

TEENS' VOICES

ΤΕΥΧΟΣ 1 WINTER 2009

WISE Wide-field Infrared Survey Explorer

WISE is a NASA-funded Explorer mission that will provide a vast storehouse of knowledge about the solar system, the Milky Way, and the Universe. Among the objects WISE will study are asteroids, the coolest and dimmest stars, and the most luminous galaxies.

WISE is an unmanned satellite carrying an infrared-sensitive telescope that will image the entire sky. Since objects around room temperature emit infrared radiation, the WISE telescope and detectors are kept very cold (below -430° F /15 Kelvins, which is only 15° Centigrade above absolute zero) by a cryostat -- like an ice chest but filled with solid hydrogen instead of ice.

Solar panels will provide WISE with the electricity it needs to operate, and will always point toward the Sun. Orbiting several hundred miles above the dividing line between night and day on Earth, the telescope will look out at right angles to the Sun and will always point away from Earth. As WISE orbits from the North pole to the equator to the South pole and then back up to the North pole, the telescope will sweep out a circle in the sky. As the Earth moves around the Sun, this circle will move around the sky, and after six months WISE will have observed the whole sky.



As WISE sweeps along the circle a small mirror scans in the opposite direction, capturing an image of the sky onto an infrared sensitive digital camera which will take a picture every 11 seconds. Each picture will cover an area of the sky 3 times larger than the full Moon. After 6 months WISE will have taken nearly 1,500,000 pictures covering the entire sky. Each picture will have one megapixel at each of four different wavelengths that range from 5 to 35 times longer than the longest waves the human eye can see. Data taken by WISE will be downloaded by radio transmission 4 times per day to computers on the ground which will combine the many images taken by WISE into an atlas covering the entire celestial sphere and a list of all the detected objects.

wise.ssl.berkeley.edu/

Be healthy!

Tea

Did you know that drinking at least three cups of tea a day can slash the risk of diabetes by almost half? That is the conclusion of a ground-breaking study of more than 40,000 people whose consumption was monitored for 10 years. It was already known that drinking coffee reduces the risk of type 2 diabetes but the similar effect of drinking tea was currently unknown. Additionally, the beneficial effects of tea include the antioxidants which every cup contains, protecting the body cells from damage. No matter if the tea you consume is black or green, as both kinds contain caffeine, magnesium and potassium which cause the beneficial effect. A research has proved that Chinese people living in Singapore and who drank more than a cup of tea a day were 14 per cent less likely to develop diabetes. Expanding our knowledge, the conclusion is that the best way to prevent diabetes is to keep active and healthy, to follow a balanced diet that is low in fat, salt and sugar with plenty of fruit and vegetables.

Alexandra Androulidakis

ARTS - DANCE

Our Pointe shoes are our instruments. If something's wrong with my feet, my mind goes there. I usually have six pairs ready. Soft shoes for one act, stiffer shoes for another, stronger shoes for a variation with a lot of turns.

-Nina Ananiashvili, The Ballet Book-

A dance is a measured pace, as a verse is a measured speech.

-Francis Bacon-

Margot Fonteyn

Dame Margot Fonteyn de Arias was a British ballerina of the 20th Century, who is widely regarded as one of the greatest classical ballet dancers of all time. She spent her entire career as a dancer with the Royal Ballet, eventually being appointed Prima Ballerina Assoluta of the company by HM Queen Elizabeth II.

Fonteyn was born Margaret Hookham on 18 May 1919 in Reigate, Surrey, to an English father and an Irish mother who was daughter of an

Brazilian industrial Antonio Fontes. Early in her career, Margaret transformed Fontes to Fonteyn and Margaret into Margot; thus her stage name. She joined the Royal Ballet ("Sadler's Wells Theatre" that period) while still a teenager. She had been trained by the greatest teachers of the day as Olga Preobrajenska and Mathilde Kschessinska, both of whom trained under Marius Petipa himself. Margot was especially renowned for her portrayal of



Aurora in Tchaikovsky's *The Sleeping Beauty*. A famous partner of her was Rudolf Nureyev and as a result she became an instant celebrity in Britain and the US.

In the extremely competitive world of ballet, Fonteyn was renowned for her consummate professionalism and loyalty to her friends. Her dancing stood out for its lyricism, grace, and passion. The biggest star of the Royal Ballet died due to cancer on 21 February 1991 at the age of 71.

Alexandra and Athena Androulidaki

OVEN FRIED CHICKEN WITH RICE A LA CRÈME (FOR 4 PEOPLE)

INGREDIENTS FOR THE CHICKEN

800 g Chicken in medium pieces

2 tablespoons melted butter

Pepper and salt

For the crumbing:

1 ½ cup Breadcrumbs

1 ½ cup grated "trikalino cheese"

½ chopped parsley

PREPARATION:

Heat the oven to 200°C.

Wash the chicken and remove its skin, if desired. Then sprinkle with salt and pepper.

Combine all the crumbing ingredients in a large bowl. Baste the chicken pieces with the butter and press all sides in the crumbing mixture. Place the piece on a medium sized pyrex in order to pack the chicken. Apply the rest of the crumbing on top of the chicken

Cover the pyrex with aluminum foil and bake in preheated oven for 30 minutes.

After uncover it and bake for 20 to 30 minutes. It's ready to serve.

INGREDIENTS FOR THE RICE:

250 g Uncle Bens "risotto" rice or similar

1 tablespoon butter

A dissolved stock cube in 500ml of water

250ml Cream

½ teaspoon curry powder (optional)

Parsley chopped

1 cup any yellow cheese

Salt and pepper

PREPARATION:

In a saucepan melt the butter and add the rice.

Stir fast until the rice

golden. Then

pour the dissolved stock

cube add salt and pepper and cook gently

until it's done. Add water during the

cooking if necessary. After pour the cream

and boil for a couple of minutes. At the

end add the parsley, the curry powder and

the cheese.



Vaggelis Lykakis

Berlin Wall

Until August 1961

The border between East and West Berlin is opened and daily half a million people cross it from one part of the city into the other. Many East Berliners go into the cinema or discos in the West; they even work in the West or they go shopping in the West.

August 12/13, 1961

In the afternoon of August 12 at 2 p.m. Walter Ulbricht, the East German leader, signed the commands to close the border. Next Sunday at midnight the army, police and the

“Kampfgruppen” began to bolt the city. The wall is built and separates the city into two parts for more than 28 years. Free travel won’t be allowed to the West until 1989.

November 9, 1989

A press conference is held, where the SED government announced that travel restrictions for East German had been lifted. In that night people from East Berlin flooded into the western part of the city and hundreds of thousands celebrated throughout the city. Next day Berliners begin to



discover the other part of the city.

The Berlin Wall today

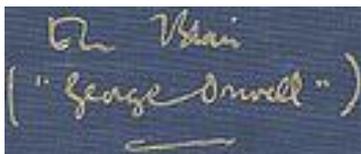
The Wall has been completely removed and there are only a few parts which can still be found. One of the questions often asked is: “Where is the Wall today?”

Alexandra Androulidakis

School Events / News

This year, our English lesson is rather different! We study English literature and to be more specific, George Orwell’s “Animal Farm”, one of the greatest political fables of all time...

Born on 25 June 1903, Eric Arthur Blair, better known by his pen name George Orwell, was English novelist and journalist. His work is marked by a profound awareness of social injustice, an intense, revolutionary opposition to totalitarianism and of course his passion for clarity in language as well as a

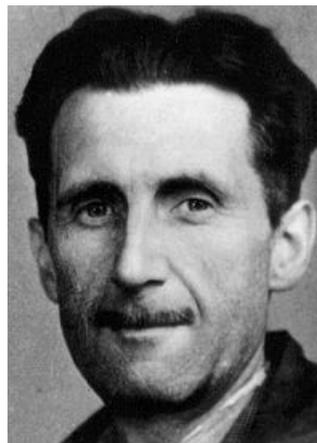


belief in democratic socialism. Considered perhaps the 20th century’s best chronicler of English culture as he wrote polemical journalism, po-

etry, fiction and literary criticism. He is best known for the novel “Nineteen Eighty-four” (1949) and for the satirical novella “Animal Farm” published in 1945. To be more specific, “Animal Farm” is a dystopian* novella in the form of an allegory. Published in England on August 1945, the book reflects events leading up to and during the Stalin era before World War II. As a critic of Joseph Stalin, he was suspicious of “contre Stalin” actions.

George Orwell died on 21 January 1950 in England.

The original title was “Animal Farm: A fairy story”. The book was chosen as one of the 100 best English language novels, fact which draws



the reader’s attention!

*A dystopia (from the Greek δυσ- and τόπος, alternatively, cacotopia or anti-utopia) is the often futuristic vision of a society in which conditions of life are miserable and characterized by poverty, oppression, war, violence, disease, pollution resulting widespread unhappiness, suffering and other kinds of pain.

Alexandra Androulidakis

VISIT TO THE NATURAL HISTORY MUSEUM

On Monday 7/12 we went to the Natural History Museum of Heraklion. The teachers who accompanied us were Mrs Alexopoulou and Mrs Goodwin. This visit differed from others as we had a tour in English. We had been given the chance to improve our skills but also to learn more about Crete’s biodiversity. Furthermore our class was enabled to see some rare species alive thanks to the museum’s small zoo. In addition we experienced a real earthquake via a special machine. We would like to thank our teachers and we would be glad to revisit this magnificent museum.

Anna Karkavitsa

THE TWILIGHT SAGA

By Anna Karkavitsa

As everyone has started to notice that THE TWILIGHT SAGA has been gaining ground since the film came out I would like to say something more about the books.

First of all the Twilight saga is the second best selling series after J.K.Rowling's *Harry Potter*

Twilight is a series of four vampires based on fantasy romance novels by American author Stephenie Meyer. It charts a period in the life of Bella Swan, a teenage girl who moves to Forks, and falls in love with a 109-year-old vampire named Edward Cullen. The series is told primarily from Bella's point of view, with the epilogue of *Eclipse* and Part II of *Breaking Dawn* being told from the viewpoint of character Jacob Black, a werewolf.

Bella is a child of a divorced family and she is very mature for her age. Through the book the reader can notice that- except for the fact that she is a "danger magnet"-she is unusually brave. She is very thoughtful and unselfish, but also she is facing the dangers without caring about her own life. She is often portrayed as having low self-esteem and as being unable to comprehend Edward's love for her.

Edward is a vampire who lives with a coven of like-minded vampires known as the Cullen family, who feed on animals rather than humans. He shows remorse for every single life he had taken away and basically he hates himself as he thinks that vampires are soulless monsters. By falling in love with Bella and through the pass of the time he starts to re-think his theories

Jacob Black was introduced in *Twilight* as a minor character but he resurfaces in *New Moon* with a much larger role as Bella's best friend as she struggles through her depression over losing Edward. He is a member of the Quileute tribe and a werewolf as well. He is in love with Bella and that is the reason why he hates Edward. In *Breaking Dawn*, Jacob finds a soulmate in Bella and Edward's baby daughter, Renesmee, ridding him of his heartache for Bella.

I would also like to present the summary of each book

TWILIGHT

Bella Swan moves from Phoenix to live with her father in Forks to allow her mother to travel with her new husband, a minor league baseball player. After moving to Forks, Bella finds herself involuntarily drawn to a mysterious, handsome boy, Edward Cullen. She eventually learns that he is a member of a vampire family who drinks animal blood rather than human. Edward and Bella fall in love, but James, a sadistic vampire from another coven, is drawn to hunt down Bella. Edward and the other Cullens defend Bella. She escapes, to Phoenix where she is tricked into confronting James, who tries to kill her. She is seriously wounded, but Edward rescues her and they return to Forks, having killed James.

NEW MOON

Edward and his family leave Forks because he believes he is endangering Bella's life. Bella falls into a deep depression, until she develops a strong friendship with Jacob Black who she discovers can shape shift into a wolf. Jacob and the other wolves in his tribe must protect her from Victoria, a vampire seeking to avenge her mate, James' death, by killing Bella. A misunderstanding occurs, and Edward believes Bella is dead. Edward decides to commit suicide in Volterra Italy, but he is stopped by Bella, who is

accompanied by Edward's sister, Alice. They meet with the Volturi, a powerful vampire coven, and are released only on the condition that Bella will be turned into a vampire in the near future. Bella and Edward are reunited, and she and the Cullens return to Forks.

ECLIPSE

The vampire Victoria (James's mate from *Twilight*) has created an army of "newborn" vampires to battle the Cullen family and murder Bella for revenge. Meanwhile, Bella is impelled to choose between her relationship with Edward and her friendship with Jacob. Edward's vampire family and Jacob's werewolf pack join forces to successfully destroy Victoria and her vampire army. In the end, Bella chooses Edward's love over Jacob's and agrees to marry him.

BREAKING DAWN

Bella and Edward are married, but their honeymoon is cut short when Bella discovers that she is pregnant. Her pregnancy progresses rapidly, severely weakening her. She nearly dies giving birth to her and Edward's half-vampire-half-human daughter, Renesmee but Edward injects Bella with his venom to save her life by turning her into a vampire. A vampire from another coven sees Renesmee and mistakes her for an "immortal child". She informs the Volturi, as the existence of such beings violates vampire law. The Cullens gather vampire witnesses who can verify that Renesmee is not an immortal child. After an intense confrontation, the Cullens and their witnesses convince the Volturi that the child poses no danger to vampires or their secret, and they are left in peace by the Volturi.

