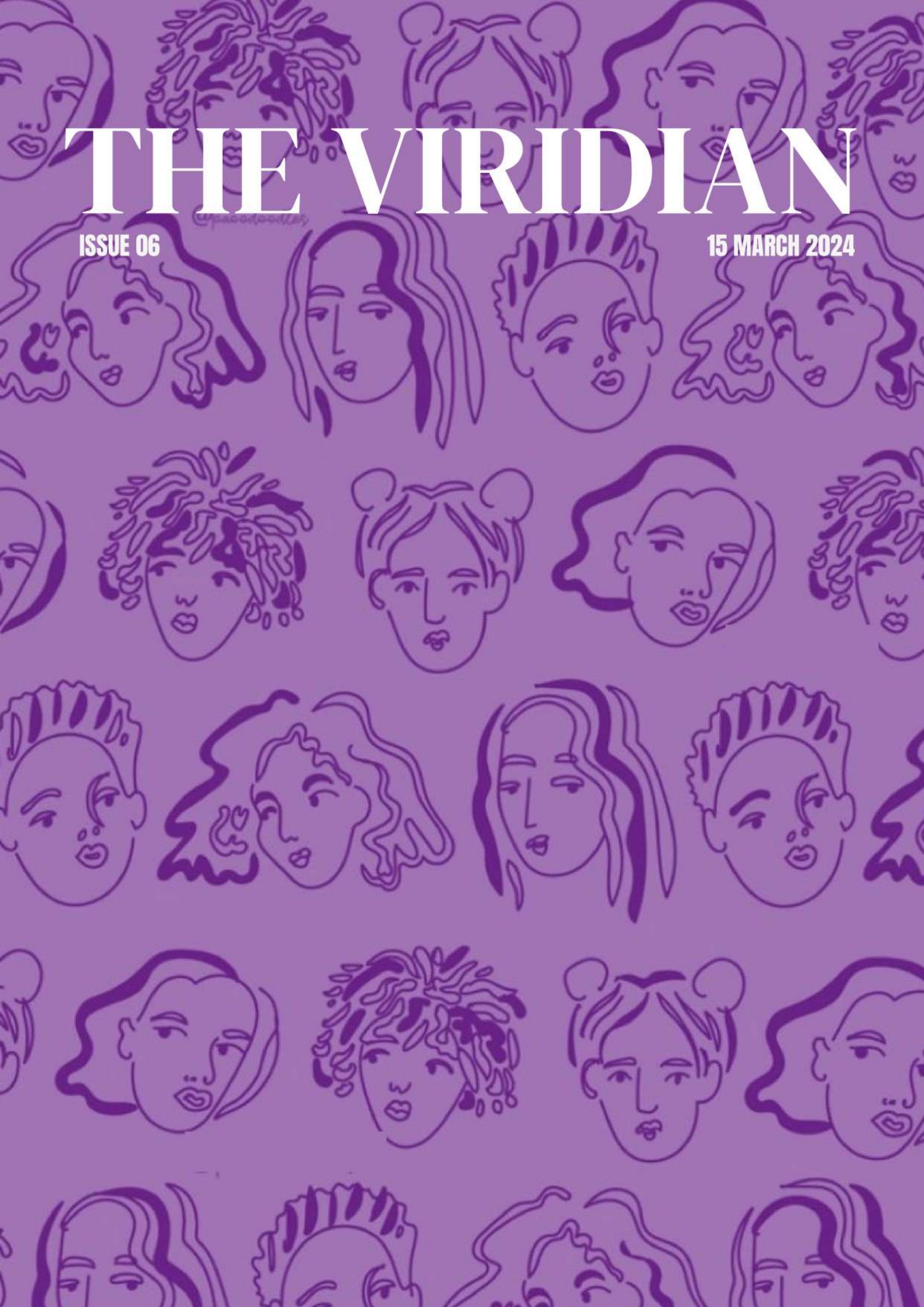


THE VIRIDIAN

ISSUE 06

15 MARCH 2024



IN THIS EDITION

**THE ROMANTICISATION OF THE FEMALE
EXPERIENCE**

DANAE KARTOUDE

THE CURIE-US TRUTH ABOUT RADIOACTIVITY

PAVLOS BISMAL

GUESS WHO

CHARIS CHRISANTHOU

A PINK SILK RIBBON, A SHORT STORY

STYLIANA AVRAAMIDOU

THE BATTLE OF THE SEXES

MIKAELLA VAN ZUTPHEN

**THE MALE VS. THE FEMALE GAZE IN
CINEMATOGRAPHY**

NATALIE HICKMAN

THE EVOLUTION OF GIRL GROUPS

ELIZABETH PRODRMOU

THE LAYOUT

EMILY KYRIAKIDES

THE PHOTOS

ALEX THEODOROU

THE WEBSITE

ANTHI ANDRONICOU AND STELA EROTOKRITOU

THE POSTERS

STEPHANIE POUILLIKKA AND CHLOE PLATI

THE INSTAGRAM

DEMETRA LAMBRAKI



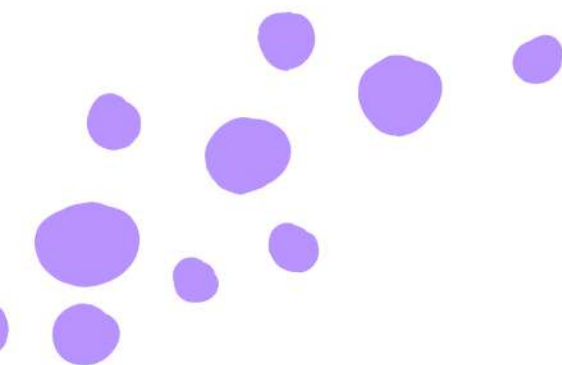
A NOTE FROM OUR EDITOR

STYLIANA AVRAAMIDOU



WHY THIS EDITION?

This is a very special edition for the Viridian, one which has been carefully curated these past few weeks. We chose to dedicate this edition to International Women's History month, to celebrate the powerful women which have preceded us and have helped spark recognition of women's capabilities. Whilst commemorating all the courageous and intelligent women that after overcoming several obstacles, changed our world as we know it, we hope that our readers gain inspiration from their resilience and proceed to achieve all their goals with the same determination and fearlessness all of these women magnificently illustrated...



THE ROMANTICISATION OF THE FEMALE EXPERIENCE

DANAE KARTOUDE

The female experience and everything it entails becomes an “aesthetic”. The media has somehow managed to flip the idea of “Old Hollywood” and its heavy toxicity into an aesthetic, with women like Marilyn Monroe and Judy Garland’s pain being romanticized into a trend or even the romanticization of Sylvia Plath’s mental illnesses to the point where it is portrayed as ideal.

With the motivation of Women’s History Month, we will be looking through history’s most misunderstood heroines and honouring them by debunking myths and clarifying the truth of these women whose stories have been veiled or altered by modern media.



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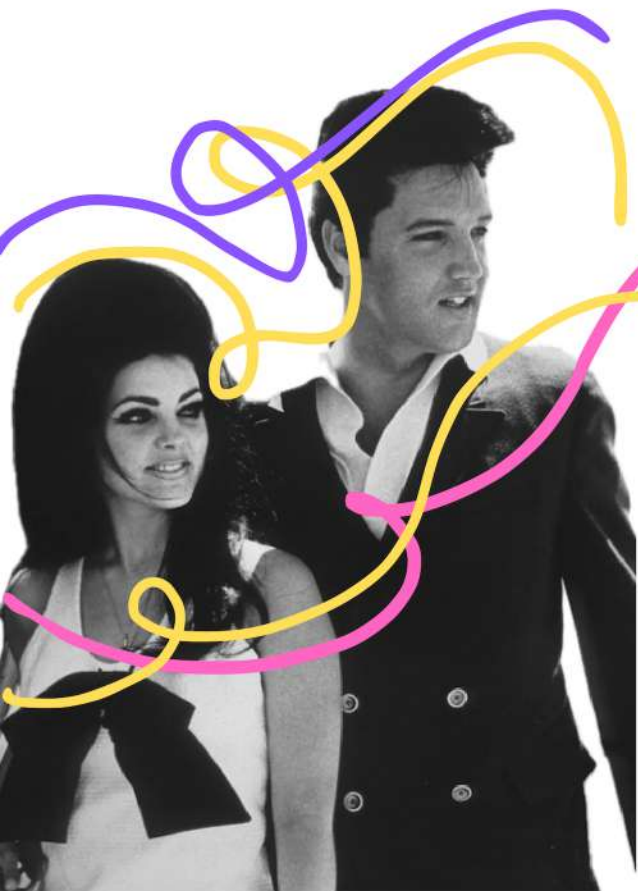
Sylvia Plath: The one who wants to be heard

There is no doubt that Sylvia Plath was a literary genius. Scoring 160 on an IQ test taken at age 12, and attending the world's most prestigious colleges, Sylvia Plath is factually a genius. Her poems, as well as her only novel, "The Bell Jar", speak for themselves as they capture the anguish and pain of being stuck in misunderstanding forever, making her work forever relevant. However, there is no doubt that with Sylvia Plath, it is impossible to separate her work from her mental illness struggle with bipolar disorder. This, alongside the circumstances of her death by suicide, have made it near-impossible to separate Plath's literary work and her mental illness. In modern media, Plath has become a parodical symbol for mental illness and suicide, with the media portraying this mental health battle as a necessity to be exceptional in the arts world. There are constant references to not being able to write, or paint, or act successfully unless you are severely struggling with mental health, entirely defeating the strength of people like Plath who, regardless of this struggle, used the momentum in their genius, not the other way round.

Sylvia Plath struggled, it's no secret. But taking this hard-lost battle and making it into the "mentally ill artist aesthetic" entirely desensitises readers to the purpose of Plath's work. Sylvia Plath was a genius long before she entered this mental health battle and using her struggle as a romanticised source of inspiration, glorifies the struggle of mental health, discouraging many from seeking help in hope of magically unlocking some hidden creative inspiration.



Priscilla Presley: The one who needed to be saved



Priscilla has been continuously romanticised as the young but mature woman who supported and loved Elvis throughout his career. From the beginning of her relationship with Elvis at age 14 to the end of their relationship at age 27, Priscilla was kept in the dark whenever she wasn't paraded around like a trophy. Although it is very clear that Elvis never physically abused her, Priscilla does highlight the emotional turmoil that Elvis put her through. She was a child, away from her family, being forced to look a certain way and act a certain way, with no guiding figures other than Elvis and his circle.

For a large part of their relationship, it had to be kept secret, and rumors about Elvis' affairs had to be left to flourish as it brought publicity. This evidently put a teenage Priscilla in an uncertain situation, leaving her unable to develop her own character a lot of the time. Elvis' controlling nature when he forced Priscilla to dress or act a certain way, left Priscilla trapped in an ultimately loveless marriage where she knew nothing else.

Despite this struggle that Priscilla endured, the media continues to romanticise Priscilla's life and all the emotional abuse and manipulation it entailed with pretty-looking movies like Sofia Coppola's "Priscilla" being turned into yet another "aesthetic" for many to follow. Even though this movie aims to show the flaws of Elvis' relationship to Priscilla, the pretty set, costumes, and overall feeling of the movie once again creates an image to aspire to rather than avoid. This warps the idea of not only Priscilla's abuse as normal, but any woman's abuse. It essentially says that as long as it's in a neat and pretty box, anything inside is okay, leaving young women like Priscilla devoid of any real acknowledgement of their pain.

The suffering of women becomes something to aspire to. You cannot be a significant woman if you don't suffer, and this idea, although initially introduced by men, is continuously developed by women.

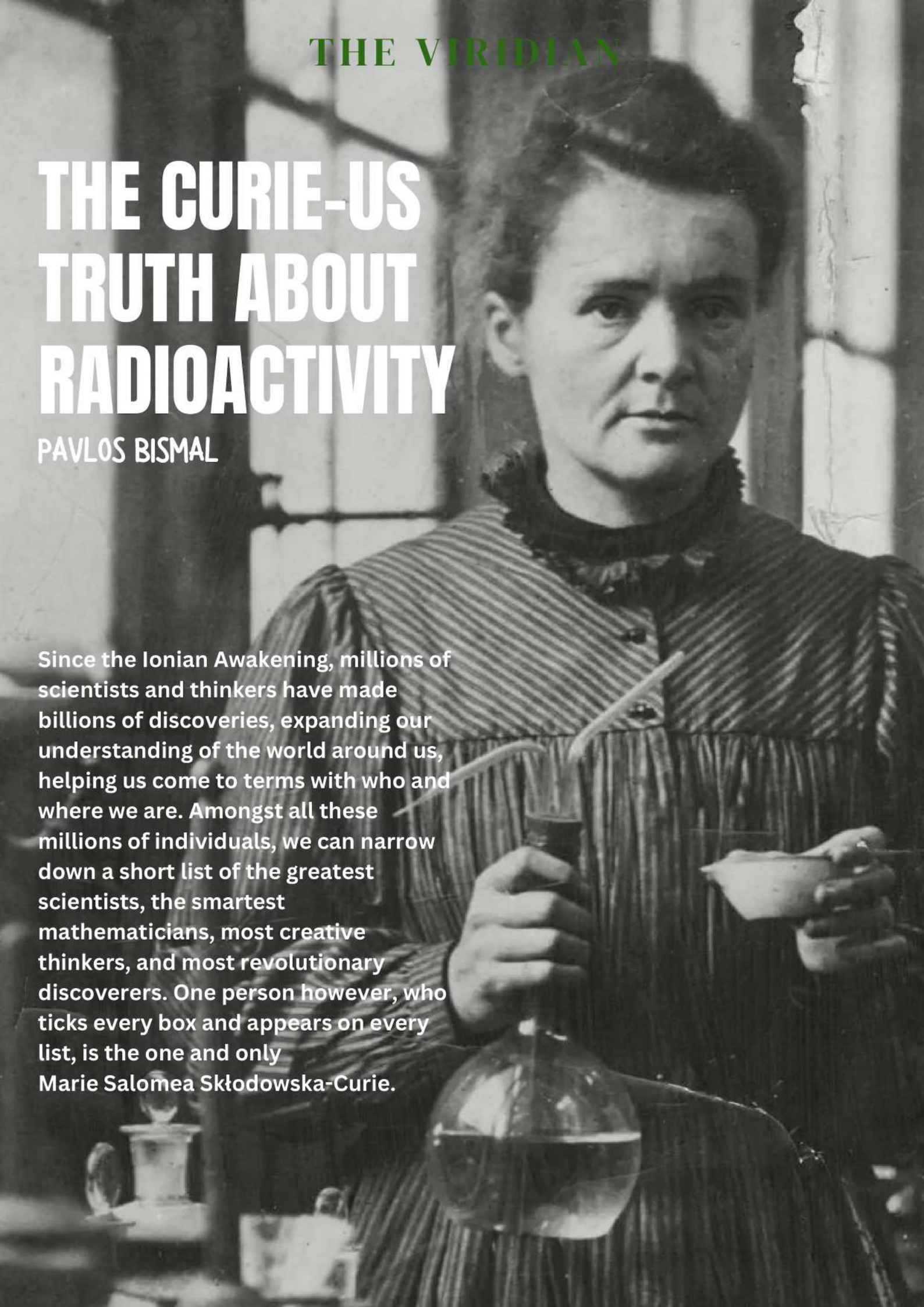
Women use other women's suffering as a joke, something pretty, something good. This entirely defeats the purpose for which women through history have suffered. Yes, emotional turmoil is a part of life. But refusing help and remaining in suffering because it's been said that it'll make you "more interesting" simply aids the mental health epidemic.

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THE CURIE-US TRUTH ABOUT RADIOACTIVITY

PAVLOS BISMAL

Since the Ionian Awakening, millions of scientists and thinkers have made billions of discoveries, expanding our understanding of the world around us, helping us come to terms with who and where we are. Amongst all these millions of individuals, we can narrow down a short list of the greatest scientists, the smartest mathematicians, most creative thinkers, and most revolutionary discoverers. One person however, who ticks every box and appears on every list, is the one and only Marie Salomea Skłodowska-Curie.



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Born on the 7th of November 1867 in Warsaw, Poland, she grew up in a poor yet well-educated family. Her early years somewhat shaped her career and life as her father, being a mathematics and physics teacher, often brought home tools and apparatus to teach her and the family, further feeding her hunger to learn. However, by the age of 10 she had lost both her sister and mother, followed by her father unfortunately losing his job.



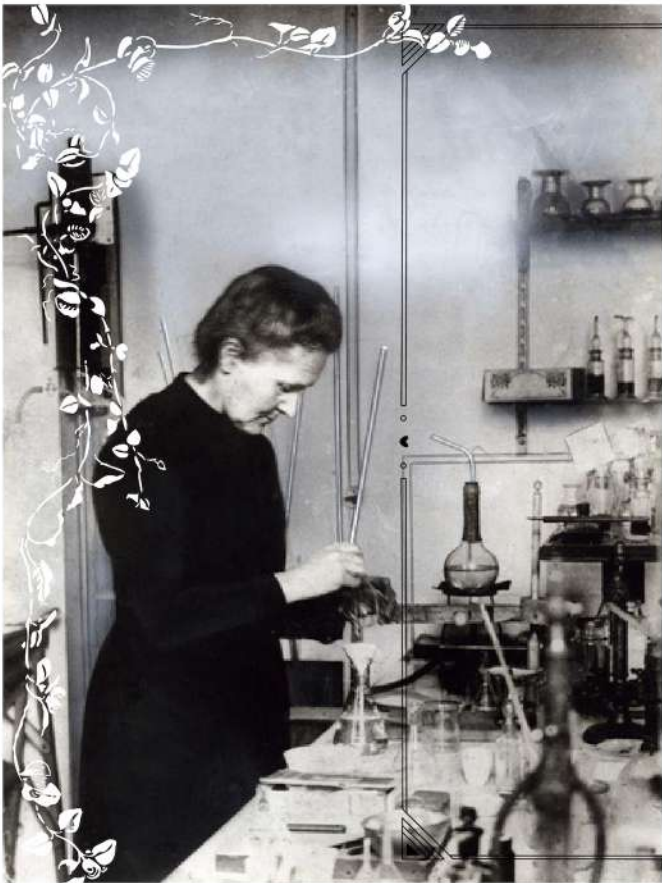
Eventually, the family reached a point where her father was no longer able to support Curie in her academic prowess and so to ensure that she could still read, learn and advance, she became a governess and tutor at the age of 17. By 1893, she had earned her degree in Physics, followed by one in Mathematics in 1894. At this point, she entered the field as a scientist and met Pierre Curie in the same year.

Immediately, they started working together and even got married in 1895. Their work was focused around studying natural materials, trying to understand what they were made of. The natural material which perhaps gave her the most success and glory was Pitchblende.

Pitchblende is a form of the mineral Uraninite, and Curie noticed that unrefined Pitchblende was more radioactive than the Uranium that was separated from it, which alluded to the fact that there was another radioactive material inside, which accounted for this seemingly excess of radiation. She began researching and testing various materials from their laboratory in Paris, and two important discoveries were made. In 1898, the Curies discovered the elements Radium and Polonium from this research, and in 1902 successfully isolated radioactive Radium salts! For her research in radiation phenomena, Marie Curie won the Nobel Prize in Physics alongside her husband Pierre and Henri Becquerel. She then also won the 1911 Nobel Prize in Chemistry for the discovery of Radium and Polonium, becoming the first woman to win a Nobel prize and the only woman to win two prizes, in two categories.

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Her story is one full of pain, trauma, but also success and glory. It is important to learn from her story that no matter what situation someone is born in, and no matter what difficulties life throws at them, they are able to persevere and achieve what was once a dream. It is even more important to make sure we talk about her story, and other pioneer women of science, as they were the ones who broke the stereotypes and advanced science beyond measure, despite the prejudice they faced from colleagues. For example, the Nobel prize that Marie won was to be awarded to her husband only, simply because she was a woman. It was only after fierce fighting that she was finally accepted. This displays a clear, yet not unique, example of baseless prejudice taken against women, simply for being who they are.



Marie Curie's story teaches us that we should empower and protect all scientific minds, male or female, and ensure that everyone gets an equal platform to present their findings or beliefs. Science is for everyone, and for that reason we celebrate the female scientists that broke the barriers and walls placed before them to prevail!

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GUESS WHO...



Why is Women's History month important, and does it mean anything to you specifically?

Women's History month is important because it showcases the women who advocate for equity, diversity, and inclusion for women in society. Before this week I was unaware of the existence of Women's History month; when thinking about what it means to me, I would have to say that it is the importance of eliminating bias and discrimination entirely from our lives and institutions. The uneven playing field that women from every background encounter will never bring about equality or justice. Celebrating Women's history month raises awareness of this.

What was your favourite subject at school apart from the one you pursued as a profession?

History of Art! Analysing and evaluating the symbolism within paintings, sculpture and architecture came naturally to me.

What is your favourite colour?

If I had to choose, it would be "dark orchid" on the hex colour scale.

If you could have dinner with any historical female figure, who would you choose, and why?

Mary Ann Evans (or George Elliott) because she was influenced by various philosophies that she worked with closely, including Rationalism and Baruch Spinoza's work on ethics. Spinoza is my current thought experiment.

As we celebrate Women's History Month, are there any women in your own life whom you admire or draw inspiration from?

My mum for her resilience, my Mother in law for her unconditional love and teaching me how to give this through cooking, my daughters for their determination to eliminate bias and discrimination by not tolerating them and taking every opportunity to seek institutions (for education and work) that do not tolerate them.

Are there any activities or hobbies that you indulge in out of school? If so, what are they?

Cold water sea swimming (that's a giveaway) cooking, hiking, enjoying the garden.

What is something on your bucket list that you haven't completed yet?

Shikoku 88 temple pilgrimage in Japan.
Visit Venice.



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Are there any female fictional characters which you resonate with, from a book, TV series, movie etc. And why?

Sigourney Weaver in Alien – It was not important that she was a woman, she was just the right person for that job. Jodi Foster in Contact- the tension surrounding the big questions in life concerning death. Baby in Dirty Dancing, again for the tension surrounding the big questions in life concerning love. Arwen for horse riding and belief in pure love.



What is your favourite genre of music and do you have a preferred artist or band that you listen to the most?

Eclectic taste, Miley, Kylee, Blondie, Fergie, I'm a rebel just for kicks! And a black eyed pea.

Do you have a favourite teaching memory, and why do you consider this your favourite?

25 years ago, I made a 3m x 2m map of the UK out of laminated A2 tiles, then teaching the strategies used in the Battle of Hastings to 30 Year 8 girls, using Opel Fruits to represent the different armies and fractions of armies. My first piece of curriculum design involving active learning. They grew! They were my wonderful tutor group as well.

PLACE YOUR GUESSES ON OUR INSTAGRAM!

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A PINK SILK RIBBON

A SHORT STORY

STYLIANA AVRAAMIDOU



THE VIRIDIAN

Often, we forget how one day can turn our world upside down. We frequently hear distant musings preaching that ‘you never know what may happen tomorrow’. Yes, we hear about it. About the unpredictability of the future. The mystery that is tomorrow. But we never truly understand this concept until we are greeted with a day which alters our perspective and transforms the familiarity of our surroundings. For some, it is the day they purchase their first home and are ushered into adulthood. For others, it is the moment they graduate, where the boundless opportunities of their futures parade right before their eyes. For Lola, however, it was a casual Sunday stroll, with an ice cream in hand and a vibrant pink paper-birthday crown regally residing upon her head.

Surely, her eyes were deceiving her. Endless streams of women were dressed in all-pink attire, with pink silk ribbons pinned upon their shirts. Though the reality of the situation strikingly contrasted Lola’s imagination, in her mind she was convinced that the crowd of women had decorated the streets with her favourite colour, in honour of her seventh birthday. What an elaborate surprise her mother managed to secretly arrange! Perhaps, the ice cream run was all a ruse, a crucial part of her plan. With a gleaming smile she asked her mother if her deduction was indeed true. Entertained by Lola’s innocence, her mother chuckled and delicately informed her daughter that this gathering was for a greater cause, and that the way it coincided with her birthday was merely a lovely coincidence. Undoubtedly, disappointment sank in just as rapidly as Lola’s ice cream was melting, the drops racing down her hand.

“Why are there so many women here?”, Lola inquired.

“To tell a story that everyone should hear” her mother replied, the tears brimming in her eyes glistening in the golden light flooding the streets. Noticing Lola’s curiosity, her mother reassured her: “I’ll save this story for another day. For now, let’s join the march.” She pinned a pink ribbon on both their shirts and together they blended into the crowd of women, creating a pink river which unitedly marched through the streets.

Whilst this interaction may seem somewhat trivial, another uneventful Sunday, this was a day that Lola would remember for many years to come. It was the day that she realized that the pink silk ribbon is so much more than a pretty accessory. It is a symbol that appreciates millions of heroines whose names can’t be found in history books, but in hundreds of family trees. It recognizes actresses whose names cannot be found in the credits at the end of a movie, but who’s composure and stoic performance during hardships is devoid of the fame and recognition it deserves.

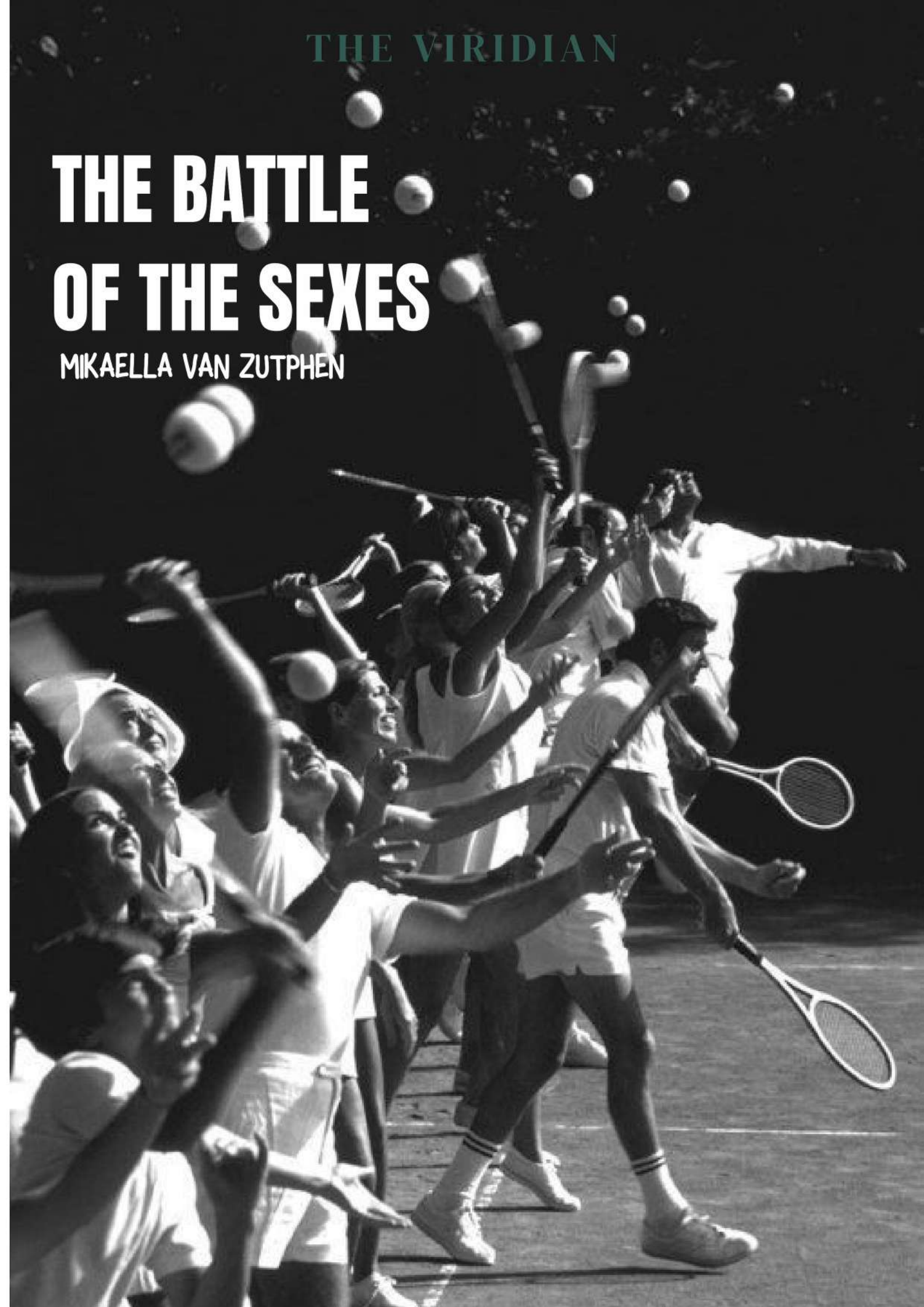
One in eight women suffer from breast cancer. Therefore, for International Women’s History month I chose to place the spotlight on all the powerful victims of this ferocious illness, whose courage mustn’t be disregarded. Here is a wonderful reminder of the concept of appearances versus reality. A smile can conceal incalculable trepidation and anguish, and a pink silk ribbon is so much more than just a pink silk ribbon...



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THE BATTLE OF THE SEXES

MIKAELLA VAN ZUTPHEN



THE VIRIDIAN

Throughout history, much debate has centred around the topic of whether women should earn the same pay as male athletes in sports. This debate reached its climax in September of 1973, in one of the most televised sporting events of all time – an affair which has since been quietly forgotten.



It all began when former hall-of-famer of men's tennis Bobby Riggs challenged the women's number one in tennis, Billie Jean King, to a 5-set tennis match, in what was to be labelled the 'Battle of the Sexes' by the public.

The event gained attention, not only from the 100,000-dollar cash prize that was at stake, but also because of the nature of Riggs' beliefs, who claimed that women's tennis was incomparable to men's tennis.



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Just prior to the match, Riggs openly stated that – in his view – **women lack “the emotional stability [to win]”, and belong “in the bedroom and kitchen, in that order.”**

This misogynistic proclivity was further exemplified in his decision to wear his warm-up jacket for the first three games of the match.

His confidence in being the match favourite was not unique to him alone: interviews of John Newcombe, Dennis Ralston and many others strongly advocated their belief that Bobby Riggs would win the match three sets to none. Oleg Cassini, an Italian fashion designer, gave his input on the issue with his statement that **“no good woman can beat a very good man”**.



Over 90 million people tuned in to the match and witnessed history in the making – Billie Jean King emerged as the overwhelming victor, beating Riggs by three sets to none.

Bobby Riggs was left reeling, and reportedly muttered to King at the end of the match **“I underestimated you”**.

King’s triumph was the reason for the establishment of equal pay in the US Open of 1973. This broke down the barriers of prejudice that surrounded women’s sport, with all four tennis Grand Slam events matching this standard of equal pay.

time star of the Pittsburgh Pirates. play. One reason was that only the Chicago Cubs and play for Cranepool and hit three home runs. to equal the par of 72 over the 6,120-yard well-groomed course. Continued on Page 20, Column 2

Tennis Decides All Women Are Created Equal, Too

By PARTON KEESE
Stepping in to rectify a situation that Mrs. Billie Jean King once said “stinks,” Ban deodorant announced yesterday it would donate \$55,000 in prize money to make the women’s purse at the 1973 United States Open tennis championships equal to the men’s.
The Forest Hills, Queens, tournament, which runs from Aug. 29 to Sept. 9, will become the first major one in international tennis to equalize prize money for men and women professionals.
With the additional funds, women singles players will compete for a record \$95,200—the same as in the men’s singles—with the first prize for both \$25,000. The doubles awards also will be identical. The total purse for the tournament becomes \$227,200, also a record.
Until Ban, a subsidiary of Bristol-Myers, came along with its “sports grant,” many of the world’s leading women tennis players, led by Mrs. King, had been demanding, but not getting, equal prizes in tournaments that featured players of both sexes. Last year at Forest Hills, the



Rosemary Casals, left, Bill Talbert and Pam Austin during yesterday’s news conference on tennis prizes
while Mrs. King, the women’s champion, received only \$10,000.
After the Women’s Professional Tennis Players Association was formed, the once as the women pros argued more vigorously that their brand of tennis was as important and as attractive to the public as the men’s. According to Joseph G. sion, his company agreed with Billie Jean & Co., saying: “We feel that the women’s game is equally as exciting and entertaining as the Open, thought that if longer rallies were the key, women’s tennis might be even more exciting than men’s.”
“The trouble with today’s

For the first time in a major tennis tournament, women will get the same prize money as men do.

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THE MALE VS. THE FEMALE GAZE IN CINEMATOGRAPHY

NATALIE HICKMAN



THE VIRIDIAN

Think of a film or a movie, any one will do. Have you ever pondered how the way a film is directed can change your perspective? More specifically how it can switch your viewing from either a male or female perspective, by changing where and how the camera focuses on the characters, the creation of the characters themselves, and the way it is narrated?

So, what is the male gaze? It is generally defined as the way the world perceives women through the lens of heterosexual desire. Aiming to describe the objectification of women and their sole purpose of being visually pleasing objects for men and their transformation into objects for male voyeurism.

Historically, the film industry has long been dominated by a male presence and lead. This is because in the 1900s we lived in a patriarchal society, the white male viewpoint often dominated the film industry and still does. Hence, most films were shot by male directors, meaning that the audiences' perception of that film also reflects the male perspective. Film theorist Laura Mulvey in 1975, first introduced the term, 'male gaze'. Moreover, the male gaze basically encapsulated the focus on stimulating visual cues, desire, action, logic, sex, ego, and objectification mainly of women. Hence, when the audience watches a male gazed-based film, no matter the gender, their perspective is 'masculinized'.

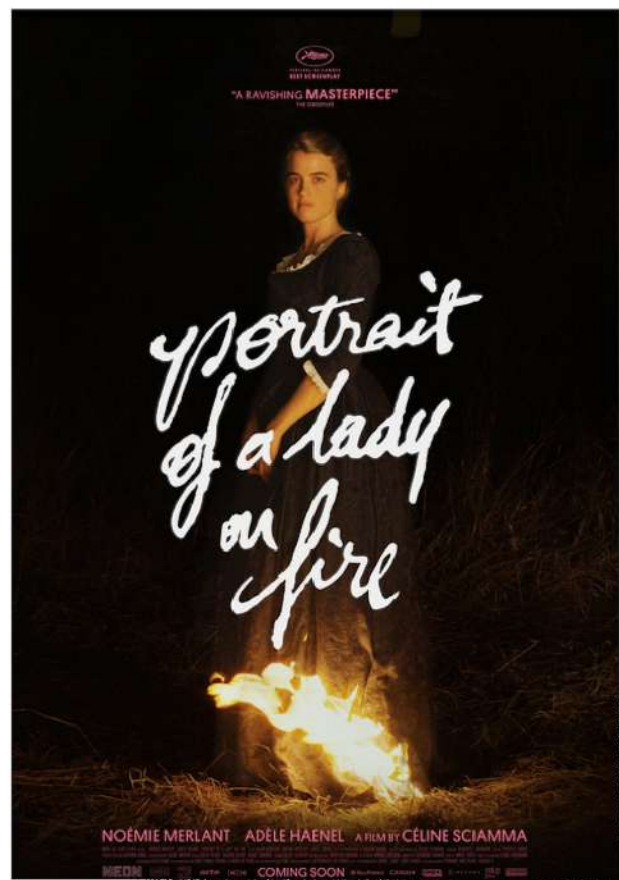
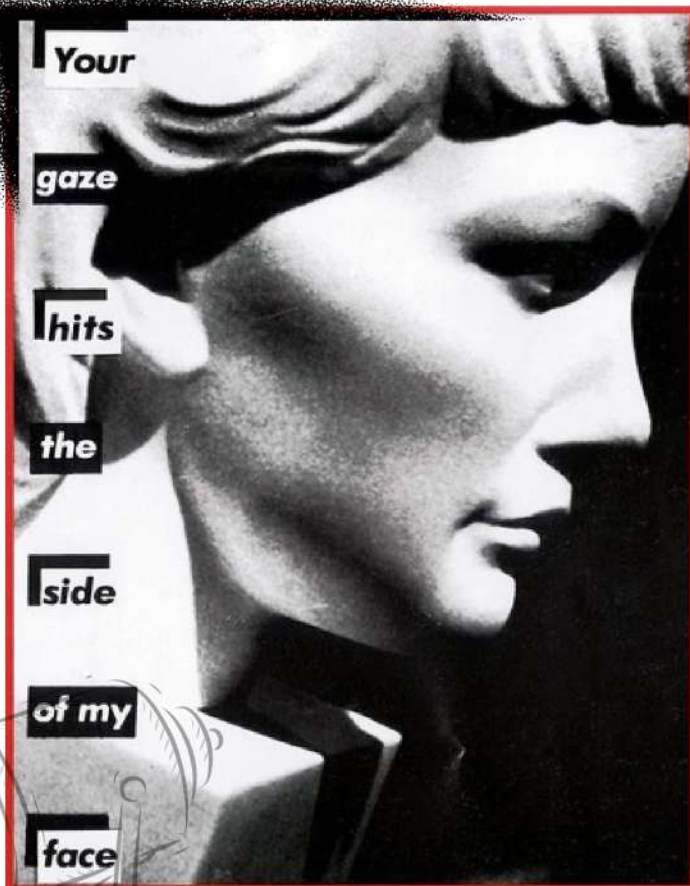


Furthermore, Mulvey split the male gaze into three categories within film production: the eye of the camera, characters, and the audience. For example, through certain camera angles, the characters, which create the primary illusion, are given priority which makes the audience often sexualize women in the process (e.g., Megan Fox in Transformers, where she is fixing a car, but all the viewers see is a slow tilt up and across her body). This therefore casts men and women into two roles: the one who looks (men) and the one who is looked at (women). Thereby, women are there solely to be admired and sexualized by men.



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To achieve the female gaze in films, the three aspects of the male gaze are somewhat changed. Firstly, the camera is used to make the audience feel what the characters are feeling, instead of just observing them. Therefore, the audience can have a more stimulated emotional response. The second aspect is the theory of the gazed gaze, which through different parts of the story shows the audience what it feels like to be observed and the consequences of being observed. Finally, the last principle is returning the gaze, which means that the object now becomes the subject. Overall, leaving the audience with the impression of what it's like to be the object to the gaze.



To conclude, the male gaze perpetuates a sexual imbalance in society, where women are often objectified and reduced to their appearance, coded for visual and erotic impact. Additionally, most films being filmed within this idea of the male gaze suggests to many that it is socially acceptable to objectify women. Therefore, the female gaze may be a way in which we combat this traditionalist outlook on women that has dominated the film industry for many decades.

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THE EVOLUTION OF GIRL GROUPS

ELIZABETH PRODRMOU



THE VIRIDIAN

With March being women's history month, what better time than now to delve into one of my favourite aspects of music, girl groups. One of the key characteristics of girl groups is when members harmonise together to create complex dynamics leading to one of the most satisfying things to listen to.

While it's hard to identify the first ever girl group, we can look back to the 1920s where girl groups such as The Boswell sisters and The Andrews Sisters rose to prominence. Originally, these groups remained in the realm of jazz before the rise of Motown in the 60s which relied heavily on girl groups. The following decade saw the rise of disco and consequently girl groups with disco influences, which then moved to the 80s where Rock dominated as the most popular music genre, shifting the girl group market towards bands; many of which are still active today. Arguably the most important era not only for girl groups but vocal groups as a whole, the 90s brought forth household names.

If anyone mentions girl groups, most people tend to think of icons like The Spice Girls, Destiny's Child and TLC; which were influential in the 90s and early 2000s. For those who have been following along with each edition, last month's deep dive focused on R&B which also plays a role in quite a few of these 90s girl groups' discographies. Moving onto more recent girl groups, Fifth Harmony and Little Mix were the most well-known girl groups of the 2010s and coincidentally were both formed on X factor.



Song recommendations:



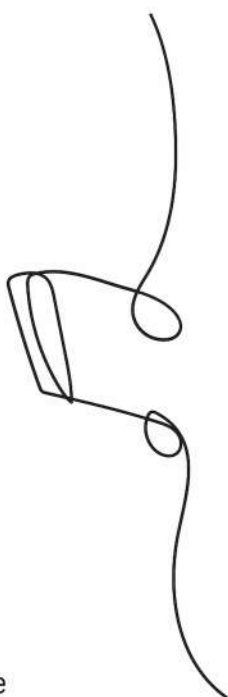
Bad boy- Red Velvet

This is a group of great vocalists which is evident in this song. The soft vocal delivery paired with the enchanting melodies and adlibs in the last chorus make for an addictive listening experience.



Fly girl- FLO, Missy Elliott

The harmonies in this song are amazing and despite forming in 2022 this song is very reminiscent of 90s girl groups. Furthermore, the outro of the song is undoubtedly the best part.



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Learn a song or two:

K. Iordanou recommends:

Big yellow taxi- Joni Mitchell

Gems like this song are one of the reasons why I love doing teacher recommendations. This song is carefree, like a soft spring breeze and the vocal performance is impressive yet effortlessly delivered.



A. Antoniou recommends:

The thrill is gone- RAYE

This is such a fun upbeat song, from the powerful vocals to the fact that the entire song is a live recording. Personally, this piece also reminds me slightly of an Amy Winehouse song so if you enjoy her music definitely give this a listen.



As always, a playlist full of girl group songs is available on our Spotify.

‘NUFF SAID.

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