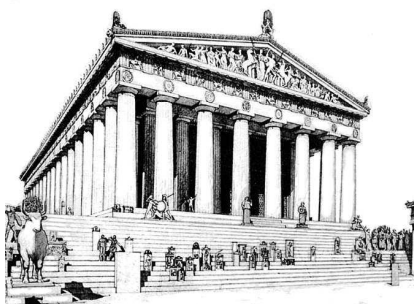


THE GALINAKI PLANET



ISSUE 40 • FEBRUARY 2012 **School Journal**



The Parthenon is a large sacred Temple in Athenian Acropolis situated on Acropolis hill. The Parthenon is a great place to explore because of its architecture, sculptures, history, etc. The Parthenon is considered to be the finest example of Doric-style construction. The name Parthenon refers to the worship of Athena Parthenos, the 'Virgin Athena' who issued fully grown from the head of her father Zeus. The maiden goddess represents the highest order of spiritual development and the gifts of intellect and understanding. Pure in body, mind and heart, Athena is the symbol of the universal human aspiration for wisdom. The Parthenon was built in honor of Athena, the Greek goddess of

wisdom and protector of the city of Athens.

While Phidias directed the works with a view principally to the general adornment and incorporation of sculpture, it was the architects Ictinos and Callicrates who were responsible for the construction and architecture of the building. In 447 B.C. the construction of the Parthenon began and lasted for 15 years. The Parthenon took the place of an older temple of Athena that was destroyed in the Persian invasion of 480 BC. The Parthenon suffered considerable damage when in the fifth century, after serving as a temple for some 900 years, was transformed into a Christian church dedicated to the Virgin. Among the changes then made was the construction of an apse, involving the destruction of the central group on the east pediment. The disfigurement of many of the metopes, on the basis of their "pagan" character, is no doubt also to be dated to the Christian period.

The Parthenon remained in use as a church for some 950 years before becoming a Turkish mosque in 1456. The only changes made by the Turks were the removal of the Christian additions and the construction of a minaret at the southwest corner - 231 years later a Venetian grenade blew up the gunpowder which the Turks had installed in the Parthenon, and the building which had stood for more than 2,100 years was destroyed. A small mosque was later built in the ruins. In the 19th century this was removed, as were all the other Turkish and Crusader structures on the Acropolis, leaving the Parthenon a ruin but a purely Greek one. In the following years of Ottoman stagnation, visiting French and British archaeologists further damaged and detracted from the ancient building, detaching many remaining sculptures to be shipped away to museums, including many to the Louvre and the British Museum, to which went the famous Parthenon Marbles.

Tickets to the Acropolis are available at the entrance to the site. It's open from 8am to 5pm in wintertime and 8am to 7:30pm in the summer. Tickets are €12 per person. Children under 18 are admitted free. You must go if you haven't already!

For this reason are the works of Pericles all the more to be wondered at; they were created in a short time for all time. Each one of them, in its beauty, was even then and at once antique; but in the freshness of its vigor it is, even to the present day, recent and newly wrought. Such is the bloom of perpetual newness, as it were, upon these works of his, which makes them ever to look untouched by time, as though the unfaltering breath of an ageless spirit had been infused into them. (Plutarch, Life of Pericles)

Kathy Stamataki
Editor

If all my friends were to jump off a bridge,
I wouldn't jump with them,
I'd be at the bottom to catch them

Healthy Eating BY MADO ROUSSAKI D3

EASY TIPS FOR PLANNING A HEALTHY DIET AND STICKING TO IT



Healthy eating is not about strict nutrition philosophies, staying unrealistically thin, or depriving yourself of the foods you love. Rather, it's about feeling great, having more energy, and keeping yourself as healthy as possible— all of which can be achieved by learning some nutrition basics and using them in a way that works for you.

Healthy eating begins with learning how to “eat smart”—it's not just *what* you eat, but *how* you eat. Your food choices can reduce your risk of illnesses such as heart disease, cancer, and diabetes, as well as defend against depression. Additionally, learning the habits of healthy eating can boost your energy, sharpen your memory and stabilize your mood. You can expand your range of healthy food choices and learn how to plan ahead to create and maintain a satisfying, healthy diet. *Look out for 10 healthy eating tips in the following issues.*

MY BEST FRIEND

My best friend's name is Jack. He's 9 years old. He's slim. He's got short dark hair and brown eyes.

He can use a computer very well, but he can't ride a horse. He's crazy about sports and his favourite sport is football. He has got a pet dog,

BY VAGGELIS STYLIANAKIS A1



THE GALINAKI PLANET

Διμηνιαία Έκδοση
του Κέντρου Ξένων Γλωσσών
ΓΑΛΗΝΑΚΗ

Παύλου Μελά 76 – Θέρισσος

Τηλ. 2810-252640

Ηράκλειο – Κρήτης

E-mail: gal@galinaki.gr

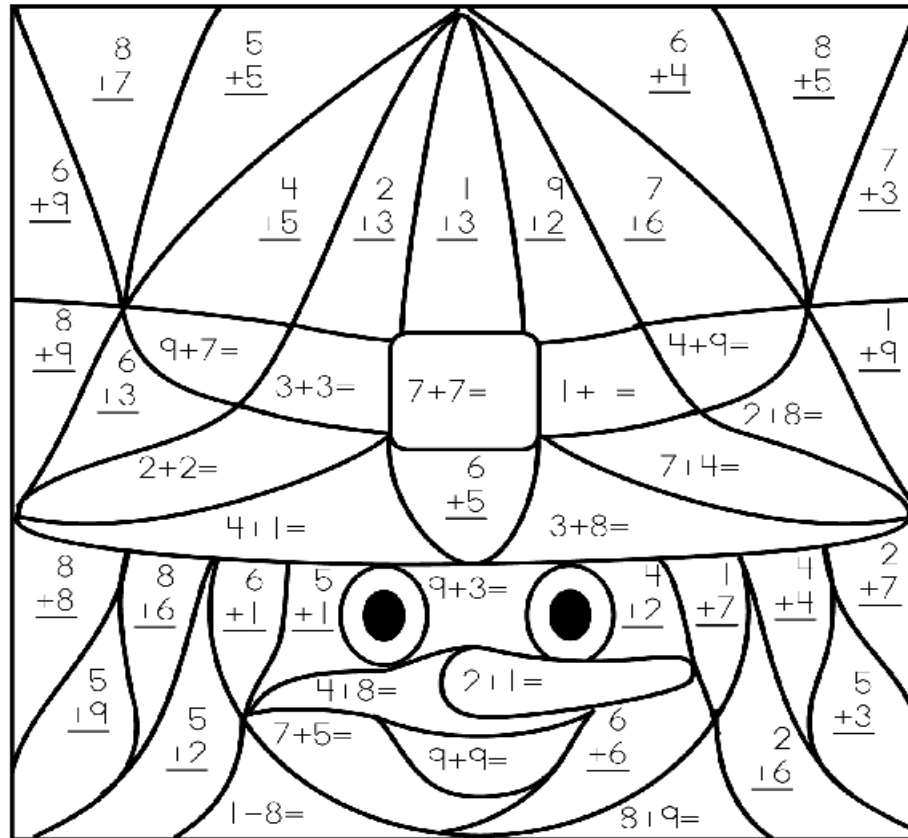
Website: www.galinaki.gr/

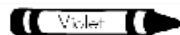

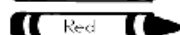

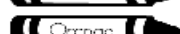
Υπεύθυνη σύνταξης:
ΚΑΤΕΡΙΝΑ ΣΤΑΜΑΤΑΚΗ

Write the sum for each problem. Then, colour according to the key at the bottom.

Name: _____

Write the sum for each problem. Then, color according to the key at the bottom.



- | | | | |
|--------------------------------------------------------------------------------------------|---------|-------------------------------------------------------------------------------------------|-----------------------|
|  Violet | 4, 5, 1 |  Green | 2, 6, 12 |
|  Red | 3, 18 |  Blue | 9, 10, 13, 15, 16, 17 |
|  Orange | 7, 8, 4 | | |

Super Teacher Worksheets - www.superteacherworksheets.com

HERAKLION

Heraklion is the capital of Crete and one of the most impressive cities in Europe. It is situated in the north part of Crete and it is a popular holiday destination.

There are lots of places worth visiting. One of the most well-known is Koule Castle with historic attractions such as Knossos Palace. There are the fascinating Loggia building, Liberty Square and Saint Minas Cathedral. There's also the Lions' Square which is a popular venue.

This city is definitely not dull. If you want to explore it, go on a bike tour or for a walk on the Venetian walls. You must also walk along Dedalou Street where you'll find lots of cosy cafes and restaurants. Don't leave without visiting Saint Marks Vasiliky Gallery, which is a great place for exhibitions. And if you want to have some fun, don't miss Talos Plaza.

If you visit Heraklion, you'll want to visit it again and again.

BY THOMAS
KATSARAPIDIS C2

*You learn
something
every day if
you pay
attention.*

Ray

LeBlond

HALLOWEEN

Spot the twelve differences



A SILLY SANDWICH

By Maria Spinthaki C1

INGREDIENTS

- A loaf of bread
- 4 butterflies
- 2 frog legs
- 3 snake tongues
- 2 egg yolks
- Some butter

METHOD

1. Go to a pet shop and buy 3 snakes and a frog.
2. Then go to the park and catch 4 butterflies.
3. Put the butterflies, snake tongues and frog legs in a frying pan and fry them.
4. Put the eggs with water in a saucepan to boil.
5. Carefully cut the loaf of bread with a knife.
6. Spread butter.
7. Put the egg yolks and the mixture from the frying pan.
8. In the end, roll up the sandwich with a napkin and dare to eat it!

P.S.

After an hour, call 166!!!



**There comes
a point
in your life
when you realise
who really matters,
who never did,
and who always will.**

INTERVIEW WITH SAVVINA

By Stelios Varverakis and Maria Fragiadaki D1

Savvina Chrystodoulaki is a member of a synchronised swimming team who won the gold medal at the International competition in Belgium.

S&M: How many people were watching your show?

Savvina: There were hundreds of people around the swimming pool who were watching the show.

S&M: How many teams were there in the competition?

Savvina: There were 14 teams from 7 countries.

S&M: What was your first thought when you entered the swimming pool?

Savvina: When I got into the stadium, I was very surprised by the swimming pool and everything was well-organised.

S&M: How did you feel before your turn?

Savvina: Before my turn, I felt very nervous.

S&M: Was the choreography difficult?

Savvina: Yes, it was very difficult because we were dancing for a long time.

S&M: How long did it take you to learn the choreography?

Savvina: We needed about 2 months to learn it.

S&M: In what place did your team come in the end?

Savvina: We were the winners. My team came first place

S&M: How did you feel when you won the cup?

Savvina: I felt satisfied and proud of myself.

S&M: How many years have you been training?

Savvina: I've been training about 7 years.

S&M: Were people taking photos of you and your team after you got out and how did you feel about this?

Savvina: Yes, our families and the photographers took a lot of photos of us with the medals. I felt very happy and satisfied with our result.

S&M: How many girls were there in your team?

Savvina: There were 9 girls at the age of 10-14.

Carnival Time in Galifa

Carnival in Greece... celebration ... a chance to escape everyday monotony and enter a world of party, fantasy and 'kefi' (high spirits) ... a feast of dance, wine and meat before the sacrifices and fasting of Lent. During Apokries, more commonly known as Carnival, there are many celebrations and festivities.

Fortunate are those who are in Galifa every year on the last day, which is Sunday, of the Great Carnival which is organised by the cultural association of Galifa. The people from Galifa are well-known for their being kind-hearted, hospitable, with humor and friendliness. Equipped with these gifts, they hold numerous cultural events and activities every year, one being their own carnival every year.

Galifa is a small village in the former municipality of Episkopi and is now a coastal area seen as it now belongs to the municipality of Hersonisos. The population is about 150 residents and 300 others have permanent residence in cities, especially Athens and Heraklion. If you include the overall population, including people who have origins from at least one parent or grandfather, there may be as many as 900 people.

With the participation of residents of nearby villages, who participate in the carnival with their own carnival themes, the carnival in Galifa becomes better and richer concerning the themes every year. They even have their own mascot. The carnival in Galifa is well organized, with simple, everyday topics and issues, and laughter spreads throughout all the villagers and visitors.

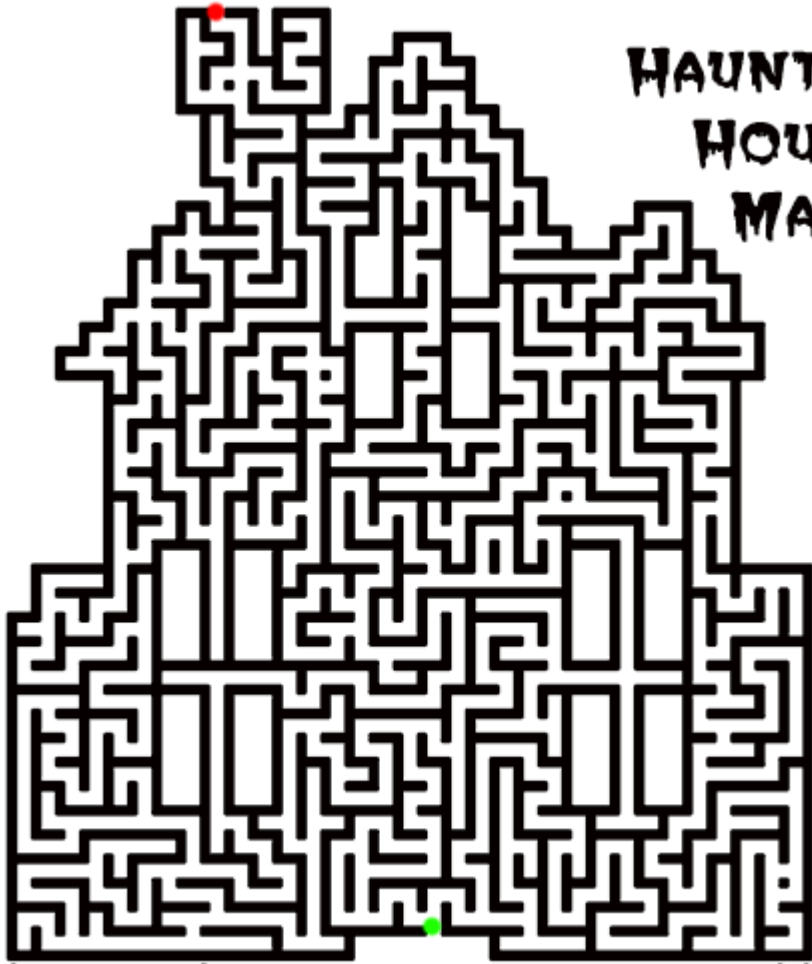
As each float goes by, and music which adds to the carnival atmosphere is being played loudly, it is accompanied by several of the wonderfully costumed members of the float each from a different village. Each village can have as many floats as it desires. Each float in the carnival has so many members who work hard each year to produce the float, the costumes and the essence of what their float is based upon. On the day, each float is being followed by a large group of dressed-up people who dance and have contact with the spectators who constantly cheer, dance and generally have fun.



The event ends with music, dancing and free home-made rich appetizers straight from Galifa. The grills are prepared by Galifiani and plenty of wine is offered. There are always excellent impressions and as the years pass, the carnival becomes even better. So, why don't you come with your family to Galifa and enjoy the last Sunday of the carnival? You definitely won't regret it!

THE WORLD IS BUT A SCHOOL, LIFE IS
BUT A LESSON WITH EXPERIENCE, NO
MATTER HOW, THE TEACHER!

HAUNTED HOUSE MAZE



c. blackdog - the site for kids!

www.blackdog.net

Where there
is no
imagination
there is no
horror.

Sir Arthur
Conan Doyle

THE INCIDENT

Last summer, I was on holiday in Santorini with my family. We stayed in a wonderful hotel and there was a swimming pool in front of our room.

My brother and I liked swimming in the pool so every morning we put on our swimsuit and ran to the pool. One morning, while we were swimming, we saw a boy coming towards the pool. He was about 3 years old and he was lonely. The boy saw us and splashed into the water. Suddenly, I heard a scream and I saw the boy calling for help. I was shocked and I didn't know what to do.

Luckily, my father heard the scream, ran out, dived into the water and took the boy out. The boy and his parents thanked my father. Fortunately, everything was okay in the end.

BY KATERINA KORNILAKI B2

SATURDAY



My favourite day of the week is Saturday. In the morning, I get up at 10 o'clock and I drink milk. Then I go to my mum's village, Antiskari. There, I play with my friends Nick and Vaggos. We play football, tag and we go cycling. In the afternoon and in the evening, my family and I eat altogether. I never watch TV over there in the day, only in the evening because it is night. I like Saturdays very much. They're cool!

BY JIM SPITHAKIS A1

The difference between school and life?

In school, you're taught a lesson and then given a test.

In life, you're given a test that teaches you a lesson.

Tom Bodett

A NEW FRIENDSHIP

I met Spyros five years ago when we went to school for the first time. He's my age and we go to the same school.

Spyros laughs all the time because I make him laugh. He's also very outgoing and easy-going. He doesn't usually get angry. He enjoys meeting other people.

However, Spyros can sometimes be annoying. The most annoying thing about him is that he's stubborn. When he wants something, I can't change his mind.

Spyros and I usually spend our free time together because we have the same interests. We are both into basketball and we really like football. Spyros is also good at volleyball so he teaches me.

I like hanging out with Spyros because we get along and have lots of fun together. He isn't perfect but I know I can always trust him with my secrets.

BY STAVROS APLADAS C2

HAPPY
CARNIVAL
TIME !!!

