

# ANTIKYRA JUNIOR HIGH SCHOOL NEWS

2020 – 2021

Issue 2 (2<sup>nd</sup> Grade students)

## Sightseeing in our area

by Simitzi Ariadne & Panagiotou Alex



### ANCIENT CITY OF ANTIKYRA

Parts of an ancient port wall. Ancient houses. Part of an early Helladic settlement, are preserved, among others, at the Palatia site. The ruins of the temples of Athena (6th to 5th century BC) at the top of the hill of Syros and Artemis on the North East side of Kefali are also important. We also know of a temple dedicated to Poseidon, a theater and two gyms, but none of these buildings survived. During the Byzantine era, a five-aisled basilica was built on their ruins.

### INFRASTRUCTURE

Antikyra has a port for mooring boats with electricity and water supplies and a natural fishing shelter in Agios Isidoros. For your stay you will find many beach hotels, rooms to let and apartments. Several restaurants, taverns, cafes and bars are spread along the sea shore. There is the possibility of amateur fishing, spearfishing, surfing, jet skiing and more. It also has many sports facilities, football, basketball, 5x5 and volleyball courts.



### NATURAL BEAUTIES

Antikyra is distinguished for its beautiful beaches. The most characteristic is the beach of Agios Isidoros which is honored every year with the Blue Flag for its clear waters. The visitors can also swim on the beaches of Antikyra but also on the beach at the port of Koutrou. Apart from the clear blue waters, we suggest you admire the amazing view of the areas of Kefali and Faros, Profitis Ilias, Limanaki of Agios Isidoros, Agios Nikolaos, Balda Beach.

### DISTOMO

#### HISTORY & MUSEUMS

The town of Distomo is located in southwestern Livadia, built on a plain between the mountains Kirfi, Parnassos and Elikona. It is 25 km from Thebes and 160 km from Athens. Distomo has gone down in history as a martyr city, due to the Massacre by the Germans, 1944. Today, near the entrance of the city there is the Museum of the Victims of Nazism, which presents the complete history of the place through documents and photographs. Also, on the Kanales hill is the Mausoleum of the victims of 1944. In the Distomo Museum Collection there are exhibits from the wider area, from the Mycenaean to the early Christian years.



### ASPRA SPITIA

At a distance of 9 km from the town of Distomo is the beach, with the settlement of Aspra Spitia. Distomo beach has all the necessary infrastructure for visitors. The beautiful coast against the backdrop of the natural landscape is ideal for a summer visit, since the area of Distomo offers special coolness during the summer months.

## Disadvantages of our area

by Rizouli Kate & Sfiatkou Demy

We live in an area where there are a lot of problems, which can't be solved easily. Some of them are:

1. The pollution in general is the biggest problem, because of the fact that we live near a big



factory. The atmosphere is never clean here, because the plant emits fumes and carcinogens. It also discharges its waste into the sea causing a huge amount of fish that live in our sea die from these toxic waste.

2. Another disadvantage of our place is the stray mammals that live everywhere. Stray dogs can cause a collision when dogs run into the road, which might even result in injury to other people and also to itself. Moreover, stray dogs have become a bigger threat to human health and lives. Stray dogs can also transfer and spread rabies, a deadly disease. An animal like that does not also carry a plethora of diseases but it can also be a source of parasites such as ticks, hookworms, roundworms and fleas, which can all be contracted by humans.



3. Last and not least, rural areas face an immense lack of medical professionals and facilities. The residents of our village have to travel a long way in order to reach medical support for their illnesses.



# Teen Life & COVID-19

by Nika Gina & Charatsi Olympia

The COVID-19 epidemic first appeared in China and spread rapidly across the globe, taking the dimensions of a pandemic, surprising people and governments around the world, as there was no preparation for it. The restrictive measures resulting from the coronavirus crisis have drastically changed the daily lives of children and adolescents, according to a study conducted at the Medical University of Innsbruck and examining the psychosocial effects of the crisis on children. With no contact with friends, no normal school life, with the fear of possible infection of grandparents and various oppressive situations in the home itself, the coronavirus crisis has profoundly affected the lives of children and adolescents.

Children and adolescents may appear to be less at risk for severe COVID-19 symptoms, but the pandemic has significantly disrupted their lives in other ways. Social distancing and the interruption of typical school routines can be especially challenging for adolescents.

There are many difficulties associated with home incarceration. For example, many teens often leave home, even on a daily basis. They even needed it kinetically. Now they have to spend almost all day at home, in a close symbiosis with their parents. However, a key element of adolescence is the tendency of autonomy that is expressed in various ways in their relationship with their parents, in the context of their normal developmental course. If the relations were based on a 'fine thread', in the new conditions there may be intense conflicts or even extreme behaviors", Ms. Tsitsika explains. "Children and teens miss their friends, their activities, even their school routine - not necessarily the lesson," she adds. That is why it is a great need, "at the initiative of the parents, to have a positive atmosphere at home, calm and optimism, as well as to establish a routine with terms of discussion with the children - without being imposed, in order to relax the intensity of this period in at home. If we work together through an appropriate and personalized approach, as

each child is different, children can surprise us. Utilizing the method of social-emotional learning, which basically tries to enable the child to "stand on his own two feet" and face life positively, we have in the unit many examples of children who, after a phase of education, move on to voluntarily offer to peers who are experiencing difficulties or to efforts for collective help through various actions.

A depressive feeling covered the lives of many teenagers, as prolonged abstinence from the daily routine of school and distance from friends and activities resulted in lack of motivation and melancholy. There was a decrease in interest in enjoyable activities, a decrease in outdoor activities, extensive use of mobile phones and a general attitude of resignation and a lack of perspective / optimism. During the quarantine, children with Autism Spectrum Disorder (ASD) found it particularly difficult to follow basic instructions and their independence and opportunities for physical activity and activity were severely limited, resulting in tension, outbursts of anger, and violent behaviors. The children with Attention Deficit Hyperactivity Disorder were particularly nervous, with additional difficulties in concentrating and following a daily schedule, while making excessive use of the Internet. They could not concentrate and carry out daily activities, as described by their parents. Children and adolescents with eating disorders (anorexia - bulimia) were significantly disorganized and regressed. Some cases had significant consequences and required hospitalization. The closure of gyms created insecurity and a feeling of loss and isolation in adolescents with orthorexia (particular to excessive adherence to rules of healthy eating and exercise). Children with online addictive behavior have experienced aggravation, with significant physical exertion, lack of physical exercise and consumption of unhealthy snacks in front of the screen, sleep disorders and reversal of schedule, as well as neglect of their physical hygiene.

# An athletic village

by Anestis Loukas, Daferera Eleftheria, Magouliotis Vaggelis, Traki Ellie

In our small town, Aspra Spitia, there are lots of sports facilities. Athleticism characterizes all its residents and we are all into sport. "Medeon", the first sport club in our region, started in 1965.



Basketball, volleyball, swimming, boxing, athletics, skiing and tennis are some of the sport courses offered by Medeon.

## Basketball



In Aspra Spitia, basketball appeared in 1968 and the local team was competitive back then. They started competing in several tournaments and won many of them.



The current basketball coach was a professional athlete and a member of AEK's basketball team in the 70's.

## Tennis

Tennis was one of the first sports in our town. It has started since 1970 and everyone wants to learn how to play. We have four big courts and many people play there every afternoon.



The tennis courts have recently been renovated and the facilities are now equipped with modern nets and more balls.

## Volleyball

Volleyball is the most popular sport in our area and there are 3 groups: the teens' group, the female group, and the male group. Furthermore, there are two courts in our town.

The most remarkable moment for our club was when the male group finished second in the Panhellenic tournament. Also, the females' group won second place in the same tournament and first place in the school tournament in 2017. Moreover, the teens' group managed to come in third place in the Final Four tournament and first place in the school games.



### **Swimming**

The swimming team was found in 1966 and right now it has 5 groups in the basis of the age. Every year in Karpenisi, our athletes manage to earn many medals. In 2018 we won 5 gold medals in men and women, 7 silver medals and 9 bronze medals. In 2019 we won 1 gold medal, 5 silver medals and 5 bronze medals. Finally in 2020 we won 3 gold medals, 1 silver and 1 bronze medal.



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### **Athletics**

Athletics appeared in 1970 and now our club has 3 groups (pro-junior, junior, teens). The Medeon's team participates in several competitions. One of the most important moments for the club was in 1988, when a member of the team won a gold medal in Athens and she achieved

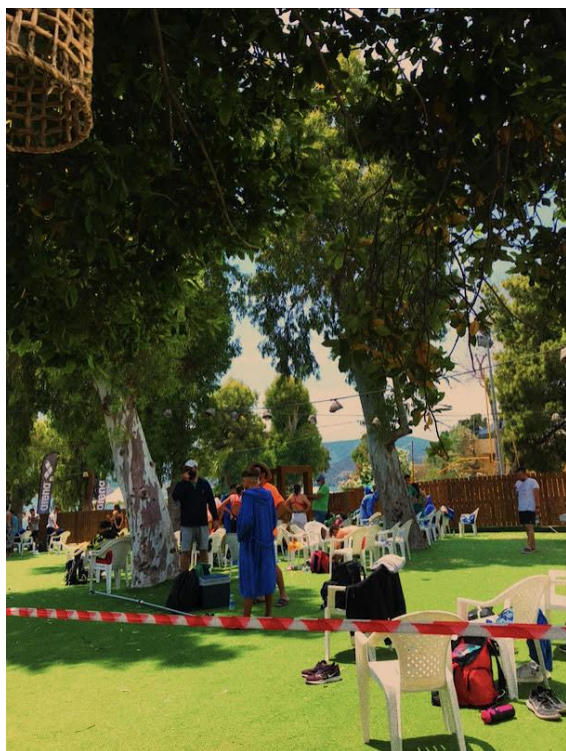


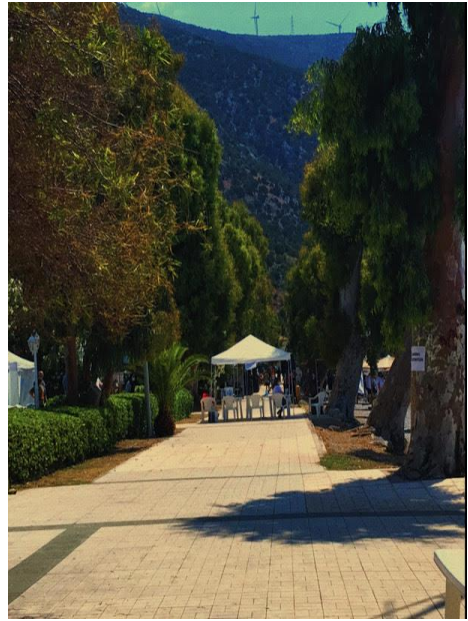
to be a member of the National Team. Today many children have won lots gold medals in competitions. In conclusion, in Aspra Spitia exist a big court where you can play football and do athletics.

# SWIMMING RACE HIGHLIGHTS

by Syntzaki Maria, Staikoura Anna-Maria, Roussou Nikitas

On June 5<sup>th</sup>, an open water swimming competition took place in our area and more specifically at the beach of Aspra Spitia. Everyone had been talking about it for a long time before the big day. Our sports reporters were there and covered the big race. Here are some of the highlights of the event that made everyone of us proud.









# SWIMMING RACE INTERVIEWS

by Neratzi Charoula & Stomatias Athanasios

1. *How was your experience?*

**Apostolos Fasios (5000 m – Makedonikos team):**

It was a great experience. I'm here for the first time and we are very happy and glad to see you.

**Kelly Araouzou:**

I didn't swim, but from my volunteering role, it was a fantastic organization.

2. *Was the first time you swam difficult?*

**Athina Lakka (7500 m – Aris Thessalonikis team):**

Yes, it was very hard at the first time, because swimming needs lots of durability and stamina.

3. *Did you overcome any difficulties in your first appearance?*

**Apostolos Fasios:**

No, I didn't face any problems, everything was just fine.

4. *What goals do you want to achieve in the future?*

**Apostolos Fasios:**

I want to reach the top.

**Athina Leka:**

I want to continue swimming and I want to succeed in everything I do. I also want to reach the pedestal very much and if I can, reach the first place, which is either challenging or simply the first place.

5. *Will you continue with the swimming as a hobby or something professional in the future?*

**Athina Leka:**

Yes, after the panhellenic, I will see it completely as a professional job, because it is something that I like.



# Gaming

by Boci Aggelos

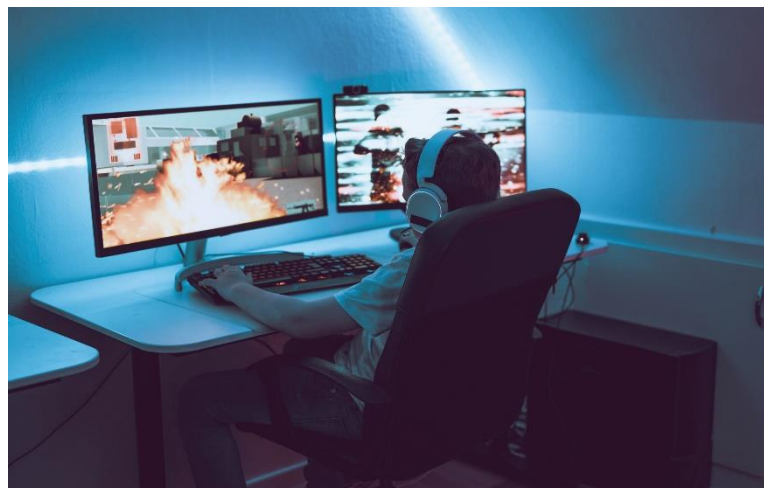
Since its birth in the 1950s, gaming has blossomed into one of the most profitable entertainment industries in the world. The mobile technology boom in recent years has revolutionized the industry and opened the doors to a new generation of gamers. Indeed, gaming has become integrated with modern popular culture.



A video game or computer game is an electronic game that involves interaction with a user interface or input device – such as a joystick, controller, keyboard, or motion sensing device – to generate visual feedback. This feedback is

shown on a video display device, such as a TV set, monitor, touchscreen, or virtual reality headset. Video games are often augmented with audio feedback delivered through speakers or headphones, and sometimes with other types of feedback, including haptic technology.

League of Legends (LOL) is a free to play multiplayer online battle computer game, published by Riot Games. The game is available for Microsoft Windows and MacOS. LOL is a strategy game where two teams of 5 powerful champions, face off to destroy the other's base. Champions get stronger by earning experience and gold to buy more powerful items as the game progresses. The League of Legends World Championship (commonly abbreviated as Worlds) is the annual professional championship in LOL.



# NEFFEX

by Markopoulos Alex

NEFFEX is an American music duo composed of Bryce Savage (singer) and Cameron Wales (DJ/composer). Their types of the music are electronic dance/hip-hop and rock. The most popular music video on the YouTube platform is their single "FIGHT BACK". Other popular songs of there are: Grateful, Careless, Cold, Destiny, Best of me. Bryce and Cameron first met in high school when they were 15 years old. At that time, they were part of a punk/rock band. 3 years later, they both left the band and started composing their own music. In Orange County, in California, they created the name "NEFFEX" and the fox symbol representing them.



# BLACKPINK

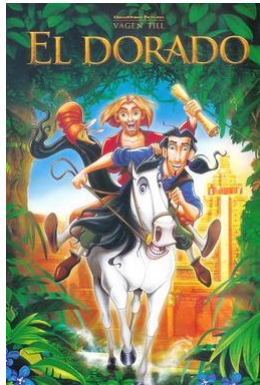
by Karali Afroditi

My favourite band is "Blackpink". The band which was formed in 2017 consists of four girls. They are from China. The girls are 20 years old. The youngest is 19 years old. Her name is Billy. Their best song is "Solo". I like the band because the girls are very dynamic and their songs have meaningful lyrics.



# Top 5 Movies in Netflix

by Efthimiou Asimakis & Liliou Giorgos

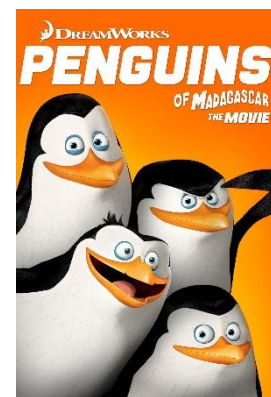


## **1. THE ROAD TO EL DORADO 2000**

The heroes, Tulio (Kline) and Miguel (Branagh), are gambling in a waterfront dive in Spain, 1519. They win a map to the treasures of El Dorado, before it's discovered that their dice are loaded and they beat a hasty retreat. Will they manage to get the gold or they will die trying? A fascinating Disney movie for children.

## **2. PENGUINS OF MADAGASCAR THE MOVIE 2014**

Skipper, Kowalski, Rico and Private, 4 penguins, join forces with the undercover organization "The North Wind" to stop the villainous Dr. Octavius Brine from destroying the world as we know it. And this is just the beginning of a marvelous friendship.



## **3. R.I.P.D. REST IN PEACE DEPARTMENT 2013**

A recently slain cop joins a team of undead police officers working for the Rest in Peace Department and tries to find the man who murdered him. The rest is the least this policeman thinks about. He has open accounts with his killer.

## **4. HOME 2015**

An alien, Boov, on the run from his own people meets a girl. He tries to help her on her quest, but can be an interference. He wants to do a party. The earthly girl is looking for her mum. The friendship they develop is unreal.



## **5. ARMY OF THE DEAD 2021**

Following a zombie outbreak in Las Vegas, a group of mercenaries take the ultimate gamble, venturing into the quarantine zone to pull off the greatest heist ever attempted.

# Fashion of 2021

by Nasopoulou Fotini & Theodorou Christiana



Looking for new fashion ideas as the summer is coming up? Here are fashion trends for teenage girls in 2021! Summer is just around the corner and if you are looking to spruce yourself up in the summer, we've got what you need...

As it is the nature of fashion, it keeps going in a cycle. Yet the loop constantly evolves. As a result, we have a mix of classic trends coupled with some latest fads for our looks to rock. Read on to take a look at the trends and

also to spot celebrities who are supporting these styles.



Yes, florals and summer. Pretty genius spot, I know. But hear me out. It's not exactly florals, but the

colors of the flowers that makes the difference. Pink, lavender, green, and yellow. Moreover, we are seeing these colors in muted shades. Way muted. These shades are appearing on clothes, shoes, bags, accessories, and everything in between. You can choose a single shade for a monochromatic look or mix and match with patterns, ala Millie Bobbie Brown, for more variety. Definitely add these colors to your wardrobe as the new 2021 fashion trends for teenage girls are coming in!



# Jewellery 2021

by Apostolidi Valia

Jewellery or jewelry consists of decorative items worn for personal adornment, such as brooches, rings, necklaces, earrings, pendants, bracelets, and cufflinks. Jewellery may be attached to the body or the clothes. From a western perspective, the term is restricted to



durable ornaments, excluding flowers for example. For many centuries metal such as gold used in different carats from 21, 18, 12, and 9 or even lower, often combined with gemstones, has been the normal material for jewellery, but other materials such as shells and other plant materials may be used.

# Fun Facts about Zodiac Signs

by Koumpogiannou Niki & Vousoura Valia

**Aries:** Never tell them that they are wrong. It won't get you anywhere.

When they call you randomly, just to know that they are about to tell you their whole life story.

**Taurus:** They don't know what they want more. Food or Sleep.

They never apologize, even when they are wrong. They would prefer to never eat food again rather than tell that they are sorry.

**Gemini:** They always stop the conversation just to say the most random things. Just, keep them in your head!

They don't talk. They SHOUT. Whether you like it or not.

**Cancer:** They LOVE making collections. You may find them collect the weirdest things.

They are that type of friend that prefers to stay at home. Their friends have to drag them so that they can hang out.

**Leo:** They have so much confidence. They make you feel confident too. Leos are the BIGGEST drama queens. Don't take their words too seriously.

**Virgo:** There is no way they aren't a perfectionist. Their rooms are in a perfect condition.

They get scared very easily. So if you try to scare them, don't be surprised if they start shouting at you.

**Libra:** Embarrassing moments are always in their minds. And that makes things awkward. They are very social. No wonder if you have many Libra friends.



**Scorpio:** It is the most secretive zodiac. They don't even give their phones to their closed ones.

Scorpios have THE WORST karma. Maybe it's not a good idea to ask them why they look sad.

**Sagittarius:** They LIVE for adventure. The easy way is not their cup of tea.

They are very honest. Sometimes a bit TOO honest.

**Capricorn:** A VERY workaholic zodiac. They put their work first before anything else.

Capricorns are the sweetest until you piss them off. Don't test your luck.

**Aquarius:** They don't care about other people's opinions. They just do whatever makes them happy.

The most sarcastic zodiac. Sometimes you don't understand if they are joking or not.

**Pisces:** They are REALLY sensitive. They cry for no reason.

They want to live in a fairy tale. Let them live in their fantasies.

# VANILLA BIRTHDAY CAKE

by Xirou Rafaela

12 servings

½ cup (1 stick) butter, softened  
½ cup of sugar  
4 eggs  
4 teaspoons natural, pure Vanilla  
1 package (2-layer size) yellow cake mix  
¼ teaspoon baking powder  
1 cup of milk  
1 container (455 g) white frostings  
½ cup strawberry or raspberry preserves or jelly

## INSTRUCTIONS

- 1) Preheat the oven to 180 °C. Mix the butter and the sugar in a large bowl with an electric mixer on medium speed until light and fluffy. Add the eggs, the vanilla, the cake mix, the baking powder, and the milk. Mix them for 3 minutes, scraping the sides of the bowl occasionally. Spread butter on 2 greased and floured 8-or-9-inch round cake pans.
- 2) Bake for 30 minutes. After taking it out let it cool for 15 minutes and turn them upside down until they cool completely.
- 3) Spread one cake layer with icing and another layer with your preserves. Put the other cake on top and frost it with the remaining icing. Cover the frosting with sprinkles.

## MUSIC CORNER

by Siampanis Vaggelis, Tassopoulos Grigoris & Tselai Joel

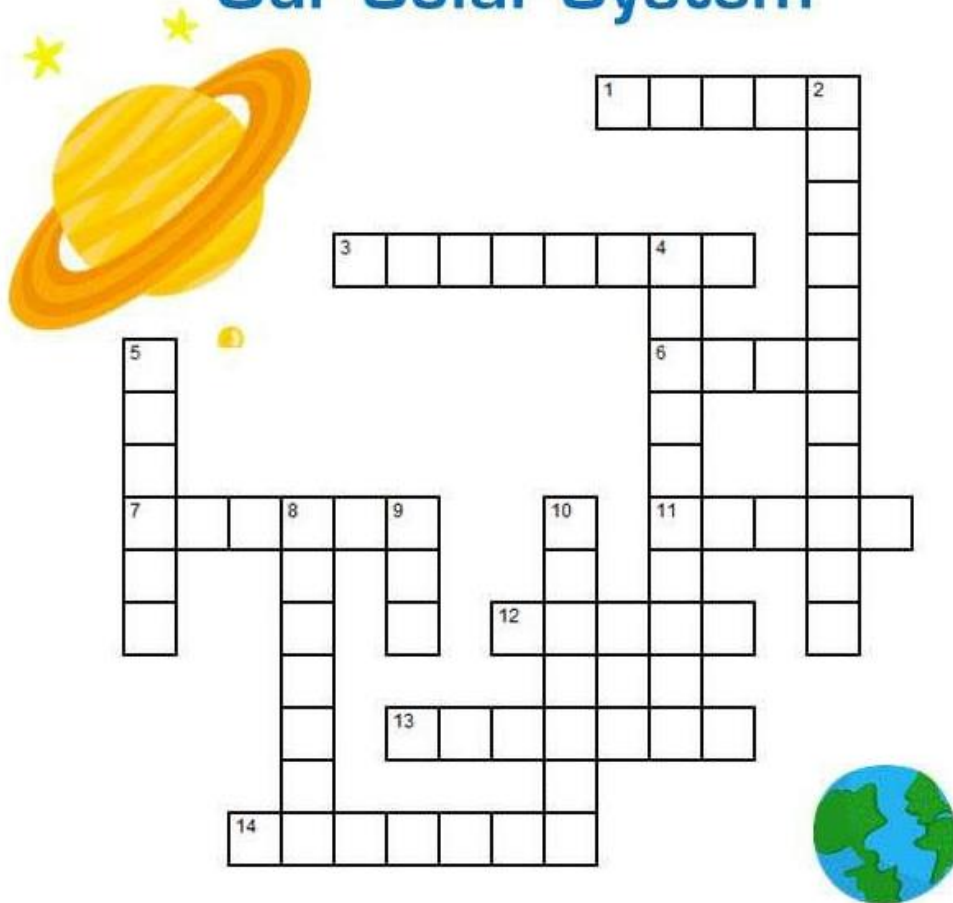
These are the songs teenagers enjoy listening to the most:

- 01: someone you loved – Lewis Capaldi
- 02: memories – Maroon 5
- 03: perfect- Ed Sheeran
- 04: dance monkey – Tones and I
- 05: senorita – Camila Cabello & Shawn Mendes
- 06: girls like you – Maroon 5 & Cardi B
- 07: positions – Ariana Grande
- 08: talk – Dj khalid
- 09: old town road – lil Nas X & Billy Ray Cyrus
- 10: I don't care – Ed Sheeran & Justin Bieber

# FUN PAGE

by Pappas Giannis & Stromatias Athanasios

## Our Solar System



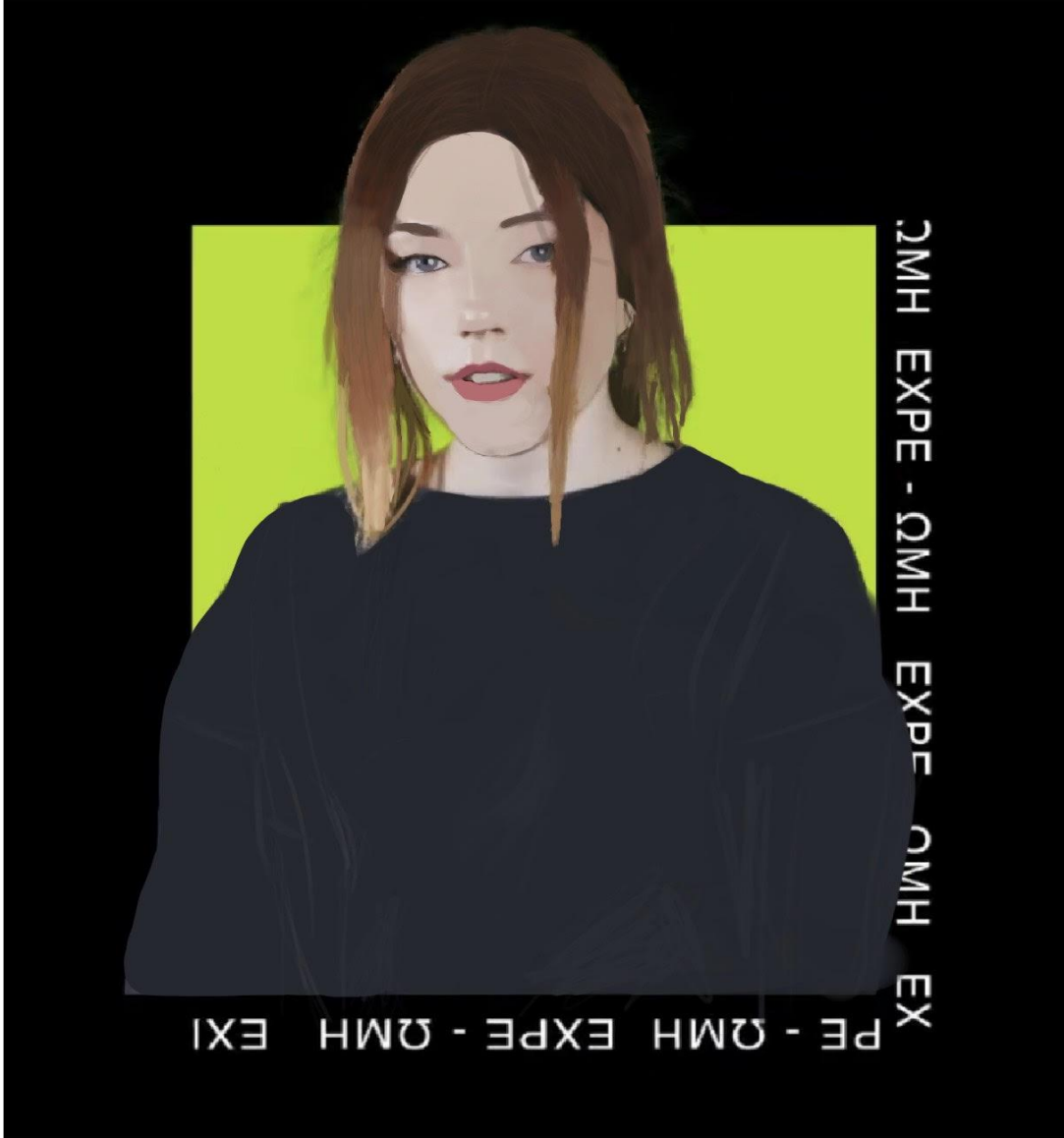
### ACROSS

1. Planet named after the Roman goddess of love and beauty
3. Our solar system is part of this galaxy
6. Nicknamed "the red planet"
7. Third largest planet in our solar system
11. Now called a dwarf planet
12. Covers 70 percent of the Earth's surface
13. Largest planet in our solar system
14. Planet closest to the sun

### DOWN

2. A star and the planets orbiting around it
4. Layer of gas that surrounds a planet
5. Planet named after the roman god of agriculture
8. Planet furthest from the sun
9. Closest star to Earth
10. Force that keeps a planet moving in orbit





by Zisi Eleanna

## **Team**

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