achieve their best performance in GCSEs and A-Levels, as well as have more fun. Finally, the school could even increase break time in order for students to have more time to clear their minds' and distance themselves from lessons.
—Anonymous

The school can't really do much since they follow examining boards and have to prepare us for exams. The system should change as a whole in order to make learning more fun and engaging rather than something most students end up considering a chore. Exams are too important and are determining factors for our future when they really shouldn't be because not everything is about writing all you know on a piece of paper. Education is a lot more than that and it's a shame that this is what is has turned out to be.
— Anonymous

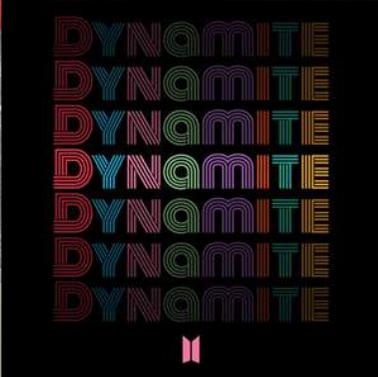
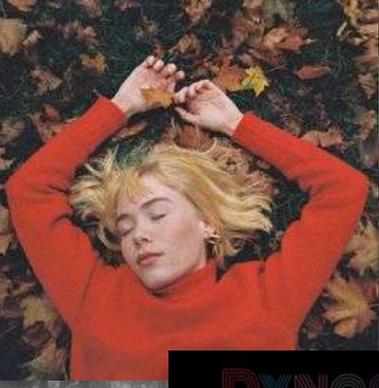
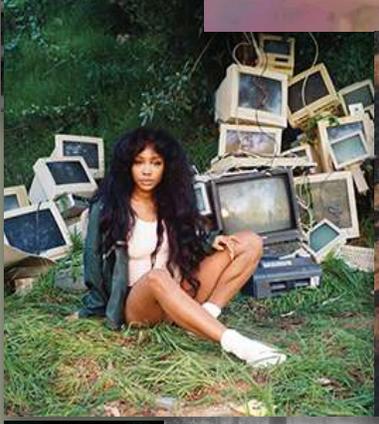
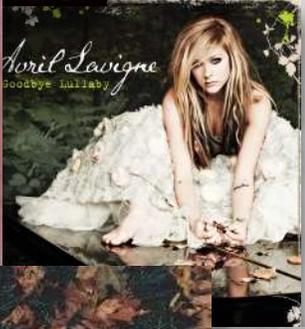
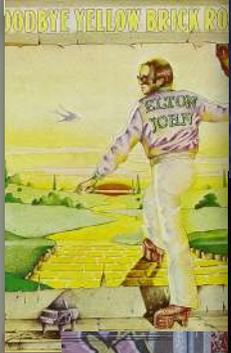
They could implement more interesting teaching methods. Teachers should care more about the well-being and development of students' character instead of reciting the curriculum.
—Daphne Charalambous Year 5

What do you think the school can do to make school life more diverse?

Songs of ourselves



- 1 Open Spotify
- 2 Click on the search bar
- 3 Click on the camera icon on the right corner
- 4 Point your camera to the Spotify code shown above
- 5 Add your favourite songs :)



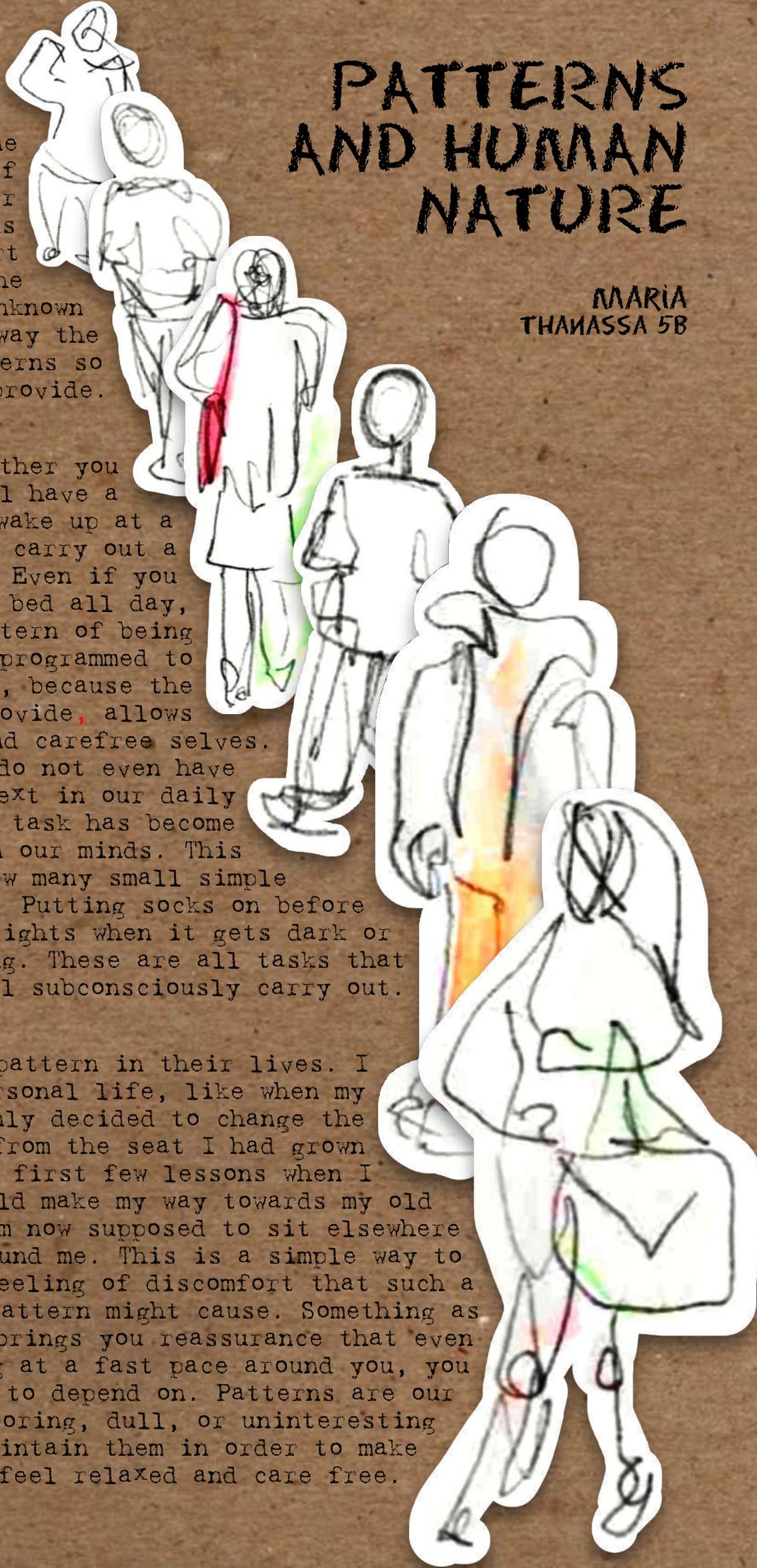
PATTERNS AND HUMAN NATURE

MARIA
THANASSA 5B

It does not take a mastermind to figure out that patterns are shelters. Wanting a pattern, a structure, a routine to conform to is simply part of being human. Consciously or subconsciously our minds instinctively crave some sort of order. We want to expect the unexpected, because the unknown worries us and takes away the comfort that patterns so openhandedly provide.

Think of it this way. Whether you work or go to school you still have a structured life. You wake up at a specific time, and you carry out a planned sequence of tasks. Even if you are extremely lazy and lay in bed all day, you still follow the pattern of being slothful. Humans are programmed to function in that way, because the stability that structures provide, allows us to be our most efficient and carefree selves. There comes a point where we do not even have to think of what to do next in our daily routines because each small task has become an instinct, engraved in our minds. This really makes you think how many small simple tasks you take for granted. Putting socks on before shoes, turning on the lights when it gets dark or getting dressed in the morning. These are all tasks that we all subconsciously carry out.

Everyone needs some sort of pattern in their lives. I often see that in my personal life, like when my geography teacher suddenly decided to change the seating plan, taking me away from the seat I had grown so accustomed to. For the first few lessons when I entered that class, I would make my way towards my old seat only to remember that I'm now supposed to sit elsewhere with different people around me. This is a simple way to present the irrational feeling of discomfort that such a small interruption in one's pattern might cause. Something as small as a seat in a class brings you reassurance that even though everything is moving at a fast pace around you, you still have a pattern to depend on. Patterns are our constants. Even if they are boring, dull, or uninteresting it is up to us to maintain them in order to make ourselves feel relaxed and care free.



To be honest sometimes the comfort of this patterned life becomes overbearing, which is ironic, since if you really think about it, the only thing that controls us humans is our need for control.

We constantly work towards the most stress-free life, however sometimes we just want to step out of our structured lives and do something different. Something unexpected. For some people this might be going to the cinema, or to a spontaneous trip to the beach, however for some of us who might be more daring or risk-inclined a small evasion of our daily routine doesn't satisfy our need for change. This goes to show that even though human nature requires us to unavoidably formulate patterns, it also asks for stimulants and excitement which we have over time learned to avoid.

3 million years ago humans were predators. They would chase animals and fight for their

food. Some of those ancient instincts still reside in us, however when one tries to compare humans from back then to humans now, there is a huge contrast between their patterns.

Humans back then could not have had such a structured life as we do now. The feelings of uncertainty, danger and fear were much stronger, because there were so many factors out of their control. As time passed those dangers were minimized which has led to the almost complete lack of danger. The fear factor that made life more lively and interesting is gone. The structure that humans have always been pursuing has been achieved at the expense of feelings, fear and danger which we now seem to be irrationally seeking as they are instincts that are waiting to be enkindled. Humans have always been working towards creating a structured and comfortable life, however the balance between comfort and fear has been shifted, making us seek the adrenaline rush that we have worked so hard to minimize. Thus, stating that it is human nature to want a patterned life is both valid and invalid.



In the slip of a bolt, there's a tiny revolt

An exotic butterfly with lush light blue wings, resting on a tree branch in the Amazon rainforest flaps her wings with grace.



The very words you are reading with little or great interest right now, are undoubtedly defining you, for life. Yes, indeed. I am deciding your whole future just by organizing a bunch of words on a Word document on my laptop at home. Now that's a superpower. No, really! Tell me when you know. I bet I just made you win the lottery in 5 years or something... or maybe this will turn out to kill you?! Well if it turns out I caused something that unfortunate, then take everything said in this article with a pinch of salt: Terms and Conditions apply, basically.

Some other butterflies join; each of their flaps causes a tiny change in the air pressure around them and thus a breeze is created.

If we think about it – I recognize that not thinking remains a popular choice in today's world – every single event during our time of existence, and maybe our existence itself, can be explained by the smaller reasons that caused it. I personally use this perhaps overly simplistic conclusion of reasoning, in order to fulfill an inherent expectation all of us humans possess – that the world we are in, should be comprehensible; if everything happens for a reason, then I should be able to know all the reasons (minute occurrences included).

The breeze travels through the forest. A chain of breezes ultimately reaches the ocean which in turn makes the air directly above it moist and warm.



The same explanation is true for your current self. You are the sum of all the chain reactions that made you, and all the chain reactions you caused. You might have caused a global pandemic, for all we know. But then again, perhaps everything in the world is already fixed, and we're just waiting for the future to manifest itself into the present. I mean, some things are bound to fate, those no-one can dispute; not everything can be predictable! For example, I can assure you with certainty of a very simple fact, that no flap or clap or snap in the world could change. Tomorrow you will still be under the influence of gravity. Isn't that comforting to know? That you won't suddenly fly off like a spring into the dark matter we like to call space?

The high temperature and low pressure now cause the air to spiral upwards. As long as there is warm ocean below, the system of low pressure moves.

So, if everything does in fact happen for a reason, then is there a reason for the bad things that occur, even by chance? The truth is that the "reason" bad things happen isn't inherently embedded into life's trajectory. In fact, the horrible things do not happen for reasons we can understand, or maybe accept. But that doesn't mean that we are helpless. We are the ones who give meaning to what happens in our life – with or without an “acceptable reason”. The subliminal influence on the world we all equally possess should be something worth celebrating, not something intimidating. If you think for one second that you're not important and your life doesn't matter you couldn't be further from a lie. You're here. Now. That's commotion in itself.

Not everything is already laid out for you. Maybe nothing is. So, don't cross your arms in idleness. Flap your wings. You might cause a ruckus. Or end another one. Who knows?

The hurricane travels northwest. A hurricane warning sounds in Texas.



A History of Medicine = A glimpse into the past

by Izabel Irwin 6W

A long, long time ago, people relied on priests and self-appointed medicine men to use plant-derived remedies to cure even the most complex of complex conditions, whilst beliefs extending to spiritualism and shamanism were not uncommon.

The discovery of the Edwin Smith Surgical Papyrus provided evidence of what is possibly the birth of surgical medicine as we know it. The treatise was written around 2600 BC by the revolutionary physician of Ancient Egypt, Imhotep. His famous treatise makes no use of magical thinking; instead it contains anatomical observations, ailments and cures regarding nearly 50 injuries to the body and even a tumor.

Although Hippocrates, an ancient Greek physician provided his contribution over 2000 years after Imhotep did, is considered by most to be the father of medicine. Perhaps this is due to the fame he developed after setting out the duties and responsibilities of a doctor in what is now known as the Hippocratic Oath. Underlying principles include the concept of beneficence, non-maleficence, confidentiality and access to care (free at the point of delivery). These principles form the basis of the guidelines set by the General Medical Council and are followed to this day.

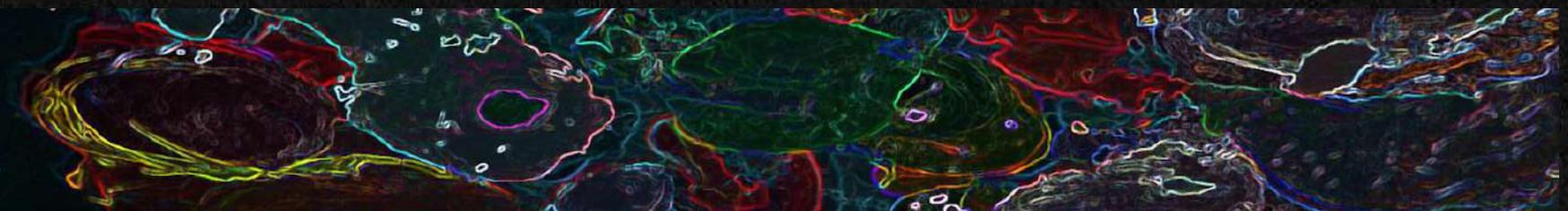
Hippocrates attributed diseases to environmental factors, diet and lifestyle habits. That is not to say

manner to that used today, over 1800 years later. He made his anatomical observations through direct observation, vivisection and dissection. As dissection of human corpses was illegal at the time, he performed dissection on animals such as pigs which have a very similar anatomical structure to that of humans.

The 16th and 17th centuries, generally referred to as the Renaissance period, saw the rise in the number of academically trained doctors. This resulted in somewhat of a hierarchy, with University trained doctors at the top and "ordinary" people at the bottom. Each of these groups practiced its own sort of medicine, contributing to its overall evolution. The great artist Leonardo Da Vinci, a true Renaissance man, had a large impact on the evolution of medicine. Da Vinci participated in several autopsies and produced detailed anatomical drawings.

A career in medicine can be described as many things, gratifying, altruistic, an act of great devotion and self-sacrifice, maybe even one of great nobility. A career as a medical practitioner also implies continuously studying medical books for the development of your medical skills and knowledge.

This notion was first presented by Rhazes, an Islamic physician who lived in the middle ages. Rhazes was known not only for his skills as an author, having written over 200 books; he was also



though that all his derivations were correct. Humorism is one of the concepts now known to be incorrect but it was a widely accepted idea for over 1300 years. Hippocrates' conclusions also lacked anatomical accuracy, something made clear by the observations of a Roman physician of Greek origin, Galen of Pergamon. Galen has been recognised as one of the greatest surgeons in the world, performing brain and eye surgery for the removal of cataract, the latter in a very similar

credited for his scientific discoveries, which included the discovery of compounds such as alcohol. During the middle ages hospitals were introduced. This notion was first presented by Rhazes an Islamic physician who lived in the middle ages. Rhazes was known not only for his skills as an author, having written over 200 books; he was also credited for his scientific discoveries, which included the discovery of compounds such as alcohol. During the middle

ages hospitals were introduced.

It is truly remarkable how the different fields of science, even if only remotely connected to each other, come together to provide optimum care to the patient. In the 16th century, the first example of a partially functional prosthetic hand was produced by a French army doctor to serve the needs of those who had undergone amputation. Since then, engineering has found its way into the world of medicine and is changing the whole genome of it.

Histology (the study of tissues) is an area that had been left unexplored until the discovery of the microscope in the 17th century, a revolutionary device which enabled endless discoveries.

The 18th century was a time of great advances in diagnostics and therapeutics. These included the use of a thermometer to measure body temperature and the understanding that scurvy, a disease common to sailors and resulting from vitamin C deficiency, could be cured by eating fruit. Also at this period in time, William Withering, a botanist, used digitalis to treat heart diseases and was possibly the first person to introduce, what is now considered to be an outdated form of, clinical studies. Around this time, a vaccine had also been introduced which resulted in the eradication of smallpox. While in theory all these discoveries should have allowed for more effective patient care, this was not the case. Instead, in practice, the main methods of treatment were still those derived from the ancient Greek traditions and consisted of cupping, bleeding and purging. The physician's hesitation to adopt new ideas derived from the fact that many patients had died

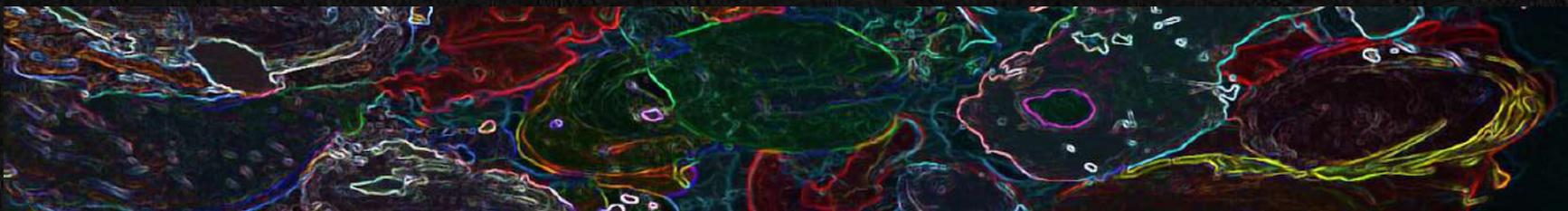
changes in the cell structure and function.

While nowadays the thought of germs spontaneously appearing from nothing and causing diseases may appear juvenile and naïve, this was a widely believed concept which lasted for nearly 1500 years up until John Snow, an English physician realized, near the middle of the 19th century, that water contaminated by sewage was the source of cholera.

Soon after that, experiments and investigations led to the identification of certain bacteria. For example, it was recognized that the bacterium known as *Mycobacterium tuberculosis* caused TB. This was the beginning of the science of bacteriology.

The 20th century saw a huge boost in pharmacology. The first antibiotic was created in 1909, whilst in 1928 Alexander Fleming discovered penicillin. Vaccines against tetanus, polio, the measles and chickenpox were all discovered in the 20th century, as was cortisone. Great progress was made also to medical technology with ultrasound imaging, computerized tomography and magnetic resonance imaging all discovered in that century. Computers started running the machines in surgical theatres and intensive care units, whilst they made possible the mapping of the human genome. This progress has carried through to our current century, with research again being facilitated by the use of advanced technology.

Where does the future lie? Gene therapy is arguably of pivotal importance with far reaching potential effects. It would enable scientists to cure diseases by inserting normal copies of abnormal genes directly into cells, using a virus. The world's



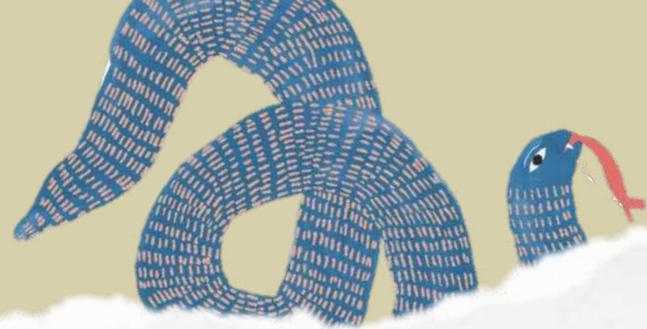
as a result of new controversial treatments, such as the use of large doses of mercury to treat syphilis.

Finally in the 19th century, as a result of improvements in the strength of microscopes, it was possible to study tissues and cells in more detail, something that resembles cytology as practiced today. This was the first time that an adequate explanation as to why cancers develop was given, identifying the reason as being

latest encounter with the corona virus has been beyond dramatic; yet it may be that utilizing the properties of another virus, scientists will be able to cure diseases and save lives. Although there is still a long way to go, research is progressing.

The Pattern of LYING

Olympia Maria Koutenaki

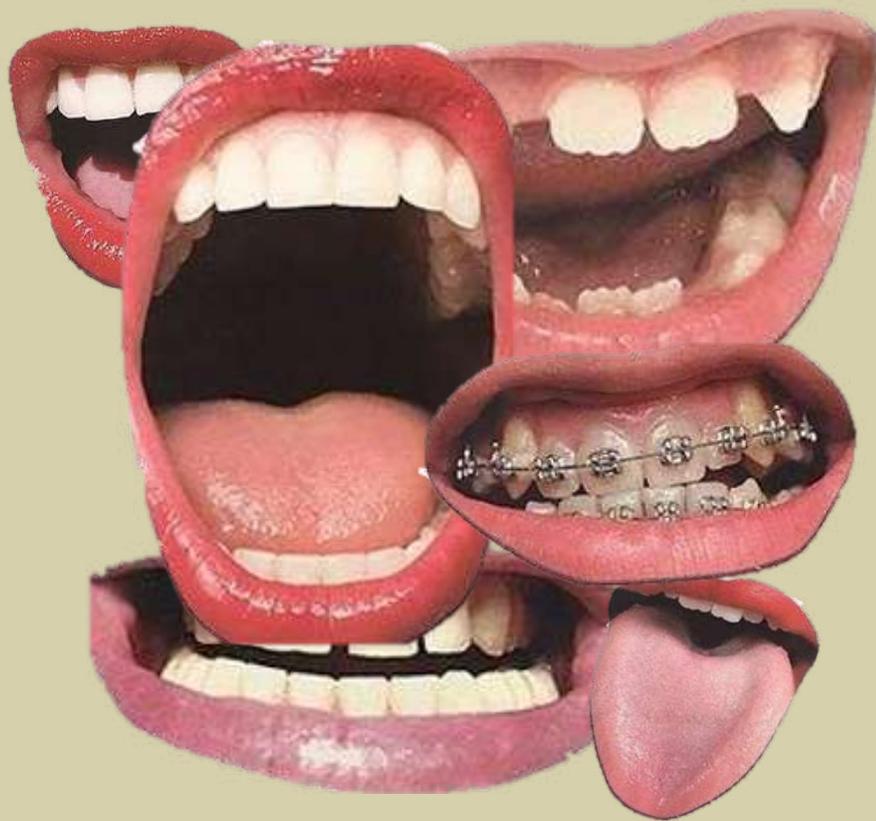


You are a liar. The person sitting next to you is a liar. The pizza delivery guy is a liar. In fact, studies show that the average person "cooks up" a story at least two times per day. Lying has become integrated into our lives to such a point that we consider it part of our everyday routine. Why do people feel the urge to lie? What is the science behind lying? And most importantly, how can you tell when a person is lying?



The Merriam-Webster online dictionary defines "lying" as "marked by or containing untrue statements". To understand the answers to the above questions, it is crucial to comprehend that **lying is not necessarily an evil thing**. Contrary to popular belief, it is an art, a significant and sophisticated accomplishment of the human mind. It is also important to understand that lying is extremely complicated and that the great majority of the science behind it remains a mystery. However, some theories have been proven to be more plausible than others. One suggests that the neocortex —the part of the brain that evolved most recently—is critical to this ability. Higher mammals, like primates, use this part of the brain to trick and manipulate. Another brain-imaging study showed that the prefrontal cortex was also involved in deceiving. Of all the studies and theories, one thing is for sure: the executive part of the brain is doing more processing during lying. Put simply, this means that lying is much harder than telling the truth. It requires time and effort to efficiently hide the truth and at the same time construct a lie.

If it is so much harder, why do people lie instead of telling the truth? The main reason, for both children and adults, is to avoid punishment. Children develop the ability of lying at about 4 to 5 years old, a useful defense mechanism to avoid getting grounded. It is a natural instinct to protect oneself, from physical or emotional harm. Another reason is to be polite. "White lies", e.g. "That color looks really great on you", help us maintain good relationships with the people around us and avoid meaningless conflict. Avoiding embarrassment, maintaining privacy or simply for the thrill of it all are only some of the countless reasons people feel obliged to lie every day.



And remember, practice makes perfect! Due to the phenomenon of emotional adaptation, the more a person lies, the easier it becomes. This leads to a spiral of events: lying becomes easier, you get better at it, you lie more. As a result, you become fond of lying because you become more and more talented at it with practice, and in the end you can't spend a day without lying!

Like it or not, lying is a part of yourself and the people that surround you. It is a natural process, a repeated pattern of human behavior. It is completely normal to lie sometimes, but make sure it is for the right reasons!

There are certain signs to tell if a person is lying. Eyes darting back and forth and rapid blinking are physiological reactions of feeling trapped or uncomfortable. Moreover, pursed lips counteract the dry mouth that comes with lying. Blushing is an involuntary reflex caused by the sympathetic nervous system (this activates your fight-or-flight response) and is a response to the release of adrenaline. Lastly, closing the eyes for more than one second at a time or a fake smile are defense mechanisms to counteract the feeling of guilt and nervousness caused by lying.

WHAT'S BEHIND THE PATTERN

Nephele Christoforou 4B

Without even realising it, everything we humans do, observe and buy is made up of simple and complex arrangements of repeated lines or shapes at regular intervals called patterns. The clothes we purchase, the buildings we design, and the methods of play we use in sports are all examples of patterns. This introduces the following questions: What exactly is behind these simple yet complicated arrangements? Where do they actually come from?

A pattern that used to be very underrated but is now present in some form nearly all around the globe is a little, intricate mathematical one called "tessellation." A tessellation is when a surface or plane is covered in an asymmetrical way using one or more geometric shapes with no overlaps or gaps. The word comes from the Latin "tessera" meaning a small stone cube. Many tessera were used to make up "tessellata," huge mosaic pictures that formed floors and tiling in Roman buildings. These intriguing patterns are found nowadays in oriental carpets, quilts, origami, but most significantly, in Islamic architecture as they originate from there. In mosques and other Islamic architectural buildings, tessellations reflect the infinite nature of the universe. These patterns are not only found in man-made objects but also in nature. In the natural world, we see tessellation patterns in cells, the papery nests of wasps, the wax cells of honeycombs built by bees and in insects' eye lenses.

A second pattern frequently seen in art and architecture that we don't even notice as a pattern is the 'meander.' It is very common in Greek and Roman art and appears in architectural friezes and the bands of ancient Greek pottery of the Geometric Period. The meander is a decorative border constructed from a continuous line shaped in a repeated motif of the "μαίανδρος," the Greek fret or Greek key design. The ancient Greeks identified these patterns in nature, specifically as a feature of erosion, which changed the shape and direction of rivers. The meander was considered an important symbol of infinity and unity so the Greeks incorporated it in most of their temples. Even Gianni Versace, the founder of Italian luxury fashion company 'Versace' acquired the meander pattern for the border of his company's very identifiable logo. It is said he included meanders on the Versace logo as he liked the way they looked on the tiles of his Roman villa. It is clear the meander pattern impressed the world. Its uninterrupted corner-turning lines create a continuous pattern that is easy to use in a wide range art of pieces, a very appealing characteristic for artists.

Just as humans use patterns for decoration and display, so do animals as protection from predators. Mathematician and computer pioneer Alan Turing, and later, mathematical biologist James D. Murray, discovered a mechanism that spontaneously creates the spotted and striped patterns on the skin of animals, and the plumage of birds. They found that the patterns of stripes or spots on an animal's hide are caused by a "reaction-diffusion system" where two counter-acting chemical mechanisms activate or inhibit the development of dark skin pigment.

Even more intriguing, the skin dye patterns created by this system are *not* accidental but explained by evolution, increasing the chances their offspring will survive to reproduce. These patterns slowly drift the animals' appearance, tricking their predators into thinking they have an awful taste or that they're not even present! Animals such as leopards and ladybirds take advantage of this specialised adapted function. A leopard's spots allow it to make itself less distinct in the savannah and catch its prey more easily. A ladybird on the other hand, with the help of its bold red warning colours uses pattern signalling to protect itself. It is less likely to be attacked by predatory birds that hunt by sight because its distinct pattern is bitter or poisonous.

Patterns in nature are not just in animals. One of the most famous patterns known is seen in plants. Italian mathematician Leonardo Fibonacci introduced a sequence of numbers known as the "Fibonacci sequence." The next number in the sequence is made by adding the two numbers before it, starting from zero. Interestingly, this pattern plays a vital role in "phyllotaxis," the precise arrangement of leaves, branches, flowers and seeds in plants. The sequence's numbers appear in spirals formed by individual flowers and can also be found by the number of a flower's petals. According to Scottish mathematician/classics scholar D'Arcy Thompson, a flower's spirals occur because of the various arrangements of natural elements that follow the mathematical regularities of the sequence.

Patterns are present in *every* aspect of our lives, even in sports. A well-known offensive strategy in basketball is the 'Triangle Offence.' This pattern-based strategy was originally established by Hall of Fame coach Sam Barry at the University of Southern California and further developed by Tex Winter who played with Barry in the late 1940s. When Phil Jackson became head coach of the Chicago Bulls before the start of the NBA season in 1989, he and Winter originally installed the Triangle Offence to try to subvert the 'Jordan Rules,' the effective defensive basketball strategy employed by the Detroit Pistons to neutralise prolific Bulls' scorer Michael Jordan and limit his effectiveness in the game. Jackson and Winter showed how successful the triangle offence was when they won 11 NBA Finals using that pattern. Nothing is random it seems. Patterns explain everything, or at least some things!



51.5007° N, 0.1246° W

Intruder, noun, someone who is in a place or situation where they are not wanted.

You chuckle like a naive child at the thought of seething solitude

The nudge of blazered shoulders against your bony limbs

The chorus of 'sorry mate's uttered on their way through you, not even past you,

The hopeless sprints you clear the way for, nearing the doomsday of Rush Hour.

The intruder is the sole one in a million

or maybe 6.98 of those.

You breathe shallow but stretch and reach in your lungs' depths

Your snug grip makes you choke on abandoned profit targets and networking fiascos

Suffocate on your whiff of fabricated hope of ambition

The flashing billboards of your unadulterated inadequacy

Blinding every tireless oiler of the machine

but you.

The intruder is in a 500 pound suit at 8 am

Bright and early but not that bright

He cusses at his lighter for not igniting fast enough

To light a spark in him

Enough to last him another dreary day.

The smoke from his limp cigarette embracing his insides

With warmth he's long forgotten

So foreign he pushes it away with a dry cough of indifference.

Only remembering what it's like for rays of sun to softly graze the thick skin

The corporate world most certainly demands,

When the bounds of Canary Wharf are behind him

When the Gherkin is no longer in sight

When he meticulously scrutinizes every crevice of his faded cigarette box

Screaming in a bold black voice

'Cigarettes cause a slow and painful death'.

Stubbing out the last trace of its enslaving glow,

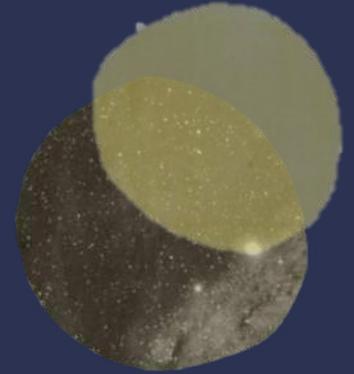
it dawns on him

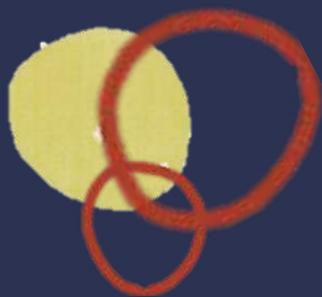
Skies frown and clouds spark in the awakening;

There's no death slower and more painful

Than that of

The Intruder.





The intruder leans on a newsstand that claims has been gained
With blood, sweat and tears
Back when London was a smoky mess
With black clouds and white faces
An incomprehensible puppet in a conspiracy of convenient scapegoats
Roaming the streets with a spring in his step
Cassette players turned as high as hopes
For an unspecified,
undetermined,
untouchable British dream.
Born and fed and raised in a culture of exclusivity
Supremacy argued in newspaper pages
Scrambled and snarled in a glorious celebration
of the winners of an undeclared war
Where no one is everyone
The faceless loser
The instrument of thankless privilege
The intruder.



The intruder is in a varsity sweater
Baggy enough to fit a 20 minus something body
And the weight of the world
That has softly nestled into a comfortable nook
Into a fold of the silently complaining forearm
Stabilizing heaps of words
In books of familiar insufficiency
Shoveling snippets of being into molds of 'must's
And 'no can't do's
Navigating them cannot be eased
With any vigilance of any map
only leading to highways of self-loathing
Unlit roads of anguish
Heads spun in a tornado of senseless vertigo
Only witnessed by the eyes of the unforgiving
Sorting into
The seeing and the blind
The seen and not seen
The commoner and
The intruder.

Ξυπνάς ένα πρωί τζιαι μαθαίνεις ότι εν μπορείς να φκείς που το σπίτι. Εν μπορείς να δεις τους φίλους σου, τους συμμαθητές, την γιαγιά τζιαι τον παππού. Νιώθεις χαμένος, κάτι εν πάει καλά. Τίποτε εν φκάλλει νόημα.

Κύπρος-COVID-19: Κλείνουν τα οδοφράγματα

‘Επιτέλους!’, είπαν κάποιοι. ‘Να μεν ξανανοιξουν!’.

Εντωμεταξύ τα αεροδρόμια παραμένουν ανοιχτά, άμπα τζιαι χάσουμε το greatest asset μας τον τουρισμό (μεν ξηάννουμε ότι εν Φεβράρης τζιαι τους τουρίστες εν τους χωρεί ο τόπος, καθώς ο στόχος αποφυγής του *seasonal tourism*, που λαλούμε, έχει επιτευχθεί). Τι μας έφταιξε ο Ευρωπαϊός τουρίστας που φέρνει λίτρα ευρώ στην οικονομία. Εξάλλου, έχουμε τζιαι ελεύθερη μετακίνηση στην Έψιλον-Έψιλον. Οι Ασιάτες τζιαι λοιποί τουρίστες; Εε, ας λονγκ ας δεϊ μπρινκ ιν μόνεϋ. Εντωμεταξύ μερικοί εκ των προασπιστών της πατρίδος (τωρά ποια ακριβώς εν τούτη ακόμα εν αποφασίστηκε) που εφωνάζαν τότε υπέρ του κλεισίματος των οδοφραγμάτων για την προστασία του κυπριακού... κοινωνίας (να μεν φανεί ότι τάσσομαι υπέρ της πλευράς με την ιδιαίτερη συμπάθεια για το «λαός») που την απειλή του covid, λίους μήνες μετά εμετατράπηκαν σε προασπισταί της προσωπικής ελευθερίας, πεποισμένοι πως η η χρήση μάσκας δεν είναι απλό μέτρο προστασίας, αλλά προσπάθεια καταπάτησης δικαιωμάτων που... που ποιον; Που την άλλη είχαμε τζιεινους που είδαν το κλείσιμο των οδοφραγμάτων ως απλά πολιτικό παιχνίδι. Επήαν να διαμαρτυρηθούν. Αρκέψαν φωνές, κάποιοι επαραεκτράπηκαν. Ένας νεαρός στρατιώτης επροσπαθούσε να τους συγκρατήσει. Ένας ‘γέρος’ διαδηλωτής εκούντησεν τον. Τζιαι ούλλοι εππέσαν να τους φάσειν. ‘Οι τον ‘γέρο’, ούλλους όσοι ήταν τζιαμέ. Τους προσκυνημένους, τους προδότες, τους Τούρκους.

ΚΥΠΡΟΣ

Τετ, 07/10/2020 - 13:59

Τ/κ ΜΜΕ: Στις 11 το πρωί της Πέμπτης ανοίγει το Βαρώσι

Μέλη (ανώνυμου) οργανωμένου συνόλου αποφασήσαν πως ο καλύτερος τρόπος αντίδρασης για την προάσπιση των κυριαρχικών δικαιωμάτων της Κ.Δ. ήταν να παν στο οδόφραγμα της Δερύνειας κρατώντας σημαίες άλλης χώρας να φκάλουν το άχτι τους πας τους άτυχους καλάθους του αστυνομικού σταθμού (της Κ.Δ., μόλις εφτάσαν στην μπάρρα έφυεν τους ο θυμός τζιαι εστραφήκαν πίσω). Εζήσαμε μια στιγμή déjà vu, αφού εππέσαν πάλε ούλλοι να τους φάσειν... μα περιμενε, όι, τούντην φορά εν είχαμε λαϊκή εξέγερση (του καναπέ) για το περιστατικό, Τούντην φορά εν επαίχτηκε το επίμαχο βίντεο που ούλλα τα κανάλια σε κάθε δελτίο ειδήσεων για 5-6 μέρες. Το γιατί ένας θεός το ξέρει.

Μιας τζιαι αναφερθήκαμε στους θεούς, μεταφερόμαστε στον Οκτώβρη, όπου είχαμε την τύχη να μάθουμε την χρυσή πληροφορία πως σε αυτή τη χώρα, *If you know the angels, you don't need god*. Μια που τες πολλές ταχτικές της κυβέρνησης μας για την αναζωογόνηση της οικονομίας *we all know and love*, ήταν το ξεπούλημα της κυπριακής «ταυτότητας» σε ξένους επενδυτές. Έν θα σταθώ στο πολιτικό κομμάτι (για το οποίο το μόνο που έχω να πω εν, παραιτηθείτε τουλάχιστον).

Ένα ζήτημα που φαίνεται να αγνοεί ο πλείστος κόσμος, είναι αυτό της ταυτότητας μας ως χώρα. Σε μια χώρα όπου η απάντηση «Κυπραίος» στην ερώτηση «τι είσαι;» μοιάζει ανεπαρκής, σε μια χώρα που η κυπριακή καταφρονείται τζιαι δαχτυλοδείχεται ως χωριάτικη, σε μια χώρα που ακόμα εν αποφασίστηκε ποιος δικαιούται να λαλεί πως εν Κυπραίος, σε μια χώρα που η δήλωση του προαναφερθέντος ανεπαρκούς «Κυπραίος» αποτελεί δυστυχώς πολιτική δήλωση τζιαι μπορεί να σε κατηγορήσουν τζιόλας πως είσαι με «τους άλλους», τζιαι έτσι για bonus, σε μια χώρα που ο φτωχός, ο κατατρεγμένος, ο εκδιωγμένος, ο γνωστός, δυστυχώς, σε όλους μας πρόσφυγας, αντιμετωπίζεται με φόβο τζιαι δυσπιστία, λόγω της παράλογης πεποίθησης ότι με κάποιο διεστραμμένο τρόπο θα καταφέρει να αλλοιώσει την τόσο μπερδεμένη μας ταυτότητα, σε τούτη τη χώρα λοιπόν, κάποιοι αποφασήσαν πως ήταν πρέπον την παρούσα στιγμή να ξεπουλήσουμε την κυπριακή «ταυτότητα», η οποία φαίνεται να μην μας ανήκει καν, για 2 εκ. ευρώ, θολώνοντας έτσι τζι' άλλο τα νερά για το ερώτημα 'τι εστί Κυπραίος'.



Φτάνουμε στο σήμερα λοιπόν, όπου τα διάφορα προβλήματα του τόπου μας μοιάζουν να έχουν γιγαντωθεί, αλλά ο κόσμος, πέραν κάποιων μεμονωμένων περιπτώσεων, ακόμα τζιοιμάται. Τζιαι νομίζω ξέρω τον λόγο (ή τουλάχιστον ένα που τους λόγους). Ακόμα εν ήβραμε πώς να αντιμετωπίσουμε τα τόσα προβλήματα μας, επειδή το βασικό, αιώνιο ερώτημα παραμένει: ποιοι είμαστε; Χωρίς να έβρουμε ποιος εν ποιος τζιαι τι εν τι, εν θα καταφέρουμε ποττέ να πολεμήσουμε ούλλα τα υπόλοιπα, επειδή χωρίς να λυθεί τζιείνο, εν θα ξέρουμε δίπλα που ποιον στεκούμαστε. Έτσι, που τον φόο μας να μεν στεκούμαστε δίπλα που τα λάθος άτομα, δίπλα που κάποιον που «τους άλλους», εν να μείνουμε για πάντα κάθοντας. Μαγική λύση εν πιστεύω να υπάρχει, θετικά βήματα μπορούν να γίνουν όμως. Μπορεί να μεν συμφωνούμε ούλλοι για το τι σημαίνει Κυπραίος, μπορεί να μεν συμφωνήσουμε ποττέ. Μπορεί στο τέλος της ημέρας να μεν σημαίνει τζιαι τίποτε. Μπορούμε όμως να συμφωνήσουμε πως είμαστε ούλλοι άνθρωποι, τζιαι πως τούτο εν αρκετά σημαντική σύνδεση να έσεις με κάποιον έτσι ώστε να μπορεί να θεωρηθεί 'αδερφός' (απολογίες σε όσους ενοχλούνται από την λέξη).



A large, stylized handwritten signature in black ink.

Play With Data

MARIOS STAVROU5G

2.5 QUINTILLION

What does that even mean?

It sounds like a number that you might have heard Phineas throw around during his show. Well...Believe it or not, this is the number of bytes of new data which are produced by humans every day. That number is obviously huge, but to put it in some perspective, according to the American Scientific Journal, the human brain can hold around 2.5 petabytes of data. If you do the math, about a thousand brains of data are collected daily. And then what? How is this data organized, structured, and analyzed? What patterns can you infer? Below you will find a few examples on how data structures resemble real life patterns bearing in mind that underneath the computer hood everything are 0s and 1s. Your latest Instagram story which ends up as 0s and 1s needs to be stored in an appropriate data structure.

In computer science, a data structure is a data organization, management, and storage format that allows access and modification. A computer scientist can derive relationships and patterns and perform operations and functions on the data.

FRACTAL TREES

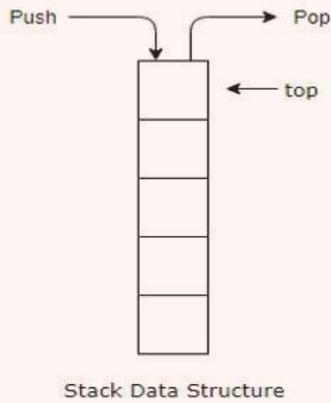
In the data world fractal trees are used in large corporate databases (MongoDB)

The term fractal was coined by the mathematician Benoit Mandelbrot in 1975. In his work *The Fractal Geometry of Nature*, he defines a fractal as "a rough or fragmented geometric shape that can be split into parts, each of which is (at least approximately) a reduced-size copy of the whole." A fractal tree is a data structure with recursive branches.

IRL: Perfect examples of fractals occur in nature. You will find fractals at every level of the forest ecosystem from seeds and pinecones, to branches and leaves. A great example of the fractal branching patterns can be observed in the deltas of rivers.

STACKS

In the data world stacks are used to implement back functionality in browsers



A stack is a list of elements where the last element to be entered is the first one to leave. In other words, an element is pushed on top and the topmost element is popped. It is a commonly found structure in many programming languages.

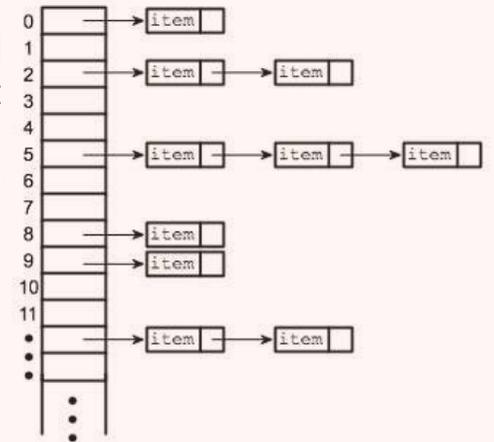
IRL: You encounter stacks every day in your day to day life. When dressing up in the morning you pick your clothes up from a stack. In a canteen you similarly pick trays or plates from a stack. This data structure is named as "stack" because it resembles a real-world stack.



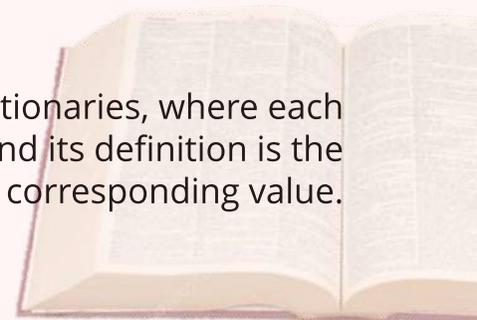
HASH TABLES

In the data world hash tables are used in spelling checkers

A hash table is a structure that can map keys to values. Data is stored in an associative manner. In a hash table, data is stored in a list format, where each data value has its own unique index value. When the table is searched through the keys you can find the corresponding values.



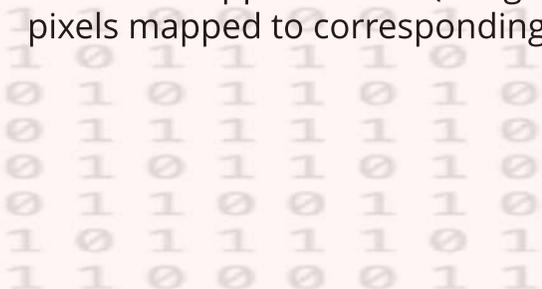
IRL: You can think of hash tables as dictionaries, where each word, works as a key (index) and its definition is the corresponding value.



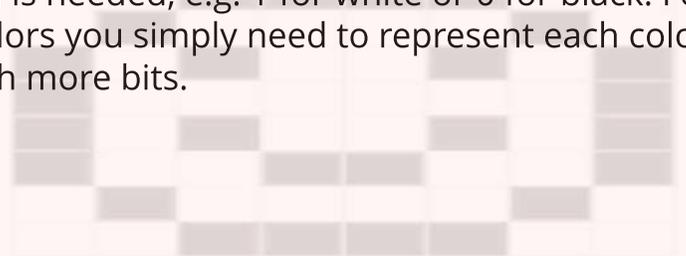
BITMAP

In the data world this is how your Instagram pics are most probably stored

A bitmap is essentially a matrix of bits. For example, when elements from some domains are mapped to bits. (integers, or pixels mapped to corresponding bits)



IRL: Probably the simplest way to represent an image is with a grid of pixels (i.e. dots), each of which can be of a different color. If your image is black and white one bit per pixel is needed, e.g. 1 for white or 0 for black. For more colors you simply need to represent each color pixel with more bits.



TITLE

The God of Small Things

Country- Year

India, 1997

Genre

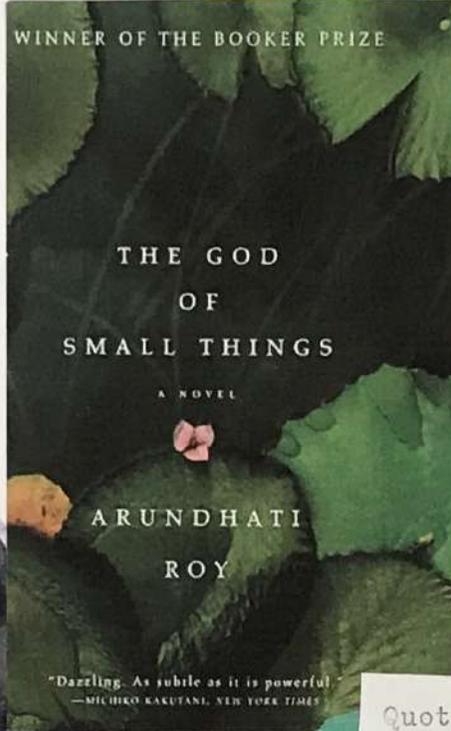
Psychological & Domestic Fiction

Awards

1997
Booker Prize

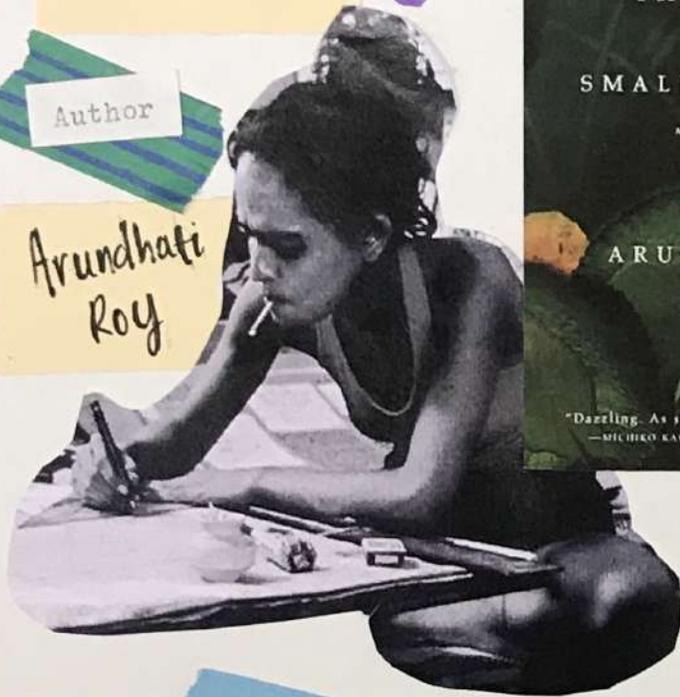
When- Where- What

The events of the story unfold between scenes in 1969 and 1993 in a fragmentary manner. The story is centered around a wealthy Syrian Christian family that lives in Ayemenem a town in Kerala, India. The book illustrates the childhood experiences of the fraternal twins, Rahel and Estha, whose lives are determined by the 'Love Laws' that impose 'whos should be loved, and how. And how much'.



Author

Arundhati Roy

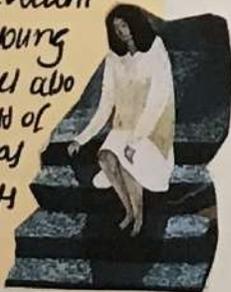


Quotes

And the air was full of thoughts and things to say. But at times like these, only the small things are ever said. The big things lurk unspoken inside.

Why you should read it

Roy targets and challenges a lot of Indian cultural ideals as well as universal values. The themes of family, the role of women and society and class, are prevalent in the story. The young perspective of Rahel also gives the book hints of innocence as well as guilt and highlights the importance of love.



if you are happy in a dream, does that count?

It is after all so easy to shatter a story. To break a chain of thought. To ruin a fragment of a dream being carried carefully like a piece of porcelain. To let it be, to travel with it as Velutha did, is much the hardest thing to do.

Rating



Eleni Anayiokou 67

Directed by: Jean-Pierre Jeunet

Le Fabuleux Destin d'Amélie Poulain

The actress plays the role as if she knows a secret and can't keep it ...

The death of Princess Diana brought about her life's work: she will make people happy. But not in any old way... And this is how she amuses not only herself but also us

Although categorised as just another "rom-com", the film is not just that. The story is about giving love and receiving it, a heart warming tale which externalises the thoughts of an introvert, not only to the extent of the voice of the narrator but directly to its audience, as a way of saying

"I care about you too"

It's so hard to make a nimble, charming comedy. So hard to get the tone right and find actors who embody charm instead of impersonating it.

Audrey Tautou (Amélie) takes those chances and gets away with it.

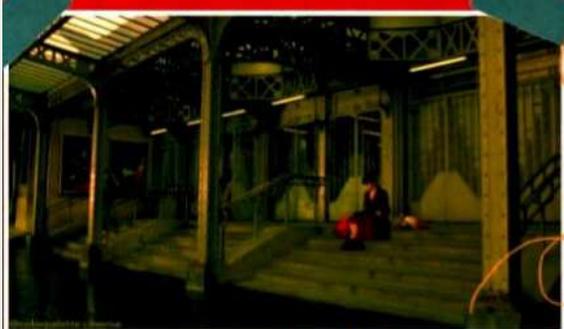


Mathieu Kassovitz



My favourite thing about this movie is definitely its colour palette!!!

So well crafted for creating a dystopian setting and atmosphere while perfectly showing the true colours (pun intended!) of Amélie's personality. Notice the contrast green-red. one represents calmness, the other stands for passion, love and anger and they perfectly coexist in every scene.



Set in a not so realistic Paris, a clean, orderly, safe, colorful, has no social problems and is inhabited with citizens who look like extras from "An American in Paris". It is the same Paris that produced other great works, like Inspector Gadget, it never existed - but that's OK! It's just another way by which we are dipped deeper into Amélie's beautiful mind.

Moulding

I'm not an object
don't try to mould me into one.
The price tags you give -
I'll take none.

I know, I know,
I *know* my own worth;
I knew it from the way my mama
looked at me, the day of my birth.

Nature doesn't question itself,
so why should I? I too, am
mother earth, and nature
doesn't lie.

She made me independent.
Told me to make my own path;
so excuse me if I don't find comfort
in the warmth of your hearth.

You *can* tug at the strings
of my heart,
try to tear me apart or
convince me that I'm broken -
that I'm missing a part.

Maria- Eirini Liodis 6Y



That I'm a lost little girl
as precious as a delicate pearl,
yet
not shiny enough,
round enough,
right enough;
e n o u g h . . .

Sell me into insecurity,
all so I'll want to be
the utter epitome
of what society
asserts: beauty.

Women, men , citizens
of humanity,
don't be fooled.
Don't buy into vanity.



MONDRIAN

She'd been staring at the piece for seven minutes now. It seemed entirely too long in her opinion, but everyone else in that marble room would spend a good ten minutes mooning over a canvas with a single splash of paint in the middle. Or ogle a sculpture which, in Anna's opinion, could be described as bloblike at best. Still, her sister had brought her to this gallery, and she could already hear the earful she'd get on the bus, if she were to skip the exhibition and go outside for a smoke.

Then again, the yelling could be due to the cigarettes, since a fifteen-year-old shouldn't *technically* be smoking. Regardless, she thought it best to stick around. The painting in question was by Piet Mondrian, titled "Trafalgar Square". It was rectangles. It was a bunch of white rectangles. She couldn't understand why people paid money for this.

In the bottom right corner, there was a row of red, blue, and yellow squares. The first thing which came to Anna's mind as she stared at those coloured squares, were the underground lines of the same colours. Funny, she thought. The blue was the exact shade of the Piccadilly line, the tube she took every day from home to school and back.

The same line she'd taken the evening those three girls had cornered her and beaten the life out of her, because she'd looked like a "posh b**ch" in her school uniform. They'd been wasted. Cheap wine from the smell of it. When she got home, her mother had taken one look at the matted blood on her plaid skirt and had started sobbing.

That of course was after she downed the last sip of her Bordeaux. Anna's response had been to start screaming at her, an almost frenzied anger as profanities flew from her mouth like bees from a hive. Afterwards, she ran up the stairs and slammed her door and locked it. What no one knew, and indeed what she would never tell, was that she'd stayed up the whole night, hot tears streaming down her bruised cheeks, muffling her cries with her pillow. The smell of wine still made her sick.

She blinked away the tears which were now fogging up her vision of the stark white walls of the gallery. She focused her gaze on "Trafalgar Square". Funny she thought, maybe these rectangles were worth her time.

The State of Our Creation

ORLY?

LOL

fail

I

omg

wtf?

As an artist you must not allow yourself to become anxious. Stress and tension are the enemy. I've gathered some helpful tips and tricks that over the years have helped me get in touch with my inner artist.

1. Meditation

Meditating seven times a day has helped me get rid of all unnecessary stress. In fact, most of my creative ideas have come during meditation. I think if the Buddha was alive, he'd be really proud of me.



NOPE
NOPE
NOPE

2. Healthy Lifestyle

Here are some ideas! Try measuring all of your calories for a week. Avoid processed foods that are packed with sugars and carbs. Just eat lettuce. Hit the gym! You know what they say: A healthy body is a healthy mind.

geeky

3. Don't think about it

Your success and career are more important than any hardships you are facing. Try and identify the triggers of stress in your daily life. Every time you get triggered punish yourself. This could be anything from having cold showers, to slapping yourself real hard.

REAL

4. Don't be Stefani.

Stefani is a performer friend of mine. I think she's depressed because she's been creatively sterile for some time now. She's giving herself a real hard time. I'm going to tell you exactly what I told her. Acting like a baby makes it really incredibly difficult for you to create. Guys, please don't do stuff like this. Just be happy and create! That's the only way to be a creator!

IF YOU HAVE FOUND THIS ARTICLE HELPFUL PLEASE LIKE AND SHARE.



||

Stage centre. STEFANI and WILLIAM are sitting on two chairs, between them a table. WILLIAM is nodding and smiling. They are both naked.

WILLIAM: I am not th-

STEFANI: But you are! The literary God! Master of theatre! Every character is a descendant of your creations. Like have you heard of Harold Bloom? The critic guy.

WILLIAM: No, No I h-

STEFANI: He says that not only all literary characters are descendants of your characters, but that we humans are as well. Your characters were so so so complex and interesting that they influenced the way we perform our own identities. You should check out the book. It's your name and then The Invention of the Human next to it.



STEFANI seems triggered by something. WILLIAM keeps smiling. STEFANI becomes visibly emotional.

STEFANI: Meanwhile, I'm dancing half-naked around a stage, singing my soulless tunes.

STEFANI stands up and lets out a ten-second shout.

A figure wearing a cloak walks to STEFANI from stage left. The figure removes its cloak. It's CHER. She is also naked.

CHER: (whispering phlegmatically) I love you lady.

WILLIAM half-smiles.

WILLIAM: (humming) We could, we could, belong together. We could, we should belong together.

End of play.



HOW TO GET IN TOUCH WITH YOUR EMOTIONS:

Step 1: Give your sharpest axe to a friend.

Step 2: Put yourself in a kneeling position and shift your gaze toward the floor.

Step 3: Tell your friend to chop your head off.

Step 4: Place the head on a cutting board. With a knife carefully remove the skin.

Step 5: Take your hatchet. (You could use the axe but you need to be careful, remember we want the brain intact).

Step 6: Strike the top and bottom of the skull carefully until it opens up (akin to a walnut). Discard the skull. Ta da! Your brain is yours.

Step 7: Ask your brain, why are you hurting me? How am I supposed to create like this? Cry. Shout. Cry and shout.

Stefani's brain smells like decomposed skin. 'Oh do shut up dear, stop whining.' It tells Stefani. 'Take that bloody hatchet and cut me in half.' She does that. Everything's the wrong size, her prefrontal cortex is huge and her hippocampus is tiny. 'Do you see the deformity? Feel all the lumps with your fingers.' She does. 'This is you. You are warped, you are twisted. Poor little Stefani won a few awards and thinks she's entitled to happiness. You are no artist, you did this to yourself. Take your shoes off. Caress me with your feet. Plunge your nails inside of me.'

George Hadjidemetriou 7W



Γράμμα σε ένα φίλο

Αγαπητέ Άτα,

Έφεραν τα η τύχη να γεννηθούμε σε λάθος 'στρατόπεδα'. Που μισής μέσω της 'εκπαίδευσης' μου έμαθα να μισώ ένα πράμα, τον Τούρκο, τον εχθρό. Όι εσένα συγκεκριμένα, ένα αόριστο πράμα. Ποιος να μας πει ότι τούντο μίσος ετρέφαμεν το για τόσα εκατομμύρια κόσμο. Χωρεί η καρθικά κανενού ανθρώπου τόσο μίσος; Να μεν πολυλογώ το πρώτο μου 'Τούρκος καλός μόνο νεκρός' σαν μαθητής υπόδειγμα που ήμουν, να πούμε, είπα το στα εφτά μου. Μετά που το δημοτικό ήρτα δαμέ στο English School τζιαι η πρώτη έννοια μου ήταν να μεν με σφάξουν σαν τρώω το φαί μου το διάλειμμα. Κούτσα-κούτσα εφκάλαμε την πρώτη τάξη χωρίς τέθοκιον επισόδειο. Καλά πάμε, όσπου μια μέρα ο μαθηματικός, νευριασμένος λαλεί μου, "Έ Άγγελε μιλάς πολλά με τον Μιχάλη, έσπασες μας, πίννε κάτσε τζιαμέ με τον Άτα. Έρκουμε τζιαι 'γώ φοίτσιασμένα, "Χαλόου" λαλώ σου, "Χαλόου" τζιαι εσύ.

Περνούν οι πρώτες φτομάδες, άρκεψα να ξηφοούμε τζιαι επιάμε την κουβέντα (τις απολογίες μου στον μαθηματικό).



Έτω με τα πολλά ανακάλυψα ότι βαρκέσαι τζιαι 'σου την άλγεβρα σαν εμένα. Έμαθα ότι είσαι με την Tottenham στην Αγγλία τζιαι επερίπαιζα σε γιατί εν επηαίνατε καλά. Εμεγαλώσαμε αλλό λίο τζιαι εστείλαν μας Γερμανία να εκπροσωπήσουμε το σχολείο. Το χάζι που εσύραμε με τα Γερμανούθκια που μας εφιλοξενήσαν εν περιγράφεται. Επέισαμε τον δικό μου, που ήταν πολλά καθώς πρέπει, να πιάμε το τρένο να πάμε Ολλανδία να γιορτάσεις τα γενέθλια σου.

Επεράσαν τζιάλλο τα χρόνια τζιαι εγνωρίστηκα καλά με αλλό 'να "δικό σας", τον Τζαν. Έπαιζε ντραμς τζιαι τέλος πάντων έτυχε να παίξουμε λίο μαζί. Αποφασίστηκε να κάμουμε συγκρότημα μαζί, αλλά πού να το πούμε τζιαι να μας πιστέψουν ότι ο Τζαν ακούει ροκ μουσική σαν εμάς τζιαι μερικές φορές εν εμπορούσε να έρτει πρόβες γιατί είσιε θκιάβασμα σαν εμάς, γιατί είσιε ψηλούς στόχους σαν εμάς. Έρτε, όπως τζι' εσύ στις διαδηλώσεις των μαθητών της Κύπρου για το περιβάλλον μαζί 'μας'.

Καλέ μου φίλε, χαίρομαι που σε ε γνώρισα, κάτι τύποι σαν εσένα διούν μου ελπίδα.

Με αγάπη τζι' εκτίμηση,
Άγγελος

LEVITATING

Is it possible to both be present in the world and not present at the same time?

To me, those brief moments when I dwell on the horizon

or when I'm enthralled by the sun's rays escaping between the jaggedly between the clouds

or when I study a flower; and find myself unable to pull my eyes away, are the greatest.

Time suddenly stops and I'm simultaneously inwardly present and completely distant.

All at once, a brief moment can seem like... an eternity.

One second no longer leads to the next,

Time is halted;

and the present is no longer in opposition to past and future.

You experience the fullness of time in the moment.

Inner peace and silence takes over.

ARTIFICIAL

Anna Petrides 6J

Artificially elated;
circular sparks of mild
light rush through
electric laughter at the rapid
tapping, hungry hedonism of the
gratifying clicks

We type philosophy and psychology,
personal, always
and I pretend to confess
to let you have a digital sneak peek
to leave a window only slightly ajar

As I face the gap and motion to
jump and wait for your
sweet chaining words
She laughs at her marionette strings
I oscillate (between her and someone I don't remember)
I'd known what to do

(the past is a foreign country)
and I want to live in the curved and perfect words, clean and lowercase
(the capital interpolations-but synthetic genuineness,
fake authenticity, false truth
undeserving of the grandeur
of the synonymous oxymorons)

How many
dimensions does this irony conceal?





and I I've seen those images too many times
(it's sexy to think a view is an
irreversible
incision)

not to have them wander in my chest,
pierce the richness of the psychosexual
and force air out my ribs until I'm a
thin membrane
a violent change in volume, pressure

until You leave
and I drop it, aside
only think about the emptiness between my bones
and the saturated
relativity between the yellow walls
a superficial immersion in the sorrow
of the deep black fissure

chaos so eroded
I yearn no longer for wakeful anguish
unimportant discomfort
the perfunctory exacerbation-
exponentially detrimental-
mutating the desolation into

vague
volatility
vulnerable to the random
flutter of wings,
so far from her

you don't even recall her living here before, suffocating

Who would we be without our mothers?

Samantha Archontis 7G

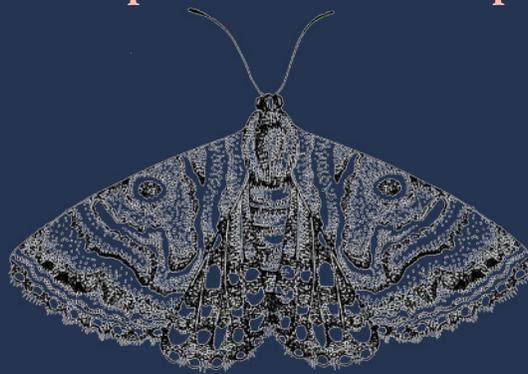


And sometimes
In the deepest darkest dampest corners
(how they scream and moan and tend to crumble)
I remember your smell,
How as a baby I crawled to your embrace
Felt the vibrations of your chest as you spoke
How I crawl to your closet now
But find some books and three dead moths
(Your clothes thrown out in a pitiful fit of rage)
the smell of lavender protecting the messily
organized sweaters (no holes)
But it smells of death and decay
Those three dead moths stare at me with
cold grey eyes
I feel their bite in my sleep as certain
summer nights come to fill my mouth with sweat
It's been so long
So long but the bed sores still taste like anger
I kept the shirt I was wearing
90% latex 10% polyester
Burnt orange
The three dead moths crawl out of the closet and introduce themselves
We have coffee and white chocolate ice cream
and we share a laugh on a park bench,
but when I turn around they spread their large
decaying wings and fly into the sun-
Black speck. Beat.
Black speck. Beat.
Black speck. Beat.

There comes a time – no one knows when – where we are forced to face loss. In my case, this was a few hours before my 14th birthday but also many years before. When I was finishing grade school, my mother was diagnosed with Breast Cancer, which later metastasized to her brain. Her illness consumed the majority of my time at home, and at the age of ten, I began distinguishing between what was trivial and what was not. Living with and watching the deterioration of a person I idolized showed me how complex and vulnerable the human mind is. I now hold some five months of adulthood in the palm of my hand, and I've experienced more loss of varying degrees; I've lost friendships, my sister moved to another country for college, I'm no longer a child. And yet, despite my greatest expectations, my being older hasn't made these experiences any easier but rather, more challenging, as they are a constant reminder that life is ever-changing, unpredictable, and utterly out of my control. Up until recently, I was incapable of accepting this. I have many clear memories of falling asleep hours after I had said goodnight to my father, walking around my room, desperately trying to predict my future.

And yet, as I found out from the difficulties I faced early on in life, every bad thing can lead to personal growth. I have a book's worth of iPhone Notes App poetry, written in a burst of creative inspiration. The poem above has the unofficial title *04/04/2019*. Every few months, I remember its existence and go back to read it, and face a part of myself that was crucial in my growth. My father and I made the unspoken decision to trade rooms after my mother passed away, and I found myself moving into an intoxicating reminder of who she was and who I never got to meet. I sometimes sat in her closet and spoke to the clothes we hadn't given away. And then her clothes stopped smelling like her, and I decided to grow up.

The person I am today is a combination of who I was before she got sick, who I was during her illness, and who I became after. Despite the pain in my chest every time I try to write about her, my mother and her 14 years of presence in my life will forever be my muse and driving force. Applying to college was an activity we had always discussed doing together, and as I sit down at my desk with a cup of coffee and her picture, I feel that I am honoring this goal.



Blue gowns

by Izabel Irwin 6W

A taste of metal on your lips
As your skin turns to ash,

You sleep throughout the day,
Wake with eyes of tinted glass,

Your ginger hair of a lion,
Has slowly melted away,

They force poison into your veins,
Draining you day after day,

Did we even see each other before?
Or were we so stuck in routine,

That those hundreds of days passed,
May as well have been a dream?

All our silly little differences,
All those white little lies,

Were you always so thin?
Or did you shrink before my eyes?

They can fill you up with pills,
Drag you away from your kin,

But the one thing they'll never steal,
Is that mischievous grin.

HUMANS OF THE ENGLISH SCHOOL

Inevitably, the current circumstances did not allow for the conventional Humans of the English School interviews to take place. Nevertheless, we asked our people to do it in their own, personal spaces, while posing next to window (a rather symbolic element, don't you think?). In such times, where out interpersonal relationships are challenged, we shall find creative ways to maintain them.

We hope you enjoy!

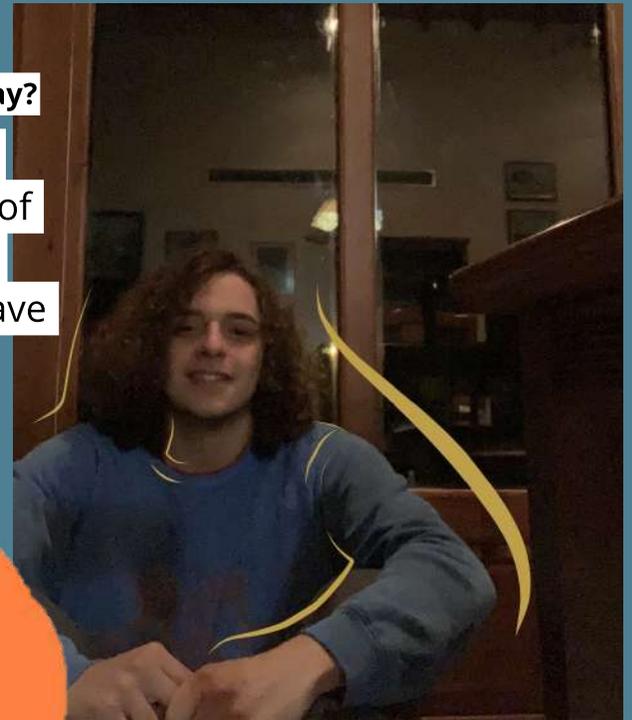
Layout by Eleni Anayiotou

Interviews by by Maya Vasiloudes Bayada and Feidias Psaras



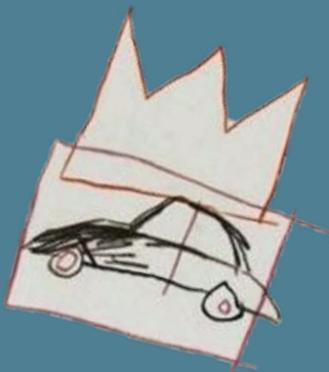
What's the worst part of your day?

Every. Single. Second. That moment when it's the end of the day and I have to go to sleep, and I realise that I have to do it all over again.



What is something you think about that probably nobody else around you thinks about?

Wherever I am, I always think about random songs and melodies which i want to listen to and play on my guitar when I get home



Whats your favourite country to visit and why?

My favourite country to visit is Hungary . I really like the architecture and the traditional style of the buildings, especially in Budapest,. My favourite part is Margaret's island ,which is basically a small island in Budapest full of parks and lakes!



What's the weirdest dream you've ever had?

I don't know, how do I answer that? Hold on, I have one. It was horrifying. I had a dream where--this was a really long time ago--my brother turned into a chicken. I don't know why he turned into a chicken, but I was really scared.

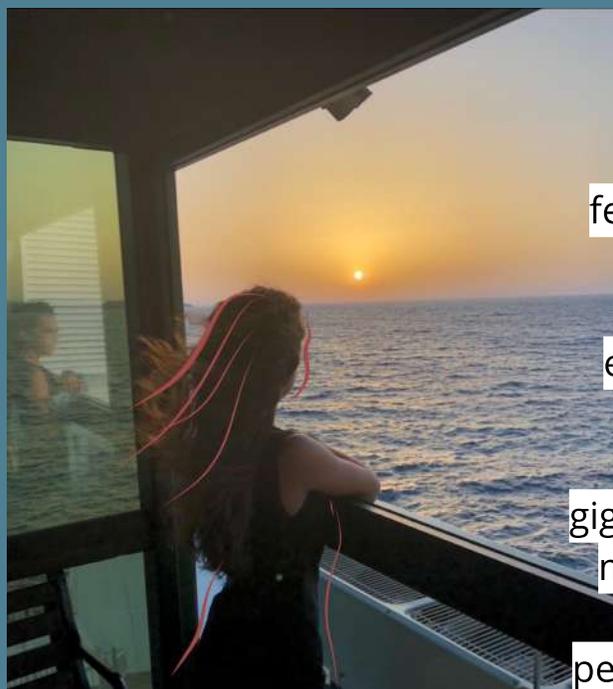
How do you interpret it?

Fear of ... my brother turning into a chicken.



What is your fondest memory as a child?

One of the most mesmerizing and wholesome experiences I've had is spending Christmas in Germany when I was a child. The feeling of excitement when leaving the house and finding myself in a Narnia-like environment, and sticking out my tongue to let the cold snowmelt on it is irreplaceable. Driving to the extravagant Christmas markets with my family and drinking hot chocolate while gazing at intricate arts and crafts in the stalls always fascinated me. I will always remember the laughs and giggles we let out as we fell clumsily while ice skating, our breaths making small white clouds. Especially this year, I miss the hustle and bustle of Germany right before Christmas. Chaotic yet peaceful; making me wish I could go back to those tranquil times.



What is your favourite part of the school day?

My favourite part of the school day is when I walk past Mrs Shura and she says something nice like "Yiannaki wear your mask" or "paliopaido". I know that maybe school won't open again, so I won't see Mrs Shura ever, so I always keep these moments close to my heart.



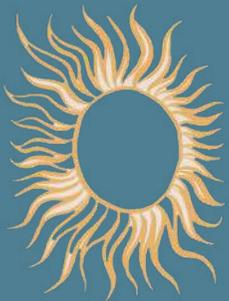


Where are five places you really want to visit before you die ?

- 1) Machu Picchu in Peru
- 2) Phi Phi islands in Thailand
- 3) Blue Lagoon in Iceland
- 4) The Great Barrier Reef in Australia
- 5) Northern lights in Norway

What is the best decision you ever made?

Not caring what other people think, doing my best and doing what I have to do.



What do you want to accomplish the most this year?

As a year 5 student, the most obvious answer to this question would be "I want to accomplish good IGCSE grades"- and don't get me wrong I do- however this year I would like to broaden my horizons; discover new things and gain new experiences. That for me, is the ultimate accomplishment!



What superpower would you choose for yourself?

I can safely say that as a kid I've read every book and watched every Harry Potter movie, but I've always dreamed of having an invisibility cloak! Being invisible and having the ability to do absolutely anything you want without anyone seeing you, was always the superpower I wanted to have. Even just for one day it would mean I could see, learn and hear things that happen behind my back, either good or bad.





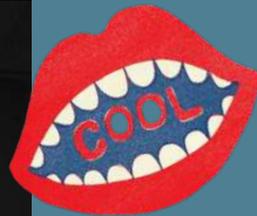
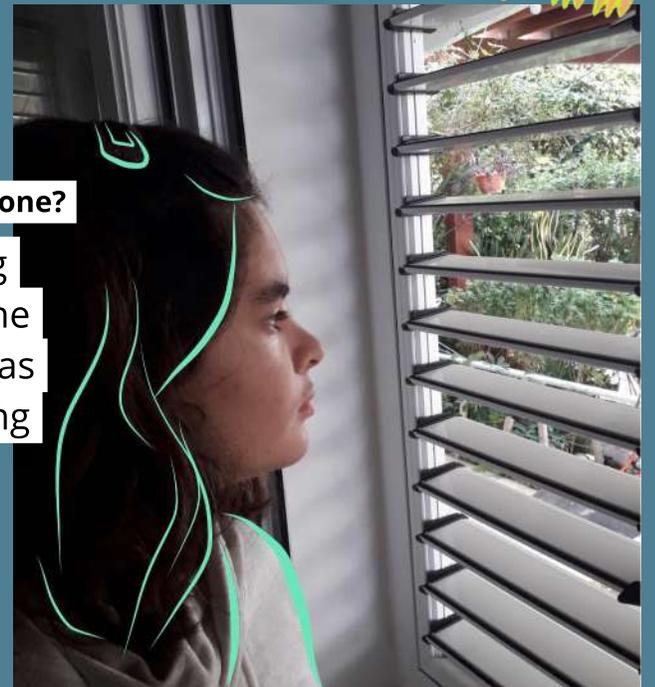
If you had one day left to live, how would you spend it?

If I knowingly had a single day to spend, I'd visit my grandparents and then hang out with the rest of my family. I'd use the remaining time to draw something representative of me with my dog's company, while listening to my favourite Spotify playlists and having some tea. Finally, I'd write two poems: one on what I value the most in life, and another one on a few scientific theories of mine I'd wish to be fulfilled. Eating eliopittes tou Zorba would top it all off.



When was the first time you felt genuine sympathy for someone?

In primary school, one of my best friends was going through hard times. Seeing how sad and worried she felt made me realise that what she really needed was someone to be there for her and offer her a listening ear.



What's your best joke?

'Today at the bank, an old lady asked me to check her balance.

So I pushed her over.'

Who is the most influential person in your life, and how?

In my life it was my mom. She was always supportive and accepting of everything I did. Academically, it was my boss and supervisor in Oxford, who showed me you can be anything that you wish and will, just by believing in yourself.



