

# AYDIN PENS

*Young*



MONTHLY MAGAZINE by ENGLISH PREPARATORY SCHOOL

February-March 2017 / ISSUE 1

## THE GIFT OF

*Life*

There is no doubt that every human life is very important and valuable. The possibility of leading a good life depends on our health. We don't know what life will bring us and maybe one day our life will be saved by someone whom we don't know. I would like to make people aware of the importance of organ donation, which is the act of a considerate and responsible person who thinks about the lives of others even after his own death. Everyone is a potential donor or recipient of organ donation. Donating organs and tissues after death can mean life for not just one person, but for many people from young to old. Anyone, who is aged eighteen or older and who is mentally capable of making the decision, can pledge their organs before death. Also, children, who are under the age of eighteen, can be an organ donor after death if their parents allow it. Actually, organ donation is not only done after you die, we can also donate a part of the body while still alive because we have two of some organs or we can donate a piece of another. For example, we have two kidneys, so we

can donate one of them to whoever needs it. We can also donate a piece of our liver to family members and even strangers. Being an organ donor means that you are some kind of superhero who can save the lives of those in need.

As for statistics in Turkey, organ donation has been increasing over the years, but still not enough people are donating. Only 25-30% of families agree to donate their relative's organs and tissues, which means that we can rarely take organs from a cadaver in Turkey, but in more developed countries, there is a huge difference, such as in Spain and other European countries, Canada and also America are ahead of Turkey in regards to organ donation. Not only cadaveric donors, but also living donors are in short supply in Turkey. The number of patients who are on the waiting list for an organ is increasing day by day, so we have to raise people's awareness and encourage them to donate their organs and tissues.

There are some reasons why people are afraid of becoming a donor. First of all, it could be for religious

reasons, but those people are wrong because most religions consider it as a gift to people who are suffering from a need of a specific organ in order to lead a healthy life. Muslims are especially anxious about it, but the Quran itself says, in Maide sura 32.verse: "If anyone saved a life, it would be as if he saved the life of the whole people." So there is nothing to be worried about. Secondly, people are afraid that maybe their organs will be taken when they are only in the coma. However, cerebral death and vegetative state are different conditions. Cerebral death means there is no chance of coming back to life and a vegetative state means you have the chance to return to life. Doctors know the difference, so there is nothing to worry about because they are here to save lives, not to end them. Thirdly, people think it costs money to donate organs and tissues, but it doesn't cost anything to be an organ donor. Next, some worry that it may disfigure them, but it doesn't affect the body or the way it looks. And the fifth reason is, some people may be afraid of contracting HIV or cancer, but these patients can't donate their organs; however some cancer patients can sometimes

have their organs evaluated. So, it is important that they definitely report these conditions when becoming a donor. Lastly, if the person wants to change their mind about being a donor, surely they have a right to and they can also choose which part they want to donate, so they don't have to give all of their organs if they don't want.

In conclusion, time is so important to a recipient while awaiting an organ transplant. Every donation means an open door to a new and fresh life for those in need. We should show empathy because anyone can one day be in need. So, my purpose is to raise awareness about the significance of organ donation and save as many lives as possible. Remember, after death our bodies will decompose and disappear, so if we don't donate our organs and tissues, they will be lost forever when they could instead give life to another human being. Donating is the most beautiful gift we can give to the world.



Sebahat ÇAKMAK

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We become ourselves through others.

# NOT ANGEL NOT DEVIL

Just remember that you are human and mankind isn't perfect. So don't try to be an angel because we are full of mistakes. And don't try to be a devil because we are full of goodness. Just try to be a human and remember human nature is a combination of goodness and badness. We carry two souls inside us, angels and devils. Two souls in one human soul. They always have their own battles and their war never ends. Sometimes the good soul wins, other times the bad soul does. However, that doesn't mean we are good or bad. It clearly means we are human.

We cannot be angels so don't try to be perfect by walking on the safe shore in order not to make any mistakes. You can't learn sailing without being wet in the ocean, which is called life. Don't believe that perfect people were born perfect. Perfection doesn't mean they are perfect, it means they have lost many people in their lives, who could be friends or lovers, also things, which might be dreams or ambitions. These losses are the things which have formed their personalities and built up their strength. Being perfect doesn't mean they haven't been awkward at some time. Being clever doesn't mean they haven't been stupid at some moments. Simply, you have to walk all the way of imperfection so as to reach the highest level of perfection that a human could reach. Certainly, you have to pursue the perfection. Even though you know you can't reach it, you have to keep trying all the ways which lead to it. You may ask why I should chase the things I can't reach. Because the key here is not to reach perfection. The idea is the same as when someone is trying to reach the sky. Even if s/he knows they can't reach it, yet they climb the highest mountain to be close to it. If they can't touch the sky, they, at least, will be able to touch the clouds. Here is the key to being at the top of the mountain or being satisfied with being at the bottom: you are the one who create your destiny on this earth by the

choices you make.

Regardless of your surrounding's negativity, do not allow the devil inside you to come out. If something hurts you, don't try to take revenge from the whole world. Because you can't have all that badness in your heart. Even if you try to be, you will find thousands of reasons deterring you. In every gloomy day or scene, try to look at the sky and ask the sun how it could shine again after night kills its beams every day or ask the trees how they could survive after losing parts of their souls every fall. Just look around you and ask any creatures you want how they could revive the dead soul inside them every time they lose. All of them will give you the same answer: you have to lose in order to gain. This is the law of life. It takes things which you might think are good to give you the best. So, on bad days don't judge life early, there is always time for the best things to happen. Just be patient and you will see how grateful you could be one day for the worst days in your life. An example of losing and gaining is yourself; if you want to gain yourself, you have to lose first. Have you ever been lost in a forest or somewhere else? Of course, most of us have lost their way in the end in some way or another and we have found our way back. You can try the same thing on yourself but this time you lose it mentally not physically. I don't mean to be crazy, what I mean if you go to a forest, for example, and get lost and there is nobody to help you, who will you ask for help? Absolutely, you will ask yourself even if you know that you don't know the way, but when you ask yourself you will find your mind helping you unconsciously to find the way and it succeeds in the end. Actually, losing your way or losing yourself in the way is kind of the same thing; first one helps you

to find your way and the second one helps you to find yourself. Both of them seem alike if we look at them from outside and that is true. Because the difference happens internally. What all of that means is if you need any help, the first one you have to ask is yourself and it will help you find your way back. All you need is to give yourself the chance to help you. Your own soul is the only one who will help you find the light in the darkness. All you need is to give it a chance rather than give yourself up in a devil way.

In conclusion, don't look for idealism because it is a lie. Don't let its idea fool you by keeping you away from making your own mistakes, which are the real teachers in life. And don't degrade the deficiency because it is the other side of our personality. In the end, don't try to be somebody else, neither angel or devil. Try to be yourself, in all your goodness and badness, whatever you are, you can't be less or more than a human.



Mudallala MOUSA

## DISCRIMINATION AGAINST HUMANITY

Discrimination is a preconceived idea about a person, a group or a class of people because of their special features, such as religion, colour, etc. Although this treatment can occur in a positive or negative way, the word "discrimination" mostly means maltreatment. In communities, discrimination can be seen against language, religion, race, sexual orientation or gender. In these kinds of situations oppressed groups are mostly minorities and the oppressing groups have mostly a fascist attitude. In this article, I would like to talk about gender discrimination against women (sexism) and racism.

Gender discrimination starts with giving birth to a girl. Following this, restriction, humiliation, sexual abuse and assault. Think about Özgecan Aslan, Z.O and any other women who has been beaten to death, burnt, killed and put into the trash. Even though we are in the first quarter of the millenium, women have still been treated brutally, as if they were worthless. For instance, domestic violence is one of the biggest crimes that women face. Thousands of women are killed by their husbands, boyfriends, brothers and fathers. Unfortunately, domestic violence is legally accepted by many countries around the world. In 2010, the United Arab Emirates Supreme Court legislated that a father can physically discipline his wife or kids without leaving visible marks. In some cultures like Cambodia, women get attacked by acid because of jealousy or revenge, and they are left with scars on their faces and damage to their psychology for the rest of their lives, but this is not the only difficulty that women face. There is also,

forced marriage, which is still very common around the world, especially in the Middle East. Sadly, some women in some countries have no right to refuse it. Men think that they have the right to abduct women, make them their slaves, rape them and even kill them while ignoring their dignity. Also, in most forced marriages, there is domestic violence.

In addition, when the subject comes to racism, the most known discrimination is the one between blacks and whites. Black people were enslaved, oppressed and alienated by white people for centuries. In the past, they weren't equal to other people, sometimes they weren't even given the chance to live. Actually, to see this, it is not necessary to look back as it is still happening today. A black man can easily be killed by a policeman for no reason. A black teen can be locked up in jail even though he hasn't done anything, except be black. And in 21st century, these are all happening more brutally and bloodier than ever before. People can't even defend themselves by saying "black lives matter", against the police. If a black man can't get hired for the job he wants, humiliated or even killed barbarically in front of his family, this means we are not civilized and modern, and this is all our fault. This is a war and children should only know the word "war", they shouldn't live in it. It doesn't matter who is facing it, or who does it, every form of discrimination is a hate crime and it has to stop if we want to have a happier world.



Nagehan ADIGÜZEL

# THE FUTURE OF THE WORLD IN OUR HANDS

Unfortunately, we human beings are killing our nature day by day. Actually, people are becoming modern and they start to harm nature, so we can see many effects today. Because of the rapidly growing populations, we see shopping centers and plazas almost everywhere, except for the green area that we need. If we expand our subject a bit, instead of investing in stores it is more significant to contribute to human development. Appearance can be a bit important but in my opinion the level of people's development is far beyond them. There are many examples of this similar situation in our country, so instead of replacing the cobblestone every year, valuable work from Ottoman or precious artifacts which have remained can be restored by a professional person. We know that our country has been a cradle of many civilizations in history. We are lucky because we have a really gorgeous country from east to west and north to south. Turkey is in evidence at many of aspects like geographical location, historical perspective, cultural harmony etc. We should protect the beauty of the past without destroying the green areas. The way of all these beauties goes through training the next generations. We should protect our worthy heritage to pass to the future generations.

Because our past is rich and rooted, we have some famous important figures such as architect Sinan, Fuzuli, Piri Reis and most importantly Mustafa Kemal Atatürk who gave us freedom of the republic and freedom. As is known, a strong past means a strong future. If we turn back to today, our priority must be to educate our people about environmental consciousness. I mean the reality of environment can change according to the benefits that are provided to people, like nuclear energy and carbon dioxide emission from factories which seems to be use-



ful, are actually more harmful structures. As an individual we should be aware of the small and big problem. An example of this could be to leave food on the street to help animals but they are not aware that they are making our environment filthy. In my opinion when education and consciousness are combined with the past enormous works, we will be able to establish a conscious community. I will start with myself and my daughter doing exactly that!

Sema BAKİ



## MR. SLAVE

When did we forget to be human? When did we became slaves of machines? What is the meaning of life for us? Just buying a house, some furniture and a car. I'm sorry, but it is true. We idolize these things.

An average person works eight hours in one day then spends two or three hours in traffic and it also takes at least 1 hour to eat and go to the bathroom. After that, we sleep eight hours and then have four hours left but still we pay the bills and buy some food or take our car to the mechanic. How much time is left? 1 or 2 hours. Now somebody says slavery is out. Knock knock, we're a slave, but we aren't aware of this therefore this is the worst slavery ever. We're sleeping even at the moment. We have two eyes, but we don't see anything. We have to question everything because we wouldn't be human without wondering and questioning, this is in our nature. We must start questioning because when we start questioning, we get rid of our invisible chains and take control, but this isn't easy because the "Big People" don't want us to think, they want us to be slaves therefore they put TV's in our homes. Oh I'm sorry, actually we go to the Big Mall and buy them. They both take our money, like handcuffs on our brains so they get back the money we earn, that's perfect. I'm sorry but I can't tolerate this anymore. It's time to wake up, we can be alive without watching TV or using a mobile phone.

Stand up and say, "I'm not a slave, I want to be free, I want to learn the facts, I don't want to eat GMO foods, I want to live without wars so we rebel, but it won't harm the environment. We must have some different ideas and questions. We must change our life style and learn while sharing with each other. We must rebel because we don't deserve this.

*"Don't give in  
without a fight"*

(Pink Floyd-Hey You)

## Our Thoughts for our Friend

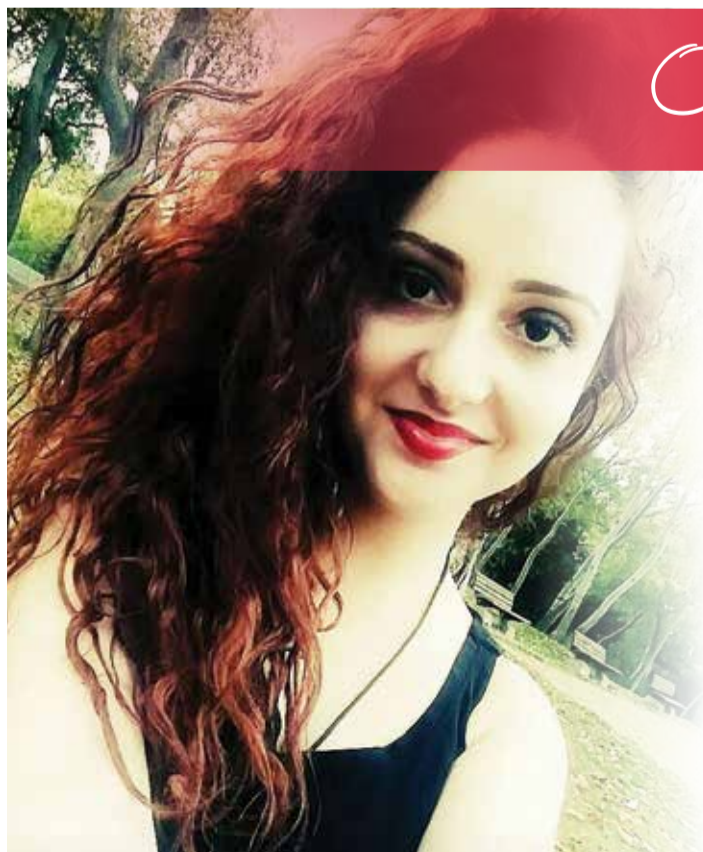
Eda Nur BAYIK, our schoolmate from class 322, had a serious traffic accident on December 15th. Having been hit by a truck, she was taken to Bakırköy Dr. Sadi Konuk Hospital with the help of people who witnessed the accident. A couple of hours after the accident she slipped into a coma and was admitted to the Intensive Care Unit. Since then, a very long period of waiting started for us and her family. Our Advisor, and some of our teachers, were with us continuously, which was a real comfort. We have never lost our hopes and belief although the doctors said that we should prepare ourselves for the consequences. We know that Eda is a very strong girl and she knows how much we love her. We are always sending our positive energy to her to get well. We know that she will win this fight and we will laugh together again. Eda has made great progress recently. Special thanks to all our teachers and friends who helped at the hospital during this difficult time.

Didar Şevval KAYA

Fevzi Oğulcan UTLU

Can DEMİRCİ

Mehmetcan ÖZEN



# WHO IS REALLY DISABLED?

Just imagine, one shiny morning you wake up, push the button on the kettle to prepare your morning coffee, then you get dressed and go to work or school. You have an important meeting or a final exam so your mind is very busy and all your brain focuses on is what you are going to do. Then you hear a terrible sound while you are crossing the road, but it is too late to move off. Welcome to the other side of humanity. You are a disabled person now and all your life will change from here on in. Your life will not be as easy as it used to be.

Well, let's start to guess what kind of

difficulties are waiting for you. First of all, when you wake up, you will need a wheelchair to go the bathroom to wash your face and perform your other daily activities at work and home. Then if you are still not fired from your job, you will need to take a bus or taxi to commute to work or school. However, it will not be that easy, because you cannot move your feet and there are no wheelchair accessible ramps for disabled people to access public transportation. When you get to work or school, you need an elevator to go upstairs. If you are lucky enough, your workplace or school has an elevator, but if not, what will happen then?

Have you ever paid attention to road or streets before? Assume that you want to go to the park or hike in the forest, nothing is designed for the disabled. You can use your own car, but when you need to park it, you won't find a free parking space for your car. Nobody cares about you and they ignore the disabled parking sign. Please think about it, who is really disabled now? You or society, you or those insensitive people.

When you get back home, you will need to get a plate or a glass to eat, but you cannot

reach them. You should design your house again for your comfort. You cannot go to the restroom alone, you cannot reach your bed alone, you cannot take a shower alone. It sounds terrible, huh?

On the other hand, half of the battle is your psychology; many people will look at you as if you are a freak, many people think you need mercy from them. While you are trying to fight for your own life, they will make it worse, not better. Why, because they don't know anything about being disabled just as you were before.

"How can these people attend to social life, start a family or have fun without any worries about their appearance? How can they have a baby, study, and work with these limitations?" While your life is rolling on, somebody suffers from your apathy. Of course, the governments should do something about their life conditions and their employment but firstly, please stop pretending to be blind and please do not respond to the disabled with positive discrimination. They are just like us, they have feelings and they deserve to be happy. We should help them whenever they need just as how we help each other in daily life, stop feeling sorry for them and make more. Talk to them, share your feelings, and try to understand their feelings, smile and cry with them as real friends do. Do not put it off, take action immediately!

Happily, many universities in some countries such as in Canada, the United States of America, Australia, New Zealand, England, Germany, Norway, Denmark, Sweden, Brazil, Japan, Singapore, Ecuador and also in Turkey (Sabancı University and Middle East Technical University) have already started to take action for a better life for those individuals by starting barrier-free campus projects.

Seda ÇAKIR



## Do You Like METAL MUSIC?

Atakan GÜLSEVER

Have you ever listened to metal music before? Oh no! Don't say that "Metal Music is for the Satanists!" Do you know how many metal music lovers are offended when they hear that? Or how many people call these lovers as the community who cut kitty, or the devil ones? What disrespectful prejudice!

First of all, metal music is just a genre which includes bass guitar, electro guitar, drums and the vocal (especially brutal ones!). It appeared in the early sixties in the UK and the USA. It includes deep and heavy sound, a solo guitar, and a crazy vocal! It's just a harder version of the Rock Music. Also, metal music is divided into branches which are trash metal, glam metal, groove metal, doom metal, death metal, black metal, etc. We can only count the black metal as a satanic music. But it doesn't mean that all these branches are demonic.

Do you know Metallica? Metallica is the leader of trash metal and the most popular metal band in the world. We can find people who adore Metallica all over the world. In 1991, 1.6 million people went to Metallica's concert in Moscow, and you can also see in the concert video soldiers who were head banging at that moment. Just imagine 1.6 million people in the same area. It's higher than many of our cities!

According to the Queensland University's research, metal music affects aggressive people in a positive way. They have tried it on 40 different people, and they found that there is a clear decrease about aggressiveness, hatred, nervousness, and stress. On the other hand, they realized that metal music increases the adrenaline hormones and creativity. In addition, we can easily say that metal music is also helpful for our soul.

There is also a lot of academic research about metal music.

For example, researchers from universities in the Netherlands and Germany carried out the project with 30 people. They tested how important heavy metal cultures were before and after writing about death. For "group A" they played a song which is Slayer's "Angel of Death" and for "group B" they played an audio book. The psychologists said the results from these tests showed listening to heavy metal music improves self-esteem for fans and helps them to overcome the idea of dying.

Unfortunately, there are so many people who have a hatred against the metal music fans. I've just witnessed a scene on the Metrobus. There was a boy near the door, and he was listening to metal music. He was dressed in black, his hair was long, and he was wearing earrings. Suddenly an old man poked him, and he said: "These Satanists are increasing day by day." I was speechless. Who gave you the right to judge him? I'm sure nobody. We shouldn't judge people based on the style of their clothing. Black is the only color which includes maximum and minimum tone, and all the metal fans love black because "black" is freedom itself for them. Also, it shows you fitter than you exactly are!

In fact, metal music doesn't harm people. It helps people in psychologically.

We don't expect you to love metal music. However we expect you to respect people who listen to this type of music. Don't judge people on their physical appearance. We can't predict the future. I used to be a pop music listener, and I've changed my mind. If you ask me "Should I start to listen to metal music?" I would say: "Tomorrow I am going to teach you how to head bang!" Who knows? Maybe you will be the showy head banger one day. Keep on rocking!



# THE ROLE OF THE FLESH IN LOVE

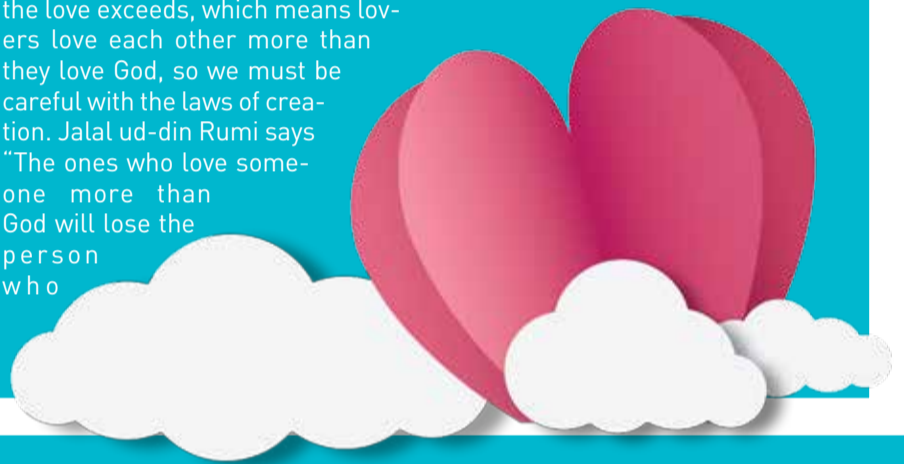
Love resembles the life of a plant which is growing. As people have, plants also have a relationship with nature. No relationship can always be happy or go well. This is so clear, even for the plant because the weather is not sunny, it can be rainy every day, and it may even be stormy or snowy. This means that couples don't have a relationship which can always be cheerful or go perfectly either. It does not matter what kind of life the lover has because the relationship will always have a different mood, just as the love between a plant and nature. In fact, there is something different that people perceive erroneously. That thing we call life is not actually a life to satisfy ourselves, but is a life of tests, which is full of the flesh that possesses a control on us because of being easily beaten. And I call it the main breaker of relationships of lovers. To be honest, no one can deny that because whatever we do or wherever we go, it is with us. And when we observe the situa-

tions of couples we can see that they denigrate love and they are not even aware of the flesh, which cannot be detected easily. The need to love and be loved, which people have felt since their existence, can cause some psychological problems that make people depressed. However, as a source of those problems, the flesh takes over the key role, but when it comes to finding the solution to the problem, most people cannot even make a guess of the flesh that changes their behaviours to cause their relationship to be over. Albeit the flesh takes over the key role, which is one of the most fundamental reasons for being created to love. In fact, real lovers are half hearted, but they are not even aware of it because the heart plays the main role for people to survive and the thing that makes the life of lovers meaningful is the other half of the heart, which is another person. Therefore, there is a phrase which I see the reflection of my shade; a loveless life for peo-

ple resembles a waterless universe for the plant; it resembles a sunless world. Therefore, in that phrase, we can understand the importance of love. Yet, no matter how important it is when the sun approaches the plant, even one millimetre more than needed, it burns the plant. As for people, the situation is the same, too because lovers are always having arguments when the love exceeds, which means lovers love each other more than they love God, so we must be careful with the laws of creation. Jalal ud-din Rumi says "The ones who love someone more than God will lose the person who

they love." and the thing that the flesh wonders is what the meaning of blaming love is. No problem, even if you do not like me, do not forget that the reason I am taking a walk in your souls is to make some sense of the tests in your life.

Firat AKTAŞ



## BEAUTY STANDARDS AROUND THE WORLD



Beauty is happiness. Perception of beauty changes from culture to culture in the world. Beauty has been defined in so many ways, and it has been described through pictures and concepts. If you look a little bit deeper, you can see that everybody has their own unique features. And it is different for each individual.

Every country has their personal and cultural beauty standards. So that means you could be beautiful in one country and not even attractive in another one. There is this famous saying "Beauty lies in the eyes of the beholder." Does it seem to reflect the enriched humans and perceptions of what beauty is? Everyone has a different perspective about beauty, and this difference made me look into how different cultures and countries define beauty.

After lots of research, I came up with what beauty means in all around the world. Here are some of the countries that I focused on:

### SOUTH KOREA

In various part of Asia, pale skin is very important. Koreans cover their arms, wear hats and apply skin lightening cream that has 15+ SPF built into it. Actually, there are many arguments as to why Koreans like to be pale; one of them is their historical context of being tanned. According to this, if you were tanned, that would mean that you are a poor farmer working outdoors, as compared to people who have light skin, which represented luxury, richness and lack of wrinkles.

Another trait that defines a Korean beauty is having "double-eyelids." They also love big eyes. Also it defines your attractiveness there. Korean celebrities are known to have surgery on their faces, and people who cannot afford the surgery use double eyelid tape. This type of surgery is one of the most important surgeries in South Korea.

Last but not least, physical trait is having a "V-line" face. If you do not have a V-line face shaped jaw, don't worry!

Surgery is ready for you in Korea. Plastic surgery is pretty normal in South Korea. Even parents give their children money for surgery when they are eighteen.

### IRAN

In the middle-eastern country Iran, a nose operation is very common for boys and girls. It is the ultimate route to be beautiful, the ultimate status symbol. Both men and women wear their bandages with pride. Even if some of them don't get the operation, they still wear it. Because of the strict dress code in Iran, women cannot show what they can truly show off to look perfect. Due to this, they focus on other beauty trends like kohl-lined eyes and thick brows. Kohl is an ancient eye cosmetic, which is a type of makeup, used to put a black or dark gray line or mark around the eyes.

### KENYA

For the Masai women of Kenya, it is all about earlobes. They pierce them and

then stretch them out. Sometimes, they even remove the two middle teeth from their bottom jaw, and they shave their heads. The bigger your earlobes, the more attractive you are in Kenya.

### TURKEY

In my country there are no strict rules or dress codes to define beauty. However, these days, women are using contact lenses. Since colored eyes are not very common, girls tend to use colored lenses. Also skin colors change pale to dark. As a Turkish girl, nobody follows the same type of beauty trend.

These are just the some examples. Actually, beauty is how we define ourselves. How we feel deep down inside is the route to our true radiance, the true route our beauty. Smile at people! Smiling makes you look beautiful. Just put a warm smile on your face, and most importantly, love yourself. Don't compare yourself to anybody. Don't forget you are beautiful the way you are.

# EUTHANASIA

Tuğsel ÇELİK

Euthanasia is a mercy killing that has been around since ancient medicine was used for incurable sickness and people who lost conscious or had an unendurable life. In ancient Rome and Greek history, many people were euthanized. However, according to the Hippocratic oath, they had to cure the patient, and no matter how hopeless they were, the doctor had to explore all possible cures, but some doctors did not adhere to the Hippocratic oath and supported the act of euthanasia for the sake of those who were hopeless. However, the majority of the doctors were opposed to the act of euthanasia as they did not want to take away the right to life as given to them by God.

And, now, it is still one of the biggest problems in our post-modern age whether or not to let people make the decision of being killed. There are two types of euthanasia; the regular and the passive euthanasia. The passive is when the doctor stops giving medicine to a patient or decides to stop curing them. People from different religious backgrounds believe that only God can take someone's life and no one should not

be allowed to kill someone else. Most of such people believe that if God wants to take somebody's life, then he does it directly, and never by others. So, it can be said that as a result of religious facts, most people are strongly against euthanasia. For example, in Islam, you have to do everything possible to make your own life longer and you have to live it because the soul and the chance to live is valuable and given by God. So, ending your life via euthanasia or any other method, such as committing suicide, etc. would be evaluated as murder. In Judaism, it also says the same thing; the life which is provided by God is a deposit, so only God can take it and He will do it whenever or wherever He wants for any reason. Therefore, as a servant, you do not have the right to decide to end your or anyone else's life. Moreover, in Christianity, if you kill someone, even yourself, it is against the Ten Commandments and thus their religious beliefs. Accordingly, when a person kills himself or another person, they are definitely banished from the religion and they are not buried in a Christian cemetery. As well it is not allowed in Buddhism and they will be banished from the re-

ligion. There is one important thing which should be stated here, because of the idea of Darwinism, people can state that the agreement of ending a life through euthanasia has risen as they believe that humans can decide on anything they want without regard to religion. For instance, at the time of Nazi Germany, the idea of the euthanasia started to rise as they did not want to waste their time on hopeless patients, and they never considered religious facts.

Today countries like Germany, Belgium, Colombia and the USA allow people to make the decision to be euthanized in hopeless situations. The advantages of having euthanasia is that it ends the increasing pain and suffering of the dying. The supporters say that if there is no cure for the sickness, then it should be the right of the person suffering to make the decision to end their life. It gives dignity to the dying person. Supporters of euthanasia also claim that it is the right of the person to decide if they live or die. They should make the decision whether to live in pain or not. If they perceive life as not worth living any longer, then no one can judge their decision. Moreover,

they also stated that the government can save money instead of spending it on taking care of them.

In fact, the subject has been very controversial for many centuries and the hard discussions have not come to an end. Of course, nobody wants to encounter such a difficult or bad decision, but it is impossible to escape the fact that euthanasia is another part of life. If one really gets into the process, hopefully no one experiences it, then there may be nothing to do more. So, my point is; life itself is a gift from God and, I hope we have a chance to live it properly with our loved ones until the end of our lives.



# THE DOUBLE FACE OF HUMANITY

Nowadays, we have a new star whose name is Aleyna Tilki; she is just 16. Recently, the music industry of the country has become very interested in her. As always, we just criticize without appreciating; she is gorgeous with a sparkling talent, and she is at the beginning of her life. I've listened to her amateur records, and she is better than many others who earn money from the music industry. However, the point isn't how talented a young girl she is, the main problem is why she is singing at alcoholic venues like bars... Although her parents and her lawyers are beside her, the United Nations Convention states that a child working under the age of 18 is child abuse, but

Aleyna is still working in bars. The media has drawn attention to this situation and the Ministry of Labor banned Aleyna to work on stage. At this point, I have a question; personally what I wonder is if she was not so beautiful and charming or famous, would there be anybody to pay attention to her, would the reaction be the same? Certainly, I'm not defending the rights of the situation; a young person of that age has more important responsibilities in her life than going on stage, such as studying, learning, finding herself, planning her future and so on... And also I don't think it's healthy, pedagogically.

However, we have many children being born in this world. Therefore, instead of hiding our head in the sand, we have to face the facts about them. Our country has many little girls under 18 and they give birth every day. Many girls are exposed to sexual abuse even by their own relatives. The girl who was raped by her own father for six years in Edirne; and another little girl who was 14 and married her own relative when she turned 15 and subsequently died after giving birth in Bitlis, are just a few examples. In spite of the compulsory primary education, some children are never sent to school, and almost all of them have to work outside or to help their families at home. According to UNICEF's report in 2015, 56% of school children who are between 7 and 14 are in child labor working conditions in Turkey. Some of them have lost their eyes or arms or legs in factories or in industrial areas. Have you ever heard of "Siddık Ordu", who was just 16 when he lost his right arm in a washing machine at work? Or does anybody know "Emin Halastar", who was the same age as Siddık, and died in

a factory while he was working?

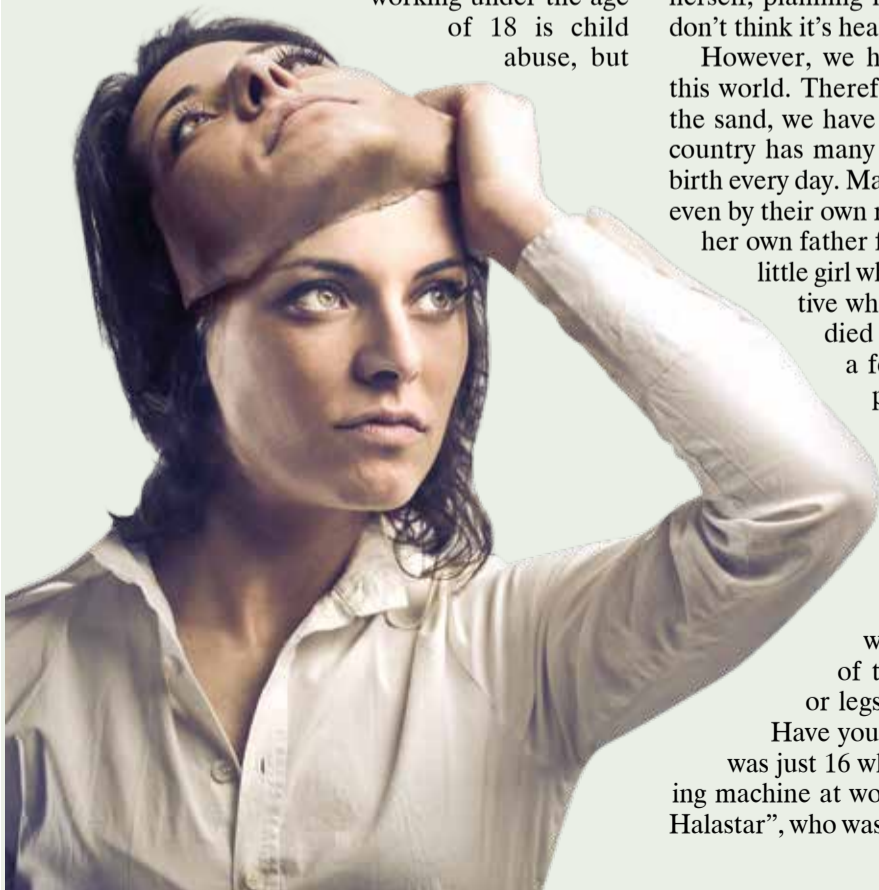
Of course, it's not about Syrian children who run away from civil war and are refugees in this country, but about our children who have to survive in terrible conditions on the streets. I met a nine year old kid on the street recently who was separated from his family about 1.5 years ago and now he is living with seven people at his relatives' home. He is trying to survive, and the only source of livelihood is the napkins he has in his hand to sell. As you can guess, he was wearing dirty, old clothes and slippers, even though it was so cold. Of course, this information can be accessed statically on the internet, but my advice is to go to foster homes, walk the back streets of the city and make contact with some pedagogues and psychologists who are working on this issue. Then you will clearly understand how horrible the situation is.

Due to these reasons, lots of children who were exposed to physical and psychological violence are now adults and among us today. They are everywhere: when we are on a bus they are beside us, when we are shopping they are at the grocery stores, when we order a take away they are at the our door, when we go to the cinema they are at the box office, when we call a taxi they are the drivers etc. They are untitled sociopaths and psychopaths who were brought up by unhealthy parents in every sphere of life. And our only problem is a 16 year old girl who sings on stage!

So, I want to ask you honestly; when you ban a girl working on the stage, have all our problems been resolved? Now, are all the kids happy and free in my country? Don't you have to see the other poor children? Can you sleep with a peaceful mind?

I'm sorry, but you are really double-dealer!

Seda ÇAKIR



## TRAVEL TO THE FAIRYTALE CITY; *Riga*

Duygu KÜÇÜK

**D**o you want to explore new places? Meet Riga, the pearl of the Baltics. Riga is the capital city of Latvia. Once I had chance to visit there and I loved there so much that I decided to share my experiences. When I first went there, I thought I could not live there for five months but soon after I fell in love. Spring is the best season to go to Riga. Snows thaw and flowers bloom everywhere. There is a gorgeous lake surrounding the old town. A perfect boat tour can be made on the lake. However, winter is also good. Although winters last long and it is very cold, you enjoy winter nights so nicely in this lively city that it makes you feel warm.

Riga has an incredibly beautiful structure. You can see houses with a gable roof. As the winter time is so long in Riga, the gable rooves do not keep the snow. All houses are in the same shape. And the view looks amazing. When you are in Riga, you think as if you were in a fairy tale. There are wide squares. One of them is Dome square which I like most. I suggest visiting there if you go. You feel free when you stand on the square. There is no traffic congestion. Buses are

punctual, and they are scheduled well.

There is a cafeteria called Skyline. If you want to watch Riga from top to bottom, you can go there. The landscape is awesome. It is suggested to view the city from the top of Skyline. Riga has a unique beauty. And also you have one more option to see from the top. You can go up to St. Peter's Church. Also, Riga has a grand bazaar. Sellers in the market are very nice people who are ready to help you even though they do not know English. Riga is a peaceful place with its people.

I stayed in a peninsula named Kipsala. The peninsula is connected to the old town by bridge. You can cross the bridge on foot. When you get bored, you can go to Swedbank. It has a beautiful landscape which is very peaceful. You can stay at the Green Apple in old town or Kipsala, both of which are not expensive.

When you want to visit the places for entertainment, I recommend you visit Ala pub. It has a traditional dance show every Wednesday. They dress in their traditional clothes and dance. And it is free to join them. They teach you their dance in two minutes. This is

the most joyful thing I have ever seen. There are a few clubs, pubs like Moon Safari, you can enjoy. Riga catches everybody's fancy. If you are a relaxed person, you can go for a picnic to Ezermalas. There is a great forest next to the seaside. You can ride a bicycle.

When the subject comes to food; Hesburger is one of the most famous ones. You can eat it. They have delicious dishes. They have some dessert like frozen yogurt, Yoyo, which is popular in winter time. Frozen yogurt is sold especially in winter. There is a place which makes traditional food Pelmeni. You can put your tray wherever you want and then pay because it is an open buffet. And also you will see ice hockey matches in almost every cafeteria. There is one more great place called "Lido". You can do ice-skating there and eat something in winter. This place is converted into a funfair in the summer time.

In short, there are so many things to tell about Riga. It is a beautiful city, that cannot be described by words but which should be experienced. I recommend you to go and see. Go and enjoy Riga!



### BEING HUMAN

Albert Einstein said that the world was a dangerous place, not because of those who did bad things, but because of those who looked on and did nothing. I believe Einstein's statement is both correct by 65 percent and wrong by 35 percent; because Einstein's sentence could be "The world is a dangerous place because of both those who do bad things and those who look on and do nothing." First of all, some people don't help others when they are in dangerous situations. This is very bad because if you don't help someone, they will not help you in the future. For Example, in the past, I was walking with my family on Şarköy streets and we saw two men who were fighting. My father started to run towards them fast. Then I saw a gun on the man's belt. When he took out his gun, my father punched him and then the fight was stopped by my father. So what I mean is first of all, we need to change our behaviours and attitudes. If we change our behaviours and do good things, the Earth will become a best place ever in history. Even we won't need to help anybody because there won't be any bad situations because of positivism in our behaviours. That was the reason why I said "Wrong by 35 percent." I also made a statement similar to Einstein's: "The world is a dangerous place because people have not learned "To Be Human" and "True Meaning of Humanity". Consequently we can prepare slide shows to teach people or give them some information about how to be a proper person, we can create projects against terrorism or bad people and also we can prepare a theatre performance about differences between a good and bad world. We have to start from today to make this world safer than ever. It is not about being the best and most perfect person in history, it's about being the best that you can be.

Y.Burak ÇATMALAR

## JK ROWLING INVITES YOU



"Fantastic Beasts and Where to Find Them" was written by J.K Rowling. Also, Rowling wrote its scenario. This film was directed by David Yates and the leading actor is Eddie Redmayne. Eddie Redmayne played the role of Newt Scamander. Newt Scamander is a Magizoologist and the writer of the textbook "Fantastic Beasts and Where to Find Them", a wizard, seventy years before Harry Potter read his book at school.

Newt Scamander is an extreme animal lover who has devoted his life to saving all mythical creatures. We witness Newt Scamander's New York adventure in this film. Katherine Waterston played Porpentino Goldstein. She is an American witch who was once an Auror in this film. She helps Newt

Scamander. The other actors and actresses of this film are Ezra Miller and Colin Farrell. If you go to the cinema, you'll hear Harry Potter's song and some words from the Harry Potter Series. There is a surprise at the end of the film. Johnny Depp might be the leading actor in the next films because we'll watch a war between Grindelwalt and Albus Dumbledore. J.K Rowling invites you to a new magical world. If you're a fantastic film lover, you should watch this film. "Fantastic Beasts and Where to Find Them" went on general release on 18 November all across the globe. The IMDB rating of this film is 7,8/10.Hurry up! GO and watch it.

ibrahim ÇOŞKUN

AT

MOVIES



- The word “mafia” is never mentioned in the film version of The Godfather because the actual mafia demanded it.
- Bruce Lee was so fast, they actually had to run his films slower so you can see his moves.
- Nigeria makes more movies every year than the USA.
- Schwarzenegger was paid approximately US\$21,429 for every word he said in Terminator 2.
- The first movie in color was made already in 1901.

## MOVIE REVIEWS

**Pirates of the Caribbean: The Revenge of Salazar**

Director: Joachim Ronning  
Actors: Johnny Deep, Javier Berdem and Orlando Bloom  
The movie will open 26 May, 2017 in the cinema.  
I think the movie is being released a little late, but that's okay because it will be amazing.  
The subject of the movie is that Jack Sparrow falls into a difficult situation again.  
Captain Salazar escapes the Bermuda Triangle and Salazar swears that if he sees any pirates, he will kill them. There is only one solution, he has to find the baton of Poseidon.

**LOGAN (Wolverine 3)**

Director: James Mangold  
Actors: Hugh Jackman, Patrick Stewart and Boyd Holbrook  
The movie will open 3 March, 2017.  
We will see Hugh Jackman for the last time. The movie will tell old man Logan's story.  
This movie is amazing! You should watch it!

Ceyhun DAĞLI

Özge ZULBAHAROĞLU

# What is reality?

Many people do escape from reality and hide themselves in the fictional world. Ordinary people would probably say these people are addicted to fictional worlds. But what even is reality? And why do people run away from it?

Reality is the world we humans live in. But reality is more than that. Every day in every second we are in reality, because our life is reality. Our senses tell our mind and our body what is real and what fiction is. When we touch an object, then we feel it is real, so we know it is there. When we open our eyes and look at that object, then we see it is real, so we know it is... This process happens with all our senses.

All in all, if it's there, it is real. But our reality is not only with the objects we see, feel or hear. Our feelings are also part of the reality in which we live. If some person hurts us with only words, some other person would cry probably. We feel negative, our emotions are sad. If some person gives us a compliment, we feel positive, we smile for example. All our reactions, our feelings and our moves are based on reality, even if it is difficult to understand what our feelings want to say to ourselves.

As I said in the introduction, some people hide themselves from reality. To answer this statement we must first ask the question what the fictional world is. Fiction is made from the human

imagination. This is also virtual reality which is the opposite of reality. Fiction is for us like a door to different worlds and lives. The creation of making unreal things alive is fascinating. It lets us forget where and who we really are. You can find fiction everywhere: in books, games, tv, films, the internet. But not all fiction involves real things or objects. Sometimes a fictional story was made for the readers, gamers or watchers to see another possibility for reality. With the question: “What if...?”

So, why do people escape from the real world?

The fictional world gives us the possibility of looking into another world. Sometimes life in that fictional world is better than reality for some people. If a person has a problem and finds a way to solve it, then the person thinks the only thing he can do is leave. And many people escape and form a totally new world. But problems are not the only reason to hide. Teenagers do not feel good enough so they decide to show their abilities through fiction, for example in a video game.

In my opinion, fiction is still reality. People just forget who they truly are sometimes. The best way is to not focus too much on fiction as reality is only there once.



Nurdeniz ERTÜRK

## A NEW HOPE

What kind of world do we live in? Do you really feel sorry for people who suffer from pain? I don't, actually. Why I'm not sorry for them? Am I cruel? Am I racist? Or, am I a human being?

Well, it starts with pain and is followed by hate actually. It's a kind of circle that repeats again and again. You cannot stop it. Can you? It's always been like that. We always just watch these kind of situations and feel sorry for them. So, we always do the same thing. We always say “We can't help them due to some circumstances but we can pray for them.” For god's sake, please, think a bit. Are you really sorry for them? If so, go and give a hand instead of praying! You don't know what kind of pain they're suffering from! Praying is not an option! But I'm sure you are asking yourself: “Then what should I do? What are you trying to tell me?” I'm just saying do not just watch it. Just go and help them, just shout as loudly as you can, just make your voice heard. Get the world's attention because if you don't, as I said, it will repeat itself, again and again. And it won't stop till there is nothing remaining. You can't stop it just on your own, but if you gather with others, if you can create a unity, then you can stop it.

Anyway let's go back to our main topic. What does “bad things” mean? In my opinion, bad things are illegal things such as murdering, turning a blind eye

to iniquity and keeping silent. But some people would think that these are not bad things. They call it “Justice”. I think this is a sickness. They're getting mad day by day and don't know what they are doing at the moment. They are choosing to kill all the innocent people together with some bad guys and call it “Peace”. Killing can't be an option. Killing is so easy to solve a problem. If you know how to kill a person, people all around you will praise you because of your action. They will think it is good to kill that person. They won't know the truth behind it. Indeed, tricking people has always been so easy. Now you have to ask yourself: “What kind of human being would perpetrate such terrible, evil acts upon human history?”

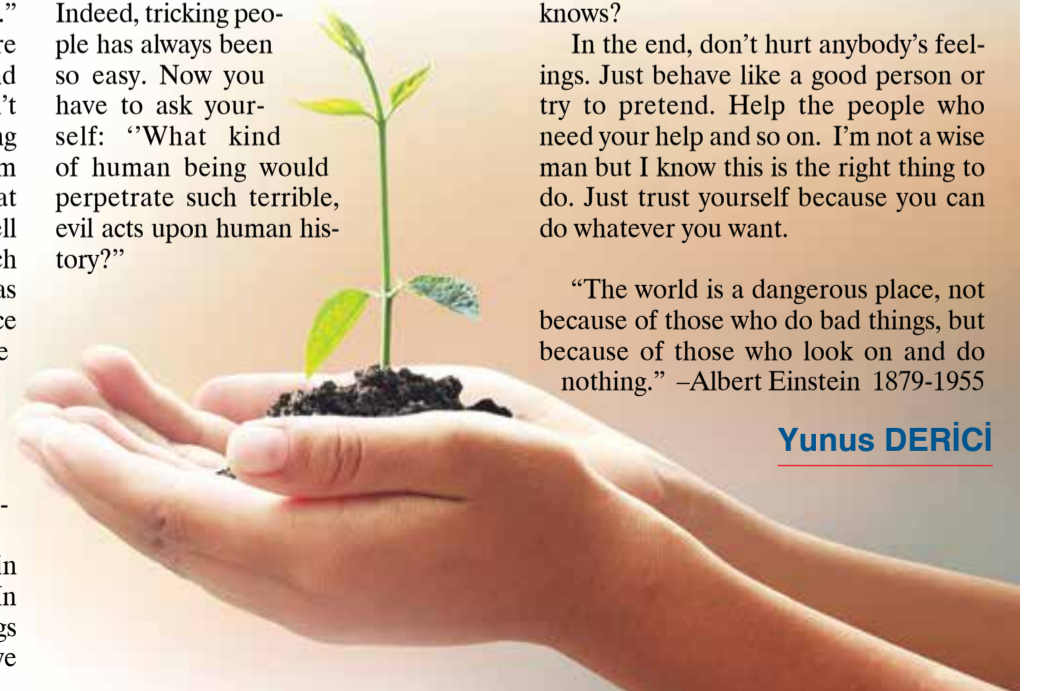
Unless they weren't people at all. Think about it...

Sometimes I'm saying “I wish we could turn back time” because time always passes by and you can't bring it back. That's why we should be careful about our decisions. Making a decision is easy, but after then? What if we make a wrong decision? What would happen if you made a wrong decision? Would you press ESC button and click re-play the chapter? Unfortunately it's impossible. At least these days it's impossible to play our life again. Maybe in the future, who knows?

In the end, don't hurt anybody's feelings. Just behave like a good person or try to pretend. Help the people who need your help and so on. I'm not a wise man but I know this is the right thing to do. Just trust yourself because you can do whatever you want.

“The world is a dangerous place, not because of those who do bad things, but because of those who look on and do nothing.” –Albert Einstein 1879-1955

Yunus DERİCİ





# HEALTHY LIVING FOR Happiness.



Sebahat ÇAKMAK

Two of the most important issues in our lives are bad food choices and poor exercise habits. There are a lot of charming foods which attract our attention with their smells, appearance, and taste, but are we sure all food is good for our health? Well of course not. There are a lot of unhealthy choices that cause many diseases and affect our physical and mental health. Also, since technology has improved day by day, our movement is lessening and we are becoming more addicted to technology. Even though we are warned by doctors, we still don't give up unhealthy snacks and improper lifestyles.

Speaking of unhealthy food, junk food is one of them, for instance biscuits, chips, chocolates, and colas. There are many empty calories which are harmful to our health. The substances in them turn into fat in our body which we can't burn by way of exercise or movement. Even if we do exercise, it still damages our health because they have lots of preservatives and sugar in them. Teenagers, especially students, usually skip meals and buy unhealthy junk food. They shouldn't turn to these artificial types of food. They should choose healthy snacks instead, like berries and nuts, because this kind of nutrition affects their education, social life as well as their health.

Eating more junk food causes fake happiness just for a very short time and then you feel tired and depressed and can't focus on your duties because of distractibility. Yes, the brain only works with glucose, but not from processed products. We should eat natural food, such as vegetables, fruits, whole grain etc. Also if we keep eating more salty, sugary and trans fatty meals, it will lead to diseases, such as obesity, heart disease, and diabetes.

Another issue that we should focus on is most of us don't exercise regularly. Even walking can be tiring according to some people, but the benefits of training are countless. It builds self-confidence, helps maintain a healthy weight, develop muscles, and strengthen our memory which is important for a student's school life as it reduces stress and depression because our brain releases endorphins while exercising. And a lot of other examples can be found.

As a result, our daily nutrition should include three main foods which are carbohydrates, fats, and proteins. They should be consumed in balance. We must reduce our bad habits and add more exercise to our lives. Also, drinking at least eight cups of water in a day and removing most of the sugar and junk food we consume in our daily lives will bring us towards a healthier way of living.

## WHO AM I? WHY AM I RUNNING IN THIS PRISON?



Who am I? If I hadn't written this, who did? Was it me? Am I the person I want to be? Who is the person I want to be? A lot of questions. Who are we?

What are they? What can we do? ...

My family gave me the name "Nurdeniz". Do I want to be Nurdeniz? I don't know. My name has always been difficult for people to understand. So, I always use the name "Deniz". "Deniz" means "sea" and "Nur" means "light" in my native language. Everyone knows me as "Deniz", then am I not Nurdeniz?

Am I just Deniz? I'm the person I want to be. Nurdeniz, Deniz, or another label, names are just labels which make it easier for people to call you.

They are simple, beautiful labels. Our behavior is our real identity. Everything

I have ever done or experienced makes me who I am. I am myself with my behaviors. If you behave in a certain manner and use your distinctive movements, that makes you different from others. For example, you go to a place you've been before and introduce yourself as someone else, but you act like yourself. No one remembers you until someone comes up and says, "This is Nurdeniz. This is something only she can do." Our behavior defines our identity. Well who determines our behavior? Our current environment, our friends, and external factors. They all come together and form the main substance of our behavior, but maybe the whole thing is fiction. Maybe we create everything ourselves inside our heads. Maybe in reality, we are not this person. Maybe, this is just the fictional person we want to be and we create in our mind. Maybe we're in a computer game, create new personalities with our minds or create the person we want to be. How can we know? Who are we, really? I don't think we know because our mind is our prison. We can't run away from that. Maybe, our brain is the only prison from which we cannot escape.

We try to run, we try to escape, but we can't. Finally, we perform the behaviours which our brain first approves of. If I'm a prisoner in this world, my mind keeps me here because I need to be here, I feel and know that. And I act accordingly. To be or not to be. That's the whole point. In fact, we are puppets of ourselves. When we do something we blame another person. We hide ourselves behind someone by throwing that person to the foreground. However, we should be responsible for what we have done. The idea may come from someone else, but it's our choice to act on it. It was our free will, so we cannot blame it on anyone else. If someone has to be blamed, it should be ourselves, not somebody else.

I think our brain is our prison, and no matter how much we want to escape, we can't. Our brain controls our behavior and this constitutes our identity. So Who am I? I am Nurdeniz. I am 18 years old. I am a student at Istanbul Aydin University and I will be studying (English) Computer Programming this time next year. I'm the person that I want to be.

Nurdeniz ERTÜRK

# I AM A DREAMER

I am a marketer of happiness, a man who wants to be the best philanthropist in the world. I seek to promote the welfare of others and bring a smile to people's faces. I love all people, believe in humanity and respect them.

I was born in a backward society and I know what war is, the killing of innocent people, sadness, poverty, and having a happy life with a smile, so that is why I want to be a marketer. I strongly desire to market for happier lives for the world, especially those who are in trouble, until I die. I really want it with all my heart!

I started my dream when I came to Turkey. So far, I have completed two projects. The first one was during Ramadan/Eid (Happy 'Eid). I was walking around Istanbul and wishing a happy 'Eid to the people of Istanbul for three days in different parts of the city. The second project was named "I love people" and as I mentioned, I was doing the same action for one week, only the title of my project changed. I met and greeted more than ten thousand people. It's true, I attracted everyone's attention and it made them happy. When I saw the smiles on all their faces, it was then that I knew that I could realize my dreams with different tools and topics.

My goal is to be known as the kindest man in the world. I am sure one day everyone will know who I am and what I want.

Imagine you are also dreamers. You can do it if you want!

Here are a couple of pictures of me greeting and meeting the people of Istanbul.



Mohammad Omar JAHANGEER

# HAVE YOU EVER SEEN PARADISE?

Do you want to see the paradise on earth? If you want to see paradise on earth, you should read this essay my friend. Now we can talk about Amasya. Welcome To the City Of Princess And the City Of Wrestlers, Amasya

I think Amasya is the cutest city in Turkey. I can hear you say "Why?" I can explain it to my friend. First, Amasya is an inner old city. There a lot of old empires such as Hittite, Frig, Kimmer, Scythian, Lydia, Persian, Pontus, Rome, Byzantium, Danishmend, Seljuq Empire, Ilkhanid Empire, Ottoman Empire and now Republic of Turkey.

You might have heard about Ferhat and Şirin? They were at Amasya. They were the most famous lover couple

in the world. If you know Ferhat and Şirin, you can guess why I said it but if you don't know, I can explain for you. Ferhat pierced a mountain for Şirin. Unfortunately they couldn't be together at the end of their life. That's why Amasya is the most romantic city in Turkey.

Have you ever been to Yeşilirmak? If not you should see it. Yeşilirmak starts from Sivas to Samsun. Yeşilirmak looks so pretty especially at night. The city looks so pretty at night. There are two mountains and Amasya is located between them. There are a lot of Amasya's houses, you should see them. There are a lot of antiquities such as Amasya castle, museums etc.

Have you ever eaten an Amasya apple? You should taste it. Believe me you will like it my friend. There are a lot of local dishes such as keşkek, katmer, bişi, cızlak, papara, eli böğründe, kaypak, mayalı, yanuç, prince kebab etc. I know you are feeling hungry now but I am sorry my friend I have to explain it because hopefully you want to go to Amasya one day and I want to show you something about Amasya. If you want to see an amazing view in Turkey, you should go to Amasya and later you should climb Ali Rock and finally you should just wait to night and the best view for me is in front of you.

Yücel KİREMİT



# DO NOT CARRY VIOLENCE ON YOU

First of all, the history of fur goes back thousands of years. In ancient times, humans needed it for clothing in order to protect themselves from the cold as there were no alternatives. In terms of present day, the aim of using fur has totally changed. Mostly, it has become a sign of being rich and chic, like a star. In my opinion, oddly enough fur is still widely used in the fashion industry. For example, many famous luxury brands, such as Versace, Chanel, Prada and so on, have been using fur as an object to contribute to their wealth. And, unfortunately, famous people, who are socially prominent, tend to use fur as just an accessory. So, all the decimation is just for the gain of money, for brands and showing off for the people who wear them. In addition, everything is just for fashion "to hell with the souls of animals".



I totally disagree with this the use of animals as it is not ethical. They take the life of animals for the sake of turning them into an object, such as fur. This is unacceptable. As human beings, we have no right to be cruel and kill animals for our pleasure, or for a few more dollars. Can you imagine how painful that is it? Let me tell you what happens to the animals, they are being poisoned, electrocuted and skinned alive. I can also give an example from the shoe industry. One of the most famous brands of boots are made by boiling dogs alive. In spite of knowing about this cruel method, it is still a commonly purchased item. I cannot understand how people can support it and want to buy such products, which are a result of the demon production process. This process also contributes to the extinction of species, such as the tiger, minks, sables and so on. Furthermore, killing millions of animals harms and breaks down ecosystems in nature. Every living creature contributes to the ecosystem and if one of them is missing, it destroys nature's life cycle. So from my point of view, people shouldn't be allowed to hunt animals, which is so inhumane, because those animals have a right and deserve to live like us without being killed or threatened. I hope awareness to the issue of killing animals for money and pleasure becomes greater among people. Also, the ones who carry out these massacres on animals should be punished severely by the state. Last, but not least, as human beings, we can live without fur, but animals cannot! So, from here on, I call for common sense and for a stop to the slaughter of helpless animals.

Sema BAKİ

# ELON MUSK



**E**lon Musk is an entrepreneur and a successful businessman in the United States. He is originally from South Africa. He is the founder of SpaceX, a company in the field of space transportation. He is also the co-founder of PayPal and Tesla Motors, which produces electric cars.

He works as the CEO and a designer in SpaceX, the CEO and product architect in Tesla Motors and the CEO in PayPal. He also works as the president of the Solar City Company. Solar City is the first company which produces solar Power systems in the United States.

Elon Musk was born on 28th June in 1971 in Pretoria, South Africa. His mother is from Canada and a dietician. His father is from South Africa and he is an engineer. His first achievement in his life is to create a game called Blaster. He was 12 years old when he created it. He sold it for \$500. He finished the high school in South Africa. When he graduated from high school, he was 17 years old and he refused to join the South African army. He left his home. His excuse was really reasonable. He said 'I don't have an issue with serving in the military per se, but serving in the South African army suppressing black people just didn't seem like a really good way to spend time.' He wanted to move to the United States. He said 'The United States is a place where the amazing things are possible to happen'. He moved to Canada and attended Queen University there for two years. After that, he left Queen University and transferred to The Wharton School of Pennsylvania. He did a degree in economics there. He moved to The University of Stanford in California to do his PhD. However, two days later, he left the school. In 1995 he started to work with his brother Kimbal Musk for Zip2, a web software company. In 1999, a company named Compact bought the Zip2 in exchange for \$307 million. He earned \$22 million when he was just 28 years old.

He co-founded X.com, which is an

online paying system. He bought a company named Confinity. Confinity is a website related to auction. Later on, X.com and Confinity got merged.

The name of the new company was decided to be PayPal. Today, PayPal is one of the most famous online payment systems all over the World. In 2002, he sold the PayPal to eBay for \$1.5 billion in stock.

Elon Musk is a co-founder of Tesla Motors Company which produces electric cars. At the beginning, Elon Musk did not think that Tesla would be this successful. His aim was to show the people that electric cars are elegant and fast as well. Elon Musk's interest to electric cars did not start with Tesla, he got interested in electric cars when he was a teenager. Musk employed a man called Martin Eberhard. He was the CEO of the company and spent almost all of the capital on developing the company. After the economic crisis in 2008, he started to fire the workers in order to survive. Then he wasn't the CEO anymore in the company. Tesla's first car was a sports car. Tesla Roadster is a 2 door car. Tesla Roadster was sold 2500 pieces in the 31 countries. Tesla's second car is a 4 door sedan car named Tesla Model S. Model S is a really strong car. Model S won a racing competition against the famous Italian car Lamborghini Aventado and as a result it became a famous car. You can see videos of Tesla on YouTube. You can read the article: Reactions of the people while Tesla Model S P90 take off. After the Tesla Model S, he started to produce an SUV. Model X was the first SUV of the Tesla family. Tesla Model X's door system is as famous as the Mercedes SLS class despite the fact that it is an SUV. In addition to producing cars, Tesla sells electric motors to Daimler AG for Smart, Mercedes A class, and to Toyota for its model RAV4. Tesla has 789 supercharging stations for Tesla users. Today, Elon Musk has 32% of

Tesla stock and the value of Tesla stocks was \$12 billion as of May 29th, 2013. SpaceX is Elon Musk's third company. He founded it in 2002. He is the CEO of the company. SpaceX's first two launch vehicles were the Falcon 1 and the Falcon 9. The first space vehicle was the Dragon. In 2008, NASA awarded a prize to SpaceX for the Dragon and Falcon 9 flights. The prize was \$1.6 billion. SpaceX has an important role in cargo transportation and space facilities. It is an important company for NASA. Elon Musk's aim is to send astronauts to the International Space Stations (ISS), but his first aim was to discover whether there could be life on Mars or not. In 2011, he said that he was planning to send a human being to Mars in 10-20 years. On May 25th, 2012, SpaceX sent its vehicle, the Dragon, to the International Space Station and so SpaceX was the first commercial company to send and sidle a vehicle to the International Space Station.

Elon Musk's life is a strong model for those who want to achieve something in life. He himself has rules to be successful. Here are the ten rules of a successful entrepreneur according to Elon Musk:

1. Never give up
2. Really like what you do
3. Do not listen to little men
4. Take a risk
5. Do something important
6. Focus on signal over noise
7. Look for problem solvers
8. Attract great people
9. Have a great product
10. Work super hard

**Enes İNANÇ**

## You Can Be a Member of Purdue University

If you are planning to go abroad to study Industrial Engineering, you should choose Purdue University. Purdue University is one of the best universities in the USA especially in the Industrial Engineering field.

Firstly, it was founded 1869 and it was located in West Lafayette Indiana. When it was first established on 16th of September 1874 there were just 6 instructors and 39 students in the first classes.

Then John Purdue, one of the most important businessmen in the USA, donated land and money to establish a college of science, technology and agriculture in his name.

There are 5 campuses in this university. Their names are Purdue Mall, South Campus, West Campus, Memorial Mall and Stadium Avenue. Also Lafayette is the main campus of Purdue University.

Purdue's academic opportunities are very good. It offers more than 200 majors for undergraduates, over 70 masters and doctoral programs. It does not end with that as well. It offers professional degrees in pharmacy and veterinary medicine and is also famous for its Engineering Departments.

In addition, it has got 18 inter-collegiate sport teams and more than 900 students' organizations. Moreover each team uses "Boilermakers" as a nickname.

There is the most important thing for this university as well. Everybody calls it "Home of Astronauts" because several NASA astronauts graduated from this university. For example, Neil Armstrong and Eugene Cernan (the first and last men who walked on the moon).

Finally, it is the fourth largest international student population of any university in the USA because generally its acceptance rate is high. Purdue's acceptance rate is 55.8% in 2016. Thus, you can request an application and enroll at the university easily.

**Çağdaş ALTUN**

**Orçun EREN**



## SHOULD WE LEARN A NEW LANGUAGE?



We have entered the 21st century and the millennium that began with it. Human beings have improved their techniques and created high-tech machines. This advanced technology has brought the internet to us and definitely made our lives easier than any age that humanity has experienced. We can contact other people from different nationalities whenever we want. We can fol-

low recent news about the earth and science but it does require language knowledge. If we want to proceed further and follow technological developments first hand without waiting for translation, we must learn new languages. It is now more important than ever before. There is no need to be very intelligent to learn. We can find useful resources by means of the internet while sitting at home or we can take courses or study from books. It doesn't matter how we learn.

Learning a new language is especially worth it for following developments in our world and communication with people from different cultures. Many people already know at least one foreign language and many often learn even more. We have started our new challenge in a new age.

**Burak Hüseyin EKSELI**

# EDUCATION

## The depth of a person is measured by his knowledge

Education is the power we use to change things in our lives. For example, starting with our lives, nothing changes without this power. Not only this, we can change our country, behaviour, environment, psychology and physical appearance, as well. As I say this, many countries today in the world are developing because people are being educated. How can education change our behaviour? We all know that education can clean our mind from bad characteristics, attitudes, stupidity and illiteracy which we learned from our childhood and family. A long time ago, many people didn't have good knowledge because they were illiterate. For this reason, they had bad expectations. Education is also the key to freedom. There are many countries that are under heavy segregation and bad situations, but today, after a long struggle and through mature thinking, they can gain freedom in everything.

Uneducated people are always servants to the educated people and nations. They are under the shadow of poverty.

They cannot live freely because they don't use the potential of their minds. They wait for other people. In nature, all people are created equally, but there is only one difference; one is illiterate while one is literate.

There are many ways in which we can become educated. The best of those things, is school. We learn some things from our family. Our family, especially our mother, has influence on our success and education. We all go to school to learn something for our lives. After we start this step, we begin to understand what is happening in our environment. Step by step, our minds become strong and we start thinking about everything. We also start to discover the advantage of education. No one knows anything before they start school. Then we learn how to read, write, hear, speak, dress, eat and clean our bodies and environment, too. We even learn how to respect our families and other people, as well.

Many countries are developed and some countries are developing while others haven't developed yet. They haven't changed their lives. This is all because of a lack of education, knowl-

edge and wealth. Education is essential for civilization and bringing sustainable development to any country. Progress for change or development needs an educated and mentally matured society. Many countries are not as clean as developed countries because they have not got a lot of educationally developed people, but a clean environment requires a mature mind.

## Lack of education Leads to the following things

Many countries have their own property, but their people have not got enough knowledge to use these natural resources and many countries are trying to get these things in an easy way. The solution for our lives depends on the knowledge we have. For example, let us think about an African country. This continent has minerals, gold and electric power. Some countries have petrol; however, most countries in this continent are suffering from poverty, famine, drought and other problems. These all come from a lack of educated people. Using other powers is not enough be-

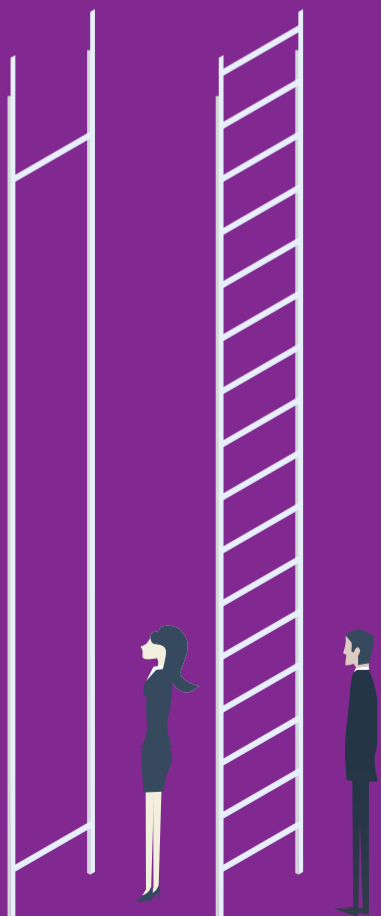
cause many countries do different things for different countries such as charity, but such kinds of things make you weak, so you must be independent. To be free from all these things, all people must be educated to bring change to their lives and their country. Some technological devices are difficult to use even for educated people, so it is much more complicated for illiterate people.

Sometimes being more educated leads you to fight with others. Why are many countries competing outside of their borders? Many countries have their own objectives. They want to lead the World. They compete to produce many technological materials. I don't mean producing these materials is a problem, but there are some countries competing by producing materials that are not good for humans and very dangerous to all species. All countries, (run for their interest) but more education is not bad. People do the bad things to the world. They also have a plan to use some other countries' resources.

**Shamsedin ALO**



## GENDER DISCRIMINATION AGAINST WOMEN



Discrimination of women is a social problem that has been troubling human societies all over the world, even this millennium. Of course, things have changed since the 1920's, but there are still problems. To start with, let me tell you what sexism means. It basically means; the discrimination against people because of their gender. However, I think this it's mostly against women, and sexist attitudes are usually based on beliefs in traditional stereotypes of gender roles.

First of all, the word "sexism" became largely known during the Women's Liberation Movement of the 1960's. Meanwhile, feminist theorists explained that pressure on women was widespread in almost all human societies, and they began to speak of sexism instead of male chauvinism. Male chauvinists are usually individual men who express the belief that they are superior to women. During this movement women struggled a lot. For example, during World War II, over six million women took an active part in the work force. Over four million women worked for the "Red Cross" and over 300,000 women were in the military. At the end of the war, women were again thrown into the life of being a housewife. When it comes to our present time, things are a little bit the same. Maybe not like this, but in other ways. Women continue to face fierce attacks on the job, in welfare, education, healthcare and so on. The list seems to never end. Furthermore, when it comes to running away from the horrors of war in Afghanistan, Syria, Iraq and many African countries, women face sexual harassment and physical assaults on their journey as refugees through Europe. For instance, women face brutal physical harassment, as shown by the terrifying murders of Jyoti Singh, a young Indian girl who was a medical student in Delhi, in 2012. And more recently, the young Turkish girl, Özgecan Aslan, in

Turkey in early 2015. Those young girls were just two examples, but to our dismay, there are so many females like them. Secondly, in the workplace we can see sexism quite obviously. According to a new study, women are paid less than men for the same positions, women are less likely to be promoted. As workers, the gap between men and women is quite wide. To illustrate, at the entry level, 54% are men and 46% are women; at the vice-president level, 71% are men and 29% are women; and at the management level, 63% are men and 37% are women. In addition, LeanIn.org President Rachel Thomas said in an interview, "We really see that women are hitting the glass ceiling earlier than you expect." She also said, "Women's promotion rates still lag behind those of men." Also, pay gap differences between male and female workers is a form of sexism.

Finally, there are lots of offensive song lyrics towards women. Especially, in the U.S. rap and hip-hop industry. Actually, I have listened to some of the songs, and I was disgusted when I heard them. Some of the songs themselves explain what it is all about. These songs are very disrespectful. For example, if a guy listens to these songs, he will laugh, but if a girl listens to them, she will be horrified.

To sum up, this issue is a huge problem all around the world, but it is even worse in some countries, especially in the developing third world ones in which men never respect women in any case. And they are really hopeless to live life because they have no opportunity to make their own decisions, or to live their lives as they wish, etc. So, sexism is not right and needs to be stopped; not next week, not tomorrow, but today.

**Gamze YILDIZ**

# SELF – CONFIDENCE TEST

How much confidence do you have? You have as much as the confidence you have in yourself. If you have confidence, you can achieve everything. But if you have too much confidence, you get into trouble. Please do not confuse confidence and arrogance.

-Please count your answers and read the evaluation after the test.

How much confidence do you have? You have as much as the confidence you have in yourself. If you have confidence, you can achieve everything. But if you have too much confidence, you get into trouble. Please do not confuse confidence and arrogance.

-Please count your answers and read the evaluation after the test.

1-) How much confidence do you have in your decisions? OR Do you trust your decisions?

A- Quite a lot

B- Enough

C- I am scared of my mistakes so I don't trust myself so much

2-) Which one do you prefer? Do you talk to strangers or your friends at a social meeting?

A- I talk to strangers

B- I don't know. I talk to both of them

C- I talk to my friends

3-) Do you get excited when you have the opportunity to meet a famous person?

A- No

B- A little bit

C- Quite a lot

4-) Do you care about your appearance?

A- Quite a lot

B- Sometimes

C- I don't care

5-) Are you an optimistic person?

A- Absolutely yes!

B- I think so

C- I don't think so

6-) When you play a game, is your objective to win or to have fun?

A- I always play to win

B- Both

C- I play only to have fun

7-) Have you ever considered participating in a contest?

A- Yes

B- I thought about it, but I didn't

C- No, I did not even think about it

8-) In a crowded group, how would you feel if you had to give a seminar on any given subject you know about?

A- It's not a problem

B- I wouldn't be happy but I would accept it if recommended

C- I would absolutely not want to do it

9-) If given the opportunity, would you like to talk to effective and powerful people?

A- Yes

B- Not especially

C- No

10-) Do you believe in the power of positive thinking?

A- Yes

B- Sometimes

C- No, it up to the person's fate

11-) Have you ever called a television or radio programme to join a discussion?

A- Yes

B- No, maybe in the future

C- No, I don't think I will

12-) How many times, did you tell your boss you didn't have the same opinion?

A- A lot

B- Only when necessary

C- Never

13-) Let's say, you are in an argument in a group of people and everyone opposes your idea. What would you do if you were sure that you are correct?

A- I would enjoy arguing and I would fight to prove my argument

B- I would stay loyal to my idea but I would say "I see we think differently" and then finish the argument

C- I would stop arguing and expect that I might be wrong

14-) Would you try a different job to collect money? (For example, being a clown)

A- Yes

B- Maybe but I would struggle

C- No

15-) You waited for long time to get the train ticket, and when you finally arrived at the box office the clerk was pretty rude and negative. How would you react?

A- I would ask who the administrator was and I would complain loudly in front of the people waiting in the queue

B- I would just say that the person was not very helpful

C- I would not complain but I would continue to be patient until I understand what I want

16-) How many times have you supported the weak side during an argument?

A- Many times. I always support the weak when I think they are right

B- From time to time

C- Rarely. I stay away from argument as much as possible

17-) You are told that there will be staff changes at work. How would you feel about it?

A- I would try to take part in the new staff if possible. It could ultimately lead to a better career opportunity.

B- I would get a little worried. I'd rather things stayed the same

C- I would get quite worried thinking that they could lay off people or redefine the tasks

18-) How uncomfortable does it make you to travel by plane?

A- Not at all. Statistically speaking, planes are one of the most reliable vehicles

B- I get pretty nervous

C- It is more than a discomfort. I am terrified of planes

19-) Do you like being the star of meetings, joking around?

A- Yes

B- I'm not the star of the meetings, but maybe I can make a few jokes

C- No

20-) Do you like speeding up on an empty road – would you like to do it?

A- Yes, I would like to drive as fast as I can

B- I exceed the speed limit from time to time

C- No, driving fast frightens me



## If option A makes up the majority:

You are a sociable and confident person. You believe you can do everything. You need to be careful about one thing. You trust yourself too much. Success does not happen just because you want it to. You have to work hard for it.

In addition, people think that you are selfish and arrogant. They may hope that you fail. And most importantly, please do not confuse arrogance with self-confidence. You shouldn't disappoint and embarrass people.

## If option B makes up the majority:

You are a reliable, positive and thoughtful person. We can say that you are generally positive and self-confident.

You are probably a very popular person among your friends because your self-confidence is not over the limit. You treat everyone as your equal.

## If option C makes up the majority:

You are pessimistic, introverted, timid and unpretentious. You don't trust in your talents, so you are very humble. But sometimes, being humble is bad for you. Some people think that being humble is so important but your situation doesn't allow you to do what you want.

You must stop and think about your life. What did/do you do? Or what did/do you want to do? You must catch up with your life, at least you should live your life. You have to be humble but not too much. You should love yourself, but not too much. You must be at peace with yourself. You think other people are more talented than you because you don't believe in yourself. If you believe in yourself, you can do everything. It's a simple message:

*Believe In Yourself!*

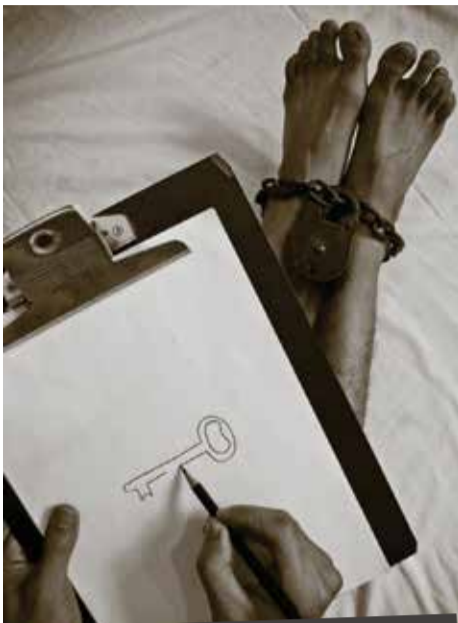
**Rojdagül DOĞAN**

**Melin BOZ**

**Beytullah PEKER**

**Mert TEZER**

**Doğa ŞENTÜRK**



## ARE YOU READY TO MEET THE INERTIA IN YOU?

If you are afraid of, even, your own shadow, it means that you are the potential vector...

Do you think that you know yourself enough? Have you ever thought about your capacities? Is it you who answers these questions or is it the Inertia in you? Let's find the right answer together. After reading this essay, you will never be the same person, and you will meet the real you. For the scientists of physics, Inertia is "being in a constant situation." And for the terminology of personal evolution, Inertia is "not doing the necessities for a purpose." You have dreamed about achieving your goals for long years, you have been making plans to reach your dreams, but you never do the necessary things and do not take steps to reach your dreams.

Has Inertia Already Hunted You? To answer the question about whether inertia has already hunted you or not, read the information below carefully. And consider yourself according to the information given. You should be honest with yourself to answer the questions.

1. People who have Inertia, act slowly. They do everything in a slow way.
2. Being unwilling to do what you must do.
3. Doing nothing until the last minute.
4. Feeling always exhausted, even if you are doing the activities, you love to do.
5. Putting off everything and pretending to have important reasons not to do them.
6. Being pessimistic, depressed and worried about your life.
7. Having low energy for life.

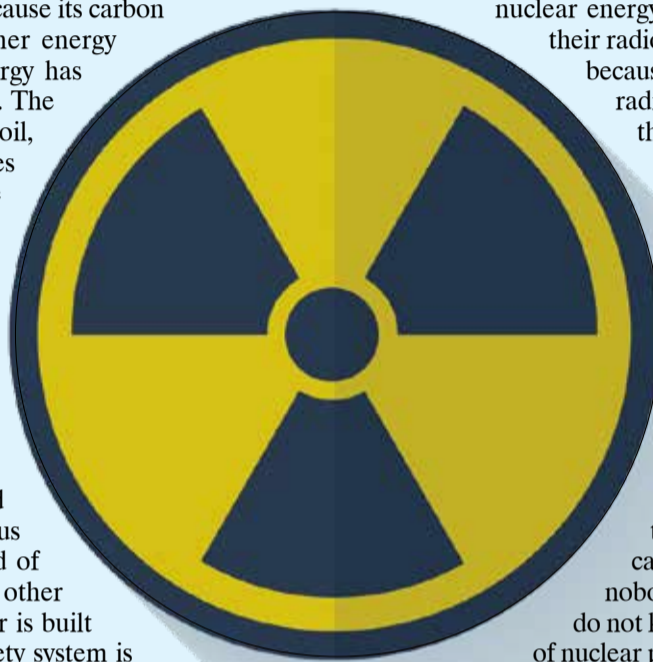
I am sure that you always want to start your diet on Mondays but

## GUSHING RADIATION FROM MOUTHS AND NOSES

### "We are surrounded by radiation in energy"

Energy is an indispensable element for our world, and we use it in almost every place in our lives. But today, energy resources are gradually decreasing. It makes humanity think and use new energy resources, and unfortunately, nuclear energy is considered as a new source of energy. Many countries around the world have already started to use it. As a result, it makes us think about its consequences as we have witnessed some serious and sad nuclear reactor accidents which affect humans. However, some countries still continue to use nuclear energy which is called clean energy by scientists.

It is called clean energy because its carbon emission is less than the other energy resources. Also, nuclear energy has three different types of waste. The solid waste is buried in the soil, and its liquid and gas wastes contaminate nature and the atmosphere because these are radioactive wastes. Normally, as human beings we are exposed to radiation all the time from the sun, technological devices, nature, food, etc. For instance, liquid radioactive waste contaminates our water resources and the oceans, and consequently it contaminates us when we eat fish. It is a kind of contamination circle. On the other side, even if a nuclear reactor is built in a safe way, and all the safety system is OK, earthquakes can cause dangerous problems as in the example of the Fukushima earthquake in Japan 2011. After the earthquake, there was a radioactive leak although the nuclear reactor safety system was at the top level. Another example is Chernobyl, which was totally a disaster not only for humans but also nature. After the nuclear reactor explosion, approximately 600,000 people were affected, and the radiation spread to neighbouring countries such as Turkey, especially the Black Sea region.



On the other hand, nuclear energy has some benefits. It is more efficient than the other energy resources because the combustible materials used can be reused. The cost of the produced electricity is lower than the other resources, and it is said that it is environmentally sensitive energy because of its carbon emission. Although, it has a few benefits, it is not completely safe. Because the nuclear reactors have limited energy production period, and it is around 25-30 years. So, what will happen then? How will the dead reactors be destroyed? Even they are continuing to spread radiation. We should take the situation into consideration seriously. Is it necessary to use nuclear energy for every 25-30 years? What about their radioactive wastes? It is a serious problem because each dead reactor will be a serious radioactive pollution source in the future that cannot be solved, even, by scientists.

According to the given information, we cannot escape from radiation. At the very least, if we are wearing a watch and using a smartphone, then the radiation surrounds us. That is just a simple example. If nuclear energy is necessary, then it must be carried out in a hypercorrect and studious way. All the causes and effects must be assessed at a high level. Maybe the harmful effects of nuclear energy can be decreased in this way. But still nobody can rely on nuclear energy as we do not know yet how to minimize the hazards of nuclear power properly. That is why it must be thought about twice or more than twice when it comes to the use of nuclear energy.

We should make the world liveable although radiation surrounds us. Energy resources are decreasing, and the costs and the global warming are increasing. It is our common issue as human beings, and human life must be considered primarily. In this regard, don't you want to leave a better world to your children and grandchildren?

**Hilal YURTSEVEN**

it has never come true. You always want to learn foreign languages, but you have never taken a step for it. You always write this funny sentence "I love to read" among your hobbies on your CV, but you have never read a book regularly. You always say "I will start to go to fitness this week", but it has never happened. You spent a lot of time to plan your life, but you have never put your plans into practice. If the information above sounds familiar to you, it means that you have Inertia. And unfortunately, you can never realize you are getting into it. It hunts you gradually. You never realize that you are falling into the trap of Inertia.

The reasons for Inertia depend on the person who has it, but the reasons for it are generally as given below:

1. Immobility
2. Flabbiness
3. Not having the ability of foreseeing
4. Being introverted
5. Being self-indulgent
6. Fear of failure
7. Not choosing realistic targets
8. Not being successful at time management
9. Having communication problems

with people around you  
10. Fear of facing the truth

If you cannot get rid of Inertia, it means you do not know that you have it. The other reason is trying to find the reason outside but not in you. Do not forget that you need to get rid of Inertia to beat it. The most dangerous feature of Inertia is that it develops gradually so you do not realize that you have it.

Now if you think that you have Inertia and being impatient about how to deal with it, then follow the steps given below to start the war in you:

1. The first step that you need to take to beat the Inertia is be aware of the fact that you have it. If so, you have already taken the first step.
2. Don't hang about, don't put off and don't give up.
3. Don't lose your hope and look forward positively. Don't forget that you will never know if you don't try it.
4. Think wide. Plan your work in a way that you can do it frequently and little by little.
5. Divide your work into tiny pieces and don't think about the end of the

work. Only concentrate on fulfilling one piece each time.

6. Interrogate yourself at the end of the day. Ask yourself if you did your duties on that day.
7. Be honest with yourself.
8. Don't let the results of events make you unhappy.
9. Be contentious and never give up.
10. Look at your work as if is your masterpiece.
11. Instead of being a pessimist, dream about the positive results of your plans.
12. Don't make too many plans that you won't need.
13. Give up being a perfectionist and start to put your plans into practice.
14. Finish the works you have started immediately.
15. Don't let yourself have the time to think of your problems. So you can focus on your work.

After the consideration of all the information above, promise yourself. Stand up and take your first step. As Benjamin Franklin said: "You may delay, but time will not."

**Özlem AKTA**



## HYPO OR MANIA

**D**efinition: Bipolar disorder is known as a manic-depressive illness. It is a brain disorder that causes unusual changes in energy, mood, activity levels, and the ability to carry out daily tasks, such as homework. There are four basic types of it. These moods range from:

Mania (very happy, and energized)-Hypomania (less strong mania)-Down (very sad), or depressive (hopeless). Bipolar Disorder is also defined by manic episodes that last at least 7 days, or by manic symptoms that are so strong that the person needs immediate hospital care. Usually, depressive episodes happen as well, typically lasting at least 2 weeks. Also, mixed features (having depression and manic symptoms at the same time) are also possible. It also may last 1 to 2 years. Signs and Symptoms: People with bipolar disorder face times of unusual emotion changes in sleep times and activity levels, and unusual behaviours. These times are called "mood episodes." Mood episodes are very different from the moods and behaviours that are typical for the person. Extreme changes in energy, activity, and sleep go along with mood episodes. Identification: Proper analysis and treatment help people with bipolar disorder lead healthy and productive lives. Talking with a doctor is the first step for anyone who thinks he

or she may have bipolar disorder. The doctor can complete a physical exam to rule out other conditions. If the problems are not caused by other illnesses, the doctor may make a mental health calculation or introduce a mental health professional, such as a psychiatrist. Note: Unlike people with bipolar disorder, people who have de-

pression only (also called unipolar depression) do not experience mania. They may, however, experience some manic symptoms at the same time. Mixing with Illnesses: People with bipolar disorder are also at higher risk for thyroid disease, migraine headaches, heart disease, diabetes, obesity, and other physical illnesses. Psychosis: Sometimes, a person with strong episodes of mania or depression also has psychotic symptoms, such as hallucinations or delusions (mis-perceiving). The psychotic symptoms have behaviour of matching the person's extreme mood. For example: Someone having psychotic symptoms during a manic episode may believe she is famous, has a lot of money, or has special powers, or someone having psychotic symptoms during a depressive episode may believe he is ruined and poor, or that he has committed a crime. Bad Addictions: People with bipolar disorder may also misuse alcohol or drugs, have relationship problems, or do poorly in school or at work. Family, friends, and people experiencing symptoms may not realize these problems as signs of a big mental illness such as bipolar disorder. Treatments and Therapies: Treatment helps many people, even those with the worst forms of it, to gain better control of their mood changes and other bipolar symptoms. An effective treatment plan usually includes a combination of medicine and psychotherapy (talk therapy). Bipolar disorder is a lifelong illness. Episodes of mania and depression typically come back over time. Between episodes, many people with bipolar disorder are free of mood changes, but some people may have long-lasting symptoms. Long-term, continuous treatment helps to control these symptoms.

**İbrahim Sezgin ERDOĞAN**

## keep calm and recycle!

**I**n the globalising world, the unconscious use of resources cause an ever mounting waste, and recycling waste is considerably important to today's world, but are we "recycling" enough to save the world?

I would like to start with our country. When the subject turns to recycling in Turkey, we can see there is an obvious unawareness, but who is responsible for this? Is it the government's lack of attention to recycling or the community's irresponsibility? In fact, I would say both. For instance, most of us just do not care about the world that we live in, and put glass, paper and plastic products in the same trash bin. Well, if we can't teach ourselves not to throw litter, how can we separate our trash, right? But if there was a rule about how we separate our trash, and the government would give us deposit, maybe then we would try to do something about recycling. On the other hand, even when we want to separate them, sometimes we can not manage to find a place to do it because our government and the private sector don't invest in it enough. The government should get its hands into recycling, put a recycling bin on every street corner in the country, and should impose fines when necessary. That way, we would be able to keep our streets clean, our waste recycled and contribute to the economy of the country.

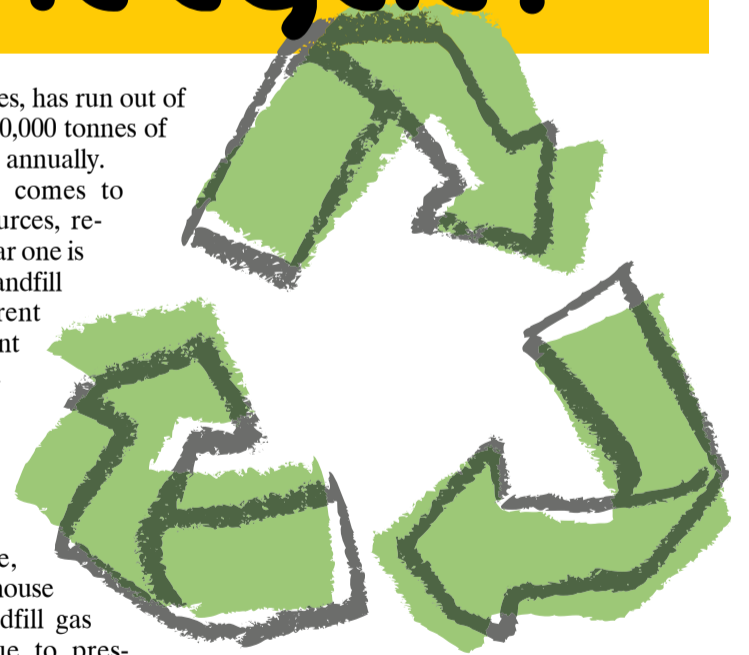
Fortunately, there are some important projects regarding recycling that the private sector supports. For example, experts from Akçansa said that they would invest 24 million dollars in the Çanakkale factory to reuse waste heat and also said they expect it would conserve 10 million dollars worth of energy. Apart from technology, we can all say that these types of supporting projects not only help to recycle, but also develop our economy.

Let's leave our country aside and look all over the world. According to recent studies, some European countries, such as Germany, Austria and Sweden, are world leaders in recycling. For now, Sweden is a perfect example for our topic because of its "Recycling Revolution." Sweden, as a developed country, has a strict rule about recycling and today recycling stations are located no more than 300 metres from any residential area. Most Swedish people separate recyclable products in their homes and drop them off at recycling stations. More than 99% of household waste, is recycled. Bottles are reused, plastic become raw plastic material, food is composted and becomes soil or biogas. Waste water is purified and reused. Even pharmacists, accept unused medicine. Compared to any other country in the world, we can undoubtedly say that Sweden follows a very strict policy, but this is not the most shocking part. Sweden, who uses waste as

energy and heat sources, has run out of waste and it imports 80,000 tonnes of garbage from Norway, annually.

When the subject comes to alternative energy sources, recently, the most popular one is the "Landfill Gas." Landfill gas is a mix of different gases made by different microorganisms and it occurs it by way of chemical reactions between wastes. It mostly consists of methane and carbon dioxide, which are both greenhouse gases. And when landfill gas migration occurs, due to pressure, it can create explosions and can cause accidents. Despite its price, danger and influence on climate change, it is still used by some countries such as the US and Turkey. Well, I guess we are following the wrong policy about recycling.

Although our government does not invest enough in recycling, that does not mean we can not do anything in our homes, schools or even our streets. For instance, we all know that plastic stays longer in nature than any other product. We can use plastic bottles as decorative furniture or cases for our pens, as newspaper holders and even baskets for our



small stuff instead of throwing them away. We can also use tin cans, which take a 100 years to decompose, as candle holders or vases without the help of complex equipment. If we are aware enough, we can do anything with any product.

In conclusion, to minimize the destruction that the industrialization and unconscious use of resources has caused, we should all be more aware of recycling. We can start to change things in our houses first, then our schools and maybe later, we can change the whole world.

**Nagehan ADIGÜZEL**

# AYDIN *Young* PENS



## SCHOOL NEWS

### Istanbul Aydın University Prep School Activities 2016

In addition to the many clubs and activities run by the hardworking teachers at Aydın Prep school, on November 10th, we paid tribute to one of Turkey's most revered leaders, Mustafa Kemal Atatürk. Activities included songs and poems, which were performed by students, as well as videos displaying quotes regarding education by Atatürk.

In the first track, the school held a Blood Donation Campaign. The response was overwhelming. It was wonderful to see so many student volunteers. Later, on November 24th, students put on a performance in the conference hall to acknowledge their teachers' hard work and dedication to their education. It was a lovely show.

In December, there was a Kahoot Tournament, which was enjoyed by all those who attended. It was not only fun but educational.

Last but not least, was the New Year's celebration on December 30th. The celebration did not go ahead quite as planned as it was toned down out of respect for a fellow classmate, Edanur Bayık, who was grievously injured in an accident. Our thoughts, prayers and well wishes go out to both Edanur and her family. The students did however decorate their classroom doors, which was followed by a contest on which one was the best. Congratulations to 203 Degree A. To all involved in the school's activities, we send you a big thank you and bravo!



Connie WHELAN

### Aviation Club Activities

The Aviation Academy Club visited the Atatürk Airport, the biggest airport in Istanbul, Sabiha Gökçen Airport in Kurtköy and the Hezarfen Airport in Büyükdere. They were at the Integrated Operations Control Center, discussing the flight plans, cancellations and schedules. They also saw the cabin crew and the pilots under training, which fascinated the club members and made them want to hurry up and become aviation staff all the more. The Aviation Academy Club visited Do&Co. too, and explored backstage. They went up to the Air Traffic Control Tower as well.

The Aviation Academy Club members addressed future aviation students at Mehmet Emin Horoz Anadolu Lojistik ve Havaçılık Meslek Lisesi. The Aviation Academy Club also opened a booth to inform their friends about aviation activities in Istanbul Aydın University Preparatory School. Additionally, they invited Turkish Airlines Executives to Istanbul Aydın University Preparatory School to lecture on aviation.



Atakan HACIOĞLU

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**ARIES**  
2017 for the Aries will be a period of fun and adventure. This might be a good time to start a new business. Do not forget to go for vacations with your loved ones in 2017. Health can be excellent if you are regular in your exercise workouts. Love life will be blissful for the Rams provided you do not make promises that you cannot keep.

**GEMINI**  
2017 is a year of major changes for the Gemini sun sign. Do not let your hyperactivity spoil your happiness this year. Be it career or finance, think long term before planning anything drastic. Your psychic abilities too might improve in 2017 which help you understand your life better. The sun sign 2017 forecasts suggest that this might be the year when you find your right partner.

**CANCER**  
2017 is a year of difficult choices for the Cancerians. Be prepared for change in many aspects of your life. Do not go about splurging money on expensive stuff that you don't need. Your partner might need your help in overcoming their fears. Health and relationships for the Crabs will need a lot of hard work in order to be stable.

**LEO**  
The 2017 horoscope prediction for the Leo sun sign predicts a fabulous year. You will be blessed with good luck and happiness. Don't keep waiting for the right moment in your job or relationships. Just enjoy the journey and learn as you go along. You never know, you might even win that lucky lottery that you have been buying for so many years!

**SAGITTARIUS**  
Sagittarius zodiac in 2017 will have the enthusiasm and will power to move ahead with a firm mind. Your social life will be amazing. Career and business projects will be challenging but profitable. Skin allergies will need to be taken care of. Romance will be at all time high for the Archers in 2017.

**CAPRICORN**  
The 2017 astrology predictions for the Capricorn zodiac sign forecast year of peace and harmony. Though you have a reputation of being practical, in 2017 the sea goats will see an innovative side to their personality. Love and romance too will be an important part of your life. This is a good year to get married.

**AQUARIUS**  
Astrology 2017 for the Aquarius predicts a year of excellent and positive opportunities. Be it love or career you will flourish in anything you put your heart to. Work will be plentiful and so will the remuneration.

**PISCES**  
The birthday horoscope 2017 predicts that the Pisces sun sign people will be able to look at life in a positive and calm manner. This cool demeanor will be the secret to their success in personal and professional life. The career prediction 2017 by date of birth warns you not to let your dreams and illusions stop you from achieving your goals. Fulfill all your projects with utmost sincerity and integrity.

**TAURUS**  
The 2017 horoscope prediction for the Taurus star sign forecasts a harmonious and peaceful year for the bulls. Spiritually you will be inclined towards finding your inner peace. And do not let your fears spoil your well being. Love affairs have chances of becoming permanent. Married couples can plan for a baby. A healthy diet is a must if do not wish to fall sick.

**VIRGO**  
2017 for Virgo will need to be dealt with in a diplomatic way. Some old decisions might create problems if you don't handle them the right way. This is the right time to let go of relationships that haven't been working out. Do not let stress get the better of you.

**LIBRA**  
The 2017 Libra horoscope predictions forecast that this will be your year of discovery and innovations. Let your creative side come to the forefront. Express your ideas to others so that they can understand your dreams better. You will be a leading example for everyone around you. Do not forget to spend quality time with your family and loved ones.

**SCORPIO**  
2017 year horoscope predictions for Scorpio astrology sign foretell that this year you are in a hurry to put your past behind. You will take the initiative to make your goals and targets work out for you. Love affairs will be many but only few will be serious. Eat healthily if you wish to be physically and emotionally fit.

HOROSCOPES

