



**BURSA ULUDAĞ UNIVERSITY**  
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by the students for  
the students

*From writing tasks to a  
complete magazine*

**SPECIAL**  
**FOR THE**  
**100th**  
**YEAR**





## **Atatürk's Address to Youth**

*Oh Turkish Youth!*

*Your first duty is to forever preserve and defend Turkish independence and the Turkish Republic.*

*This is the only foundation of your existence and future. This foundation is your most precious treasure. Even in the future, there will be malevolent people, at home and abroad, who will wish to deprive you of this treasure. If one day you have to defend your independence and your Republic, you will not tarry to weigh the possibilities and circumstances before taking up your duty! These possibilities and circumstances may turn out to be extremely unfavorable. The enemies making an attempt against your independence and your republic may have behind them a victory unprecedented in the annals of the world. It may come to pass that, by violence and ruse, all fortresses of your beloved homeland be occupied, all its shipyards captured, all its armies dispersed, and every part of the country invaded. And what is sadder and graver than all these circumstances is that the people in power inside the country may be negligent, misguided, and even in treachery. These people in power may even align their personal interests to the political designs of the invaders. The nation may be ruined and exhausted in impoverishment.*

*Oh, Child of Türkiye's future!*

*Even in these circumstances it is your duty to save Turkish independence and the Turkish Republic!*

*The strength you need is within the noble blood in your veins!*

**Mustafa Kemal Atatürk**  
*October 20, 1927*

## The 100<sup>th</sup> Anniversary of the Turkish Republic



Although it suffered military blows from time to time, the factors that really weakened the Ottoman Empire were as follows: Throne-sibling fights, inheritance disputes, using religion for one's own interests, and becoming a multi-national state.

The Ottoman Empire, which was forced to become a sick man, was replaced by a just republic. Turkish people were in a difficult situation after World War 1. They had suffered great losses. They were looking for a saviour. A new state had to be established because the old form of the state could no longer be saved.

Mustafa Kemal Pasha was the leader the Turkish nation was looking for. The person who would develop the Turkish nation was undoubtedly Mustafa Kemal Atatürk.

The Turkish nation, Mustafa Kemal and his comrades in the army experienced many negative things until the declaration of the republic.

Atatürk said, "Sovereignty belongs unconditionally to the nation," and he declared the form of government of the Turkish nation. Now, it was the nation's say. The people would choose their own ruler and the people had their own rights.

### Our 10 Fundamental Rights That Come with The Republic

1. Life Right
2. Health Right
3. Education Right
4. Women's Right to vote and be elected
5. Freedom of thought, assembly and demonstration
6. Freedom of religion and conscience
7. Privacy
8. Freedom of petition
9. Residence immunity
10. Freedom of the press

In the first years of the republic, it was very important to raise “Strong Turkish Youth”. The education system underwent many changes. Physical education and fine arts improved. New Turkish letters were accepted. As Turkish state, many factories were opened in the field of industry. Republic means innovation and Turkish people deserve these innovations. We thank Gazi Mustafa Kemal and his comrades for the republic.

This year is the 100th anniversary of our republic. It is easy to say 100 years, but it means a lot to us because we have struggled a lot to gain it. The Republic, celebrated enthusiastically by our nation, is a gift to us from our ancestors. Many happy 100 years Türkiye. You will exist forever.

Thanks to Gazi Mustafa Kemal Atatürk, Mehmetçik (our soldiers), thanks to Nene Hatun, Sütçü İmam, Seyit Onbaşı, Kara Fatma, Şerife Bacı, Yörük Ali and our other martyrs for their sacrifices...

This homeland is entrusted to Turkish Youth.

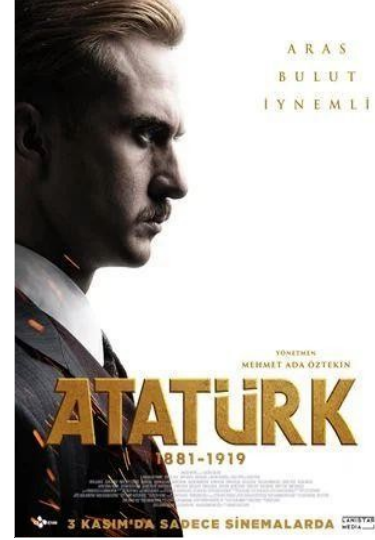


**Ayşegül Özen M1-3**

## Special Feature: Celebrating the 100th Anniversary of the Republic with “Atatürk”!

Atatürk is a 2023 Turkish historical period drama directed by Mehmet Ada Öztekin. It takes the audiences on a compelling journey into Mustafa Kemal ATATÜRK’s youth. The movie stars the talented actor Aras Bulut İynemli. Such successful actors and actresses as Sarp Akkaya, Esra Öden, Esra Bilgiç play supporting roles in this movie.

Originally planned as a Disney series, the project took an unexpected turn when Disney decided not to broadcast the series. This decision sparked reactions from both Turkish media and the public. In response, the producers turned the series into two movie parts. The first part was in the cinemas on the 3<sup>rd</sup> of November, 2023.



It tells the story of Atatürk from his childhood to his rise to leadership in the War of Independence. It also shows Atatürk’s first duty station, Damascus, with the 5th Army and describes the battles he participated in. But it is mostly about Atatürk’s relationship with his comrades, family and his psychology during the war.

### What we think:

We really liked the performances of actors and actresses and also the scenes. We personally think music is very important to the success of a movie, and we applaud this movie’s excellence in this aspect. However, we would like to state that the movie mainly focuses on Atatürk’s interpersonal relations but not on his military life and success. This was a bit disappointing, but we personally believe that the movie “Atatürk” is worth watching.

We are also looking forward to the release of the **second part of the movie on the 5<sup>th</sup> of January, 2024**. Join us in commemorating the Republic’s 100<sup>th</sup> Anniversary by watching this movie.

**Beyza Nur Özayhan M1-15**  
**Beyza Kök M1-15**

## The Impact of War on Humanity

Wars are sad stories that continue to happen nowadays. They have happened many times in history, and no victory was worth the destruction. Countries and groups of people fight, and it affects everyone. War does not just hurt soldiers; it hurts regular people too, and it stays with us for a long time.

People or states are forced to get involved in war even if they do not want to. Families get separated because of war. Kids can lose their parents, husbands or wives can lose their spouses, and parents can lose their children. The effects of war last for a long time and make a sad history. For instance, World War I and World War II, which were two of the deadliest wars in history, resulted in the deaths of over 70 million people.



Wars are universal situations that affect us even if we are not in the middle of the war. It does not have to be a bloody war; it can be a war like the “Cold War” in the 21<sup>st</sup> century. Although we may be far away from the war; the economy may get worse, and you may not even afford to buy bread today, while you could buy yesterday. Billions of dollars are spent on war machinery, diverting resources from important social programs such as education and healthcare. As our leader Mustafa Kemal Atatürk said, "Until the nation’s life is in danger, the war declared is not a real war." It is not a solution if there is no injustice.

However, we should remember that war is not only about destroying things. It also shows how strong and brave people can be. Soldiers and regular people do amazing things, risking their lives to help others. The best example of this is our nation and all of the wars that the Republic of Türkiye joined with pride. After a war, communities often come together to fix things and make them better. We established our young republic and kept it away from all evil. It is 100 years old this year. Happy 100 years!

In the end, war hurts a lot of people and places. Even though it shows the bad side of people, it also shows how strong, brave, and caring we can be. As a world, we should try to find peaceful solutions to problems, so the next generations do not have to go through the bad parts of war.

**Şevval Arslan M2-1**

# BLACKBOARD



## Traveling



We are writing this article for those who want to travel constantly but can never find the time, money, or opportunity. You want to disappear into the streets of Rome with your eyes closed. You want to spend a romantic day in Paris. Maybe you want to see the Northern lights. What dreams! But unfortunately, you can't go. Maybe you've always postponed it. But believe me, you won't put it off anymore. Because you're going on your first trip.

Firstly, you should be curious, and you should constantly research. Remember that the more curious you are, the more you will investigate. You'll find out as you research. No one is going to tell you what a beautiful place the world is. So, you'll learn this; you'll read a lot. Believe me, as you read, new doors will open.

Learn at least one language, at least English. Since traveling is not just sightseeing, you should also learn about the culture and history of the place you are going. Of course, you can also access a lot of information by researching, but a local you meet can convey more information than the pages you will read on the internet. Travel is a cultural exchange.

There are programs where you can travel the world; you can research them. Many of them pay for your transportation and accommodation, and you don't have to pay for them. If you participate in such a program, you can also make a lot of friends and share your exciting moments.





In our opinion, Trastevere is the most discoverable place in Rome. You can wander around the streets, which are heaven for photographers. And you can try street foods when you are hungry.



Every corner of Paris is a story. You should visit the Eiffel Tower in Paris, you can look at it from afar and then experience climbing to the top.



Santorini, one of the islands in Greece, is worth seeing with its architecture and friendly people.



Lhasa, also known as the Forbidden City, is an unforgettable travel destination with its views and palaces.



Tromsø is one of the suitable places to see the northern lights, which can be seen between November and February.



Everyone's childhood dream is to have a fun day with the heroes at Disneyland.



Akdamar Island, one of the islands located on Lake Van, Turkey's largest lake, is one of the beautiful examples of Armenian architecture. The island, which has beauty in every season, should be visited especially in spring when almond flowers bloom.

You made your plan, your bag is ready, you bought your ticket, you made your reservation, and now you are completely ready to travel. Of course, you will experience many wonderful things, you will make memories... But everything may not go as planned, which is a very normal situation. Don't let these setbacks upset you. No one or nothing is perfect. Don't focus on the problem and waste your vacation. Don't complain all the time and poison your trip both to yourself and to your friends. Be solution-oriented, something good will definitely happen after every bad thing.

**Gülay Gül-Sude Şerife Şeflek M2-4**

## The Movie 'Cars'



In this chapter, I am going to write about the movie 'Cars'. Cars is an animated film that was produced by Pixar Animation Studios. Cars is a trilogy. However, the last two films did not make as much noise as the first film. So, I am going to write about the first movie.

Our leading character, Lightning McQueen, is a rookie racer. And because three people come first in a race, the race is postponed to another date. McQueen, who is arrogant and confident, sets out for this new race, but gets lost on the road as his driver falls asleep and opens his eyes in a town he never knows. What happens in this town will change the lives of McQueen and the people there.

One of the reasons I love this movie is that arrogance can be cured. It taught me at an early age how important family and friends are. Seeing how a dominant person can make a friend who doesn't listen to him, how someone who doesn't care about anyone can fall in love, and how a person who doesn't respect anyone's opinion needs a kind of mentor are some of the points that make this movie special and cult.

I think this movie does not appeal to a specific segment. It is a movie that people of all ages and views can watch, enjoy, and spend a few enjoyable hours with.

**Tuana Duru Çiçekdağ M2-4**



## **Venice, Italy**

The city of Venice, which is generally featured in some scenes of romantic movies, is located in the north of Italy, in the part of the country that opens to the Adriatic Sea.

The city of Venice consists of 117 small islands separated by beautiful canals and connected by magnificent bridges. Located in this city, which is especially famous for its canals, the Grand Canal attracts the attention of tourists with water buses, private water taxis and gondolas, making gondola tours the symbol of the city.

Besides canals, bridges also have an important place. There are 417 bridges in total and 72 of them have special designs. When you visit the city with Venice tours, you will also notice the extremely narrow and fascinating streets. At the same time, the entire city of Venice and its lagoon are on the UNESCO World Heritage list due to its history and architecture. The city receives a lot of rainfall in winter. The most suitable and enjoyable time to visit the city is spring.

**Hilal İnce M1-17**

## The Evolution of Technology: Past, Present and Future



Technology has come a long way from past to present. Even now, technology has reached an incredible level. Our world is changing. Every day we see new things. Technology is going to be better and better. We learn new things and invent new things every day. So, let's look at the developments and expected improvements over all these times.

Although the developments of old times may sound a bit boring, old technologies and inventions helped a lot in making technology better. For example, humanity invented tools to make their lives easier. Of course, we need to mention about wheels. It changed a lot of things. They invented the compass to find their way. Gunpowder's invention opened a new era.

At the moment, we can't live without technologies. That's part of our lives. We can even study online and transfer money online. We can buy almost everything on the internet. We can make video calls worldwide. Even we have cars which drive by itself.

But in the future experts think everything on the roads will be driverless. Experts are even saying our lifestyle is going to change extremely. For example, we are going to be healthier because medical technology will develop. We can even cure cancer. Also, we will have lots of robot friends, so it is going to be exciting.

Lastly, we expect technology to make our lives easier and improve our quality of life. We should trust technology and science.

**Yağız Boz-Dias Imanberdiyev M2-5**

## **Language of Flowers**

Flowers existed 140 million years before today. This means, there were flowers on earth before people came. People are attracted by the colors and smells of flowers, so they gave them symbolic meanings and told stories for them. They have used them in poems, songs, architecture, and paintings for centuries. And people who speak different languages on Earth, thought the same when they looked at the same flower. I call it the “Language of Flowers”.

### **Red Rose- True Love**

The world says that there is another way to say “I love you”. The reason for this is the love story of the rose and the nightingale. According to the story, the rose was a very beautiful white flower. This rare white flower fascinated those who saw. The nightingale singing love songs on a branch, fell in love with rose. It landed on the stem of the rose to express its love for the it. That moment, the thorn of the rose pierced the nightingale’s heart and the red blood of the nightingale turned the white rose into red. The nightingale in love died for her love. The rose became more beautiful than before. At the end of the story, Red Rose appeared on Earth. Fuzuli in Eastern literature, Oscar Wilde in Western literature told this story and interpreted it with their own philosophy of love. In this way, when we see the red rose, we see devotion under beauty. Also, the red rose symbolizes our prophet in Sufism. In Islamic culture, it is believed that this beautifully colored and fragrant flower reminds the Muslims of the relationship between Allah and servants.



### **Narcissus- Egotism and Love**

Narcissus flowers get their name from the hunter Narcissus in Greek mythology. The hunter was a handsome and selfish person. One day, the beautiful girl Echo who saw Narcissus hunting, fell in love with him. However, Narcissus did not accept her love and beautiful Echo died of sadness because of her unrequited love. The Greek Gods were very angry about this. They decided to punish him. Guess how? One of the following days, Narcissus got thirsty and found a lake shore. He approached the lake to drink water and saw his own reflection on the water. He did not know that the reflection was himself and he loved it very much. Narcissus could not leave there. He just looked at his reflection every day. Eventually, he died there from hunger and thirst. He never loved anyone but himself. According to the legend, when Narcissus died, his body turned into Narcissus flowers.





### **Lotus- Purity and Rebirth**

Lotus is a flower that lives in a swamp but it is very clean. It is believed that it is a symbol of purity and innocence since it is flawless in such a filthy condition. In addition, the lotus symbolizes rebirth and fertility in Indian mythologies. According to the Indian, there is a philosophy that people should stay clean in the challenging world just like the lotus is clean on the dirty water. The meaning in yoga is explained by the lotus flower. Because of these beautiful meanings, people have used lotus flowers in their accessories.



**Yüsra Nur BiÇER M1-11**

## Pergamon

Today, Pergamon is the name of the ancient city located in the center of Bergama district of Izmir province. The name Pergamon comes from Pergamos, a mythical hero. Pergamon is first mentioned in written documents in the early 4th century BC. It has



many structures such as palaces, temples and theatres. The city is surrounded by towers and walls. Pergamon remained one of the few cities of Western Anatolia after the kingdom was annexed to Rome. The ruins of the old city were found by German engineer Carl Humann, who worked on the railway in Western Anatolia in the 1870s. The first research and excavations in Pergamon started in 1878. It still continues today. Pergamon is a hill settlement. The order in the city sets a unique example in terms of planning. Pergamon means “a sheltered place or castle”. The city has a library of 200,000 books. They developed parchment paper made from lamb and goat skins. The Acropolis, the city of Pergamon (the upper part of the city) is located on a sovereign hill. There are the ruins of Heroon on the left before reaching the main gate of the Acropolis, which looks like a large castle. Heroon was the name of sacred places in Ancient Greece built in the name of a hero or demigod and surrounded by a columnar gallery. In Heroon, it has a room where the religious ceremonies are held. North of Heroon is a tall structure consisting of a series of shops from the Hellenistic period. In addition, the Temple of Athena (the goddess of reason and war) who is considered the protector of the city, was the most important place of the ancient city Acropolis. Many parts of the Temple of Athena, which was unearthed during scientific research excavations, were taken to Berlin and rebuilt there in accordance with its original form. In Pergamon, on the other hand, only the foundations remain. There was the Altar of Zeus on a terrace south of the Temple of Athena, one of the important structures of the ancient city.

The Altar of Zeus, like the temple of Athena, was taken to Berlin and repaired and placed in the Pergamon Museum there. In the south of the Altar, there is the Upper Agora from the city structures. The people gathered in the Agora, discussed and talked to the administration about politics



and trade. At the highest place of the Acropolis, the palaces of the Pergamon kings were rising. Only the floors and foundations of these palaces remain today. In these simple-looking structures, the rooms were lined up around a columned courtyard.

On the steep slope to the west of the Temple of Athena, there is a theatre for about 10 thousand people. The theater had a wooden stage and could be dismantled and moved. The settlement, which is called the Central City today, was another part of the old city of Pergamon. In the Acropolis, the upper part of the city, mostly king families and rulers, intellectuals and commanders lived. Central City, on the other hand, was the place where the people could easily enter and leave. There were structures here that were not directly related to the state administration sports fields for young people, and temples open to the public. One of the important areas of the Central City was the Demeter Sanctuary. This area was located on a rectangular platform. In the lower part of Pergamon, called the Lower City, there was a school of sculpture and houses with the Lower Agora, surrounded by galleries with two columns.

The most striking of the houses is the two-story Attalos House with columned galleries. Attalos House is the room of this place, which opened to the southeast, was heated by the sun even in winter. In the century, Eumenes door was built in 2 BC.

Today, those who enter through this door encounter a thin column row. Dedicated to the Egyptian god Serapis, the temple is the largest structure of the ancient Pergamon. It is also called the Red Courtyard because it is made of red brick. The temple was used as a prison during the Ottoman Period. Currently, one of these towers is used as a mosque. There is a Roman period settlement between the northwest of the city of Pergamon and the Bergama Stream. There was an amphitheater for 50 thousand people and a theatre for 30 thousand people here.

Today, the remains called Viran Kapı are the surviving arch of the theatre. It is said that the Viran Gate is not only a part of the theatre, but also the entrance gate of the sacred road to Asklepion called Via Tecta. According to some sources, while the death is forbidden to enter Asklepion is on



this door, in some places it is informed that this dike is located at the point where the road reaches Asklepion, not here.

**Zeynep Eşiyok – Nisa Nur Ercan M1-14**

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## Garbage Islands and Microplastics



What is environmental pollution and what are its consequences? We have seen these in our schools and in the media for years because it is a very serious issue for our country and the world. However, how much are we truly aware of this problem? Pollution has too big effects that we cannot examine under a single heading. We can see many different examples of pollution including air, soil, and water. I would like to talk about a form of pollution that perhaps most of us are not aware of. Plastics accumulate in the seas and many sea creatures eat the accumulated plastics. Sometimes these creatures die and sometimes they wash ashore. We already know these things, but this is a much bigger danger than we realize.

Have you ever heard of garbage islands? Yes, they are real islands. There are tons of plastic waste in the oceans. Even though you can't see them, they accumulate in the oceans, sometimes on the seabed, and sometimes in the form of islands. Due to winds and currents, garbage islands are formed by the combination of plastics and garbage. In fact, there is a garbage island in the Pacific Ocean larger than the area of our country.

But will these plastics simply remain on the seabed or islands and disappear naturally in thousands of years? No. It is true that it takes a very long time for them to disappear. But under the influence of many external factors, such as the sun, plastics start to break down into pieces that are too small to be seen by the eye. And we call these pieces 'microplastics'. Microplastics can be one of the biggest examples of pollution because they are everywhere.

Recent research in the Netherlands found microplastic samples in human blood. How can these microplastics be present in our blood when we don't eat plastic? Microplastics are usually found in water and food. Microplastics found in seas, oceans and freshwater sources enter the bodies of the creatures living there. And if we drink from these sources or eat these creatures, they can easily enter our bodies.

Although the effects of microplastics in human blood are not fully understood, they pose a major threat to human health. This is a risk. There is no short and easy solution to this

problem. We should avoid the use of plastic or recycle what we use. This is not a small problem that can be solved in a day. Yet, if people do what they can, we can stop the problem from getting worse.

**Zeynep Meryem Keleş M2-6**

## Mirroring in Psychology

Mirroring is a powerful nonverbal way to communicate. When you do it right, it is quite useful. It allows you to have control over a conversation and your relationship with people. I personally think this is a very fun topic to search about because I find human behaviour and communication skills very interesting, and mirroring is a very common trick.



In psychology, mirroring means the behaviour in which one person subconsciously imitates the gesture, speech pattern, or attitude of the other. It is a good thing in many ways such as creating strong bonds or a new network. Also, it can develop your character to be more helpful, more generous or anything you want to be.

However, it can turn out bad too. I mean “mirroring” is also a manipulation technique used by narcissistic people. They can be your friends, your boss, or your colleagues. Even a person you just met on the street can use this technique on you to get what they want from you. They carefully examine what you need at that moment or in a relationship, and they change the way they act to manipulate you. But how do they do that? It is very easy to them actually. They imitate your facial expression, gestures, mood, posture or even your character to be more likeable in your eyes. This is toxic behaviour. Mostly, antisocial or narcissistic people use this technique to be accepted by people around them.

If you feel someone is mirroring you and feel that they have a bad intention, you can distance yourself from that person; but if it does not work, you should need to limit your contact or even consider cutting your contact with them. And from now on, you should set clear boundaries in your relationships.

In short, mirroring is a psychological trick with its advantages and disadvantages. Knowing about this trick makes you more confident in your relationship with people. But do not forget that the person in front of you can know this trick too. Do not be a prey when you are going to a hunt.

**Zeynep Sude Çiçekci M2-1**

## The Shining Light of Indian Cinema: Aamir Khan



We want to introduce you an important actor of Indian cinema. His name is Aamir Khan. He is also a director and producer. He was born in Mumbai on 14 March 1965. He has a successful career. He has won 4 National Film Prizes and 7 Filmfare Prizes so far.

Aamir Khan began his career with his uncle's film "Yaado Ki Baaraat" in 1973. He proved his success with Holi (1984) and Qayamat Se Qayamat Tak (1988). In 2001, he founded his production company called "Aamir Khan Productions". His well-known works include "Lagaan" and "Tare Zaamen Par". Aamir Khan won the best actor prize for Lagaan and the best director prize for Tare Zaamen Par at the Filmfare Awards. His most prominent films are "3 IDIOTS, FANAA AND TAARE ZAMEEN PAR".



We would also like to write about the movies that influenced us the most. "Fanaa" is our favorite movie. *Fanaa* is a romantic thriller. We were very surprised while watching the film because it was a completely unpredictable movie. The film stars Aamir Khan with Kajol. The songs and dances are very enjoyable in this movie. While the ending is a bit sad, overall, it is a very impressive movie. Our top two is "Taare Zameen Par". We were both kids when we first watched the movie. We both think that everyone of all ages should watch this movie. If you want to laugh and learn to think positively, "3 IDIOTS" is a must-see.

We hope you enjoy watching Aamir Khan's movies.

**Aysu ALTUNSOY M1-14**

**Eylül ÜGEÖZ M1-14**



## **Countries: Canada**

These days, I am thinking about countries. Why do they have lots of differences? Why are some countries' public happier? Which country is the best? And you, what is your favorite country? I don't know my favorite country, but I like Canada. So today I will write about Canada.

Firstly, Canada is a country in North America. It has ten provinces and three territories. Canada's capital is Ottawa. Canada's 2023 population is 38 million. It is the second largest country in the world, but it has only one-half of one percent of the world's population. Canada has two official languages, English and French. Canada is a wealthy nation because it has a strong and diversified economy, so most Canadians have a cushy life. Each of the provinces and territories in Canada runs its own school system and follows government standards to protect high quality public education across the country. Public secondary and high school is free in Canada for Canadian citizens. Canada has a literacy rate of 99%. All these show that qualified people result in a strong economy. Canadians are very satisfied with their country according to the World Happiness Index. Canada's crime rate is lower than many other countries. Canada is the 12<sup>th</sup> safest country in the world. Canadian culture is a mixture of British, French, and American influences.

**Başak KONYALI M1-8**



## Horoscopes and Fortune Telling

Horoscopes are special things for people. Your birthday, where you were born, what time you were born help us to know what your zodiac sign is. There are many types of horoscope determination, such as the zodiac of the sun, the zodiac of the moon, and the zodiac of the ascendant. Most people know the zodiac of the sun. It is related to astrology.

Astrology has 12 zodiac signs of the sun. Your zodiac is determined by your birthday. Each zodiac sign has a date range and a planet.

The planets sometimes change their location. That's why people might feel different, and they want to know what will happen in the future, so they get interested in fortune telling.

- Aquarius: (January 21 - February 19): I know! Aquarius is advanced, self-reliant, clever, and exceptional.
- Pisces: (February 20 - March 20): I love! Pisces is emotional and compassionate.
- Aries: (March 21 - April 20): I want! Aries is energetic, independent, and dominant.
- Taurus: (April 21 - May 21): I have! Taurus is reliable, honest, and stubborn.
- Gemini: (May 22 - June 21): I think! Gemini is social, unbalanced, and talkative.
- Cancer: (June 22 - July 22): I feel! Cancer is emotionally sensitive and involved.
- Leo: (July 23 - August 21): I can have everything! Leo is arrogant, rude, and bossy.
- Virgo: (August 22 - September 23): I do analyse! Virgo is organized and sensible.
- Libra: (September 24 - October 23): I balance! Libra is diplomatic and friendly.
- Scorpio: (October 24 - November 22): I desire! Scorpio is ambitious and successful.
- Sagittarius: (November 23 - December 22): I believe it! Sagittarius is lively, free, and positive.
- Capricorn: (December 23 - January 20): I do! Capricorn is ambitious, hard-working, and funny.

We have many types of fortune telling such as Katina fortune, hand fortune, coffee fortune telling, broad beans fortune, angel fortune, Tarot card reading...



ONE DAY THE WHEEL OF FATE WILL TURN FOR YOU...

**Bestanaz Koçtürk M1-8**  
**Rana Ayyıldız M1-8**



## **A Surprisingly Engaging Survival Thriller**

Everyone finds themselves in difficult situations from time to time. Sometimes, the responses that we give to the struggles can be vital. Our lives may depend on the decisions we make. Have you ever wondered how long you could survive if you were stuck in a place with limited food and water? A Spanish movie called "Nowhere", about a woman who is stranded in a container, may give an extreme answer to that question.

Not only is her life in danger. She is pregnant and needs to think about her baby. Mia has to find a way to get out of the container. When her phone battery runs out, which way will she follow?

Nowhere, directed by Albert Pintó, is one of the most impressive movies of 2023 for sure. The movie attracted a lot of attention, with over 24 million views three days after its release. It became the most viewed non-English language Netflix movie of 2023. I am sure watching this incredibly engaging film will be worth your time. Maybe you should give it a try.

**Büşra Kaşit M1-30**



## What is Anxiety?

Anxiety is defined as a feeling of worry, nervousness, or unease. It can cause physical symptoms such as a racing heart, sweating, and difficulty breathing. Anxiety can be a serious problem that can interfere with daily functioning.

## How to Manage Anxiety?

There are many ways to manage anxiety. These include:

- *Learn about anxiety:* Understanding what anxiety is and how to manage it can help you feel more in control.
- *Use relaxation techniques:* Relaxation techniques such as deep breathing, meditation, and yoga can help reduce anxiety symptoms.
- *Live a healthy lifestyle:* Getting enough sleep, eating a healthy diet, and exercising regularly can help reduce the risk of anxiety.
- *Get support:* Dealing with anxiety can be difficult. Getting support from a friend, family member, or therapist can help you manage your anxiety.

## Correct Breathing Technique:

**THE "LIGHT AND SMOKE" BREATHING EXERCISE FOR ANXIETY**

**STEP 1. CLOSE YOUR EYES, SIT OR LAY COMFORTABLY.**

**2. BREATHE IN THROUGH NOSE. VISUALIZE A BEAM OF POSITIVE, GLOWING, HEALING LIGHT ENTERING YOUR BODY AND YOUR LUNGS.**

**3. HOLD YOUR BREATH FOR SEVERAL SECONDS**

**4. EXHALE SLOWLY THROUGH MOUTH. VISUALIZE EXHALING A CLOUD OF THICK, DARK SMOKE AND NEGATIVITY.**

*Inhale*

*Exhale*

PEACE AND POSITIVITY

ANXIETY AND NEGATIVITY

dontpanicdothis.com

The infographic illustrates a four-step breathing exercise. Step 1 shows a person with eyes closed. Step 2 shows a glowing light entering the nose. Step 3 shows the person holding their breath. Step 4 shows a dark smoke cloud exiting the mouth. The exercise is designed to replace negative thoughts with positive ones through visualization.

Correct breathing is an effective way to reduce anxiety symptoms. The correct breathing technique is as follows:

- Sit or lie in a comfortable position.
- Close your eyes and take a deep breath.
- Inhale through your nose and feel your breath going down to your stomach.
- Hold your breath for 4 seconds.
- Then slowly exhale through your mouth for 4 seconds.
- Repeat this technique several times a day.

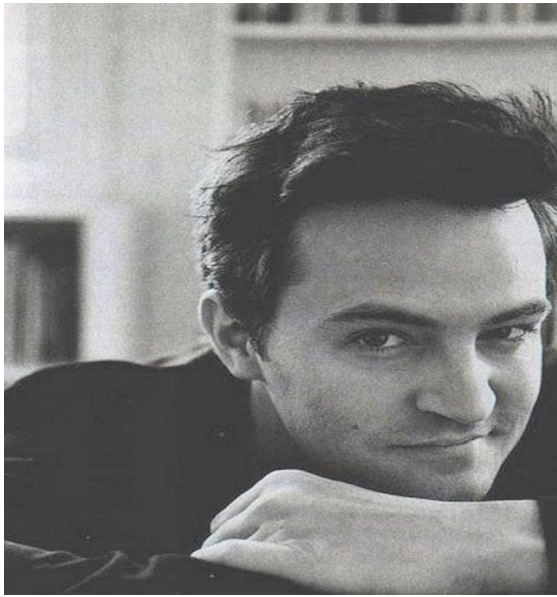
**Here are some additional tips for managing anxiety:**

- Identify your triggers. Once you know what triggers your anxiety, you can start to avoid or cope with them.
- Set realistic goals. Don't set yourself up for failure by setting unrealistic goals.
- Learn to say no. It's okay to say no to things that you don't want to do.
- Take care of yourself. Make sure you are getting enough sleep, eating healthy foods, and exercising regularly.

If you are struggling to manage your anxiety, it is important to seek professional help. A therapist can teach you coping mechanisms and help you develop a treatment plan.

**Ceylin Sakin M1-1**

## His Name Is Chandler Bing

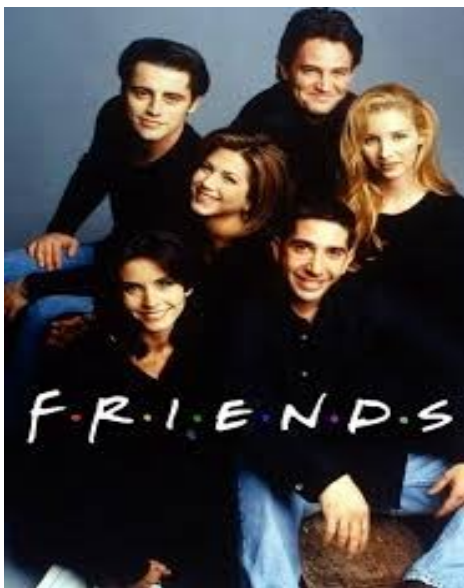


Matthew Langford Perry was born in Williamstown, Massachusetts, on August 19, 1969. When he was a baby, his parents got divorced. He lived with his mother for some time, and then he moved to Los Angeles with his father.

He had a hard childhood period. He met with alcohol when he was 18, and he started to drink every day. He studied acting at Buckley School and graduated in 1987. He has a lot of movies and TV shows, but everybody knows him from “Friends”. Friends started in 1994 and the character Chandler Bing became a part of our lives. This character was very important because Matthew and Chandler Bing were the same people. Perry’s personality was like Chandler’s, so he didn’t need to perform in some scenes.

He fought addiction throughout his life. He had a jet ski accident in 1997, so he became addicted to Vicodin. He came to the Friends set drunk. His friends made efforts to help him but unfortunately, they were unsuccessful. He published a biography book called “Friends, Lovers, and the Big Terrible Thing” in October 2022. He explained all his story.

Matthew Perry died on the same day as his ex-girlfriend Julia Roberts’s birthday, on October 28, 2023. His friends spoke to “People” after Matthew Perry’s sudden death. They said, “We are all so utterly devastated by the loss of Matthew. We were more than just cast mates. We are a family. There is so much to say, but right now we’re going to take a moment to grieve and process this unfathomable loss. In time we will say more, as and when we are able. For now, our thoughts and our love are with Matthy’s family, his friends, and everyone who loved him around the world.”



### **Famous Actor Matthew Perry Died**

Famous actor Matthew Perry unfortunately passed away on October 28, 2023, at the age of 54. His lifeless body was found by her assistant in the jacuzzi of his home around 4 o'clock.

Matthew Langford Perry was born on August 19, 1969, in Williamstown, Massachusetts and he was an American and Canadian actor.

Although he appeared in many TV series and movies, he became known to people for his role as Chandler in the TV series FRIENDS. The reasons for this are that the series aired for a long time, like 10 seasons, and that the actors formed a close friendship in real life.

His friends from the TV series Friends said goodbye to him like this:

LISA KUDROW: Thank you for making me laugh so hard at something you said that my muscles ached, and tears poured down my face every day.

JENNIFER ANISTON: He was such a part of our DNA. We were always the 6 of us. This was a chosen family that forever changed the course of who we were and what our path was going to be.

COURTENEY COX: When you work with someone as closely as I did with MATTHEW, there are thousands of moments I wish I could share.

DAVID SCHWIMMER: And you had heart. Which you were generous with, and shared with us, so we could create a family out of six strangers.

MATT BELANC: It is heavy heart I say goodbye. The times we had together are honestly among the favourite times of my life. It was an honour to share the stage with you and to call you, my friend. I will always smile when I think of you, and I'll never forget you. Never.

**Beyda Seven M2-3**

**İzzet Can Uyar M2-3**



## **Martial Arts**

Martial art is an activity that combines physical, spiritual and mental discipline. Martial arts primarily involve training oneself and one's mind, as well as defensive techniques and attack strategies. There are many different types of martial arts in many different cultures. I will explain karate, one of the Far Eastern martial arts, in more detail. In addition to defense and attack, it also expresses respect for the fighter, patience and character development.



### **What is Karate?**

Karate is a Japanese martial art that aims to develop the physical aspects of defensive and counter-attacking movements. The word karate means 'empty hand'. Karate is unarmed defense. The biggest weapon here is the mind. The vehicle of our mind is our body. Punches, kicks, knees and elbows are used. In karate, a karate student is called "karateka". The head coach at the dojo is called "Sensei" and senior students, who are usually black-belt athletes, are called "Sempai". There is also "Shihan". "Shihan" means the teacher of the teachers. White clothing called "GI" is worn while doing this sport. The athlete wears a belt in a color appropriate to his/her level. Karate has many styles. An athlete who has just started karate wears a white belt. White belt is the beginner rank. The upper belt color is black. An athlete who wears a black belt is quite advanced in this sport. There are mastery levels after getting a black belt. These are called "Duan". As the athlete receives duan, a gold line is added to the black belt. There are many colors between white and black. Their colors and orders vary depending on the karate style. In order to move up the belt in karate, the athlete is subjected to an exam. Belt exams involve written and physical tests.

Basically, all styles are divided into three. It is divided into: Kata, kumite and kihon. Of these, kumite fighting is the unrivaled application of kata fighting techniques in a regular and sequential manner, while kihon is the form of karate techniques. Karate improves your

strength, posture, flexibility, coordination and balance. In addition to these, it helps you to have a strong character, self-esteem and confidence. If you want to take up a sport, karate will be an excellent choice to train your body and mind.

**Çeşminaz Beşir M1-25**

## Pre-historic Looking Bird: Shoebill Stork

Shoebill storks look like prehistoric animals! There are some rare animal species you will probably never see with your own eyes. Shoebill storks are one of these species. You may think that they belong to prehistoric times because they look like winged dinosaurs that can fly. Let me tell you a little about them.



They have got a colossal bulk, a big beak and sharp teeth. I think because of these features, they look like winged dinosaurs, but they aren't in the dinosaur class. This is weird, but they are in the pelican class. People call them "shoebill storks" because they have got big and thick beaks which look like Dutch wooden shoes. These birds are really interesting.

They have got tall and slim legs. They are a hundred or a hundred and fifty centimeters in height. They weigh between four and seven kilograms. Actually, they look heavier. I think they look majestic because of their feathers. The feathers of the shoebill stork are gray. They are brown when they are younger. Their wings are very big and large. They can fly. They have cold blue eyes above their beaks and their eyes look so scary. Also, they can tear their preys' heads with their bills. This is terrible!

Shoebill storks generally live in the swamps and freshwater lakes of North Uganda, West Tanzania, and Northeast Zambia because in these areas there are plants and fish that they can eat. Shoebill storks love eating fish and moss. They live for approximately thirty-six years in the wild.

Normally, they are single throughout their lives, but there are some monogamous shoebill storks. They work together to make their home and raise their fledgling. Sometimes, I think that some animals are more humanistic than us. Unfortunately, the population of these strange looking birds is decreasing.

Shoebill storks are docile when some searchers want to be near them. In my opinion, it is very dangerous to approach them. They make sounds 'tag, tag, tag' with their wooden beaks. Does 'tag, tag, tag' mean "I want to tear your head"? What do you think about shoebill storks? Do you want to be near them? Can you touch one of the shoebill storks?

## The Effects of Hobbies on Our Wellbeing

People can think, produce, and work, but we get tired while doing these. And we are a very busy student, a tired doctor, quite a busy teacher, or a busy engineer in our daily lives. We sometimes work so much that we never have free time, and we just continue our boring life.

For example, I was a customer representative one year ago, and I worked for a call centre for 2 years. Our business was tough, and we were quite busy. We worked 8.5 hours a day. Therefore, my mind and body did not endure. My job was tough and boring for me.

Then I decided to take up some hobbies and activities to do in my free time, and I have never regretted doing so... I love swimming, and I like riding a horse and doing sports. I did my favourite hobbies once a week and I started liking my work. That was quite fun.

We are humans. And we should have free time. We should do activities in our free time, such as riding a horse, doing yoga, doing sports, swimming, drawing, painting, cycling, and so on.

We will start enjoying life and job if we do our favourite activities or hobbies in our free time.



## A Journey in The Depth of Your Mind Under the Sunlight



Before describing my favorite painting in detail, I want to share a memory of mine with you. When I went to secondary school, a speaker came to my school. He said “Close your eyes and think. Where do you feel peaceful?” I remember that I just saw darkness when I closed my eyes. Years later, I saw a painting one day, and I realized that I had found the peaceful place I was looking for at that moment. His words came to my mind. I had a strong sense of déjà vu as if I was looking out of my window in the morning and saw this painting, so I love this painting so much. Now, I will write about it and its painter.

Claude Monet is a French impressionist painter. He was born on November 14, 1840, and died on December 5, 1926. He is also known as Oscar Claude Monet. The painter Monet saw this view in Le Havre Port. He spent an important part of his life here. He had an exhibition together with a group, like him, opposed to the hard rules of that era and spoke their own feelings and opinions. A critic of that era wrote an article inspired by Monet’s painting. He called this group “Impressionists” and criticized them very badly. Despite this, Impressionists received good attention and Monet became an important representation of impressionism with this painting. The term impressionism comes from Monet’s painting.

When we look at the painting, we see foggy and faint weather. Despite this, the sun welcomes us on a warm day. We can see boats. Maybe they are fishermen, and they are going to go for the first catch of the day. Monet didn’t directly paint the landscape. He added his feelings and ideas to painting. Who knows, maybe that’s why I love him so much.

**Elanur Çapkın M1-27**

## Augmented Reality (AR)

Augmented reality (AR) is the matching of digital information with the natural environment in real time. It isn't like virtual reality (VR), which generates a new artificial environment. AR users try a real environment with an artificial layer on top of it.

At its main, AR is based on advanced hardware like smartphones, tablets, smart glasses. These devices have cameras, displays and sensors that catch the user's environment, sense movements, and show augmented content.



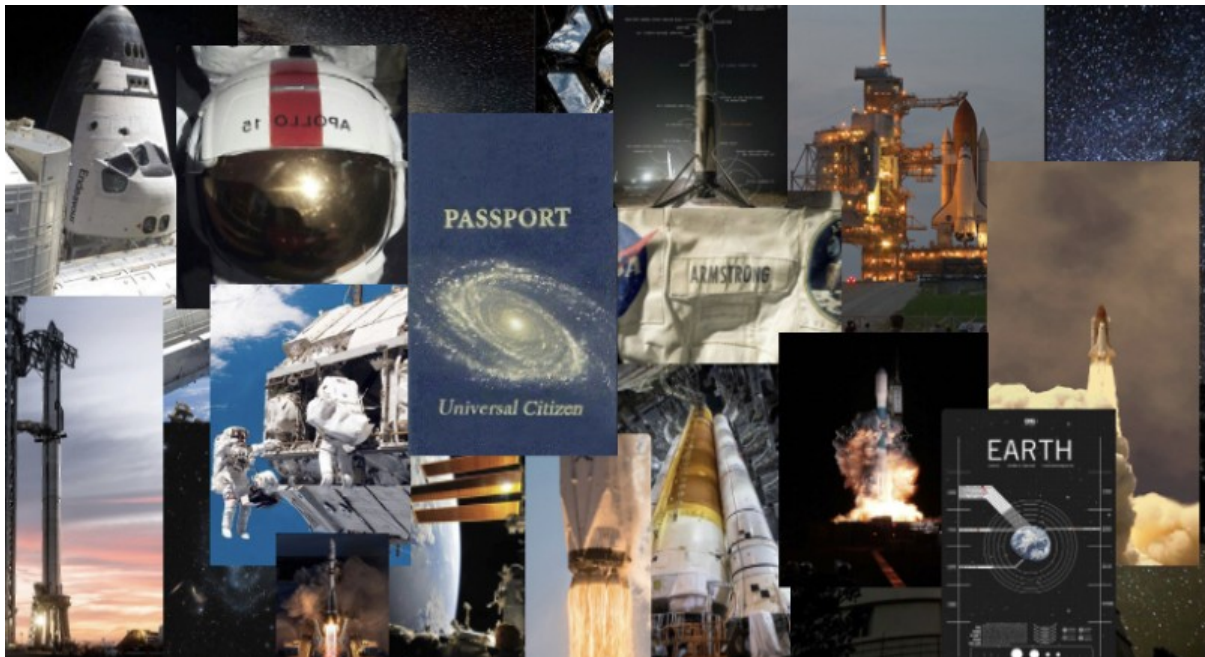
AR software has an important role in working the virtual and physical worlds together. It processes real time data from the device's sensors and detect the user's environment. By analyzing this data, software stabilizes the device's position and generates virtual content that layers the real-world view.

AR technology stops screen addiction. You can connect your technological devices with just a pair of glasses at home. When you wear AR glasses, everywhere becomes a screen. And all devices (smartphones, smart TV, wearable health devices, smart house assistant, etc.) work together. It's been ready to use. So, you can easily control your devices. Currently, AR glasses are costly to use as it's a latest technology. But I think it's going to be cheaper day by day because tech brands will compete with each other. So, it will be used by too many people, and it will become more useful.

**Emircan Çalışkan M2-6**

## How do We Travel to Space?

*“Space is for everybody. It’s not just for a few people in science or math, or for a select group of astronauts. That’s our new frontier out there, and it’s everybody’s business to know about space.”* – Christa McAuliffe, Address to the National Congress of Parents and Teachers (1984)



Many people have wondered about the sky and what lies beyond it since human history. And they have made up stories since the creation of the first human. With the spread of science around the world and advancement of technology, people began to look for ways to go to space. And there is a way to go to space.

NASA, SpaceX and many other space research companies are exploring space and sending rockets to space. Talking about rockets, as it is known, the purpose of production of rockets is to be able to operate outside the atmosphere and to achieve high speed by using short-term thrust force. As we know, recently SpaceX's STARSHIP was launched for the second time and failed for the second time. So, for a rocket that goes well, how does it travel in space?

The basic principle that enables rockets to travel in space is Newton's law of motion, known as "There is a reaction to its activity." As a result of a chemical reaction, the rocket materials equipped with the rocket enable its own mobility to move in different directions. This provides rockets to travel through space. How does a rocket in space change direction? As the gas produced by the combustion of rocket fuel is expelled, it pushes the spacecraft in

the opposite direction. With the help of small propulsion systems or rotating wheels (flywheels) placed in the front of and rear sections of space shuttles, the spacecraft can turn or change direction.

Scientists are looking for ways to explore space and you can be sure that they are one step closer to infinity day by day. As regards to space travel, I can say that space travel begins with the firing of rockets from the Earth. Vehicle passing gravity passes through atmosphere and you know the rest.

If you want to see space with your own eyes instead of exploring it using various resources, you should be aware of space tourism. You can participate in one of the space journeys organized by many space research companies such as Virgin Galactic, Blue Origin, SpaceX. For example, Virgin Galactic has made a name for itself with its successful and unsuccessful experiments, especially in the last 10 years. Of course, no company is promising us a space tour at the moment. It's hard to get out of the space limit for now (of course, for space a tour). I can hear you wondering what the limit of space is. Firstly, the earth's atmosphere does not collapse suddenly. The atmosphere becomes thinner as we move to higher altitudes. This prevents us from knowing where space begins. According to NASA's resources, space starts from an altitude of 50 miles (80 km), while according to the Federation of International Aeronautics, space starts from an altitude of 62 miles (100 km).

As regards to space travel, Austrian journalist Gernand Pistor brought this idea into our lives. In 1964, Austrian Journalist Pistor sent a request to a Viennese tourist agency. After Pistor said he wanted to travel to the moon, this request was sent to two different airline companies. Pan Am from the US, accepted Pistor's request with a message stating that the flight would take place in 2000. After that, a reservation was created for him. After these events, Pan Am started the "First Moon Flights Club" program. The number of people who applied to become a member of this program exceeded 93 thousand. Although people initially thought they could travel to space, this attempt did not come true.

In the current millennium, humanity plans to make space tours. And we are sure that space tourism will be more popular 100 years from now. See you in space!

**Era Kablina Aydemir M1-27**



## There Are No Heroes for Kiddos

We hope the 4th season of The Boys will be featured in 2024 on Amazon Prime Video. The fans have been waiting for a long time. Let us explain why the fans are so excited for the 4th season.



Everything started with ‘an accident’ which involved A-Train and Hughie’s girlfriend. Then Hughie started questioning things about superhero’s company Vought International but nobody believed his thoughts. After a while Butcher reached Hughie, who had same issues with these heroes. But he had been searching these things for a long time because something happened in the past and Butcher wanted to show the whole world that ‘The superheroes are actually superfakers’. Even though he tried so hard, he could not make it. With Hughie’s help, he wanted to try again. He came up with a plan and organized a team which included Hughie, Butcher, Franchy and Marvin. Eventually, they got one of the superheroes and killed him. They sent a message ‘COMING FOR YOU’ to company with his dead body in a box. So the company awakened to their existence. Slowly, a war between the company and revengers began.

Then the company started looking for a new superhero because of their loss. A girl named Starlight, who had dreamed to be a part of this superhero team since childhood, joined the team. She expected the team like a family but reality hit her so hard. When she was thinking about her decision, she met Hughie and they fell in love. After she heard their stories, she decided to help them as a spy. So they learned about Compound V, some kind of drug that made them more powerful. We might say it is like doping in sports. They realised they could use Compound V for their own benefits and they awakened the legend of superheroes from past called ‘Soldier Boy’. They convinced Soldier Boy to fight with them. The last fight came up for them. And that is how it all ended.

This series shows the different perspective of superheroes. We always believe that superheroes are the best for society. They help civilians. But everything we believe is just a theatre for superheroes in this show. They are just acting for applause. In the real world there are no heroes for kiddos.

As we said the 4th season of The Boys will be featured in 2024 but the exact date is not definite yet due to the strike of the WGA. We are waiting for the new season impatiently.

**Süleyman Erten - Ezgi Şimşek M2-5**

## Azerbaijan: A Country of Rich Culture and Nature

Azerbaijan is a fascinating country located at the crossroads of Eastern Europe and Western Asia. With its diverse landscapes and vibrant culture, Azerbaijan offers a unique



history.

blend of tradition and modernity that captivates visitors from around the world.

Situated between the Caucasus Mountains and the Caspian Sea, Azerbaijan boasts a diverse geography. From the mountainous regions in the north to the flat plains and the stunning Caspian coastline, the country's landscapes provide a picturesque backdrop to its rich

“  
Azerbaijan's cultural heritage is deeply rooted in its history.  
”

Azerbaijan's cultural heritage is deeply rooted in its history. The Old City of Baku, a UNESCO World Heritage Site, reflects centuries of influence from different civilizations. The narrow streets, ancient mosques, and palaces in Baku's Old City showcase the nation's historical richness.

Azerbaijani culture is also celebrated for its traditional music, known as Mugham. This unique form of musical expression, accompanied by distinct instruments, carries the essence of Azerbaijani emotions and storytelling. Additionally, the art of carpet weaving, recognized by UNESCO, is a testament to the craftsmanship passed down through generations.

In recent years, Azerbaijan has experienced significant economic growth, largely driven by its oil and gas resources. This growth has enabled the development of modern infrastructure, particularly in the capital city, Baku, where contemporary architecture coexists with historic landmarks.

While Azerbaijan faces challenges, including geopolitical complexities, the resilience of its people and government initiatives highlights a commitment to progress. The nation's ability to navigate challenges speaks to a forward-looking approach to sustainable development.

In conclusion, Azerbaijan's unique position at the crossroads of cultures and its diverse landscapes make it a country worth exploring. From the ancient streets of Baku to the natural beauty of its mountains and sea, Azerbaijan invites visitors to experience a harmonious blend of tradition and progress.



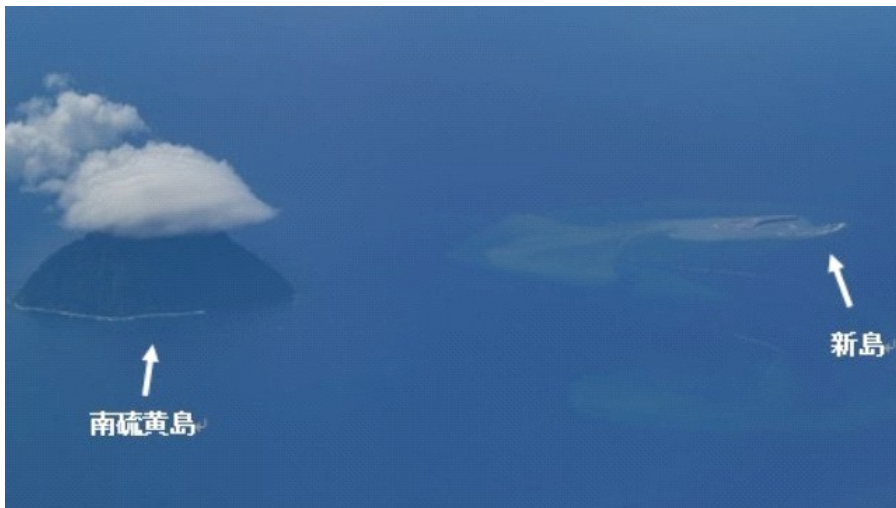
**Firuze Novruzova M1-26**

## A New Island Appeared



According to the Meteorology Agency Kishouchou, a volcanic eruption began in the southern sea of Ogasawara Archipelago's Iou Island on the 21st of October, 2023. Reports from the Maritime Self-Defense Forces have indicated that water, mixed with black soil and sand, frequently surged around 100 meters from sea level.

Scientists used satellites and aircraft for their research, discovering that just north of the volcanic eruption site, a new landmass is taking shape. The rocks that were ejected with eruption created this new land. And in the span of this month, it has expanded to approximately 300 meters. According to Meteorology Agency, identification of a shore in the open sea near Iou Island is a first.



A researcher from Kishouchou commented "Since the night of the 8th of this month, the intensity of the eruption has decreased. However, there is a concern that newly formed shore may disappear because the stones are sensitive to being carried away by waves."

## History of Istanbul

Since its foundation, Istanbul has developed under the sovereignty of a lot of states throughout history and has been the center of various cultures.

The most striking feature of Istanbul's history is, it was the capital of three universal empires: the Roman, Byzantine and Ottoman Empires.

The city was reorganized by the Roman Empire in the 4th century, the walls were expanded, temples, official buildings, palaces, baths and a hippodrome were built.

After its conquest by Mehmet the Conqueror in 1453, Istanbul became the capital of the Ottoman Empire from 1453 until 1923. Istanbul became the center of science, relations and art during the Ottoman period; It has achieved a magnificent tolerance where mosques, synagogues and churches live side by side.



## Today's Istanbul

Today Istanbul is the most crowded city in Turkey and Europe. The city ranks 34th in the world in terms of economic size. In the list of cities according to their population, taking into account the municipal borders, it ranks first in Turkey and Europe, and sixth in the world. I think it is bad for me because Istanbul has a lot of traffic, but still I love this city.

If we tell about Istanbul's economy, It is the largest city and politically the former capital of Turkey. It has become the center of economic life in Turkey because it is a crossroads of land and sea trade routes. The city is also the largest industrial centre. It can meet 20% of industrial employment in Turkey. This caused a lot of immigration. I think Istanbul needs qualified labor migration.



The city has got most important business centers and hotels. Thanks to these features, it has become a very attractive city.

Istanbul is one of the popular tourism centers due to its history, abundance of monuments and works, and its location on the Bosphorus. The largest share among tourists belongs to Germans. Germans are followed by Russians, Americans, Italians and French. 9 million 25 thousand tourists came to the city in 2021. It is possible to find hotels suitable for every budget in Istanbul. There are more than 1180 hotels, from 5-star chain hotels to boutique family-run hotels. In recent years, world-famous chain hotels have shown great interest in Istanbul. You should drink coffee on the Bosphorus. Breathe in that air and enjoy the moment.



**Gökbora Doğan M1-28**



## Rush

If you are a Formula One fan, you will love this film! *Rush* is a 2013 biographical sports film centred on the rivalry between two Formula One drivers, the British James Hunt and the Austrian Niki Lauda, during the 1976 motor-racing season. It was written by Peter Morgan, directed by Ron Howard and starred Chris Hemsworth as Hunt and Daniel Brühl as Lauda. The film about the legendary which means Niki Lauda and James Hunt is set in the 1970s, the golden era of Formula 1.



In the 1976 German Grand Prix, the Ferrari driven by Niki Lauda crashed out of the race at the end of the second round due to a problem and the first place went to his arch-rival James Hunt. After this accident, Lauda was injured; after six weeks, he returned to the tracks with his usual ambition and anger. The struggle between the two racers, which started with the Italian Grand Prix, continues exponentially in other races. The goal is the world championship... The production in the film is really incredible. The actors, the clothes, the script... everything is as it should be. Also, the music in the film reflects the atmosphere of the film very well. It's breathtaking! *Rush* is a film that you should definitely add to your film list this month. Enjoy watching!

**Göksu Duru Ruhcan M1-29**

## Grammy Awards 2024

The Grammy Award, or Grammy for short, is an award given by the Recording Academy to recognize achievements in the music industry. The award is in the shape of a gold-plated gramophone. The Grammy Awards, which have a great importance in the American music industry, have been held since 1957.

In this article, we will share with you some of our predictions, comments, and favorites about the 2024 Grammy Awards.



### **Album of the year:**

#### Candidates:

Boygenious – The Record

Janelle Monáe – The Age of Pleasure

Jon Batiste – World Music Radio

Lana Del Rey – Did You Know That There's a Tunnel Under Ocean

Miley Cyrus – Endless Summer Vacation

Olivia Rodrigo – Guts

SZA – SOS

Taylor Swift - Midnights

**Öykü:** Taylor Swift - Midnights

*“I think Taylor Swift will win the award because this song is played everywhere, and the other songs in the album have also become very popular.”*

**Burak:** SZA - SOS

*“To me, in this album all songs are related to each other. On the other hand, in this album you can listen to different types of music.”*

**Elif:** Taylor Swift - Midnights

*“This album is the true reflection of Taylor's thirties and I found it successful that the singer tried different styles.”*

**Record of the year:**

Candidates:

Billie Eilish - What Was I Made For?

Boygenius - Not Strong Enough

Jon Batiste - Worship

Miley Cyrus - Flowers

Olivia Rodrigo - Vampire

SZA - Kill Bill

Taylor Swift - Anti-Hero

Victoria Monét - On My Mama

**Öykü:** Miley Cyrus - Flowers

*“It was a beautiful self-love song and a beautiful comeback song for Miley, and I think she deserves to win.”*

**Burak:** Billie Eilish - What Was I Made For?

*“I think this song is very emotional, and in this song, she talks about difficulties in life. Billie seems to have deserved this award.”*

**Elif:** Taylor Swift - Anti Hero

*“While listening to this song, I can feel the song and relate to its lyrics.”*

**Song of the year:**

Candidates:

Billie Eilish - What Was I Made For?

Dua Lipa - Dance the Night

Jon Batiste - Butterfly

Lana Del Rey - A&W

Miley Cyrus - Flowers

Olivia Rodrigo - Vampire

SZA - Kill Bill

Taylor Swift - Anti-Hero

**Öykü:** Billie Eilish - What Was I Made For?

*“This is a great song, and it makes me so sad. Billie does this job; she is a very talented young singer. The song was also used appropriately in the Barbie movie.”*

**Burak:** SZA - Kill Bill

*"She will develop further in terms of musicality and songwriting in the coming years. In the SOS album, this song is the best one."*

**Elif:** Taylor Swift – Anti-hero

*"I was very impressed by the way the singer explained and handled her own experiences with great maturity."*

### **Best rap album:**

#### Candidates:

Drake & 21 Savage – Her Loss

Killer Mike - Michael

Metro Boomin – Heroes & Villains

Nas – King's Disease III

Travis Scott - Utopia

**Burak:** Metro Boomin – Heroes & Villains

*"I think Metro Boomin is the best producer of this year and has produced this album. In this album, all the beats fit together, and every song is connected to each other because beat samples are compatible with each other."*

**Elif:** Drake & 21 Savage – Her Loss

*"It was very exciting to hear one of my favorite rappers, Drake, collaborating with 21 Savage. I think they are very compatible with each other. It is very enjoyable to listen to."*

**Öykü:** Drake& 21 Savage- Her Loss

*"I think "Drake & 21 Savage - Her Loss" is the rap album of the year because the songs in the album are very memorable and the background music is very beautiful."*

### **Best music video:**

#### Candidates:

The Beatles - I'm Only Sleeping

Tyler Childers - In Your Love

Billie Eilish - What Was I Made For?

Kendrick Lamar - Count Me Out

Troye Sivan - Rush

**Öykü:** Tyler Childers - In Your Love

*"The clip is like a movie, so I liked it very much. I hope it wins - love has no gender!"*

**Elif:** The Beatles - I'm Only Sleeping

*"This song is like a medicine. I feel like I'm living the song while listening to the song."*

**Burak:** Tyler Childers - In Your Love

*"I think this music video is the best because in this clip they talk about real things: the difficulties the workers in West Virginia experience are described."*

**Öykü Kılınc M1-2**

**Burak Emir Çelik M1-2**

**Elif Mutaf M1-2**

## **An Impressive Sport: Archery**

Since my childhood, I have been interested in archery. I had the opportunity to try it when I was at high school thanks to my classmates. They were practicing professional archery and attending contests. They inspired me, so I wanted to give this sport a chance.

It's a sport that has existed for centuries. It has two types: Traditional and modern. It has different shooting techniques and equipment. Also, there are some people who do this sport on horseback. The Turkish archery differs from the others by "zihgir" worn on the thumb.

Archery is good for both physical and mental health. It helps our mind concentrate, develops our muscles and even might treat scoliosis. If you want to give this sport a chance, you can even have a person to inspire you: Mete Gazoz. He won gold medals at the Tokyo 2020 Olympics and the 2023 World Archery Championships, becoming the first Olympic and world champion in Turkish archery history. By watching this champion, you can see how impressive this sport is.



To sum up; with this sport, you will protect both your physical and mental health and have a good time at the same time. Don't you think archery deserves a chance?

**Hatice Kalem M1-9**

## Forgetting Languages

There are some theories about languages. Accordingly, all languages in the world will be gathered into a single language. There is a theory that this international language will also be English. It will be a bit sad to lose all these languages.



Well then, what will the language be? Books, music, movies and more... So, what will happen to them? We don't know these but, in our opinion, it's not going to happen because it's impossible. Nationalities exist in their own language. If nationalities lose their language, they also lose their own specific characteristics.

Some people think that this theory will make it easier to communicate and it is beneficial to the world. For these people, the world can be more understandable in terms of travel, business, music, art, academic books, education, etc. But we don't think like that because difference is beautiful.

Language is the most important thing in a nationality. Every language has some words specific to its culture. We think losing your language means losing your identity. Language is the way in which nationalities express themselves because language has its own history.

According to statistics, we speak 7,000 languages today. Many languages were forgotten in the past. That's right but many new languages have also been born. Some languages might be forgotten in the future, but new languages might also emerge. We think it will always be like this and all the people of the world will never speak one language.

What do you think about this topic? Is it possible? We don't believe, but of course there are believers. What about you?

**Kübra Pınar - Erva Erdoğan M1-8**

## Carbon Emission

Climate change and carbon emissions, which have been one of the biggest problems on a global basis from past to present, are making their impact felt and posing a great danger to humanity. Although there are many factors that cause this situation, various activities of people and natural causes can be given as examples in general. Water vapor (H<sub>2</sub>O) and carbon dioxide (CO<sub>2</sub>), ozone (O<sub>3</sub>), methane (CH<sub>4</sub>), nitrogen oxides (NO<sub>x</sub>), chlorofluorocarbon with the increase in the emission of harmful gases such as (CFC); The sun's rays coming to the earth are absorbed by these harmful gases and the sun's rays are prevented from scattering and returning to the earth. With this situation becoming a big problem today, it can be clearly said that some concepts and expressions are expressed very often. One of these concepts is "carbon



emission". Carbon emission is the emission of carbon dioxide gas in the air, which is produced by the combustion of fossil fuels containing carbon or hydrocarbons, that is, mineral fuels (natural gas, coal and petroleum) (Karaaslan, Abar, & Çamkaya, 2017).

One of the main causes of carbon emissions is the increasing demand for energy resources day by day. Therefore, the importance of using renewable energy sources can be easily emphasized. The impact of carbon emissions, which are released due to human or natural causes, on people is undoubtedly frightening. An example of this is the heat wave in Europe in the summer of 2003, which caused the death of approximately 30,000 people (Şen, 2013).

Carbon emissions are one of the most important issues that bring countries together. Countries have signed various protocols in order to find solutions to this situation. Examples of these are the Kyoto Protocol and the Paris Agreement. In addition to great precautions, we must also take some precautions personally in our daily lives. Such as using public transportation, reducing paper consumption, using recyclable and environmentally friendly products. In addition, raising awareness of people on this issue through social responsibility projects is one of the measures that can be taken.



## Social Media and People

The Internet has changed people's lives incredibly. It is so easy for people to do research and gather data on the web in a matter of seconds.

The Internet has provided our world with different means of communication, and it is accessible to anyone at any time with the click of a mouse or a finger touch. Despite all the benefits, there is a

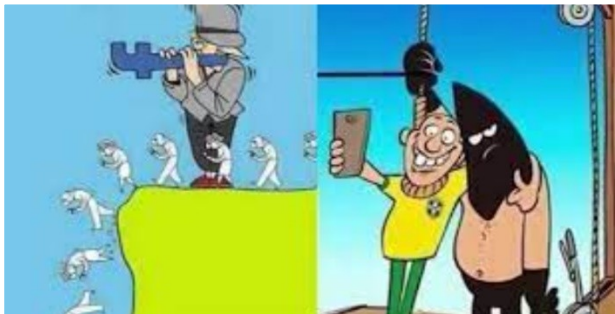


debate of whether it has good influences on individuals or not. Social media, however, has a negative aspect due to the fact that it affects relationships with others, people easily develop psychological problems, and it may cause cyber addiction. Especially teenagers' ideas of friendship have been influenced by the on-line world since young people feel socially supported by having large networks of on-line friends. Social media addiction, especially among young people, causes them

to be negatively affected by each other's lives.

Nowadays, especially teenagers prefer communicating via mobile phones - not face-to face interaction. You might also think that social media allows you to make new friends, but in reality, you may never know who is behind that computer screen. People have the ability to become a different person and escape their reality and create a different image of them online. Most social media users tend to show off as having a better, more comfortable life than they normally do. Research shows that the influence of social media has on teenagers causes them to view the relationships they share with others differently. Not only does social media affect relationships, but it also distracts others from what they are doing.

Networks such as Instagram, Twitter, or Facebook are very hard to ignore since there is constantly new information being updated, like pictures being posted and status updates of friends. Now, many students are admitting that social media networks are the cause of their grades suffering. Since social media networks are accessible to anyone that has a smartphone, people can easily get sidetracked and lose a lot of time without even noticing.



Another harmful aspect of social media is that the keyboard turns into a weapon that is harmful to other people. The emergence of social media has brought about an increase in cyber abuses and threats. Social anxiety has transformed previous forms of discomfort into a completely new way. They find themselves free to act as they please, hide and abuse things online that they would not normally say or do face to

face. The masked identity they acquire thanks to the internet also causes other concerns for the victim, such as increased stress and anxiety.

Social media users should be selective and improve themselves by accessing reliable and quality information. Otherwise, they will disappear within social media.

**Ayşe Gönülal M1-24**

## Turkey Found Its Heroes

I am interested in volleyball, and I have loved watching volleyball for years. I feel so happy when I see “Filenin Sultanları” (Sultans of the Net) on TV. Filenin Sultanları is Turkey’s woman national volleyball team. Especially nowadays, they are very famous because they won the VNL (Volleyball Nation’s League) for the first time. Also, they won the Europe League too.



I felt excited when I was watching their final match. Turkish people didn’t like volleyball as much as football. But now, it has changed. Especially Turkish girls love this team. They are role models for girls. We have to support them because they are fighting for us.

Turkish national volleyball team became the world leader. We are going to host tournaments which will be held in Ankara. We can watch them live. It will be incredible to watch the matches. Captain Eda Erdem is training the team strictly. We have talented players a lot. For example, Melissa Vargas. She is Cuban but she has Turkish citizenship. She is the most popular player in our team. She doesn’t look like a Turkish person, but she feels like Turkish. Also, there is Zehra Güneş. She is the tallest player in the team. She can block very well when she wants.

There are a lot of talented players whose names are unknown. We are grateful for them.

**İrem Yalçın M1-33**



### **Similarities and Differences Between Turkic States**

Many years ago, different Turkish tribes lived in Middle Asia as one nation. Because of the drought, war, and hardships of steppe life, this big nation had to immigrate to the west. However, not every Turkish tribe chose to immigrate; some preferred staying in Middle Asia. Unfortunately, after this immigration, lots of things changed but not everything was changed. Something was still the same.

Today I want to talk about these similar and different things between these Turkish tribes. Firstly, we don't call these tribes a tribe because we stayed far away, so we couldn't communicate with each other for a very long time. Hence, we called all these tribes a different nation. Also, we called all tribes "Turkish," but now we call all tribes "Turkic" because in the global world, only our country, Türkiye's citizens are known as Turkish.

In the 21st century, there are 7 different independent Turkic states. These states are Kazakhstan, Turkmenistan, Uzbekistan, Kyrgyzstan, Azerbaijan, Türkiye, and Northern Cyprus. But according to some opinions, Hungary is also a Turkic state. This idea might not be very false because Hungary is a member of the Organization of Turkic States, and their ancestors were probably the European Hun State's most famous khan, Attila. But they were assimilated too much. Assimilation has always been a big problem for Turkic states.

All Turkic states, except Türkiye, were influenced by the Soviet Union too much. This influence was overwhelmingly about language. Most of the Turkic states were able to save themselves from the Russian language that was used in those days. But especially Kazakhstan couldn't prevent themselves from the Russian language. Still, a big part of Kazakhs can't speak their own language. Every Kazakh Turk can speak Russian, and in their personal life,

they prefer speaking Russian. However, the Kazakhstan government tries to save them from assimilation, and they are trying to teach their own culture and language.

Because of the Soviet Union, Turkic nations' language and culture were changed. But it isn't only about the Soviet Union. Especially the Republic of Türkiye wasn't affected by Soviet Union's culture, but the language and culture of the Republic of Türkiye changed a lot.

After the Turkish tribe's immigration, the Oghuz Tribe decided to immigrate to very rich soils, which are called Anatolia. But this immigration changed lots of things about Turkish culture. Because Oghuz Turks' neighbors changed, and they were neighbors with Persians and Arabs. Especially during the rule of the Ottoman Empire, Anatolian Turks were greatly influenced by Arabs and Persians. Also, this influence includes so many things like literature, language, and culture, etc.

Yes, the Turkic nation was assimilated too much, but not everything was changed, so many things are still the same. First of all, all Turkic state ancestors are the same people like Mete Khan, Bilge Khan, Bumin Khan, Istemi Yabgu, Sultan Alp Arslan, etc. Also, Turkic states have got the same literature. Every Turkic citizen knows the story of Dede Korkut. Dede Korkut is very important in Turkish culture. In fact, Dede Korkut is on Turkmenistan's banknotes.

Finally, symbols are the same in the Turkic nation. These symbols are like animals. According to Turks, wolves, eagles, horses, and steppe animals like these are very holy for our culture. All of these Turkic nations accept these animals as holy. Despite so much distance and after this long time, we can still have similarities and we are trying to connect with each other. Every Turkic nation has got a very rich culture, and they have got strong ties.

**Alperen Coşan M2-2**

## How to Improve Yourself in Academic Life

Hello! I am Melisa. I am going to talk about academic life. Nowadays, everyone wants to be successful. However, some people do not know how. You always have to work hard and be different because of this. How can you be active in your academic life? Here are my ideas.

1- University Advantages: You should take advantage of your university. Thus, you should always check the university website. The website has all the events and news. Sometimes, you will need some information. Then, you will check the website. Occasionally, the university offers different free seminars. Some seminars will give you a free certificate. This is a big point for you because you need some certificates for your job in the future. Certificates are very important for work life. Some people do not care about self-development in their academic life. They just think about their lessons. It is not correct. I think if you are always active in your academic life, you will find a job easily.



2- Your Friends: I think it is very important. You will make friends in the first few months. You should find active and hardworking friends. If you find them, they make you successful. They will always study with you. You will help each other. If your friends are successful, after a while you will become successful like them.

3- Extra Training: You have to continue your self-development. Extra training is the best way for this. It will affect your career. You should follow new free training opportunities around. Maybe, the training will be about your department. Maybe, the training will be about how you spend your time. All trainings are very important for you. You need to learn more information. Do not forget to check!



4- Communities: It is very important, too. Communities give you experience. You will make some friends there. You should choose a lot of different communities and you should join. I think you should join at least two or three communities about your department. Also, you should join communities related to your hobbies or what you want. Communities organize trips to different factories, art galleries, etc.

5- Have Fun: You will never be a student again!



### **Save the Animals**

People have dominated the earth since ancient times, but as the rulers of this world, they sometimes forget that they are not the only ones who live on this planet. There are 7 million animal species in the world. The bad news is that 700 animal species are disappearing every year because of human activities. Moreover, 16,000 animal species are at risk of disappearing in the near future. Many people believe that losing precious inhabitants of the world so rapidly is extremely heartbreaking.

Most countries are now taking precautions because, besides being very tragic, the extinction of animals causes problems such as the disruption of the food chain. The saddest part is that human actions are the primary cause of this problem. Environmental pollution, climate change, and illegal hunting are the most common reasons behind the extinction of the species. For example, the Tasmanian tiger, Caspian tiger, and beta cobra are among the species that became extinct because of poaching. Everyone knows that polar bears live in the North Pole, but nowadays, the glaciers are melting. As a result, polar bears are about to become extinct, too. Unfortunately, many other species are no longer with us due to human activities. Cheetahs, orangutans, penguins, and many other animals are under the same threat. Almost everybody loves pandas. Unfortunately, they are about to become extinct, too.

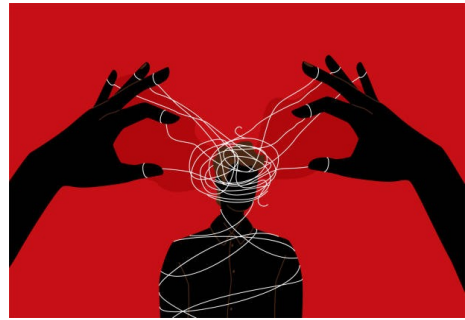
Humankind should be aware that it is the primary reason behind this tragedy. People from all over the world claim that they love animals. We need to ask a question to ourselves. If we love animals that much, why can't we protect them? I hope people in the world step up and do something to solve this problem so that animals will not die needlessly.

**Sudenaz Öztürk M1-5**

## **DEFINITION AND SOURCE OF PSYCHOLOGY**

Would you be on the side of good when fighting the monster, or would you turn into a monster because deep down you knew it wouldn't be a fair fight?

This is a question that helps us define psychology. Psychology is the essence and the source of the deeper reasons for the decisions you make. It is your behavior and your mind that can turn you into a monster or make you a good person again. That is the definition of psychology. Psychology is a science that studies the mind and behavior. It literally means the science of the mind. The goal of psychology is to uncover the underlying meaning and causes of behavior. Psychology is related to the concept of the subconscious; the subconscious is one of the most important sources of this branch of science. The subconscious forms the essence of our answer to the question we were asked in the first place. It explains why we choose to be monsters, but also why we choose to stay on the side of good.



There are many sub-branches of psychology. All these sub-branches enable psychology to serve different purposes. For this reason, psychology can explain and control an individual's behavior in more than one way. Where the mind is a locked door, psychology is the only key to open that door.

Individuals should accept their mental health as much as they accept their physical health and question themselves at this point. We must accept that it is as normal to be a monster as it is to be an angel. Psychology basically explains the difference between these choices and teaches you how to control your behavior.

**SEMA HALICIOĞLU M1-16**



### **The Pain of Turkey: February 6<sup>th</sup>**

Natural disasters are events that occur out of people's control. They can cause loss of lives and property. These events affect people's lives negatively. They vary depending on several factors. There are 31 types of natural disasters in the world.

Earthquakes are one of the most common natural disasters. An earthquake is the shaking of the Earth's surface with the energy released from the Earth's crust. Earthquakes usually occur due to breaking fault lines, but volcanic activities and landslides can also cause them. Earthquakes cause economic and social losses besides physical loss. This disaster occurs in our country so often.

Last year, on February 6, unfortunately, two big earthquakes occurred in the south-east of Turkey. AFAD announced the magnitude of the two earthquakes as 7.6 and 7.7. The first earthquake occurred in Kahramanmaraş at 4:17 am. The people woke up with fear. The second one occurred on the same day at 1:24 pm. People in Adana, Hatay, Osmaniye, Şanlıurfa, and several other cities close to the epicenter of this earthquake also felt these earthquakes. According to AFAD's announcements, 4,323 aftershocks occurred on February 6. After the earthquake, unfortunately, some people could not escape from the rubble. It was really cold that night. And this made the situation worse for people. AFAD teams and other civil defense organizations worked hard that night until the morning to save people. At the same time, people who survived the earthquake helped with the searches. After the earthquakes, unfortunately, 36,187 people lost their lives in cities such as Adana, Hatay, Kahramanmaraş, and Gaziantep. 108,068 people got injured. Not only people in the earthquake region, but 85 million people all around Turkey also felt this pain in their hearts. In fact, the reason for these losses is not the magnitude of the earthquake. People died due to buildings. Poor quality and non-durable materials caused people to die.

Unity and solidarity are very important in natural disasters such as earthquakes. On February 6, rescue teams from our country and abroad worked together and saved thousands



of people. They were miracles: babies a few days old and people over the age of 70. People from 81 cities in Turkey helped people in these regions, too. At the same time, people sent 9 million SMS and raised 115.1 billion Turkish Liras with the “Turkey One Heart Campaign Joint Broadcast”. The pain of the earthquake has eased so far but Turkey has not forgotten and will not forget this date and time: February 6, 2023, 04:17 am...

**Semine Karadağ M1-26**

## EL REINO DE ESPANA

Spain is one of the most visited countries in Europe. The most famous cities are Barcelona, Madrid, and Valencia. The Royal Palace of Madrid, Gran Via, Temple of Debod, and Museum of Picasso are the places you should visit.

Cervantes, Salvador Dalí, and Pablo Picasso are important Spanish artists. Spanish people love dancing. Music and dancing are inseparable for them. Their favorite one is flamenco. It is a type of solo dance. The other cultural dance is Zambra. They dance barefoot. They usually wear black and red clothes with ruffles while they are dancing.

Spanish cuisine is similar to Turkish cuisine. Spain has a Mediterranean coast, and this cuisine includes foods with olive oil, different types of cheese, and seafood. For example, tortilla, churros, Cabrales cheese, jamón, and gazpacho.



Spanish people are interested in football, bullfighting, and bicycle races. Their most famous football teams are Barcelona and Real Madrid. Boxing is banned in Spain because Sabri Mahir, who is a Turkish boxer, beat a Spanish boxer. They could not handle the defeat.

They have a lot of festivals, including Tomatina Festival and Bull Racing Fest. In Tomatina Festival, people throw tomatoes at each other every August. They have been doing this since 1945 in Buñol. If you invite a Spanish person to your party, they will probably show up late. Before the main party, they prepare themselves for the party by

drinking cocktails. They call this "botellón". In Spain, the bride wears a black wedding dress and covers up her face with lace. The groom gives 13 golds to the bride. Spanish people believe that this will bring blessing to the couple.

We hope you will visit this wonderful country one day. By the way, if you text a Spanish person, do not forget to write "JAJAJAJAJA" instead of "HAHAHAHAHAHAHA".

## Artbreeder

Artbreeder is an artificial intelligence-based application. It can offer you a lot of opportunities. I have assessed this opportunity and I have done some work using this application. It was really easy and fun.

If you are playing a game, you can design your character. For example, Al Dungeon provides profile pictures for its players here. Actually, Al Dungeon is another artificial intelligence-based role design game. If you want, you can use both applications together.

If you are interested in art, you can design a special portrait and figure for yourself. It's up to your imagination. In addition, Artbreeder offers you the opportunity to share your artwork. You can view the creations of others, so you can compare them with your works of art.



The application is easy to use and there are paid and free options. Unfortunately, the free option is limited; you can only download 3 images but it is worth trying. My suggestion is to choose the images you download carefully. You can also take screenshots, which is a tip for you.

**Sevilay Sevim M1-8**

## Climate Literacy

Today's world has a problem that is called pollution, and we have noticed it's getting bigger and bigger. Some people who know that this problem is destructive try to keep the world clean for other generations.



Climate literacy means “understanding and comprehending the effects of human on climate and climate on human”. Climate-literate people are aware of their daily actions. It is an important thing today because if people do not do anything about that, our planet might be a place where nobody can live.

It is important to understand what climate and climate change are and their natural causes as well as the importance of 1.5 degrees, which is the threshold value for climate change. Also, learning what needs to be done in the fight against climate change and about the impact our everyday actions have on the world are the purposes of a climate-literate person. I think that's an important thing that everybody should know because we need to keep our planet safe and livable.

**Sıla Şahinal M2-6**

## The Great Turkish Rock Artist “Barış Manço”



Turkish rock music is a genre that emerged from the combination of Turkish traditional music and Western elements of rock music. Also known as Anatolian Rock, this genre gained popularity among younger generations, encompassing various sub-genres and establishing a significant presence in Turkey's music scene. Through its representatives, Turkish Rock music has incorporated diverse expressions from social and cultural perspectives into the language of music.

Born in Istanbul on January 2, 1943, Barış Manço, one of the pioneering voices of Turkish rock music, passed away on January 31, 1999. In addition to his music career, Barış Manço was a prominent figure in Turkish television history. He gained a large audience by hosting popular television programs such as "7'den 77'ye".

There is a story behind those songs you listened to. Here are some of them:

**GÜLPEMBE:** Barış Manço's song "Gülpeembe" was written for his grandmother, Nimet Manço, who passed away during the 1957 Ramadan Bayram.

**DÖNENCE:** In a 1982 interview, Barış Manço explained that the song "Dönence" represents the parallels at the two separate poles of the Earth and reflects the inherent human tendency to seek what is missing within themselves. An interesting anecdote from Barış Manço's life involves his decision to grow a mustache after a lip injury in a 1967 accident in the Netherlands."

In 1969, he won his first “Gold Album” prize and got engaged to Azra Balkan, who was crowned Turkey's Beauty Queen in the same year. The friendship between Barış Manço and the Turkish rock music star Cem Karaca began with a chance encounter on Istanbul's İstiklal Avenue. Their conversation started with a humorous dialogue, each saying, "Is that you?" and "I am that too." Have you ever had a meeting story like this?

Finally, check out this survey to find out which song suits you best, and visit Bursa Uludag University YDYO on Instagram to see the most popular song results.



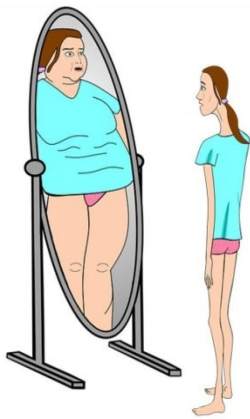
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Simay KUTLU  
Mustafa Eren ÇAĞLAYAN  
M1-11

## The Effect of Psychology on Nutrition

The balance between nutrition and human psychology is one of the prominent topics. The deterioration of one may cause the other to deteriorate. If we ignore this when the balance is disrupted, irreversible damage may occur to the human body and psychology.

Human psychology has a highly variable structure. It can change rapidly, especially in stressful situations. This situation has been the subject of various research. One of these problems is eating disorders. Eating disorders are the group in which the ongoing struggle over the body is most clearly observed. They are a group of psychiatric diseases with biological, psychological, and sociocultural dimensions.



Eating disorders can cause diseases such as bulimia nervosa and anorexia nervosa. Unfortunately, these diseases can affect all age groups, especially teenagers and late adolescents. The prevalence of eating disorders is 1.8% in the general population and increases to 4.1% in the 14-20 age group (Dahlgren et al., 2017).

Runfola et al. (2014) observed that the prevalence of eating disorders in men and women was 4.2% in a study in which individuals aged 18-26 participated and the average age of the participants was 21. This period causes eating disorders to occur at their highest level.

The eating disorder is not a condition that people acquire by choice. It is a mechanism for coping with emotions such as depression, stress, anxiety, and anger. In other words, it is the expression of inexpressible emotions. Sometimes, even if a person's life paints a perfect picture from the outside and everything seems to be going well in his life, his feelings and thoughts about himself and his lack of self-confidence can cause an eating disorder. The increasing impact, particularly on young people, raises concerns among physicians, educators, and parents across various fields. Since their treatment is difficult and long, the importance of protective and preventive efforts in social and educational terms is indisputable.

Since early diagnosis and guidance are vital, our physicians and the close circle of the person experiencing the disease have an important responsibility.

So, what not to say to people with eating disorders?

- “You look sick.”
- “You have become so skinny; you look like a skeleton.”
- “Eat already!”
- “I never understand why you don't eat anything!”
- “Should you take some care of yourself?”
- “Leave no last bite”
- “You are always on a diet, too.”
- “There's nothing wrong with breaking your diet once.”
- "Did you gain some weight?"



**Sümbül Kılıç / Nisa Gülten Varuş M1-10**

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## The Narcissus Effect: A Story of The Daffodil



I love the story about Narcissus. He is a Greek mythological figure that has an extraordinary aesthetic appeal, and charisma. He was the most handsome man in the world.

However, he broke too many hearts but one of them was too precious to break. Her name was Echo and she was an extremely beautiful and polite lady who lost her own voice and repeated what others say. Today, the word “Echo” comes from her name in many languages. Narcissus didn’t love Echo. Then, Echo became ill and died because her love and affection weren’t reciprocated. When she died, her bones became a mountain and her breath turned into an echo. The heavens became angry, and decided to punish Narcissus.

One day, when Narcissus bent down by the edge of a river to drink water, he saw his own face in the water. At that moment, he fell in love with himself but his love was unrequited. He died there just like Echo who loved him so much. A flower rose up at the spot where he had fallen into the water. This flower’s name is Daffodil. It has a yellow center, surrounded by white leaves. It is also known as the flower of love.

However, apart from these things, it is also known as a symbol of modesty and humility. The fundamental problem of Narcissus was that, by idolizing his self-love he became blind to seeing any beauty around him.

In modern psychology, the case of Narcissus is named for a personality disorder. People who have this personality are faced with one problem. The excessive self-admiration, only seeing and appreciating oneself, completely disregarding the beauty of everything else in the world.

# The Milky Way

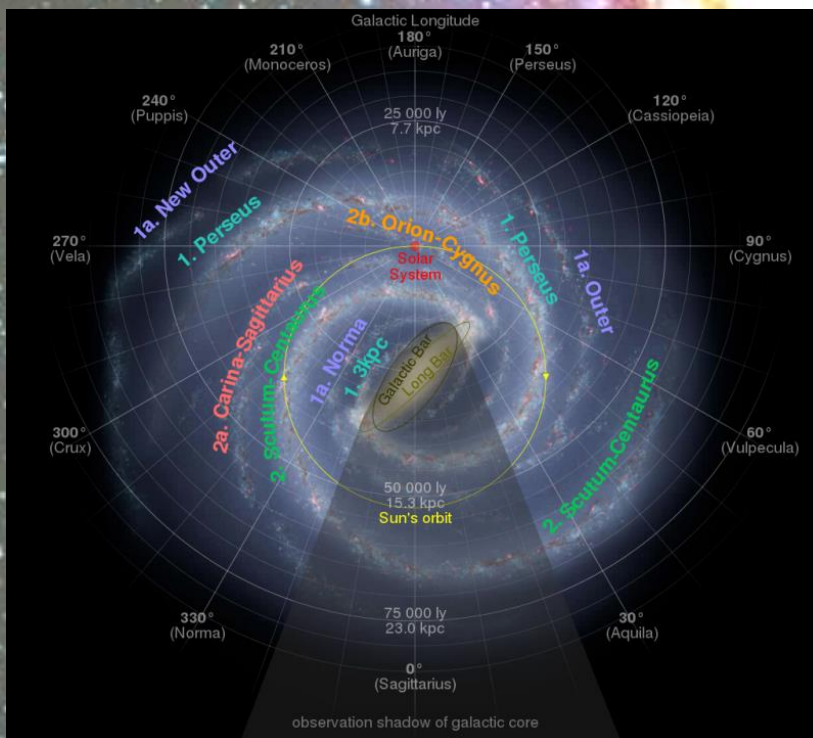
**What do you know about our home, the Milky Way, which contains a supermassive black hole and a lot of stars?**

Our galaxy, the Milky Way, is typical: it has hundreds of billions of stars, enough gas and dust to make billions more stars, and at least ten times as much dark matter as all the stars and gas put together. And it's all held together by gravity. Astronomers conclude that the center of the Milky Way is a supermassive black hole.

Recent research shows that the Way is 100,000 light-years in diameter and is a disk about 1,000 light-years thick. As well we know our galaxy is a type of barred spiral. Spiral arms are where bright stars and clouds that create stars are concentrated along a long star arm that extends from both ends due to swelling and winds through the disk.

**The spiral arms are:**

- 1) Orion
- 2) Perseus
- 3) Sagittarius
- 4) Scutum–Centaurus Arm
- 5) Norma



Our Solar System is located between the two big spiral arms which are called: The name of these two big spiral arms is Orion and Sagittarius.

### The planets in our solar system are:

1) **Saturn:** Saturn is smaller than Jupiter, but it is still a huge planet. It is mainly made up of dense gas. Saturn is famous for the enormous rings around it. Saturn's rings will disappear in the future.

**FACT:** Although Saturn is huge, it is so light that if you could find a swimming pool big enough to drop it in, it would float.

2) **Jupiter:** Jupiter is the largest planet in our Solar System. It is so large that all the other planets would fit inside it if it was hollow. Jupiter is the largest among the gas giants.

3) **Mercury:** Mercury is the closest planet to the Sun. It moves faster than any other planet in the Solar System.

4) **Earth:** The only planet in the solar system where we know life exists.

5) **Venus:** Venus is the hottest planet in the Solar System. Even I can melt at this temperature. And Venus takes more time to spin around once than it does to orbit the Sun. This means that Venus's day is longer than its year.

6) **Uranus:** Uranus spins at a different angle from all the other planets. Some scientists think that this strange spin was caused by a collision with something in the past that knocked Uranus onto its side. Also Uranus is an ice giant.

7) **Neptune:** Neptune is the smallest of the gas giants. Just like Uranus, methane gives Neptune its blue color. It appears red due to the iron contained in its soil and is for this reason also referred to as the "Red Planet".

8) **Mars:** Just like Earth, it has poles, volcanos, canyons and weather events occur during Martian seasons. Scientists are investigating whether there is life on Mars.

### Dwarf Planets

1) **Pluto:** Pluto was downgraded from an official planet to a dwarf planet in 2006.

2) **Ceres**

3) **Makemake**

4) **Haumea**

5) **Eris**



## **Planetary Criteria:**

It must orbit a star (in our cosmic neighborhood, the Sun).

It must be big enough to have enough gravity to force it into a spherical shape.

It must be big enough that its gravity cleared away any other objects of similar size near its orbit around the Sun.

## **Glossary**

*Barred:* A type of spiral galaxy that has a structured shape made of stars.

*Collision:* A sudden impact or crash, like a loud bang.

*Contained:* To hold or enclose something within.

*Due:* Something planned or expected to happen at a specific time.

*Dust:* Fine, dry powder consisting of tiny particles.

*Dwarf:* Something small or miniature in size. *system-ui*

*Enormous:* Extremely large or vast, truly amazing in size.

*Hollow:* Having space inside, like the interior of a tube or container.

*Occur:* To take place or happen.

*Orbit:* The path followed by an object as it moves around another, like a planet around a star.

*Swelling:* The process of becoming larger, often due to increased volume or mass.

**Beril Öztürk & Burak Serhat Dursun M2/4**

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## **Le Film “Pek Yakında”**

Pek Yakında est un film de Cem Yılmaz. C'est un film dramatique. Il est sorti en 2014. J'aime tous les films de Cem Yılmaz mais mon favori est Pek Yakında. Ce film raconte les efforts du cinéaste Zafer pour améliorer sa vie. De plus, j'adore la musique du film et le tournage.



Je trouve également intéressants les thèmes abordés dans le film tels que le combat du personnage principal pour sauvegarder l'unité de son mariage, la volonté de se dépasser et de faire le bien. Les couleurs et les scènes sont superbes. Comme les autres films de Cem Yılmaz, la réalisation est géniale. La sélection du casting est très bonne et harmonieuse. Ce film montre que Cem Yılmaz est non seulement un comédien mais aussi un bon scénariste et un bon réalisateur. Si vous n'avez pas regardé ce film, regardez-le dès que possible et remerciez-moi.

**Semih Kızılcan M1-2**

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## La Formule 1

La Formule 1, également appelée F1, est un sport de course automobile international. La F1 est le plus haut niveau de compétition automobile professionnelle monoplace, à roues ouvertes et à cockpit ouvert.



Les courses de Formule 1 sont régies et sanctionnées par un organisme mondial appelé FIA - Fédération Internationale de l'Automobile ou Fédération Internationale de l'Automobile. Le nom « Formule » vient de l'ensemble des règles que les voitures et pilotes participants doivent suivre.

L'objectif d'une compétition de Formule 1 est de déterminer le vainqueur d'une course. Le pilote qui franchit en premier la ligne d'arrivée après avoir effectué un nombre de tours prédéterminé est déclaré vainqueur. Mon pilote préféré est Charles Leclerc qui est monégasque. l'équipe que je soutiens est Ferrari. J'espère que vous le regarderez et que vous l'aimerez aussi !

**Sudenur Süne M1-1**

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## **Le Film “Coraline”**

Coraline est un film d'animation américain d'horreur. Il a été réalisé en 2009 par Henry Selick. C'est mon film préféré. Je pense que vous allez l'adorer aussi. Le film raconte l'histoire d'une jeune fille nommée Coraline, ayant un goût prononcé pour l'aventure. Elle trouve un monde parallèle idéalisé derrière une



porte secrète dans sa nouvelle maison, ignorant que le monde alternatif contient un secret sombre et sinistre. Coraline est un conte un peu effrayant mais qui finalement nous ravit. Le film est animé avec la technique du « stop-motion », ce qui le rend, associé au talent de Neil Gaiman, divertissant et merveilleux. J'espère que le fil aura une suite, même si la production Laika a démenti les rumeurs à ce sujet.

**Zarife Şana Doğan M1-1**

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## **Le Grand Musicien Barış Manço**

Il s'appelle Mehmet Barış Manço. Il est né le 2 janvier 1943. Il vient de Kadıköy, en Turquie. Il aime beaucoup la musique. Il est musicien, chanteur, compositeur et ambassadeur culturel. Il a composé et chanté des chansons anglaises, françaises et turques. Il est le pionnier de la musique rock en Turquie. Il a obtenu douze disques d'or et un disque de platine, ce qui témoigne de sa notoriété.



La maison-musée dédiée à Barış Manço se trouve à Kadıköy. J'aime les musiques de Barış Manço parce que toutes ses chansons sont belles pour moi. Quand j'écoute ses chansons, je me sens heureuse et calme.

On peut citer quelques chansons de Barış Manço les plus emblématiques : “Arkadaşım Eşşek”, “Gülpeşe”, “Alla Beni Pulla Beni”, “Aynalı Kemer”, “Domates Biber” et “Patlıcan”. En France, il sera connu grâce à deux titres en particulier : « Fairground » et « Susanna ». A l'étranger, ses chansons ont été traduites dans de nombreuses langues parmi lesquelles figurent l'anglais, le français, le japonais et l'allemand.

**Melek Işık Şahin M1-2**

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## Ich zeichne Istanbul

Devrim Erbil ist eine bedeutende Persönlichkeit in der türkischen Kunstszene. Er ist am 16. September 1937, an einem Donnerstag in Salihli geboren. Er ist mit sieben Monaten auf die Welt gekommen. Erbils Familie lebte in Uşak, deshalb steht Uşak als sein Geburtsort. Kleiner Erbils Interesse an Kunst wurde in den jüngeren Jahren begonnen und er ist fast durch ganz Anatolien gereist und hat gemalt, weil sein Vater auf der Eisenbahn gearbeitet hat. Aber Istanbul war immer ein besonderer Platz in Devrim Erbils Leben.



2000er

Erbils Familie ist 1940 nach Balıkesir gegangen und Devrim Erbil hat bis 1954 in Balıkesir gelernt. Er hat in diesen Jahren den ersten Malunterricht gehabt. In diesen Jahren hat er sogar eines seiner ersten Gemälde gemacht. Er hat 1952 *Balıkesir Panayır Kapısı*, *Akçay'dan Bir Görünüm*, *Havran'dan Bir Görünüm* gemalt. Er hatte seine erste Ausstellung im Alter von 15 Jahren, und er unterschrieb sie als "DEVİRİM". Er war ein abstrakter Künstler und Maler, deshalb waren seine Bilder zu Rot, Gelb und Blau. Seine Linien waren undeutlich, aufgeregter und überschwänglich. Er war eine bunte Persönlichkeit in einer schwarzen-weißen Zeiten. Er malte für die

Jahre.

Die Kunst von Erbil ist von dem Fest beeinflusst, das nach den Stromausfällen veranstaltet wurde. Wegen des Krieges wurden die Straßen einige Wochen dunkel. Dann wird ein buntes Fest gefeiert. Die Sehnsucht von Erbil nach Farbe kommt aus diesen Jahren, weil es in der Kriegszeit keine Farben gab.



Nach 1977 malte er "Bilder auf Vögeln" über die Stadt, die Menschen und die Natur. Die Bedeutung, der Begriff und die Existenz der Linie sind ihm zu wichtig. Wir sehen in *Istanbul Süleymaniye'den Kırmızı* zum Beispiel den Bosphorus und die Hagia Sophia. Die Vögel von Erbil fliegen über die Hagia Sophia. Die Vögel sind eckig, sie sind weg und undeutlich. Bosphorus und Hagia Sophia sind ganz rot. Oder in seinem Gemälde *Haydarpaşa* sehen wir Haydarpaşa mit vielen blauen Linien. Die Bosphorus ist immer noch blau. Er hatte in seiner Kunst viele verschiedene Stile. Die Geometrie, die Satire und die abstrakte Kunst befanden sich in

Devrim Erbils Kunst. Diese Bilder sagen euch: Vielleicht ist die Aufregung rot, vielleicht ist die Traurigkeit blau, aber Istanbul ist immer schön.

## Historische Entwicklung des Klaviers

Das Klavier ist ein universelles Instrument und besteht aus einer Kombination vieler Teile. Die Vorfahren des Klaviers sind Tympanon und Psalterium. Sie sehen ein Tympanon auf dem Bild 1 und ein Psalterium auf dem Bild 2. Diese Instrumente wurden aus Asien nach Europa gebracht. Das Tympanon war eine Holzkiste. Auf dieser Holzkiste waren Drähte gespannt. Die Musik entstand durch das Anschlagen diese Drähte mit einem Bogen. Das Psalterium hatte drei Ecken. Das Psalterium wurde durch Berühren den Drähten gespielt.

Im 15. Jahrhundert zu dieser beiden Instrumente wurde ein Mechanismus hinzugefügt. Als Folge dieser Änderung erhielt das Tympanon den neuen Namen Clavichord. Sie sehen ein Clavichord auf dem Bild 3. Der Name des Psalteriums war Epinet. Allerdings konnten mit diesen Instrumenten immer noch keine kräftigen Klänge erzielt werden. Aus diesem Grund wurde die Anzahl der Drähte im Epinete erhöht. Dieses neu geschaffene Instrument wurde Cembalo genannt. Sie sehen ein Cembalo auf dem Bild 4. Das Cembalo begann im 17. Jahrhundert weit verbreitet zu sein. Allerdings ist die von Musikern gewünschte Lautstärke noch nicht erreicht. Aus diesem Grund wurde das 4-Oktaven-Klavier 1711 von Bartolomeo Christophori in Florenz, Italien, erfunden. Dieses Instrument heißt Piano Forte. Im Laufe der Zeit wurde aus dem Instrument der Name Piano aufgetreten.

Es gibt berühmte deutsche Komponisten, die Musik für das Klavier komponierten. Beispiele hierfür sind Johann Sebastian Bach, Ludwig van Beethoven, Georg Friedrich Händel und Robert Schumann.



*Bild 1. Tympanon*



*Bild 2. Psalterium*



*Bild 3. Clavichord*



*Bild 4. Cembala*

## **Rafting als Hobby**

Was machen Sie in der Freizeit? Wenn Sie Aufregung erleben wollen, dann möchte ich Ihnen ein neues Hobby vorstellen. Rafting wird immer beliebter, aber man kann nicht überall Rafting machen, denn Sie sollen sich in einem Bach mit einer hohen Durchflussrate befinden. Die Schwarzmeerregion ist ideal für diesen Sport. Jedes Jahr findet dort ein Rafting-Rennen in der Türkei statt. Es ist jedes Jahr im Juli und dauert ein bis vier Tage. Es kommen etwa fünfzig bis dreihundertfünfzig Besucher. Viele Menschen aus dem Ausland lieben die Türkei auf diese Weise.



## Sieben Länder, Sieben Antike Städte

Die Welt hat viele antike Städte, aber ich will nur von sieben Städten, die mich sehr interessieren, sprechen. Ich hoffe, ich sehe mehr.

### 1. Türkei - Ephesos



Ephesos ist in Izmir. Die Stadt, die aus dem siebten Jahrhundert v. Chr. stammt, hat viele architektonische Werke. Zum Beispiel; Tempel der Artemis, Celsus-Bibliothek und Yamaçevler. Ephesos ist ein wichtigstes Werk der klassischen Archäologie in der Türkei. Ich denke, Ephesos hat faszinierende Atmosphäre. Alle sollten hingehen!

### 2. Italien - Pompei



Pompeii ist in Napoli. Erste Siedlungen in Pompeii wurden im achten Jahrhundert v. Chr. gegründet, aber Pompeii wurde im Jahre 79 mit Vesuvausbruch bekannt. Pompeii war eine kommerzielle und erweiterte Stadt. Aber Pompeii und die Einwohner sind unter der Lava mit dem Vulkanausbruch geblieben. Der Ausbruch ist ein erschreckendes Naturereignis, so kann die antike Stadt gruselig sein. Trotzdem interessiert es mich.

### 3. Jordanien – Petra



Petra wurde von 400 v. Chr. bis 106 n. Chr. gebaut. Es wurde in die Felsen durch Eingravierungen gemacht. Petra hat einen Tempel, ein Amphitheater, viele Felsgräber und das berühmteste Khazne al-Firaun. Petra ist als „rosarote Stadt“ bekannt. Ich denke, Petra ist wirklich prächtig. Petra wurde als Filmkulisse benutzt, z. B. Sindbad und das Auge des Tigers, Indiana-Jones und Transformers: Die Rache der Gefallenen.



### 4. Peru - Machu Picchu

Machu Picchu ist in den Anden über dem Urumbabatal. Die Inkas Stadt wurde im 15. Jahrhundert erbaut. Man nimmt an, dass Machu Picchu als heilige Städte für den Sonnengott Inti errichtet wurde. Machu Picchu hat den Torrémenturm. Er wurde verwendet, die Sonne in Juni zu zeichnen. Ich denke, Inkas waren eine Gemeinschaft, die sich für die Astrologie interessierte. Machu Picchu ist einer der Orte, die ich am liebsten sehen würde.

## 5. Tunesien - Thugga



Thugga ist die am besten erhaltene antike Stadt in Tunesien. Thugga wurde für die Ehre eines Prinzen im 2. Jahrhundert v. Chr. erbaut. Außerdem wurde dieser bekannte Ort als Römische Städte im 3. Jahrhundert n. Chr. verwendet. Thugga hat ein antikes Theater, viele Tempel und ein Aquädukt. Ich denke, Thugga ist interessant.

## 6. Kambodscha - Angkor Wat



Angkor Wat ist im Jahren 1115 - 1145 eine Tempelstadt. Er macht mit seinen bergförmigen Kuppeln aufmerksam. Der Tempel ist berühmt mit seinen Steinskulpturen. Er gibt uns Informationen über die indische Mythologie. In Angkor Wat Stadt gibt es auch viele andere Tempel. Ich denke, seine Architektur ist wunderschön.

## 7. Libanon – Baalbek



Baalbek wurde um 1100 v. Chr. von den Phöniziern gebaut, in Römischer Zeit lautete sein Name Colonia Heliopolis. Außerdem ist Baalbek berühmt mit sechs großen behauenen Steinblöcke. Es gibt ein antikes Theater, eine Thermen und andere antike Gebäuden in Baalbek. Ich glaube, er ist ein schöner Ort.

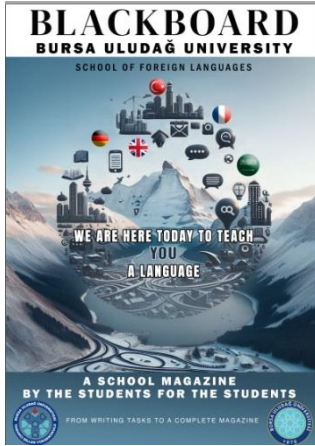
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