

F.D.A. NEWS

INTERNET, A NEW KIND OF DRUG

ARE YOU ADDICTED TO OR OBSESSED WITH SOCIAL MEDIA?

We live in a very technological epoch, when every third person has at least 3 devices connected to the Internet and it seems normal. But what is the limit between normal usage and addiction? A recent study says that Italians are among the people who spend the most time online, especially on social networks.

I did my own research and I asked some of my classmates about their time online. To the question "how much time do you spend on the Internet, including Facebook, Instagram, Whatsapp and Youtube?" they answered that they spend on average from 2 to 4 hours a day and the most used social networks are Facebook and Whatsapp.

As a result, the problem that I identified is the managing of time, as well as the level of social activity offline, and why teenagers prefer chatting online to outdoor activities. One reason that drives the use of social media into addiction is the fear of missing out. Texting and status updates allow us to be more easily involved in the lives of others than ever before. We have a brain wired for collaboration, compromise. We notice when others are doing something that excludes us. It triggers some primitive survival responses.



The ego-some people think that "Our emotional attraction appears to be tied to having an audience more than to connect socially. Our cultural obsession with "self" drives us to update our status or tag ourselves in photos.

Social comparison also relates to people's self-extreme. It is not surprising that people might experience an increase in self-esteem after having their social connections (and support) reaffirmed. Social connections are a valuable

asset.

Another fact is control. What is the first thing you do when you wake up in the morning, or if you happen to wake up in the middle of the night? You check your social media. So, is the social network the century's illness? Think about it. You miss endless opportunities in life patiently sitting online on Facebook waiting for somebody else to "like" you. Wherever you are now, put your phone down and look around. The real world is much more real.

By Ionela Negura



FDA'S OLYMPIC GAMES

On the twenty-third of May, our high school has organized a day of sports open to all of its students. The race will take place in the morning at the Tor Tre Teste athletic field.

Nearly a hundred students have already signed up for the event and each of them will have to choose to participate in only two competitions: 100 meters; 200 meters; 400 meters; 1000 meters; long jump; high jump and shotput.

Participation in this sports day will also enable participants to obtain credits, so this is an incentive for third, fourth and fifth-year students to participate.

Anyone interested in participating should contact your professor of physical education who will deliver a form to be completed and returned as soon as possible. You must attach a medical certificate as well as a photocopy of your identity card to the form.

By Valerio Mezzanotte



WHO IS RUNNING FOR PRESIDENT OF THE U.S.A.?



This year the USA is going to nominate a new president. There are two parties: the Republicans with candidates Ted Cruz, Donald Trump and John Kasich, and the Democrats with candidates Hillary Clinton and Bernie Sanders.

Let's analyze the candidates:

-Donald Trump is an American businessman. He became known for his opposition to illegal immigration and free trade agreements, as well as his frequently non-interventionist views on foreign policy. Recently he said something that has shocked people: he has said that "some form of punishment" should be in place for women who have abortions, with exceptions for rape, incest or life of the mother, but after strong criticism, he released a statement that only the doctor or practitioner should be punished, not the woman.

-Ted Cruz is an American politician and the junior United States Senator from Texas. His base of support has mainly been among social conservatives, though he has had crossover appeal to other factions within his party, including libertarian conservatives. In fact, he opposes gay marriage, abortion, gun control, Obama's health-care law or taxes for rich people. His foreign policy is isolationist even if he said that he wants to bomb ISIS. He doesn't acknowledge that the Earth is become warmer.

-John Kasich is an American politician and the current governor of Ohio. He is a "firm abortion opponent" and describes himself as pro-life, and he acknowledged that climate change is real and is a problem. To offset a state budget deficit, Kasich has proposed selling five state prisons to the for-profit prison industry. He wants to focus on Christian faith for policy-making.

- Hillary Clinton is an American politician. She is asking for immigration reform to save millions of lives from expulsion and she fights against gay and transgender discrimination. She wants to reduce the price of universities and encourage smaller firms.

- Bernie Sanders is an American politician and the junior United States senator from Vermont. He wants to remedy the disproportion of incomes and racism. He promises to give jobs to all the unemployed. He doesn't speak about aggressive military interventions or raids.

But what will happen in Italy if one of these candidates become president?

I think that if Trump becomes president, the whole economy will crumble and we will return to Mussolini's time when each country had to produce its own commodity and everybody had to stay in his country. I think that there won't be culture exchanges anymore if we close boundaries.

I don't support the candidates who do not agree with gay marriage and want to punish people who have abortions because we are in a changing world and we can't live in the present by looking back at religions with ancient rules. In the Bible, homosexuality is forbidden because more than 2 thousand years ago it was considered as an heavy sin but now, society understands love doesn't have gender. In my opinion a president shouldn't be so religious, he should be a layman when he's serving his country.

I think that Hillary Clinton is the best candidate, not because she is a woman but because she understands that we have to look ahead and get over preconceptions.

By Francesca Tibaldi

PIAZZA DE' MIRTI IS BACK

In 2007, work for the new subway, the third in Rome, started and one of the metro stations has been located exactly in Piazza de' Mirti. With the building site, which occupied all the square's area, a big part of our neighborhood's beauty was lost and, to make matters worse, the end of the job continued to be postponed.

Finally, on 29th June of 2015, the square was completely freed of construction and now, with the opening of many shops and fast-food restaurants, like McDonald's, Queen's Chips and Owlchips, we got our beautiful square back with a lot of people and a place to meet friends. Piazza de' Mirti is the center of Centocelle once again.



Picture 1: The building site



Picture 2: The new square

By Davide Inghilleri



PALERMO, SHINING IN ITS RUINS.

Class 3C went to Sicily from 17th April to 21st April for a school trip with other classes. They visited the cities of Palermo and Agrigento. They saw many monuments like Monreale Cathedral, the Valley of the Temples, and the Norman Palace. However, they noticed the degrading environment.

In particular, I paid attention to the problem of Palermo. The great inequality between the cities of the north and the south of Italy becomes more significant if you get to Sicily's chief town. The heat of this city is the reason why working rhythms are slowed.

As you can imagine, given its weather, life in this city starts in the late hours of the afternoon. Whoever visits Palermo probably will admire the great pieces of art, but the main problem is the environment in which such artworks are exhibited.

Despite the fact that you are in the city center, you can see buildings in bad conditions which are so near to each other that if you stretched your arm from a balcony, you could reach the next one.

It's not easy to leave Palermo without a sense of frustration and disappointment: a city with great potential that is not exploited. Nevertheless, it shines in its ruins and its underdevelopment, and succeeds in offering us a great day of sun in our darkest moments.

By Valentina Frillocchi



SCHOOL FOOTBALL TOURNAMENT

Every year since 2011, two students of Francesco D'Assisi High School organize a football tournament that is open to every class in both schools. The tournament usually starts in September and ends in May. However, this year's tournament began in October and is going to finish at the beginning of May.

The number of participants in the tournament changes every year for various reasons: some classes leave, some classes do not want to participate or, usually, the new class does not participate in the tournament.

The organization is the same every year: At the beginning, there are one or two groups--it depends on the number of participants--"all'Italiana" (like the best European competitions). The first two or three of each round goes to the "Champion's League" and the other goes to "Europa League".

Then there is the quarter-final, or semi-final. That part of the tournament uses the "Knock-Out" rule tournament and doesn't use the "away goals" rule (which consists of: if the teams are in a draw after two matches, the goals that were made in away games will be counted double), except for the final, which is a single match. A match consist of two halves of twenty-five minutes per half.

The matches are organized in days. One day consists of one match and a day is one week long.

There are some referees, usually they are friends of the organizers, though sometimes they are called by the center where the tournament takes place.

The place changes nearly every year:

From 2011 to 2012 games were at "Cisco Collatino", the year after they were at "Partenope", after they returned to "Cisco Collatino" and this year they are at the sporting center of "Villa de Santis".

The tournament is known at school by everyone, and it is an institution for the school, and even helps new members of the school get to know the other students and even their class.

I have interviewed one of the organizers of the tournament and I asked him why he organized the tournament in the beginning and he said: "Because I had a lot of free time to spend and because I was already organizing some football matches with my friend. I like football and decided, with the other organizer, to organize this tournament".

After I asked how much time does the organization of this tournament take and he said, "Not so much, just some time to organize the timetable of the matches and one hour to referee the match (he is a referee)".

By Ramon Leonardi



A TEENAGER'S TYPICAL DAY

That which follows is an interview that I did with my classmate, Marco, 17, of "Liceo Francesco d'Assisi" high school in Rome.

He told me what he does every day.

"I get up at 7.30 am, have breakfast, I wash and dress. I take the bus that takes me to school. Arrived at school at 8.15 a.m., I talk with my friends, until the bell sounds at 8.30. I stay at school for a long time-- five hours, which is mostly boring and stressful, and seemingly endless.

After lessons, finally, at 13.30 pm, I take the bus to go home. Upon arriving home, I have lunch with my family around 2 pm. After lunch, I go to my room and relax a bit, sometimes more than a bit. When I'm ready, around 3.30 pm, I start my homework. The time that I finish homework varies from day to day. When my homework is finished, I watch TV or go out with my friends. After, I go home, watch TV and have dinner at 9 pm. After dinner, I go to wash myself and go straight to bed around 10 pm".

Thank you, everyone, for spending a little time to read this short daily routine of one of the many Francesco d'Assisi high school students.

By Chiara Della Rossa



IT'S FASHION TIME!

In fashion, there are also teen fashion bloggers, girls aged 14 to 17 years who run a blog on fashion. They usually have more taste than their older colleagues.

They are girls who love shopping, fashion and even take photographs themselves. In the photos, we can see the products they buy, their bedrooms, and finally and most importantly their outfits.

They come from all over the world and the only tool they use is a camera and a lot of imagination. Many times they are inspirations for girls who follow them who take up the flavors just to be like them.

Macy's has organized an event dedicated solely to teen fashion bloggers, calling on them to create outfit boutiques. These girls use especially social networks from Facebook to Instagram, and because of them they can become famous. Thanks to a little heart or a like we can see that fashion also spreads through the Internet thanks to these fashion bloggers.

By Maria Sole Cerchi



OUR WEEK IN ASIAGO

Our week in Asiago was spent skiing and snowboarding, and walking the streets of the small village of Asiago. The journey did not begin in the best way because the meeting was at 6:30 in the morning in front of the school, while the duration of the trip was 9 hours! During the trip we were able to stop at roadside restaurants. Finally, after 9 hours of travelling, we arrived in Asiago and the great thing was that we could see a few flakes of snow,

The first stop in Asiago was the shop where we could rent equipment including skis and snowboarding helmets. Having arrived in Asiago in the late afternoon, we had free time in the afternoon. The next day we got on the ski slopes after going to the warehouse where we could spread out the material and get changed. We went on the slopes where all the teachers were able to observe us through a test, which was to go down a small slope. Depending on how well you descended, you went in a group--the groups departed from those who had never skied to those who were obviously more talented.

The days of the program was to wake up at 7.15, immediately go to breakfast, and be ready at 8:00 to go on the slopes. The lesson was at 10,30 with the teachers and then we had the time to ski on our own. At 3.30 pm we all went on the bus for afternoon trips, then we returned to the hotel to wash and have dinner,

The teachers organized the evenings, doing things like bowling at the pub. We had wonderful evenings. The first few days the teachers made you familiar with skiing or snowboarding but then did all the slopes. Nevertheless the first few days we had problems because it was colder and very often sleet and fog gave us problems because the snow turned hard and into ice so it was more slippery and skiing was difficult to manage. The rest of the week improved because it was very sunny, but the problem was that the snow became very soft, giving us problems controlling our skis.



The week ended with a race for each group. In addition to skiing, we had the chance to visit Asiago, like a museum where they explained what was going on during the war; or a military memorial. The teachers also brought us to an important dairy farm where they produce the real Asiago cheese. However, I appreciate that despite being a school in the suburbs, we were able to make such a trip. We are one of the few schools to do this type of activity. It is open to all students of the school, from the first to the last year. Besides being a fantastic experience, it was a great way to make new friends and strengthen old friendships.

By Federico Caponera

FILM REVIEW: SPOTLIGHT

Spotlight is a 2015 film directed by Tom McCarthy from a script he wrote with Josh Singer and based closely on recent history.

Spotlight is a detective story and a superlative drama, that deals with the Boston Globe Spotlight's team and their investigation of cases of child sex abuse in the Boston area by about 70 priests. The film told the true story of how the Boston Globe uncovered the scandal of child molestation and the cover-up by local Catholic Archdiocese; and it focuses on both the human particulars and the larger political contours of the scandal.

Spotlight was first shown in the 72nd Venice International Film Festival, then in the Telluride Film Festival and in the 2015 Toronto International Film Festival.

The film had so much success in 2016 Academy Awards, winning the Oscar for Best Original Screenplay and for Best Picture.

Spotlight is an extraordinary film with a magnificent cast that everybody should see.

By Saida Marcellini



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SPECIAL

THANKS TO:

Our teachers, Lisa

Vecchione and Liliana

D'Arpino